

**Davis Behavioral Health  
Prevention & Education Classes  
2019 - 2020**

CLASS	START DATES	TIME	WEEKS	LOCATION
<b>Emotional Wellness Classes</b>				
<b>Managing Emotions – Kids</b> 6yrs – 11yrs <b>FREE</b>	Monday, April 6	4:00 - 4:55pm 5:00 – 5:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton
	Tuesday, April 7	4:00 - 4:55pm 5:00 – 5:55pm		Syracuse Elementary
<b>Managing Emotions – Youth</b> 12yrs – 17yrs <b>FREE</b>	Thursday, April 9	5:00 - 5:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton
<b>Managing Emotions – Men</b> <b>\$80</b>	Monday, March 23	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton  Adult Clinic - Sycamore Room
<b>Managing Emotions – Women</b> <b>FREE</b>	Thursday, April 9	6:30-8:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton
<b>Mindfulness Classes</b>				
<b>Learning to Breathe</b> For Teens 13 -17 <b>\$50</b>	Tuesday, April 7	4:30 – 5:45pm	6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
	Thursday, April 9			
<b>Learning to Breathe</b> For Young Adults 18 – 22	Wednesday, April 22	7:00 - 8:15pm	6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
<b>Learning to Breathe</b> <b>For Mothers and Daughters</b> <b>\$50</b>	Wednesday, April 8	4:30 – 5:45pm	6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
<b>Mindfulness Based</b> <b>Stress Reduction</b> <i>Registration required</i> <b>\$250</b>	Thursday, March 19	12:00 – 2:30pm	8 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
	Tuesday, March 24	6:30am – 9:00pm		
	Wednesday, March 25	9:30 – 12:00pm		
<b>Mindful Parent Mindful Child</b>			6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
<b>Family Class</b>				
<b>Strengthening Families</b> Parenting Class for Families w/ Children ages 10-14 <b>FREE</b>	Monday, April 6	6:00-8:30pm	7 weeks	Sunset Elementary
<b>Parenting Classes</b>				
<b>Love and Logic</b> (Parent of children ages 6-15) <b>FREE</b> <b>For Adults only, no childcare provided</b>	Wednesday, April 8	6:30-8:00pm	6 weeks	Wasatch Elementary
	Thursday, June 4			Davis Behavioral Health
<b>Emotion Coaching</b> <b>For Adults only, no childcare provided</b>	Thursday, April 9	5:00-6:00pm	6 weeks	Davis Behavioral Health
	Thursday, April 9	7:00-8:00pm	6 weeks	Tolman Elementary
<b>Incredible Years</b> (Parents of children ages 2-8) <b>FREE</b>	This class will not be taught again until Fall 2020	6:30-8:30pm	12 weeks	

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<b>Relationship Classes</b>				
<b>Fearless Marriage FREE</b>	Thursday, March 5 Thursday, April 9 Thursday, May 7	6:00 – 8:00 Dinner served at 5:30	4 Weeks	Lincoln Elementary Orchard Elementary Windridge Elementary
<b>Substance Abuse Classes</b>				
<b>For Adults – 18 and Older</b>				
<b>Alcohol/Drug Intervention 18 and Older (Level 2 Class) Cost \$150.00</b>	March 21 & 22 April 18 & 19 May 16 & 17 June 13 & 14	9:00am-5:00pm	Sat & Sun 2 day class	Davis Behavioral Health 934 S. Main St. Layton
<b>Prime for Life – Adult 18 and Older (DUI Class) Cost \$150.00</b>	Tuesday, March 31 Tuesday, May 12 Tuesday, June 23	6:00-9:30	5 Weeks	Davis Behavioral Health 934 S. Main St. Layton

If you have questions or if you want to register for classes, please call Angie Smith 801-773-7060  
Or register online @ [dbhprevention.org](http://dbhprevention.org)