

**Davis Behavioral Health
Prevention & Education Classes 2018 - 2019**

If you have questions or if you want to register for classes, please call Angie Smith 801-773-7060 Or register online @ dbhprevention.org

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotional Wellness Classes				
Anger Management – Kids 6yrs – 11yrs FREE	Thursday, November 1 Thursday, January 3 Thursday, February 21 Thursday, June 6	5:00 – 5:55pm 9:00 – 9:55am	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
Anger Management – Youth 12yrs – 17yrs FREE	Thursday, November 1 Thursday, January 3 Thursday, February 21 Thursday, June 6	4:00 – 4:55pm 10:00 – 10:55am	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
Anger Management – Men \$80	Monday, October 22 Monday, January 7 Monday, March 25 Monday, June 3	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Sycamore Room
Anger Management – Women FREE	Thursday, October 25 Thursday, January 10 Thursday, March 21 Thursday, June 6	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Dogwood Room
Learning to Breathe For Teens 13-17 yrs Free	Thursday, November 1 Thursday, January 3 Thursday, February 21	5:00-6:00pm	6 Weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Cloud Room
Mindfulness Based Stress Reduction <i>Registration required</i>	Tuesday, January 15 Tuesday, March 26	Morning 9:30am-noon	8 Weeks	Davis Behavioral Health 934 South Main Street Layton
	Wednesday, January 16 Wednesday, March 27	Evening 6:30-9:00pm	8 Weeks	Vista Education Campus 97 S. 200 E. Farmington
Family Classes				
Survivor Skills for Families Parenting Class for families with Children ages 7-17 FREE	Monday, November 5 Monday, January 28 Monday, April 8	6:00-8:00pm	7 weeks	Lincoln Elementary Valley View Elementary Holt Elementary
Strengthening Families Parenting Class for Families w/ Children ages 10-14 FREE	Monday, November 5 Monday, January 28 Monday, April 8	6:00-8:30pm	7 weeks	Odyssey Elementary West Point Elementary Clinton Elementary
Parenting Classes				
Love and Logic (Parent of children ages 6-15) FREE For Adults only, no childcare provided	Thursday, October 25 Wednesday, January 16 Thursday, February 21 Wednesday, April 10 Thursday, June 6	6:30-8:00pm	6 weeks	Doxey Elementary Stewart Elementary Cook Elementary Adelaide Elementary Davis Behavioral Health
Emotion Coaching	Thursday, November 1 Thursday, January 3 Thursday, February 21	5:00-6:00pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Dogwood Room
	Thursday, November 1 Thursday, January 3 Thursday, February 21	7:00-8:00pm	6 weeks	Bluff Ridge Elementary Whitesides Elementary Lincoln Elementary

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CLASS	START DATES	TIME	WEEKS	LOCATION
Relationship Classes				
Fearless Marriage FREE	Thursday, November 8 Thursday, January 3 Thursday, January 31 Thursday, March 7 Thursday, April 11 Thursday, May 9	6:00 – 8:00 Dinner served at 5:30	4 Weeks	Clinton Elementary Taylor Elementary Boulton Elementary Parkside Elementary Columbia Elementary Buffalo Point Elementary
Avoiding Falling for a Jerk /Jerkette FREE	Monday, October 15 Monday, January 28 Monday, April 8 Monday, June 10	6:00 – 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
Couple – LINKS FREE	Monday, November 12 Monday, March 4 Monday, May 6	5:30 - 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
Substance Abuse Classes				
For Teens				
PRI – JUV Teens	Monday, October 29 Monday, November 26 Monday, January 28 Monday, February 25 Monday, April 8	4:00 – 6:00pm 6:30 – 8:30pm 4:00 – 6:00pm 6:30 – 8:30pm 4:00 – 6:00pm	5 Weeks	Davis Behavioral Health 934 S. Main St. Layton Cedar Room
For Adults – 18 and Older				
Alcohol/Drug Intervention 18 and Older (Level 2 Class) Cost \$150.00	November 17 & 18 December 15 & 16 January 19 & 20 February 16 & 17 March 16 & 17 April 13 & 14 May 18 & 19 June 8 & 9	9:00am-5:00pm	Sat & Sun 2 day class	Davis Behavioral Health 934 S. Main St. Layton
Prime for Life – Adult 18 and Older (DUI Class) Cost \$150.00	Tuesday, October 9 Tuesday, November 20 Tuesday, January 8 Tuesday, February 19 Tuesday, April 9 Tuesday, May 21 Tuesday, July 2	6:00-9:30	5 Weeks	Davis Behavioral Health 934 S. Main St. Layton