

**Davis Behavioral Health
Prevention & Education Classes
2017 - 2018**

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotional Wellness Classes				
Anger Management – Kids 6yrs – 11yrs FREE	Thursday, September 7 Thursday, November 2 Thursday, January 18 Thursday, March 15 Thursday, June 7	5:00 – 5:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton
Anger Management – Youth 12yrs – 17yrs FREE	Thursday, September 7 Thursday, November 2 Thursday, January 18 Thursday, March 15 Thursday, June 7	4:00 – 4:55pm	6 weeks	
Anger Management – Men Free	Monday, August 14 Monday, October 23 Monday, January 22 Monday, April 2 Monday, June 4	5:30-7:00pm	8 Weeks	
Anger Management – Women FREE	Thursday, August 17 Thursday, October 26 Thursday, January 25 Thursday, March 29 Thursday, June 7	5:30-7:00pm	8 Weeks	
Learning to Breathe Free	Wednesday, September 27 Wednesday, January 24 Wednesday, April 11	6:00-7:00pm	8 Weeks	
Mindfulness Based Stress Reduction <i>Registration required</i>	Tuesday, September 26 Tuesday, January 23 Tuesday, April 10	Morning 9:30am-noon	8 Weeks	Davis Behavioral Health 934 South Main Street Layton
	Wednesday, September 27 Wednesday, January 24 Wednesday, April 11	Evening 6:30-9:00pm	8 Weeks	Vista Education Campus 97 S. 200 E. Farmington
Family Classes				
Project Davis Parenting Class for families with Children ages 5-12 FREE	Monday, September 11 Monday, November 6 Monday, January 22 Monday, April 9	6:00-8:00pm	8 weeks	West Bountiful El. Vae View Elementary Adelaide Elementary Doxey Elementary
Strengthening Families Parenting Class for Families w/ Children ages 10-14 FREE	Monday, September 11 Monday, November 6 Monday, January 22 Monday, April 9	6:00-8:30pm	7 weeks	Meadowbrook Elementary South Clearfield El. Antelope Elementary Holt Elementary
Parenting Classes				
Love and Logic (Parent of children ages 6-15) FREE For Adults only, no childcare provided	Wednesday, September 6 Thursday, September 7 Thursday, November 2 Tuesday, November 14 Wednesday, January 3 Thursday, January 4 Wednesday, February 21 Thursday, February 22 Wednesday, April 11 Thursday, April 12 Thursday, June 7	6:30-8:00pm	6 weeks	Bountiful Elementary West Point Elementary Ellison Park Elementary Washington Elementary Foxboro Elementary Layton Elementary Eagle Bay Elementary Parkside Elementary Heritage Elementary Sunset Elementary Davis Behavioral Health

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Guiding Good Choices (Parents of children ages 9-15) FREE	Tuesday, September 12 Tuesday, November 14 Tuesday, January 16 Tuesday, February 27 Tuesday, April 10	6:30-8:30pm	5 weeks	Sands Springs Elementary Crestview Elementary Hill Field Elementary Kay's Creek Elementary South Weber Elementary
Incredible Years (Parents of children ages 2-8) FREE	Tuesday, September 12 Wednesday, November 1 Wednesday, January 10 Tuesday, February 6 Wednesday, February 28 Tuesday, March 6 (Spanish)	6:30-8:30pm	12 weeks	Wasatch Elementary Woods Cross Elementary Family Enrichment Center Fremont Elementary Creekside Elementary Family Enrichment Center
Relationship Classes				
Fearless Marriage FREE	Thursday, September 7 Tuesday, October 3 Thursday, November 9 Thursday, January 4 Thursday, February 1 Thursday, March 8 Thursday, April 12 Tuesday, May 8	6:00 – 8:00 Dinner served at 5:30	4 Weeks	West Clinton Elementary Holbrook Elementary Adams Elementary Stewart Elementary Syracuse Elementary Mountain View El. Farmington Elementary East Layton Elementary
Avoiding Falling for a Jerk /Jerkette FREE	Monday, August 7 Monday, October 16 Monday, January 22 Monday, April 9 Monday, June 11	6:00 – 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
Couple – LINKS FREE	Monday, September 11 Monday, November 13 Monday, March 5 Monday, May 7	5:30 - 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton
Substance Abuse Classes				
For Adults – 18 and Older				
Alcohol/Drug Intervention 18 and Older (Level 2 Class) Cost \$150.00	August 12 & 13 September 9 & 10 October 14 & 15 November 11 & 12 December 9 & 10 January 13 & 14 February 10 & 11 March 10 & 11 April 14 & 15 May 5 & 6 June 9 & 10	9:00am- 5:00pm	Sat & Sun 2 day class	Davis Behavioral 2250 North 1700 West Layton Building C
Prime for Life – Adult 18 and Older (DUI Class) Cost \$150.00	Tuesday, August 29 Tuesday, October 10 Tuesday, November 21 Tuesday, January 9 Tuesday, February 20 Tuesday, April 3 Tuesday, May 15 Tuesday, June 26	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