

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

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotional Wellness Classes				
Managing Emotions – Kids 6yrs – 11yrs FREE	Thursday, January 23	5:00 – 5:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
Managing Emotions – Youth 12yrs – 17yrs FREE	Tuesday, January 21	4:00 - 4:55pm	6 weeks	Syracuse Elementary
Managing Emotions – Men \$80	Monday, March 23	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Sycamore Room
Managing Emotions – Women FREE	Thursday, January 23	6:30-8:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton
Mindfulness Classes				
Learning to Breathe For Teens 13 -17 \$50	Wednesday, January 22	4:30 – 5:45pm	6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Learning to Breathe For Young Adults 18 – 22	Wednesday, January 22	7:30 - 8:45pm	6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Learning to Breathe For Mothers and Daughters \$50	Tuesday, January 21	4:30 – 5:45pm	6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Mindfulness Based Stress Reduction <i>Registration required</i> \$250	Thursday, January 9 Tuesday, January 14 Tuesday, January 21	3:45 – 6:15pm 9:30am – 12:00pm 6:30 – 9:00pm	8 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Mindful Parent Mindful Child	Monday, January 27	4:30 – 5:15pm	6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Family Class				
Strengthening Families Parenting Class for Families w/ Children ages 10-14 FREE	Monday, January 27 Monday, April 6	6:00-8:30pm	7 weeks	Farmington Elementary Sunset Elementary
Parenting Classes				
Love and Logic (Parent of children ages 6-15) FREE For Adults only, no childcare provided	Wednesday, January 15 Thursday, February 20 Wednesday, April 8 Thursday, June 4	6:30-8:00pm	6 weeks	Mountain View El Sand Springs Elementary Wasatch Elementary Davis Behavioral Health
Emotion Coaching For Adults only, no childcare provided	Thursday, January 9 Thursday, February 20 Thursday, April 9	5:00-6:00pm	6 weeks	Davis Behavioral Health
	Thursday, January 9 Thursday, February 20 Thursday, April 9	7:00-8:00pm	6 weeks	Ellison Park Elementary South Weber Elementary Tolman Elementary
Incredible Years (Parents of children ages 2-8)	Wednesday, January 8 Tuesday, February 4	6:30-8:30pm	12 weeks	Meadowbrook Elementary Family Enrichment Center

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FREE				
Relationship Classes				
Fearless Marriage FREE	Thursday, January 9 Thursday, February 6 Thursday, March 5 Thursday, April 9 Thursday, May 7	6:00 – 8:00 Dinner served at 5:30	4 Weeks	Kaysville Elementary Knowlton Elementary Lincoln Elementary Orchard Elementary Windridge Elementary
Substance Abuse Classes				
For Adults – 18 and Older				
Alcohol/Drug Intervention 18 and Older (Level 2 Class) Cost \$150.00	November 16 & 17 December 21 & 22 January 18 & 19 February 15 & 16 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
Prime for Life – Adult 18 and Older (DUI Class) Cost \$150.00	Tuesday, January 7 Tuesday, February 18 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