

CANYONS FAMILY CENTER

WHERE FAMILIES MATTER

REGISTER FOR FALL CLASSES

Tuesdays or Wednesdays, 6-7:30 p.m.
Courses Start Date Here (course lengths vary)

FOR PARENTS & GUARDIANS

- Parenting Students with ADHD
- Parenting Students with Anxiety
- Positive Parenting Strategies
- Parenting to Help Teens Build Social Skills

FOR STUDENTS

- Confidently Me for Teens
- Teen Social Skills
- Anger Management for Children & Teens
- Coping with Divorce
- Emotional Intelligence for Youth
- Managing Anxiety for Children & Teens
- Teens Together Grief Support Group
- Emotional Awareness and Problem Solving for Teens

NEW CLASSES THIS YEAR

- Internet Safety with Michelle Busch (Utah Internet Crimes Against Children) - for Parents
- Mindful Use of Electronics - for Students (Grade 3rd - 6th) & Parents
- Healing Conversations (Suicide prevention offered 3 times this year) - for Parents

Note: One-week courses in anger management and substance abuse prevention available to clear a disciplinary record or fine.

OFFICE HOURS

Call Us: 801-826-8190 Monday-Friday 8 a.m. - 4 p.m.

Mental Health Intakes: Tuesdays & Wednesdays 4-7 p.m.

Individual Counseling: Tuesdays & Wednesdays 4-7 p.m.

*Explore a variety of parenting and youth classes designed to help you thrive – convenient, supportive, **AND FREE!***



SCAN ME!

TO SEE THE FULL COURSE SCHEDULE AND SIGN UP TODAY.



Questions? Call
801-826-8190

Mt. Jordan Middle,
9351 S. Mountaineer Lane, Sandy