

Canyons Family Center

It's Where Families Matter



Class Schedule



Tuesday Classes 6:30 to 8:30 PM

Grief Support (Secondary Only)

This grief support group offers a different quality of support and connection that comes from being with peers who have also recently experienced a loss. Grief support groups provide emotional support, validation, and education about grief. Support groups normalize the grief process. During periods of intense grief, people often think they're alone or unwell, but it's okay to feel a wide array of emotions. Going to a support group often normalizes the grief process and helps people feel that what they're experiencing is to be expected—hard, but expected.

Demystifying Decision Making (Secondary Only)

This course will teach the general skills of decision making. This course will go through the ADAPT (Advancing Decision Making and Problem Solving for Teens) curriculum with participants. This is a small-group intervention for middle and high school students who are at risk for substance use, aggression, truancy, poor school performance, and depressive moods.

Banana Splits - Divorce Class (Elementary 3rd-6th Grade Only)

This group will help children better understand and cope with the changes in their lives while going through, or following divorce. Through hands on activities, role-play, and supportive group discussions, they will develop and practice important skills they will need to be happy and successful.

I am a girl, what's your super power? Girls Self Esteem Class (Secondary Only)

Girls will learn about self-esteem and the factors that affect it. They will learn the symptoms and behaviors related to a low self-esteem and develop methods to re-build and maintain a good self-esteem.

Substance Abuse Prevention (Secondary Only)

The Substance Abuse Prevention class is designed for students (6th through 12th grade) who may have made poor decisions regarding drugs and alcohol, and may be at-risk for further substance-abuse related issues. The class includes specific lessons on problem-solving, decision-making, communication skills, mood management, the stages of adolescent drug/alcohol dependency, and basic drug/alcohol information. **A parent/guardian is required to attend the class with the student.**

Effective Parenting (Parents/Guardians Only)

This is a class for parents/guardians and caregivers only. The focus of the class is to provide parents with positive parenting strategies that have proven successful with children in the home environment. Parents will be given the opportunity to problem solve issues and struggles that they experience as parents. Parents will be asked to try the strategies at home and to report back to the group each week on how the strategies worked.

Anger Management Course (Secondary Only) [1 Week Course - ENROLL TO CLEAR DISCIPLINE RECORD INCIDENT & FINE]

This course is designed for adolescents and covers a variety of topics including, anger triggers, emotional self-management, peer pressure, communication skills, problem solving, coping, and relaxation techniques. **ONLY ENROLL TO CLEAR DISCIPLINE RECORD INCIDENT & FINE.** This course can be used to clear an incident on discipline records and clear discipline fines at your school if your Administration has agreed to clear an incident after completion of the course. **A parent/guardian is required to attend the class with the student.**

Wednesday Classes 6:30 to 8:30 PM

Parenting Students with Anxiety (Parents/Guardians Only)

This is a class for parents/guardians and caregivers only. The focus of the class is to provide parents with positive parenting strategies that have proven successful with children in the home environment. Parents will be given the opportunity to problem solve issues and struggles that they experience as parents. Parents will be asked to try the strategies at home and to report back to the group each week on how the strategies worked. This is the parenting version of this course. Canyons Family Center also offers an elementary version of this course, as well as a secondary version of this course. **Please do NOT bring students or children to this course.**

Managing Anxiety (Elementary Only)

Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, and panic attacks? This structured skills group uses activities and acceptance based strategies to help break the cycle of anxiety. This is the elementary version of this course. Canyons Family Center also offers a secondary version of this course, as well as a parenting version of this course.

Managing Anxiety (Secondary Only)

Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, and panic attacks? This structured skills group uses activities and acceptance based strategies to help break the cycle of anxiety. This is the secondary version of this course. Canyons Family Center also offers an elementary version of this course, as well as a parenting version of this course.

Parenting Students with ADHD (Parents/Guardians Only)

This class is a MUST for families struggling with understanding and parenting children with ADHD. This is a parent or caregiver only class. This class will cover symptoms of ADHD, difficult parenting issues, interventions in the home and school for ADHD children, school communication, and resources available in the community. This class is appropriate for parents with children already diagnosed with ADHD as well as those who have a family history or suspect their child has ADHD. **Please do NOT bring students or children to this course.**

Anger Management Course (Elementary 3rd - 5th Grade Only)

This course is designed to assist the younger student (grades 3 -5) in learning about their emotions and behaviors. Specific lessons will help students identify their emotional triggers, and develop strategies for improved self-management, coping skills, problem-solving, and relaxation. **A parent/guardian is required to attend the class with the student.**

Anger Management Course (Secondary Only)

This course is designed for adolescent and covers a variety of topics including, anger triggers, emotional self-management, peer pressure, communication skills, problem solving, coping, and relaxation techniques. **A parent/guardian is required to attend with the student.**

Substance Abuse Prevention (Secondary Only) [1 Week Course - ENROLL TO CLEAR DISCIPLINE RECORD INCIDENT & FINE]

This course is designed for adolescents and covers a variety of topics including, anger triggers, emotional self-management, peer pressure, communication skills, problem solving, coping, and relaxation techniques. **ONLY ENROLL TO CLEAR DISCIPLINE RECORD INCIDENT & FINE.** This course can be used to clear an incident on discipline records and clear discipline fines at your school if your Administration has agreed to clear an incident after completion of the course.

A parent/guardian is required to attend the class with the student.

Canyons Family Center also offers Intake Assessments and Short-term Counseling at no charge for families in the District

To make an appointment or register for a class go to:

[bookeo.com/canyonsfamilycenter](https://www.bookeo.com/canyonsfamilycenter) or call: (801) 826-8190
Interpreter and translation services provided upon request.