



Jordan School District
JORDAN FAMILY EDUCATION CENTER



River's Edge School **319 West 11000 South, South Jordan, Utah 84095** Phone 801-565-7442

PATRICE A. JOHNSON, Ed.D., Superintendent of Schools

FULVIA FRANCO, Ph.D., Coordinator– Jordan Family Education Center • Program Specialist – Guidance

CLASS LIST WINTER QUARTER 2012

To Register Call: 801-565-7442. Classes Begin the Week of January 10, 2012

The Center will be closed January 16, February 20, February 29, and March 1, 2012

All classes, unless otherwise specified, are held for six weeks.

ANGER MANAGEMENT CLASSES: These classes are held weekly throughout the traditional school year. Participants may start at any time during the school year.

- 1. High School: Wednesdays Anita Nielsen 7:00-9:00 p.m. (4 weeks)
- 2. Middle School: Wednesdays Holly Evans 7:00-9:00 p.m. (4 weeks)
- 3. Elementary: Thursdays Olin Levitt, Ph.D., 7:00-9:00 p.m. (3 weeks)
Richard Smith, Ph.D.

TUESDAY SCHEDULE

Support Group:

- 4. **Confident, Successful, & Independent: A Group for Young Adults with High Functioning Autism or Asperger's Syndrome (Ages 17 thru 21) (Enrollment Limited)**
Linda Jessie-Jones, Ph.D.; Jenni Whicker 7:00 – 9:00 p.m.

Classes:

- 5. **E.N.D. Tobacco Cessation for Students (4 weeks)**
1st Session Starts January 10, 2012
2nd Session Starts February 7, 2012
Scott Mitchell 6:00 – 8:00 p.m.
- 6. **Truancy School for Students**
Karen Gochnour 7:00 – 9:00 p.m.
- 7. **Calming the Storm Within: Anger Management For Adults**
Clinton Thurgood; Donna Salmen, Ph.D. 7:00 – 9:00 p.m.
- 8. **Super Star Students: Study Skills Group for Teenagers (Grades 7-12)**
Claudia Kassner; Chandra Walker 7:00 – 9:00 p.m.
- 9. **Effective Parent Training: How To Get Your Children To Do What You Want Them To Do**
Brian King; Jackie Hale 7:00 – 9:00 p.m.
- 10. **Bully Stoppers: Bully Proofing For Kids (Children's Group) (Grades 2-5) (Enrollment is limited)**
Melissa Barton; Buddy Alger 7:00 – 9:00 p.m.
- 11. **Tweens & Teens: A Survival Guide for Parents**
Joyce Linder; Christie Robinson 7:00 – 9:00 p.m.

WEDNESDAY SCHEDULE

Support Groups:

- 12. **Caught In The Crossfire: A Group For Children Dealing With Divorce (Ages 7-12)**
Caroline Jones; Scott Mitchell 7:00 – 9:00 p.m.

Classes:

- 13. **The Looking Glass: A Self-Enhancement Class for Adults**
Vicki Bork; Donna Salmen, Ph.D. 7:00 – 9:00 p.m.
- 14. **Parents Helping Children Make and Keep Friends (Parent Group and Children's Group) (Grades 2-6) (Parents are required to attend class with their children) (Enrollment is limited)**
Andy Baggs; John Blodgett; Marjean Carey; Jane Ostlund . . . 7:00 – 9:00 p.m.

- 15. **Positive Parenting Practices For The Child and Teen With Attention Deficit/Hyperactivity Disorder (A.D.H.D.) (9 weeks)**
Kevin Damron; MaraLynn Urie 7:00 – 9:00 p.m.

16. Elementary Kids / Elementary Problems: Solutions for Parents (Topics listed below)

- D. Glazier; Kristen Hunziker 7:00 – 9:00 p.m.
- 1. Reducing Conflict Between Your Children
- 2. Discipline: Things That Work
- 3. Creating Positive Self-Esteem
- 4. Lying And Stealing: All You Need To Know
- 5. Anger Management for Children
- 6. Dealing With a Child With Enuresis: Bedwetting

THURSDAY SCHEDULE

Support Groups:

- 17. **Reading Your Environment: A Social Skills Group For Students With High Functioning Autism or Asperger's Syndrome (Grades 3 - 6) (Enrollment is limited)**
Michelle Canada, Nick Theodosis 7:00 – 9:00 p.m.
- 18. **Reading Your Environment: A Social Skills Group For Students With High Functioning Autism or Asperger's Syndrome (Grades 7 - 9) (Enrollment is limited)**
Sandra MacDougall-Jacobs; Christine Winward . . . 7:00 – 9:00 p.m.

Classes:

- 19. **Supporting Your Child Socially: A Class For Parents of Children With High Functioning Autism or Asperger's Syndrome**
Linda Jessie-Jones, Ph.D.; Alison Walker 7:00 – 9:00 p.m.
- 20. **Parenting the Difficult Child/Teen: Coping With Conflict At Home**
D. Glazier; Julie Daye 7:00 – 9:00 p.m.

FAMILY RESOURCE PROGRAMS –

Lending Library – Over 1,000 books and kits covering topics such as communication, stress, self-esteem, discipline, marriage enrichment, and many others.

Counseling – Child-centered short-term counseling for families whose children are enrolled in the Jordan School District. Call for an intake appointment **801-565-7442**.

JFEC Hours–Mon. 8:00-5:00 p.m., Tues.-Thurs. 8:00-9:00 p.m., Fri. 8:00-3:00 p.m.

The Jordan Family Education Center is staffed by school psychologists and counselors employed by the Jordan School District.

A CLOSER LOOK

- **Anger Management Classes:** These classes are for the student and parent. They are held weekly throughout the traditional school year. Participants may start at any time during the school year.

High School Anger Management School . . (Grades 9-12) Wednesdays

Middle School Anger Management (Grades 7-9) Wednesdays

Elementary Anger Management (Grades 3-6) Thursdays

- **Confident, Successful & Independent: A Group for Young Adults with High Functioning Autism or Asperger's Syndrome (Ages 17 thru 21)**

This is a class to help teenagers and young adults ages 17-21 with High Functioning Autism or Asperger's Syndrome to transition to independence. It will focus on self-esteem, anxiety, relationships, seeking employment, college, survival skills, and career choices.

- **Bully Stoppers: Bully Proofing For Kids (Children's Group) (Grades 2-5) (Enrollment is limited)**

This class offers skill-building techniques for children who are often victims of teasing or bullying.

- **Tweens and Teens: A Survival Guide For Parents**

This class offers information to help parents understand the issues affecting today's tweens and teens, It will provide tips and tools to help you survive this challenging time! Topics will include school stress, bullying issues, internet and social networking issues, helping your child with conflict resolution, dealing with discipline, and helping your child plan for the future.

- **The Looking Glass: A Self-Enhancement Class for Adults**

This class will help participants focus on self-esteem. Topics addressed in this class are assertiveness training, self-esteem building, relationship building, communication, relaxation/imagery, journaling, and mandala.

- **Reading Your Environment: A Social Skills Group for Students with High Functioning Autism or Asperger's Syndrome (Grades 3-6) and (Grades 7-9) (Enrollment is limited)**

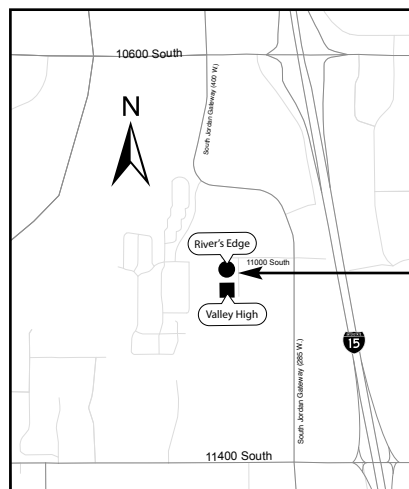
This support group helps elementary age children and youths with high functioning Autism or Asperger's Syndrome identify environmental cues and learn coping strategies to successfully navigate their world.

- **Super Star Student: Study Skills Class For Teenagers (Grades 7-12)**

This study skills class will help students to develop study habits and increase academic performance.



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CLASS DESCRIPTIONS WINTER 2012

CLASSES BEGIN THE WEEK OF JANUARY 10, 2012

Anger Management Classes: These classes are for the student and parent. They are held weekly throughout the traditional school year. Participants may start at any time during the school year.

1. **High School Anger Management (Grades 9-12) . . . Wednesdays (4 weeks)**
2. **Middle School Anger Management . . . (Grades 7-9) Wednesdays (4 weeks)**
3. **Elementary Anger Management (Grades 3-6) Thursdays (3 weeks)**
4. **Confident, Successful & Independent: A Group for Young Adults with High Functioning Autism or Asperger's Syndrome (Ages 17 thru 21)**
This is a class to help teenagers and young adults ages 17-21 with High Functioning Autism or Asperger's Syndrome to transition to independence. It will focus on self-esteem, anxiety, relationships, seeking employment, college, survival skills, and career choices.
5. **E.N.D. Tobacco Cessation for Students (4 weeks)**
1st Session starts January 10, 2012
2nd Session starts February 7, 2012
This class is open to all adolescents wishing to quit smoking. Parents are welcome to attend. If you are taking this class as a court requirement, there is a \$25.00 class fee (check or cash made payable to JSD).
6. **Truancy School for Students**
A class for students and parents that addresses state law regarding attendance, identifying influences and consequences of behavior, goal setting, and communication skills.
7. **Calming the Storm Within: Anger Management for Adults**
This class is designed to teach alternatives to "losing your cool" so that anger can be used to resolve, rather than intensify conflict situations.
8. **Super Star Students: Study Skills Class For Teenagers (Grades 7-12)**
This study skills class will help students to develop study habits and increase academic performance.
9. **Effective Parent Training: How To Get Your Children To Do What You Want Them To Do**
This class provides a step-by-step approach to changing children's behavior in a positive way.
10. **Bully Stoppers: Bully Proofing For Kids (Children's Group) (Grades 2-5) (Enrollment is limited)**
This class offers skill-building techniques for children who are often victims of teasing or bullying.
11. **Tweens and Teens: A Survival Guide For Parents**
This class offers information to help parents understand the issues affecting today's tweens and teens, It will provide tips and tools to help you survive this challenging time! Topics will include school stress, bullying, internet and social networking issues, helping your child with conflict resolution, dealing with discipline, and helping your child plan for the future.
12. **Caught in the Crossfire: A Group for Children Dealing With Divorce (Ages 7-12)**
This support group helps children develop an understanding of the emotions related to divorce.

13. The Looking Glass: A Self-Enhancement Class for Adults

This class will help participants focus on self esteem. Topics addressed in this class are assertiveness training, self-esteem building, relationship building, communication, relaxation/imagery, journaling, and mandala.

14. Parent's Helping Children Make and Keep Friends (Parent Group and Children's Group) (Grades 2-6) (Parents are required to attend class with their children) (Enrollment is limited)

A class that focuses on problem solving, goal setting, and social skills. This is a class for parents and their children.

15. Positive Parenting Practices For the Child and Teen With Attention Deficit/Hyperactivity Disorder (A.D.H.D.) (9 weeks)

This class is for parents whose children have been diagnosed as having Attention Deficit/Hyperactivity Disorder (A.D.H.D.). The class will stress behavior management techniques for increasing compliance at home and school.

16. Elementary Kids / Elementary Problems: Solutions For Parents

A series of current helpful solutions for common concerns elementary age children experience.

17. Reading Your Environment: A Social Skills Group for Students with High Functioning Autism or Asperger's Syndrome (Grades 3-6) (Enrollment is limited)

This support group helps elementary age children with high functioning Autism or Asperger's Syndrome identify environmental cues and learn coping strategies to successfully navigate their world.

18. Reading Your Environment: A Social Skills Group for Students with High Functioning Autism or Asperger's Syndrome (Grades 7-9) (Enrollment is limited)

This support group helps youth with high functioning Autism or Asperger's Syndrome identify environmental cues and learn coping strategies to successfully navigate their world.

19. Supporting Your Child Socially: A Class For Parents of Children With High Functioning Autism or Asperger's Syndrome

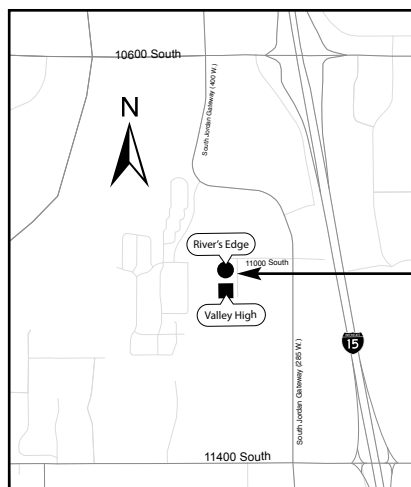
This class helps parents who have children with High Functioning Autism or Asperger's Syndrome guide and support their child in socially adapting and successfully navigating their world.

20. Parenting the Difficult Child/Teen: Coping With Conflict At Home

Parents will learn strategies for avoiding conflicts and resolving conflicts. Topics will include effective communication techniques, identification of conflict triggers and conflict resolution strategies. The class is recommended for parents of children between the ages of 10 and 16 although parents of younger and older children may also attend.



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