

# NEWSLETTER

## Save the dates!

### Student and Parent SELF-CARE FAIRS

Join us for these special events focused on the health and well-being of our students and parents.

**Includes:**  
Mindfulness  
Suicide Prevention  
Social and Emotional Wellness

Digital Safety  
College Readiness  
Much More...

### Giveaways & Prizes!

February 24th– Olympus High School  
April 6– Hunter High School

5-7 pm

For more information contact Cynthia Clayton  
801-833-3825  
[Cynthia@utahparentcenter.org](mailto:Cynthia@utahparentcenter.org)

### MARK YOU CALENDAR!

Managing Stress for Caregivers Presented by URLEND

Feeling stressed? Looking for ways to relieve and manage it? Join us for stress managing tips and resources.

Friday, January 24 3:00-5:00 PM Granite School District, D102 2500 S. State Street, Salt Lake, 84115

Online Registration:  
<https://conta.cc/2mJf3Dh>

Social Skills Presented by URLEND

Social skills are the tools that enable students to communicate, learn, ask for help, get needs met in appropriate ways, get along with others, make friends, develop healthy relationships, protect themselves, and in general, be able to interact with the society harmoniously. Come and learn how to help your kids to strengthen these skills.

Friday, February 28 3:00-5:00 PM Granite School District, D102 2500 S. State Street, Salt Lake, 84115

Online Registration: <https://conta.cc/2l5ojRE>



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Classes

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**ADAPT.** A course that deals with problem-solving, decision-making, anger management and negative mood management. The class is for teenagers 13-17 years of age and is seven weeks long. This class is normally taught in the evening. Diana Johnson is the contact for this class and can be reached at 385.468.4430 or [dijohnson@slco.org](mailto:dijohnson@slco.org)

**ME Time.** This class is a six session Cognitive Behavioral Depression Prevention Intervention. It is for teenagers 13-17 years of age who are experiencing depressive symptoms but have not been officially diagnosed with anything. We offer this class in schools as well as in the evening. Diana Johnson is the contact for this class and can be reached at 385.468.4430 or [dijohnson@slco.org](mailto:dijohnson@slco.org)

**Staying Connected with Your Teen.** It is for caregivers of children aged 12-17. A free dinner and child-care are provided. Classes are starting all the time. This class is normally taught in the evening. Diana Johnson is the contact for this class. She can be reached at 385.468.4430 or [dijohnson@slco.org](mailto:dijohnson@slco.org).

**Class #1** focuses on teen development, risk factors and protective factors.

**Class #2** focuses on parenting styles, family meetings, making decisions and solving family problems.

**Class #3** focuses on communication, active listening, managing anger and managing family conflict.

**Class #4** focuses on involvement and setting family policies on health and safety issues, negotiating and consequences.

**Class #5** focuses on teen influences, Refusal Skills and supervision.

**Guiding Good Choices.** This is another 5-week program and is for parents of youth aged 9-14 years old. Teens only attend session three. This class is also taught in Spanish. There are cycles starting all the time and it is taught in the mornings as well as in the evenings. German Ochoa is the contact for this class. He can be reached at 385-210-4450 or [gochoa@slco.org](mailto:gochoa@slco.org).

**Class #1** focuses on how to prevent drug use in your family.

**Class #2** focuses on setting family policies on health and safety issues and expectations for behavior.

**Class #3** focuses on how to say no to drugs. This is the session teens attend.

**Class #4** focuses on how to control and express anger constructively and managing family conflict.

**Class #5** focuses on how to strengthen family bonds.