Canyons Family Center

Ongoing Classes

Tuesday Night Classes (Beginning January 15th)

Staying in Control: Anger Management- Secondary Level (3 week class)
This class is designed for young adolescents (grades 6th-12th). A parent/guardian is required to attend the class with the student. Participants can join this class any Tuesday.

Wednesday Night Classes (Beginning January 16th)

Keeping Cool: Anger Management- Elementary Level (3 week class)
This course is designed to assist the younger students (grades 3rd-5th). A parent/guardian is required to attend the class with the student. This class runs three weeks of each month and students must begin the first week.

Substance Abuse Prevention (4 week class)
The Substance Abuse Prevention Class is designed for students (grades 6th-12th) who 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. Participants can begin this class any Wednesday.

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 call: (801) 826-8190 email: canyons.familycenter@canyonsdistrict.org Interpreter and translation services provided upon request.