

HEAD START

Family Enrichment Center
320 South 500 East Kaysville, Ut 84037
801-402-0670
Anica Averett-PIRC Coordinator
aaverett@dsdmail.net



Spring & Summer Class Schedule 2010

REGISTRATION is required for all families/individuals. Please note **all** class dates due to building closures throughout the Spring and Summer months.

Project Davis

Fee: No Charge

Length: 8 weeks

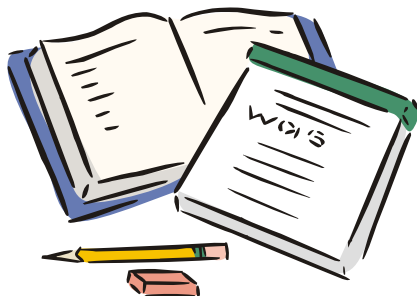
Time: 6:30p.m.-8:00p.m.

Dates & Location:

Mondays- May 3, 10, 17, 24, 31 & June 7, 14, 21
(Location To Be Announced-Call for More Info.)

Project Davis is a communication course for the whole family. Parents and children ages 4-12 are invited to come and learn communication skills designed to improve family relationships. Parents and children will learn complimentary skills so all members of the family can work at home, together, to better their family. Some topics that will be discussed are choices and consequences, anger and stress, positive reinforcement, problem solving, and more. Project Davis also provides **FREE dinner** one week and a **FREE activity voucher** the last week of class. Families are rewarded with an **incentive prize** and a treat each week, for their efforts. **FREE Childcare** available for children 3 and younger. Join us for new ideas and fun for the family!

To register call Angie Smith at 801-298-3446



Parenting With Love and Logic

Fee: No Charge

Length: 6 weeks

Evening Time: 7:00 p.m.-8:00 p.m.

Dates & Location:

Thursdays- April 1, 8, 15, 22, 29 & May 6
(Whitesides Elementary-Layton)
233 N. Colonial Ave., 84041

-OR-

Wednesday- May 12, 19, 26 & June 2, 9, 16
(Farmington Courthouse-Farmington)
28 E. State St., 84025

-OR-

Thursday- May 20, 27 & June 3, 10, 17, 24
(Bluff Ridge Elementary-Syracuse)
2680 S. Bluff Ridge Dr., 84075

Day Time: 10:00 a.m.-11:00 a.m.

Dates & Location:

Wednesdays- June 30 & July 7, 14, 28 & Aug. 4, 11
(Family Enrichment Center-Kaysville)
320 S. 500 E., 84037



This is a 6 week course that will teach you skills to raise children who are self-confident, motivated, and ready for the real world. Your children will win because they'll learn to solve their own problems while gaining the confidence they need to meet life's challenges. You'll win because you'll establish healthy control - without resorting to anger, threats, nagging, or exhausting power struggles. It puts the fun back into parenting!

To register call Angie Smith at 801-298-3446

Anger Management

KIDS (Ages 6-11)

Fee: No Charge
Length: 6 weeks
Time: 5:00p.m.-6:00p.m.
Dates & Location:
Thursdays- April 22, 29 & May 6, 13, 20, 27
(Family Enrichment Center-Kaysville)
320 S. 500 E., 84037

-OR-

Fee: No Charge
Length: 6 weeks
Time: 10:00 a.m.-10:50 a.m.
Dates & Location:
Thursdays- June 10, 17, 24 & July 1, 8, 15
(Family Enrichment Center-Kaysville)
320 S. 500 E., 84037

YOUTH (Ages 12-17)

Fee: No Charge
Length: 6 weeks
Time: 4:15 p.m.-5:00 p.m.
Dates & Location:
Thursdays- April 22, 29 & May 6, 13, 20, 27
(Family Enrichment Center-Kaysville)
320 S. 500 E., 84037

-OR-

Fee: No Charge
Length: 6 weeks
Time: 11:00 a.m.-11:50 a.m.
Dates & Location:
Thursdays- June 10, 17, 24 & July 1, 8, 15
(Family Enrichment Center-Kaysville)
320 S. 500 E., 84037

WOMEN'S

Fee: No Charge
Length: 8 weeks
Time: 7:30 p.m.-8:30 p.m.
Dates & Location:
Thursdays- May 20, 27 & June 3, 10, 17, 24 & July 1, 8
(Kaysville Clinic-Layton)
943 S. Main St., 84041

-OR-

Fee: No Charge
Length: 8 weeks
Time: 7:30 p.m.-8:30 p.m.
Dates & Location:
Thursdays- July 22, 29 & Aug. 5, 12, 19, 26 & Sept. 2, 9
(Kaysville Clinic-Layton)
934 S. Main St., 84041

MEN'S

Fee: Call for details
Length: 8 weeks
Time: 6:00 p.m.-7:30 p.m.
Date & Location:
Mondays- May 3, 10, 17, 24, 31 & June 7, 14, 21
(Layton Main Office-Layton)
2250 N. 1700 W. Building E, 84041

-OR-

Fee: Call for details
Length: 8 weeks
Time: 6:00 p.m.-7:30 p.m.
Date & Location:
Mondays- July 12, 19, 26 Aug. 2, 9, 16, 23, 30
(Layton Main Office-Layton)
2250 N. 1700 W. Building E, 84041

This anger management class will teach you how to express your anger in a controlled, health way. You will learn about anger, how to recognize your anger triggers, how to become aware of your own feelings of anger, and how to keep your anger under control.

To register call Angie Smith at 801-298-3446



Tools To Effective Fathering

Fee: \$14.00/person

Time: 6:30p.m.-8:30p.m.

Dates & Location:

Thursdays- May 6, 13, 20

(Family Enrichment Center-Kaysville)

Presenter: Brett Lund

ATTENTION ALL MEN!!! Your role as a father will be the most important work you will ever do! Come and learn the secrets that will help you to be a more effective father. Skills that will increase your involvement and enhance the relationship between you and your child. We welcome all fathers and father figures to come out and join us. Refreshments will be served.

To register call Brett Lund at 801-402-0664



Food Sense

Fee: No Charge

Length: 8 weeks

Time: 10:00 a.m.-11:30 a.m.

Dates & Location:

Wednesdays-May 19, 26 & June 2, 16, 23, 30 & July 7, 14

(Family Enrichment Center-Kaysville)

320 S. 500 E., 84037

This class is a cooking/nutrition education program offered through Utah State University Extension. This class provides free healthy eating and active lifestyle education. Some of the things that will be discussed is how to stretch your food dollars to last all month, menu planning, making easy, quick and nutritious meals, understanding the food pyramid, how to feed infants and children food safety, and lots, lots more! There will also be cooking demonstrations and food sampling.



To check eligibility and to register call Diane Short at 801-292-4128 -or- 451-3412

Children of Divorce: Children's Workshop

Fee: No Charge

Length: 5 weeks

Time: 6:00p.m.-7:00p.m.

Dates & Location:

Thursdays- April 22, 29 & May 6, 13, 20

(Family Enrichment Center-Kaysville)

320 S. 500 E., 84037

-OR-

Fee: No Charge

Length: 5 weeks

Time: 9:00 a.m.-9:50 a.m.

Date & Location:

Thursdays- June 10, 17, 24 & July 18

(Family Enrichment Center-Kaysville)

320 S. 500 E., 84037

For your 5 to 12 year olds

This **5 week class** will address communication (talking and listening - all about me and my parent's divorce), feelings ("I feel" messages - choosing your feelings), anger (what to do when you get angry), problem solving (many different ways to solve a problem), and accepting divorce (you're in control of your thoughts- finding good in all situations).

To register call Angie Smith at 801-298-3446