



Canyons Family Center

9351 South Mountaineer Lane

Sandy, UT. 84070

(801) 826-8190

www.canyonsdistrict.org/family-center-home

Canyons Family Center Office Hours

Monday: 10am-3pm

Tuesday: 3pm-9pm

Wednesday: 3pm-9pm

Thursday: 2pm-6pm

Friday: Closed

Specialty Class Dates

Tuesdays:

10/2, 10/9, 10/16, 10/23,

10/30, 11/6

Fall Specialty Classes (6 Weeks)

Participants Must Begin the First Week



Tuesday Night Classes (6:30-8:30) Starting 10/2/18

Autism Spectrum Disorders (ASD) Parenting Supports

This six-week class/support group will focus on specialized strategies and techniques for parents to use with a child diagnosed with High-Functioning Autism, Asperger's, or Pervasive Developmental Disorder (PDD-NOS).

Super Heroes Children's Group (Grades 3rd-6th, Autism Spectrum Child)

Each session provides practice of one social skill through a variety of group activities, including Superhero video instruction, video peer modeling, role-plays, structured games, and Superhero social stories. Class size is limited. Parent enrollment in the ASD Parenting Supports class is recommended and encouraged.

Effective Parenting (PBIS for Parents)

This is a class for parents 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.

Banana Splits-Divorce Class for Kids (Grades 3rd-6th)

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.

Monthly Classes

Keeping Cool: Anger Management – Elementary level (3 week class)

This course is designed to assist the younger student (grade 3-5) A parent/guardian is required to attend the class with the student. This class runs three weeks of each month and participants must begin the first week.

Staying in Control: Anger Management – Secondary level (3 week class)

This course is designed for young adolescent (grades 6-8), A parent/guardian is required to attend with the student. Middle school participants can begin this class any Tuesday. High school participants can begin this class any Wednesday.

Substance Abuse Prevention – 4 week class (formerly called Early Intervention)

The substance abuse prevention class is designed for student (6th through 12th grade) 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.

To Make an Appointment or Register for Classes

Call: (801) 826-8190

Interpreter and translation services provided upon request



