

Weber Family Resource Center @ Club Heights Elementary

100 E. 4150 S. South Ogden, UT 84405 801-452-4256 Fall 2012 Class Schedule Public is Welcome!

*****PLEASE REGISTER FOR ALL CLASSES AT 801-452-4256 UNLESS LISTED OTHERWISE.*****

Childcare is not provided for classes unless specified!

Parenting With Love and Logic

Love & Logic teaches simple skills to raise children who are self-confident, motivated, and ready for the real world. Your children will win as they'll learn to solve their own problems while gaining confidence. You win because you'll establish healthy control – without resorting to anger, threats, nagging, or exhausting power struggles. Free! Held at South Jr. High. A 6-week class geared towards children of all ages. Wednesdays, Sept. 12, 19, 26, Oct. 3, 10 & 17 6:00 – 7:45 P.M. (Optional) parent manual \$8.00 Facilitator: **Gary Smith** Register at **801-452-4566**
Next class will begin Jan. 8, 2013 @ Pioneer Elem.

1-2-3 Magic

A four session class @ Farr West Elem. introduces the concepts on handling misbehavior presented in Thomas Phelan's book *1-2-3 Magic*. This course is not specific to ADHD, but provides some excellent tools for working with ADHD children, particularly at the elementary school level. Wednesdays Sept. 26 – Oct. 24. 6:00 to 8:00 P.M. If you want to order the book it is \$12. Register with **Talana Fawson (801-452-4370)**

Spooky Soups, Beyond the Jack O' Lantern

Hearty, nutritious soups you can use as a main meal that are kind to your budget. We'll have recipes & samples. Wednesday October 3rd 11:00 to Noon Free! Presenter: **Nicki Bray** USU Ext. Service FSNE

Couples Date Night – Let's Communicate!

This is the first in a series of 3 date nights to improve your relationship skills. Come freshen up your abilities to communicate effectively with others. Friday, Oct. 5th 6:30 – 7:30 P.M. in the Club Heights Elementary Media Center. Free! Refreshments served. Taught by Weber Human Services Professionals

Basic Sign Language

This 8-week class is a fun opportunity for all ages to learn some sign language. The class is taught in a "parent with child" style, but anyone is welcome with or without a child. Tuesdays Oct. 23, 30, Nov. 6, 13, 20, 27, Dec. 4, & 11. 1:30-2:30 P.M. Signing Time and other ASL materials are available for checkout in our lending library. Teacher: **Suzanne Stirland**

Make-n-Take Folder Games

Leave the kiddies home and come enjoy an evening of making folder games. (Limit 3 per person) All supplies provided free of charge. You color and create – we'll laminate. They will be ready to pick up later. Thursday, Oct. 25th 5:30 – 8:00 P.M. Limited enrollment.

Couples Date Night – What Are Your True Colors?

This is the 2nd in a series of 3 date nights to improve your relationship skills. This is a great class where you learn to identify the personality style of yourself and others. This will help you recognize characteristics/behaviors and how to utilize this to better relate to others. Friday November 2 6:30 – 7:30 P.M. in the Club Heights Elementary Media Center. Free! Refreshments served.

No Fuss Meals

We all need new ideas for meals that are easy, economical, and nutritious, so this class is for you. We will have a number of recipes and ideas to get you started. Free! Samples provided. Tuesday, November 6th 11:00 - Noon Presenter: **Teresa Hunsaker** with USU Extension Service

Super Sides, Stuff Your Turkey - Not You!

We'll be learning about "Side Dishes" bursting with flavor, not calories! Wednesday, November 7th 11:00 to Noon Recipes and samples will be shared! Free! Presenter: **Sharon Lloyd** USU Extension Services

Tame the Sugar Bowl!

Fun "Holiday Treats" for your family and friends with the focus on alternatives to the usual sugary goodies... Wed. Dec. 5th 11:00 to Noon, Free! Recipes & samples. Presenter: **Nicki Bray** USU Ext. Service FSNE

Couples Date Night – Stress? It "Can" Be Managed

The last in a series of 3 date nights to improve your relationship skills. Come learn and try techniques to deal with stress in a positive way. Friday Dec. 7th 6:30 – 7:30 P.M. in the Club Heights Elementary Media Center. Free! Refreshments served.

Adult English as a Second Language

Come for an enjoyable opportunity to learn English. The class is ongoing through May 2013. Enrollment fee is \$10.00. Book fee - \$20.00. Monday, Tuesday, and Wednesday evenings from 6:00 – 8:00 P.M. Teacher: **Spencer Unga**

Ingles como idioma secundario para adultos

Todavía seguimos con las clases. Vengan a disfrutar aprendiendo Ingles. Clases los Lunes, Martes y Miércoles de 6:00 a 8:00 de la tarde. Vengan durante esas horas para apuntarse. Se requiere un pago de \$10 y el libro cuesta \$20.

Maestro: **Sr. Spencer Unga**

Visit us at

<http://blog.wsd.net/chefamily>

STEP (systematic training of effective parenting)

We guide our children's every step... Where's our guide? Do you wish you had more ideas of how to handle challenging situations with your children? Do you want responsible, independent, and capable children? Do you want to strengthen your relationship with your child and strengthen your family? STEP is a FREE 8-week course offering ideas, strategies, resources, and support for all who are raising children. Class is provided by **Weber School District & Weber Human Services Prevention**. **For more information please contact your child's school counselor or principal.** Participants will get a gift card.

GUIDING GOOD CHOICES

A free 5-week course offering information and resources in preparing your child for Jr. High and making good choices. Includes: dinner for your family, childcare for children 4 years and older, gift cards for each adult participant, prizes and giveaways for your children. **For more information, please contact your child's school counselor or principal.** Class is provided by **Weber School District** and **Weber Human Services Prevention**

Parent to Parent: Family Training on ADHD

A seven session's class that goes into detail on the many facets of ADHD. All classes are taught by experienced professionals with a background in ADHD. The \$70 (\$60 for members of CHADD) charge for the series covers the cost of the materials you will receive. Limited scholarships are available based on financial need. **Tues. Jan. 15 – Feb. 26 at Ben Lomond 6:30-8:30 P.M**
Thurs. Feb. 7 – Mar. 21, 2013 at Roy High 6:30-8:30 P.M

Fact vs. Myth on ADHD

A free, single session class on ADHD that addresses many of the issues that concern people when they find that they, or their child, have ADHD. 6:30 to 8:00 P.M. at the McKay Hospital Education Center. Sept. 27, Nov. 15, and Jan. 24. The classes are taught by **Edward Williams, M.Ed.** Pre-registration with **Kathy at 801-387-3740** is mandatory.

***HOW TO FIND US!** We are located up behind the Riverdale Shopko plaza. Turn East onto 40th St. off from Riverdale Road. Take the first right, Palmer St., up the hill to the school. The Center is housed in a portable classroom outside of the school.

We follow the Weber School District calendar schedule. We are open Monday through Thursday, 7:30 a.m. to 5:00 p.m. on days that school is in session.