

FOR ADULTS

PARENT RESOURCES



IN PERSON CLASS FOR PARENTS
AND CHILDREN AGES 5-17

TO REGISTER CONTACT:

TRUDY BRERETON

(385) 268-6754 TRUDYB@WASATCH.ORG

CLASSES HELD EVERY 6 MONTHS

FREE TEN-WEEK SESSION INCLUDES DINNER
AND GROUP SESSIONS TO IMPROVE FAMILY
COMMUNICATION AND BONDING & REDUCE
FAMILY CONFLICT. LOCATION:

LOCATION: WASATCH BEHAVIORAL HEALTH



FOR PARENTS OF CHILDREN AGES 9-17
IN ENGLISH & EN ESPAÑOL

CONTACT: AUDRA RHODES

(435) 565-1057 ARHODES@TIMPV.COM

CONTACT: EMMA ZEVALLOS

(801) 425-5006 EMMA@PEACEHOUSE.ORG

CLASSES HELD EVERY 6 MONTHS

FREE FIVE-SESSION WORKSHOP TO
STRENGTHEN BONDS, MANAGE CONFLICT,
AND SET CLEAR RULES.



PARENTING CLASS
IN ENGLISH & EN ESPAÑOL

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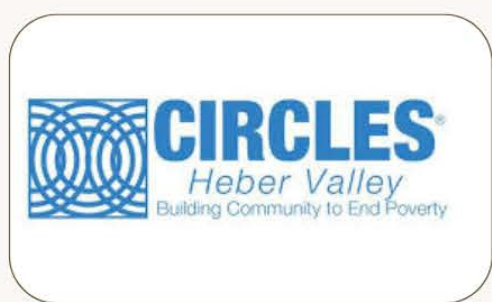
CONTACT: YURI JENSON (435) 671-1196

YURI@BILINGUALFAMILYSERVICES.ORG

CLASSES HELD EVERY 4 MONTHS

FREE SIX-WEEK CLASS MAKES THE SCIENCE OF
RAISING AND TEACHING KIDS FUN & PRACTICAL.

LOCATION: WASATCH BEHAVIORAL HEALTH



BUILDING COMMUNITY
TO END POVERTY

CONTACT: JERI DAVIS

(801) 373-8200 JERID@CASFB.ORG

FREE TWELVE-WEEK CLASS FOCUSING ON
SMART GOALS. INCLUDES DINNER AND
CHILDCARE. EARN UP TO \$150.

CONTACT JERI DAVIS TO REGISTER



WEEKLY PROGRAMING FOR LGBTQ+
YOUNG ADULTS & TEENS AGES 12-25

CONTACT: ENCIRCLETOGETHER.ORG/HEBER

FREE IN-PERSON ACTIVITIES. NO SIDES. ONLY
LOVE. FRIENDSHIP CIRCLES. THERAPY. DAILY
PROGRAMS. DROP-IN HOURS.

81 E CENTER ST. HEBER CITY, UT



0-8 CARE COORDINATION
IN ENGLISH & EN ESPAÑOL

**CONTACT: GINA TUTTLE, WASATCH COUNTY
HEALTH DEPARTMENT** (435) 657-3257

FREE SERVICE AND SUPPORT TO WALK YOU
THROUGH SERVICES AVAILABLE FOR 0 TO 8
YEARS OLD.

**988 SUICIDE & CRISIS
LIFELINE**