

Healthy Relationship Utah Upcoming Classes

Healthyrelationshipsutah.org has some great upcoming courses that are available online. Take a look at this great lineup of classes being offered.

Smart Steps for Stepfamilies is being offered virtually starting on September 6th, 14th, 19th, 24th, and October 4th. This free 7-session course meets once a week for two hours and is for dating, cohabitating, or remarried couples or individuals who have a child or children from a previous relationship.

Avoid Falling for a Jerk/Jerkette will be on September 7th and 12th
Does dating really have to be such a game of chance? Learn what to look for in a healthy relationship and how to identify signs of an unhealthy relationship.

Couple LINKS begins on September 12th
In this research-based course, you and your spouse or significant other will hear engaging stories and interesting facts, engage in frank discussion and learn to work together for your relationship.

Parenting the Love and Logic Way will be offered on September 6th, 12th, and 16th
Learn to raise responsible kids and enjoy parenting. End power struggles with your kids. This course will give you ready-to-use take-home skills to improve your relationship with your child and reduce the strain on your family life.

Home Run Parents offered on October 4th
Focus on family bonding using a fun baseball theme. The parent is the coach, kids are players. Suitable for two-parent, single-parent, or co-parent families.

Visit the website for more wonderful opportunities or get in touch with our own Natasha Dansie for more information.