



Does
PARENTING
have you
PUZZLED?

NOW OFFERING
Behavioral Health Strategies for Parents
Group Classes

- | | |
|-----------------------|--------------------------------------|
| Week 1 (10/6) | Introduction to Behavioral Health |
| Week 2 (10/20) | Developmental Disorders & Strategies |
| Week 3 (11/3) | Behavioral Disorders & Strategies |
| Week 4 (11/17) | Depressive Disorders |
| Week 5 (12/1) | Anxiety Disorders |
| Week 6 (12/15) | Behavioral Health Medications |

*\$40 for a single session or \$180 for full course
One or both parents may attend. Patients do not attend.*

7-8 pm presentation • 8-8:30 pm Q&A

*Located at Pleasant Grove Office Conference Room
1912 West 930 North • Pleasant Grove*

*20-person limit to class size in order to facilitate social distancing.
Masks required.*

***To register call (801) 768-2800 and speak
with a Behavioral Health Scheduler.***

Alpine
Pediatrics