

Class Topic	Number of Sessions	Description	Date
Health & Wellness			
Erase and Replace: Therapy through Art	4	This program is designed to provide you with knowledge and skills that you can use to replace negative behaviors in your life. It focuses on the whole person and offers opportunities for varied activities that will help you find healthy ways to build, restore, and develop habits that will benefit your mental health. This series will focus on the ways in which art can benefit your mental well-being. In each class session, we will focus on various elements of art that can help us examine our mental and emotional well-being.	Fall classes have not been scheduled yet. This document will be updated once they are scheduled. Or contact our Extension Office to schedule a class for your group or organization directly. 435-586-8132
Self-Defense Training	1	This 2 hour class will help participants: *Feel more confident in the ability to protect yourself *Know how to recognize a dangerous situation *Know ways to avoid becoming a victim *Know actions to take in the events of a confrontation *Learn techniques to protect yourself from others *Know how to protect yourself and others	
Narcan Overdose Prevention Training	1	Overdose prevention training for Narcan. Classes for service industry businesses, restaurants, bars, hotels, etc. Consider scheduling an employee training to ensure employees have the skills to respond to overdoses and save lives.	
Food Preservation			
Freeze Drying Class	1	Join us for an in-depth class on freeze drying! Discover how a freeze dryer works, the advantages of freeze drying, and what can be freeze dried. You'll learn the steps to starting a freeze dryer, proper storage methods for freeze dried food, and techniques for rehydrating it. Additionally, we'll cover common mistakes to avoid and offer you the chance to sign up for hands-on use of a freeze dryer. Don't miss this opportunity to master the art of freeze drying!	Fall classes have not been scheduled yet. This document will be updated once they are scheduled. Or contact our Extension Office to schedule a class for your group or organization directly. 435-586-8132
Finance			
Budgeting Tips and Tricks		A 45 minute interactive class that teaches fool-proof strategies for giving every dollar in your budget a purpose.	Fall classes have not been scheduled yet. This document will be updated once they are scheduled. Or contact our Extension Office to schedule a class for your group or organization directly. 435-586-8132
Power Pay: Your Secret Weapon for Defeating Debt	1	A 45 minute class that includes a PowerPay tutorial, and real-life scenarios to help participants determine the quickest way to eliminate debt.	
Financial Organization Hacks	1	A 45 minute interactive class about best-practices for organizing financial paperwork/digital files, record keeping, and additional hacks that help you tackle financial affairs with ease.	
Healthy Relationships & Parenting			
Leading by Understanding	1	Leading by understanding personality types such as introvert, extrovert, and ambivert involves recognizing and embracing the diverse strengths each type brings to the table. It means creating an inclusive environment where all personality types are valued. By leveraging this understanding, staff members and organizations can foster a culture of respect, appreciation, and productivity, ultimately driving teams towards shared success.	Fall classes have not been scheduled yet. This document will be updated once they are scheduled. Or contact our Extension Office to schedule a class for your group or organization directly. 435-586-8132
Maximizing Youth's Potential Through Personality Understanding	1	Learn how to recognize and embrace the unique superpowers of introverted, ambiverted, and extroverted kids and provide an environment where they can thrive. (Parent & Educator Version Available)	
Empowering Introverted Children: Nurturing Strengths and Building Confidence	1	Empowering Introverted: Nurturing Strengths, Building Confidence is a comprehensive class designed to help parents understand and support introverted/extroverted children. Participants will learn practical strategies to build confidence, celebrate strengths, and advocate for their needs in various settings.	
Tech-Savvy Digital Parenting	1	Tech Savvy Parenting: Tools & Info for Managing Kids' Digital Safety, Devices & Use! Learn about the latest tools and strategies to keep your kids safe online while managing their devices and screen time effectively. Our expert will provide valuable insights and practical tips to help you become a tech-savvy parent while providing you with research-based information and resources. Don't miss out on this informative event!	
Parenting the Love and Logic Way	1	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 in your family life	
Smart Steps for Stepfamilies	1	Stepfamilies are amazing! Join us in learning how to create family unity through empathy, rituals of connection, and meaningful communication. This is a fun, interactive course packed with evidence-based strategies for a happier family!	
Home Run Parents	1	Focus on family bonding using a fun baseball theme. The parent is coach, kids are players. Suitable for two-parent, single-parent, or co-parent families.	
Positive Discipline	1	This is a parenting program designed to teach young people to become responsible, respectful, and resourceful members of their communities.	

