



Healthy Relationship Education Resources 2026

Davis County

Davis County Abuse Prevention Workgroup

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QR code to
electronic version
Link: bit.ly/healthy-resources

Purpose



Learning and practicing healthy relationship skills is important in preventing abuse and violence. These skills create a foundation of mutual respect, trust, communication, and understanding which are crucial for building strong, safe relationships. When individuals develop these skills, they are better able to navigate conflicts, set boundaries, and express their needs in a healthy way.

The purpose of compiling healthy relationship education resources is to understand what content is available to the community, assess provider needs in order to increase participation, and connect providers.

Healthy relationship education includes, but is not limited to, education in these forms: classes, programs, workshops, one-time events, curriculums, guides, trainings, etc. A broad approach to healthy relationship education is being used. This would include education that may not be marketed as healthy relationship education but teaches concepts about healthy relationships such as connection, support, respect, etc.

If there is feedback or changes that should be made, please contact the Health Strategy Bureau at healthstrategy@daviscountyutah.gov.

Definitions



Course

A series of lessons or classes on a specific topic.



Class

A scheduled teaching activity for a course. Classes are usually shorter than courses, and the length depends on the topic and how much instruction is needed.



Program

A program can include a training curriculum, courses, and classes.



Training

A structured process for training people that includes a training curriculum.



Curriculum

A plan for instruction that includes a set of courses, learning experiences, and assessments. A curriculum can also be a set of objectives, resources, and tactics for building a training program.

Topics & Page Number



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Classes, Courses & Programs

Adult STAR (Sexual Trauma & Recovery Group)

Description: Works with rape and sexual assault survivors to help them heal after an assault.

Topics: Boundaries, communication, consent, emotional regulation, respect, safety, services and resources, support, where to report abuse, self-esteem, self-care, trauma responses, triggers, and healthy coping skills

Audience: Adults

Location(s): 223 Larsen Lane, Layton, UT

Language(s): English

Participation Type: In person, virtual

of Sessions: 6 or more

Registration: Call or email

Cost: Free

Eligibility: Must be 18+

Organization: Safe Harbor Crisis Center

Contact: info@safeharborhope.org

Website: safeharborhope.org/services/community-outreach

Phone: 801-444-9161

Circle of Security Parenting

Description: Support and strengthen your parent-child relationship by learning about secure attachment.

Topics: Connection, safety, trust, healthy attachment

Audience: Parents

Location(s): Multiple locations

Language(s): English, Spanish

Participation Type: In person

of Sessions: 6 or more

Registration: [Online](#) or call

Cost: Free

Eligibility: None

Organization: Davis Behavioral Health

Website: dbh.utah.gov/parenting/circle-of-security

Phone: 801-797-2455

Classes, Courses & Programs

Couple LINKS

Description: This research-based course is suitable for adults in married or committed relationships and addresses topics such as intimacy and romantic love; development and maintaining trust; forgiveness; resilience and commitment.

Topics: Commitment, connection, forgiveness, intimacy, resilience, romantic love, trust

Audience: 18+

Location(s): Multiple locations

Language(s): English

Participation Type: In person, virtual

of Sessions: Multiple sessions

Registration: [Online](#)

Cost: Free

Eligibility: Adult, 18+

Organization: USU Extension

Contact: Melanie Williamson, melanie.williamson@usu.edu

Website: extension.usu.edu/hru

Dealing with Dementia Workshop

Description: Provides tips and strategies for caregivers looking after their loved ones. The goal is to give caregivers a better understanding of dementia, how to provide the best care and how to handle stress and burnout.

Attendees will get a copy of the Dealing With Dementia Guide.

Topics: Understanding dementia, managing problem behaviors, handling stress, finding time for you

Audience: Caregivers of older adults, professionals working with dementia

Location(s): Central Davis Senior Center, Kaysville

Languages(s): English

Participation Type: In person

of Sessions: 1

Registration: Call, email

Cost: Free

Eligibility: Family or professional caregiver, anyone can attend

Organization: Davis County Health Department - Senior Services

Website: daviscountyutah.gov/health/aging-and-adult-services/home-based-services/caregiver-support-groups

Contact: Eve Larsen, 801-525-5048, elarsen@co.davis.ut.us or Megan Forbush, 801-525-5088, mforbush@co.davis.ut.us

Classes, Courses & Programs

Dementia Dialogues®

Description: 5-module training course designed to educate community members and caregivers (formal or informal) for persons who exhibit signs and symptoms of Alzheimer's disease and related dementias (ADRD).

Topics: Introduction to dementia, communication skills, safety, activities of daily living, quality of life, addressing challenging behavior, problem solving

Audience: Formal and informal caregivers for persons with dementia

Location(s): One of the three senior centers in Davis County (Clearfield, Kaysville, Bountiful)

Languages(s): English

Participation Type: In person

of Sessions: 3-6, depending on age of child

Registration: Call, email

Cost: Free

Eligibility: Anyone who wants to learn more about dementia

Organization: Davis County Health Department - Senior Services

Website: daviscountyutah.gov/health/aging-and-adult-services/home-based-services/caregiver-support-groups

Contact: Sheryl Knight, 801-525-5127, sknight@co.davis.ut.us

Dementia Live

Description: An immersive experience that helps participants gain a deeper understanding of what it may feel like to live with dementia.

Topics: Empathy, communication

Audience: Professional and family caregivers for persons with dementia

Location(s): One of the three senior centers in Davis County (Clearfield, Kaysville, Bountiful)

Language(s): English

Participation Type: In person

of Sessions: 1

Registration: Call or email

Cost: Free

Eligibility: Anyone who wants to learn more about dementia

Organization: Davis County Health Department - Senior Services

Contact: jbentley@co.davis.ut.us

Website: daviscountyutah.gov/health/aging-and-adult-services/home-basedservices/caregiver-support-groups

Phone: 801-525-5052

Classes, Courses & Programs

Educated Parents

Description: Help navigate important topics with your child such as child abuse prevention, healthy teen relationships, body safety, dating violence.

Topics: Communication, emotional regulation, support

Audience: Parents, Caregivers

Location(s): Virtual

Language(s): English

Participation Type: Virtual

of Sessions: 2

Registration: Call or email

Cost: Free

Eligibility: None

Organization: Safe Harbor

Contact: abigailw@safeharborhope.org

Website: safeharborhope.org

Phone: 801-444-9161

Emotional Resilience Course

Description: Prepares individual to meet life challenges and deal with traumatic experiences.

Topics: Communication, compromise, connection, emotional regulation, healthy conflict, safety, support, triggers, grief, suicide

Audience: Teens/Youth, Adults, Parents, Couples, Families

Location(s): Local ward building; [search for upcoming classes](#) in your area. Link: quickreg.churchofjesuschrist.org

Language(s): English, Spanish

Participation Type: In person, virtual

of Sessions: 6 or more

Registration: None

Cost: Free

Eligibility: None

Organization: The Church of Jesus Christ of Latter-day Saints

Website: churchofjesuschrist.org/self-reliance

Contact: Local church leaders

Classes, Courses & Programs

Everyday Strong

Description: Learn how to start building everyday resilience in the children around you.

Topics: Communication, connection, support

Audience: Adults, Parents, Families

Location(s): Varies

Language(s): English, Spanish

Participation Type: In person

of Sessions: 1

Registration: [Online](#) or call

Cost: Free

Eligibility: None

Organization: Davis Behavioral Health

Website: dbh.utah.org/training/everyday-strong

Phone: 801-797-2455

GRANDfamilies Psychoeducational Classes

Description: Offers valuable information and resources in a supportive group setting. Provides practical guidance but also fosters a sense of community and peer support for caregivers navigating the complexities of raising relative children. Teen and children classes are held simultaneously.

Topics: Boundaries, communication, connection, emotional regulation, fun, respect, responsibility, safety, services/resources, support, trust, how to report abuse, kinship care, dynamics of kinship families, need for permanency, risk and protective factors, trauma, neuroplasticity, substance use, caregiver support

Audience: Children, Teens/Youth, Adults, Other

Location(s): 129 State Street, Clearfield (please reach out if you would like the locations for all 9 counties that we serve)

Language(s): English, Spanish

Participation Type: In person, virtual

of Sessions: 6 or more

Registration: Call, email

Cost: Free

Eligibility: Must be a kinship caregiver (raising a relative's child or a child who is not your own but that you may be closely tied to/family friend)

Organization: Children's Service Society

Contact: chelseah@cssutah.org

Website: cssutah.org/services/kinship-care

Phone: 801-614-1020

Classes, Courses & Programs

Healthy Relationships

Description: Teaching teens about healthy relationships helps them recognize abuse and be better relationship partners in the future.

Topics: Boundaries, communication, consent, emotional regulation, healthy conflict, independence, safety, services and resources, where to report abuse, dating abuse

Audience: Teens/youth

Location(s): High school, junior high

Language(s): English

Participation Type: In person

of Sessions: 1

Registration: None

Cost: Free

Eligibility: None

Organization: Safe Harbor Crisis Center

Website: safeharborhope.org

Contact: abigailw@safeharborhope.org

Learning to Breathe, Adults

Description: Focus on learning core mindfulness practices to support you as you work with stress & anxiety.

Topics: Communication, connection, emotional regulation, healthy conflict, respect, responsibility, support

Audience: Adults

Location(s): Multiple locations

Language(s): English

Participation Type: In person

of Sessions: 3

Registration: [Online](#) or call

Cost: Free

Eligibility: None

Organization: Davis Behavioral Health

Contact: Debbie Barley, debbieb@dbh.utah.gov

Website: dbh.utah.gov/mental-health/breathe

Phone: 801-797-2455

Classes, Courses & Programs

Learning to Breathe, Youth

Description: Learn about how to reduce symptoms of anxiety and depression, regulate difficult emotions, and increase stress management skills.

Topics: Boundaries, communication, connection, healthy conflict, honesty, responsibility, support

Audience: Teens/youth

Location(s): Multiple schools

Language(s): English, Spanish

Participation Type: In person

of Sessions: 6 or more

Registration: Call

Cost: Free

Eligibility: None

Organization: Davis Behavioral Health

Contact: Debbie Barley, debbieb@dbhutah.org

Website: dbhutah.org/mental-health/breathe

Phone: 801-797-2455

Mindfulness Based Stress Reduction

Description: Mindfulness is the practice of cultivating awareness of what is happening in the present moment in a way that is compassionate, nonreactive, and nonjudgmental.

Topics: Communication, connection, emotional regulation, healthy conflict, respect, responsibility, safety, support, self-compassion, stress reduction.

Audience: Adults

Location(s): Davis Mindfulness Center, 476 Heritage Park Blvd, Layton

Language(s): English

Participation Type: In person

of Sessions: 6 or more

Registration: [Online](#) or call

Cost: \$250, cost can be waived if participant cannot pay

Eligibility: None

Organization: Davis Behavioral Health

Contact: Debbie Barley, debbieb@dbhutah.org

Website: dbhutah.org/mental-health/mbsr

Phone: 801-797-2455

Classes, Courses & Programs

Parent Series, Davis School District

Description: During the school year, anonymous webinars on mental health topics are available for parents and caregivers. A library of past recordings is available. These are provided in partnership with parentguidance.org.

Topics: Confidence, compassion, anxiety, depression, mindfulness, bullying, body positivity, emotional regulation, substance use, healthy boundaries, ADHD, suicide, loneliness, screen time.

Audience: Parents, caregivers

Location(s): Virtual

Language(s): English, Spanish

Participation Type: Virtual

of Sessions: 1

Registration: [Online](#)

Cost: Free

Eligibility: Parent, caregiver

Organization: Davis School District, parentguidance.org

Website: davis.k12.ut.us/o/dsd/page/parent-series-amp-parentguidance.org/mhsindex (enter state and school district)

Parenting the Love and Logic Way

Description: Uses the Parenting the Love and Logic Way® curriculum and teaches parents how to raise responsible kids and enjoy parenting. Participants will learn how to end power struggles with their children, teach responsibility, and prevent arguments.

Topics: Confidence, connection, communication, respect, responsibility

Audience: Adult, 18+

Location(s): Multiple locations

Language(s): English, Spanish

Participation Type: In person, virtual

of Sessions: Multiple sessions

Registration: [Online](#)

Cost: Free

Eligibility: Adult, 18+

Organization: USU Extension

Contact: Melanie Williamson, melanie.williamson@usu.edu

Website: extension.usu.edu/hru/

Classes, Courses & Programs

Positive Discipline

Description: Parenting program designed to teach young people to become responsible, respectful, and resourceful members of their communities. Based on the best-selling [Positive Discipline parenting books](#) by Dr. Jane Nelsen, the program teaches important social and life skills in a manner that is deeply respectful and encouraging for both children and adults.

Topics: Accountability, belonging, concern for others, connection, contribution, cooperation, problem-solving, respect

Audience: Adult, 18+

Location(s): Multiple locations

Language(s): English

Participation Type: In person, virtual

of Sessions: Multiple sessions

Registration: [Online](#)

Cost: Free

Eligibility: Adult, 18+

Organization: USU Extension

Contact: Melanie Williamson, melanie.williamson@usu.edu

Website: extension.usu.edu/hru/

QPR: Question, Persuade, Refer

Description: Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Topics: Communication, respect, responsibility, safety, services, resources, support, suicide prevention warning signs

Audience: Teens, youth, adult, parents

Location(s): Multiple locations, as requested

Language(s): English

Participation Type: In person, virtual

of Sessions: 1

Registration: None

Cost: Free

Eligibility: None

Organization: Davis County Health Department, trained community educators

Contact: 801-525-5070, [Linked form](#)

Website: co.davis.ut.us/health/community-health-services-division/community-health-division/suicide-prevention

Classes, Courses & Programs

Saprea Prevention Community Class

Description: Learn how to reduce the risk of child sexual abuse in homes and communities. The teaching materials and discussion guides are open for you to review and to use!

Topics: Top 5 Ways You Can Reduce the Risk, Teaching Your Child Healthy Sexuality, Teaching Your Child Consent, Teaching Consent for Teens, Awareness & Prevention of Sexual Abuse: How You Can Make a Difference

Audience: Adults, one teen class

Location(s): Virtual

Language(s): English, Spanish, French, and German

Participation Type: Virtual

of Sessions: 1

Registration: [Online](#)

Cost: Free

Eligibility: Parents and caregivers

Organization: Saprea

Contact: jrios@saprea.org

Website: saprea.org/community-education

Seven Principles for Making Marriage Work

Description: Based on the internationally acclaimed research of Dr. John Gottman as presented in his New York Times bestselling book -The Seven Principles for Making Marriage Work. This educational workshop is designed to help couples improve their friendship and conflict management skills.

Topics: Admiration, conflict management, connection, fondness, friendship, intimacy, romance

Audience: Adult, 18+

Location(s): Multiple locations

Language(s): English

Participation Type: In person, virtual

of Sessions: Multiple sessions

Registration: [Online](#)

Cost: Free

Eligibility: Adult, 18+

Organization: USU Extension

Contact: Melanie Williamson, melanie.williamson@usu.edu

Website: extension.usu.edu/hru/

Classes, Courses & Programs

Smart Dating: Avoid Falling for a Jerk or Jerkette

Description: This fun, free, and interactive virtual course teaches singles what to look for in a healthy relationship, and how to identify key markers of an unhealthy relationship.

Topics: The 3 most important warning signs of difficult partners, key areas to get to know someone you're dating, how to follow your heart without losing your mind

Audience: Adult, 18+

Location(s): Multiple locations

Language(s): English

Participation Type: In person, virtual

of Sessions: Usually two-hour sessions for seven weeks

Registration: [Online](#)

Cost: Free

Eligibility: Adult, 18+

Organization: USU Extension

Contact: Melanie Williamson, melanie.williamson@usu.edu

Website: extension.usu.edu/hru/

Smart Steps for Stepfamilies

Description: Research-based course to help strengthen families.

Topics: Connection, communication, family unity, healthy conflict, strategies for successful co-parenting, stress management

Audience: Adults with a child from a previous relationship or stepchild through a current relationship

Location(s): Multiple locations

Language(s): English

Participation Type: In person, virtual

of Sessions: Usually two-hour sessions for seven weeks

Registration: [Online](#)

Cost: Free

Eligibility: Adult, 18+

Organization: USU Extension

Contact: Melanie Williamson, melanie.williamson@usu.edu

Website: extension.usu.edu/hru/

Classes, Courses & Programs

Strengthening Families Program

Description: Gives parents and children the tools they need to make family life loving, fun, and connected.

Topics: Compromise, connection, consent, emotional regulation, equality, fun, healthy conflict, honesty, independence, respect, responsibility, safety, services and resources, support, trust

Audience: Youth (ages 10-14), Parents

Location(s): Multiple locations

Language(s): English, Spanish

Participation Type: In person, virtual

of Sessions: 7, 2.5 hour sessions

Registration: dbhutah.org/families

Cost: Free

Eligibility: None

Organization: Davis Behavioral Health

Website: dbhutah.org/families

Other: Dinner and childcare (1-9 years old) is provided

The Road to Happiness and Meaning

Description: Provides both principles and practices that are related to personal joy and positive well-being while also recognizing that one's life is good, meaningful, and worthwhile. The content provides a foundation for healthy interpersonal relationships, and is beneficial for singles or couples.

Topics: Discovering, building, and using your strengths; understanding and managing stress and challenges; promoting positivity, happiness, and meaning; improving personal relationships

Audience: Adult, 18+

Location(s): Multiple locations

Language(s): English

Participation Type: In person, virtual

of Sessions: Usually two-hour sessions for seven weeks

Registration: [Online](#)

Cost: Free

Eligibility: Adult, 18+

Organization: USU Extension

Contact: Melanie Williamson, melanie.williamson@usu.edu

Website: extension.usu.edu/hru/

Training

Bystander Intervention

Description: How to recognize potentially harmful situations and take active steps to intervene by empowering them to safely step up as a “bystander” and potentially prevent negative outcomes.

Topics: Safety, services and resources, where to report abuse

Audience: Teens/youth, adults

Location: 223 Larson Lane, Layton, UT

Language(s): English

Participation Type: In person

of Sessions: 1

Registration: Email

Cost: Free

Eligibility: None

Organization: Safe Harbor Crisis Center

Website: safeharborhope.org/services/prevention-education

Contact: abigailw@safeharborhope.org

Curriculum

Conscious Discipline

Description: Offers every adult and child the inspiration, knowledge, and skills to self-regulate and create healthy relationships for generations.

Curriculum Website: consciousdiscipline.com

Topics: Boundaries, communication, compromise, connection, consent, emotional regulation, equality, fun, healthy conflict, honesty, independence, respect, responsibility, safety, services and resources, support, trust

Audience: Children, Adults, Parents, Families

Location(s): Head Start classrooms

Language(s): English, Spanish

Participation Type: In person

Eligibility: None

Organization: Head Start

Website: davis.k12.ut.us/page/early-childhood-programs

Contact: Kkemp@dsdmail.net