

Healthy Relationship Education Resources 2026

Davis County

Davis County Abuse Prevention Workgroup

Davis County Health Department

davislinks

Davis 4 Health

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

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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 &
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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: dbhutah.org/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/courses/couple-links

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: 801-525-5052, jbentley@co.davis.ut.us
Website: daviscountyutah.gov/health/aging-and-adult-services/home-based-services/caregiver-support-groups

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: dbhutah.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): 934 S. Main Street, Layton (please reach out if you would like all the locations 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: cwhite@cssutah.org
Website: cssutah.org/our-programs/grandfamilies
Phone: 385-499-3734

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@dbhutah.org
Website: dbhutah.org/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 & 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/courses/parenting-love-and-logic

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/courses/positive-discipline

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/courses/seven-principles-for-making-marriage-work

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/courses/smart-dating

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/courses/smart-steps-for-stepfamilies

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/courses/the-road-to-happiness-and-meaning

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