

MENTAL HEALTH

CONNECTIONS CONSUMER MENTAL HEALTH GROUP

Offered by NAMI
For those suffering biological brain disorders
Contact Jonathan King 801.803.1236 or Catherine Birch 801.842.8955

FAMILY SUPPORT GROUP

Offered by NAMI
For family members and loved ones of those suffering biological brain disorders
Contact Ann Reynolds 801.825.9003 or Fran Wilby 801.631.1275

ADD & ADHD SUPPORT GROUP

Offered by CHADD
For children and adults with ADD or ADHD
Contact Tammy Naylor 801.292.6233

SELF-HELP MENTAL HEALTH PROGRAM

Offered by Recovery, Inc.
A non-profit, non-sectarian and completely member managed self-help mental health program
Contact Judy 801.860.3146

SUBSTANCE ABUSE

NARCOTICS ADDICTION SUPPORT GROUP

Offered by Narcotics Anonymous
Support group open to the public
877.479.6262

ALCOHOL ADDICTION SUPPORT GROUP

Offered by Alcohols Anonymous
Support group open to the public
888.425.2666

TEEN ALCOHOL ADDICTION SUPPORT GROUP

Offered by Al-Ateen
Support group for teens age 8-13 with alcohol addiction
Contact Cory O. 801.390.5622

FAMILY ALCOHOL SUPPORT GROUP

Offered by Al-Anon
Support group for families of alcohol addicts
Contact Heather 801.674.6315 or Chris 801.547.0312

FAMILY

PARENTING CLASS

Offered by Family Connections
Available for English or Spanish speaking residents of Davis County
801.773.0712

SENIOR CAREGIVER CLASS

Offered by Davis County Health Dept
An 8-week series of classes for individuals caring for family members who are older or frail. Classes are free to the public and are offered each week at two locations. Individuals may attend at anytime during the series.
Contact Megan Forbush 801.451.3506

ADULT OUTREACH PROGRAM

Offered by Safe Harbor
Self esteem and self concept, assertive communications, healthy vs. addictive love, domestic violence, stress management, conflict resolution, effects of domestic violence on children, safety planning
801.444.9161

CHILDREN'S OUTREACH PROGRAM

Offered by Safe Harbor
Helping children with the ability to identify and assertively communicate feelings in an appropriate manner, to develop coping skills and healthy alternatives to conflict resolution
801.444.9161

RAPE CRISIS SERVICES OUTREACH

Offered by Safe Harbor
A safe environment in which survivors of rape and sexual assault can speak openly and in a healing environment
801.444.9161