



INSIGHT

Class 1 • Getting to Know You

Identify personal attributes and strengths and learn to identify feelings and express feelings in healthy ways.

Class 2 • Communication for Healthy Relationships

Learn skills for effective communication and identify ways to make and maintain healthy friendships.

Class 3 • Making Healthy Choices

Discuss misperceptions about the prevalence of drug use and explore how to make healthy decisions.

Class 4 • Resisting Negative Peer Pressure

Practice setting goals and develop the confidence and skills to resist negative peer pressure.

Dinner provided for participants from 5:30 – 6:00 PM.

REGISTER HERE or scan the QR code below.



Free 8-hour life skills program for Salt Lake City School District students in 4th through 12th grades and their parents

2-hour classes held weekly on Tuesday evenings at Horizonte Instruction and Training Center 6:00 – 8:00 PM

Taught by a trained facilitator

Program runs monthly during the school year, except December

STUDENT SERVICES

801.578.8475