



SMART STEPS for Stepfamilies



Healthy
Relationships
Utah.org

SMART STEPS: Strengthening families for generations to come

No cost adult class focusing on:

- Stepfamily strengths and building stronger relationships
- Finding common ground and handling conflict
- Stepparenting strategies, child development and discipline
- Strengthening the couple relationship
- Communication skills with the child's other parent
- Self-care and managing stress

Direct questions to:

Shauntell

(801) 717-5671

Registration required to receive course materials and certificate of completion.

Register here:



View class dates and
other classes at:



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