

January 2026

LINDON CARES NEWSLETTER

OUR MISSION

Lindon Cares provides resources, education, and support to reduce the risk of abuse, substance misuse, and suicide while promoting supportive relationships and positive mental health in our community.

OUR VISION

Lindon Cares is a prevention coalition that envisions a robust, thriving, resilient community that invests in the future of our youth.



TABLE TALKS

Wed February 25th

Wed March 25th

12:15PM

THS MEDIA CENTER

Community Connection Event

Monday, January 12th
7:00 - 8:30pm

TIMPANOGOS HIGH SCHOOL

FREE GIFT
FOR ALL
FAMILIES
THAT ATTEND!



RESOURCE
TABLES
AND
RECEPTION

WORKSHOPS INCLUDE:

- Safe Talk - How to talk and connect with your teen
- Mind Over Media - How tech continues to affect our lives
- Coping Skills - Developing safe and healthy ways to cope with stress for individuals and families

Childcare Provided for first
24 kids registered

Guiding Good Choices Family Workshop-5 week course begins Monday February 2nd. Learn conflict management, boundary setting, connection and communication skills. Dinner and childcare provided.

Kintsugi Workshop-Monday January 26th 7pm. Learn more about the beauty of broken things and the power of allowing ourselves to be imperfect, and beautiful through art.

Family Values Workshop-Friday February 13th at 6-8pm. Bring your family for this interactive, proactive discussion to help define your family values. Dinner is provided and childcare for ages 5 and under.

All events are free but require registration.

You can register at www.lindonrecreation.org/lindoncares or click [HERE](#)

RESOURCE
SPOTLIGHT

SAFE



www.SafeUT.org

Whatever you're going through, you don't have to do it alone. SafeUT counselors are here to talk about any sized problem, any time. Counselors are available 24/7 to talk you through whatever problem you're facing. If you're worried about someone's safety or that they might hurt someone else, you can submit a tip anonymously. What you share is completely confidential, help is always free and available any time. Don't hesitate to reach out. Download the APP today and encourage anyone you know with a phone to do the same.

Connection Is Prevention

The latest **SHARP** data show Utah youth are making healthier choices and feeling more connected to their families and school.



When kids get the **sleep** their bodies and brains need, they get better grades, and report better mental health.

What we've learned from SHARP data

81.7% have rules about screen time

39.2% got 8 hours or more of sleep a night

54.9% see screen time getting in the way of sleep.

This information is made possible by the

SHARP Survey 

Learn more about SHARP:
sharp.utah.gov

Introducing Jillian Sederberg



Jillian Sederberg has been with Lindon Cares since its beginnings nearly four years ago. She holds a master's degree in Therapeutic Recreation and has thoroughly enjoyed bringing classes to life at the center. Some of her favorite classes to teach include Coping Skills for Teens, Prep for Junior High, and Family Values Nights. Jillian uses experiential techniques—such as art, music, games, tasks, and play—to help teens and families strengthen their coping skills and communication. Outside of work, Jillian loves spending her leisure time in the mountains- hiking, biking, or skiing with her family.

RECAP

At our most recent **Table Talk** we discussed the Science of the Positive and the power of focusing on the behavior we want. Some ways to do this included:

- **Keep it simple.** Use simple and honest language.
- **Familiar routines are comforting.**
- **Allow your child to express raw feelings freely or ask questions.**
- **Give your child choices in what to do and allow them time to share their feelings.**
- **Reassure your child that he or she will be cared for and explain the plan.**

See what people are saying about our **FAMILY VALUES WORKSHOP!** *see website for next class

"This class gave me and my husband an opportunity to start having these conversations early in our marriage, and as a bonus, we got the cutest deck of cards to help us continue the conversation at home."

"It helped us start a discussion about family values that we might not have otherwise had."

"So helpful for making time to establish our family values together."

"Prior to attending the workshop, I feel like coming up [with family values] is so hard. But after the workshop, we all came up with our family value, which is amazing!"

JOIN THE TEAM

Willing hands matter more than skills. However, some of the roles we are specifically looking for are people who like working with data and working with youth.

QUESTIONS? CONTACT

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