



## Transition to Teaching—Summer 2026 Schedule

Program Manager: Maria Griffin 801-957-5423

Course	Title	MIDAS ID	Instructor	Course Type	Start Date	End Date	Time	Days	Credit Clock Hours	Cost
*WTPP150	<a href="#">Mindfulness &amp; Stress Management</a>	63321	Lyndsi Drysdale	Online	May 18, 2026	July 6, 2026	N/A	N/A	30hr/2Midas	<a href="#">\$400</a>
*WTPP120	<a href="#">Cultivating Healthy Relationships</a>	63322	Whitney Casey	Online	June 30, 2026	Aug 25, 2026	N/A	N/A	30hr/2Midas	<a href="#">\$400</a>

\*These classes may qualify for STIT funding (75% discount). Apply [here](#)