

# Clusters



## WHAT'S A CLUSTER?

Clusters are peer groups for foster, adoptive, and kinship families who meet together on a monthly basis for support & required training.

Learn more, *online!*

### KEARNS/MAGNA

Rachel B (801) 651-3098  
richoblackmer@gmail.com

### SANDY/DRAPER CLUSTER

Janet (801) 867-1552  
jmclain6@outlook.com

### SOUTH VALLEY WEST CLUSTER

Heather (801) 560-3238

### WEST JORDAN CLUSTER

Ruthanne (801) 652-5500

### MURRAY/MIDVALE/EAST CLUSTER

Tina (801) 994-5205

### SALT LAKE METRO CLUSTER

Rachel H rlhharb@gmail.com

### LEVEL 3 CLUSTER

Jessica (801) 831-2029

### TOOELE CLUSTER

Stephanie (801) 682-5925  
Blair (801) 200-8150

### SPANISH CLUSTER

Ruth (801) 568-6632

## FOUNDATIONS FOR YOUTH

### Session 2

**Terri Rowley, LCSW**

**June 26; 5:30-9:30pm**

*Fred House Academy/14727 Minuteman Dr*

The Effects of Trauma on  
Adolescent Development.

Fred House Academy is located in Draper.

## FOUNDATIONS FOR YOUTH

### Session 3

**Terumi Sagers, BS**

**July 31; 5:30-9:30pm**

*Fred House Academy/14727 Minuteman Dr*

Introduction to Life Skills  
Assessment & Learning Plans.

Fred House Academy is located in Draper.

## FOUNDATIONS FOR YOUTH

### Session 4

**Maggie Noyes, SSW**

**August 28; 5:30-9:30pm**

*Fred House Academy/14727 Minuteman Dr*

Transition to Adult Living Skill Building.

This is the end of the Summer series.

Fred House Academy is located in Draper.

## FOUNDATIONS FOR YOUTH

### Session 1

**Liz Rivera, MS, SSW**

**September 25; 5:30-9:30pm**

*Fred House Academy/14727 Minuteman Dr*

Introduction & Solution-  
Focused Relationships.

This is the start of the Autumn series.

Fred House Academy is located in Draper.

## HEALING TRAUMA

### Part 1 & 2

**Terumi Sagers, BS**

**July 11; 10am-1pm**

*UFC Murray / 5296 S Commerce Dr. #400*

Introduction to Trauma-Informed  
Care: Understanding how children  
may respond to traumatic events.

## HEALING TRAUMA

### Part 3 & 4

**Terumi Sagers, BS**

**July 18; 10am-1pm**

*UFC Murray / 5296 S Commerce Dr. #400*

Understanding Trauma's Effects &  
Building a Safe Place for Children: How  
trauma can interfere with a child's  
development and functioning and  
how to help them begin to feel safe.

## HEALING TRAUMA

### Part 5 & 6

**Terumi Sagers, BS**

**August 1; 10am-1pm**

*UFC Murray / 5296 S Commerce Dr. #400*

Dealing with Feelings and Behaviors  
& Connections and Healing: How to  
help children develop new emotional  
skills and positive behaviors.

## HEALING TRAUMA

### Part 7 & 8

**Terumi Sagers, BS**

**August 8; 10am-1pm**

*UFC Murray / 5296 S Commerce Dr. #400*

Becoming an Advocate & Taking  
Care of Yourself: Become a trauma-  
informed advocate and increase your  
personal coping skills and resiliency.

**KEARNS/MAGNA & WVC**

**Playful Interactions**

**Daniel & Laura Hamilton**

**June 5; 6-8pm**

*UFC Murray / 5296 S Commerce Dr. #400*

Trust-Based Relational Intervention, effective approach to parenting children from hard places. The 1st hour is a training and the 2nd hour is hands on and buliding community support.

**LUNCH & LEARN**

**Summer Ideas for Fun & Learning**

**Terumi Sagers, BS**

**June 8; Noon-1pm**

*UFC Murray / 5296 S Commerce Dr. #400*

Various speakers every month. Bring your own lunch on odd months. We will feed you on the even months.

**SALT LAKE**

**Office of Licensing**

**Licensors**

**June 14; 6-8pm**

*Foothill-Andersen Library / 1135 S 2100 E*

The Administrators from the Office of Licensing will join us to discuss Licensing issues and protocol.

**SANDY/SVW & LEVEL 3**

**Improving Connections**

**Becky Pierce**

**June 21; 6-8pm**

*UFC Murray / 5296 S Commerce Dr. #400*

Becky will be presenting on attachment and connection. Her focus will be on understanding attachment and ideas for improving connection with our children. Becky is trauma trained and TBRI trained.

**WEST JORDAN & MURRAY**

**Positive Discipline**

**Les Harris**

**June 28; 6-9pm**

*UFC Murray / 5296 S Commerce Dr. #400*

If you haven't heard Les Harris present on Positive Discipline...you have to! It's informative and fun!

**KEARNS & MAGNA**

**Healthy Touch**

**Daniel & Laura Hamilton**

**July 3; 6-8pm**

*UFC Murray / 5296 S Commerce Dr. #400*

Trust-Based Relational Intervention, effective approach to parenting children from hard places. The 1st hour is a training and the 2nd hour is hands on and buliding community support.

**WJORDAN & MURRAY**

**Early Child Development**

**DDI Vantage**

**July 10; 6-8pm**

*UFC Murray / 5296 S Commerce Dr. #400*

We will learn about general child development for young children.

**LUNCH & LEARN**

**Headstart Program**

**Amy Whittemore**

**July 13; 12-1pm**

*UFC Murray / 5296 S Commerce Dr. #400*

Various speakers every month. Bring your own lunch on odd months. We will feed you on the even months.

**TOOELE**

**TBA**

Information coming soon!

Watch Facebook for details.

**MINDFULNESS: BRAIN TRAINING**

**Terumi Sagers, BS**

**June 5, 12, 19, 26; 10-11am**

**July 3, 10, 17, 31; 10-11am**

*UFC Murray / 5296 S Commerce Dr. #400*

Bring your children ages 5-12 to this FUN class to learn more about how their brains work and strategies for calming their big emotions.

**RSVP FOR CLASSES & CLUSTERS!**

If a class or Cluster is cancelled, moved or rescheduled, we can only alert you if you've RSVP'd! Help us, help you — RSVP!

**RSVP: LIZ RIVERA  
(801) 994-5205 OR  
liz.rivera@utahfostercare.org**