Clusters, What Are They?
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/WVC
Kylie (801) 916-8484
kylie.neff@live.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
Nan (801) 808-3399
ntalor@yahoo.com

Salt Lake Metro Cluster
Rachel H rlhharb@gmail.com

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

Spanish Cluster
Esmeralda (801) 994-5205

LBGTQ+ Cluster
Adrienne (801) 722-8121

Healing Trauma

Modules 3 & 4
Terumi Sagers, BS
February 24; 5:30-8:30pm
Fred House Academy/14727 Minuteman Dr

Trauma 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

Modules 5 & 6
Terri Rowley, LCSW
March 30; 5:30-8:30pm
Fred House Academy/14727 Minuteman Dr

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

Healing Trauma

Modules 7 & 8
Terumi Sagers, BS
April 27; 5:30-8:30pm
Fred House Academy/14727 Minuteman Dr

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

Healing Trauma

Modules 1 & 2
Trish Jensen, SSW
May 18; 5:30-8:30pm
Fred House Academy/14727 Minuteman Dr

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

Mindfulness Brain Training

Terumi Sagers, BS
Saturdays: 10:00-11:00am
UFC Murray / 5296 S Commerce Dr #400

February: 1, 8, 15, 22, 29
March: 7, 14, 21

A class for kids ages 4-12 AND their grownups to learn about their brains and strategies for calming it down when it gets upset.

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
<table>
<thead>
<tr>
<th>SVE/MURRAY/ WEST JORDAN</th>
<th>SPANISH</th>
<th>SVW</th>
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</thead>
<tbody>
<tr>
<td>Strengthening Marriage</td>
<td>Vaping</td>
<td>Allegation Prevention</td>
</tr>
<tr>
<td>Melanie Jewkes, Assoc Professor, USU</td>
<td>Marcia Peterson, SL Co Health Dept</td>
<td>Michelle Ostmark, UFC</td>
</tr>
<tr>
<td>February 13; 6:00-8:00pm</td>
<td>February 22; 10:00am-Noon</td>
<td>February 26 6:00-8:00pm</td>
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<tr>
<td>UFC Murray / 5296 S Commerce Dr # 400</td>
<td>UFC Murray / 5296 S Commerce Dr # 400</td>
<td>Herriman Library / 5380 Main St.</td>
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<tr>
<td>We need to take care of each other and our marriages. Enjoy a meal together and learn simple tips.</td>
<td>Vaping is hurting our kids. We need more tools to help them.</td>
<td>How you can be prepared if an allegation of abuse is made against you.</td>
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<tr>
<th>MID VALLEY EAST</th>
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<th>SALT LAKE METRO</th>
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<tbody>
<tr>
<td>Paperwork Review</td>
<td>Big Feelings &amp; Foster Siblings</td>
<td>First Aid &amp; CPR</td>
</tr>
<tr>
<td>Terumi Sagers, BS</td>
<td>Terumi &amp; Sarah Sagers</td>
<td>Michelle Ostmark, UFC</td>
</tr>
<tr>
<td>March 11; 6:00-8:00pm</td>
<td>March 16 6:00-8:00pm</td>
<td>March 23; 6:00-9:00pm</td>
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<tr>
<td>UFC Murray / 5296 S Commerce Dr #400</td>
<td>UFC Murray / 5296 S Commerce Dr #400</td>
<td>Anderson Foothill Library / 1135 S 2100 E</td>
</tr>
<tr>
<td>So many forms and details. Come get a refresher on how to fill them all out.</td>
<td>Being a foster sibling is hard. This a class for you AND your biological children ages 8-15 to come learn some coping strategies and have a safe space to talk.</td>
<td>Get your first aid and CPR training requirement done.</td>
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<thead>
<tr>
<th>SVE/ LGBTQ</th>
<th>SVW/WEST JORDAN</th>
<th>CIRCLE OF SECURITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Sign Language</td>
<td>Vaping</td>
<td>Building Secure Attachments</td>
</tr>
<tr>
<td>Melissa Carr &amp; Adrienne Davis</td>
<td>Marcia Peterson, SL Co Health Dept</td>
<td>Liz Rivera, MS, SSW</td>
</tr>
<tr>
<td>March 27; 6:00-8:00pm</td>
<td>March 31; 6:00-8:00pm</td>
<td>All Classes; 6:00-8:00pm</td>
</tr>
<tr>
<td>UFC Murray / 5296 S Commerce Dr #400</td>
<td>Herriman Library / 5380 Main St.</td>
<td>UFC Murray / 5296 S Commerce Dr #400</td>
</tr>
<tr>
<td>Teach your little ones to communicate with sign language.</td>
<td>Vaping is hurting our kids. We need more tools to help them.</td>
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**ASK A FOSTER PARENT: TEENS!**

February 25; 6:00-8:00pm

Utah Foster Care
5296 S Commerce Dr #400

Fostering a teen can sound scary, but teens in foster care are just like the teens you already know: they worry about friends and clothes, and stress about the future. No matter their age, kids need a place to call home. Ask local families about their experiences fostering or adopting teens, at this casual forum offered by Utah Foster Care—what it’s like, why they do it, how to get started, and more! Dinner served!

RSVP: rsvp@utahfostercare.org

Inservice training hours available – be sure to sign the roll!