

Support Groups

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

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

TOOELE CLUSTER

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

SPANISH CLUSTER

Ruth (801) 568-6632

HEALING TRAUMA

Modules 7 & 8

Terumi Sagers, BS

December 17; 5:30-8:30pm

Fred House Academy/14727Minuteman Dr

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

FOUNDATIONS FOR YOUTH

Session 1

Liz Rivera, MS, SSW

January 28; 5:30-9:30pm

Fred House Academy/14727Minuteman Dr

Introduction and Solution Focused Relationships

Fred House Academy is located in Draper. It is on the east side of I-15, south of the DMV.

FOUNDATIONS FOR YOUTH

Session 2

Terri Rowley, LCSW

February 27; 5:30-9:30pm

Fred House Academy/14727Minuteman Dr

The Effects of Trauma on Adolescent Development

Fred House Academy is located in Draper. It is on the east side of I-15, south of the DMV.

FOUNDATIONS FOR YOUTH

Session 3

Terumi Sagers, BS

March 25; 5:30-9:30pm

Fred House Academy/14727Minuteman Dr

Introduction to Life Skills Assessment and Learning Plans

Fred House Academy is located in Draper. It is on the east side of I-15, south of the DMV.

FOUNDATIONS FOR YOUTH

Session 4

Maggie Noyes, SSW

April 29; 5:30-9:30pm

Fred House Academy/14727Minuteman Dr

Transition to Adult Living Skill Building

Fred House Academy is located in Draper. It is on the east side of I-15, south of the DMV.

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

SOUTH VALLEY WEST/ WEST JORDAN
Life Books

Michelle Ostmark

December 5; 6:00-8:00pm

Herriman Library / 5380 Main St, Herriman

Life Books are tools that can be useful in working with children in out-of-home care and children who have been adopted to record memories and life events.

KEARNS/MAGNA
Digital Responsibility

Carrie Rogers-Whitehead, CEO

January 8; 6:00-8:00pm

Life Community Center / 3818 W 4700 S

We need to teach our kids about being responsible digital citizens. Come learn how.

WEST VALLEY CITY
Fetal Alcohol Spectrum Disorder

Deborah Bildner

January 9; 6:00-8:00pm

UFC Murray / 5296 South Commerce Dr #400

Learn how alcohol used in pregnancy affects the brain and what you can do to help the children affected this.

SOUTH VALLEY EAST/MID VALLEY EAST
Understanding the Legal System

Nicole McBride, Attorney

January 16; 6:00-8:00pm

UFC Murray / 5296 South Commerce Dr #400

What types of hearings are there? What is your role in the process? Come learn more!

TOOELE
Attachment & Trauma

Abi Nash & Jordan Briggs

January 17; 6:00-8:00pm

Mt W Med Ctr / 2055 N Main Room

Kids in care have experienced trauma that affects their brain which affects their attachment to their caregivers. Come learn strategies to help rewire their brains.

SALT LAKE METRO
Grief, Loss & Foster Parents

Panel Presentation

January 23; 6:00-8:00pm

UFC Murray / 5296 South Commerce Dr #400

Foster parents have their own grief process as well as helping children with theirs. Come share and learn together.

SPANISH
Post Adoption Services

Andrew Butcher

January 26; 10:00am-Noon

UFC Murray / 5296 South Commerce Dr #400

Learn about all the services provide to families and children after adoption.

CIRCLE OF SECURITY CH 1 & 2
Being with Children all Around the Circle

Liz Rivera, MS, SSW

January 22; 6:00-10:00pm

UFC Murray / 5296 South Commerce Dr #400

Circle of Security is an attachment-based model to promote secure attachments with children.

CIRCLE OF SECURITY: CH 3 & 4
Things Go Wrong & Repair

Liz Rivera, MS, SSW

February 19; 6:00-10:00pm

UFC Murray / 5296 South Commerce Dr #400

Circle of Security is an attachment-based model to promote secure attachments with children.

MINDFULNESS BRAIN TRAINING

Terumi Sagers, BS

UFC Murray / 5296 South Commerce Dr #400

January 26; 10:00-11:00am

February 2, 9, 16, 23; 10:00-11:00am

March 2, 9, 16; 10:00-11:00am

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.