## 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!

<table>
<thead>
<tr>
<th>CLUSTER</th>
<th>CONTACT</th>
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</thead>
<tbody>
<tr>
<td>CEDAR CITY CLUSTER</td>
<td>Vicki (435) 590-0920</td>
</tr>
<tr>
<td>MANTI CLUSTER</td>
<td>Michelle (435) 633-3449</td>
</tr>
<tr>
<td>RICHFIELD CLUSTER</td>
<td>Holly (801) 360-1967</td>
</tr>
<tr>
<td>ST GEORGE CLUSTER</td>
<td>Shelly (801) 792-8506</td>
</tr>
<tr>
<td>ST GEORGE POST ADOPT CLUSTER</td>
<td>Tifiny (801) 494-3877 <a href="mailto:tifinyrose@hotmail.com">tifinyrose@hotmail.com</a></td>
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### CLUSTERS

#### CEDAR CLUSTER

**Emotionally Focused Parenting**

- **Cliff Farnsworth, LCSW**
- **February 19; 6:00-8:00pm**
- **Festival Hall / 105 N 100 E**

Come for a date night and dinner with your sweetheart. Cliff will direct a discussion on the importance of Emotionally Focused Parenting. Please RSVP to Vicki.

#### CEDAR CLUSTER

**The Whole-Brain Child**

- **Brian Young, SSW**
- **March 11; 6:30-8:30pm**
- **Festival Hall / 105 N 100 E**

Based on the book “The Whole-Brain Child, Revolutionary Strategies to Nurture Your Child’s Developing Mind”. Childcare provided for those who RSVP. Must RSVP the number of children and adults to Vicki.

#### ST GEORGE CLUSTER

**5 Love Languages**

- **Denice Beacham, UFC Trainer**
- **February 11; 6:00-8:00pm**
- **Location TBA**

Denice will be presenting on “The 5 Love Languages.” Come with your partner or on your own. Dinner will be catered and there will be some giveaways. Must RSVP to Diane or Shelly.

#### ST GEORGE CLUSTER

**Technology Distractions**

- **Les Harris, LCSW**
- **March 11; 6:00-8:00pm**
- **St. George UFC / 491 E. Riverside Dr. #2B**

Les Harris will be discussing how we can prepare ourselves and our children to face some of the problems associated with technology.

### RSVP FOR CLASSES & CLUSTERS!

If a class or Cluster is cancelled, moved or rescheduled, we can only alert you if you’ve RSVP’d! Also, if childcare is provided, it can only be offered to those who’ve RSVP’d. Help us help you — RSVP!

**RSVP:** **CLIFF FARNSWORTH / (435) 656-8065**

ciff.farnsworth@utahfostercare.org
<table>
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<tr>
<th><strong>RICHFIELD CLUSTER</strong></th>
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<tr>
<td><strong>Self-Care &amp; 5 Love Languages</strong></td>
<td><strong>Movie Night: Instant Family</strong></td>
<td><strong>Self-Care &amp; 5 Love Languages</strong></td>
<td><strong>IEP &amp; 504 Plans</strong></td>
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<tr>
<td><strong>Denice Beacham, UFC Trainer</strong></td>
<td><strong>Cliff Farnsworth, LCSW</strong></td>
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<td><strong>Cliff Farnsworth, LCSW</strong></td>
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<td><strong>February 12; 6:00-8:00pm</strong></td>
<td><strong>March 18; 6:00-8:00pm</strong></td>
<td><strong>February 12; 6:00-8:00pm</strong></td>
<td><strong>March 11; 6:00-8:00pm</strong></td>
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<td><em>Gunnison City Hall / 38 W Center St</em></td>
<td><em>Richfield DCFS / 201 E 500 N</em></td>
<td><em>Gunnison City Hall / 38 W Center St</em></td>
<td><em>Manti City Office / 55 S. Main St</em></td>
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<tr>
<td>This is a great date night with your spouse. Come learn more about each other. Learn how you can care for each other by learning their love language.</td>
<td>Training will include a movie and discussion about common adoption related issues. Discussion will include what it is like to be a foster parent.</td>
<td>This is a great date night with your spouse. Come learn more about each other. Learn how you can care for each other by learning their love language.</td>
<td>Training will provide basic information about IEP and 504 plans, what qualifies a child for a plan, and tips for how to request a plan for your child.</td>
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