

# Salt Lake Area Support Group Pages

Phone: 2-1-1 Website: [www.211ut.org](http://www.211ut.org) Fax: (801) 746-2880

## ABUSE

A.M.A.C. (Adults Molested as Children) – Family Support Center, 801-255-6881; [www.familysupportcenter.org](http://www.familysupportcenter.org); FEE, based on a sliding fee scale. Support groups available at every location.

BATTERED WOMEN/DOMESTIC VIOLENCE SUPPORT GROUP – YWCA, 801-537-8620 Melinda; must have an intake to join group.

SUPPORT GROUP FOR MALE VICTIMS OF DOMESTIC VIOLENCE – \$20 for 4 sessions, 801-696-3166

IMPACT OF SEXUAL ABUSE CLASS – Family Support Center, 801-255-6881; [www.familysupportcenter.org](http://www.familysupportcenter.org); FEE, based on a sliding fee scale. Support groups available at every location.

RAPE RECOVERY CENTER SUPPORT GROUPS FOR RAPE AND SEXUAL ASSAULT SURVIVORS – Rape Recovery Center, 801-467-7282

SEXUAL VIOLENCE SUPPORT GROUP – Rape Recovery Center, 801-467-7282

## BEHAVIORAL HEALTH

ADULT CHILDREN OF ALCOHOLICS (ACOA) – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org)

ALLIES WITH FAMILIES – Reliable parent information and support. Providing education, advocacy and support for families who have children with emotional, behavioral or neurobiological disabilities, such as mental illness, depression, ADD, autism, etc. Call 801-433-2595 or 1-877-477-0764; [www.allieswithfamilies.org](http://www.allieswithfamilies.org)

ANGER MANAGEMENT – U-Choose. Adolescents only 13-17 years of age. 718-8307; set fee of \$80.00.

ANGER MANAGEMENT – Family Support Center, 801-255-6881; [www.familysupportcenter.org](http://www.familysupportcenter.org); FEE \$120. Support groups available at every location.

ANGER MANAGEMENT, CALMING THE STORM – Jordan Family Education Center, 801-565-7442;

CELEBRATE RECOVERY – West Valley Community Center, 801-347-6339, A recovery program to help individuals overcome hurts, habits, and hang-ups. Ongoing 12-step classes based on eight principles that can change your life. Will work with Probation Officers. [www.westvalleycommunitycenter.com](http://www.westvalleycommunitycenter.com)

CHOICES FOR WOMEN – YWCA, 801-537-8620 contact Melinda. Clients must have an intake to attend the 12 week support group program. Encourages women to examine their relationships, and learn healthy communication techniques.

CO-DEPENDENTS ANONYMOUS (Co-DA) – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

COGNITIVE RESTRUCTURING – A life skills group focused on improving mental, emotional, social, physical, and spiritual well-being. Groups run 10 weeks and focus on thought restructuring, building social support, healthy expression of emotion, communication, and maintaining healthy relationships with self and others. CLD3 Counseling. Cost is \$15 per group. 801-521-4227, [www.cld3.org](http://www.cld3.org)

DEBTORS ANONYMOUS – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

EATING DISORDERS ANONYMOUS – Eating Disorders Anonymous (EDA) is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems. The only requirement for membership is a desire to recover from an eating disorder. Contact Bonnie at 801-231-3442 or [bbshepherd@comcast.net](mailto:bbshepherd@comcast.net)

EMOTIONS ANONYMOUS – Provides referrals to specific support groups based on the caller's emotional needs. Help is available to English and Spanish speakers. 801-281-4778, Shirley.

EMOTIONS ANONYMOUS – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

GAMBLERS-ANONYMOUS – Support for friends, family and significant others of recovering gamblers. Open meetings, no fee. Call 801-566-3390 for more information. [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

NEARLY EVERYTHING ANONYMOUS – To recover from our addictions and help others along the path of recovery. Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

NICOTINE ANONYMOUS – Contact Bill at 801-292-5018 for more information.

OVEREATERS ANONYMOUS – Call 801-484-1442 for more information. [www.ountah.org](http://www.ountah.org)

## **BEHAVIORAL HEALTH (CONT'D)**

RECOVERY INTERNATIONAL – Free mental health groups offer self-help training to overcome nervous fears and symptoms. Groups also address depression and teach anger management skills. Call 801-966-5991 for more information, or visit [www.lowselfhelpsystems.org](http://www.lowselfhelpsystems.org)

S-ANON – Support for spouses and significant others of persons who are Sex-aholics. 801-562-0787

SEX AND LOVE ADDICTS ANONYMOUS (SLAA) – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

SEXUAL COMPULSIVES ANONYMOUS – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

WORKAHOLICS ANONYMOUS (WA) – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

## **BEREAVEMENT**

ADULT BEREAVEMENT EDUCATION GROUP – Intermountain Home Care Hospice; Jane Rosentreter 887-6587 Salt Lake Area; Stephanie Lucas 801-887-6043 Services offered statewide.

AGAST (Alliance of Grandparents, A Support in Tragedy) – Provides a support to grandparents that are struggling with the death of a grandchild. Packets are provided for deaths from any cause. Call 1-888-774-7437 communication and information line. Website: [www.grandbrigade.org](http://www.grandbrigade.org)

BEREAVEMENT SUPPORT GROUPS - Group topics vary from week to week. RSVP required. Contact Emily Callister at Caresource Hospice, 801-266-7200.

BEREAVEMENT SUPPORT GROUP – St. Mark's Hospital, 801-268-7141

CARING AND SHARING ADULT GRIEF SUPPORT GROUP – Support for those grieving the loss of a loved one. Meetings held on the second and fourth Tuesdays of every month at 5:30 PM. Contact Kim Ryan at Harmony Hospice, 801-281-0537.

CARING CONNECTIONS: A HOPE AND COMFORT IN GRIEF PROGRAM – Grief support group for people who are grieving the loss of a loved one. Groups available for children 7-11, also adolescents 12-17 who are grieving the death of a loved one. Suicide support group, and adjusting to the death of a loved one to murder. Groups available for parents who have lost a baby. Spanish speaking groups available when there is enough people. Contact Shawna Rees at 801-585-9522. There is a \$50.00 fee for the 8 week support groups. Scholarships available in approved cases.

THE COMPASSIONATE FRIENDS OF BEREAVED PARENTS – Support group for those who have lost children. It is a peer-to-peer international program with local meetings. For more information contact Wilbert or Francis at 801-268-9444 or visit [www.compassionatefriends.org](http://www.compassionatefriends.org).

DIGNITY MEMORIAL AFTERCARE GRIEF RECOVERY – Groups for adults and children when applicable. Meetings are located at the Valley View Memorial Park and Funeral Home -801-969-1081. Or contact Cathy Bang directly at 201-7991.

FACING THE LOSS OF A LOVED ONE, CHILDREN'S GRIEF SUPPORT GROUP – Support groups for children grades 2<sup>nd</sup> through 6<sup>th</sup>. Contact Jordan Family Education Center, 801-565-7442 for more information. Visit website: [www.jordandistrict.org/depts/familyeducationcenter.org](http://www.jordandistrict.org/depts/familyeducationcenter.org).

GRIEF SHARE – A support group for those who have just lost someone they love. Group meetings held at Life Church on Wednesdays at 7PM. Call 801-968-3715 for more information.

LARKIN MORTUARY GRIEF SUPPORT GROUPS – Ongoing grief support for adults and adolescents. – Contact Carol Lee 801-268-7141 at St. Mark's Hospital Cancer Support.

PARENTS OF MURDERED CHILDREN, Utah Chapter – Monthly Grief Support Group on the 3<sup>rd</sup> Thursday of each month at 5:30 p.m. for survivors of homicide. Parents of Murdered Children makes a difference through on-going emotional support, education, prevention, advocacy and awareness. 801-955-0996 (Local for State of Utah), 1-800-818-POMC (National)

SALT LAKE VALLEY ADULT GRIEF SUPPORT GROUPS – Normal support group at IMED the second and fourth Wednesday of every month. Carol Wilcox, LCSW 801-501-2025.

SHARE PARENTS OF UTAH PREGNANCY AND INFANT LOSS SUPPORT – Loss of a baby due to miscarriage, still birth, or newborn death. Call 801-272-5355 for more information, or visit the website: [www.shareparentsofutah.org](http://www.shareparentsofutah.org).

THE SHARING PLACE – Providing a safe and caring environment where children who are grieving the death of a loved one may share their feelings while healing themselves. Parents can attend a group only if they have a child attending a group as well. Call 801-466-6730 for more information. A self determined pledge would be accepted. [www.thesharingplace.org](http://www.thesharingplace.org)

SIDS ALLIANCE, UTAH AFFILIATE (Sudden Infant Death Syndrome). Contact Lisa Hughes at 801-973-8533 for more information.

SUICIDE SURVIVORS - Support group provides education and help coping with the aftermath of a suicide. Meetings located at the Murray Boys and Girls Club are held the first and third Tuesday of every month. Contact Carol Wilcox, LCSW, for more information at 801-501-2025.

SUICIDE SURVIVORS – For emotional support and information on the dates and times of meetings, contact Cathy Bang at 801-201-7991.

## **CAREGIVING**

CAREGIVER SUPPORT PROGRAM - Support for caregivers assisting those age 60 or over. – Contact Salt Lake County Aging Services at 801-468-2460 or visit their website at [www.aging.slco.org](http://www.aging.slco.org) for more information.

CAREGIVERS OF ALZHEIMER'S PATIENTS SUPPORT GROUP – Alzheimer's Association, 265-1944 or 1-800-272-3900; [www.alz.org/utah](http://www.alz.org/utah).

## **DIVORCE & CUSTODY**

CAUGHT IN THE CROSSFIRE: CLASSES FOR CHILDREN OF DIVORCE (Separate classes for ages 7-9 & 10-14) – Jordan Family Education Center, 801-565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm).

DIVORCE CARE - A support group to find help and relief from the stress of divorce and separation. Learn how to deal with the pain of the past and look forward to rebuilding your life. Groups meet at Life Church on Wednesdays at 7PM. Call 801-968-3715 for more information.

FOCUS: CHILDREN NEED BOTH PARENTS (To enlist “the system” for non-custodial parents to have an equitable and meaningful role in the emotional, mental, moral, and physical well-being of their children.); 414-4723 or 539-8198 (Conrad); 801-502-8467 (Gilbert)

POSITIVE PARENTING PRACTICES IN DIVORCE SITUATIONS – Jordan Family Education Center, 801-565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm).

SMART STEPS (A class that provides support, education, and the opportunity for discussion about several topics surrounding the issue of divorce. Separate classes for parents and children ages 4-10 held at the same time.) – Family Support Center, 801-255-6881; [www.familysupportcenter.org](http://www.familysupportcenter.org);

SURVIVING RELATIONSHIP BREAKUP – Jordan Family Education Center, 801-565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm).

## **HEALTH AND DISABILITY**

### **ABORTION**

POST ABORTION SUPPORT GROUP - Separate groups available for men and women located at Pregnancy Resource Center, 801-363-5433; for more information visit the website at [www.pregnancyresource.net](http://www.pregnancyresource.net).

### **AIDS/HIV**

HIV POSITIVE SUPPORT GROUPS (HIV positive groups for gay men.) – Utah AIDS Foundation, 801-487-2323 or 1-800-865-5004; [www.utahaids.org](http://www.utahaids.org).

### **ALS (AMYOTROPHIC LATERAL SCLEROSIS)**

ALS (Lou Gehrig's Disease) SUPPORT GROUP – Muscular Dystrophy Association; 801-278-6200 (David Ricketts); no fee.

### **ALZHEIMER'S DISEASE**

ALZHEIMER'S ASSOCIATION, UTAH CHAPTER; 801-265-1944 or 800-272-3900; [www.alz.org/utah](http://www.alz.org/utah).

### **AMPUTATION**

AMPUTEES ON THE MOVE - Assistance, support, and education for amputees and their families. Recreational activities available. Groups meet at IMC Hospital at Donald Doty Education Center, second Thursday of each month. Contact Dayna Nichols at 801-466-8722 for more information.

### **ATAXIA**

ATAXIA SUPPORT GROUP – Moran Eye Center, 801-585-2213.

### **ATTENTION DEFICIT DISORDER**

ADULT SUPPORT FOR A.D.D. – Ch.A.D.D. of Salt Lake County (Children and Adults with Attention Deficit Disorder); 801-537-7878; [www.chaddofutah.com](http://www.chaddofutah.com) local, [info@chaddofutah.com](mailto:info@chaddofutah.com) local e-mail, [www.chadd.org](http://www.chadd.org) national

ALLIES WITH FAMILIES (see Behavioral Health)

POSITIVE PARENTING PRACTICES FOR THE CHILD WITH ATTENTION DEFICIT/HYPERACTIVITY DISORDER – Jordan Family Education Center, 801-565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm).

### **AUTISM**

UTAH PARENT CENTER – AUTISM INFORMATION RESOURCES – trained staff offering information and resources on autism support groups. 801-272-1051; [www.utahparentcenter.org](http://www.utahparentcenter.org); [upcinfo@utahparentcenter.org](mailto:upcinfo@utahparentcenter.org)

### **BLIND/VISUALLY IMPAIRED**

FOUNDATION FIGHTING BLINDNESS, THE UTAH AFFILIATE; National organization focusing on fundraising for retinal degenerative diseases. Providing informations, resources and support for those with retinal diseases and their families. Contact Matt at 801-879-7582 or [utahchapter@fightblindness.org](mailto:utahchapter@fightblindness.org).

NATIONAL FEDERATION OF THE BLIND OF UTAH; Providing mentoring and skills training for the blind and visually impaired. Peer support, scholarships, and educational support available for blind and visually impaired children and adults. Contact Ron Gardener at 801-292-3000 or [president@nfbutah.org](mailto:president@nfbutah.org); [www.nfbutah.org](http://www.nfbutah.org);

## HEALTH AND DISABILITY (CONT'D)

UTAH COUNCIL OF THE BLIND – 801-292-1156. Requires an annual \$10.00 membership.

VIP (Visually Impaired Persons) SUPPORT GROUP (Giving encouragement and support to visually impaired people who are of retirement age.) – Moran Eye Center, 801-585-2213.  
BREAST-FEEDING

LA LECHE LEAGUE (Support to women who wish to breast-feed their babies.); 801-264-LOVE (5683).

### CANCER, ALL TYPES

CANCER WELLNESS HOUSE (Weekly and monthly group support for people with cancer, their families and friends – facilitated by licensed social workers and psychologists.); 801-236-2294 (Katie Porter); [www.cancer-wellness.org](http://www.cancer-wellness.org).

### CANCER, BREAST

BREAST CANCER SUPPORT GROUP – IHC Health Services, 801-507-3845 (Kristie Latimer, CSW).

REACH TO RECOVERY One-on-one assistance and support to women who have or have had breast cancer. Hospital or home visits by a trained volunteer before and/or after surgery to assist in functional, emotional, and social rehabilitation. Reach to Recovery visits can be held in the hospital, home, over the phone, or in any other convenient place. Please call ahead to schedule an appointment with a volunteer. American Cancer Society, 801-483-1500 or for the 24hr number: 800-ACS-2345; [www.cancer.org](http://www.cancer.org).

### CANCER, GYNECOLOGIC

Advanced illness support group for women with gynecologic cancers. 801-268-7141 (Carol Lee)

### CANCER, PROSTATE

MAN TO MAN – PROSTATE SUPPORT/EDUCATION – Volunteers who have experienced prostate cancer visit newly diagnosed men in a support group environment to lend their support and answer questions. Spouses and significant others are welcome. American Cancer Society, 801-483-1500 or 800-ACS-2345. [www.cancer.org](http://www.cancer.org)

### CEREBRAL PALSY

FAMILY TIES (Support for parents and family members of children with Cerebral Palsy or other physical disabilities. Recreational activities for families.) – United Cerebral Palsy of Utah, 801-266-1805; [www.ffiutah.org](http://www.ffiutah.org).

## CRITICAL ILLNESS, NEWBORN

FAMILY TO FAMILY SUPPORT GROUP (To support parents of premature and high-risk newborns and chronically ill children.) – Primary Children's Medical Center, 801-662-3720 (Kathie Neff).

PARENT TO PARENT (To give support to parents of critically ill newborns and those experiencing high-risk pregnancy.) – University of Utah, 801-581-2098 (Becky Hatfield).

### CRI DU CHAT

CRI DU CHAT SUPPORT GROUP (Offers local telephone support, occasional social activities, and physician referral.); 801-392-2628 (Georgia Richey); [www.fivepminus.org](http://www.fivepminus.org) (National website). Annual picnic held in September.

### DEAF/HEARING IMPAIRED

ALDA (Association of Late-Deafened Adults); 801-263-4862 TTY; 801-263-4860 Video Phone/Hearing Line; 1-877-860-4861 (Robin Traveller)

DEAF CONNECTION – Utah Community Center for the Deaf, 263-4862 TTY; 263-4860 Video Phone/Hearing Line; 1-877-860-4861.

HEARING LOSS ASSOCIATION OF AMERICA, SALT LAKE CHAPTER; 801-380-1142 (Kristel Scoresby); [kscoresby@gmail.com](mailto:kscoresby@gmail.com).

### DIABETES

DIABETES COMMUNITY LECTURE & SUPPORT GROUP (Lecture on diabetes related issues is presented first, with a support group meeting after. All lecture topics are given by professionals in the field. Meets second Wednesday of each month, 7 p.m. (except in December) at Lakeview Hospital, 630 East Medical Drive, Bountiful, UT 84010, First Floor, Community Classroom.); 801-299-2470 (Mesha Fagg)

### DISABLED

FAMILY TIES (Support for parents and family members of children with Cerebral Palsy or other physical disabilities.) – United Cerebral Palsy of Utah 801-266-1805, [www.ffiutah.org](http://www.ffiutah.org).

MIXED DISABILITY SUPPORT GROUP (To explore all the facets of living with a disability, including social, political, legal, family, and health issues. To share good fellowship with one another, learn from and encourage one another. Open to adults and adolescents.); 801-466-5565. Fridays at 10:30am -11:45am.

## HEALTH AND DISABILITY (CONT'D)

### DOWN SYNDROME

UTAH DOWN SYNDROME – Groups available statewide contact Suzie Smith 1-877-499-UDSF (8373); [info@udsf.org](mailto:info@udsf.org); [www.udsf.org](http://www.udsf.org).

### EATING DISORDERS

EATING DISORDERS ANONYMOUS – Utah Twelve-Step Intergroup Network; 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

EATING DISORDER THERAPY GROUP FOR WOMEN (A therapeutic group for those who struggle with an eating disorder – there are two groups, age based: 20-30 and 30 and up) – Aspen Grove Counseling, 801-581-0422 (Lindy Burton, LCSW); [www.aspengrovecounseling.com](http://www.aspengrovecounseling.com); Set fee.

OVEREATERS ANONYMOUS; 12 step meeting for anyone who wants to stop overeating. 801-484-1442. ; <http://oautah.org/>

### EPILEPSY/SEIZURE DISORDERS

EPILEPSY AND SEIZURE DISORDERS SUPPORT GROUP (Information and emotional and social support for persons who suffer from epilepsy and seizure disorders and their families. Group emphasizes coping skills.); 801-485-0490 (Pat); 801-943-5241 (Wanda) or [wanda@epilepsyut.org](mailto:wanda@epilepsyut.org); [www.epilepsyut.org](http://www.epilepsyut.org).

### FIBROMYALGIA/FIBROSITIS

OFFER (Organization for Fatigue and Fibromyalgia Education and Research) (Support, education, research, and advocacy for those with Chronic Fatigue and Fibromyalgia and their families.); 801-328-8080; [offerregistration@yahoo.com](mailto:offerregistration@yahoo.com); [www.offerutah.org](http://www.offerutah.org).

### FREEMAN-SHELDON SYNDROME

FREEMAN-SHELDON PARENT SUPPORT GROUP; 801-364-7060 (Joyce); [info@fspsg.org](mailto:info@fspsg.org); [www.fspsg.org](http://www.fspsg.org).

### GLUTEN DISEASE

GLUTEN INTOLLERANCE – St. Marks Hospital offers a support group for those that have been diagnosed as Gluten Intolerable. They meet the 2<sup>nd</sup> Tuesday at 7pm in the St. Marks Auditorium. Contact Robert Lamb 801-268-7452.

### GRAVES DISEASE

GRAVES DISEASE SUPPORT GROUP – Kaye Lee Day, 801-259-7446

### GROWTH DISORDERS

LITTLE PEOPLE OF AMERICA (LPA); 801-244-1210 (Teresa Jensen); [www.utahlittlepeople.org](http://www.utahlittlepeople.org).

### HEAD INJURY

HEAD INJURY SUPPORT GROUP; 801-350-4419

### HEPATITIS C

HEPATITIS C SUPPORT GROUP, 801-534-4620 or 949-0993 (Amber). 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month at 6:30 pm. 261 South 900 East, Media Room.

### KIDNEY TRANSPLANT

INTERMOUNTAIN TRANSPLANT SUPPORT GROUP – Intermountain Medical Center, 801-507-3380

### LIVER TRANSPLANT

INTERMOUNTAIN TRANSPLANT SUPPORT GROUP – Intermountain Medical Center, 801-507-3380

### LUPUS

LUPUS SUPPORT GROUP – Lupus Foundation of America, Utah Chapter 801-364-0366 or 1-800-657-6398; [www.utahlupus.org](http://www.utahlupus.org); [info@utahlupus.org](mailto:info@utahlupus.org).

### MULTIPLE SCLEROSIS

MULTIPLE SCLEROSIS SOCIETY (Variety of support groups available.); 1-800-344-4867; <http://utu.nationalmssociety.org>.

### NEUROBIOLOGICAL DISABILITIES

ALLIES WITH FAMILIES (see Behavioral Health)

### NEUROMUSCULAR DISEASE

ADULT AND YOUNG ADULT & PARENT GROUPS – Muscular Dystrophy Association; 801-278-6200

MYOTONIT DYSTROPHY – Muscular Dystrophy Association; 801-278-6200

### PANCREAS TRANSPLANT

INTERMOUNTAIN TRANSPLANT SUPPORT GROUP – Intermountain Medical Center, 801-507-3380.

## HEALTH AND DISABILITY (CONT'D)

### PARKINSON'S DISEASE

PARKINSON'S DISEASE SUPPORT GROUP (Statewide groups for individuals with Parkinson's disease, their family, and friends to provide educational, emotional, and social support.) – American Parkinson Disease Association (APDA), 801-585-2354.

### PREGNANCY

\*\*\*PARENT TO PARENT (To give support to parents of critically ill newborns and those experiencing high-risk pregnancy.) – University of Utah Hospital, 801-581-2098.

### PSEUDOTUMOR CEREBRI

PSEUDOTUMOR CEREBRI SUPPORT GROUP – Moran Eye Center, 801-585-2213

### SPINA BIFIDA

INTERMOUNTAIN SPINA BIFIDA SUPPORT GROUP – 801-663-3120 Ilene Hall

### SPINAL CORD INJURY

TRAILS: THERAPEUTIC RECREATION AND INDEPENDENT LIFESTYLES (To promote health and active lifestyles for individuals with spinal cord injury or disease through the educational, social, and psychological components of recreation.) Tanja Kari - TRAILS Coordinator, 1801-581-2334 [tanja.kari@hsc.utah.edu](mailto:tanja.kari@hsc.utah.edu) 801-581-3142; Lynette Ballard, LCSW Volunteer/Peer Mentor Coordinator, 801-581-3142 [lynette.ballard@hsc.utah.edu](mailto:lynette.ballard@hsc.utah.edu)

### STROKE

STROKE SUPPORT GROUP – Salt Lake Regional Medical Center, Quinney Rehabilitation Institute, 801-350-4419. Located at 1050 East South Temple.

### STURGE-WEBER SYNDROME

STURGE-WEBER FOUNDATION; 1-800-627-5482 (National Sturge-Weber Information Line); [www.sturge-weber.org](http://www.sturge-weber.org).

### SUDDEN INFANT DEATH SYNDROME (SIDS)

SIDS ALLIANCE, UTAH AFFILIATE (Sudden Infant Death Syndrome); 801-973-8533 (Lisa) Meeting held on a "as need to" basis.

### TOURETTE SYNDROME

TOURETTE SYNDROME SUPPORT GROUP – Utah Chapter Tourette Syndrome Association, 1-866-274-0700

### TRANSPLANT

INTERMOUNTAIN TRANSPLANT SUPPORT GROUP (For kidney, liver, and pancreas transplants only) – Intermountain Medical Center, 801-507-3380.

### USHER'S SYNDROME

FOUNDATION FIGHTING BLINDNESS, THE, UTAH AFFILIATE; 801-879-7582 (Matt); [utahchapter@fightblindness.org](mailto:utahchapter@fightblindness.org).

## MENTAL HEALTH

ALLIES WITH FAMILIES (see Behavioral Health)

EMOTIONS ANONYMOUS (see Behavioral Health)

THE MASTERS PROGRAM (Provide treatment and support for individuals 55 and over who are experiencing symptoms of depression, anxiety, hopelessness or loss to the extent that day to day functioning is impaired.) – Valley Mental Health Masters Program, 801-273-1085.

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI) CARE CONSUMER SUPPORT GROUP (To form a circle of support, education, encouragement and prevention of relapse for mental health consumers with schizophrenia, bipolar disorder, depression, panic/anxiety disorders and borderline personality disorder.) – NAMI Utah, 801-323-9900 ; [www.namiut.org](http://www.namiut.org).

NAMI UTAH (National Alliance for the Mentally Ill, formerly UAMI) (Support for families of people with mental illness.); 801-323-9900; [www.namiut.org](http://www.namiut.org).

## MISCELLANEOUS

LEAGUE OF UTAH WRITERS, SALT LAKE CHAPTER; 801-582-9726 or 801-243-0822 (Marsha Lundgren); [www.luwrite.com](http://www.luwrite.com).

MOTHERS AGAINST DRUNK DRIVING (M.A.D.D.); 801-269-8645 or 1-800-641-6233 (Utah).

RECOVERING COUPLES ANONYMOUS (Help couples find freedom from dysfunctional patterns in relationships.) – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

## **OLDER ADULTS**

GRANDFAMILIES (see Parenting)

HEALTH, HAPPINESS, YOU (Health, and wellness program for adults.) Contact St. Mark's Hospital at 801-268-7716 Laura at 801-268-7528 or Kate at 801-268-7506 for schedules.

SENIOR ADULT PROGRAMMING (Social, recreational, and support for seniors 65 and older.) – Jewish Community Center, 801-581-0098 ext. 118, Debbie.

THE MASTERS PROGRAM (see Mental Health)

## **PARENTING**

ALLIES WITH FAMILIES (see Behavioral Health)

CHOICES FOR TEEN PARENTS – YWCA, 801-537-8600

CLUSTERS - (Support for foster families, adoptive families, and kinship families) Utah Foster Care Foundation, 801-994-5205 Nikki MacKay. Call for satellite offices throughout the state. Go to website for meeting listings [www.utahfostercare.org](http://www.utahfostercare.org)

EFFECTIVE PARENT TRAINING: HOW TO GET YOUR CHILDREN TO DO WHAT YOU WANT THEM TO DO – Jordan Family Education Center, 801-565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm).

GRANDFAMILIES (Support groups for grandparents and other relatives-as-parents and the affected children) – Children's Service Society, 801-355-7444 (Jacci Graham or Chris Bray)

MOPS (Mothers of Preschool Children); [www.mops.org](http://www.mops.org), 1-888-910-MOPS [service@MOPS.org](mailto:service@MOPS.org)

PARENT EDUCATION – Children's Service Society, 355-7444

PARENT EDUCATION CLASS – 10 week program once a week to learn about child development, improving communication, non abusive discipline, improving child/ parent relationship. 35\$ per couple or individual and sliding fee scale for those who need it. Family Support Center, 801-955-9110; [www.familysupportcenter.org](http://www.familysupportcenter.org); fee.

PARENTING CLASSES – Designed to address issues of discipline, education, and building stronger family relationships. Groups run 6 weeks and focus on developmental issues, positive reinforcement, healthy education, and strengthening of relationships with your children. CLD3 Counseling. Cost is \$15 per group. 801-521-4227, [www.cld3.org](http://www.cld3.org)

PARENTING WORKSHOPS – The Road Home (For residents of The Road Home,. Held on Thurs. 10am – 11am.), 801-819-7317 Betsy

PARENTING YOUR ADOLESCENT – Jordan Family Education Center, 801-565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm)

PARENTS SUPPORT GROUPS (A mutual support group for parents who are struggling with their teenagers and want to have better communication with them. Groups are in Spanish only.) –801- 566-6190 (Julie Goldman). [www.midvalecity.org](http://www.midvalecity.org) fax 801-566-6192

STAYING CONNECTED WITH YOUR TEEN – Salt Lake County Youth Services Center, 801-269-7572 (Kari Larsen).

POSITIVE PARENTING PRACTICES FOR THE SINGLE PARENT – Jordan Family Education Center, 801-565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm)

POSITIVE PARENTING PRACTICES FOR THE STUDENT WITH ATTENTION DEFICIT/HYPERACTIVITY DISORDER – Jordan Family Education Center, 801-565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm).

SALT LAKE MOTHERS OF TWINS – 801-232-3376 (Janna Belko); [www.slmot.com](http://www.slmot.com); [www.nomotc.org](http://www.nomotc.org).

## **SEXUAL MINORITIES**

AFFIRMATION – SALT LAKE CHAPTER Educational fellowship and support for gay, lesbian, bisexual, and transgendered Latter-Day Saints, their families, and friends. 801-860-6497 (Information Line); [www.affirmation.org/saltlake](http://www.affirmation.org/saltlake).

AN ENGENDERED SPECIES (A support group for cross-dressers, transgendered people, and their partners.); 801-320-0551 (see Social Groups)

EVERGREEN INTERNATIONAL (Support for individuals who seek freedom from homosexuality.) 801-363-3837 or 1-800-391-1000; [www.evergreeninternational.org](http://www.evergreeninternational.org)

FRIENDS OF EVERGREEN (Support for family or friends of men and women dealing with homosexuality.); 801-363-3837 or 1-800-391-1000; [www.evergreeninternational.org](http://www.evergreeninternational.org)

GAY MEN'S HIV GROUP, GAY MEN SUPPORT GROUP, HEALTHY SELF EXPRESSIONS (Support for men who are being arrested for public sex environments, usually court-ordered.), LESBIAN SUPPORT GROUP, LIVING CLEAN AND SOBER (Support group for gays and lesbians dealing with substance abuse issues.) – Pride Counseling, 801-595-0666; [www.pridecounseling.tv](http://www.pridecounseling.tv); fee. LM 1/6/09

## **SEXUAL MINORITIES (CONT'D)**

MEN'S SACK LUNCH (A social and support event for gay men. Bring your own brown bag lunch.) – Utah Pride Center, 801-539-8800; [www.utahpridecenter.org](http://www.utahpridecenter.org).

MEN'S SUPPORT GROUP (A support group for gay men.) – Utah Pride Center, 801-539-8800; [www.utahpridecenter.org](http://www.utahpridecenter.org).

PFLAG-SALT LAKE CITY - (Offers support groups and education for parents, families, and friends of lesbian, gay and bi-sexual people.) Contact Kathy Godwin at 801-582-6844 or by e-mail at [slcpflag@gmail.com](mailto:slcpflag@gmail.com).

RESOLVING SEXUAL ORIENTATION, RELIGIOUS, AND SOCIAL CONFLICTS (A therapy group for those who are confused, distressed, and/or conflicted with their sexual orientation, religion and relationships.) – Aspen Grove Counseling, 801-556-8110 (Lee Beckstead, Ph.D.); [www.aspengrovecounseling.com](http://www.aspengrovecounseling.com); sliding fee scale.

SWERVE (Lesbian social/civic group); [www.swerveutah.com](http://www.swerveutah.com)

## **SEXUALITY**

S-ANON (A support group for spouses and significant others of persons who are sexaholics.); 801 265 1171 (Heather)

SEX AND LOVE ADDICTS ANONYMOUS (SLAA) – (Support for individuals who have difficulty with romantic intrigue, fantasy, obsessive thinking or behavior patterns, or emotionally dependent relationships [“love addict” and/or for individuals who struggle with compulsive sexual behaviors [“sex addicts”].) – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

## **SOCIAL GROUPS**

AN ENGENDERED SPECIES (A social and support group for cross-dressers, transgendered people, and their partners.); 801-320-0551 Debra.

MEN'S SACK LUNCH (see SEXUAL MINORITIES)

NEWCOMERS CLUB OF SALT LAKE CITY, INC.; 801-261-5656 (Information Line: leave a message and a representative will call you back.)

## **SUBSTANCE ABUSE**

ADULT CHILDREN OF ALCOHOLICS (ACOA) – Utah Twelve-Step Intergroup Network, 801-359-HEAL (4325); [www.utin.org](http://www.utin.org).

AL-ANON (Twelve-step support for family and friends of an alcoholic whose drinking has caused or is causing a problem in their lives.); 801-262-9587.

AL-ANON/ADULT CHILDREN (Support for persons who were raised in an alcoholic family environment.); 801-262-9587.

ALATEEN (Mutual peer support and exchange of ideas among children and adolescents who have lived or are currently living with an alcoholic whose drinking is causing a problem in their lives. Ages 8 -18, call 801-262-9587.

ALCOHOLICS ANONYMOUS (AA) 801-484-7871; [www.saltlakeaa.org](http://www.saltlakeaa.org).

COCAINE ANONYMOUS (A fellowship of men and women who share their experience, strength, and hope with each other, that they may solve their common problem and help others to recover from their addiction.); 1-800-347-8998.

COCAINE ANONYMOUS OF UTAH (12-step drug & alcohol recovery program with free meetings throughout Utah.); 801-493-7879, [www.caofutah.com](http://www.caofutah.com)

CRYSTAL METH ANONYMOUS (Fellowship of men and women for whom drugs, especially crystal meth, have become a major problem. Recovering addicts meet regularly to help each other stay clean. No restrictions on meetings, but must have a desire to stop using.); 801- 485-4451, 801-859-4132; [www.fellowshiphall.utah.org](http://www.fellowshiphall.utah.org)

FAMILIES ANONYMOUS (Twelve-step support group for family members or friends of those with substance abuse problems or related behavioral problems. Weekly meetings.); 566-9399 (Kathy); 801-485-1836 (Irene). [www.familiesannonymous.org](http://www.familiesannonymous.org)

INSIGHT PROGRAM (To provide support/education for the families of children who have violated Salt Lake City School District's drug and alcohol policy as well as those referred for anger management issues. Accepts school, and self -referrals.) – Salt Lake City School District; 801-578-8432 (Clint Stoeber).

INTERIM GROUP SERVICES (Support group for individuals with substance abuse issues who are currently on a waiting list for treatment services. Groups held 6 days per week.) – University of Utah, Assessment and Referral, 801-532-1850 ext. 3.

LIVING CLEAN AND SOBER (see SEXUAL MINORITIES)

MOTHERS AGAINST DRUNK DRIVING (M.A.D.D.); 269-8645 or 1-800-641-6233 (Utah).

NARCOTICS ANONYMOUS (NA); 801-296-4044

NICOTINE ANONYMOUS; 801-725-3279 (Bill)

## WOMEN

CHOICES FOR WOMEN (see Behavioral Health)

SINGLE MOMS SUPPORT GROUP (see Parenting)

WOMEN'S RESOURCE CENTER. Have discussion groups for General women, women of color, body politics, and lesbian, bisexual, queer, and questioning women. Also scholarships are offered for unusual students) – University of Utah, 801-581-8030; all fees for some services based on a sliding scale.

[www.sa.utah.edu/women](http://www.sa.utah.edu/women)

WOMEN'S SUPPORT GROUP - A group dedicated to women which focuses on therapeutic intervention relative to issues of shame, guilt, addiction, and history of abuse (violence). Groups run 8 weeks and focus on self-esteem, life balance, and building independence. CLD3 Counseling. Cost is \$10 per group. 801-521-4227, [www.cld3.org](http://www.cld3.org)

## YOUTH

ALATEEN (see Substance Abuse)

ANGER MANAGEMENT (Adolescents only, ages 13-17 years.) – U-Choose, 801-718-8307, Karen Radmall.

CAUGHT IN THE CROSSFIRE: CLASS FOR CHILDREN OF DIVORCE – Jordan Family Education Center, 801-565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm).

CHOICES FOR TEENS – YWCA, 801-537-8600.

DISCOVERING POSSIBILITIES – At risk teen girls 13-17 years old. A self-empowerment class. Salt Lake County Youth Services Center, 801-269-7597.

GET REAL (Violence education) – Salt Lake County Youth Services Center, 801-269-7500.

INSIGHT PROGRAM (see Substance Abuse)

SOCIAL SKILLS (To build friendships and self-esteem, improve communication skills and learn to avoid conflicts for children between 4 and 18 years of age.) – Primary Children's Center for Counseling, 801-265-3000 option 1. A \$35.00 set fee, also some insurance may apply.

Phone: 2-1-1, 1-888-826-9790. Fax: (801) 746-2880.

**Last update: July 2010.** Please visit [www.211ut.org](http://www.211ut.org) for the most current resource lists.

