

## **ABUSE**

A.M.A.C. (Adults Molested as Children) – Family Support Center, 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, 537-8620 Melinda; must have an intake to join group.

IMPACT OF SEXUAL ABUSE CLASS – Family Support Center, 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, 467-7282

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

## **BEHAVIORAL HEALTH**

ADULT CHILDREN OF ALCOHOLICS (ACOA) – Utah Twelve-Step Intergroup Network, 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 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, 255-6881; [www.familysupportcenter.org](http://www.familysupportcenter.org); Charge based on a sliding fee scale. Support groups available at every location.

ANGER MANAGEMENT, CALMING THE STORM – Jordan Family Education Center, 565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm)

BEST FRIENDS, COUPLES COMMUNICATION – Jordan Family Education Center, 565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm)

CELEBRATE RECOVERY – West Valley Community Center, 347-6587, A recovery program to help individuals overcome hurts, habits, and hang-ups. Ongoing classes based on eight principles that can change your life. [www.westvalleycommunitycenter.com](http://www.westvalleycommunitycenter.com)

CHOICES FOR WOMEN – YWCA, 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.

## **BEHAVIORAL HEALTH (CON'T)**

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

DEBTORS ANONYMOUS – Utah Twelve-Step Intergroup Network, 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 231-3442. [www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)

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

GAM-ANON – Support for friends, family and significant others of recovering gamblers. Call 566-3390 for more information.

GAMBLERS ANONYMOUS – Call 566-3390 for more information.

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

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

OVEREATERS ANONYMOUS – Call 484-1442 for more information.

RECOVERY INTERNATIONAL – Self-help training to overcome nervous fears and symptoms. Groups also address depression and teach anger management skills. Call 966-5991 for more information, or [www.recovery-inc.org](http://www.recovery-inc.org).

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

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

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

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

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

## **BEREAVEMENT**

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, 266-7200.

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

CARING AND SHARING ADULT GRIEF SUPPORT GROUP – Support for those grieving the loss of a loved one. Contact Kim Ryan at Harmony Hospice, 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 585-9522. There is a \$50.00 fee for the 8 week support groups. Scholarships available in approved cases.

COMPASSIONATE FRIENDS OF BEREAVED PARENTS – 673-9322, Information Line (Leslie); [www.compassionatefriends.org](http://www.compassionatefriends.org).

DIGNITY MEMORIAL AFTERCARE GRIEF RECOVERY – Groups for adults and children. Valley View Memorial Park and Funeral Home, 969-1081 or contact Cathy Bang 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, 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. Contact Life Church, 968-3715; Wednesday 7PM

LARKIN MORTUARY GRIEF SUPPORT GROUPS – Ongoing grief support for adults and adolescents. – Contact Carol Lee 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 the difference through on-going emotional support, education, prevention, advocacy and awareness.....801-955-0996 (Local for State of Utah), 1-800-818-POMC (National)

PET LOSS – A support, guidance, and education about dealing with the loss of a pet. Contact Kevin Clark LCSW at 651-9061 or [www.calliecounseling.com](http://www.calliecounseling.com).

SALT LAKE VALLEY ADULT GRIEF SUPPORT GROUP – Education and coping with normal grief for adults. Locations at LDS Hospital, Alta View Hospital, contact Helen Rollins at 408-5661.

## **BEREAVEMENT (CON’T)**

SHARE PARENTS OF UTAH PREGNANCY AND INFANT LOSS SUPPORT – Loss of a baby due to miscarriage, still birth, or newborn death. Call 272-5355 for more information, or 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 466-6730 for more information. A self determined pledge would be accepted.

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

SUICIDE BEREAVEMENT SUPPORT GROUP – Provides education, and coping with the aftermath of a suicide. Contact Helen Rollins at 408-5661 for more information. Located at LDS and Alta View Hospital.

## **CAREGIVING**

CAREGIVER SUPPORT PROGRAM Caregivers of persons age 60 or older. – Contact Salt Lake County Aging Services at 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: CLASS FOR CHILDREN OF DIVORCE (Ages 11-14) – Jordan Family Education Center, 565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm).

DIVORCE CARE (A support group to find help from the help of divorce and separation. Learn how to deal with the pain of the past and look forward to rebuilding your life.) – Life Church, 968-3715; Wednesday 7pm

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); 502-8467 (Gilbert)

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

## **DIVORCE & CUSTODY (CON'T)**

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, 255-6881; [www.familysupportcenter.org](http://www.familysupportcenter.org);

SURVIVING RELATIONSHIP BREAKUP – Jordan Family Education Center, 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) – Pregnancy Resource Center, 363-5433; [www.pregnancyresource.net](http://www.pregnancyresource.net).

### **AIDS/HIV**

HIV POSITIVE SUPPORT GROUPS (HIV positive groups for gay men.) – Utah AIDS Foundation, 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; 438-0280 (David Ricketts); no fee.

### **ALZHEIMER'S DISEASE**

ALZHEIMER'S ASSOCIATION, UTAH CHAPTER; 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.); 466-8722 (Dayna Nichols) meets at Good Shepherd Lutheran Church 8600 So. 700 E. Second Tues at 7pm.

### **ATAXIA**

ATAXIA SUPPORT GROUP – Moran Eye Center, 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); 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)

## **HEALTH AND DISABILITY (CON'T)**

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

UNDERSTANDING AND LIVING WITH A CHILD WITH ADHD – Jordan Family Education Center, 565-7442; [www.jordandistrict.org/depts/familyeducationcenter.htm](http://www.jordandistrict.org/depts/familyeducationcenter.htm)

### **AUTISM**

UTAH PARENT CENTER – AUTISM INFORMATION RESOURCES; 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; 879-7582 (Matt); [utahchapter@fightblindness.org](mailto:utahchapter@fightblindness.org).

NATIONAL FEDERATION OF THE BLIND OF UTAH; 292-3000 (Ron Gardener); [www.nfbutah.org](http://www.nfbutah.org); [president@nfbutah.org](mailto:president@nfbutah.org)

UTAH COUNCIL OF THE BLIND – 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, 585-2213.

### **BREAST-FEEDING**

LA LECHE LEAGUE (Support to women who wish to breast-feed their babies.); 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.); 236-2294 (Katie Porter); [www.cancer-wellness.org](http://www.cancer-wellness.org).

## CANCER, BREAST

BREAST CANCER SUPPORT GROUP – IHC Health Services, 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.) Please call ahead to schedule an appointment with a volunteer. American Cancer Society, 483-1500 or 800-ACS-2345; [www.cancer.org](http://www.cancer.org).

## **HEALTH AND DISABILITY (CON'T)**

## 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, 483-1500 or 800-ACS-2345.

## 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, 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, 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, 581-2098 (Becky Hatfield).

## CRI DU CHAT

CRI DU CHAT SUPPORT GROUP (Offers local telephone support, occasional social activities, and physician referral.); 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); 263-4862 TTY; 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; 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.); 299-2470 (Mesha Fagg)

## **HEALTH AND DISABILITY (CON'T)**

## DISABLED

FAMILY TIES (Support for parents and family members of children with Cerebral Palsy or other physical disabilities.) – United Cerebral Palsy of Utah 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.); 466-5565. Fridays at 10:30am -11:45am.

## 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; 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, 581-0422 (Lindy Burton, LCSW); [www.aspengrovecounseling.com](http://www.aspengrovecounseling.com); Set fee.

OVEREATERS ANONYMOUS; 484-1442.

## 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.); 485-0490 (Pat); 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.); 328-8080; [offerregistration@yahoo.com](mailto:offerregistration@yahoo.com); [www.offerutah.org](http://www.offerutah.org).

## FREEMAN-SHELDON SYNDROME

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

## **HEALTH AND DISABILITY (CON'T)**

### 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 Heather 268-7452.

### GRAVES DISEASE

GRAVES DISEASE SUPPORT GROUP – Moran Eye Center, 585-2213

### 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; 350-4419

### HEPATITIS C

HEPATITIS C SUPPORT GROUP, 534-4620 or 949-0993 (Amber). Meet the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month at 6pm. Call for location information.

### KIDNEY TRANSPLANT

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

### LIVER TRANSPLANT

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

## LUPUS

\*\*\*LUPUS SUPPORT GROUP – Lupus Foundation of America, Utah Chapter 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)

## **HEALTH AND DISABILITY (CON'T)**

### NEUROMUSCULAR DISEASE

PARENT GROUP – Muscular Dystrophy Association; 438-0280

### PANCREAS TRANSPLANT

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

### 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), 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, 581-2098.

### PSEUDOTUMOR CEREBRI

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

### SPINA BIFIDA

INTERMOUNTAIN SPINA BIFIDA SUPPORT GROUP – 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, 581-2526 [tanja.kari@hsc.utah.edu](mailto:tanja.kari@hsc.utah.edu) 581-3142; Lynette Ballard, LCSW Volunteer/Peer Mentor Coordinator, 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, 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).

## **HEALTH AND DISABILITY (CON'T)**

### SUDDEN INFANT DEATH SYNDROME (SIDS)

SIDS ALLIANCE, UTAH AFFILIATE (Sudden Infant Death Syndrome); 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, 507-3380.

### USHER’S SYNDROME

FOUNDATION FIGHTING BLINDNESS, THE, UTAH AFFILIATE; 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, 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, and panic/anxiety disorders.) – NAMI Utah, 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.); 323-9900; [www.namiut.org](http://www.namiut.org).

## **MISCELLANEOUS**

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

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

## **MISCELLANEOUS (CON'T)**

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

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

## **OLDER ADULTS**

GRANDFAMILIES (see Parenting)

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

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

THE MASTERS PROGRAM (see Mental Health)

## **PARENTING**

ALLIES WITH FAMILIES (see Behavioral Health)

CHOICES FOR TEEN PARENTS – YWCA, 537-8600

CLUSTERS - (Support for foster families, adoptive families, and kinship families) Utah Foster Care Foundation, 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, 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, 355-7444 (Jacci Graham or Chris Bray)

MOPS (Mothers of Preschool Children); [www.mops.org](http://www.mops.org)

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

PARENT EDUCATION CLASS – Family Support Center, 255-6881; [www.familysupportcenter.org](http://www.familysupportcenter.org); fee.

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

### **PARENTING (CON’T)**

PARENTING YOUR ADOLESCENT – Jordan Family Education Center, 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.) – 566-6190 (Julie Goldman).

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

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

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

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

STAY AT HOME DADS SUPPORT GROUP – 651-9061 (Kevin Clark, LCSW); [www.calliecounseling.com](http://www.calliecounseling.com).

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

### **SEXUAL MINORITIES**

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

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

EVERGREEN INTERNATIONAL (Support for individuals who seek freedom from homosexuality.) 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.); 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, 595-0666; [www.pridecounseling.tv](http://www.pridecounseling.tv); fee. LM 1/6/09

### **SEXUAL MINORITIES (CON’T)**

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

MEN’S SUPPORT GROUP (A support group for gay men.) – Utah Pride Center, 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 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, 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.); 562-0787 (Eilene)

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, 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.); 320-0551 Debra.

MEN'S SACK LUNCH (see SEXUAL MINORITIES)

NEWCOMERS CLUB OF SALT LAKE CITY, INC.; 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, 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.); 262-9587.

## **SUBSTANCE ABUSE (CON'T)**

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

ALCOHOLICS ANONYMOUS (AA); 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.); 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.); 485-4451, 859-4132; [www.crystalmeth.org/aboutCMA.htm](http://www.crystalmeth.org/aboutCMA.htm).

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); 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; 578-8432 (Clint Stoever).

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, 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); 296-4044

NICOTINE ANONYMOUS; 725-3279 (Bill)

## **WOMEN**

CHOICES FOR WOMEN (see Behavioral Health)

SINGLE MOMS SUPPORT GROUP (see Parenting)

WOMEN'S RESOURCE CENTER (Ongoing and quarterly support groups addressing issues such as eating disorders, divorce, sexuality, personal growth and non-traditional student's workshops.) – University of Utah, 581-8030; fees for some services based on a sliding scale.

## **YOUTH**

ALATEEN (see Substance Abuse)

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

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

CHOICES FOR TEEN PARENTS – YWCA, 537-8600.

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

GET REAL (Violence education) – Salt Lake County Youth Services Center, 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, 265-3000 option 1. A \$35.00 set fee, also some insurance may apply.

**Support Groups Pages - Salt Lake County Area**

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

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