



**STRENGTHENING FAMILIES BY
PREVENTING HARM,
PROVIDING HOPE AND
HEALING RELATIONSHIPS**

The Family Support & Treatment Center is a private, nonprofit agency, established in 1984, with a primary purpose of preventing and treating child abuse. We support individuals & families in Utah, Wasatch, Juab & Millard counties.

For more information about our services, please call 801-229-1181. **Se habla español.**

Many of our services are free. Our fee for service program rates may be reduced for those who qualify.



**Follow us: @uvfamilysupport and
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MAJOR SPONSORS

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*We are very grateful for all of the
time, money and in-kind items
that are so generously
donated each year!*

*Each SMALL donation
makes a BIG difference!*



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@HomeOfHopeAndHealing

FAMILY SUPPORT & TREATMENT CENTER

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UtahValleyFamilySupport.org



**Family Support
& TREATMENT CENTER**

THERAPY • CRISIS RESPITE NURSERY • EDUCATION

**PROVIDING HELP WHEN
YOU NEED IT MOST**

WE CAN HELP

RESPIRE

CRISIS RESPIRE NURSERY

The nursery is a safe, home-like setting for children under 12 whose families need extra support during stressful situations.

This NO COST, 24 hour service provides an environment where children have the opportunity for positive interactions with adults, while parents can address critical family issues. Some reasons families use the nursery are:

- *High levels of stress, needing a break*
- *Work emergencies*
- *Attending therapy/support groups*
- *Medical or other appointments*
- *Mental health crisis*

Please call ahead to schedule a spot for your child.

ADOPTION RESPIRE

Respite services are available for families who have adopted through the Division of Child and Family Services. Respite gives parents relief while the children are safely cared for. Respite time is usually provided in your home. On-site services are also available.



THERAPY

PROFESSIONAL COUNSELING

Our expert staff of therapists (LCSW, CSW, RPT-S) provides opportunities to heal from traumatic experiences.

Professional counseling is available for children, adults and families whose lives have been affected by child abuse, trauma or other personal and family issues.

Counseling is tailored according to individual needs and includes play therapy, sand tray therapy and other experiential methods in addition to traditional therapies.

Medication management is referred to psychiatrists or family physicians.

EDUCATION

Prevention and Personal Safety

Presentations are made to community groups and schools in the Alpine, Nebo, and Provo districts. NO COST, district-approved information is presented to preschool through high school students.

Age appropriate topics for younger children include personal safety and sexual abuse prevention. Topics for older students or community groups include:

- Dynamics of Abuse
- Dating Violence
- Depression & Suicide Prevention
- Stress Management
- Positive Child Guidance

Parenting

Based on *Love, Limits and Latitude*, this eleven week workshop is offered in your home or in a traditional group course which is hosted several times each year. Please call for more information.

Trauma Resilience

Based on the *ACE Study*, we train adults so they can better support children who have experienced toxic stress from adverse childhood experiences. Training is available to school staff, parents, and child care providers.

YESS Group

Youth Enhancement of Social Skills (YESS) classes are free for children ages 5-11 and usually offered in the summer.

Topics include:

- Communication
- Team work
- Expressing emotions
- Safety
- Peer relations

Check online for other support group information.