

Family Support Groups

Davis Behavioral Health

801-546-1168

Private non-profit corporation providing behavioral health services to residents of Davis County. Unlike other behavioral health providers, Davis Behavioral Health serves people who cannot afford to pay and who otherwise may not receive help.

<http://www.dbh.utah.gov/>

Easy to Love Support Group

801-292-2037

A monthly support group where you can ask questions and gain support from other families who are raising children with special needs. We also offer monthly low cost family events that are in an inclusive and understanding environment and fun for the entire family.

<http://www.utaheasy2love.org/>

Grandfamilies: Relatives as Parents

801-326-4409

There are more than 82,000 children living with and being raised by extended family members in Utah – and our focus is to ensure that they have access to the information, resources, and support they need for a safe and stable environment that meets their needs.

<http://www.grandfamiliesutah.org/>

Hope After Divorce

Our mission is to support, educate, guide, and help those facing divorce, grief and loss. When parents are given the tools and support needed to heal from divorce, children, families, schools and communities are able to heal.

<http://hopeafterhealing.com>

LDS Family Services

Committed to providing resources to strengthen home and family. In addition, LDS Family Services are available in Centerville (801-294-0578) and Layton (801-336-0029) Monday-Friday from 9-5.

<https://providentliving.lds.org/lds-family-services?lang=eng>

Family Support Groups

Northern Utah Counseling

801-779-0095

We offer family therapy, couple therapy and individual therapy. We have group therapy for trauma and substance abuse treatment. We are able to work with most clients experiencing difficulties with depression, anxiety, childhood disorders, substance abuse issues, mood disorders, adjustment disorders, trauma, and personality disorders.

<http://www.nucounseling.com/>

Resilient Solutions Grief Group

801-259-3883

Welcome to Resilient Solutions, Inc in Bountiful, Utah. Our team of licensed professional therapists are committed to helping our clients through difficult times. The therapists and financial coach at RSI have extensive experience with varied specialties.

<http://www.resilientsolutionsinc.com/>

Smart Steps for Stepfamilies

Ogden: 801-393-3113 or Salt Lake 801-955-9110 x 116

Stepfamilies can be successful! This 7-week **free** course meets once a week for two hours and is for dating, cohabitating, or remarried couples who have a child or children from a previous relationship.

<https://healthyrelationshipsutah.org/>

Open Doors/Family Connection Center

801-773-0712; 801-771-4642

Open Doors/Family Connection Center has been assisting families in overcoming abuse and poverty on the path of obtaining self-reliance since 1984. By becoming self-reliant, individuals build strong family relationships that permanently prevent abuse and guide them to become stable wage earners in our community. Crisis and respite child care, homeless prevention, food assistance, parent education and therapy programs are just some of the ways the we serve as a local family support center.

<http://opendoorsutah.org/>

Suicide Survivor Grief Support Group

In partnership with DBH this group meets on the 1st and 3rd Thursday from 7-9PM. Laura Warburton dedicated her life to learn from her daughter's tortured life and death. Laura has used her skills to help save children everywhere, to comfort survivors, to remove the stigma of mental illness, and raise awareness about the potentially dangerous long-term effects of concussion.

<https://livehannahshope.org/>