

# Caring Needs & Group Leadership

Life can be hard. Whether you are dealing with family struggles, mental health, addiction, parenting, or grief, our Caring Network is here for you. Reaching out for support or recognition can be difficult, so we try to make it as easy as possible. Our caring team is here to help. Email [caring@foothillsuu.org](mailto:caring@foothillsuu.org), call 970-493-5906 or click the button below

[Request for Care, Prayers, or Support](#)

<https://foothillsuu.org/caring/>

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