



post adoption **PARENT GUIDE**

July 2022 | Issue 15

Hello Families,

It's hard to believe we're already in July! We hope that you and your family are preparing for a fun-filled month. In this newsletter, you will find resources, information, training, and fun summer events for your family.

If you are in need of any Post Permanency services, please reach out via email at **id-adoptsupport@riseservicesinc.org** or 208-252-6117. We look forward to answering questions and working with your family.

Visit our website



Who Is RISE?

RISE, Inc is a non-profit organization that was founded in 1987. RISE provides a range of services to adults, children, and families in Utah, Oregon, Arizona, Texas, and Idaho.

RISE provides services such as foster care, after-school and summer programs, early intervention, mental health therapy, behavioral supports, respite, and disability services. RISE, Inc. recently acquired the Idaho chapter formally known as Community Partnerships of Idaho.

ANNUAL SUBSIDY



Annual Subsidy Time!

During July, your family will receive the Annual Subsidy Review forms that will need to be completed for each of your children. Unlike last year, we are going to be emailing forms to families who have completed the survey that was sent out in June. If you would like to receive the annual forms in electronic format, please reach out to id-adoptsupport@riseservicesinc.org. If you selected the option to have forms mailed, those will be mailed within the first two weeks of month. All documentation is requested to be completed and returned by August 14, 2022. If you have any questions, please do not hesitate to reach out!

If you are wondering what we mean when we say Annual Subsidy Review, well, look no further!

What is the annual subsidy review?

It is a yearly requirement that is maintained within federal and state rules regarding adoption and guardianship assistance benefits, that any adoptive parents or legal guardians complete a one-page form stating that they are still legally responsible for the support of their children.

Additionally, here is a information on what might signify review and renegotiation of your child's adoption assistance:

What signifies a need for change in review and renegotiation of subsidy?

Below are a few examples of what may be the reason.

1. The child develops new behavioral issues as a result of trauma that the child endured before adoption/guardianship
2. The child develops new medical or mental health needs.
3. Continued issues or behaviors that have intensified since the adoption

GRANTS



Grant Update

Post-Permanency Grants funding is available for families to access and request!

Below is a bit of information regarding what the Post-Permanency Grants can cover for our adoption and guardianship families! If you'd like to apply for a grant, give us a call and we will schedule an assessment with one of our case managers!

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Who is eligible for these grants?

- The adopted or guardianship child must be under the age of 18
 - Must have been adopted through foster care, private, independent, or intercountry adoption in any state (*excludes stepparent or birth parent adoption*)
 - Must have been placed in a legal guardianship through the child welfare system in any state
- The child must have a current need related to one of the following best interest factors:
 - emotional/behavioral needs
 - cultural/religious needs
 - educational/developmental needs
 - medical/physical needs

- Trauma-related needs
- Relationships with parents, relatives, siblings, and current caregivers
- Child's interests and community connections
- Documentation of the identified need(s) will be gathered in an assessment with IARE's staff

What can the grant be used for?

Services, activities, or supports related to the child's identified needs which are:

One time or time-limited

- Not covered under other programs or community organizations
- May include assistance meeting basic household needs in the event of a financial crisis that may be threatening the stability of permanent place
- May include services or supports for birth children in the home ONLY if those services or supports are necessary to meet the needs of adopted children.

Additional Examples:

- Transportation expenses to maintain connection birth families
- Time-limited in-home counseling or family/sibling counseling
- Parent registration, travel fees, and child care for training to meet the child's needs
- Time-limited therapies not covered by Medicaid/EPSTD/Private insurance (i.e. Equine or art therapy)
- Specialized summer camps/activities

What is excluded?

- Residential Services
- Out of home placement
- Orthodontics
- Attorney/Court fees

Is there a limit of times a family can utilize a grant?

Grants being awarded are dependent on the availability of funds. There is no limit to the number of requests that a family can make, however, priority may be given to families who have not been awarded a grant.

Click [HERE](#) to read the full article from the Family Equality Council.

RESOURCES

Healthy Foundations Family Program

A bridge to safety, hope, and greater parenting confidence
for parents of very challenging kids



Resources/Services/Trainings

INTRODUCING: Healthy Foundations Family Program - an Idaho Medicaid-funded program

Parenting - Is your chaos controlled or is the chaos controlling you?
Which describes your current parenting environment?

- Peaceful
- Manageable chaos
- Safe for everyone
- In control
- Have a toolbox of skills that work
- Excited about the future of each child
- Confident in your ability to create your best family environment

If you've adopted, we're guessing your environment might more closely resemble some or all of this:

- Chaos which disrupts the home
- Surprisingly challenging behavior
- Stressful
- Exhausting
- Often don't know what to do or not sure you are parenting the best way
- Concerned about the future of your child and/or your family

At Healthy Foundations, our online parent training and 90-day, in-home program restore hope and confidence as parents are guided in how to build a bridge to a healthier family.

Want help to get back in control?

1. Sign up for online parent training on our **website**_(covered by Idaho Medicaid)
2. Get an in-home guide (our secret ingredient to success) to help you implement the tools
3. Experience safety, hope, and greater confidence in your parenting

Why settle for life in the second list when you can have life from the first. We're here to help.

Take a quiz [HERE](#).



Challenging child?

How do you know if you should get help?
Do you wonder if it's normal behavior or not?

Take our short on-line quiz to find out:

www.healthyfoundations.co

or (208) 860-7828



***Parent Training
and
In-home Guides***



***Helping parents build a
bridge to safety, hope,
and greater parenting
confidence.***

Cultivating Gratitude



Cultivating Gratitude

Gratitude has phenomenal benefits
when it comes to all areas of physical
and psychological health:



Increasing
empathy,
self-esteem,
quality of social
interactions



Increasing a
sense of control
in one's life



Decreasing
aggression



Decreasing cortisol
(stress hormone)
and increasing
oxytocin in the
body
(our bonding hormone)



Nurturing higher
positive mood
and overall life
satisfaction

Sometimes, the Negativity Bias gets in the way of gratitude:

Negative events tend to impact our brains more than positive events. We tend to be more aware of negative events, perseverate more over negative events, learn more from negative events and make more decisions based on negative events functioning.

We have to train our brain to change the narrative:

Gratitude is not something that "just happens" like any other skill it needs to be practiced repeatedly in order to wire the brain to notice the small moments. Individuals who practice gratitude tend to have a more activated reward centre in the brain - small, joyful moments literally light up the brain and positively impact psychological and physical functioning.

Equine Therapy

Equine Therapy is becoming a more well known modality to help clients of all ages process their feelings and emotions. Dan Ault, LMSW is a Certified Equine Specialist who is located in

Kuna, ID. Dan recently opened his practice, so he has a variety of open times, but they will be filled up quickly! Dan accepts Blue Cross of Idaho insurance along with having a sliding fee scale. If you need financial assistance accessing this program, please call the RISE office and request to speak to a case manager to discuss a grant application! Feel free to visit Hearts2Horses.org for further information or give him a call. Dan is very open and has a wealth of knowledge that will be of great support to you and your family.



Hearts to Horses LLC
Equine Assisted Psychotherapy



Dan Ault
LMSW, EAGALA | Certified
Mental Health Specialist
Aly Ault
EAGALA | Certified, Equine Specialist

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f:Hearts to Horses

Hearts to Horses LLC

Equine Assisted Psychotherapy



Let Horses Lead You to a Better Way

Equine Assisted Psychotherapy creates real opportunities for honest feedback in real time, helping you uncover problems and find real solutions so you can experience life in a whole new way.

Engaging, Active, Effective.

Equine Assisted Psychotherapy gives families, groups and individuals of any age the chance to get to the root of their problems, find better ways to communicate, build healthier relationships, and return to a healthy happy lifestyle.

For Any Problem

Equine Assisted Psychotherapy is an increasingly popular method of treating addictions, trauma, social and behavioral disorders, depression, anxiety, life transitions, our ever changing world and more. Clients have reported that they have been able to change and grow more effectively and quickly than through traditional approaches.

Dan Ault, LMSW
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Facebook: Hearts to Horses

Specializing in working with

- Veterans
- Men's Health
- Teens
- Law Enforcement and First Responders
- Trauma
- Behavioral Health Disorders
- Families and Building Healthy Relationships
- Corporate Trainings



Helping Households Connect



Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands.

Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household. To learn more about the program and register, visit [Affordable Connectivity Program](#).

NACAC Adoption and Foster Care Conference

Join NACAC online, July 19-22, 2022, for this four-day educational event that covers a wide variety of foster care and adoption topics—to meet the diverse needs and levels of experience of adoptive and foster parents, child welfare professionals, and people who were adopted or in foster care.

Can't attend the sessions as they are happening? No worries! You can register for two, three, or four days AND you will receive a recording of all sessions on the days you are registered for. You will have until September 30, 2022, to view the recordings.

To learn more about the conference and register, visit [NACAC Conference](#).

NACAC Conference • July 19–22

At the upcoming virtual [NACAC conference](#), you'll have access to many sessions to support mental health, including:

- A Neurodevelopmental Approach to Treating Complex Trauma
- Managing Rejection for the Adoptee
- Tuning In: Strengthening Quality Attachments through Increased Attunement
- Confident Parenting Responses for Big Behaviors: Knowing What To Do When Your Child Is in Crisis
- Neurosequential Model of Therapeutics: Helping Families Heal

Register for all four days (which includes live access plus all recordings for more than two months to 38 sessions) for only \$240 for [NACAC](#) members. Two- and three-day options are also available.

FOURTH OF JULY



Fourth of July Events

We gathered a variety of events and fun activities for families taking place over the 4th of July weekend in different regions in Idaho! Enjoy!

Region 1

4th of July – Harrison

251 West Harrison Street
Harrison, ID 83833

Fourth of July Fireworks on the waterfront at dark. JamShack plays live music in the park from 4 to 8 pm.

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Coeur D'Alene Casino 4th of July Fireworks

37914 S Nukwalqw Rd
Worley, ID 83876 United States
MONDAY, JULY 4TH | 10 PM

Celebrate Independence Day at Coeur d'Alene Casino! Our parking lot can easily accommodate large crowds. Join us for one of the most spectacular fireworks shows in the Inland Northwest.

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Sandpoint 4th of July Celebration

July 4, 9 a.m.-10 p.m.

The Sandpoint Lions club hosts the One Nation Together parade at 10 am and fireworks later in the night.

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4th of July Celebration

Monday, Jul 4, 2022 at 11:00 a.m.

Volunteer Park

Kellogg, ID 83837

Come join us for an old-fashioned small town 4th of July celebration. The parade downtown starts at 11 am, followed by food, music, and vendor booths in the Big City Park a block from downtown. Fireworks at dusk (around 10 pm) at Volunteer Park.

Region 2

Family and Fun over the 4th of July Weekend!

New Meadows, Idaho Fire Station, 200 Highway 95, New Meadows, United States
July 2, 2022

Kick off your 4th of July weekend celebrating at the Fire Station in New Meadows. Free kids activities and games to be open from 3:30 pm until 5:30 pm. The evening activities start at 6:00 pm with dinner, silent and live auctions, a beer garden, live music and dancing. Bring your family, friends and neighbors to our old-fashioned 4th of July celebration. For more information, contact the fire department at (208) 347-3190. Stop by the station or find your favorite firefighter to pre-purchase dinner tickets. Dinner tickets are \$20 per person. No Host Beer Garden opens at 6:00 pm. Live music by the Merchants of Groove will start at 8:00 pm.

Region 3

Melba

Melba "Olde Tyme" 4th of July is thriving. As always, we begin with the Fun Run in the morning. Our parade begins at 10:30am and many other events take place throughout the day. We wrap it all up with an incredible fireworks display at dusk. Visit **Old Tyme**.

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Fun on the 4th Indian Creek Plaza

120 S. Kimball Ave. Caldwell, ID 83605

July 4, 2022 12PM-3PM

Experience the 4th of July, where Independence Day is one gigantic community celebration of the good Ole U.S. of A! Cool off at Indian Creek Plaza. Run through our splash pads, take a dip in the dunk tank, have a foam fight in the foam pit with our fun foam cannon and all the other fun activities we have planned for you!

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Middleton 4th of July Fireworks Spectacular

Foote Park

N Middleton Rd. & Cornell St.

Middleton, ID 83644

Join us for an amazing Fireworks Display at Foote Park. Fireworks will start at Dusk. There will also be food trucks.

Region 4

City of Boise

Fourth of July Fireworks Celebration

6 p.m. to 11 p.m., Monday, July 4, in Ann Morrison Park

Bring a blanket and chairs to the park to enjoy the show.

Fireworks are scheduled to begin at about 10:15 p.m. They'll be synced to music on 107.1 FM K-HITS.

Learn more at [City of Boise](#)

Meridian City Independence Day

July 4, 2022 – 4pm-10:30pm

215 E Franklin Rd. Meridian, ID 83642

We are looking forward to a grand fireworks display in Storey Park to celebrate Independence Day! The park will be open to families for picnics and fireworks viewing. Food trucks will be onsite at 4:00 pm for snacks and tasty local cuisine to purchase Rusty Dog, Tacos Y Tortas El Paco and more. Live music by Billy Blues Band starts at 7:00 pm. Thanks to Meridian Speedway for partnering with the City of Meridian once again to bring this celebration to the people of Meridian. The fireworks display will be set-off from the back (east side) of the Speedway at dusk, at approximately 10:20 pm.



McCall 4th of July Events:

Fireworks!

Jul 4 2022 at 8:30PM to 11:30PM

The best firework show on lake Cascade! Viewable from anywhere on the resort, but best viewed from the [waterfront cabana and marina](#). This is a free, family friendly event for all to enjoy.

4th of July Cat Track 10k/5k Race **July 4 at 10:00am – 1:00pm**

Cat Track 10K Run: Runners will ascend 3.1 miles, gaining 1,640" in elevation, to the breathtaking summit of Brundage Mountain via the Cat Track. Enjoy 360-degree views of Payette Lake & the McCall area, The 7 Devils Mountains, Granite Peak, Slab Butte and the Wallowa Mountain Range of Oregon. Runners will then turn around at the Aid-Station next to the top terminal of the BlueBird Express and descend the same route for a total of 6.2 miles. Bring along your family and friends to enjoy a chair lift ride to the summit to cheer you on!

The DOWNHILL Cat Track 5K run: Enjoy the views from the Bluebird Express as you ride the chairlift to the summit! The race starts from there at 10:15am. Runners head downhill for 3.1 miles (descending 1640") along the Cat Track to the finish line. This will be an enjoyable and scenic race for those who want to try mountain running or bring the kiddos up for a fun 5K!

Be sure to stick around for the post-race party, and awards on the plaza. There will be 3 LIVE BANDS playing outside from 10 am-5pm. Kiddos can hang out playing lawn games and have fun on the swing set. Learn more at **Brundage Mountain 4th of July Cat Track 10K/5K Race**

Region 5

Sagebrush Days, July 1-4 in Eastman Park

Parade 10 a.m. Monday, July 4

Live music, food and craft vendors, and beer and wine garden

Fireworks at dusk, Monday, July 4. An anvil firing will precede the fireworks show.

Learn more at **City of Buhl**

Hailey Days of the Old West

4th of July Weekend

July 2-4, 2022

Celebrate "Red, White & Blue 2022"

Join us for the Days of the Old West Independence Day celebration in Hailey, The Parade starts at 12 noon.

Enjoy the celebration of a classic American parade on Main Street. Local restaurants serve up their specialties, visit the Blue Cow Antique Fair, and three days of Sawtooth Rangers Rodeo ending with a big firework show. It's no wonder Hailey has been called one of the best places to celebrate the Fourth of July in the West!

Hailey Antique Fair: July 2-4th, 2022

Nothing is more fun than browsing for unique treasures at a well-curated antique show, and the Hailey Antique Fairs have some of the best antique vendors and wares in the region. You will be sure to find that perfect one-of-a-kind something! This year, the Fair will also feature a beer garden and mechanical bull riding.

4th of July Antique Market (Roberta McKercher Park)

Dates/Times: July 2, 3, 4. 9 am to 6 pm Friday/Saturday, 9 am-4 pm Sunday

Sawtooth Rangers Days of the Old West Rodeo:

July 2-4th, 2022

7:30 PM nightly

Rodeo is a proud tradition in the West and in Hailey the Sawtooth Rangers have held an exciting professional rodeo, featuring some of the best riders and stock in the country, over the 4th of July every year since 1947. In 2011 the City of Hailey invested over \$3 million to build a new state-of-the-art rodeo arena and grounds at the entrance to the city at Wertheimer Park to host the Sawtooth Rangers Rodeo as well as other events throughout the year.

Dates/times: July 2 – July 4, 7:30 pm (pre-events start at 6:30pm)

Family Night is July 2. Kids 12 and under are free with a paying adult.

Tickets will be on sale at the Hailey Welcome Center and all three Atkinsons Market locations.

July 4th, 2022

NOON: Hailey Days of the Old West Parade: Over 80 enthusiastic parade entrants march down Hailey's Main Street to delight the crowd!

Early Entries Members \$20.00 Non Members – \$25.00 by June 17th.

Entrants registering on or after June 17th will pay \$50 (Members & Non Members).

DUSK – 4th of July Fireworks Extravaganza

The City of Hailey and the Valley Chamber proudly present a 4th of July Fireworks Extravaganza that is simply spectacular. Watch the show from your favorite spot on July 4, at Dusk (9-9:30pm), in Hailey and celebrate a fitting end to a fabulous 4th of July.

Region 6

Independence Day Parade

July 4th at 9:30 am

420 N. Main St. Pocatello, ID 83204

Pocatello's Annual Independence Day Parade will return to Historic Downtown Pocatello on Monday, July 4th! Hundreds of entries will Celebrate America!

Malad Independence Day

July 2-4, 2022

Street Dance on Main Street, Cannonade, Fun Run, 2 Parades, Shoot Out, Kids Races, Malad's Got Talent Finals, Big Wow Band Clint Budge and Fireworks at the fairgrounds.

COMMUNITY EVENTS



July 14-16, 2022

Click here for more information and to buy tickets. Kids under 12 are free!

<https://thesummermusicfestival.com/buy-tickets>

Fight For Families Fun Run

Rexburg, ID

Riverside Park

July 16, 2022

The Fight For Families Fun Run is a 5K run/walk fundraising race to support the Family Crisis Center in Rexburg. The Family Crisis Center is a non-profit organization that provides relief and support to victims of domestic abuse and sexual assault. All earnings, from ticket sales to donation, will go to the direct support of those in need right here in our community.

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During July, there will be two Magic Valley Kid Market Days in Twin Falls and Jerome, ID!

These events are vendor markets that are completely run by children, ages 5-16! Take a moment to stop by, shop and support young entrepreneurs! Dreams start at a young age and we are to support our dreamers! To learn more, visit **Magic Valley Kid Market**.

Twin Falls' Kid Market will be held on July 30th, 10:00 am – 1:00 pm at the City Park located at 400 Shoshone St E. Twin Falls, ID 83301.

Jerome Kid Market will be held on July 9, 2022, 10:00 am – 1:00 pm at Jerome Veteran Memorial Park located at 300-398 E Ave A. Jerome, ID 83338



Snooze at the Zoo Overnight Zoo Boise

355 Julia Davis Dr, Boise, ID

Sat, Jul 16, 6:30 PM – Sun, Jul 17, 9:00 AM

A memorable experience is sure to be had by those who experience Snooze at the Zoo! Zoo guides will provide your family with evening and early morning treks through the zoo to investigate animals as well as their habitats, behavior, and care. Activities, games, art projects, and up-close animal encounters are also part of the Snooze at the Zoo adventure. Evening snack and continental breakfast area provided. Register at **Zoo Boise**



Summer Movie Nights

Summer Movie Nights Continue, so we've added those again just in case you missed them last month!

Silver Screen on the Green – Optimist Park

16680 11th Ave N Ext, Nampa, ID 83687

Every Friday throughout the summer at dusk

Nampa Parks and Recreation is pleased to offer free movies in the park throughout the summer! Come out to the park and enjoy the silver screen on a large inflatable movie screen. Grab a blanket, a lawn chair, family and friends, and head to **Optimist Park** in Nampa for a summer of fun.

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Movie Night In Meridian

Dates: Every Friday Night, June 10 – August 19

Time: Movies start at dusk (times vary all summer)

Location: Settlers Park

Address: 3245 N. Meridian Road. Corner of Ustick and Meridian roads.

Grab your family, friends, and neighbors this summer and join Meridian Parks and Recreation for Sparklight Movie Night in Meridian! Friday evenings, we inflate our giant outdoor movie screen in Settlers Park for a family-friendly movie. Check-in with our concession stand for delicious treats and movie snacks. Thanks to local sponsors, it's free. Bring your lawn chairs, blankets, and favorite movie dates and enjoy the fresh summer air with Meridian Parks and Recreation! All movies start at dusk. The screen is set up at 7:00 pm. There are lots of activities in the park to keep you busy until the movie starts at dusk. To learn more about and see what the schedule is, visit **Sparklight Movie Night 2022 Schedule**.

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Idaho Falls Parks and Recreation's – Movies in the Park!!!

1290 Science Center Dr, Idaho Falls, ID 83402

One of the most popular summer events in the city is back as FREE outdoor movies return to Freeman Park this summer! Join the City of Idaho Falls this July & August! Enjoy a night out while watching a movie on the city's outdoor movie screen. FREE movies are located at Freeman Park next to the Bandshell. Movies begin at sunset. Be there just before dusk and get some classic movie treats from our Sponsors. Thanks to our generous sponsors, all snacks are FREE! They can include items such as popcorn and chips. To learn more about, visit **Idaho Falls Movie Night**.



The City of Star is pleased to present our FREE Summer Movie Line-up. This summer's movie line-up is brought to you by: Copper & Sage Real Estate and the Ada Community Library in Star. By popular demand, movie night will return to Blake Haven Park with a new screen and fun activities. All movies start at dusk. Dusk can be as late as 10PM, especially for our first feature in June. Bring low back chairs, blankets and get comfy! Outside food and drinks are welcome. No pets. You will be asked to leave if you bring your pet. We are lining up vendors that would like to provide movie snacks.

Movies Under the Stars

Boise Parks and Recreation – Boise Parks

June through August, the Boise Parks and Recreation Department and Boise Schools Education Foundation will host a series of nine family-friendly movies at parks throughout town. These events are fun-filled evenings with something for everyone. Each movie night starts at 7:00 pm with field games like capture the flag and dodgeball provided by the Parks and Recreation Mobile Recreation Van. Movies in the park begin at dusk on an enormous 30' inflatable screen. To learn more about movie nights, follow **Boise Parks and Recreation** on Facebook.

Movie Nights in the Park

McCammon Ball Park

Starting in July 2022 and running through August 2022, the MAG in McCammon, ID will be hosting free movie nights during the summer. To learn more, visit **theMag**. Below are showtime and movies for the summer months:

July 15, 2022, 7-11pm – Jungle Cruise by Disney/Family Adventure

July 29, 2022, 7-11pm – The Aristocrats by Disney Classic/Family/Comedy

August 12, 2022, 7-11pm – Mary Poppins by Disney/Family Adventure

August 26, 2022, 7-11pm - Raya and the Last Dragon by Disney/Family Adventure

Eastern Idaho 3rd Annual Summer Drive-in Movie Series

Motor Vu Drive-In,

2095 N Yellowstone Highway, Idaho Falls, ID 83401

Eastern Idaho is working on providing show times and additional details. So far, they've shared the names and dates of shows. They are as followed:

Thursday, July 14: The Lost World: Jurassic Park and Back to the Future

Thursday, July 28: Jurassic World and Back to the Future Part II

Thursday, August 11: Jurassic World: Fallen Kingdom and ET

We are busy planning what our 3rd season will look like for summer 2022 – stay tuned for more information and updates! Visit **Eastern Idaho – Summer Movies** for more information!

RISE Services Inc. | idadoptresources.org