

Community Resources List

Housing/Utilities						
Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
ASSIST	218 East 500 South, Salt Lake City, UT 84111	(801) 355-7085	info@assistutah.org	Monday-Friday 8 am - 2 pm	assistutah.org	Emergency home repairs for low-income and disabled individuals.
Mountainland Weatherization Assistance Program	586 E 800 N Orem, UT 84097	(801) 229-3800	weatherization@mountainland.org	Monday - Friday 9 am - 1 pm	https://mountainland.org/weatherization/	Helps low-income individuals and families reduce energy costs and increase comfort and safety in their homes.
Mountainland HEAT Program	478 South Geneva Rd Vineyard, UT 84059	(801) 229-3850	heat@magutah.org	Monday - Friday 9 am - 1 pm	https://web.mountainland.org/heat/	The HEAT program assists eligible individuals and families pay their power and gas bills year-round. Apply online or download and mail in your application.
Community Action Services - Rent Relief	815 S Freedom Blvd Suite 100 Provo, Utah 84601	(801) 373-8200	casfb@casfb.org	9 am - 3 pm	communityactionprovo.org	Resources for rental assistance, eviction prevention, food, and financial planning.
The Fuller Center for Housing Utah County	3082 West Maple Loop Dr, Suite 200 Lehi, UT 84043	(801) 921-5335	contact@fullercenterutahcounty.org	N/A	www.fullercenterutahcounty.org	Assist Utah County homeowners with necessary remodels, refurbishments, and revitalizations to their homes
Shelter the Homeless	242 West Paramount Ave Salt Lake City, Utah 84115	(801) 990-9999	info@homelessutah.org	Monday - Friday 9 am - 1 pm	https://homelessutah.org/	Provides a safe, warm place to sleep, and a wide range of services and resources including connections to other community resources.

Lantern House	269 W. 33rd St. Ogden, Utah 84401	(801) 621-5036	info@lhou.org	24 hrs/7 days	https://www.stannescenter.org/	Lantern House exists to aid the poor, needy, and homeless by providing them food, shelter, and critical emergency services. Pets welcome.
Life Start Village (Family Support Center Taylorsville)	1760 West 4805 South Taylorsville, Utah 84129	(801) 955-9110	info@familysupportcenter.org	8 am - 5 pm	https://www.familysupportcenter.org/lifestart-village	Transitional housing program for homeless parents and children.
Hope Lodge	375 East 100 South, Salt Lake City, UT 84111	(801) 844-1802	N/A	24 hrs/7 days	https://www.cancer.org/support-programs-and-services/patient-lodging/hope-lodge/salt-lake-city.html	Provides housing for cancer patients and their families during cancer treatment

Medical/Dental/Vision

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Medicaid: Medically Complex Children's Waiver	288 North 1460 West Salt Lake City, UT 84116	(800) 662-9651, option 5	mccw@utah.gov	Monday-Friday: 8:00 a.m. – 5:00 p.m. (Thursday hours are 11:00 a.m. – 5:00 p.m.)	https://medicaid.utah.gov/ltc-2/mccw/	Medical assistance to children who are medically complex.
Medicaid: Home and Community Based Services Waiver Programs	288 North 1460 West Salt Lake City, UT 84116	(801) 538-6155 option 5	N/A	Monday-Friday: 8:00 a.m. – 5:00 p.m. (Thursday hours are 11:00 a.m. – 5:00 p.m.)	https://medicaid.utah.gov/ltc-2/	An overview of the different Medicaid waiver programs available in the state of Utah.
Medicaid (Baby Your Baby, CHIP, Autism Services, etc.)	Physical Address: Cannon Building*, 288 North 1460 West, Salt Lake City, Utah Mail: P.O. Box 143106, Salt Lake City, UT 84114	(800) 662-9651 (801) 538-6155	MedicaidOps@utah.gov.	Monday through Friday, 8:00 a.m. – 5:00 p.m. MST (Tuesday hours are 11:00 a.m. – 5:00 p.m.)	medicaid.utah.gov	Medicaid is a state/federal program that pays for medical services for low-income pregnant women, children, and individuals. To qualify, these individuals must meet income and other eligibility requirements.

Utah Department of Health (Oral Health Program)	195 North 1950 West Salt Lake City, Utah 84116	(801) 201-9462	opcrh@utah.gov	N/A	https://ruralhealth.utah.gov/oral-health-program/	Low-cost dental care throughout the state of Utah. Locate the nearest location on their website.
EyeCare4Kids	6911 State Street, Midvale, UT 84047	(801) 285-5443	info@eyecare4kids.org	Varies	https://eyecare4kids.org/uta-h-clinic-eyecare/	EyeCare4Kids™ provides professional eye care to low-income, visually-impaired children and underserved families. Book appointments online.
University of Utah Dental Services	530 S. Wakara Way, Salt Lake City, UT 84108	(801) 587-6453	N/A	N/A	https://healthcare.utah.edu/dentistry/	If you don't have dental insurance or are paying out-of-pocket, you can get dental care at a discounted fee from our dental students and residents who are supervised by licensed dentists. We also care for patients with special needs like autism and developmental disabilities.
Now I Can Foundation (Physical Therapy)	1950 S 375 E Orem, UT 84058	(801) 228-1935	info@nowican.org	M - F 8 am - 5 pm	www.nowican.org	Help children with disabilities reach their full potential and greatest independence.

Education/Training

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Ability 1st of Utah	1455 West 820 North Provo, UT 84601	(801) 373-5044	Staff@Ability1stUtah.org	Monday-Thursday: 7:30 am-4:30 pm, Friday: 7:30 am-1:30 pm	https://ability1stutah.org/	Independent Living Skills, Equipment Loaning, Cooking Classes, Transportation Skills, Computer Skills, etc.

ScenicView Academy	5455 North River Run Drive, Provo, Utah 84604	(801) 226-2550	info@svacademy.org	Monday-Friday 8 am - 5 pm	https://www.svacademy.org/	A nonprofit transitional school for young adults with autism and other learning differences.
ATEC (Alpine School District - East)	766 East Bamberger Drive, American Fork Utah 84003	(801) 610-8186	jhughes@alpinedistrict.org	Monday - Friday: 7:30 a.m. - 3:00 p.m.	https://atec.alpineschools.org	Program will allow individuals a seamless transition from the last day of school to the first day of their adult lives.
Horizon (Alpine School District - ATEC West)	682 W 210 N, Saratoga Springs, UT 84045	(801) 610-8728	N/A	Monday - Friday: 7:30 a.m. - 4:00 p.m.	https://horizon.alpineschools.org/	Students in this program come to learn needed job, community, and life skills.
Family Support Center (Taylorsville)	1760 West 4805 South Taylorsville, Utah 84129	(801) 955-9110	info@familysupportcenter.org	Monday - Friday 8:00 AM to 5:00 PM	https://www.familysupportcenter.org/classes-and-groups	Parent education classes. They also offer other classes as well, but parenting courses are the most active.
Vocational Rehab	P.O. Box 45249 Salt Lake City, UT 84145-0249	(801) 526-9675)	dwscontactus@utah.gov	N/A	https://jobs.utah.gov/usor/vr/	Helps people get back on their feet and gain skills to live a productive life in society.

Food/Clothing

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Community Action Services and Food Bank	815 South Freedom Boulevard (200 W), Provo, UT 84601	(801) 373-8200	casfb@casfb.org	Monday - Friday 9:00 AM – 4:00 PM	communityactionprovo.org	Community Action Services and Food Bank is a non-profit organization that provides emergency assistance and long-term support to help families in poverty become self-reliant.

Tabitha's Way	920 East State Road Ste K, American Fork, UT 84003	(801) 692-1881	infororth@tabithasway.org	Tue: 11 am – 2 pm Wed: 11 am – 2 pm Wed Eve: 5 – 8 PM Thu-Fri: 11am–2 pm 1st and 3rd Sat: 9 am – 1 pm	tabithasway.org	A non-profit organization that provides food and hygiene items to those in need in the community. Serves Northern Utah County.
Tabitha's Way	45 East 100 North, Spanish Fork, UT 84660	(801) 709-8573	info@tabithasway.org	Tu - F: 11 am - 2 pm, Tu: 6 - 8 pm, 2nd and 4th Sa: 10 am - 12 noon	tabithasway.org	A non-profit organization that provides food and hygiene items to those in need in the community. Serves Southern Utah County.
Food and Care Coalition	299 East 900 South, Provo, UT 84606	(801) 373-1825	via website	M, W, F: 8:30 am - 5:30 pm; Th: 1 pm - 3:30 pm	https://foodandcare.org/meals-2/	The Food & Care Coalition serves nutritionally well balanced meals seven days a week in Utah County to those in need.
Springville Revolving Closet (Momivate Revolving Closet)	375 East 100 North Springville, UT 84663 (And other locations)	(801) 413-4614	contact@momivate.org	N/A	https://momivate.org/revolving-closets/	The idea is that families bring the items that their children have outgrown and trade them out for clothing that fits.
WIC (women, infants, and children)	151 S University Ave Suite, 2100, Provo, UT 84601	(801) (851-7300)	N/A	M,T,TH,F 8AM-12PM, 1-5PM W 10AM-2PM, 3-7PM	https://health.utahcounty.gov/wic/	Supplemental nutrition program that provides food for pregnant women up to 1 year postpartum), infants, and children (up to the age of 5). Must qualify to participate.

Transportation

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
UTA Utah Valley Paratransit	815 S Freedom Blvd, Provo, UT 84601	(801) 374-9306	rideuta@rideuta.com	Monday-Friday: 8:30 am - 5 pm	https://www.rideuta.com/Rider-Info/Accessibility	Provides transportation services for those with physical, cognitive, or visual disabilities and senior citizens.

Legal/Non-Profit

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Disability Law Center	960 South Main Street Salt Lake City, Utah 84101	(800) 662-9080	Via website	MON-THURS: 9:00am-4:00pm; FRIDAY: 9:00am-1:00pm	https://disabilitylawcenter.org/	Protect the opportunities, choices and legal rights of people with disabilities in Utah.
Guardianship (Adult)	288 N 1460 W Salt Lake City, UT 84116	(801) 538-8255	utahopg@utah.gov	N/A	https://daas.utah.gov/office-of-public-guardian/	Provides guardianship and conservatorship services for adults* who are unable to make basic life decisions for themselves due to conditions such as aging-related illness, intellectual disabilities, brain injuries and mental illness.
Special Needs Trusts: Utah Parent Center	5296 S Commerce Dr., Suite 302, Murray, UT 84107	(800) 468-1160	info@utahparentcenter.org	Mon-Thu 9 am - 5 pm Friday Via phone only 9 am - 5 am	https://utahparentcenter.org/	Non-profit to help parents help their children, youth and young adults with all disabilities to live included, productive lives as members of the community.
United Ways of Utah	148 N. 100 W. Provo, UT 84601	(801) 374-2588	info@unitedwayuc.org	Monday -Friday 8:30 a.m.-5:00 p.m.	unitedwayuc.org	Connects people to the services they need, such as housing and utility assistance, food resources, legal aid, and more.

Legal Aid Society of Salt Lake	Main Office 960 South Main Street Salt Lake City, UT 84101	(801) 328-8849	Via website	Legal advice: Mondays 1-4 p.m., Matheson Courthouse. Call 801-238-7102 to schedule an appt.	https://www.legalaidsocietyofsaltlake.org/	Promotes safety, stability and self-sufficiency for low income families and individuals, as well as victims of domestic violence, through effective, efficient legal advocacy and assistance.
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Employment/Financial

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Ability 1st of Utah	1455 West 820 North, Provo, UT 84601	(385)-224-0 483	Jhilma Miranda: Jhilma@Ability1stUtah.org	Monday - Thursday: 7:30 am-4:30 pm, Friday: 7:30- am-1:30 pm	https://ability1stutah.org/ability-1st-employment/	Work incentive counseling, resume writing skills, job placement assistance, advocacy/peer support.
Utah State Division of Rehabilitation Services	150 East Center Street Suite 3300, Provo, UT 84606	(801) 806-0950	UT.DD.Salt.Lake.City@ssa.gov	Monday - Friday: 8 am - 5 pm	https://jobs.utah.gov/usor/	Vocational Rehabilitation services for eligible individuals with disabilities to prepare for employment.
Utah Department of Workforce Services	P.O. Box 45249 Salt Lake City, UT 84145-0249	801-526-W ORK (9675)	dwscontactus@utah.gov	Offices throughout Utah—see website for specific location hours	https://jobs.utah.gov/usor/index.html	Helping refugees, people with disabilities, and veterans obtain employment and independence.
Governor's Committee on Employment for People w/Disabilities (GCEPD)	Department of Workforce Services: P.O. Box 45249 Salt Lake City, UT 84145-0249	(801) 887-9538	Leah Lobato: leahlobato@utah.gov	N/A	https://jobs.utah.gov/usor/vr/employer/govcommittee.html	Promoting efforts to achieve equal employment opportunities for Utahns with disabilities.

Able Utah Savings Plan	N/A	(800) 439-1653	team@stableaccount.com	Available to call, Monday - Friday: 7 am-6 pm	https://ableut.com/	ABLE Utah accounts give people with special needs more independence and financial security.
Deseret Industries	https://www.deseretindustries.org/locations?lang=en	Varies by location	Varies by location	Mon: 9am – 6pm Tue - Sat: 9am –7pm Sun: Closed	https://www.deseretindustries.org/careers	LDS church employment. No affiliation with the church is necessary for employment. Contact the nearest location to apply.
LDS Employment Resource Center (American Fork)	437 S 500 E, American Fork, UT 84003	(801) 756-6079	EmploymentServices@ChurchofJesusChrist.org	Monday, Tuesday, Thursday: 10 am - 4 pm	https://www.latterdaysaintjoes.org/ers/ct/center/68627?lang=en	Learn about community resources, receive one-on-one coaching and support, and participate in an accelerated job search group.
LDS Employment Resource Center (Provo)	702 W Columbia Ln, Provo, UT 84604	(801) 818-6161	EmploymentServices@ChurchofJesusChrist.org	Tuesday, Thursday: 10 am - 4 pm	https://www.latterdaysaintjoes.org/ers/ct/center/68422?lang=en	Learn about community resources, receive one-on-one coaching and support, and participate in an accelerated job search group.
LDS Employment Resource Center (Springville)	1672 W 700 S, Springville, UT 84663	(801) 491-7379	EmploymentServices@ChurchofJesusChrist.org	Monday, Tuesday, Thursday: 10 am - 3 pm	https://www.latterdaysaintjoes.org/ers/ct/center/4006045?lang=en	Learn about community resources, receive one-on-one coaching and support, and participate in an accelerated job search group.
Ascend Staffing	1651 North State Street Orem, UT 84057	(801) 374-8000	utahcounty@ascendstaffing.com	Monday - Friday: 8 am - 5 pm	https://www.ascendstaffing.com/contact-us/utah-county/	An agency that specializes in temporary work, showing job listings for both local and neighboring states.
Spherion Staffing and Recruiting	1143 West Center Street Orem, UT 84057	(801) 221-0550	Link via Website	Monday - Friday: 8 am - 5 pm	https://www.spherion.com/our-offices/oreem_1162/	Agency that specializes in helping people find a job in Utah County. Offer both temporary and long-term options.

People Helping People	265 East 100 South, Ste. 280, SLC, UT 84111	(801) 583-5300	info@phputah.org	Varies by Event	https://www.phputah.org/	Offering coaching, mentoring, and employment workshops to low-income women and single mothers to transition from welfare to long-term employment.
RISE Services (Orem)	703 S State St, Orem, UT 84058	(801) 373-1197	Link via Website	Varies by Service	https://riseservicesincut.org/location/orem/	Offer customized and supported employment for those with disabilities. They also provide community training and coaching.
Department of Workforce Services (Financial Assistance)	P.O. Box 45249, Salt Lake City, UT 84145	(801) 526-9675	dwscontactus@utah.gov	Monday-Friday 8:00-5:00	https://jobs.utah.gov/customereducation/services/financialhelp/index.html	Provide temporary financial assistance to help aid families in gaining financial independence and exploring employment options

Mental Health and Family Therapy

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Covenant Sex Therapy (Provo)	3355 N. University Ave Suite 250	(385) 312-9844	admin@covenantsextherapy.com	Monday - Friday: 9 am - 2 pm	https://www.covenantsextherapy.com/get-scheduled	Provides sex therapy for couples and individuals. LDS informed. Accept 3rd party payment (including bishop's pay) and insurance, specifically, EMI, BCBS/Regence, Select Health, and DMBA.
Progressive Paths Therapy (Orem)	1175 South 800 East, 2nd floor Orem, UT 84097	(801) 704-5066	info@progressivepathstherapy.com	Varies by Therapist	https://progressivepathstherapy.com/	Specialty - Faith Transitions/Expansions, Marriage/Couples, Trauma Work

BetterHelp	N/A	Varies	contact@betterhelp.com	Varies by Therapist	https://www.betterhelp.com/	Affordable and convenient telehealth option.
Huntsman Cancer Institute/ U of U Health Wellness & Support	1950 Circle of Hope Dr. Salt Lake City, UT 84112	(801) 587-7000	Link via Website	Varies by Group	https://healthcare.utah.edu/huntsmancancerinstitute/wellness-support/social-workers-support-groups	Services for cancer patients, caregivers and families: group therapy, music therapy, other wellness focuses.
Encircle Together (Provo)	91 W 200 Provo, UT 84061	(801) 613-7305	info@incircletogether.org	Monday - Friday: 3 pm - 8 pm (Varies by Therapist)	https://encircletogether.org/therapy	Low cost or (some) free services for the LGBTQIA+ youth and young adults and their families.
Flourish Therapy, Inc. (Orem)	1422 E 820 N Orem, UT 84097	(385) 309-1038	info@flourishtherapy.org	Varies by Therapist	https://www.flourishtherapy.org/	Low cost or (some) free services for the LGBTQIA+ community and their families.
Celebrate Therapy	286 W Center St., Suite 200, Provo, UT 84606	(801) 448-7712	schedule@celebratetherapy.org	Varies by Therapist	https://www.celebratetherapy.org/	Services for the LGBTQIA+ community and their families. Paneled with many insurance providers.
Utah Family Therapy	384 E 60 S American Fork, UT 84003	(801) 901-0279	Link via Website	Varies by Therapist	https://utahfamilytherapy.com	Individual, couple, family, and group therapy provided. Includes IOP programs.
Solace Emotional Health	1398 W State Street, Ste 204 Pleasant Grove, UT 84062	(801) 938-8048	office@solaceemotional.com	Varies by Therapist	https://www.solaceemotional.com/about-us/	Specialties include couple and premarital counseling, sexual betrayal, infidelity, and abuse therapy, compulsive sexual behavior therapy, and work with anxiety and depression.

BYU Comprehensive Clinic	1190 N 900 E 237 TLRB, Provo, UT 84604	(801) 422-7759	Link via Website	Varies by Time of Year. See Website.	https://comprehensiveclinic. byu.edu/	Services include therapy for couples, families, and individuals of all ages. Therapy is provided by advanced graduate students receiving specialized training and are supervised by licensed therapists. Offer services on a sliding fee scale ranging from \$0-\$30 a session depending on financial need.
Community Health Connect	591 South State Street Provo, UT 84601	(801) 818-3015	Link via Website	Varies by Service	https://utahchc.org/about/	Serves Utah County's low-income, uninsured individuals, couples, and families in mental health needs.
Rocky Mountain University Counseling	122 E. 1700 S. Bldg. 3 Provo, UT 84606	(801) 900-3656	info_counseling@rm.e du	Monday - Friday: 9 am - 5 pm	https://healthclinics.rm.edu/ counseling/	Accessible and high-quality mental health counseling services with a focus on promoting mental health, well-being, resilience, and personal growth to clients anywhere in the state of Utah via remote services or in-person sessions at the clinic located in Provo.
Sage Family Counseling	13552 S 110 W #204 Draper, UT 84020	(801) 432-0883	Link via Website	Varies by Therapist	https://sagefamilycounselin g.com/	All types of therapy offered—couples counseling, teen/YA counseling, play therapy, etc.
Monarch Family Counseling (South Jordan)	170 S Interstate Plaza, Suite 300 Lehi, UT 84043	(801) 349-9606	info@monarchfamilyco unseling.com	Varies by Therapist	https://monarchfamilycouns eling.com/	Child, Teen, Individual, Couple, and Family therapy available with a variety of therapists will specialties in each area.

Beehive Child & Family Counseling	2940 W. Maple Loop Dr. Ste 204 Lehi, UT 84043	(857) 264-0418	carol@beehivecounseling.com	Varies by Therapist	https://www.beehivecounseling.com/	A strong resource for play therapy, and parenting help, as well as couples therapy.
Wasatch Behavioral Health (Provo)	1165 E. 300 N. Provo, UT 84606	(801) 377-1213	Link via Website	Monday - Thursday: 8 am - 6 pm Friday: 8 am - 5 pm	https://www.wasatch.org/	A public comprehensive behavioral health center providing a variety of services including individual therapy, family therapy, group therapy, substance use disorder counseling, case management, residential services, 24-hour crisis response, prevention, various resources, and more.

Government

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Division of Services for People with Disabilities	195 North 1950 West, Salt Lake City, UT 84116	(801) 538-4200	dhsinfo@utah.gov	Monday-Friday: 8 am - 5 pm	dspd.utah.gov	Support includes community living, day services, respite assistance, parental support, chore assistance, and support coordination.
Social Security (SSI)/Social Security Disability Insurance (SSDI)	88 West 100 North, Provo, UT 84601	(866) 366-9549	N/A	See Website for Varied Hours	https://www.ssa.gov/benefits/disability/	The Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) programs provide assistance to people with disabilities. (No in-person appointments until further notice).

Medicaid (Baby Your Baby, CHIP, Autism Services, etc.)	P.O. Box 143106, Salt Lake City, UT 84114	(800) 662-9651	MedicaidOps@utah.gov	Monday, Tuesday, Wednesday, Friday: 8 am - 5 pm; Thursday: 11 am - 5 pm; Closed daily: 12 pm- 1 pm	medicaid.utah.gov	Medicaid is a state/federal program that pays for medical services for low-income pregnant women, children, individuals who are elderly or have a disability, parents and women with breast or cervical cancer. To qualify, these individuals must meet income and other eligibility requirements.
The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	PO Box 141013 Salt Lake City, UT 84114-1013	(801) 273-2991	wic@utah.gov	See Website for Varied Hours	https://wic.utah.gov/	Provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk.
Utah Local Family Assistance and Resources	Addresses Vary	See Website for Various Numbers	Varies by Service	Varies by Service	https://childcare.gov/state-resources/utah/financial-assistance-resources-for-families	Provides many child care resources, from financial to nutritional aid through a variety of helpful government-supported programs.

Advocacy/Awareness/Support

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Epilepsy Association of Utah (Local Chapter)	P.O. Box 199, Lehi, UT 84043	(801) 341-8024	info@epilepsyut.org	Tuesday and Thursday: 10 am - 4 pm	facebook.com/EpilepsyUtah/about/?ref=page_internal	Provides awareness, education, and support groups for those dealing with the many challenges of epilepsy/seizure disorders.

Ability 1st of Utah	1455 West 820 North, Provo, UT 84601	(801) 373-5044	Staff@Ability1stUtah.org	Monday-Thursday: 7:30 am-4:30 pm, Friday: 7:30 am-1:30 pm	www.Ability1stUtah.org	Provides services including advocacy, independent living skills training, peer support, information and referral services and more.
Special Needs Registry	Contact via Website	N/A	utahsnr@utah.gov	Link via Website	https://specialneedsutah.org/	Provide info to emergency response agencies so agencies can serve them in a disaster or other emergency.
Utah Parent Center	5296 S Commerce Dr, Suite 302 Murray, UT 84107-5371	(801) 272-1051	info@utahparentcenter.org	Monday - Thursday: 9 am - 5 pm Friday: By Appointment	https://utahparentcenter.org/	Free assistance to families of children with special ed. needs all over the state and connect families with other community resources.
Utah Council of the Blind	PO Box 1415, Bountiful, UT 84011-1415	(801) 245-9264	utahblind@gmail.com	Monday - Friday: 10 am - 5 pm	https://utahblind.org/services.html	Offers programs that address the challenges faced by Utah's blind and visually impaired.
Learning Disabilities Association of Utah	P.O. Box 900726, Sandy, UT 84090	(801) 553-9156	contact@ldau.org	Varies by Service	https://www.ldau.org/	Supports, informs, and empowers individuals with learning disabilities and the people who work with them.
A Buddy Just Like Me	N/A	(385) 429-3332	hello@abuddyjustlike.me	Varies by Event	https://www.abuddyjustlike.me.com/	A Buddy Just Like Me helps individuals with a diagnosis, their families, and caregivers find and create meaningful connections.
Recreation and Habilitation Services	815 N. 800 W. Provo, UT 84604	(801) 374-8074	3cheers4rah@gmail.com	Varies by Event	http://rahservices.org/	Provides educational/life skills classes, social recreational programs, community involvement, respite for families, and structured day services for individuals with intellectual disabilities.

The Melisa Nellesen Center for Autism (at UVU)	1000 West 800 South, Orem, UT 84057	(801) 863-7620	autismcenter@uvu.edu	Monday - Friday: 9 am - 5 pm	www.uvu.edu/autism	Provides weekly classes for adults with autism. Focuses on developing connections and navigating adulthood. Applicants do not need to be UVU students.
Mama Dragons	Mostly online, but varies by event	N/A	info@mamadragons.org	Varies by event	https://www.mamadragons.org/	Offers peer-led support groups for mothers of LGBTQIA+ children, free online courses for parents and community leaders of LGBTQIA+ children, and offers suicide prevention classes for parents to support their children.
Family Support Center	1760 West 4805 South, Taylorsville, UT 84129	(801) 955-9110	info@familysupportcenter.org	Varies by event	https://www.familysupportcenter.org/	Crisis nurseries meant to provide respite for overwhelmed parents, as well as emergency services, and housing self-sufficiency initiatives for single-parent families.
The Refuge	1433 E 840 N, Orem, UT 84097	Domestic Violence: (801) 377-5500 Sexual Abuse: (801) 356-2511	Link via Website	24/7 Hotline	https://therefugeutah.org/	Protection from violence, individual therapy, safe housing, children's services, advocacy and education for survivors of sexual assault and domestic violence.
Family Haven	1255 1200 W Orem, UT 84057	(801) 229-1181	Link via Website	24/7 for crisis; Mon- Thu: 8 am - 6 pm Friday: 8 am to 5:30 pm	https://www.family-haven.org	Provide a 24/7 crisis nursery and respite center to help prevent and heal child trauma and abuse.

Equality Utah	350 E 400 S, Salt Lake City, UT 84111	(801) 355-3479	info@equalityutah.org	Varies by Event	https://www.equalityutah.org/	Utah's premier LGBTQ Civil Rights Organization—helping to rally support through local events and law-making policy.
THRIVE Center for Survivors of Torture	650 E. 4500 South, Suite 220 Murray, Utah 84107	(801) 363-4596	info@uhhr.org	Varies by Service	https://thrivesot.org/	Provide service and advocacy to promote the health, dignity, and self-sufficiency of refugees, immigrants, asylum seekers, and asylees who have endured torture and severe war trauma.
Utah Center for Legal Inclusion	645 South 200 East Salt Lake City, Utah 84111	(801) 746-5221	ucli@utahcli.org	Varies by Program	https://www.utahcli.org/	Promotes inclusion and diversity in legal practices, enables certification programs, and partners with marginalized groups for community outreach.
Voices for Utah Children	747 E. South Temple, Suite 100 Salt Lake City, Utah 84102	(801) 364-1182	Link via Website	Varies by Event	https://utahchildren.org/	Aim to raise awareness, influence policy, and unite communities to serve the needs of Utah children in diverse circumstances.
YWCA Utah	322 East 300 South Salt Lake City, UT 84111	(801) 537-8604	info@YWCA.org	Varies by Event	https://www.ywcautah.org/	Promote public policy agendas around racial and gender equity in affordable housing, childcare, domestic and sexual violence, mental health, and reproductive justice.
Lift and Love	Mostly online, but varies by event	N/A	Link via Website	Varies by Event	https://www.liftandlove.org/	Offers support services for Latter-Day Saint LGBTQIA+ individuals and their families.

Early Intervention

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Utah Autism Academy	1875 S. Geneva Road, Orem, UT 84058	(801) 437-0490	Link via Website	Varies by Service	http://utahautismacademy.com/	Provides day treatment services for children and young adults with Autism Spectrum Disorders.
Provo Early Childhood Intervention (Easterseals/ Goodwill)	3550 N University Ave Suite 100-125, Provo UT 84604	(801) 852-4525	info@esgw.org	Varies by Service	https://www.esgw.org/provo-early-intervention/	Provides assessments, therapy, and classes for families in Provo School District who have a child (0-3 years) with a disability or delay.
Kids on the Move	475 West 260 North, Orem, UT 84057	(801) 221-9930	Link via Website	Monday-Friday: 8 am - 5 pm	https://kotm.org/home	Education & therapy for children under 3 with delays or disabilities.
Kids Who Count	345 N. SR 198, Salem, UT 84653	(801) 423-3000	Link via Website	Monday-Friday: 9 am - 5 pm	https://kidswhocount.org/	Developmental therapies and interventions for children under 3 w/disabilities/developmental delays in the Nebo School District areas.
Mountainland Head Start (Early Learning Essentials)	264 W 300 N Provo, UT 84601	(801) 375-7981	Link via Website	Varied by Service	https://www.eleutah.org/	Promotes school readiness and child development programs (pre-school) for low-income children or children with disabilities.
Help Me Grow (United Way of Utah County)	148 North 100 West, Provo, Utah 84601	(801) 691-5322	helpmegrow@unitedwayuc.org	Monday - Thursday: 8:30 am - 6 pm Friday: 8:30 am - 5 pm	https://helpmegrowutah.org/	An information and referral helpline available at no-cost that provides parents, physicians, and providers with knowledge and resources they need to make a difference in the lives of children.

Early Childhood Utah	PO Box 142002 Salt Lake City, Utah 84114-2002	(385) 377-0941	Jennifer Floyd: jfloyd@utah.gov	Varies by Resource	https://familyhealth.utah.gov/oec/early-childhood-utah/	Promote health and access to medical homes for children, early care and education to help them enter school ready, and assist in parent support and engagement.
Giant Steps Autism Preschool	Various Locations throughout Utah County	(801) 226-5437	Link via Website	Tuesday - Friday: 9 am - 3:30 pm	www.wasatch.org/children-youth-and-family-services-i/giant-steps	Day treatment program for preschool aged children diagnosed with Autism Spectrum Disorder.

Pregnancy/Prenatal/Baby

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Help Me Grow (United Way of Utah County)	148 North 100 West, Provo, Utah 84601	(801) 691-5322	helpmegrow@unitedwayuc.org	Mon- Fri 8:30 am- 5:00 pm	https://helpmegrowutah.org/	An information and referral helpline available at no-cost that provides parents, physicians and providers with knowledge and resources they need to make a difference in the lives of children.
Welcome Baby (Diapers, Breast Pumps)	148 North 100 West, Provo, Utah 84601	801-691-54 40	welcomebaby@unitedwayuc.org	N/A	https://unitedwayuc.org/welcome-baby/	Community resource available to all families in Utah County. Our main focus is to empower and support new mothers and fathers during their transition into parenthood. Our aim is to provide assistance and guidance to parents as they navigate the challenges and joys of parenting with strength and confidence.

PSI Utah (Postpartum Support International) Utah Maternal Health Collaborative	N/A	(801) 587-3000 (Crisis Hotline)	postpartumutah@gmail.com	N/A	https://www.psiutah.org https://www.postpartum.net	Psychoeducation on pregnancy related mental illness, free groups (both online and in person), financial resources.
New Beginnings	1933 N 1120 W Provo, Utah 84604	(801) 683-6830	info@nbcgutah.com	M-F 9-6	https://nbcgutah.com/	Emily Freeze specializes in pregnancy related/hormonal mental illness therapy

Equipment/Service Animals

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Ability 1st of Utah (Medical Equipment Loan)	1455 West 820 North, Provo, UT 84601	(801) 850-5568	Kathy Tucker: Kathy@Ability1stUtah.org	N/A	https://ability1stutah.org/assistive-technology/loan-bank-equipment-services/	Loan of gently used medical equipment for disabled individuals.
Molli Dog	Orem, Utah	(801) 592-6912	mollidogs@yahoo.com / through website	M - F 9:30 am - 6:30 pm	www.mollidogs.com	Offers professional, personalized dog training, including basic obedience and service dog training.
Utah K9 Training	10914 S Bay Meadow Dr., Sandy, UT 84092	(801)-508-4 136	N/A	M-Sat 8am- 8pm	https://utahk9training.com/	Offers assessment of dogs to see if they are eligible to become a service dog as well as training them to be able to assist with blindness, deafness, seizures, diabetes, and mobility issues.

Recreation/Therapies

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Intermountain Pediatric Rehabilitation (Orem Community Hospital)	527 W 400 N Ste 2, Orem, UT 84057	801-714-3505	N/A	Monday-Friday: 8 am - 6 pm	https://intermountainhealthcare.org/locations/location-details/oreem-community-hospital/oreem-medical-office-building/oreem-community-hospital-pediatric-rehab/	Provides physical, occupational, and speech therapies for children 0-21 years old.
Courage Reins (Equine-Assisted Therapy)	5870 W 10400 N, Ste. C., Highland, UT 84003	(801) 756-8900	info@couragereins.org	Monday- Friday 9 Am- 5 Pm	https://couragereins.org/	Improving the lives of individuals with physical, mental, and emotional challenges through equine-assisted therapies.
C.A.S.T. for Kids	Soldier Creek Recreation Area (June 2022)	(801) 885-3486	cast4kidsutah@gmail.com	Next event: June 25, 2022	https://castforkids.org/event/strawberryreservoir/	Provide children with disabilities, ages 5 – 17, the opportunity to enjoy a quality outdoor recreational experience through the sport of fishing.
Hoofbeats to Healing	1218 North 800 West, Saratoga Springs UT 84085	(801) 836-4325	Tamtrot@gmail.com	Tuesday & Friday: 9 am - 12 pm; 3 pm - 6 pm, Saturday: 8 am - 2 pm	https://www.hoofbeats.us/	Providing therapeutic horseback riding, using an effective natural approach to horseback riding therapy. They work with a variety of different disabilities.
Lehi City Adaptive Recreational Programs	153 N 100 E, Lehi, Utah 84043	(385) 201-1000	Through Websites	Varies	https://www.lehi-ut.gov/legacy-center/adaptive-programs/	Lehi City partners with the non-profit organization Just for Kids to provide adaptive sports through the Lehi City Recreation Programs.

Provo City Adaptive Recreational Programs	320 West 500 North, Provo, UT 84601	(801) 852-6620	recprograms@provo.org	Monday-Saturday: 8:00 am - 10:00 pm	https://www.provo.org/departments/recreation/adaptive-programming	Summer camp for special needs students. Camps include swimming, activities, and a weekly field trip. They are also offering adaptive tennis this summer for children 8-17 with physical or cognitive disabilities.
Recreation and Habilitation Services (RAH)	815 N. 800 W. Provo, UT 84604	(801) 374-8074	3cheers4rah@gmail.com	N/A	http://rahservices.org/	Programs are designed to meet the needs and enhance the lives of participants. They also have day-timers groups, bowling, dinners, swimming, social skills, and special needs scouts. For ages 16+.
Special Olympics of Utah	1400 S. Foothill Drive, Suite 238, Salt Lake City, Utah 84108	(801) 363-1111	information@sout.org	N/A	https://www.sout.org/	Provides year-round sports training and competition for children and adults with intellectual disabilities.
National Ability Center	1000 Ability Way, Park City, UT 84060	(435) 649-3991	Link via Website	Mon-Fri 9 am- 5 pm, Sat/Sun 10 am- 4 pm	https://discovernac.org/	Empowering individuals of all abilities by building self-esteem, confidence and lifetime skills through sport, recreation and educational programs.
The Dance Club	983 North State Street, Orem, UT 84057	(801) 224-4400	Link via Website	Hours vary	thedanceclub.com	Provides free, open enrollment classes for people of all ages with special needs.
Pure Progression Music Therapy	797 East 220 North, Lehi, UT 84043	(801) 484-4700	Link via Website	M - F 9 - 5 pm	www.pureprogressionmt.com	Music therapy interventions for kids with various abilities.
Breaking Barriers Therapy	24 W Sergeant Court Drive, Ste 204, Saratoga Springs, UT 84045	(801) 987-6333	contact@breakingbarrierstherapy.com	M - F 8 am - 6 pm	breakingbarrierstherapy.com	Provides speech and occupational therapy services.

Wasatch Adaptive Sports	9385 S, Snowbird Center Dr. Snowbird, Utah, 84092-9000 & 417 W. Winchester St. Murray, UT 84107	801-834-0476	info@wasatchadaptivesports.org	N/A	https://wasatchadaptivesports.org/	The mission of Wasatch Adaptive Sports is to encourage individuals with adaptive needs and their families to realize their potential and engage in active living through recreational, educational and social programs.
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Financial Support

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
United Way of Utah/ Sub for Santa	148 North 100 West, Provo, Utah 84601	801-374-2588	info@unitedwayuc.org	8:30 am- 5:00 pm Mon-Fri	https://unitedwayuc.org/get-involved/sub-for-santa/get-help-from-sub-for-santa	Temp Christmas assistance program. Utah County residents only.
Tabitha's Way	920 East State Road Ste K, American Fork, UT 84003	(801) 692-1881	infonorth@tabithasway.org	Tu - F: 11 am - 2 pm; W: 6 - 8 pm; 1st and 3rd Sa: 10 am - 12 noon	tabithasway.org	A non-profit organization that provides food and hygiene items to those in need in the community. Serves Northern Utah County.
Tabitha's Way	45 East 100 North, Spanish Fork, UT 84660	(801) 709-8573	info@tabithasway.org	Tu - F: 11 am - 2 pm, Tu: 6 - 8 pm, 2nd and 4th Sa: 10 am - 12 noon	tabithasway.org	A non-profit organization that provides food and hygiene items to those in need in the community. Serves Southern Utah County.
Food and Care Coalition	299 East 900 South, Provo, UT 84606	(801) 373-1825	Link via Website	Lunch: 12:00 pm – 1:00 pm	https://foodandcare.org/meals-2/	The Food & Care Coalition serves nutritionally well balanced meals daily to Utah County.
Needs Beyond Medicine	PO Box 712043	(385) 645-4626	info@needsbeyondmedicine.org	N/A	https://www.needsbeyondmedicine.org/	Grants for needs outside of medical care during cancer treatment

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Addiction Recovery

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
The Phoenix Recovery Center	489 West South Jordan Parkway Suite 400, South Jordan, Utah 84095	(801) 438-3185	www.thephoenixrc.com	9 am- 8 pm	https://www.thephoenixrc.com/addiction-recovery-services/	Residential treatment, IOP, GOP, Mental health disorder treatment
ARDU Recovery Center	1053 W 1020 S Provo UT 84601	(801) 515-3323	Through Website	Open 24 hrs	ardurecoverycenter.com	Detox, Residential, PHP, IOP, Alumni Substance abuse treatment
AA Central Office of Salt Lake	80 W Louise Ave, Salt Lake City, UT 84115	(801) 484-7871	Through Website	Mon-Fri 10-5, Sat 10-2	https://www.saltlakeaa.org/meetings/	Provides locations and times for AA meetings throughout Utah County
Turning Point Centers	2961 E Turning Point Circle, Sandy, UT 84092	(877) 377-0212	Through Website	8 am – 7 pm Mon-Fri 9 am- 6pm Sat/Sun	https://www.turningpointcenters.com	Addiction recovery and mental health treatment

LGBTQ+ Resources

Organization Name	Address	Phone Number	Email	Hours	Website	Services Provided
Equality Utah	350 E 400 S, Salt Lake City, UT 84111	(801) 355-3479	info@equalityutah.org	N/A	https://www.equalityutah.org/	Political advocacy

Genderbands	1160 South State Street, Suite 60, Orem UT 84058	n/a	programs@genderbands.org	9 am - 5 pm	https://www.genderbands.org/	Provides transition grants and binders to transgendered Utahns
The Trevor Project	N/A	1-866-488-7386	Through website	24/7	https://www.thetrevorproject.org/	Call / text support lines, Information resources, Political advocacy
Utah Pride Center	1380 South Main Street Salt Lake City, UT 84115	801-539-8800	info@utahpridecenter.org	10 am- 8 pm	https://www.utahpridecenter.org	Offers LGBTQIA+ community safe, accessible, and inclusive programs, resources, events, and services.