Community Resources List

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| **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](mailto:info@assistutah.org) | Monday-Friday 8 am - 2 pm | [assistutah.org](http://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@mount ainland.org | Monday - Friday 9 am - 1 pm | [https://mountainland.org/we](https://mountainland.org/weatherization/) [atherization/](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](mailto:heat@magutah.org) | Monday - Friday 9 am - 1 pm | [https://web.mountainland.or](https://web.mountainland.org/heat/) [g/heat/](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](mailto: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@fullercenterut ahcounty.org | N/A | [www.fullercenterutahcounty](http://www.fullercenterutahcounty.org/)  [.org](http://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](mailto: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. |

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| **Lantern House** | 269 W. 33rd St.  Ogden, Utah 84401 | (801)  621-5036 | [info@lhou.org](mailto:info@lhou.org) | 24 hrs/7 days | https://[www.stannescenter.o](http://www.stannescenter.o/) rg/ | 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@familysupportcen ter.org | 8 am - 5 pm | https://www.familysupportc enter.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/sup](http://www.cancer.org/sup) port-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](mailto: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/lt](https://medicaid.utah.gov/ltc-2/) [c-2/](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.](mailto: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](http://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. |

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| **Utah Department of Health (Oral Health Program)** | 195 North 1950 West Salt Lake City, Utah 84116 | (801)  201-9462 | [opcrh@utah.gov](mailto: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](mailto:info@eyecare4kids.org) | Varies | [https://eyecare4kids.org/uta](https://eyecare4kids.org/utah-clinic-eyecare/) [h-clinic-eyecare/](https://eyecare4kids.org/utah-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/d](https://healthcare.utah.edu/dentistry/) [entistry/](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](mailto:info@nowican.org) | M - F 8 am - 5 pm | [www.nowican.org](http://www.nowican.org/) | Help children with disabilities reach their full potential and greatest independence. |
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| **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](mailto: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. |

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| **ScenicView Academy** | 5455 North River Run Drive, Provo, Utah 84604 | (801)  226-2550 | [info@svacademy.org](mailto: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.or](https://atec.alpineschools.org/) [g](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.alpineschool](https://horizon.alpineschools.org/) [s.org/](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@familysupportcen ter.org | Monday - Friday 8:00 AM to 5:00 PM | https://www.familysupportc enter.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.go](mailto:dwscontactus@utah.go) v | 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](mailto:casfb@casfb.org) | Monday - Friday 9:00 AM – 4:00 PM | [communityactionprovo.org](http://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. |

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| **Tabitha's Way** | 920 East State Road Ste K, American Fork, UT 84003 | (801)  692-1881 | infonorth@tabithasway  .org | Tue: 11am – 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](http://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](mailto:info@tabithasway.org) | Tu - F: 11 am - 2 pm, Tu: 6 - 8 pm, 2nd and 4th Sa: 10 am - 12 noon | [tabithasway.org](http://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/mea](https://foodandcare.org/meals-2/) [ls-2/](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](mailto:contact@momivate.org) | N/A | https://momivate.org/revolv ing-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.go](https://health.utahcounty.gov/wic/) [v/wic/](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](mailto:rideuta@rideuta.com) | Monday-Friday: 8:30 am - 5 pm | [https://www.rideuta.com/Ri](https://www.rideuta.com/Rider-Info/Accessibility) [der-Info/Accessibility](https://www.rideuta.com/Rider-Info/Accessibility) | Provides transportation services for those with physical, cognitive, or visual disabilities and senior citizens. |

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| **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.o](https://disabilitylawcenter.org/) [rg/](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](mailto: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](mailto:info@unitedwayuc.org) | Monday -Friday 8:30 a.m.-5:00 p.m. | [unitedwayuc.org](http://www.unitedwayuc.org/) | Connects people to the services they need, such as housing and utility assistance, food resources, legal aid, and more. |

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| **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.legalaidsociety ofsaltlake.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. |
| **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](mailto:Jhilma@Ability1stUtah.org)  [.org](mailto:Jhilma@Ability1stUtah.org) | Monday - Thursday: 7:30 am-4:30 pm,  Friday: 7:30- am-1:30 pm | [https://ability1stutah.org/abi](https://ability1stutah.org/ability-1st-employment/) [lity-1st-employment/](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](mailto:UT.DD.Salt.Lake.City@ssa.gov) [@ssa.gov](mailto: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.go](mailto:dwscontactus@utah.gov) [v](mailto:dwscontactus@utah.gov) | Offices throughout Utah–see website for specific location hours | [https://jobs.utah.gov/usor/in](https://jobs.utah.gov/usor/index.html) [dex.html](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](mailto:leahlobato@utah.gov) | N/A | [https://jobs.utah.gov/usor/vr](https://jobs.utah.gov/usor/vr/employer/govcommittee.html)  [/employer/govcommittee.ht](https://jobs.utah.gov/usor/vr/employer/govcommittee.html) [ml](https://jobs.utah.gov/usor/vr/employer/govcommittee.html) | Promoting efforts to achieve equal employment opportunities for Utahns with disabilities. |

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| **Able Utah Savings Plan** | N/A | (800)  439-1653 | [team@stableaccount.co](mailto:team@stableaccount.com) [m](mailto: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.deseretindu](https://www.deseretindustries.org/locations?lang=eng) [stries.org/locations?lang](https://www.deseretindustries.org/locations?lang=eng)  [=eng](https://www.deseretindustries.org/locations?lang=eng) | Varies by location | Varies by location | Mon: 9am – 6pm Tue - Sat: 9am –7pm Sun: Closed | [https://www.deseretindustri](https://www.deseretindustries.org/careers) [es.org/careers](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@](mailto:EmploymentServices@ChurchofJesusChrist.org) [ChurchofJesusChrist.or](mailto:EmploymentServices@ChurchofJesusChrist.org) [g](mailto:EmploymentServices@ChurchofJesusChrist.org) | Monday, Tuesday, Thursday:  10 am - 4 pm | [https://www.latterdaysaintjo](https://www.latterdaysaintjobs.org/ers/ct/center/68627?lang=eng) [bs.org/ers/ct/center/68627?l](https://www.latterdaysaintjobs.org/ers/ct/center/68627?lang=eng) [ang=eng](https://www.latterdaysaintjobs.org/ers/ct/center/68627?lang=eng) | 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@](mailto:EmploymentServices@ChurchofJesusChrist.org) [ChurchofJesusChrist.or](mailto:EmploymentServices@ChurchofJesusChrist.org) [g](mailto:EmploymentServices@ChurchofJesusChrist.org) | Tuesday, Thursday: 10 am - 4 pm | [https://www.latterdaysaintjo](https://www.latterdaysaintjobs.org/ers/ct/center/68422?lang=eng) [bs.org/ers/ct/center/68422?l](https://www.latterdaysaintjobs.org/ers/ct/center/68422?lang=eng) [ang=eng](https://www.latterdaysaintjobs.org/ers/ct/center/68422?lang=eng) | 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@](mailto:EmploymentServices@ChurchofJesusChrist.org) [ChurchofJesusChrist.or](mailto:EmploymentServices@ChurchofJesusChrist.org) [g](mailto:EmploymentServices@ChurchofJesusChrist.org) | Monday, Tuesday, Thursday:  10 am - 3 pm | [https://www.latterdaysaintjo](https://www.latterdaysaintjobs.org/ers/ct/center/4006045?lang=eng) [bs.org/ers/ct/center/4006045](https://www.latterdaysaintjobs.org/ers/ct/center/4006045?lang=eng)  [?lang=eng](https://www.latterdaysaintjobs.org/ers/ct/center/4006045?lang=eng) | 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@ascendstaf](mailto:utahcounty@ascendstaffing.com) [fing.com](mailto:utahcounty@ascendstaffing.com) | Monday - Friday: 8 am - 5 pm | [https://www.ascendstaffing.](https://www.ascendstaffing.com/contact-us/utah-county/) [com/contact-us/utah-county](https://www.ascendstaffing.com/contact-us/utah-county/)  [/](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/o](http://www.spherion.com/o) ur-offices/orem\_1162/ | Agency that specializes in helping people find a job in Utah County. Offer both temporary and long-term options. |

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| **People Helping People** | 265 East 100 South, Ste.  280, SLC, UT 84111 | (801)  583-5300 | [info@phputah.org](mailto:info@phputah.org) | Varies by Event | https://[www.phputah.org/](http://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/custom](https://jobs.utah.gov/customereducation/services/financialhelp/index.html) [ereducation/services/financi](https://jobs.utah.gov/customereducation/services/financialhelp/index.html) [alhelp/index.html](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@covenantsexthe](mailto:admin@covenantsextherapy.com) [rapy.com](mailto:admin@covenantsextherapy.com) | Monday - Friday: 9 am - 2 pm | [https://www.covenantsexthe](https://www.covenantsextherapy.com/get-scheduled) [rapy.com/get-scheduled](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@progressivepathst](mailto:info@progressivepathstherapy.com) [herapy.com](mailto:info@progressivepathstherapy.com) | Varies by Therapist | [https://progressivepathsther](https://progressivepathstherapy.com/) [apy.com/](https://progressivepathstherapy.com/) | Specialty - Faith Transitions/Expansions, Marriage/Couples, Trauma Work |

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| **BetterHelp** | N/A | Varies | [contact@betterhelp.co](mailto:contact@betterhelp.com) [m](mailto: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/h](https://healthcare.utah.edu/huntsmancancerinstitute/wellness-support/social-workers-support-groups) [untsmancancerinstitute/well](https://healthcare.utah.edu/huntsmancancerinstitute/wellness-support/social-workers-support-groups) [ness-support/social-workers](https://healthcare.utah.edu/huntsmancancerinstitute/wellness-support/social-workers-support-groups)  [-support-groups](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](https://goo.gl/maps/Eoku3ak6vxoEWRJM8)  84061 | (801)  613-7305 | [info@incircletogether.o](mailto:info@incircletogether.org) [rg](mailto:info@incircletogether.org) | Monday - Friday: 3 pm - 8 pm  (Varies by Therapist) | [https://encircletogether.org/t](https://encircletogether.org/therapy) [herapy](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.o](mailto:info@flourishtherapy.org) [rg](mailto:info@flourishtherapy.org) | Varies by Therapist | [https://www.flourishtherapy](https://www.flourishtherapy.org/)  [.org/](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@celebratether](mailto:schedule@celebratetherapy.org) [apy.org](mailto:schedule@celebratetherapy.org) | Varies by Therapist | [https://www.celebratetherap](https://www.celebratetherapy.org/) [y.org/](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.co](https://utahfamilytherapy.com/) [m](https://utahfamilytherapy.com/) | Individual, couple, family, and group therapy provided. Includes IOP programs. |
| **Solace Emotional Health** | [1398 W State Street](https://goo.gl/maps/EpPUJvWSgK7sHxjFA), [Ste](https://goo.gl/maps/EpPUJvWSgK7sHxjFA) [204 Pleasant Grove, UT](https://goo.gl/maps/EpPUJvWSgK7sHxjFA) [84062](https://goo.gl/maps/EpPUJvWSgK7sHxjFA) | (801)  938-8048 | [office@solaceemotiona](mailto:office@solaceemotional.com) [l.com](mailto:office@solaceemotional.com) | Varies by Therapist | [https://www.solaceemotiona](https://www.solaceemotional.com/about-us/) [l.com/about-us/](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. |

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| **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.](https://comprehensiveclinic.byu.edu/) [byu.edu/](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](mailto:info_counseling@rm.edu) [du](mailto:info_counseling@rm.edu) | Monday - Friday: 9 am - 5 pm | [https://healthclinics.rm.edu/](https://healthclinics.rm.edu/counseling/) [counseling/](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](https://sagefamilycounseling.com/) [g.com/](https://sagefamilycounseling.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](mailto:info@monarchfamilycounseling.com) [unseling.com](mailto:info@monarchfamilycounseling.com) | Varies by Therapist | [https://monarchfamilycouns](https://monarchfamilycounseling.com/) [eling.com/](https://monarchfamilycounseling.com/) | Child, Teen, Individual, Couple, and Family therapy available with a variety of therapists will specialties in each area. |

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| **Beehive Child & Family Counseling** | 2940 W. Maple Loop Dr. Ste 204  Lehi, UT 84043 | (857)  264-0418 | [carol@beehivecounseli](mailto:carol@beehivecounseling.com) [ng.com](mailto:carol@beehivecounseling.com) | Varies by Therapist | [https://www.beehivecounsel](https://www.beehivecounseling.com/) [ing.com/](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](mailto:dhsinfo@utah.gov) | Monday-Friday: 8 am - 5 pm | [dspd.utah.gov](http://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/benefit](https://www.ssa.gov/benefits/disability/) [s/disability/](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). |

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| **Medicaid (Baby Your Baby, CHIP, Autism Services, etc.)** | P.O. Box 143106, Salt  Lake City, UT 84114 | (800)  662-9651 | [MedicaidOps@utah.go](mailto:MedicaidOps@utah.gov) [v](mailto: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](http://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](mailto: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-r](https://childcare.gov/state-resources/utah/financial-assistance-resources-for-families) [esources/utah/financial-assi](https://childcare.gov/state-resources/utah/financial-assistance-resources-for-families) [stance-resources-for-familie](https://childcare.gov/state-resources/utah/financial-assistance-resources-for-families) [s](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](mailto:info@epilepsyut.org) | Tuesday and Thursday:  10 am - 4 pm | [facebook.com/EpilepsyUtah](http://facebook.com/EpilepsyUtah/about/?ref=page_internal)  [/about/?ref=page\_internal](http://facebook.com/EpilepsyUtah/about/?ref=page_internal) | Provides awareness, education, and support groups for those dealing with the many challenges of epilepsy/seizure disorders. |

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| **Ability 1st of Utah** | 1455 West 820 North,  Provo, UT 84601 | (801)  373-5044 | [Staff@Ability1stUtah.o](mailto:Staff@Ability1stUtah.org) [rg](mailto:Staff@Ability1stUtah.org) | Monday-Thursday: 7:30 am-4:30 pm,  Friday: 7:30 am-1:30 pm | [www.Ability1stUtah.org](http://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](mailto: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.](mailto:info@utahparentcenter.org) [org](mailto: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](mailto:utahblind@gmail.com) | Monday - Friday: 10 am - 5 pm | [https://utahblind.org/service](https://utahblind.org/services.html) [s.html](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](mailto: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@abuddyjustlikem](mailto:hello@abuddyjustlikeme.com) [e.com](mailto:hello@abuddyjustlikeme.com) | Varies by Event | [https://www.abuddyjustlike](https://www.abuddyjustlikeme.com/) [me.com/](https://www.abuddyjustlikeme.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.co](mailto:3cheers4rah@gmail.com) [m](mailto: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. |

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| **The Melisa Nellesen Center for Autism (at UVU)** | 1000 West 800 South,  Orem, UT 84057 | (801)  863-7620 | [autismcenter@uvu.edu](mailto:autismcenter@uvu.edu) | Monday - Friday: 9 am - 5 pm | [www.uvu.edu/autism](http://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.or](mailto:info@mamadragons.org) [g](mailto:info@mamadragons.org) | Varies by event | [https://www.mamadragons.](https://www.mamadragons.org/) [org/](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 classess for parents to support their children. |
| **Family Support Center** | 1760 West 4805 South,  Taylorsville, UT 84129 | (801)  955-9110 | [info@familysupportcen](mailto:info@familysupportcenter.org) [ter.org](mailto:info@familysupportcenter.org) | Varies by event | [https://www.familysupportc](https://www.familysupportcenter.org/) [enter.org/](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.o](https://www.family-haven.org/) [rg](https://www.family-haven.org/) | Provide a 24/7 crisis nursery and respite center to help prevent and heal child trauma and abuse. |

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| **Equality Utah** | 350 E 400 S, Salt Lake  City, UT 84111 | (801)  355-3479 | [info@equalityutah.org](mailto:info@equalityutah.org) | Varies by Event | [https://www.equalityutah.or](https://www.equalityutah.org/) [g/](https://www.equalityutah.org/) | Utah’s premier LGBTQ Civil Rights Oragnization–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](mailto: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](mailto: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](mailto: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. |

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| **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.c](http://utahautismacademy.com/) [om/](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](mailto:info@esgw.org) | Varies by Service | [https://www.esgw.org/provo](https://www.esgw.org/provo-early-intervention/)  [-early-intervention/](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@unitedwa](mailto:helpmegrow@unitedwayuc.org) [yuc.org](mailto: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. |

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| **Early Childhood Utah** | PO Box 142002  Salt Lake City, Utah 84114-2002 | (385)  377-0941 | Jennifer Floyd: [jfloyd@utah.gov](mailto:jfloyd@utah.gov) | Varies by Resource | [https://familyhealth.utah.go](https://familyhealth.utah.gov/oec/early-childhood-utah/) [v/oec/early-childhood-utah/](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-](http://www.wasatch.org/children-youth-and-family-services-ii/giant-steps) [youth-and-family-services-i](http://www.wasatch.org/children-youth-and-family-services-ii/giant-steps) [i/giant-steps](http://www.wasatch.org/children-youth-and-family-services-ii/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@unitedwa](mailto:helpmegrow@unitedwayuc.org) [yuc.org](mailto: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@united](mailto:welcomebaby@unitedwayuc.org) [wayuc.or](mailto:welcomebaby@unitedwayuc.org)g | N/A | [https://unitedwayuc.org/wel](https://unitedwayuc.org/welcome-baby/) [come-baby/](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. |

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| **PSI Utah (Postpartum Support International) Utah Maternal**  **Health Collaborative** | N/A | (801)  587-3000  (Crisis Hotline) | [postpartumutah@gmail](mailto:postpartumutah@gmail.com)  [.com](mailto:postpartumutah@gmail.com) | N/A | [https://www.psiutah.org](https://www.psiutah.org/) [https://www.postpartum.net](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](mailto: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.](mailto:Kathy@Ability1stUtah.org) [org](mailto:Kathy@Ability1stUtah.org) | N/A | [https://ability1stutah.org/assisti](https://ability1stutah.org/assistive-technology/loan-bank-equipment-services/) [ve-technology/loan-bank-equip](https://ability1stutah.org/assistive-technology/loan-bank-equipment-services/) [ment-services/](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](mailto:mollidogs@yahoo.com)  / through website | M - F 9:30 am - 6:30  pm | [www.mollidogs.com](http://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** | | | | | | |

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| **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 | 801-714-35  05 | N/A | Monday-Friday: 8 am - 6 pm | [https://intermountainhealthc](https://intermountainhealthcare.org/locations/location-details/orem-community-hospital/orem-medical-office-building/orem-community-hospital-pediatric-rehab/) [are.org/locations/location-d](https://intermountainhealthcare.org/locations/location-details/orem-community-hospital/orem-medical-office-building/orem-community-hospital-pediatric-rehab/) [etails/orem-community-hos](https://intermountainhealthcare.org/locations/location-details/orem-community-hospital/orem-medical-office-building/orem-community-hospital-pediatric-rehab/) [pital/orem-medical-office-b](https://intermountainhealthcare.org/locations/location-details/orem-community-hospital/orem-medical-office-building/orem-community-hospital-pediatric-rehab/) [uilding/orem-community-ho](https://intermountainhealthcare.org/locations/location-details/orem-community-hospital/orem-medical-office-building/orem-community-hospital-pediatric-rehab/) [spital-pediatric-rehab/](https://intermountainhealthcare.org/locations/location-details/orem-community-hospital/orem-medical-office-building/orem-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](mailto: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.c](mailto:cast4kidsutah@gmail.com) [om](mailto:cast4kidsutah@gmail.com) | Next event: June 25, 2022 | [https://castforkids.org/event](https://castforkids.org/event/strawberryreservoir/)  [/strawberryreservoir/](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](mailto: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/leg](https://www.lehi-ut.gov/legacy-center/adaptive-programs/) [acy-center/adaptive-progra](https://www.lehi-ut.gov/legacy-center/adaptive-programs/) [ms/](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. |

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| **Provo City Adaptive Recreational Programs** | 320 West 500 North,  Provo, UT 84601 | (801)  852-6620 | [recprograms@provo.or](mailto:recprograms@provo.org) [g](mailto:recprograms@provo.org) | Monday-Saturday: 8:00 am - 10:00 pm | [https://www.provo.org/depa](https://www.provo.org/departments/recreation/adaptive-programming) [rtments/recreation/adaptive-](https://www.provo.org/departments/recreation/adaptive-programming) [programming](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.co](mailto:3cheers4rah@gmail.com) [m](mailto: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](mailto: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](http://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.co](http://www.pureprogressionmt.com/) [m](http://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@breakingbarri](mailto:contact@breakingbarrierstherapy.com) [erstherapy.com](mailto:contact@breakingbarrierstherapy.com) | M - F 8 am - 6 pm | [breakingbarrierstherapy.co](http://breakingbarrierstherapy.com/) [m](http://breakingbarrierstherapy.com/) | Provides speech and occupational therapy services. |

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| **Wasatch Adaptive Sports** | 9385 S, Snowbird Center Dr.  Snowbird, Utah, 84092-9000  &  417 W. Winchester St. Murray, UT 84107 | 801-834-04  76 | [info@wasatchadaptives](mailto:info@wasatchadaptivesports.org) [ports.org](mailto:info@wasatchadaptivesports.org) | N/A | [https://wasatchadaptivesport](https://wasatchadaptivesports.org/) [s.org/](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. |
| **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 | 801-374-25  88 | [info@unitedwayuc.org](mailto:info@unitedwayuc.org) | 8:30 am- 5:00 pm Mon-Fri | [https://unitedwayuc.org/get-](https://unitedwayuc.org/get-involved/sub-for-santa/get-help-from-sub-for-santa) [involved/sub-for-santa/get-h](https://unitedwayuc.org/get-involved/sub-for-santa/get-help-from-sub-for-santa) [elp-from-sub-for-santa](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](mailto:infonorth@tabithasway.org)  [.org](mailto:infonorth@tabithasway.org) | Tu - F: 11 am - 2  pm; W: 6 - 8 pm; 1st and 3rd Sa: 10 am - 12 noon | [tabithasway.org](http://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](mailto:info@tabithasway.org) | Tu - F: 11 am - 2 pm, Tu: 6 - 8 pm, 2nd and 4th Sa: 10 am - 12 noon | [tabithasway.org](http://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/mea](https://foodandcare.org/meals-2/) [ls-2/](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@needsbeyondm](mailto:info@needsbeyondmedicine.org) [edicine.org](mailto:info@needsbeyondmedicine.org) | N/A | https://www.needsbeyondm edicine.org/ | Grants for needs outside of medical care during cancer treatment |

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|  | Salt Lake City, UT 84171 |  |  |  |  |  |
| **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](https://www.thephoenixrc.com/) | 9 am- 8 pm | [https://www.thephoenixrc.c](https://www.thephoenixrc.com/addiction-recovery-services/) [om/addiction-recovery-servi](https://www.thephoenixrc.com/addiction-recovery-services/) [ces/](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/](https://www.saltlakeaa.org/meetings/) [meetings/](https://www.saltlakeaa.org/meetings/) | Provides locations and times for AA meetings throughout Utah County |
| **Turning Point Centers** | [2961 E Turning Point](https://www.turningpointcenters.com/about/locations/) [Circle, Sandy, UT](https://www.turningpointcenters.com/about/locations/) [84092](https://www.turningpointcenters.com/about/locations/) | (877)  377-0212 | Through Website | 8 am – 7 pm Mon-Fri  9 am- 6pm Sat/Sun | [https://www.turningpointce](https://www.turningpointcenters.com/) [nters.com](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](mailto:info@equalityutah.org) | N/A | [https://www.equalityutah.or](https://www.equalityutah.org/) [g/](https://www.equalityutah.org/) | Political advocacy |

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| **Genderbands** | 1160 South State Street, Suite 60, Orem UT 84058 | n/a | [programs@genderband](mailto:programs@genderbands.org) [s.org](mailto:programs@genderbands.org) | 9 am - 5 pm | [https://www.genderbands.or](https://www.genderbands.org/) [g/](https://www.genderbands.org/) | Provides transition grants and binders to transgendered Utahns |
| **The Trevor Project** | N/A | 1-866-488-7  386 | Through website | 24/7 | [https://www.thetrevorprojec](https://www.thetrevorproject.org/) [t.org/](https://www.thetrevorproject.org/) | Call / text support lines, Information resources, Political advocacy |
| **Utah Pride Center** | 1380 South Main Street Salt Lake City, UT 84115 | 801-539-88  00 | [info@utahpridecenter.o](mailto:info@utahpridecenter.org) [rg](mailto:info@utahpridecenter.org) | 10 am- 8 pm | [https://www.utahpridecenter](https://www.utahpridecenter.org/)  [.org](https://www.utahpridecenter.org/) | Offers LGBTQIA+ community safe, accessible, and inclusive programs, resources, events, and services. |