

Children/Family Services

- CHILD CAR SEAT PROGRAM**851-7035*
151 S. University Ave., Suite 2700, PROVO
Low cost toddler car seats, not infants. Must be on Medicaid, WIC, or food stamps.
- COMMON BOND** 357-4504
Support for parents who have lost children, parents of kids with disabilities, parents with babies in NBICU.
- EARLY CHILDHOOD DEVELOPMENT**
www.earlychildhood.com
Child development/activities resource for parents.
- HEADSTART-MOUNTAINLAND**375-7981*
264 W. 300 N., PROVO
Income eligible preschool for migrant children 0-5 years old. Literacy classes for adults.
- MIGRANT HEADSTART**754-0700*
352 E. 800 S. GENOLA
Income eligible preschool for migrant children 0-5 years old. Literacy classes for adults.
- NATIONAL FATHERHOOD INITIATIVE**
www.fatherhood.org
Education for fathers about child development.
- OFFICE OF RECOVERY SERVICES**.....374-7233*
150 E. Center St., PROVO
www.ors.utah.gov
Recovers Child Support Payments.
- PARENT EDUCATION RESOURCE CENTER (PERC)**
Orem Library - 58 N. State Street, OREM ...229-7390*
(Basement of Orem Public Library)
Written materials/resources for education and parenting.
- UTAH OFFICE OF CHILD CARE** 1-866-435-7414*
www.jobs.utah.gov
1550 N Freedom Blvd, PROVO
Day care for work, school or other training. Sliding fee.
- WELCOME BABY** 851-7059*
151 S. University Ave, Suite 1610, PROVO
www.unitedwayuc.org/welcomebaby
A home-visitation program for parents.
- WOMEN'S HEALTH.GOV** 1-800-994-WOMAN (9662)*
www.womenshealth.gov or www.4women.gov
Women's health information.
- EARLY INTERVENTION**
Early intervention for disabled children 0-3 yrs.
- KIDS ON THE MOVE** (Alpine School District)221-9930*
475 W. 260 N., OREM
www.kotm.org
- KIDS WHO COUNT** (Nebo School District)423-3000*
345 N. State Road 198, SALEM
<http://www.kidswhocount.org>
- PEEP (PROVO EARLY EDUCATION PROGRAM)**374-4965*
100 N 600 E PROVO
<http://www.provo.edu/spons/peep/index.htm>

Education/Employment

- ADULT & ALTERNATIVE HIGH SCHOOL ED**863-7620*
987 S. Geneva Road, OREM
www.eastshorehs.com
ESL (adults only), and Alternative High School programs. Free Day Care for students when at class.
- AMERICAN RED CROSS** 373-8580
865 N. Freedom Blvd., PROVO
<http://www.redcrossut.org>
First aid & AED classes, CPR, Assistance with Utilities, Armed forces emergency services.
- BYU ENGLISH LANGUAGE CENTER**422-3137*
35 E. University Parkway, 103 UPC, PROVO
www.elc.byu.edu
ESL classes for adults \$20. Fall/Winter semesters.

DEPARTMENT OF WORKFORCE SERVICES

- 751 E. Quality Dr, Suite 100, AMERICAN FORK . 492-4500*
1550 N. Freedom Blvd, PROVO..... 342-2600*
1185 N. Chappel Dr., SPANISH FORK 794-6600*
www.jobs.utah.gov
Employment assistance. GED/ training workshops.
- FAMILY LITERACY CENTER INC.**407-1025*
120 N. Center Street, LEHI
<http://www.lehicity.com/literacy/>
Tutor for reading and math. ESL classes for FREE.
Preschool basics Program (age 4 or older)836-1018
(M/W, 9,10,11a.m:3, 4,5 pm) and T/Th 9,10 11 am); Learn Spanish (T&Th, 6pm-beginning,& 9 pm-advanced)
- LDS EMPLOYMENT SERVICE**
437 S. 500 E., AMERICAN FORK 756-6079*
1415 S. State St., PROVO 818-6161*
www.ldsjobs.org
Help with employment, counseling, housing, food, clothing.
- LEGACY CRUSADERS**
105 S. 400 E., SPRINGVILLE489-2840*
Finish high school; prepare for: parenting, career, college. For grades 9 through 12. Nebo School District
- MOUNTAINLAND APPLIED TECHNOLOGY CENTER**
987 S. Geneva Road, OREM..... 863-6282*
www.mlatic.edu
Classes for high school students, adults, businesses.
- NEBO SCHOOL DISTRICT ADULT EDUCATION**798-4093
570 S. Main Street, SPRINGVILLE
www.nebo.edu/adult_education/
Resources for GED or high school diploma. ESL classes. Drivers Education (Spanish only, costs \$120, T& Th, 7pm)
- PROJECT READ**
550 N. University Ave #215, PROVO 852-6654*
www.project-read.com
Adult literacy services for persons 16 and over (no ESL).
- SOCIAL SECURITY ADMINISTRATION**.....1-800-772-1213*
Social Security Income 377-5651*
485 N. Freedom Blvd., PROVO
www.ssa.gov
Cards, disability benefits, social security income
- THE CENTER FOR HIGH SCHOOL STUDIES**
243 E. 2320 N., PROVO374-4840
Spanish line 374-4904*
Help teens/adults to finish High School or prepare for GED.
- TURNING POINT (CENTER FOR PERSONAL & CAREER DEVELOPMENT):**.....863-7580
800 W University Parkway, OREM
<http://www.uvu.edu/cpcpd/>
Classes on: life skills, marriage relationships/parenting, academic/career/scholarship. Professional clothing source. Anger management, UVU single parent scholarship.

Family Planning/Adoption

- CHILDREN'S AID SOCIETY OF UTAH**.....1-800-273-8671*
652 26th St. Ogden, UT 84401
www.casutah.org
Crisis pregnancy support, pregnancy counseling and adoption placement. Free pregnancy test.
- LDS FAMILY SERVICES**
1190 N. 900 E., PROVO422-7620*
433 S. 500 E., AMERICAN FORK 216-8000*
www.ldsfamilyservices.org
Support group, counseling, adoption (any denomination).
- MOUNTAINLAND COMMUNITY HEALTH CENTER**
www.mountainlands.org
See information under "Medical Resources"
- PLANNED PARENTHOOD** 226-5246*
1086 N. 1200 W., OREM
Birth control clinic, STD tests, pregnancy tests, counseling.

- UCHD WOMEN'S HEALTH CLINIC**..... 851-7031*
151 S. University Ave. Suite 1709
Family planning information through the Utah County Health Department. LOWEST COST services.

Food/Nutrition and Shelter

- CHILD NUTRITION PROGRAMS**.....801-538-7680*
Utah State Office of Education
250 E. 500 S., SALT LAKE CITY
www.schools.utah.gov
Reimbursement for state licensed child care providers for meals to day care children and if caring for a relative's child.
- COMMUNITY ACTION**.....801-373-8200*
815 S. Freedom Blvd., PROVO
www.communityactionprovo.org
Emergency food/housing help; commodities heat program; mortgage counseling; youth & elderly programs.
- FOOD AND CARE COALITION**373-1825*
60 N. 300 W., PROVO
www.foodandcare.org
Serve emergency food 3 meals/day. Free hygiene products for low-income families, shower/laundry, computer lab, emergency shelter aide.
- FOOD STAMPS**
751 E. Quality Dr, Suite 100, AMERICAN FORK . 492-4500*
1550 N. Freedom Blvd, PROVO 342-2600*
1185 N. Chappel Dr., SPANISH FORK 794-6600*
www.jobs.utah.gov
- HOUSING AUTHORITY OF UTAH COUNTY**373-8333*
240 E. Center Street, PROVO
www.utahcountyonline.com/dept/hauc
Provides decent, affordable housing to low-income families.
- NEIGHBORHOOD HOUSING SERVICES OF PROVO** . 375-5820
39 W 300 N PROVO
www.nhsoprovo.org
Provides loans for home improvement and ownership.
- PROVO HOUSING AUTHORITY**.....852-7080
650 W. 100 N., PROVO
www.haprovo.com
Subsidized housing for low income Provo residents.
- SCHOOL / SUMMER SCHOOL LUNCH PROGRAM**
Provides school lunches at reduced or no cost to eligible families. Contact the principal in your child's school.
- USU NUTRITION EDUCATION PROGRAM**
EFNEP . 851-8460 (main office) or 851-8472 (Food Sense)*
100 E. Center St, Rm L600, PROVO
<http://extension.usu.edu/utah>
In-home nutrition counseling in meal management. Classes on food storage and budgeting. Fit Kids Program.
- W.I.C. (Women, Infants and Children)**
Information line 851-4WIC*
Breastfeeding Support Line 851-7312*
599 S. 500 E., AMERICAN FORK 851-7320*
1549 N. State, #104, OREM 851-7340*
910 E. 100 N. # 175, PAYSON 851-7360*
151 S. University Ave., Suite 2100, PROVO 851-7300*
www.utahcountywic.org
Nutrition program for pregnant, breastfeeding, post-partum women; infants/children under 5. Breastfeeding support.

Legal Services

- BYU LAW HELP**422-3025*
Legal advice and assistance without representation; clinics for immigrants.
- LAW HELP**801-531-9077*
645 S. 200 E., SALT LAKE CITY
www.utahbar.org
*Lawyer referral service: Specialized help online only
General help - Schedule appt Mon. from 1-5 online only*

- UTAH LEGAL SERVICES**..... 1-800-662-4245*
455 N. University Ave., Suite 100, PROVO
www.andjusticeforall.org/uls
Legal Services for low income families. FREE!

Medical Resources

- BYU COMPREHENSIVE CLINIC**..... 422-7759*
1190 N. 900 E., PROVO
<http://cc.byu.edu>
Counseling and help for problems with speech/hearing.
- CARING FOUNDATION FOR CHILDREN** 801-333-5850
Up to \$1,000 dental coverage for non-insured children.
- C.H.I.P.** 1-888-222-2542*
www.health.utah.gov/chip or www.utahchip.org
Insurance for uninsured children 0-18 years who do not qualify for Medicaid.
- COMMUNITY HEALTH CONNECT**818-3015*
250 W. Center Street, Suite 111, PROVO
www.communityhealthconnect.org
Help find community health resources/fill out paperwork, receive specialty care.
- FLUORIDE PRESCRIPTION**
151 S. University Ave., Suite 1709, PROVO
Free fluoride prescription note at nurse's station.
- HEALTH CLINIC OF UTAH & FAMILY DENTAL PLAN**
.....374-7011*
150 E. Center Street, Suite 1100, PROVO
PCN patients, Medicaid, some dental, no prenatal care. Also take private insurance.
- HEALTH INFO REFERRAL AGENCY** 1-800-336-4797*
www.health.gov/nhic or www.healthfinder.gov
Referrals to health agencies best able to respond.
- MEDICAID** 1-800-662-9651*
1550 N. 200 W. (Freedom Blvd.), PROVO 342-2600*
<http://health.utah.gov/medicaid/html/>
Medical assistance program.
- MERRILL GAPPMEYER FAMILY MEDICINE CENTER**
..... 357-7930*
475 W. 940 N. PROVO
Prenatal/family care, family planning, pregnancy tests.
- MOUNTAINLANDS COMMUNITY HEALTH CENTER**374-9660*
215 W. 100 N., PROVO
www.mountainlands.org
Services for family planning, primary care, maternity, dental, mental health. Need income verification.
- PAYSON FAMILY HEALTH CENTER**465-1890*
910 E. 100 N., Suite 155, PAYSON
Mountainlands Community Health Center Extension site. Affordable medical care. Need income verification.
- PRIMARY CARE NETWORK**..... 1-888-222-2542*
<http://health.utah.gov/pcn>
Health insurance to eligible low-income adults with a child under the age of 18.
- TOBACCO QUIT LINE** 1-888-567-TRUTH*
www.utahquitnet.com
- UTAH COUNTY HEALTH DEPARTMENT** 851-7000
151 S. University Ave., PROVO
www.utahcountyonline.com
Clinics for: Cancer Screening, Cholesterol /Blood Pressure, HIV Testing/Counseling, Sexually Transmitted Disease, Well Child, Women's Health. Children's Special Health Services, Immunizations, Welcome Baby Program, Vital records.
- UTAH FAMILY HEALTH LINE** 1-800-472-4716*
www.211ut.org
Provides information about available health services.
- UTAH POISON CONTROL CENTER** 1-800-222-1222*
585 Komas Dr., Suite 200, SALT LAKE CITY
www.utahpoisoncontrol.org
24-hour resource for poison information and prevention.

COMMUNITY REFERRALS

Produced by Utah County WIC
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*Spanish-speaking staff available

WIC WEBSITES:
www.utahcountywic.org
<http://health.utah.gov/wic/>

NOTE: All numbers require code 801, unless otherwise noted.

DEPARTMENT OF WORKFORCE SERVICES

751 E. Quality Dr, Suite 100, AMERICAN FORK 492-4500*
1550 N. Freedom Blvd, PROVO 342-2600*
1185 N. Chappel Dr., SPANISH FORK 794-6600*
www.jobs.utah.gov
Employment; medical help; retroactive medical assistance; GED/ training workshops; FOOD STAMPS. MEDICAID

Breastfeeding

BREASTFEEDING.COM
www.breastfeeding.com
Provides information about breastfeeding.

IHC LACTATION CONSULTANTS 714-3349*
Questions and assistance with breastfeeding. Electric pump rental.

IHC PRENATAL BREASTFEEDING CLASS 714-3324
Lactation Clinic 527 W 400 N Suite 3
www.intermountainhealthcare.org
Breastfeeding class at a low cost of \$20.

LA LECHE LEAGUE 1-801-264-5683*
www.lalecheleague.org
Information about breastfeeding.

MISSOURI DEPARTMENT OF HEALTH
<http://www.dhss.mo.gov/breastfeeding/info.html>
Breastfeeding information and online learning modules.

WIC BREASTFEEDING SUPPORT LINE 851-7312*
<http://www.utahcountyonline.org/Dept/Health/WIC2/site/contact/index.html#1304WICBFWarmline>
Assistance with breastfeeding by Lactation Specialists Infant growth follow-up, hand & electric breast pumps.

WOMEN'S HEALTH.GOV 1-800-994-WOMAN (9662)*
<http://www.womenshealth.gov/breastfeeding/>
Breastfeeding information. Helpline 9 a.m. - 6 p.m. EST.

Children/Family Services

CENTER FOR SERVICE AND LEARNING 422-8686
2330 WSC - BYU, PROVO
<http://centerforservice.byu.edu>
Big Brother/Big Sister Program

CHILD CARE RESOURCE AND REFERRAL MOUNTAINLAND 1-800-952-8220*
1410 Business Park Drive, OREM
www.uvu.edu/ccrr
Free referrals for childcare to parents

Substance Abuse

SUPPORT GROUPS - AA, Alanon, Alateen 375-8620*
Utah Valley Central Office - 420 N. 200 W., Suite 6, PROVO
www.utahvalleyaa.org
24 hour service for alcohol rehabilitation.

THE GATHERING PLACE 226-2255
251 E. 1200 S., OREM
www.gatheringplace.org
Individual and group therapy for sexual abuse, drugs/alcohol.

THE HOUSE OF HOPE 373-6562*
1726 S. Buckley Lane, PROVO
Inpatient substance abuse treatment for mothers with kids.

UTAH COUNTY DIV. OF SUBSTANCE ABUSE 851-7127*
151 S. University Ave., Suite 1500, PROVO
Provides services for overcoming substance abuse.

Transportation

UTA BUS 1-877-882-0200*
Paratransit contact Information 1-877-882-7272*
www.rideuta.com
Transportation system. Reduced fare for disabled, seniors.

UTAH VALLEY PARATRANSIT 374-9306
815 S Freedom Blvd, PROVO
www.unitedwayuc.org
Services for the disabled who can't ride buses.

Utilities/Energy/Heating

H.E.A.T. PROGRAM 373-8200
815 S. Freedom Blvd., PROVO
www.communityactionuc.org
Assist with heating and electricity.

R.E.A.C.H. (American Red Cross) 373-8580*
865 N Freedom Blvd., PROVO
<http://mountainvalley.redcross.org> or www.redcrossut.org
Assistance with emergency heating and public utilities.

STATE ENERGY OFFICE
www.energy.utah.gov
Provides information regarding conserving energy.

THE WEATHERIZATION ASSISTANCE PROGRAM 344-5184
<http://www.co.utah.ut.us/Dept/Hauc/Weather.asp>
Free weatherization for those who are income eligible.

Other

DESERET INDUSTRIES 373-7920*
1415 N. State, PROVO

SATURDAY GRACE 491-8440
248 South Main Street, SPRINGVILLE
Third Saturday each month between 10:00 and 2:00, clothing and food for those in need.
www.saturdaygrace.org/index.php

UNITED WAY (main line) 374-2588*
(Information and referral center) 374-6400 or 211
148 N.100 W. PROVO
www.unitedwayuc.org
Provides information and referrals to individuals

UTAH CARES
www.utahcares.utah.gov
Connects people with services.

CHILD HELP USA 1-800-4-A-CHILD
www.childhelpusa.org
24 hour hotline, crisis help for children and adults for treatment and prevention of abuse and neglect.

CHILDREN'S JUSTICE CENTER 851-8554
315 S. 100 E., PROVO
www.utahcountyonline.org/Dept/CJC/index.asp
Therapy referrals/funding for child and family abuse.

FAMILY SUPPORT AND TREATMENT CENTER 229-1181*
1255 N. 1200 W., OREM
www.utahvalleyfamilysupport.org
24 hour a day abuse prevention/drop-off center for parents. individual and group therapy.

ISAT SPECIALIZED ABUSE TREATMENT CENTER 373-0210*
Protective Services

PROTECTIVE SERVICES (DCFS)
After hours 376-8261*
578 E. 300 S., AMERICAN FORK 492-3320
1106 N. 1200 W., OREM 224-7820*
150 E. Center, PROVO 374-7005*
www.hsdcls.state.ut.us
Treatment and referrals for child/adult abuse and neglect.

Pregnancy Assistance

BABY YOUR BABY HOTLINE 1-800-826-9662*
BABY YOUR BABY 851-7033*
151 S. University Ave., Suite 2400, PROVO
www.babyyourbaby.org or www.utahclicks.org
Temporary Medicaid program that covers prenatal services.

HOSPITAL CHILDBIRTH CLASSES
Sign up about 3 months before due date; enrollment fee.
IHC Hospitals 714-3327
Mountain View Hospital 465-7090
Timpanogos Hospital 714-6000

MARCH OF DIMES 801-746-5540*
757 E South Temple St. Suite 120, SALT LAKE CITY
www.marchofdimes.com
Teen pregnancy/prenatal classes, info & videos to checkout.

MEDICAID
See Medicaid under "Medical Resources"

PREGNANCY RESOURCE CENTER 221-2591
1367 S. 740 E., OREM
www.prcutahvalley.org
Free pregnancy tests/peer counseling for unplanned pregnancy; Free maternity and infant clothing. Confidential.

PREGNANCY RISKLINE 1-800-822-2229*
www.pregnancyriskline.org
Questions about risk to baby in pregnancy & breastfeeding.

PREGNANCY TESTS
IHC Hospitals (Laboratory) 357-7021*
Mt Timpanogos Women's Health Care (free) 756-5288*
1886 W. 800 N., PLEASANT GROVE
New Beginnings, Nurse Midwife Care (free) 714-3388*
527 W. 400 N., Suite #4, OREM
Pregnancy Resource Center, OREM (free) 221-2591
1367 S 740 E, OREM

THE GATHERING PLACE 226-2255
251 E. 1200 S., OREM
www.gatheringplace.org
FREE class for mothers-to-be/mothers of infants 0-6 months.

ALCOHOLICS ANONYMOUS, ALANON & ALATEEN 375-8620
420 N. 200 W., suite 6, PROVO
Help for alcoholics and their families to overcome alcoholism.

PROMISE FOR WOMEN & FAMILIES 851-7128*
151 S. University Ave, Suite 1500, PROVO
www.utahcountysubstanceabuse.org
Substance abuse treatment for women and their children.

Medical Resources

UTAH VACCINES FOR CHILDREN (VFC) 1-800-275-0659*
www.immunize-utah.org/
Get no-cost or low-cost vaccines at all Utah County Health Dept locations and numerous doctor's offices.

UVSC DENTAL HYGIENE CLINIC 863-7608*
987 S. Geneva Road, OREM, in the MATC building.
Low cost dental cleaning. Closed during the summer.

VOLUNTEER CARE CLINIC 812-8094
Spanish 812-8597*
<http://www.utahcountyonline.org/Dept2/Health/Admin/VolClinic.html>
151 S. University Ave., Suite 1709, PROVO
Free general health care to low income individuals with no insurance. Tues/Thurs 5-7 p.m.

Medical: Services for the Disabled:
DIVISION OF REHABILITATION 374-7724*
150 E. Center Street, Suite 3300, PROVO
www.usor.utah.gov
Retraining for disabled workers or visually impaired.

RECREATION AND HABILITATION SERVICES . 374-8074
815 N. 800 W., PROVO
<http://rahservices.org>
Community habilitation and recreational activities for the disabled. Transportation on limited basis.

UTAH STATE DEVELOPMENTAL CENTER 763-4000
895 N. 900 E., AMERICAN FORK
Deals with developmental disabilities.

Mental Health

BEREAVEMENT SUPPORT GROUP 225-0584
Grief counseling for families who lost children/loved one. Tuesday's group begins at 12:30, 6 week courses.

BYU COMPREHENSIVE CLINIC
1190 N. 900 E., PROVO
<http://cc.byu.edu>
Counseling and help for problems with speech/hearing.

CRISIS LINE (anonymous) 226-4433*
Help with depression, abuse, relationships and sex problems, loneliness, financial problems. 24 hrs/day.

LDS FAMILY SERVICES
See LDS Family Services under "Family Planning & Adoption"

UVU MENTAL HEALTH THERAPY SERVICES ... 863-8397
<http://www.uvu.edu/studenthealth/>
Basic medical/counseling services for UVSC students.

VANTAGE POINT YOUTH SERVICE 373-2215*
300 N. 1185 E, PROVO
<http://www.wasatch.org/youth.html>
Counseling/shelter for 12-17yr old runaways, ungovernable youth, or youth in crisis (48-72 hrs)

WASATCH MENTAL HEALTH 373-4760*
CRISIS LINE 373-7393*
Wellness Recovery Clinic 852-3789*
750 N. Freedom Blvd, PROVO
www.wasatch.org
Group therapy and help with psychiatric medications for uninsured.

Neglect and Abuse

CENTER FOR WOMEN & CHILDREN IN CRISIS. 377-5500*
Rape Crisis Line 356-2511*
www.cwcic.org
Protected shelter, 24 hour hotline, rape crisis, women/children domestic violence support groups.