

- 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 378-8281*
 578 E. 300 S., AMERICAN FORK 492-3320*
 1106 N. 1200 W., OREM 224-8575, (ext 203)*
 150 E. Center, PROVO 374-7005*
www.dcfs.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.babyourbaby.org
 Temporary Medicaid program that covers prenatal services.
- HOSPITAL CHILD BIRTH CLASSES**
 Sign up about 3 months before due date; enrollment fee.
 IHC Hospitals 714-3327
 Mountain View Hospital 485-7090
 Timpanogos Hospital 714-6336
- MARCH OF DIMES** 801-746-5540*
 747 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*
 343 E. University Parkway, OREM
www.pregnancycenter.net
 Pregnancy testing/counseling for unplanned pregnancy; donated items such as maternity clothes, 0-5 year old.
- 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*
 1156 S. State Street #204, 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.

Substance Abuse

- ALCOHOLICS ANONYMOUS, ALANON & ALATEEN** ... 375-8620
 420 N 200 W Suite 6
 Helps alcoholics and their families overcome alcoholism.

- PROMISE FOR WOMEN & FAMILIES** 851-7696*
 151 S. University Ave, Suite 3200, PROVO
www.utahcountysubstanceabuse.org
 Substance abuse treatment for women and their children.
- SUPPORT GROUPS - AA, Alanon, Alateen** 375-8620
 Spanish help 602-9928*
 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. Barkley Ln., PROVO
 Inpatient substance abuse treatment for mothers with children.
- UTAH COUNTY DIV. OF SUBSTANCE ABUSE** 851-7127*
 151 S. University Ave., suite 1500, PROVO
 Provides services for overcoming substance abuse.

Transportation

- HOLY CROSS MINISTRIES** 1-801-908-0293*
 2570 W. 1700 S., SALT LAKE CITY
www.holycrossministries.org
 Transportation; Spanish translation; ESL, prenatal & life skills classes; immigration legal services.
- UTA BUS** 374-9517*
 Paratransit contact information 696-0337*
www.rideuta.com
 Transportation system. Reduced fare for disabled, seniors.
- UTAH VALLEY PARATRANSIT** 374-8306*
 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** 377-0066 ext 249
 815 S. Freedom Blvd., PROVO
<http://dced.utah.gov/community/heat.html>
 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 redcross.org
 Assistance with emergency heating and public utilities.
- STATE ENERGY OFFICE** 1-800-862-3833*
www.energy.utah.gov
 Provides information regarding conserving energy.
- THE WEATHERIZATION ASSISTANCE PROGRAM** 373-8333
<http://www.co.utah.ut.us/Dept/Hauc/Weather.asp>
 Free weatherization for those who are income eligible.

Other

- CTR - COMMUNITY THRIFT & RELIEF** 377-7676
 515 N. Univ. Ave., PROVO
- DESERET INDUSTRIES** 373-7920*
 1415 N. State, PROVO
- UNITED WAY (main line)** 374-2588*
 (Information and referral center) 374-8400
www.unitedwayuc.org
 Provides information and referrals to individuals
- UTAH CARES**
www.utahcares.utah.gov
 Connects people with services.

COMMUNITY REFERRALS

Produced by Utah County WIC
 Updated July 2007
 *Spanish-speaking staff available

WIC WEBSITES:
www.utahcountyonline.org/Dept/Health/WIC/index.asp
<http://health.utah.gov/wic/>

Breastfeeding

- BREASTFEEDING.COM**
www.breastfeeding.com
 Information and product information about breastfeeding.
- IHC LACTATION CONSULTANTS** 714-3349*
 Questions and assistance with breastfeeding. Electric pump rental.
- IHC PRENATAL BREASTFEEDING CLASS** 714-3324
 Lactation Clinic 527W 400N Suite 3
www.ihc.com
 Breastfeeding class at a low cost of \$10.
- LA LECHE LEAGUE** 1-801-264-5883*
www.la lecheleague.org
 Information and product 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.com/Dept/Health/WIC/BreastFeed.asp>
 Assistance with breastfeeding by Lactation Specialists, infant growth follow-up, hand and electric breast pumps.
- WOMEN'S HEALTH.GOV** 1-800-994-WOMAN (9662)*
<http://www.4women.gov/breastfeeding>
 Breastfeeding information. Helpline 9 a.m.-8 p.m. EST.

Children/Family Services

- CENTER FOR SERVICE AND LEARNING** 422-8688
 2330 WSC - BYU, PROVO
<http://centerforservice.byu.edu>
 Big Brother / Big Sister Program
- CHILD CARE RESOURCE AND REFERRAL MOUNTAINLAND**
 Local area 801-863-8220*
 Outside of local area 1-800-952-8220*
 800 West University Parkway, OREM
www.unvc.edu/ccr/
 Free referrals for childcare to parents
- CHILD CAR SEAT PROGRAM** 851-7035*
 151 S. University Ave., suite 2700, PROVO
 Classes Wed. Low cost toddler car seats, not infants. Must be on Medicaid, WIC, or food stamps.
- COMMON BOND** 357-4504
www.ihc.com/wp/ihc/americanfork/classesevents/classes/supportL.html
 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.
- KIDS ON THE MOVE (Alpine School District)** 221-9830*
 475 W. 260 N., OREM
www.kotm.org
 Early intervention program for disabled children 0 - 3 yrs.

- LDS EMPLOYMENT SERVICE**
- 437 S. 500 E., AMERICAN FORK 756-8079*
 1375 N State St., PROVO 818-8181*
 421 S. 200 E., SPANISH FORK 798-8566*
www.kisjobs.org
 Help with employment, counseling, housing, food, clothing.
- MOUNTAINLAND ADVANCED TECHNOLOGY CENTER**
- 987 S. Geneva Road, OREM 863-7528*
www.mountainlandatc.org
 Classes for high school students, adults, businesses.
- NEBO SCHOOL DISTRICT ADULT EDUCATION**489-2833
- 570 S. Main Street, SPRINGVILLE
 Resources for GED or high school diploma. ESL classes.
 Drivers Education (Spanish only, costs \$120, T&Th, 7pm)
- NEBO YOUNG PARENTS SCHOOL**
- 624 S. 820 E., SPANISH FORK 794-0065*
 Finish high school, prepare for: parenting, career, college.
 For teens -20 years old.
- PROJECT READ**
- 550 N. University Ave #215, PROVO 852-8654*
www.project-read.com
 Adult literacy services for persons 16 and over (no ESL).
- SOCIAL SECURITY ADMINISTRATION**1-800-772-1213*
- Social Security Income 377-5851*
 485 N. Freedom Blvd., PROVO
www.ssa.gov
 Cards, disability benefits, social security income
- THE CENTER FOR HIGH SCHOOL STUDIES**
- 243 E. 2320 N., PROVO 374-4930
 Spanish line 374-4904*
 Help teens/ adults to finish High School or prepare for GED.
- TURNING POINT (CENTER FOR PERSONAL & CAREER DEVELOPMENT)**..... 863-7580
- 887 S. Geneva Road, Rm 116, OREM
www.uvsc.edu/conted/cpod
 Classes on: life skills, marriage relationships/parenting, academic/career/scholarship. Professional clothing source.
 Anger management, UVSC 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 or www.casadooption.org
 Crisis pregnancy support, pregnancy counseling and adoption placement. Free pregnancy test.
- DOH WOMEN'S HEALTH CLINIC** 851-7038*
- 151 S. University Ave. room 1704
 Family planning information through the Utah County Health Department. LOWEST COST services.
- LDS FAMILY SERVICES**
- 1190 N. 900 E., PROVO 422-7620*
 433 S. 500 E., AMERICAN FORK 218-8000*
www.ldsfamilyservices.org
 Support group, counseling, adoption (any denomination).
- MOUNTAINLAND COMMUNITY HEALTH CENTER**
- www.mountainland.org
 See information under "Medical Resources"
- PLANNED PARENTHOOD**.....226-5246*
- 1842 S. Columbia Lane, OREM
 Birth control clinic, STD tests, pregnancy tests, counseling.

Food/Nutrition and Shelter

- CHILD NUTRITION PROGRAMS** 801-538-7880*
- 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. Also if care 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, possible dental aide.
- FOOD STAMPS**
- See Division of Workforce Services under "Education/Employment"
- HOUSING AUTHORITY OF UTAH COUNTY** 373-8333*
- Provides decent, affordable housing to low-income families.
- HOUSING SERVICES OF UTAH VALLEY** 687-9844
- Provides decent, affordable housing to low-income families.
- NEIGHBORHOOD HOUSING SERVICES OF PROVO** 375-5020
- Provides loans for home improvement and ownership.
- PROVO HOUSING AUTHORITY** 852-7080*
- 650 W. 100 N., PROVO
 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**
- EPNEP 851-8460, ext 2*
- 100 E. Center St, Rm L600, PROVO
<http://extension.usu.edu/cooperative/fsnl/index.cfm?cid.1292>
 In-home nutrition counseling in meal management.
 Classes on food storage and budgeting. Fit Kids Program.
- UTAH COUNTY HOUSING AUTHORITY** 373-8333*
- 240 E. Center Street, PROVO
www.co.utah.ut.us/Dept/Haus/index.asp
 Utah County subsidized housing, public housing, self-sufficiency 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.utahcountyonline.com/Dept/Health/WIC/index.asp
 Nutrition program for pregnant, breastfeeding, post-partum women; infants/children under 5. Breastfeeding support.

Legal Services

- BYU LAW HELP** 422-3025*
- Provides legal advice and assistance without representation; clinics for immigrants.
- COMMUNITY MEDIATION CENTER** 863-7919
- Civil or domestic conflict resolution outside of court.
- LAW HELP** 801-531-9077
- 645 S. 200 E., SALT LAKE CITY
www.utahbar.org
 Lawyer referral service: Specialized help 801-531-8075
 General help - Schedule appt Mon from 1-5 . 801-257-5516
- UTAH LEGAL SERVICES** 1-800-862-4245*
- 455 N. University Ave., suite 100, PROVO
www.andjusticeforall.org/uls
 Legal Services for low income families. FREE!
- BYU COMPREHENSIVE CLINIC** 422-7750*
- 1190 N. 900 E., PROVO
<http://fcc.byu.edu>
 Counseling and help for problems with speech and hearing.
- CARING FOUNDATION FOR CHILDREN** 801-333-8850
- Up to \$1,000 in dental coverage for non-insured children.
- C.H.L.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. Available only during open enrollment.
- CHILDREN WITH SPECIAL HEALTH CARE NEEDS** 851-7054*
- 151 S. University Ave., suite 1709, PROVO
www.utahclicks.org
 Diagnosis and care for children with disabilities
- COMMUNITY HEALTH CONNECT** 818-3011*
- Bilingual line 319-4486*
- 250 W. Center Street, suite 111, PROVO
www.communityhealthconnect.org
 Help find community health resources/fill out paperwork.
- FLUORIDE PRESCRIPTION**
- 151 S. University Ave., suite 1709, PROVO
 Free fluoride prescription note at nurse's station.
- FOOD AND CARE COALITION—SHARE A SMILE** 373-1825
- 100 N. 275 W., PROVO
www.foodandcare.org
 Dental work and cleanings for no cost. Requires 4 hours community service. Call for referral.
- HEALTH CLINIC OF UTAH & FAMILY DENTAL PLAN**
- 374-7011*
- 150 E. Center Street, suite 1100, PROVO
 PCN patients, Medicaid, some dental, no prenatal care
- HEALTH INFO REFERRAL AGENCY** 1-800-336-4797*
- www.health.gov/hnic or www.healthfinder.gov
 Referrals to health agencies best able to respond.
- MOUNTAIN RIDGE DENTAL** 224-7182*
- 1256 S. State Street #103, OREM
 Discount cost dental care to eligible low-income individuals.
 Medicaid service
- MEDICAID**
- 910 E. 100 N., PAYSON 465-8537*
 1550 N. Freedom Blvd, PROVO 342-2800*
http://health.utah.gov/medicaid/html/medicaid_a-z.html
 Medical assistance program.
- MOUNTAINLANDS COMMUNITY HEALTH CENTER**. 374-9660*
- 215 W. 100 N., PROVO
www.auch.org/health_centers/mchc.html
 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.
- SERAPHINE CLINIC LLC** 801-434-8000*
- 560 S. State, OREM
 Low-cost medical care for uninsured. Prenatal care available.
- TOBACCO QUIT LINE** 1-888-567-TRUTH*
- www.utahquitoline.com
- UTAH COUNTY HEALTH DEPARTMENT** 851-7000
- 151 S. University Ave., suite 2400, 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, Infant Development Program, Prenatal /Lamaze Classes, Vision Screening, Vital records.

Medical Resources

- ALIEN EMERGENCY MEDICAL SERVICES** 374-7750*
- 150 E. Center, 3rd floor, PROVO
 For non-residents of the U.S.A. who qualify. Help pay cost of hospital/delivery of baby. Call 30 days before due date.