Resources for Ministering

ALPINE UTAH STAKE

*For Bishoprics, Elder’s Quorum Presidencies, Relief Society Presidencies and Ministers*

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*Revised February 1, 2021 – Checked all links, added additional Ut County Resources*

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Preface

This guide was originally prepared by the Draper UT Meadows Stake. We thank them for the great amount of work that was put into it. We have also added considerable resources obtained from our region’s Welfare & Self Reliance Manager, Brother Adam Moody. We have also added a number of resources particularly directed to those in Utah County. The first 5 sections are for general sites that will have more than one category to be found. For instance, the Crisis Hotline has resources that vary from welfare to marital counseling to suicide prevention. So while there is some duplication of resources in the various sections, this was done to allow finding a particular resource easier. THERE ARE SUCH GOOD RESOURCES AVAILABLE THAT EVERYONE WILL FIND SOMETHING NOT ONLY TO BENEFIT THEMSELVES, BUT WILL ALSO BENEFIT THOSE THAT THEY MINISTER TO. We pray that this document will help you find the resources that will help both you and those you minister to, to become more self-reliant.

Navigating the Document

The Table of Contents is interactive. In Microsoft Word if you hold down the “ctrl” and click on the page number with your mouse you will be taken directly to that page. Links in “blue” are active and will take you to that website by holding down the “ctrl” key and clicking on the link. Your browser should open and take you to that website. You may have to minimize Word to see it (the “\_” in the upper right corner of the Word Window). When you are finished looking at a section, if you hit the “alt” and the left arrow you will be taken back to the Table of Contents.

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# LDS TOOLBOX

|  |  |
| --- | --- |
| Resource | Link |
| **Portal #1:** Welfare and Self-Reliance Resources | <https://www.churchofjesuschrist.org/callings/welfare-self-reliance/resources?lang=eng> |
| **Portal #1:** Welfare and Self-Reliance **Leader** Resources | <https://www.churchofjesuschrist.org/callings/welfare-self-reliance?lang=eng> |
| **Portal #3**: LDS Life Help—Abuse, Addiction, Adoption, Death/Grieving, Disabilities, Divorce, Education, Employment, Family/Relationships, Finances, Media Safety, Mental/Emotional Health, Physical Heath, Pornography, Preparedness, Pregnant & Single, Same Sex Attraction, Self-Reliance Services, Single Parent Families, Suicide, Transgender | <https://www.churchofjesuschrist.org/topics/families-and-individuals/lifes-challenges/hope-and-help?lang=eng> |
| Self-Reliance Plan For Member to Fill Out | <https://www.churchofjesuschrist.org/bc/content/shared/content/english/pdf/welfare/PD60007387_000_SelfReliancePlan_Member_Web_Interactive.pdf> |
| Self-Reliance Plan – Bishop’s Guide | <https://www.churchofjesuschrist.org/bc/content/shared/content/english/pdf/welfare/PD60005860_000_SelfReliancePlan_Leader_Print.pdf?lang=eng&download=true&clang=mam> |
| Food and Commodities | <https://www.churchofjesuschrist.org/help/support/tools-on-lds/welfare-services-resources?lang=eng> |
| Professional Counseling | <https://providentliving.churchofjesuschrist.org/lds-family-services?lang=eng> |
| Addiction Recovery | <https://addictionrecovery.churchofjesuschrist.org/?lang=eng> |
| Stake Self-Reliance Resource Center | <https://www.churchofjesuschrist.org/self-reliance/?lang=eng> |
| Perpetual Education Fund | <https://www.churchofjesuschrist.org/self-reliance/pef-perpetual-education-fund/i-want-a-loan?lang=eng> |
| BYU Pathway | <https://www.byupathway.org/pathwayconnect> |
| Self-Reliance Groups | <https://www.churchofjesuschrist.org/self-reliance?lang=eng> |
| English Connect | <https://www.englishconnect.org/> |
| Humanitarian/Emergency Response | <https://providentliving.churchofjesuschrist.org/emergency-preparedness-and-response/stake-ward-emergency-planning-guide?lang=eng> |
| Just Serve | <https://www.justserve.org/> |
| Deseret Industries | <https://www.deseretindustries.org/> |

# LDS MINISTERING IN CRISIS

|  |  |
| --- | --- |
| Resource | Link |
| Discussion Guide – Ministering to others in crisis | <https://www.churchofjesuschrist.org/bc/content/shared/english/charities/pdf/2020/WEL_PD60011068_MinisteringGuideForSomeoneInCrisis_FINAL.pdf> |
| Facing Challenges – a self-help guide | <https://www.churchofjesuschrist.org/bc/content/shared/english/charities/pdf/2020/WEL_PD60011069_FacingChallenges_FINAL.pdf?lang=eng> |

# ONE OF THE BEST RESOURCES FOR UTAH COUNTY

|  |  |
| --- | --- |
| Resources | Link |
| Covid, Long Term Self Reliance, The Basics, Crisis, Situations, LDS Life Help, 211 United Way Community Resource Assistance | <https://211utah.org/> |
| Search by zip code to find resources for hundreds of needs | <https://www.findhelp.org/> |

# COVID-19 RESOURCES

|  |  |
| --- | --- |
| Facility | Helpful Information |
| Unemployment Insurance | [COVID-19 and Unemployment Insurance- FAQ for Employees](https://jobs.utah.gov/covid19/uifaqemployees.pdf) |
| Office of Child Care | [COVID-19 and Child Care- FAQ for Parents](https://jobs.utah.gov/covid19/ccfaqparents.pdf) |
| Food Assistance | [COVID-19 and SNAP Benefits FAQ](https://jobs.utah.gov/covid19/snapfaq.pdf) |
| Energy Assistance | If you are in danger of shut-off or need assistance paying your bills, contact your local HEAT office <https://jobs.utah.gov/housing/scso/seal/offices.html> or apply online <http://sealapp.utah.gov/index.do> or call 1-866-205-4357.COVID-19 and SNAP Benefits FAQ |
| Employment Centers | Please use telephone and online resources |
| Rental Assistance Program – Housing and Community Development Division of the Utah Department of Workforce Services | To help individuals whose income has been impacted by the COVID-19 pandemic, but have been found ineligible for unemployment benefits. Monthly rent payments of up to $1,500 can be made directly to landlords. <https://jobs.utah.gov/department/press/2020/051120.html>For Salt Lake County call 801-521-6107 |
| Housing Assistance (non-COVID-19)Low assistance for low income families, Elderly & Disabled, elderly and disabled. They pay 40% of adjusted monthly income.  | <http://housinguc.org/section-8/>  |

Following are several other reputable sources:

* [The Balance – What’s in the 2020 Coronavirus Relief Law (CARES Act)?](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.thebalance.com%2F2020-stimulus-coronavirus-relief-law-cares-act-4801184&data=02%7C01%7CAdam.Moody%40ChurchofJesusChrist.org%7Ce17b0d79cead40202d3d08d7db42ab80%7C61e6eeb35fd74aaaae3c61e8deb09b79%7C0%7C0%7C637218951754445652&sdata=fErZbvUWqH28EcGf7mtde1wen4zCXmEvf%2F%2Bf2f4ehgY%3D&reserved=0)
* [Utah Department of Workforce Services – Unemployment Insurance](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjobs.utah.gov%2Fcovid19%2Fcaresuifaq.pdf&data=02%7C01%7CAdam.Moody%40ChurchofJesusChrist.org%7Ce17b0d79cead40202d3d08d7db42ab80%7C61e6eeb35fd74aaaae3c61e8deb09b79%7C0%7C0%7C637218951754455646&sdata=RUokob9eiAW%2FKjrEBiMvlOv8YwnqQyBDAD%2F2pyVleGE%3D&reserved=0)
* [U.S. Small Business Administration – Coronavirus Relief Options](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sba.gov%2Ffunding-programs%2Floans%2Fcoronavirus-relief-options&data=02%7C01%7CAdam.Moody%40ChurchofJesusChrist.org%7Ce17b0d79cead40202d3d08d7db42ab80%7C61e6eeb35fd74aaaae3c61e8deb09b79%7C0%7C0%7C637218951754455646&sdata=K2ig65Ym17azJc2GKel9FQkDV9sRD04ZscflQP8YDr8%3D&reserved=0)
* [Congressional Research Service: Direct Payments to Individuals](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcrsreports.congress.gov%2Fproduct%2Fpdf%2FIN%2FIN11282&data=02%7C01%7CAdam.Moody%40ChurchofJesusChrist.org%7Ce17b0d79cead40202d3d08d7db42ab80%7C61e6eeb35fd74aaaae3c61e8deb09b79%7C0%7C0%7C637218951754465641&sdata=be99tY%2BtO0pP5ecmDQ7zAc20KCzxlJJs8sxenz%2FEwpY%3D&reserved=0)
* [Society for Human Resource Management (SHRM)](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.shrm.org%2Fhr-today%2Fpublic-policy%2FDocuments%2FSHRM%2520Analysis%2520CARES%2520Act%2520-%2520Employer%2520Provisions.pdf&data=02%7C01%7CAdam.Moody%40ChurchofJesusChrist.org%7Ce17b0d79cead40202d3d08d7db42ab80%7C61e6eeb35fd74aaaae3c61e8deb09b79%7C0%7C0%7C637218951754465641&sdata=utlS1gmi5ppgPEH%2FKAA400qq%2FRXDTk4ATfR3U%2B8Ef8E%3D&reserved=0)
* [White House Fact Sheet](https://www.whitehouse.gov/briefing-room/statements-releases/2021/11/04/fact-sheet-biden-administration-announces-details-of-two-major-vaccination-policies/)

Notes:

1. These sources are not endorsed by The Church of Jesus Christ of Latter-day Saints.
2. The CARES Act itself provides the most definitive coverage: [Congress.gov](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.congress.gov%2Fbill%2F116th-congress%2Fhouse-bill%2F748%2Ftext%2Fenr%3Fr%3D1&data=02%7C01%7CAdam.Moody%40ChurchofJesusChrist.org%7Ce17b0d79cead40202d3d08d7db42ab80%7C61e6eeb35fd74aaaae3c61e8deb09b79%7C0%7C0%7C637218951754475637&sdata=v6H2b3b5my9G9Lw%2FmxchCubBHLlFF2cEoAMowZIj7sg%3D&reserved=0), [Enrolled Bill from Congress.gov](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.congress.gov%2F116%2Fbills%2Fhr748%2FBILLS-116hr748enr.pdf&data=02%7C01%7CAdam.Moody%40ChurchofJesusChrist.org%7Ce17b0d79cead40202d3d08d7db42ab80%7C61e6eeb35fd74aaaae3c61e8deb09b79%7C0%7C0%7C637218951754475637&sdata=Ca2BBJ77KoifwN4ppbia9D2Mk3Vsg6xjKH5OcovhaOo%3D&reserved=0), [Final CARES Act](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fassets.documentcloud.org%2Fdocuments%2F20059055%2Ffinal-final-cares-act.pdf&data=02%7C01%7CAdam.Moody%40ChurchofJesusChrist.org%7Ce17b0d79cead40202d3d08d7db42ab80%7C61e6eeb35fd74aaaae3c61e8deb09b79%7C0%7C0%7C637218951754485631&sdata=1RJX7JiPqZjJqqYOuF4mv4Xrfb7u230vYWlIKS%2FMHfw%3D&reserved=0), and [CARES Act on Taxnotes.com](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.taxnotes.com%2Ffeatured-primary-source%2Ftext-available-senate-passed-cares-act%2F2020%2F03%2F26%2F2cbkn&data=02%7C01%7CAdam.Moody%40ChurchofJesusChrist.org%7Ce17b0d79cead40202d3d08d7db42ab80%7C61e6eeb35fd74aaaae3c61e8deb09b79%7C0%7C0%7C637218951754485631&sdata=%2B10A%2Fl6vg6wlxYXNIggXf8G8s4sDef5rG4ByM05wwYs%3D&reserved=0).

# CRISIS HOTLINES

## Church Resources

|  |  |  |
| --- | --- | --- |
| Facility | Phone Number | Helpful Information |
| Abuse Hotline | 800-453-3860 ext.2-1911 | This help line provides assistance to stake presidents and bishops. When bishops become aware of any abuse, they should call the abuse help line. |
| **Counseling Resources available to ward and stake council members only.** Abuse, Addiction, Caregivers, Employment, Family Finances, Marital Conflict, Mental Health, Missionaries early return, Pornography, Same-Sex Attraction, Single Pregnancy, Suicide, Support for Porn User’s Spouses, Self-Reliance Plan. Similar topics on Life Help Website. |  | Council Members:<https://providentliving.churchofjesuschrist.org/leader/ministering-resources?lang=eng>Life Help For All:<https://www.churchofjesuschrist.org/topics/families-and-individuals/lifes-challenges/hope-and-help?lang=eng> |
| General Welfare Help Line | 1-855-537-4357 | This help line provides assistances to stake presidents and bishops regarding various welfare matters, including:* Difficult social and emotional situations.
* [Exceptions to fast-offering expenditure policies.](https://lds.org/handbook/handbook-1-stake-presidents-and-bishops/administering-church-welfare/5.2.6)
 |
| LDS Family Services | Sandy:801-566-2556American Fork:801-216-8000 | Church leaders may consult with LDS Family Services staff to better understand the social and emotional needs and challenges of their members and to determine what resources and services are available.UT American Fork Family Services Agency435 South 500 East, American Fork, UT 84003UT Sandy Family Services Agency833 East 9400 South, Sandy, UT 84094 |
| Welfare Fraud | 801-240-7887 | Bishops who have concerns about welfareabuse or fraud should call the bishops’ help line |
| Suicide counseling | 855-537-4357 | LDS Family Services |

## Transient Situation – Non-stake member seeking assistance

|  |  |  |
| --- | --- | --- |
| Facility | Phone Number | Helpful Information |
| Utah County Transient Bishop | (801) 818-6156 | The Transient Bishop will help individuals who have not found a place of residence, do not have a current bishop and needs assistance.702 W Columbia Ln., Provo, UT |
| Welfare Square Transitional ServicesOffice | 801-240-7340 | Refer the person to The Church TransitionalServices |

## Community Resources

|  |  |  |
| --- | --- | --- |
| Facility | Phone Number | Helpful Information |
| National Suicide Prevention Lifeline | 1-800-273-8255 | 24 hours confidential crisis counseling |
| Child Abuse Hotline | 1-855-323-3237 | [www.dcfs.utah.gov](http://www.dcfs.utah.gov/) |
| Domestic Violence | 1-800-897-5465 | <https://www.udvc.org/> |
| National Runaway Switchboard | 1-800-786-2929 | <https://www.1800runaway.org/> |
| Poison Control | 1-800-222-1222 | [www.aapcc.org](http://www.aapcc.org/) |
| Rape Recovery Center | 801-467-7273 | [www.raperecoverycenter.com](http://www.raperecoverycenter.com/) |
| Utah County Suicide Prevention | Call 911 or Utah County Crisis Line 801‐691‐LIFE(5433) | <https://vipp.health.utah.gov/suicide-prevention/> |
| Mental Health Crisis | 801-587-3000 | [https://health.utah.gov](https://health.utah.gov/telephone-hotlines#:~:text=If%20you%20or%20someone%20you%20know%20is%20experiencing%20suicidal%20thoughts,substance%20abuse)%20are%20available%20here.) |
| American Red Cross | 801-323-7000 | [www.utahredcross.org](http://www.utahredcross.org/) |
| Center for Women and Children in Crisis | 801-377-5500 | Provides a confidential & safe shelter for women & children affected by domestic violence<https://www.facebook.com/cwcic/> |
| Adult Protective Services | 800-371-7897 | Elder abuse resources:<https://daas.utah.gov/adult-protective-services/> |
| Family support & Treatment Center | 801-229-1181 | Provides prevention and treatment of child abuse, trauma and neglect<https://www.utahvalleyfamilysupport.org/> |
| BYU Comprehensive Clinic – Eating Disorders, Counseling on most mental health concerns | 801-422-7759 | Support group for anyone struggling with eating disorders:<https://comprehensiveclinic.byu.edu/> |

#

# ABUSE

## Church Resources

|  |  |
| --- | --- |
| Resource | Link/Helpful Information |
| ABUSE HELP LINEIf a bishop or stake president becomes aware of or suspects the possibility of abuse, he should immediately call the Church's abuse help line. | 1-800-453-3860, ext. 2-1911 (see *Handbook 1: Stake Presidents and Bishops* [2010], 17.3.2). |
| Church leaders may consult with Family Services staff to better understand the social and emotional needs and challenges of their members and to determine what resources and services are available. | UT American Fork Family Services Agency435 South 500 East, American Fork, UT 84003-2527Phone: 801-216-8000UT Sandy Family Services Agency833 East 9400 South, Sandy, UT 84094Phone: 801-566-2556 |

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Children’s Justice Center | 315 S 100 E, Provo, UT 84606 | (801) 851-8554 | Provides coordinated support for children during child abuse investigations:<https://www.utahcounty.gov/dept/CJC/index.asp> |
| Legal Aid Society of Salt Lake | 205 N 400 WSalt Lake City, UT 84103 | (801) 328-8849 | Mon. – Fri. 8:00am – 5:00pm Provides protective orders for victims of domestic violence regardless of income. Fees based on sliding scale.[www.legalaidsocietyofsaltlake.org](http://www.legalaidsocietyofsaltlake.org/) |
| Utah Legal Services | 455 N University Ave, Ste. 100, Provo, UT 84601 | (801) 374-6766 | Contact: Sharon White<https://www.utahlegalservices.org/node/16/who-qualifies-get-help-utah-legal-services> |
| South Valley Sanctuary | Not disclosed | 801-255-1095 | Help for those impacted by domestic or sexual violence. Hel for men, women & children. Call 24 hour emergency line[www.svsutah.org](http://www.svsutah.org/) |
| Utah Domestic Violence LINKLine |  | 800-897-LINK | Case intervention referral services on safe shelters, community resources, legal assistance, victim advocates, counseling agencies and other needs.[www.udvc.org](http://www.udvc.org/) |
| YWCA Women in Jeopardy shelter program | 322 E 300 SSalt Lake City, UT 84111 | 801-537-8600 | 24 hour crisis hotline. Emergency shelter for women and children fleeing domestic violence.[www.ywca.com](http://www.ywca.com/) |
| Center for Women and Children in Crisis | Canyon View Business Park1433 E 840 N, Orem, UT 84097 | [(801) 377-5500](https://www.google.com/search?safe=strict&rlz=1C1CHWA_enUS634US634&sxsrf=ALeKk005Fh6t4bFApDsIaI9-EH3aJS5YAA:1592361527170&q=domestic+violence+utah+county&npsic=0&rflfq=1&rlha=0&rllag=40497936,-111768288,31297&tbm=lcl&ved=2ahUKEwiL67j56IfqAhUOXK0KHf6WAx4QtgN6BAgLEAQ&rldoc=1) | <http://www.cwcic.org/> |
| Family Haven | 1255 N 1200 WOrem, UT 84057 | 801-229-1181 | <https://family-haven.org/> |

# ADDICTION RECOVERY

## Church Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| LDS Family Services – need referral from Bishop | 433 S. 500 E. American Fork, Utah 84003 | 801-216-8000 | Open daily by appointment |
| Church 12 Step Program – find a class |  |  | <https://addictionrecovery.churchofjesuschrist.org/?lang=eng> |

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | Phone Number | Helpful Information |
| The Fourth Street Clinic | 409 W 400 SSalt Lake City, UT 84101 | 801-364-0058 | Smoking cessation Class: Mondays 1:30pm – 2:30pmAlso provides primary Care for the homeless.[www.fourthstreetclinic.org](http://www.fourthstreetclinic.org/) |
| Odyssey House | 344 E 100 SSalt Lake City, UT84111 | 801-322-3222 | Mon. – Fri. 8:00am – 5:00pmAdult, single parent and teen programs for substance abuse.<https://www.odysseyhouse.org/> |
| House of Hope | 857 E 200 SSalt Lake City, UT84102 | 801-487-3276 | Mon. – Fri. 8:00am – 5:00pmWomen programs for substance abuse.[www.houseofhopeut.org](http://www.houseofhopeut.org/) |
| Alcoholics Anonymous | Various locations | 801-484-7871 (slc)801-375-8620 (Utah County) | A 12 step program in a group setting for those who choose to stop abusing alcohol. Free to the public.[www.utahvalleyaa.org/home](https://www.utahvalleyaa.org/home)[www.saltlakeaa.org](http://www.saltlakeaa.org/) |
| Al-Anon Family Groups | Various locations | 801-262-9587 | A fellowship of relatives and friends of alcoholics who share strength and hope.[www.utah-alanon.org](http://www.utah-alanon.org/) |
| Narcotics Anonymous | Various locations | 801-252-5326 | A 12 step program in a group setting for those who choose to stop abusing illegal and prescription drugs. Free to the public.[www.uwana.org](http://www.uwana.org/) |
| Nicotine Anonymous | Various locations | 801-725-3279 (SLC)(801) 810-4081(Utah County) | A 12 step program in a group setting for those who choose to stop nicotine products. Free to the public.[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org/)<https://nautah.org/central/> |
| SLC Assessment & Referral Unit |  | 801-532-1850 | Administers substance abuse prevention and treatment services. |
| Tobacco Quit Line |  | 800-QUIT-NOW | Free coaching on stopping tobacco use<https://livingwell.utah.gov/docs/bhpguide/bhpGuide_QuitLine.pdf> |
| Volunteers of America – Adult DetoxificationCenter | 252 W BrooklynAve (1025 S)Salt Lake City, UT 84101 | 801-363-9400 | All sorts of help: homeless, mental health, detox, family counseling, etc. [www.voaut.org](http://www.voaut.org/) |
| Project Reality |  | 801-851-7118 | Provides therapeutic treatment for those struggling with substance abuse. Fee based on ability to pay:<https://projectreality.net/> |

# CHILD SUPPORT SERVICES

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Baby Your Baby |  | 800-826-9662UT County:801-851-7033 | Online resources, financial help, medical referrals and advice on babies. [www.babyyourbaby.org](http://www.babyyourbaby.org/)Utah County:<http://www.utahcounty.gov/Dept2/Health/Nursing/BYB.asp> |
| Baby Welcome. Home visits, Parenting Classes, Play Groups | 148 North 100 West, Provo, Utah 84601 | 801-691-5440 | <https://welcomebabyuc.org/> |
| Child Support Services |  |  | <https://ors.utah.gov/index.html> |
| Crossroads Urban Center | 347 S 400 ESalt Lake City, UT 84111 | 801-364-7765 | Provides diapers and formula for those in crisis. Six times in 12 months. [www.crossroadsurbancenter.org](http://www.crossroadsurbancenter.org/) |
| Department of Child and Family Services | 195 N 1950 WSalt Lake City, UT 84116 | 801-538-4171 | Mon. – Fri. 8:00am – 5:00pm Parents education, budgeting help, crisis intervention, sex abuse treatment and mental health therapy[www.dcfs.utah.gov](http://www.dcfs.utah.gov/) |
| Family Support Center | 1760 W 4805 STaylorsville, UT 84129 | 801-955-9110 | Mon. – Fri. 8:00am – 5:00pm Crisis nurseries, counseling, group therapy, parenting classes andfamily mentoring [www.familysupportcenter.org](http://www.familysupportcenter.org/) |
| Family Haven | 1255 1200 W, Orem, UT 84057 |  (801) 229-1181 | To build a community of healthy, happy individuals and families: counseling, Crisis Respite Nursery, youth enhancing social skills,  prevention and treatment of child abuse, trauma and other personal and family concerns<https://family-haven.org/> |
| Hildegarde’s Food Pantry | 231 E 100 SSalt Lake City, UT 84111 | 801-328-2303 | Diapers and formula/baby food:[stmarksutah.org/foodpantry](https://stmarksutah.org/foodpantry) |
| Medical Home Portal – Provides diapers and formula to those in need. |  | 385-258-3140 | <https://ut.medicalhomeportal.org/services/provider/27113> |
| Midvale Crisis Nursery and Counseling Office | 777 W Center Street (7720 S)Midvale, UT 84047 | 801-255-6881 | Mon. – Sun. 9:00am – 5:00pm Emergency nursery and family counseling[www.familysupportcenter.org](http://www.familysupportcenter.org/) |
| Taylorsville Food Pantry | 4775 S Plymouth View Drive (1650 W)Taylorsville, UT 84123 | 801-815-0003 | Diapers and formula/baby food |
| Tabitha’s Way-Diapers, food, formula | 920 East State Road, American Fork, UT | (801) 692-1881 | [Tabitha's Way](https://docs.google.com/forms/d/e/1FAIpQLSfXMLxO1cD7l1NYRE6Hm1376n16f4ZRlSlQCUVh9WmBpNgyZw/viewform) |
| Utah Parent Center | 230 W 200 SSuite 1101Salt Lake City, UT 84101 | 801-272-1051 | Support and resources for parents of children with disabilities of all kinds.[utahparentcenter.org/](https://utahparentcenter.org/) |
| Teen Mother and Child Program | 3690 S Main StreetSalt Lake City, UT 84115 | 385-468-3950 | Prenatal care, classes, and support for teen mothers (18 years old andyounger)[https://healthcare.utah.edu](https://healthcare.utah.edu/locations/south-main-clinic/teen-mother-child.php) |
| Utah County Health Department. Lots of good help for new parents. Nurse visits, education, etc. | 599 S 500 E, American Fork, UT | 801-851-7331 | <http://www.utahcounty.gov/Dept/Health/WelcomeBaby/Index.asp> |
| WIC ProgramUtah Department of Health | 9340 S 700 ESandy, UT 84070 | 877-WIC-KIDS385-468-4335 | Nutrition education, breastfeeding education, nutritious foods and referrals for low income pregnant women and low income mothers of children under 5 years.[www.health.utah.gov](http://www.health.utah.gov/) |
| Vantage Point |  | 801-373-2215 | Mediates parent/child conflict between parent & youth (11-17)[www.wasatch.org/children-youth-and-family-services](https://www.wasatch.org/children-youth-and-family-services-ii/vantage-point/) |
| Welcome Baby |  | 801-691-5334 | Promotes a healthy, secure and enjoyable beginning for parents, babies, and family members.<https://welcomebabyuc.org/> |
| Care about Child Care |  | 801-863-8589 | Provides referrals, early childhood education, resources and information about available aid.[https://jobs.utah.gov](https://jobs.utah.gov/occ/cac.html) |
| Help Me Grow |  | 801-691-5322 | Connects families to community [helpmegrowutah.org/](https://helpmegrowutah.org/) |

# CLOTHING & PERSONAL CARE

## Programs

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | Phone Number | Helpful Information |
| Deseret Industries | 825 E 9400 SSandy, UT 84094435 South 500 East. American Fork, UT 84003 | 801-255-8399 (Sandy)(801) 763-4560 (AF) | Mark Thornton, Assistant Store Manager (AF)Monday 8:00am – 6:00pmTues. – Sat. 8:00am – 9:00pmLow cost clothing or free with Bishop’sOrder.<http://www.deseretindustries.org/> |
| Volunteers of America (VOA) | 440 S 400 W, Suite BSalt Lake City, UT84101 | 801-631-7584 | Provides food, clothing, other necessities, referrals, care co-ordinationand transportation [www.voaut.org](http://www.voaut.org/) |
| The Weig and Homeless Resource Center | 437 W 200 SSalt Lake City, UT 84101 | 801-363-7710 | Provides library, showers, hygiene products, medical, clothing, computer room, classes, haircuts, laundry and storage[ccsutah.org/programs](file:///C%3A%5CUsers%5Cfsmit%5COneDrive%5CDesktop%5Cccsutah.org%5Cprograms)Mon. – Fri. 8:001m – 4:0opm |
| United Way 211 |  | 2-1-1 | Operated by United Way and canproved information about available services<http://www.unitedwayuc.org/> |

# COMPUTERS

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Internet Access | All public libraries:64 S 100 EAmerican Fork, UT 84003 | 801-763-3070 | Free internet access:<http://www.americanforkLibrary> |
| Community Access to Technology (CAT) | 615 S 300 E. SLC8446 S Harrison St (300W) 3100 S Redwood Rd | 385-468-1523385-468-1523801-758-8719 | Free internet access and free basic computer skills classes |
| Internet Essentials by Comcast |  | 855-846-8376 | Comcast internet service for$9.95/month for families on free lunch program. Can also purchase a computer for $149.99 plus tax.[www.internetessentials.com](http://www.internetessentials.com/) |

# EDUCATION

## GED Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Granite Peaks Training Center | 501 E 3900 SSalt Lake City, UT 84107 | 385-646-5447 | GED Preparedness classes offered for $5 per class.[www.graniteschools.org](http://www.graniteschools.org/) |
| Good Neighbor Initiative | Stevens-Henagar College 383 W Vine StMurray, UT 84123 | 801-281-7620 | Get ready to take the GED test at no cost[www.gedtutoring.org](http://www.gedtutoring.org/) |
| Horizonte School | 1234 S Main StreetSalt Lake City, UT 84101 | 801-578-8574 | GED preparedness classes for $20 for 6-8 week term for night classes, and $35 for day classes.[www.horizonte.slcschools.org](http://www.horizonte.slcschools.org/) |
| Utah State Office of Education | 250 E 500 SSalt Lake City, UT 84114 | 801-538-7821 | Your source for all GED related questions.[www.schools.utah.gov](http://www.schools.utah.gov/) |
| Alpine Adult Education | 778 E Bamberger DriveAmerican Fork, UT 84003 | 801-610-8188 | GED, High School Diploma, English Classes:<https://adulted.alpineschools.org/> |

##

## Post High School Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| BYU Pathway Connect |  | 801-353-5000 | A one year, online low cost university preparation program$71 per credit hour[www.byupathway.lds.org](http://www.byupathway.lds.org/) |
| Ensign College (formerly LDS Business College) | 95 N 300 WSalt Lake City, UT 84101 | 801-524-8100 | 2 year college focused on business training:[www.ldsbc.edu](http://www.ldsbc.edu/) |

#

# EMPLOYMENT

## Church Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Employment Resource Center | 817 E 9400 SSandy, UT 84070437 S 500 EAmerican Fork, UT 84003 | 801-561-9555(Sandy)801-756-6079(AF) | Elder & Sister Owen, Center Coordinators (AF)Assistance for job seekers, including skill training, one-on-one coaching, workshops, education, and job placement. [www.ldsjobs.org](http://www.ldsjobs.org/)Register on website for assistance. |
| Ward & Stake EmploymentSpecialist |  |  | See the ward or stake employment specialist. |
| LDS Humanitarian Center | 1665 Bennett RoadSalt Lake City, UT 84104 | 801-240-5954 | LDS sponsored employment andESL assistance. |

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Utah Department of Workforce Services | 7292 S State Street Midvale, UT 84047557 W. State StreetLehi, UT 84043 1550 N. 300 W.Provo, UT 84064 | 801-526-0950801-526-0950801-526-0950 | Access to job postings and unemployment benefits.[www.jobs.utah.gov](http://www.jobs.utah.gov/) |
| Family Employment |  | 801-526-9675 | Helps parents who are caring for children in the home to find jobs.[www.jobs.utah.gov](http://www.jobs.utah.gov/) |
| People Helping People | 265 E. 100 S. Suite 280 Salt Lake City, UT 841112955 Harrison Blvd. #140B Ogden, UT 84403 | 801-437-4415 | An employment program dedicated to helping low-income individuals reach their full potential in the work place |
| UVU Center for Personal and Career Development |  | 801-863-7580 | Resources for individuals to improve on a personal, educational and professional level |

# ENGLISH AS A SECOND LANGUAGE (ESL)

## Church Resources

|  |  |
| --- | --- |
| Facility | Helpful Information |
| English Connect | EnglishConnect brings together English language learners, instructors, volunteers, and Church leaders to create an English learning program for all of God‘s children. The program includes both face-to-face and online courses.Contact the ward or stake self-reliance specialist for more information.[www.lds.org/church-education/englishconnect](http://www.lds.org/church-education/englishconnect) |
| LDS Humanitarian Center | 1665 Bennett RoadSalt Lake City, UT 84104 801-240-5954LDS sponsored employment and ESL assistance |

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| 2-1-1 |  | 211 | Dial 2-1-1 for ESL classes near you |
| English Skills Learning Center | 4444 S 700 ESuite 100Salt Lake City, UT 84107 | 801-328-5608 | Free English and United Stated Citizenship Courses[www.eslcenter.org](http://www.eslcenter.org/) |
| Granite Peaks Learning Center | 501 E 3900 SSalt Lake City, UT 84107 | 385-646-5447 | English as a second language courses and low cost citizenship test preparation classes.[www.schools.graniteschools.org](http://www.schools.graniteschools.org/) |
| Horizonte School | 1234 S Main StreetSalt Lake City, UT 84101 | 801-578-8574 | ESL preparedness classes for $20 for 6-8 week term for night classes, and $35 for day classes. [www.horizonte.slcschools.org](http://www.horizonte.slcschools.org/) |
| Alpine Adult Education | 778 E Bamberger DriveAmerican Fork, UT 84003 | 801-610-8188 | GED, High School Diploma, English Classes:<https://adulted.alpineschools.org> |
| UVU English Language Learning Center (ESL Community Education) |  | 801-560-5600 | High quality non-credit ESL courses that equip developing English language students with the skills necessary to demonstrate proficiency in reading, writing, grammar, communication, and listening skills. <https://www.uvu.edu/ell/communityed.html> |

# FINANCES

## Church Resources

|  |  |
| --- | --- |
|  | Helpful Information |
| Pay tithes and offerings | “Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it” ([Malachi 3:10](https://www.lds.org/scriptures/ot/mal/3.10)). |
| “Self-Reliance Plan Form” This is a plan leading to self-reliance. | <https://www.churchofjesuschrist.org/bc/content/shared/content/english/pdf/welfare/PD60007387_000_SelfReliancePlan_Member_Web_Interactive.pdf>The bishop helps the individual with immediate needs as the elder’s quorum and Relief Society leaders assist.1. Determine individual and family needs.
2. Identify individual, family, Church and other resources.
3. Help the member develop a self-reliance plan.

Make work assignments so the recipient can work to the extent of his or her ability. |
| This website has courses such as:Beginning, intermediate and advanced finance courses.  | <https://personalfinance.byu.edu/>Courses include: Retirement Planning, Advanced Investing, Returned Missionary Finance Planning, Young Married/Singles Finances, etc. The whole Self-Reliance Personal Finance Course is also online. There is even an entire college course. |
| Educational resources for provident living | <https://providentliving.churchofjesuschrist.org/?lang=eng> |
|  [“All is Safely Gathered In”](https://www.lds.org/bc/content/shared/content/english/pdf/language-materials/04007_eng.pdf) The Basics of Family Finances from the Church including basic budgeting | <https://www.churchofjesuschrist.org/bc/content/shared/content/english/pdf/language-materials/04007_eng.pdf> |
| Self-Reliance Courses available in our stake. See the content at this link. | <https://www.churchofjesuschrist.org/self-reliance?lang=eng>These resources help members as they strive to obtain the temporal and spiritual necessities of life. Members attend a self-reliance devotional where they learn doctrine, complete an assessment, and choose a self-reliance group that will help them gain new skills. Training includes:1. Personal Finances
2. Starting and Growing My Business
3. Find a Better Job
4. Education for Better Work
5. Finding Strength in the Lord – Emotional Resilience.
 |

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| AAA Fair Credit Foundation –Talin Larson, Certified Personal Finance Counselor | 230 W 200 SSalt Lake City, UT 84101 | 800-351-4195 | Mon. – Thur. 8:00am – 6:00pm Fri. 8:00am – 5:00pmFinancial guidance, counseling and education. Debt management and asset building programs.Matched savings plan $3 per $1 saved[www.faircredit.org](http://www.faircredit.org/) |
| American Credit Foundation – Scott Peterson, President | 7720 S 700 EMidvale, UT 84047 | 801-208-1000 | Free credit counseling, financial training, budgeting and educational programs. Free debt management consultation. Maximum of $39 per month to enroll in debt-management program. [www.americancreditfoundation.org](http://www.americancreditfoundation.org/) |
| America Saves – Commitment based savings |  |  | [America Saves – Commitment-based Savings Campaign](https://americasaves.org/) |
| Annual Credit Report – Free weekly Online Reports |  |  | [Annual Credit Report](https://www.annualcreditreport.com/) |
| Mountain America Bonsai Fun Free Financial Education/Games |  |  | <https://www.macu.com/banzai> |
| Community Action Program | 764 S 200 WSalt Lake City, UT 84101 | 801-359-2444 | Assists with home buyer education to help individuals obtain affordable housing[www.slcap.org](http://www.slcap.org/) |
| Mint – Free Budgeting App |  |  | <https://www.mint.com/> |
| Mountain America Credit Union Free Financial Counseling Link to Make Appointment |  |  | <https://www.macu.com/schedule-appointment> |
| Provident Living Financial Calculators |  |  | [Provident Living: Financial Calculators](https://providentliving.churchofjesuschrist.org/self-reliance/finances/financial-calculator?lang=eng) |
| Free financial counseling |  |  | [debtguru.com](file:///C%3A%5CUsers%5Cfsmit%5COneDrive%5CDesktop%5Cdebtguru.com) |
| Really good DEBT ELIMINATION PLAN from Utah State University |  |  | <https://powerpay.org/> |
| Volunteer Income Tax Assistance (VITA) | University of Utah Union Building200 Central Campus Dr. Salt Lake City, UT 84112 | 888-826-9790 | Volunteer prepare and file tax returns free of charge. Must make$53,000 or less:<https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers> |
| The Weig and Homeless Resource Center | 437 W 200 SSalt Lake City, UT 84101 | 801-363-7710 | Mon. – Fri. 8:00am – 4:0opm Provides a variety of classes[www.ccutah.org/programs](http://www.ccutah.org/programs) |
| UVU Money Management Center | UVU Campus – Orem | 801-863-5388 | Highly trained financial coaches are available to assist both students and non-students with their finances. <https://www.uvu.edu/woodbury/money-success-center/> |
| Financial Learning Center at Community Action Services and Food Bank | 815 S. Freedom Blvd. Provo , UT | 801-691-5243 | Receive personalized financial coaching to help you meet your financial goals - from basic budgeting and financial stability to credit and debt management to home-ownership. <https://www.communityactionprovo.org/get-help/> |

# FOOD

## Food Pantries

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Bishop Storehouse – musthave a signed Bishop’sOrder | 615 E 8400 SSandy, UT 84070940 West Center StreetLindon, UT - 84042 | 801-561-0214 (Sandy)(801) 785-0995 (Lindon) | Doug Wangemann, Lindon Storehouse ManagerMon. - Tue. 8:00am – 4:00pm Wed. 8:00am – 6:00pmThur. - Sat. 8:00am – 4:00pm<http://lindon-bishops.edan.io/> |
| Helping Hands | 2964 W 4700 SWest Valley City, UT 84118 | 801-955-6234 | Mon. – Fri. 9:00 – 4:00pm Administers the Child and Adult Care Food Program (CACFP)[www.helpinghandsutah.com](http://www.helpinghandsutah.com/) |
| Tabitha’s Way | 920 East State Road, American Fork, UT | (801) 692-1881 | Tuesday : 11:00 am - 2:00 pmWednesday : 11:00 am - 2:00 pm & 6:00 pm - 8:00 pmThursday : 11:00 am - 2:00 pmFriday : 11:00 am - 2:00 pm1st & 3rd Saturday : 10:00 am - 12:00 pmSunday : CLOSEDMonday : CLOSEDPre-register here:[Tabitha's Way](https://docs.google.com/forms/d/e/1FAIpQLSfXMLxO1cD7l1NYRE6Hm1376n16f4ZRlSlQCUVh9WmBpNgyZw/viewform) |
| Utah Food Bank | 3150 W 900 WSalt Lake City, UT 84119 | 801-978-2452 | Mon. – Fri. 8:00am – 5:00pm[www.utahfoodbank.org](http://www.utahfoodbank.org/) |
| Utahans Against Hunger | 764 S 200 WSalt Lake City, UT 84101 | 801-328-2561 | Mon. – Fri. 8:30am – 5:00pm[www.uah.org](http://www.uah.org/) |
| Community Action Services and Food Bank | 815 S. Freedom Blvd. Provo, UT | 801-373-8200 | Supplies food for families in need |

##

## Prepared Meals

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| St Vincent de Paul Dining Room | 437 W 200 SSalt Lake City, UT 84101 | 801-363-7710 | Lunch Mon. – Fri. 11:30 – 1:00pm Brunch Sat. 10:00am – 11:00am Dinner Mon. – Sun. 5:00pm – 6:00pm[www.ccsutah.org/programs](http://www.ccsutah.org/programs) |
| The Rescue Mission of Salt Lake | 463 S 400 WSalt Lake City, UT 84101 | 801-355-1302 | Breakfast Mon. – Sat. 6:15am Lunch every day 12:15pm Dinner every day must attend church at 7:00pm followed by dinner 8:00pm[www.rescuesaltlake.org](http://www.rescuesaltlake.org/) |
| Food and Care Coalition | 299 E. 900 S. Provo, UT 84606 | 801-373-1825 | Provides hot meals and sack lunches to individuals who are homeless, low income or transient:<https://foodandcare.org/> |
| MAG (Mountainland Association of Governments) |  |  | Meals on Wheels and Community meals at a Senior Center. <https://mountainland.org/meals/> |

##

## Food Stamps

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Utah Department of Workforce Services | 7292 S State Street Midvale, UT 84047 | 801-526-0950 | Go to jobs.utah.gov to access a pre-screening tool to see if you qualify.<https://jobs.utah.gov/customereducation/services/foodstamps/> |

FUNERAL & HOSPICE

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| See Separate Eldercare Document |  |  |  |
| The Inn Between | 344 S GoshenSalt Lake City, UT 84104 | 385-743-1660 | The Inn Between – End of Life and hospice services for individualsexperiencing homelessness. |

# HOUSING

## Emergency Shelters

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| The Road Home – Salt LakeCommunity Shelter | 210 S Rio Grande StreetSalt Lake City, UT 84101 | 801-359-4143 | [www.theroadhome.org](http://www.theroadhome.org/)For men, women and children |
| The Road Home – OverflowShelter | 437 W 200 SSalt Lake City, UT 84101 | 801-363-7710 | [www.theroadhome.org](http://www.theroadhome.org/)For men located at St. Vincent’s |
| The Road Home –Community Winter Shelter | 529 W 7300 SMidvale, UT 84047 | 801-569-1201 | [www.theroadhome.org](http://www.theroadhome.org/)Families only – October to March |
| Salt Lake Christmas BoxHouse | 3669 S West TempleSalt Lake City, UT 84115 | 801-747-2201 | [www.christmasboxhouse.org](http://www.christmasboxhouse.org/)for children only |
| The Rescue Mission of SaltLake | 463 S 400 WSalt Lake City, UT 84101 | 801-355-1302 | [www.rescuesaltlake.org](http://www.rescuesaltlake.org/)For single men – check in 6:00PM |
| Family Promise of Salt Lake | 814 W 800 SSalt Lake City, UT 84101 | 801-961-8622 | [www.fpsl.org](http://www.fpsl.org/)only 4 families at a time |
| Salt Lake County YouthServices | 177 W Price Ave.(3610S)Salt Lake City, UT 84115 | 385-468-4500 | [www.slco.org/youth](http://www.slco.org/youth)youth under 18 yrs old – max 8 hrs |
| YWCA | 325 E 300 SSalt Lake City, UT 84111 | 801-537-8604 | [www.ywca.org](http://www.ywca.org/)women & children who are victims of domestic violence |
| South Valley Sanctuary | 8000 S Redwood RoadWest Jordan, UT 84088 | 801-255-1095 | [www.svsutah.org](http://www.svsutah.org/)women & children who are victims of domestic violence |
| Community SupportServices |  | 801-240-4199 | Helps homeless become self-reliant |
| Rescue Haven | 1165 S State StreetSalt Lake City, UT 84111 | 801-521-5925 | [www.rescuesaltlake.org](http://www.rescuesaltlake.org/)women & children who are victimsof domestic violence |

## Housing Assistance

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| AAA Fair Credit Foundation | 230 W 200 SSalt Lake City, UT 84101 | 800-351-4195 | [www.faircredit.org](http://www.faircredit.org/)Financial guidance, counseling and education on debt managementand asset building programs |
| Community Development Corporation of Utah | 501 E 1700 SSalt Lake City, UT 84105 | 801-994-7222 | [www.cdcutah.org](http://www.cdcutah.org/)Provides a variety of services forhomebuyers and homeowners |
| Housing Authority of Salt Lake City | 1776 S West Temple Salt Lake City, UT 84115 | 801-487-2161 | [www.haslcutah.org](http://www.haslcutah.org/) Provides rent subsidies andaffordable housing to low incomeindividuals and families |
| Housing Authority of the County of Salt Lake | 3595 S Main StreetSalt Lake City, UT 84115 | 801-284-4400 | [www.hacsl.org](http://www.hacsl.org/)Provides and develops affordable housing opportunities –permanent and transitional |
| Housing Authority of Utah County | 485 N Freedom BlvdProvo, UT 84601 | 801-373-8333 | <https://housinguc.org/>Provides and develops affordable housing opportunities –permanent and transitional |
| Utah Housing Coalition | 230 S 500 W #260Salt Lake City, UT 84101 | 801-364-0077 | [www.utahhousing.org](http://www.utahhousing.org/) |
| Life Start Village | 1760 W 4805 STaylorsville, UT 84129 | 801-955-9110 | [www.familysupportcenter.org](http://www.familysupportcenter.org/) Permanent and transitionalhousing |
| Neighborworks Salt Lake | 622 W 500 NSalt Lake City, UT 84116 | 801-539-1590 | [www.nwsaltlake.org](http://www.nwsaltlake.org/)HUD approved educational courses, loans and foreclosureprevention services |
| Family Promise | 814 W 800 SSalt Lake City, UT 84110 | 801-961-8662 | <https://familypromisesaltlake.org/>To provide homeless families assistance with shelter, meals andAdvocacy |
| Palmer Court | 999 S Main StreetSalt Lake City, UT 84111 | 801-505-7777 | [www.theroadhome.org](http://www.theroadhome.org/)Permanent supportive housing forsingles and families |
| Wendell Apartments | 204 W 200 NSalt Lake City, UT 84103 |  | [www.theroadhome.org](http://www.theroadhome.org/) Permanent supportive housing forsingles |
| Salt Lake City Department of Housing & Neighborhood Development | 451 S State Street #406 Salt Lake City, UT 84111 | 801-359-2444 | [www.slcgov.com/hand](http://www.slcgov.com/hand)Housing programs including such for first time buyers |
| Salt Lake CommunityAction Program | 1307 S 900 WSalt Lake City, UT 84101 | 801-359-2444 | [www.slcap.org](http://www.slcap.org/)Housing Outreach Rental Programs provides housingreferral services |
| Emergency Shelter Grants | 125 S State St, #3001Salt Lake City, UT 84138 | 801-524-6070 | <https://jobs.utah.gov/homelessness/overview.html>Provide homeless with essentials |
| Department of Housing and Urban Development | 125 S State Street #3001 Salt Lake City, UT 84138 | 801-524-6070 | [www.hud.gov/utah](http://www.hud.gov/utah) Promotes affordable housingthrough education, advocacy andcooperative partnerships |
| Utah Housing Corporation | 2479 S Lake Park Blvd. West Valley City, UT84120 | 801-902-8200 | [www.utahhousingcorp.org](http://www.utahhousingcorp.org/) Offers loan programs and downpayment options |
| Self-Help Homes |  | 801-375-2205 | [https://www.selfhelphomes.org](https://www.selfhelphomes.org/about-us/)Provides an opportunity for low income families to build their own new homes |
| Community Action Services |  | 801-373-8200 | <https://www.communityactionprovo.org/get-help/>Offers rental deposit assistance, motel vouchers, home buying education |

##

## Low-Cost Rental Options

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Adagio at Corner Canyon | 13343 S. Minuteman DriveDraper, UT 84020 | 801-553-9555 | $900 to $1,565 |
| Allegro at Corner Canyon | 292 W. Galena Park BoulevardDraper, UT 84020 | 801-571-8520 | $865 to $1,385 |
| Sterling Village | 11065 Sterling View DriveSouth Jordan, UT 84095 | 801-576-8500 | $1,129 to $1,579 |
| Clover Creek | 530 W. Murray BoulevardMurray, UT 84123 | 801-261-1125 | $861 to $1,029 |
| Lost Creek | 4950 S. State Street Murray, UT 84107 | 801-263-0623 | $614 to $849 |
| Arcadia Green | 4545 Arcadia Green Way, SLC, UT 84107 | 801-261-0203 | $870 to $1,300 |
| Park Station | 7155 S. High Tech Drive #3Midvale, UT 84047 | 801-561-3810 | $765 to $825 |
| Liberty Hill at South Pointe | 74 EAST BIRCH HILL LNDRAPER, UT 84020 | 801-553-9000 | $989 to $1,349 |
| Liberty Bend | 1048 EAST LIBERTY BEND LNSANDY, UT 84094 | 801-727-1900 | $979 to $1,229 |
| Triton Terrace | 14527 S Travel Dr., Draper, UT 84020 | 801-790-7000 | $1,019 to $1,829 |
| Rosegate at Draper | 14075 S Bangerter Pky. | 385-275-4650 | $830 to $1,150 |
|  | Draper, UT 84020 |  |  |
| Parc at Day Dairy | 449 E 12205 SDraper, UT 84020 | 801-441-4472 | $1,012 to $1,582 |
| Falls at Hunter Pointe | 11251 S State StSandy, UT 84070 | 801-441-4269 | $953 to $1,975 |
| Four Seasons atSouthtowne | 420 W Cadbury Dr.South Jordan, UT 84095 | 801-441-4205 | $873 to $1,417 |
| The Bluffs Apartments | 14035 S Market View Dr.Bluffdale, UT 84065 | 801-938-7630 | $765 to $985 |

#

# LEGAL, TAX & CREDIT SERVICES

## Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Disability Law Center | 205 N 400 WSalt lake City, UT 84103 | 801-363-1347 | Mon. – Fri. 9:00am – 4:00pm Services include accessibility, assistive technology, civil rights, housing, education and healthcare[www.disabilitylawcenter.org](http://www.disabilitylawcenter.org/) |
| Legal Aid Society of Salt Lake | 205 N 400 WSalt Lake City, UT 84103 | 801-328-8849 | Mon. – Fri. 8:00am – 5:00pm Legal advocacy and assistance forlow-income families and individuals [www.legalaidsocietyofsaltlake.org](http://www.legalaidsocietyofsaltlake.org/) |
| AAA Fair Credit Foundation | 230 W 200 SSalt Lake City, UT 84101 | 800-351-4195 | Mon. – Thur. 8:00am – 6:00pm Fri. 8:00am – 5:00pmFinancial guidance, counseling and education. Debt management and asset building programs.Matched savings plan $3 per $1 saved[www.faircredit.org](http://www.faircredit.org/) |
| The Weigand Homeless Resource Center | 437 W 200 SSalt Lake City, UT 84101 | 801-363-7710 | Mon. – Fri. 8:00am – 4:0opm Provides a variety of classes[www.ccutah.org/programs](http://www.ccutah.org/programs) |
| Open Legal Services | 66 W Exchange Place Salt Lake City, UT 84111 | 801-433-9915 | Mon. – Fri. 8:30am – 5:00pm Reduced legal services[www.legalaidoffices.com](https://www.legalaidoffices.com/details/ut_84111_open-legal-services?_gl=1*hsa43m*_ga*YW1wLUhMOFNVSE54RF92MWdQU0J6N1BDeS01dHFRdUZSWWQwRnM1ZE9yNldzZ2toVmJHS2s4Wi1teXJUT19pOXM4Z0k.) |
| American Credit Foundation | 7720 S 700 EMidvale, UT 84047 | 801-208-1000 | Free credit counseling, financial training, budgeting and educational programs. Free debt management consultation. Maximum of $39 per month to enroll in debt- management program.[www.americancreditfoundation.org](http://www.americancreditfoundation.org/) |
| Volunteer Income Tax Assistance (VITA) | University of Utah Union Building200 Central Campus DriveSalt Lake City, UT 84112 | 888-826-9790 | Volunteer prepare and file tax returns free of charge. Must make$53,000 or less |
| Immigrant and Refugee Services – Utah Department of Workforce Services – Refugee Services Office | 140 E 300 S5th floorSalt Lake City, UT 84111 | 801-526-9787 | Assists refugees to adjust to life in a new country. Provides cash assistance, food stamps, medical assistance, childcare assistance, employment services, and case management.[www.jobs.utah.gov](http://www.jobs.utah.gov/) |
| Utah Legal Services |  | 800-662-4245 | Provides free legal help in non-criminal cases to low-income individuals<https://www.utahlegalservices.org/> |
| BYU Law Help |  | 801-422-3025 | Provides legal counseling to income eligible individuals[https://guides.law.byu.edu](https://guides.law.byu.edu/c.php?g=602326&p=4198001) |

# MEDICAL & DENTAL

## Programs

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Utah Department of Health-Health Resource Line. Medicaid, WIC, Pregnancy or Breastfeeding ?s, Quitting Tobacco. |  | 888-222-2542Use Link for other specific numbers | [https://health.utah.gov](https://health.utah.gov/telephone-hotlines#:~:text=If%20you%20or%20someone%20you%20know%20is%20experiencing%20suicidal%20thoughts,substance%20abuse)%20are%20available%20here.) |
| Medical Home Portal – Lots of good information and links to medical services by University of Utah Pediatrics |  |  | <https://ut.medicalhomeportal.org/living-with-child> |
| The Fourth Street Clinic | 409 W 400 SSalt Lake City, UT 84101 | 801-364-0058 | Provides medical. Mental health, substance abuse, dental and pharmacy services for the homeless:[www.fourthstreetclinic.org](http://www.fourthstreetclinic.org/) |
| Community Health Center | 220 W 7200 S, Suite AMidvale, UT 84047 | 801-412-6920 | Provide health care to uninsured and low income. Cost on a sliding scale[www.chc-ut.org](http://www.chc-ut.org/) |
| Central City Community Health Clinic | 461 S 400 ESalt Lake City, UT 84111 | 801-539-8617 | Provides primary and preventative healthcare, dental and mental health services[www.chc-ut.org](http://www.chc-ut.org/) |
| Intermountain NorthTemple Clinic | 54 N 800 WSalt Lake City, UT | 801-359-0901 | Urgent Care and same day health services. Low cost[https://intermountainhealthcare.org/](https://intermountainhealthcare.org/locations/location-details/intermountain-north-temple-clinic/intermountain-north-temple-clinic/) |
| Primary Children’s Charity Fund | 100 N Mario Capecchi DriveSalt Lake City, UT84113 | 801-662-6275 | Financial assistance on a slide needs based scale |
| AmericaCorps Primary Care Provider |  | 801-412-3992 | Provide healthcare to uninsured and low income residents of Salt LakeCounty[https://my.americorps.gov](https://my.americorps.gov/mp/listing/viewListing.do;jsessionid=8GvEg9umsktDq6iOc8niLaqWdyuB8DGXDMruf5Msxh0Fa6e0cCqU!-2139698689?fromSearch=true&id=97521) |
| Volunteer Clinic | 591 S State StProvo UT | 801-812-8094 | Tuesday and Thursday evenings after5pm<https://volunteer.unitedwayuc.org/agency/detail/?agency_id=52746> |
| Dental Hygiene Clinic | 3491 W Wights Fort Rd (9000 S and Bangerter) Room 133West Jordan, UT84088 | 801-957-6001 | Monday - ThursdayLow cost dental ages 3 and up Scheduled appointments preferred[www.slcc.edu/dentalhygiene/dhc.aspx](http://www.slcc.edu/dentalhygiene/dhc.aspx) |
| Family Dental Plan | 168 N 1950 WSalt Lake City, UT 84116 | 801-715-3400 | Mon. – Fri. 7:30am – 6:00pmFamily dental health services for low income families[www.health.utah.org](http://www.health.utah.org/) |
| Eagle Gate Dental Clinic | 5618 S Green StMurray, UT 84123 | 801-333-8133 | $35 fee for services |
| Health Clinics of Utah | 168 N 1950 WSalt Lake City, UT 84116 | 801-715-3400 | Mon. – Fri. 7:30am – 6:00pmFamily dental health services for low income families |
| Salt Lake Donated Dental Services | 1383 S 900 W, Suite128Salt Lake City, UT 84104 | 801-983-0345 | Mon. – Thur. 9:00am – 4:30pm Fri. 9:00am – 4:00pmMost services provided at no cost, decided by lottery system.Preventative, restorative and emergency dental services available.[www.donateddental.org](http://www.donateddental.org/) |
| Primary Children’sHospital Dentistry | 100 N Mario Capecchi DriveSalt Lake City, UT84113 | 801-662-3900 | For extensive dental needs for children under age 18. Accept Medicaid, private insurance or the uninsured.[https://intermountainhealthcare.org](https://intermountainhealthcare.org/locations/location-details/primary-children-s-hospital/primary-children-s-hospital/primary-children-s-hospital-dental-clinic/) |
| Department of Veterans Affairs Medical Center | 500 S Foothill Drive Salt Lake City, UT84148 | 801-582-1565 | Honorably discharged veterans are provided care upon enrollment at 801-584-2585<https://veterans.utah.gov/> |
| Hope Clinic | 65 E 6850 SMidvale, UT 84047 | 801-569-6700 | Free healthcare for underserved and uninsured.[www.utahhopeclinic.org](http://www.utahhopeclinic.org/) |
| Maliheh Free Clinic | 415 E 3900 SSalt Lake City, UT84107 | 801-266-3700 | Free healthcare for underserved and uninsured.[www.malihehfreeclinic.org](http://www.malihehfreeclinic.org/) |
| Midtown Community Health Center | 2253 S State Street Salt Lake City, UT 84115 | 801-486-0911 | Providing comprehensive care including prenatal care. Primary care, treatment for acute and chronic illnesses, behavior health and well care. Services are provided on a sliding scale.[https://ut.medicalhomeportal.org](https://ut.medicalhomeportal.org/services/provider/22223) |
| Ellis R Shipp Public Health Center | 4535 S 5600 WWest Valley City, UT 84120 | 385-468-3700 | Preventative health care , birth and death certificates, immunizations, prenatal care, women’s cancer screening, CHIP, WIC Medicaid & PCN eligibility<https://www.chc-ut.org/ellis-r-shipp-clinic> |
| South Main Public HealthCenter | 3690 S Main StreetSalt Lake City, UT 84115 | 385-468-3990 | Immunizations, women’s health and cancer screenings, pediatric and prenatal services, Medicaid and WIC eligibility. Teen mother and child program<https://healthcare.utah.edu/locations/south-main-clinic/> |

##

## Autism

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Autism Council of Utah | 780 Guardsman Way Salt Lake City, UT 84108 |  | Offers resources and information about autism to parents with autistic children[www.autismcouncilofutah.org](http://www.autismcouncilofutah.org/) |
| CTA Community Supports | 4444 S 700 ESuite 203Murray, UT 84107 | 801-268-4887 | Offers residential services, day programs, family support programs/after school programsor other related disabilities<https://www.ctasupports.com/> |
| Pingree Center for Children with Autism | 780 Guardsman Way Salt Lake City, UT 84108 | 801-581-0194 | Provides an intensive learning program for preschool and elementary age students with autism. Buses are available to pick up and drop off the children to school.<https://carmenbpingree.com/> |
| Melisa Nellesen Center for Autism at UVU |  | 801-863-7620 | Improves the quality of life for those living and working with Autism Spectrum Disorder by providing education and training to professionals, providing evidence-based services and education, and fostering a community of belonging. <https://www.uvu.edu/autism/> |

##

## Health Insurance

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Children’s Health InsuranceProgram | 288 N 1460 WSalt Lake City, UT 84116 | 877-KIDS-NOW | Must qualify[www.health.utah.gov/chip/](http://www.health.utah.gov/chip/) |
| Medicaid | 288 N 1460 WSalt Lake City, UT 84116 | 801-538-6155 | Medicaid is a source of health insurance coverage for vulnerable populations.[www.medicaid.utah.gov](http://www.medicaid.utah.gov/) |
| Primary Care Network |  | 888-222-2542 | A health plan that covers services administered by a primary care physician.<http://www.health.utah.gov> |
| Utah Premiums Partnership for Health Insurance |  | 888-222-2542 | Helps make insurance coverage more affordable. <http://www.health.utah.gov> |
| University of Utah Health Plans | 6053 Fashion Square Dr. Suite 110Murray, UT 84107 | 801-213-4111 | committed to improving the member experience, quality of care, health of populations, and reducing the cost of care.<https://uhealthplan.utah.edu/> |

##

## Vision

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Eye Care 4 Kids | 6911 S State Street Midvale, UT 84111 | 801-255-8525 | Mon. – Thur. 9:00am – 12:00pm and 1:00pm to 6:00pmFridays 9:00am to 12:00pmEye care services for low income children and underserved families[www.eyecare4kids.org](http://www.eyecare4kids.org/) |
| Friends for Sight | 661 S 200 ESalt lake City, UT 84111 | 801-524-2020 | Provides vision screening for low income families[www.friendsforsight.org](http://www.friendsforsight.org/) |

# Mental Health

## Church Resources

|  |  |
| --- | --- |
| Resource | Link/Additional Information |
| Church leaders may consult with Family Services staff to better understand the social and emotional needs and challenges of their members and to determine what resources and services are available. | UT American Fork Family Services Agency435 South 500 East AMERICAN FORK Utah 84003-2527Phone: 801-216-8000 |
| Leader Resources Available | <https://providentliving.churchofjesuschrist.org/lds-family-services/leader-resources?lang=eng> |
| Facing Challenges – A Self-Help Guide | <https://www.churchofjesuschrist.org/bc/content/shared/english/charities/pdf/2020/WEL_PD60011069_FacingChallenges_FINAL.pdf> |
| Discussion Guide – Ministering to others during a crisis | <https://www.churchofjesuschrist.org/bc/content/shared/english/charities/pdf/2020/WEL_PD60011068_MinisteringGuideForSomeoneInCrisis_FINAL.pdf> |
| Adjusting to Missionary Life | <https://www.churchofjesuschrist.org/bc/content/ldsorg/languages/AdjustingMissLife_Booklet_6-7-13.pdf> |

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Family Support Center | 777 W Center St (7200S) Midvale, UT 84047 | 801-255-6881 | Trained clinical staff assist families and individuals dealing with many of life’s stressors.[www.familysupportcenter.org](http://www.familysupportcenter.org/) |
| National Alliance on mental Health (NAMI) | 1600 W 2200 SWest Valley City, UT84119 | 801-323-9900 | Offers free support groups and education<https://nami.org/Home> |
| Polizzi Clinic | 1208 E 300 SSuite 100Salt Lake City, UT 84106 | 801-277-7740 | Free mental health care for the uninsured.[www.polizziclinic.org](http://www.polizziclinic.org/) |
| University Neuropsychiatric Institute | 501 Chipeta WaySalt Lake City, UT 84108 | 801-583-2500 | Behavior and mental health therapy<https://healthcare.utah.edu/hmhi/> |
| Valley Mental Health | 5965 S 900 EMurray, UT 84121 | 888-949-4864 | Treatment and services for all experiencing serious mental health. Insurance accepted[www.valleycares.com](http://www.valleycares.com/) |
| Intermountain BehavioralHealth Network | 324 10th Ave #154Salt Lake City, UT 84103 | 801-408-8500 | Provide outpatient treatment<https://intermountainhealthcare.org/services/behavioral-health/> |
| Primary Children’s Centerfor Counseling | 5770 S 1500 WSalt Lake City, UT 84123 | 801-265-3000 | Outpatient services<https://intermountainhealthcare.org/primary-childrens/programs-specialties/behavioral-health> |

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# Missionary Helps

## Church Resources

|  |  |
| --- | --- |
| Resource | Link/Additional Information |
| Adjusting to Missionary Life | <https://www.churchofjesuschrist.org/bc/content/ldsorg/languages/AdjustingMissLife_Booklet_6-7-13.pdf> |
| Physical and Mental Preparation – Start 2 years before mission. | <https://www.churchofjesuschrist.org/study/ensign/2007/03/missionary-health-preparation?lang=eng> |
| Preparing to Serve a Mission | <https://www.churchofjesuschrist.org/topics/missionary-preparation?lang=eng> |
| Safeguards for Using Technology | <https://prezi.com/sdzi3-rfiqir/safeguards-for-using-technology/>Also available on LDS library |

# PETS

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Best Friends | 2005 S 1100 ESalt Lake City, UT 84106 | 801-574-2445 | Free pet food and discounted spay and neuter program for cats and dogs. Must show need.<https://utah.bestfriends.org/> |
| Humane Society of Utah | 4242 S 300 WMurray, UT 84107 | 801-261-2919 | Discounted spay and neuter, andvaccinations [www.utahhumane.org](http://www.utahhumane.org/) |
| Pet Samaritan Fund | 3802 S Sunnydale Drive Salt Lake City, UT 84109 | 801-277-9263 | Provides assistance for pet medical care for qualifying individuals<http://www.petsamaritan.org/> |

# REFUGEE SERVICES

## Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| See English as a SecondLanguage (ESL) section |  |  |  |
| Immigrant and Refugee Services – Utah Department of Workforce Services – Refugee Services Office | 140 E 300 S5th floorSalt Lake City, UT 84111 | 801-526-9787 | Assists refugees to adjust to life in a new country. Provides cash assistance, food stamps, medical assistance, childcare assistance, employment services, and case management.[www.jobs.utah.gov](http://www.jobs.utah.gov/) |
| Refugee Immigrant Center | 1588 S Major StSalt Lake City, UT 84115 | 801-4676060 | Assist refugees adapt through a variety of services.[www.aau-slc.org](http://www.aau-slc.org/) |
| Refugee Health Program |  | 801-538-6096 | Monitors refugees coming into the state.<https://health.utah.gov/disparities/utah-minority-communities/refugee.html> |
| The International RescueCommittee |  | 801-883-8452 | Helps with housing, health care,food, English classes, jobs etc. [www.rescue.org](http://www.rescue.org/) |
| Utah Refugee Center |  | 801-541-6240 | Self-sufficiency programs connecting to multiple resources<https://jobs.utah.gov/refugee/center/index.html> |

# SERVICE OPPORTUNITIES

## Church Resources

The following service opportunities are available as listed and do not require a formal assignment or reservation. Please arrive at the start of the shift to receive the necessary training and plan on working the entire shift. It is a good idea to call ahead and confirm that there will be a shift that day. Do not wear open toed shoes and be able to lift 20 lbs.

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Shift Times |
| Deseret Dairy | 784 W 700 SSalt Lake City, UT 84104 | 801-240-7350 | Mon. - Thur. 7:30am – 11:30amMon. - Thur. 11:30am – 3:00pm |
| Deseret Industries | 825 E 9400 SSandy, UT 84094435 South 500 East American Fork, UT 84003 | 801-255-8399 (Sandy)(801) 763-4560 (AF) | Mark Thornton, Assistant Store Manager (AF)Monday 8:00am – 6:00pmTues. – Sat. 8:00am – 9:00pm<http://www.deseretindustries.org/> |
| Murray Cannery | 4373 S Main Street Murray, UT 84107 | 801-266-1460 | Tuesday – Thursday: 7:00am – 10:30am9:00am – 12:30pm10:00am – 1:30pm12:00pm – 3:30pm1:00pm – 4:30pm 3:00pm – 6:00pm4:00pm – 7:30pm |
| Bishop Storehouse | 615 E 8400 SSandy, UT 84070940 West Center StreetLindon, UT - 84042 | 801-561-0214 (Sandy)(801) 785-0995 (Lindon) | Doug Wangemann, Lindon emploStorehouse ManagerMon. - Tue. 8:00am – 4:00pm Wed. 8:00am – 6:00pmThur. - Sat. 8:00am – 4:00pm |
| Sandy Vegetable Garden | 9505 S Poppy LaneSandy, UT 84094 | 801-205-1169 | Call ahead |

## JustServe.org

*What is JustServe.org?* JustServe.org is a Church-sponsored initiative that various faith, non-profit, community, and government organizations use to post service opportunities. Using JustServe.org helps you work with community partners to fulfill needs and respond to those needs in the spirit of charitable service.

How do I sign up?

1. Visit <http://www.JustServe.org>
2. Select “sign in/register”
3. Sign in with your Facebook account, or select “Register Now”

How do I serve?

1. Visit JustServe.org
2. Enter City, state or zip
3. Apply advanced search filters if desired
4. Choose your desired project
5. Select volunteer

# SMALL BUSINESS RESOURCES

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Utah Small Business Development Center (USBDC)  |  |  | [Utah Small Business Development Center](https://utahsbdc.org/) Jim Herrin, Director, Salt Lake RegionHelps businesses in all stages from training to $. |
| Utah Valley Business Resource Center | 815 W. 1250 S.Orem, UT 84058 | 801-863-2720 | Resources and connections to get your business on track for success. <https://www.uvu.edu/uvbrc/index.html> |

# STORAGE UNIT

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| A Place for Your Stuff | 502 W 300 SSalt Lake City, UT 84101 |  | Transitional storage program for individuals experiencing homeless ness. Long term storage but must check in weekly to keep your storage bin. Abandoned property held for 90 days then disposed.<https://aplaceforyourstuff.com/> |

# TRANSPORTATION SERVICES

## Community Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| Salt Lake County Aging Transportation Program | 2001 S State #3400Salt Lake City, UT 84190 | 385+468-3197 | Provide free senior transportation for medical appointments, grocery shopping and other necessaryappointments |
| Utah Valley Rides | 815 S. Freedom Blvd.Provo, UT 84601 | 801-471-0601 | <https://www.utahvalleyrides.org/>Volunteers give rides to those that qualify. |
| Area Agency on AgingAll sorts of information for seniors | MAG Orem Office586 E 800 NOrem, UT 84097 | 801-229-3800 | <https://mountainland.org/aging/> |

# UTILITY ASSISTANCE

## Programs

|  |  |  |  |
| --- | --- | --- | --- |
| Facility | Address | PhoneNumber | Helpful Information |
| HEAT Program |  | 866-205-4375 | Utility bill assistance for individuals with a household income below 150% of the federal poverty line:

|  |  |
| --- | --- |
| #Fam |  Line150% |
| 1 | $19,140.0  |
| 2 | $25,860.0  |
| 3 | $32,580.0  |
| 4 | $39,300.0  |
| 5 | $46,020.0  |
| 6 | $52,740.0  |
| 7 | $59,460.0  |
| 8 | $66,180.0  |

<https://jobs.utah.gov/housing/scso/seal/heat.html> |
| Utah Utility Bill Assistance Program |  | 801-526-9294 | Provides discounts to approx.$12.75 a month for land lines and$9.75 for wireless telephones for low income households<https://dpu.utah.gov/customer-service/faqs/how-do-i-get-help-paying-my-utility-bills/> |
| Weatherization Assistance Program |  | 801-209-5764 | Helps qualified individuals make their homes more energy efficient<https://jobs.utah.gov/housing/scso/wap/index.html> |