

HELPFUL LISTS

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FAQs

The following is a list of common questions and referrals.
Other agencies and services are available.

Q: WHERE CAN I RECEIVE FOOD ASSISTANCE?

A: Food stamps supply emergency food to families looking for longer-term assistance

Department of Workforce Services	
American Fork Center	492-4500
Heber Center	435-654-6520
Park City Center	435-649-8451
Provo Center	342-2600
Spanish Fork Center	794-6600

A: Food that can be prepared by families and individuals

Community Action Services and Food Bank	373-8200
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A: Hot meals are provided.

Food and Care Coalition	373-1825
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Q: WHERE CAN I RECEIVE FINANCIAL ASSISTANCE AND/OR ADVISEMENT?

A: Budget planning, credit counseling and debt management programs are available at the following agencies.

Community Action Services and Food Bank	373-8200
AAA Fair Credit Foundation	1-800-351-4195
Department of Workforce Services	342-2600
Utah State University Extension	851-8460
Utah Saves Money Line	1-800-350-9899

FAQs

(CONTINUED)

Q: HOW CAN I FIND TRANSPORTATION?

A: Public transportation information

UTA bus info and car pool (Ride-Share) 1-888-RIDE-UTA

A: Transportation services for the elderly and individuals with disabilities in Utah County

Utah Valley Paratransit 1-877-882-7272

Q: HOW CAN I GET MEDICAL ASSISTANCE IF I DON'T HAVE INSURANCE?

A: The following agencies provide health care access for low income, uninsured and minority residents of Utah County. Services are available at reduced costs based on income and family size.

Department of Workforce Service, Provo 342-2600
(see pg 2 for other offices)

Medicaid, Children's Health Insurance Program (CHIP),
Primary Care Network (PCN)

Health Clinics of Utah 374-7011

IHC/Hospital Charity Care Ask at any IHC billing department.

Mountainlands Community Health Center 374-9660

Medical, Mental and Dental

Community Health Connect 818-3011

Volunteer Care Clinic 812-8094 (English)

812-8597 (Spanish)

Women, Infants & Children Program (WIC) 851-7300

A: Reduced-cost or free prescription programs

RX Connect 1-866-221-0265

Utah County Health Department 851-7000

Free prescription discount card for Utah County residents

FAQs

(CONTINUED)

Q: WHERE CAN I RECEIVE HOUSING ASSISTANCE?

A: Temporary emergency shelter for families and rent assistance for families and individuals

Community Action Services 373-8200

A: Affordable long-term rental housing for low-income and moderate-income families

Utah County Housing Authority 373-8333
Provo Housing Authority 852-7080

A: Down payments or loan assistance for to low-income and moderate-income families

Housing Services of Utah County 687-9844
Neighborhood Housing Services of Provo 375-5820

A: Emergency shelter for individuals

Food and Care Coalition 373-1825

A: Assistance with property taxes for elderly, veterans, blind or indigent

Utah County Auditor's office 851-8227

Q: WHERE CAN I GET A JOB AND/OR SKILLS TRAINING FOR THE JOB I WANT?

A: Job listings and job-search training

Department of Workforce Services 342-2600
LDS Employment Services 818-6161

A: Skills to increase employability

Turning Point 863-7580
MATC 863-6282
Utah Division of Vocational Rehabilitation Services 374-7724

A: Skills training and job placement for older individuals

Easter Seals 1-800-221-6827

Community Action Programs in Utah

Community Action Services (801) 373-8200
815 S Freedom Blvd., Suite 100 Fax: (801) 373-8228
Provo, UT 84606 www.communityactionprovo.org
(Utah, Wasatch and Summit counties)

Bear River AOG (435) 752-7242
170 N Main St. Fax: (435) 752-6962
Logan, UT 84321 toll free: 1-877-772-7242
(Cache and Rich counties) www.brag.utah.gov

Bear River AOG (435) 723-1111
2535 S Highway 89 Fax: (435) 723-1117
Perry, UT 84302 www.brag.utah.gov
(Box Elder County)

Family Connection Center (801) 773-0712
1360 E 1450 South Fax: (801) 774-8267
Clearfield, UT 84015 www.familyconnection4u.org
(Morgan and Davis counties)

Five County AOG (435) 673-3548
1070 W 1600 South, P.O. Box 1550 Fax: (435) 673-3540
St. George, UT 84770 www.fcaog.state.ut.us
(Beaver, Garfield, Iron, Kane and
Washington counties)

Ogden-Weber Community Action Partnership (801) 399-9281
3159 Grant Avenue Fax: (801) 399-9887
Ogden, UT 84401 www.owcap.org
(Weber County)

COMMUNITY ACTION PROGRAMS IN UTAH

(CONTINUED)

Salt Lake Community Action Program (801) 359-2444
764 S. 200 West Fax: (801) 355-1798
Salt Lake City, UT 84101 cathyhoskins@slcap.org
(Salt Lake County) www.slcap.org

Six County AOG (435) 896-9222
250 N. Main Fax: (435) 896-6951
P.O. Box 820 toll free 1-888-899-4447
Richfield, UT 84701 www.sixcounty.com
(Juab, Sevier, Wayne, Piute,
Millard and Sanpete counties)

Southeastern Utah AOG (435) 637-5444
375 S. Carbon Ave, P.O. Box 1106 Fax: (435) 637-5448
Price, UT 84501 www.seualg.dst.ut.us
(Carbon, Emery, Grand
and San Juan counties)

Uintah Basin AOG (435) 722-4518
330 E. 100 South Fax: (435) 722-4890
Roosevelt, UT 84066 general@ubaog.org
(Daggett, Duchesne and Uintah counties) www.ubaog.org

Police Departments & Victim's Advocate Programs

Alpine/Highland Police & Victim's Advocate	756-9800
American Fork Police & Victim's Advocate	763-3020
BYU Campus Police	422-2222
Genola Police Department	754-1070
Heber Police Department	435-654-3040
Wasatch County Victim Advocate	435-657-3300
Lehi Police Department	768-7110
Victim Advocate	766-5800
Mapleton Police Department	491-8048
Orem Police Department	229-7070
Victim Advocate	229-7128
Payson Police Department	465-5240
Southern Utah County Victim Advocate	465-5224
Pleasant Grove Police & Victim's Advocate	785-3506
Provo Police Department	852-6210
Victim Advocate	852-6375
Salem Police Department	423-2312
Santaquin Police Department	754-1070
Spanish Fork Police Department	798-5070
Springville Police	489-9421
& Springville/Mapleton Victim's Advocate	
UVSC Campus Police	863-5555
Utah County Sheriffs Office	343-4000
Victim Advocate.....	851-8364
All Counties:	
Federal Victim/Witness Program	1-800-949-9451
Department of Corrections Victim Services.....	801-545-5500
Utah State Board of Pardons Victim Assistance ..	801- 261-6464
Attorney General's Office Victim Services Unit	801-366-0260

For more information about Victim's Advocate programs
call 1-800-897-LINK (5465)

Crisis Hotlines

Center for Women and Children in Crisis (24-hour).....	377-5500
Child Find (24-hour).....	1-800-426-5678
Division of Child and Family Services - Child abuse reporting (Daytime).....Utah and Wasatch County	374-7257
(After hours) Utah and Wasatch County	376-8261
Crisis Line of Utah County.....	226-4433
Family Support & Treatment Crisis Respite Nursery.....	229-1181
Hope Line- UVRMC (Crisis/suicide prevention)	375-4673
National Center for Missing & Exploited Children (24-hour).....	1-800-843-5678
National Child Abuse Hotline (24-hour)	1-800-422-4453
National Runaway Switchboard.....	1-800- RUN-AWAY
Utah Poison Control Center.....	1-800-456-7707

National/State Information Lines

American Civil Liberties Union (ACLU).....	801-521-9289
American Diabetes Association	1-800-888-1734
American Heart Association	1-800- 242-8721
Arthritis Foundation	1-800- 444-4993
Children's Health Insurance Program (CHIP)	1-888- 222-2542
Children's Service Society of Utah.....	1-800- 839-7444
Immunizations	1-800- 275-0659
LDS Humanitarian Aid.....	801- 240-6060
Medicare	1-800- MEDICARE
Medicaid (eligibility information)	1-800- 662-9651
National AIDS Information Hotline.....	1-800- CDC-INFO
National Alliance for the Mentally Ill (NAMI)	1-877-230-6264
Pregnancy Risk Line	1-800-822-BABY
Road Home (bus ticket info).....	801-328-8996
Su Familia, National Hispanic Health Helpline... 1-866-SU-FAMILIA	
United Cerebral Palsy of Utah	801-266-1805
Utah Insurance Department	1-800-439-3805
Utah Medical Assistance Program (UMAP)	1-800-662-9651
Utah Parent Center	1-800-468-1160
Utah Transit Authority (UTA).....	1-888- RIDE-UTA

CHAMBERS OF COMMERCE

American Fork Chamber of Commerce 756-5110
51 E. Main Street www.afchamber.org
P.O. Box 162
American Fork, UT 84003

Lehi Chamber of Commerce 766-9657
2356 State Fax: 766-8599
P.O. Box 154 www.lehiareachamber.org
Lehi, UT 84043

Payson Chamber of Commerce 465-2634
439 W. Utah Avenue Fax: 465-5208
Payson, UT 84651 www.paysoncitychamber.org

Provo/Orem Chamber of Commerce 851-2555
51 S. University Avenue, Suite 215 Fax: 851-2557
Provo, UT 84601 TheChamber.org

Spanish Fork Area Chamber of Commerce 798-8352
40 S. Main Fax: 798-6594
P.O. Box 576 www.spanishforkchamber.com
Spanish Fork, UT 84660

Springville Chamber of Commerce 489-4681
25 W. 200 South, Suite 16 Fax: 489-4811
Springville, UT 84663 www.springvilleareachamber.com

Utah County Public Libraries

American Fork Library

801-763-3070

64 S. 100 East

American Fork, UT 84003

afc.city.com/DE_Library.asp

Lehi City Library

801-768-7150

120 N. Center Street

Lehi, UT 84043

www.lehi-ut.gov/library/

Orem City Library

801-229-7050

58 N. State Street

Orem, UT 84057

lib.orem.org

Payson Library

801-465-5220

66 S. Main Street

Payson, UT 84651

www.paysonlibrary.org

Pleasant Grove Library

801-785-3950

30 E. Center Street

Pleasant Grove, UT 84062

www.plgrove.org/library/

Provo City Library

801-852-6650

550 N. University Ave.

Provo, UT 84601

www.provo.lib.ut.us

Salem City Library

801-423-2622

59 S. Main St.

Salem, UT 84653

www.salemcitylibrary.org

Santaquin City Library

801-754-3030

20 W. 100 South, Santaquin, UT

84655

santaquinlibrary.org

Spanish Fork Public Library

801-798-5010

49 S. Main Street

Spanish Fork, UT 84660

www.spanishfork.org/dept/library

Springville Public Library

801-489-2720

50 S. Main Street,

Springville, UT 84663

springville.org/springvillelibrary/

Utah County Bookmobile

801-489-4833

utahcountyonline.org/dept/BkMobile

Wasatch County Library

435-654-1511

465 E. 1200 South

Heber City, Utah 84032

www.wasatch.lib.ut.us/

Utah County

Senior Citizen Centers

American Fork

801-763-3090

54 E. Main

American Fork, UT 84003

Provo Eldred Ctr

801-852-6620

270 W. 500 North

Provo, UT 84606

Goshen

801-667-3477

79 S. Center

Goshen, UT 84663

Santaquin

801-754-1700

45 W. 100 South

Santaquin, UT 84655

Lehi

801-768-7165

123 N. Center Street

Lehi, UT 84043

Spanish Fork

801-798-5015

167 W. Center Street

Spanish Fork, UT 84660

Orem

801-229-7111

93 N. 400 East

Orem, UT 84097

Springville

801-489-8738

65 E. 200 South

Springville, UT 84663

Payson

801-465-5215

439 W. Utah Ave.

Payson, UT 84651

Wasatch County

435-654-4920

465 E. 1200 South

Heber, UT 84032

Pleasant Grove

801-785-2818

242 W. 200 South

Pleasant Grove, UT 84062

STUDENT RESOURCES

BRIGHAM YOUNG UNIVERSITY

BYU General Information	422-4636 www.byu.edu
BYU Counseling Center 1500 Wilkinson Student Center	422-3035 ccc.byu.edu
BYU Financial Aid Office A-41 Abraham Smoot Admin.	422-4104 saas.byu.edu/financialAid/
BYU On Campus Housing 100 Student Auxiliary Services Bldg	422-2611 housing.byu.edu
BYU Off Campus Housing 2170 Wilkinson Student Center	422-5066 housing.byu.edu/offcampus/
BYU International Services 1351 Wilkinson Student Center	422-2695 internationalservices.byu.edu
BYU Police Department 2120 JKB	422-2222 police.byu.edu
BYU University Accessibility Center 1520 Wilkinson Student Center	422-2767 uac.byu.edu
BYU Student Employment Services 2024 Wilkinson Student Center	422-3561
BYU Student Health Center 1750 North Wymount Terrace Drive	422-2771 health.byu.edu
BYU Student Service Association 3400 Wilkinson Student Center	422-3901 byusa.byu.edu

STUDENT RESOURCES

UTAH VALLEY UNIVERSITY

UVU General Information	863-INFO www.uvu.edu
UVU Accessibility Services Department 146 Woodbury Business Bldg.	863-8747 www.uvsc.edu/asd/
UVU Career & Academic Counseling 147 Woodbury Business Bldg.	863-8425 www.uvsc.edu/careeracad
UVU Financial Aid Office 105 Browning Administration Bldg.	863-8442 www.uvsc.edu/finaid
UVU Off Campus Housing 1069 Sorenson Student Center	863-8659 www.uvsc.edu/housing
UVU Police 331 Gunther Trades Bldg.	863-5555 www.uvsc.edu/police
UVU Student Services 109 B Sorensen Student Center	863-8045 www.uvu.edu/students
UVU Continuing Education 925 South 800 West	863-8450 www.uvsc.edu/conted

School District Information

Alpine School District
575 N. 100 East
American Fork, UT

(801)756-8400
Fax: (801)756-8516
www.alpine.k12.ut.us

Nebo School District
350 S. Main
Spanish Fork, UT 84660

(801) 354-7400
Fax: (801) 798-4010
www.nebo.edu

Provo School District
280 West 940 North
Provo, UT 84604

(801)374-4800
Fax: (801)374-4808
www.provo.edu

Wasatch School District
101 East 200 North
Heber City, UT 84032

(435)654-0280
www.wasatch.k12.ut.us

SUPPORT GROUPS & CLASSES

Abuse/Neglect

Center for Women & Children in Crisis	377-5500
<i>Domestic Violence Support Groups</i>	
Provo Police Victim's Advocate	852-6375
<i>Spanish-speaking Domestic Violence Support Group</i>	
Children's Justice Center	370-8554
<i>Parents & Children Abuse Support Groups</i>	
Family Support and Treatment Center	229-1181
<i>Adult Women's Trauma Group</i>	

Anger Management Classes

Turning Point	863-7580
Institute for Cognitive Therapy	802-8608

Bereavement/Grief

Canary Gardens	636-3602
<i>For youth ages 3-18 who have lost a family member</i>	
SIDS Support Group	636-3602
IHC Hospice	662-3774
<i>Bereavement Support Group</i>	
Utah Valley Regional Medical Center	
<i>Pregnancy/Infant Loss</i>	357-7754

Disabilities

Orem Fitness Center	229-7156
<i>Adaptive Aquatics</i>	
<i>Adaptive Tee-ball (summer only)</i>	
ScenicView Academy Inc.,	226-2550
<i>Autism Support group (21 and up)</i>	
Family to Family Network	801-272-1051

First Aid/CPR

American Red Cross	373-8580
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SUPPORT GROUPS & CLASSES

(CONTINUED)

Health Services

American Cancer Society	800-234-0533
<i>Cancer support groups for youth, women, men and family members</i>	
Center for Change	224-8255
<i>Family & Friends of People w/Eating Disorders</i>	
Diabetes Clinic at American Fork Hospital	
<i>Diabetes Weight Loss Program</i>	
	855-3463
HIV/AIDS Group	595-0666
Overeaters Anonymous	www.aa.org
Utah Valley Regional Medical Center	
<i>Breast Cancer</i>	
	357-8767
<i>Weigh to Fitness</i>	
	357-8143

Marriage/Family Relationships

Brigham Young University School of Family Life	422-4997
<i>Before Forever (premarital information)</i>	
BYU Comprehensive Clinic	422-7759
<i>Support groups and classes for families and individuals</i>	
Turning Point	863-7580
<i>Enhancing marriage relationships</i>	

Mental Health

National Alliance for the Mentally Ill	877-230-6264
<i>Various support groups and classes</i>	
Adapting: Anxiety, Depression and Bipolar Support	
	adaptingmail@yahoo.com

Parenting/Children

Children and Adults with ADHD	789-3952
Family Attachment Mentoring	318-3609
Family Support & Treatment Center	229-1181
<i>Kids Social Skills Group (ages 8-12)</i>	
<i>Parenting Skills Class & Group</i>	

SUPPORT GROUPS & CLASSES

(CONTINUED)

Parenting/Children (continued)

Intermountain Health Care 714-3324
Prenatal Classes
Utah County Health Department 851-7035
Car Seat Safety Class

Personal Development

Toastmasters International 465-4423
Communication Skills
Turning Point 863-7580
Successful Life Management Class

Self-sufficiency

Community Action Services 373-8200
Energy Fitness Class/HEAT Program
Home Buyer Education
Mortgage Counseling
Tenant/Landlord Class
Turning Point 863-7580
Professional Development
Utah State Extension 370-8460
Money Management, Debt Reduction, Nutrition, Food Storage
Department of Workforce Services 342-2600
Job Seeking Skills Workshops
Life Management Series

Senior Citizen Services

Community Action Services 373-8200
Outreach—Tax Rebates, HEAT Assistance, etc.
Mountainland Association of Government 229-3804
Care Givers' Night Out, Support Group
Provo Eldred Center 852-6620
55 Alive—Defensive Driving Class, Computer, Sewing,
Knitting, Tai Chi, Piano, etc.
Hearthstone Manor 798-1500
Care Giver Support Group, respite care provided.

SUPPORT GROUPS & CLASSES

(CONTINUED)

Substance Abuse

Alcoholics Anonymous/Alanon/Alateen	375-8620
American Cancer Society	800-234-0533
<i>You Can Quit Now (smoking cessation)</i>	
Gathering Place	226-2255
<i>Alcohol & Drug Process Group</i>	
<i>Family Support Group</i>	
<i>Intensive Outpatient Program Group</i>	
<i>Sex Addiction Group</i>	
Narcotics Anonymous	687-6292
Utah County Division of Human Services	851-7127
<i>Risk Alternative Program (RAP)</i>	
Utah County Health Department	851-7096
<i>Adolescent Tobacco Cessation</i>	

UNITED WAYS OF UTAH

Milford Area United Way

(435) 387-2677

806 W. 900 South
Milford, UT 84751

United Way of Cache Valley

(435) 753-0317

290 N. 400 East
P.O. Box 3281
Logan, UT 84321

United Way of Dixie

(435) 674-5939

Fax: (435) 673-3540
www.dixieunitedway.org 1070
W. 1600 South, Bldg. B
P.O. Box 895
St. George, UT 84771

United Way of Iron County

(435) 586-9024

Fax: (435) 586-9024
99 N. Main, #8
P.O. Box 3303
Cedar City, UT 84721

United Way of Northern Utah

(801) 399-5584

Fax: (801) 399-5599
www.uwnu.org
2955 Harrison Blvd Suite 201
Ogden, UT 84403

United Way of Salt Lake

(801) 736-8929

Fax: (801) 736-7800
www.uw.org
175 S. West Temple, Suite 30
Salt Lake City, UT 84101

United Way of Salt Lake, Davis County Office

(801) 497-9555

Fax: (801) 497-0900
www.unitedwaydc.org
347 W. Gordon Ave., Suite 2
Layton, UT 84041

United Way of Southeastern Utah

(435) 637-8911

Fax: (435) 637-7010
45 S. Carbon Ave. Suite 1
Price, UT 84501

United Way of Utah County

(801) 374-2588

Fax: (801) 374-2591
www.unitedwayuc.org
148 N. 100 West
P.O. Box 135
Provo, UT 84603

VOLUNTEER CENTERS OF UTAH

Volunteer Center of the Greater Salt Lake Area (801) 978-3333
1025 S. 700 West Fax: (801) 978-9565
Salt Lake City, UT 84104 211ut.org

Volunteer Center of Box Elder County (435) 734-6609
20 N. Main Fax: (435) 734-9533
Brigham City, UT 84302 www.brighamcity.utah.gov

Volunteer Center of Carbon County (435) 636-3204
30 E. 200 South Fax: (435) 636-3203
Price, UT 84501

Volunteer Center of Hurricane Valley (435) 635-9663
202 E. State Street Fax: (435) 635-0620
Hurricane, UT 84737 www.volunteersolutions.org/vcohv

Volunteer Center of Green River (435) 564-8221
PO. Box 191 Fax: (435) 564-8360
Green River, UT 84525 volunteer-connection.com

Volunteer Center of Iron County (435) 867-8384
(Iron, Garfield and Beaver counties) Fax: (435) 867-0862
88 E. Fiddlers Canyon Road, Suite H
Cedar City, UT 84720 www.volunteersolutions.org/vcoic

Volunteer Center of Kane County (435) 644-3696
176 S. 100 East Fax: (435) 644-3696
Kanab, UT 84741

Volunteer Center of Sanpete County (435) 462-7410
10 N. State Street, P.O. Box 135
Mt. Pleasant, UT 84647

Volunteer Center of Utah County (801) 374-8108
148 N. 100 West, P.O. Box 135 Fax: (801) 374-2591
Provo, UT 84603 www.unitedwayucv.org

VOLUNTEER CENTERS OF UTAH

(CONTINUED)

Volunteer Center of Washington County (435) 674-5757
1070 W. 1600 South, Bldg. B, Fax: (435) 674-9105
St. George, UT 84770 www.volunteercenterwc.org

Volunteer Center of Weber County (801) 625-3777
237 26th Street, Suite 320 Fax: (801) 778-6830
Ogden, UT 84401

The Volunteer Connection (435) 896-9222
(Juab, Sevier, Millard, Piute & Wayne counties) 1-888-899-4447
250 N. Main, Room 5 Fax: (435) 893-0701
Richfield, UT 84701

Corporation for National Service (801) 524-5411
350 S. Main, #504 Fax: (801) 524-3599
Salt Lake City, UT 84101 ut@cns.gov

**Statewide Connection to Local
Volunteer Centers** 1-800-250 SERVE
Provided by the Utah Commission on Volunteers

Utah Commission on Volunteers (801) 538-8700
324 S. State Street, Suite 500 Fax: (801) 538-8690
Salt Lake City, UT 84111 www.volunteers.utah.gov

**National Connection to Local
Volunteer Centers** 1-800-VOLUNTEER