

Family Support Center

Resources

911

Non-emergency police dispatch

435-627-4300

Washington County Sheriff's Office

435-656-6500

Southwest Center SMRT:

(435)414-4362

DOVE Center Helpline

435-628-0458

Department of Children and Family Services

435-652-2960 (Local office)

Child Abuse Reporting Hotline

855-323-3237

General Resource Referral:

211 Utah: FREE information referral via phone, text, chat, email, and phone app connecting families to community and state resources. 211utah available on Apple and Android. *Phone:* 2-1-1 *App:* 211utah
Text: text zip code to 898-211 www.211utah.org

Five County Association of Governments: an association of local governments from the five southwestern counties of the State of Utah (Beaver, Garfield, Iron, Kane, and Washington). Programs include: Administration, aging services, childcare resources, community development, human services, metro planning, volunteers, and weatherization. Provide support, education, care and safety for children, families and seniors. The flexible gas voucher program provides transportation opportunities to households looking for or maintaining employment (if client qualifies) *Phone:* (435)673-3548 *Address:* 1070 W. 1600 S. Bldg B St. George, Utah 84770 www.fivecounty.utah.gov

Aging:

AARP Friendly Voices: Combat isolation and anxiety by providing calls and resources for those (45+) who are alone and isolated. *Phone:* 1-888-281-0145
connect2affect.org

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St. George Senior Center: Provides seniors with nutritional programs, activities, meals on wheels, and transportation, prescription pick up, lunch or activities at the st george Active Life Center, and grocery shopping. *Phone:* 435-634-5743 *Address:* 245 North 200 West Saint George UT 84770
coa.washco.utah.gov

Easter Seals-Goodwill Senior Community Service Employment Program: Provides job preparation training, work experience, and paid on-the-job training in the private sector for low-income seniors ages 55+ *Phone:* 435-986-3576 *Address:* 162 North 400 East Bldg B St George, UT 84770 esgw.org

Memory Matters Utah: Provides education and support to those with Alzheimer's disease and the caregivers. Support groups, telephone reassurance, memory activity classes, cognitive testing, and care consultations. *Phone:* 435-319-0407 *Address:* 168 North 100 East Ste 104 Saint George, UT 84770
memorymattersutah.org

Childcare & Development:

Help Me Grow: FREE information line connecting families to community resources. The service includes referrals, developmental screening questionnaires, care coordination, and information on general child development and parenting topics. *Phone:* 801-691-5322 www.helpmegrowutah.org

Root for Kids: A child development program that serves low-income families who want to help their children become the best they can be. *Phone:* 435-673-5353 *Address:* 2044 Mesa Palms Drive St. George, Utah 84770 www.rootforkids.org

SUU Head Start Child Care and Preschool: SUU Head Start offers preschool services in southern Utah. Head Start classes meet 4 hours a day Monday through Thursday during the regular school year. Please call 1-800-796-6070 for more information. St. George office location (435) 628-5641 *Address:* 494 E. 900 S. St. George, Utah 84770 www.suu.edu/headstart/

Childcare Resource Center: Get assistance with finding childcare providers in your area who are licensed. *Phone:* (435)628-4843 or fill out a referral form on their website www.childcarehelp.org

Care about Childcare: Provides families looking for child care with profiles of childcare providers located throughout Utah. <https://careaboutchildcare.utah.gov/>

Kids in Care: The Kids in Care program helps fund childcare in emergency situations for unemployed parents. *Phone:* (801)326-4399 Please see website for more information www.cssutah.org/kids-in-care

Family Resource Center (WCSD): A collection of resources to help parents facilitate the academic, emotional and social development of toddlers through adolescents. Each offers print and digital materials to help parents develop additional parenting skills. In addition, they also offer games, activity sets, educational tools, and books for children. Resources may be checked out or used at the Family Resource

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Center. Contact Julie Wood. *Phone:* (435)673-8978 *Address:* 1795 W. 1230 N. St. George, Utah 84770
<https://dses.washk12.org/>

WCSD Student Support Services: Families and K-12 students facing homelessness, poverty or other socioeconomic challenges in the at-risk category can seek assistance and resources through the help of Mike Carr, the homeless liaison and student support services coordinator for the Washington County School District. *Phone:* (435)986-5167 *Address:* 121 Tabernacle Street. St. George, Utah 84770
www.washk12.org

WCSD Preschool and Special Education Preschool Department: Serves the preschool education needs of the students of Washington County. Special education preschool is available for any child who qualifies through the eligibility process. Please contact WCSD Preschool Department for more details on both. *Phone:* (435)673-1557 *Address:* 951 Brigham Road St. George, Utah 84790
www.washk12.org/preschool

Washington County School District: Serves the students of Washington County ages pre-k to 12th grade. *Phone:* (435)673-3553 *Address:* 121 W. Tabernacle, St. George, Utah 84770 www.washk12.org

Washington County Children's Justice Center: The Washington County Children's Justice Center is a homelike, child-friendly facility where children who have been victims of abuse or other crimes can begin the road to healing. We work with our multidisciplinary partners to protect each child, advance justice, promote healing, and educate our community. *Phone:* (435) 634-1134 *Address:* 463 E 500 S, St. George, UT 84770 <https://cjcwc.com/>

Youth Crisis Center: They serve ages 12 to 18 years old. They work hand in hand with law enforcement. *Phone:* 435-627-2800 It will send you to the Juvenile Detention Center. Ask to be transferred to the youth crisis center.

Big Brother Big Sister: To create and support one-to-one mentoring relationships that ignite the power and promise of youth. 435-986-9776 <https://bbbsu.org/>

Beehive Learning Academy: Preschool & Kindergarten, Before, After and Out-of-School Care; Infant Care and Summer Camp. *Phone:* 435-986-0505 *Address:* 446 South Mall Drive B-9, 10 & 11 St George UT 84790 beehivelearningacademy.com

Youth Futures: Provides safe shelter, collaborative resources, respectful guidance and diverse support to homeless, unaccompanied, runaway and at-risk youth in Northern and Southern Utah. *Phone:* 435-339-0787 *Address:* 340 East Tabernacle Street St. George, UT www.youthfuturesutah.org

NVision - Children's Eye Health Guide: Exams, glasses and more: Provides children's eye health information: visiting the eye doctor, common eye problems, vision changes and so much more.
<https://www.nvisioncenters.com/childrens-eye-health/>

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Clothing:

Deseret Industries: Sells used clothing and household items at a discounted cost. *Phone:* 435-652-8232 *Address:* 2480 East Red Cliffs Drive, St George, UT 84790 deseretindustries.org

Hope Pregnancy Care Center: Provides education and even maternity and infant supplies to help support disadvantaged families and unplanned pregnancies. *Phone:* 435-652-8343 *Address:* 391 East 500 South, UT 84770 hopepregnancyutah.org

Saint George Catholic Thrift Store: Sells used clothing, furniture, and household items at a discounted cost. *Phone:* 435-673-1029 *Address:* 157 North 200 West St George, UT, 84770 saintgeorgecatholics.com

Disability & Behavioral Resources:

RRCI: Empowering People with Disabilities: Serves people of all ages with any type of disability. Children with disabilities between the ages of 5-13 are offered monthly activities and learning opportunities during the school year and can participate in a fun summer programs. *Phone:* (435) 673-7501 *Address:* 168 N 100 E #101, St. George, UT 84770 <https://www.rrci.org/>

Kids on the Move: Autism Center serves children from infancy through adolescence. They offer applied behavior analysis (ABA) therapy in-home, with a clinic coming soon! Our KOTM Respite Care Center in St. George provides care for children with special needs while their caregivers receive a break to relieve stress, renew energy, and restore balance. Volunteers help children with activities that include crafts, Play-doh, games, and a movie at the end of the night. Held one Friday night each month from 6 p.m. to 9:30 p.m. <https://kotm.org/>

Utah Behavioral Center: Services include: autism services, behavioral therapy, social skills, day treatment, mental health, psychological Evaluations, neurofeedback, and medication management. *Phone:* (801)255-5131 <http://utahbehaviorservices.com/>

Utah Parent Center: The mission of the Utah Parent Center (UPC or Center) is to help parents help their children, youth and young adults with all disabilities to live included, productive lives as members of the community. We accomplish our mission by providing accurate information, empathetic peer support, valuable training and effective advocacy based on the concept of parents helping parents. *Phone:* (800) 468-1160 *Address:* 230 West 200 South, SLC, UT 84101 www.utahparentcenter.org

Division of Services for People with Disabilities: Supported living, respite care, residential rehab, for children and adults with intellectual disabilities, physical disabilities, brain injuries and autism. *Toll Free Phone:* 877-568-0084 dspd.utah.gov

Adult Protective Services: Abuse/Neglect of seniors and Adults with disabilities. Can call or report online. *Phone:* 800-371-7897 daas.utah.gov

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TURN Community Services: Serves people with intellectual and developmental disabilities in community-based programs. *Phone:* 435-673-5251 *Address:* 523 East Sunland Drive Ste #5A St George UT 84790 turncommunityservices.org

Southwest Behavioral Health Center: A comprehensive mental health treatment provider; which provides outpatient services Monday through Friday. SWBHC accepts Medicaid and private insurance. *Phone:* (435) 634-5600 *Address:* 474 W. 200 N. St. George, Utah 84770 www.sbhbc.us

Domestic Violence:

DOVE Center: Domestic Violence and Sexual Assault Shelter for men, women, and children. DOVE center also provides outreach, counseling, support groups, and case management. *Phone:* (435) 628-1204 Help Line: (435) 628-0458 *Address:* 1240 E. 100 S. Bldg. 22 Ste. 221 St. George, Utah 84790 www.dovecenter.org

Utah Domestic Violence Coalition: Creating a state where domestic and sexual violence are intolerable. *24 hour Linkline:* 1-800-897-5465 udvc.org

Love is Respect: Healthy relationships and setting boundaries. *Call 1-866-331-9474 Text LOVEIS to 22522* loveisrespect.org

Education:

Waterford Upstart: Provides four-year-old children access to the highest form of academic support in their early education at no cost to participants: personalized family education and coaching, a new computer and Internet if needed, and adaptive educational software *Phone:* 1-877-299-7997 waterford.org

Washington County School District: Serves the students of Washington County ages pre-k to 12th grade. *Phone:* (435)673-3553 *Address:* 121 W. Tabernacle, St. George, Utah 84770 www.washk12.org

Southwest Adult High School: Provides education services for students who have not graduated to prepare to take the GED test in English and Spanish. Also offers corrections education. *Phone:* 435-652-4709 *Address:* 75 Tabernacle, St George UT 84770 swah.wask12.org

Dixie Technical College: Provides technical and career-driven education to both adult and secondary students. *Phone:* 435-674-8400 *Address:* 610 South Tech Ridge, St George UT, 84770 dixietech.edu

SUU Head Start Child Care and Preschool: SUU Head Start offers preschool services in southern Utah. Head Start classes meet 4 hours a day Monday through Thursday during the regular school year. Please

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call 1-800-796-6070 for more information. St. George office location (435) 628-5641 *Address:* 494 E. 900 S. St. George, Utah 84770 www.suu.edu/headstart/

Employment:

Department of Workforce Services: Job assistance, Veteran employment programs, work clothing, work related fee payment assistance, work tools/equipment. *Phone:* 435-986-3500 *Address:* 162 North 400 East Ste B100 St George UT, 84770 jobs.utah.gov

Utah State Office of Rehabilitation Services: Provides employment and other training and adjustment programs to help meet the needs of Utahns with disabilities *Phone:* 435-673-5091 *Address:* 965 East 700 South Ste 202 St George, UT 84790 usor.utah.gov

Safe Southern Utah: Assistance for business owners to help with difficulties caused by COVID-19, facilitated by the St George Area Chamber of Commerce. Safesouthernutah.com

Food:

Solomon's Porch: Provides emergency supplemental food boxes and hot meals to those in need. Sunday Feast & Friday food boxes. *Phone:*(435)669-8153 1495 South Blackridge Drive St. George Utah 84770 www.porchfoursquare.com

Bishops Storehouse: The storehouse is filled with commodities provided by fast offerings and other generous donations from members. Food and supplies from the bishops' storehouse can also be sent to those affected by natural disasters, wars, or economic crises at a moment's notice. To utilize services, you will need to contact and make an appointment with your LDS bishop. *Phone:* (435)673-3491 <https://providentliving.churchofjesuschrist.org/bishops-storehouse?lang=eng>

Switchpoint Soup Kitchen & Pantry: Free lunch Monday through Friday. Check the website for food pantry hours and applications. *Phone:* 435-628-9310 *Address:* 1300 West 948 North St George UT 84770 switchpointcrc.org

Grace Episcol Church: Food box distribution at Grace Church on the 2nd and last Saturdays of each month from 11:30 am - 1 pm. *Phone:* 435-628-1181 *Address:* 1072 East 900 South St George UT, 84790 gracestgeorge.org

Hurricane Food Pantry: Provide emergency food boxes to families in low income situations with food insecurity. *Phone:* 435-635-0995 *Address:* 450 East 800 North #8 Hurricane UT 84737 fivecountycap.org/hurricane-valley-food-pantry

Meals on Wheels - St George Utah Senior Citizen Center: Please call St George Active Life Center at 435-634-5743, Option 0 or ask for Linda, to verify eligibility and sign up for the Meals on Wheels program. *Address:* 245 North 200 West St George UT, 84770 coa.washco.utah.gov

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Meals on Wheels - Hurricane Utah Senior Citizen Center: Please call senior center at 435-635-2089, to verify eligibility and sign up for the Meals on Wheels program *Address:* 95 North 300 West Hurricane UT 84737

Meals on Wheels - Enterprise Utah Senior Citizen Center: Please call senior center at 435-878-2557 to verify eligibility and sign up for the Meals on Wheels program *Address:* 165 South 100 East Enterprise UT, 84725

Full Cart: Currently offers one-time emergency food assistance sent directly to you. However, we encourage you to text "FULLCART" to (833) 689 0718 to stay connected with the Full Cart program.
Fullcart.org

Utah Food Bank: Helps provide food for those in need. *Phone:* 801-978-2452 *Address:* 4416 South River Road St George UT, 84790 utahfoodbank.org

Holiday Needs:

Utah Police Civilian Association: Shop with a cop - during the end-of-the-year holiday season kids are invited to shop to purchase gifts for members of their immediate family. *Phone:* 801-990-6213 *Address:* 5151 South 900 East #231 Salt Lake UT, 84117 utahpolicecivilianassociation.org

Marine Toys for Tots: Pam Curtis fftutsouth@gmail.com *Phone:* 435-272-5051
st-george-ut.toysfortots.org

Coins For Kids: Helps provide Christmas presents for kids in low-income families. *Phone:* 435-634-6210 *Address:* 3134 S 840 E St George UT 84790 *Email Address:* info@coinsforkids.net *Website:* coinsforkids.net

St George Basket Brigade: Non-profit organization that provides a full thanksgiving meal basket to families in need. Stgeorgebasketbrigade.org

Housing & Utilities:

St. George Housing Authority: assists low-income families with safe, decent and affordable housing opportunities. Public housing, low income housing, section 8. *Phone:* (435) 628-3648 *Address:* 975 N. 1725 W. #101 (Dixie Sun Manor) St. George, Utah 84770
<http://www.stgeorgehousingauthority.org/index.html>

Switchpoint: Beyond food and shelter, Switchpoint Community Resource Center is a stepping stone to independence for individuals experiencing homelessness. *Phone:* (435) 628-9310 *Address:* 948 N 1300 W, St. George, UT 84770 <https://switchpointcrc.org>

Family Support Center

Youth Futures: Provides safe shelter, collaborative resources, respectful guidance and diverse support to homeless, unaccompanied, runaway and at-risk youth in Northern and Southern Utah. *Phone:* 435-339-0787 *Address:* 340 East Tabernacle Street St. George, UT www.youthfuturesutah.org

Utah Rent Relief: Program can help renters who are unable to pay their rent and utilities due to circumstances related to COVID-19 rentrelief.utah.gov

H.E.A.T - Home Energy Assistance Target Program: Provides assistance to individuals and families to meet increased energy costs in winter/summer months. *Phone:* 435-652-9643 *Address:* 1664 South Dixie Drive #L 104, St George UT 84770 fivecountyheat.org

Emergency Broadband Benefit: Discounted internet (if client qualifies) offered through AT&T, CentryLink, Verizon, SC Broadband, etc. getemergencybroadband.org

Comcast Internet: Offer high speed internet for low-income families in Utah. internetessentials.com

Salvation Army: Services include emergency fuel, emergency transportation, emergency rental assistance, food boxes, campers food box, weekly bread and pastries, drive thru food box service on offer, 3 days a week. Can assist with utilities once eligibility has been determined. *Phone:* (435)275-4975 *Address:* 803 S. Bluff Street St. George, Utah 84770 https://stgeorge.salvationarmy.org/st_george_service_unit/

Weatherization Assistance Program: Reduces energy consumption and costs, and increases comfort and safety in the home. *Phone:* 1-435-586-0585 or 1-888-503-5321 wxworkssite.wordpress.com

Interpretation:

Root for Kids: A child development program that serves low-income families who want to help their children become the best they can be. Can work with clients in doing Spanish translation. *Phone:* 435-673-5353 *Address:* 2044 Mesa Palms Drive St. George, Utah 84770 www.rootforkids.org

Utah Deaf & Hard of Hearing Division: Can help with interpretation services. *Phone:* 435-652-2453

Medical & Dental:

Family Healthcare: Provides accessible, quality health care regardless of financial, language and cultural barriers. FHC offers: Adult and Senior care, adolescent care, child/pediatric care/immunizations, prenatal and postnatal care, sports physicals, prescription assistance resources, phlebotomy/laboratory service, acute and chronic illness education and management, cancer screening, home visits with a community health worker, integrated behavioral health, smoking cessation, treatment for substance abuse disorder, Hepatitis C screening and treatment, STD testing and treatment. *Phone:* (435)986-2565 *Address:* 25 N. 100 E. Suite 102 St. George, Utah 84770 www.familyhc.org

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Hughes & Associates: Provides education and assistance with navigating the Healthcare Marketplace to gain insurance *Phone:* 435-867-1111 ask for David Harris *Address:* 2069 N Main St Suite 200 Cedar City, UT 84721 hugestax.com

Doctor's Volunteer Clinic: Provides non-urgent medical care, specialty medical care, dental care, and mental health services for individuals without insurance *Phone:* 435-656-0022 *Address:* 1036 E Riverside Dr St George UT, 84770 volunteerclinic.org

Four Points Health: Provides general medical care, dental care, and mental health services *Phone:* 435-688-7572 *Address:* 1449 North 1400 W St George UT, 84770 fourpointshealth.org

Dixie State Dental Clinic: Inexpensive dental care by students, monitored by dental professionals. *Phone:* 435-879-4900 *Address:* 1526 Medical Center Dr, St George UT, 84790 health.dixie.edu/dental-hygiene/clinic/

Sound of Life (Hearing Aide) Non-profit focused on helping the hearing aid cost to help improve quality of life for those with hearing difficulties. *Phone:* 877-435-7551 *Address:* 180 North Main Street #2378 St George UT, 84771 soundoflifefoundation.org/about-us

Intermountain Access Center: 24/7 walk in clinic for mental health crises, substance abuse, or referrals for outpatient care. *Phone:* 435-251-4480 *Address:* 1380 East Medical Center Drive, St George UT, 84790 intermountainhealthcare.org/services/behavioral-health/access-centers/

Intermountain Psychiatry and Counseling: Provides medication management, counseling, and diagnoses. *Phone:* 435-251-5900 *Address:* 292 South 1470 East St George UT, 84790 intermountainhealthcare.org/locations/st-george-psychiatry-counseling/

Crimson Counseling: Works at improving mental and behavioral health in teens and adults. *Phone:* 435-705-7574 *Address:* 249 East Tabernacle Street crimsoncounseling.net

NAMI: Free service providing information, resource referrals, support to people living with a mental health condition, their family members, and caregivers. M-F 10am-8pm (ET) *Phone:* 800-950-6264 Text 24/7 "NAMI" to 741-741 nami.org

NVision: Free children's eye health guide: exams, glasses and more. <https://www.nvisioncenters.com/childrens-eye-health/>

Parenting:

Healthy Relationships Utah: Virtual and in person classes for step families, parenting, smart dating, and couples. www.extension.usu/hru

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Mother & Breastfeeding Support:

Free 2 Feed: Lactation support and education. Parenting support group that educates, encourages and supports the Mom. *Phone:* (435)773-3848 www.soundstarteducation.com

Transportation:

Salt Lake Express: Shuttle, bus, and charter services to and from St. George, Las Vegas, Salt Lake City, and more. *Phone:* 1-208-656-8824 *Address:* 805 S Bluff St, St. George, UT 84770
Saltlakeexpress.com

St. George Shuttle: Shuttle, bus, and charter services. Phone service 24 hours a day 7 days a week. *Phone:* 1-435-628-8320 *Address:* 1275 E Red Hills Pkwy, St. George, UT 84770
Stgshuttle.com

SunTran: SunTran is the city of St. George's public transit system. You can pay your fare in cash or purchase a pre-paid pass: sgcity.org/suntran/faresandpasses *Phone:* 1-435-673-8726 *Address:* 953 E Red Hills Pkwy, St. George, UT 84770
sgcity.org/suntran

Taxi USA: Taxi service available 24 hours a day 7 days a week. Additional services include wheelchair and non-emergency medical transport, and food and prescription delivery. *Phone:* 1-435-656-1500
Address: 45 N 300 E, St. George, UT 84770
calltaxiusa.com

Visitation:

Blue Butterfly House: Provides a safe facility for children to have a neutral location for court-ordered supervised visits with parents or other loved ones. BBH may also be used for grandparent respite, grandparent support groups and other community service needs in Southern Utah. BBH also provides a safe and non-judgmental environment for children and parents to have parent time exchanges. *Phone:*(435)222-9525 <https://www.bluebutterflyhouse.org/>

Veterans:

American Legion: Services for veterans, benefits center, career center, education center, health center, troop and family support, USAA financial center, women veterans. Southern Utah contact: Nolen W. Jackson *Phone:* 435-253-2975 *Address:* 45 West 200 South Fillmore UT, 84631 legion.org

Veterans Angels Inc.: Provide Senior Veterans and their families with information and support in applying for VA benefits. *Phone:* 888-319-1117 *Address:* 10170 West Tropicana Avenue #156-440, Las Vegas NV, 89147 vetangels.org

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Quilts of Valor: To cover service members and veterans touched by war with comfort and healing Quilts of Valor. Nominate online. *Phone:* 515-619-6556 *Address:* PO Box 191 Winterset, IA 50273 govf.org

Saint George Vet Center: Individuals and group counseling for veterans, service members, and their families, family counseling for military related issues, bereavement counseling, military sexual trauma counseling and referral, community outreach and education, substance abuse assessment and referral, employment referral, referral of other VA services. *Phone:* 435-673-4494 *Address:* 1664 South Dixie Drive, Suite C-102 St George UT 84770 va.gov

Southern Utah Veterans Home: Medical and nursing services 24/7, pharmacist, social services, restorative/Physical/occupational/speech therapy, wound care, dietary services, recreational therapy, hospice services, barber & beauty shop services. *Phone:* 435-634-5255 *Address:* 160 North 200 East Ivins, UT 84738 veterans.utah.gov/veterans-homes/

St. George VA Clinic: Family and internal medicine. *Phone:* 435-634-7608 for mental health extension 6005 *Address:* 230 North 1680 East Building N, St George UT 84790 va.gov