

SALT LAKE COUNTY SINGLE-PARENT RESOURCE LIST 2022-2023



Advocacy Groups

Community Action Program 801-359-2444
Utahns Against Hunger 801-328-2561

Child Abuse

Child Abuse Hotline 1-855-323-3237
Crisis Nurseries
Sugarhouse 801-487-7778
West Valley 801-967-4259
Prevent Child Abuse Utah 801-393-3366
Salt Lake County Youth Services 385-468-4500

Child Care/After School Programs

Boys & Girls Club, Greater Salt Lake 801-322-4411
DWS-Office of Child Care 1-855-531-2468
Crisis Nurseries
Sugarhouse 801-487-7778
West Valley 801-967-4259
Head Start (UCA) 801-977-1122
Neighborhood House 801-363-4589
Salt Lake County Parks & Recreation 385-468-1800
YWCA 801-537-8600

Clothing/Furniture/Household Items

Crossroads Urban Center 801-364-7765
Deseret Industries (DI) (Welfare Square) 801-240-7202
Rescue Haven Women's Center 801-521-5925
Rescue Mission 801-355-1302
Salvation Army 801-988-4204
St. Vincent de Paul Center (CCS) 801-363-7710

Domestic Violence

(See also: General Resource List)
Domestic Violence Information Line 1-800-897-5465
Legal Aid Society 801-328-8849
South Valley Services (shelter) 801-255-1095
Utah State Office for Victims of Crime 1-800-621-7444
VINE (Victim Information & Notification Everyday) 1-877-884-8463
YWCA (shelter) 801-537-8600

Ethnic/Minority Groups

Refugee & Immigrant Center – Asian Association of Utah 801-467-6060
Centro de la Familia de Utah 801-521-4473
Guadalupe School 801-531-6100
Urban Indian Center of Salt Lake 801-486-4877
International Rescue Committee-Salt Lake 801-328-1091
NAACP (Salt Lake Chapter) 801-250-5088
Utah Pride Center 801-539-8800

Financial Counseling

Fair Credit Foundation 801-483-0999
American Credit Foundation 801-208-1000
Community Action Program 801-359-2444
Utah Legal Services (bankruptcy info) 801-328-8891
Utah State University Extension Services 385-468-4820

Food Assistance Programs

See Food Resource List

Health Information

See Salt Lake Area Health and Dental Resource Lists

Housing/Utilities

Assist (home repair) 801-355-7085
Utah Community Action Program (CAP) 801-359-2444
Community Development Corporation 801-994-7222
Salt Lake Habitat for Humanity 801-263-0136
Salt Lake HEAT (Home Energy Assistance Target) Utilities 801-359-2444

Housing Authority

Salt Lake City 801-487-2161
Housing Connect 801-284-4400
West Valley City 801-963-3320
NeighborWorks Salt Lake 801-539-1590
Utah Department of Workforce Services (DWS) 866-435-7414
Utah Housing Corporation 801-902-8200

Job Training/Education

Deseret Industries (DI) (Welfare Square) 801-240-7202
Utah State Office of Rehabilitation
Services – Salt Lake 801-238-4560
Indian Training & Education Center 801-973-6484
LDS Employment Services (Welfare Square) 801-240-7240
People Helping People 801-583-5300
School Districts (Alternative programs)
Granite 385-646-5000
Jordan 801-567-8100
Murray 801-264-7400
Salt Lake 801-578-8599
Single Mom Foundation (UHEAA) 801-321-7294
Tooele Applied Technology College (ATC) 435-248-1800
Utah Department of Workforce Services 866-526-0950

Legal Assistance

Disability Law Center 800-662-9080
Landlord/Tenant Mediation Program (CAP) 801-359-2444
Legal Aid Society (Family Law) 801-328-8849
Utah Dispute Resolution (Mediation) 801-532-4841
Utah Legal Services 801-328-8891
Utah State Bar
Lawyer Referral www.utahbar.org
Tuesday Night Bar 801-297-7037

Parenting Classes/Counseling

Children's Service Society of Utah 801-355-7444
Family Counseling Center 801-261-3500
Family Support Center 801-955-9110
Jordan Family Education Center 801-565-7442
Salt Lake County Youth Services 801-468-4500
Utah Parent Center (children with disabilities) 801-272-1051

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Pregnancy Testing

(Tests are confidential)

Intermountain Medical Center Nurse Midwives	801-507-7070
Planned Parenthood Association of Utah (low cost)	
Salt Lake City	801-322-5571
West Valley City	801-973-9675
Pregnancy Resource Center (No Cost)	801-363-5433
Salt Lake Regional Hospital (No Cost)	801-350-4111

Rape/Sexual Assault

(See also: General Resource List)

Rape Recovery Center (24/7 crisis line)	801-467-7273
Utah Coalition Against Sexual Assault (Rape/Sexual assault Crisis Line)	888-421-1100
Utah Coalition Against Sexual Assault (UCASA)	801-746-0404

Recreation/Youth Guidance

Big Brothers Big Sisters	801-313-0303
Boys & Girls Clubs of Greater Salt Lake	801-322-4411
Girl Scouts of Utah	801-265-8472
Salt Lake County Youth Services	385-468-4500
Salt Lake County Parks & Recreation	385-468-1800
Sorenson Multicultural and Unity Fitness Center	801-974-2420
Utah Youth Village	801-272-9980
YouthCity Family Program	801-535-6053
YWCA	801-537-8604

Runaways and Related Situations

Homeless Youth Resource Center, VOA	801-364-0744
National Runaway Switchboard	
1-800-RUN-AWAY (1-800-786-2929)	
Salt Lake County Youth Services Center	385-468-4500

Shelter/Emergency

Family Promise –Salt Lake	801-961-8622
The Road Home	801-359-4142
Rescue Haven (Rescue Mission Women’s Center)	801-521-5925
South Valley Services (Domestic Violence)	801-255-1095
YWCA (Domestic Violence)	801-537-8600

Support Groups

Call for details on various groups	2-1-1
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Welfare and Financial Services

Office of Recovery Services (ORS) (child support)	801-536-8500
Social Security Administration (SSA)	
National	800-772-1213
Salt Lake Office	866-851-5275
Unemployment Insurance Center	888-848-0688
Utah Department of Workforce Services (UPPHI)	866-435-7414
Customer Relations (DWS Constituent Services)	800-331-4341
Worker’s Compensation Fund (WCF)	1-800-446-2667

Last Update: JULY 2023

Please visit 211ut.org for the most current resource lists.