

# General Community Resources



*United Way 2-1-1 is a free and confidential number that individuals and families can call to find local community resources, programs and services based on their needs.*

## **ABUSE AND NEGLECT**

**Center for Women & Children in Crisis** provides a confidential and safe shelter for women and children affected by domestic violence; 801-377-5500.

**The Children's Justice Center** provides support services in a homelike facility for children who have experienced physical or sexual abuse; 801-851-8554.

**Family Support & Treatment Center** provides prevention and treatment of child abuse, trauma and neglect; 801-229-1181.

**Child Abuse Reporting Line;** 855-323-3237  
**Adult Protective Services;** 800-371-7897

## **EMPLOYMENT**

**LDS Employment Resource Services** assists individuals seeking work with developing the skills they need to find employment. This includes interview skills and job searching; 801-818-6161.

**UVU Center for Personal and Career Development** offers resources for individuals wanting to improve on a personal, educational and professional level; 801-863-7580.

**Department of Workforce Services** assists individuals to develop the skills they need to find employment, as well as job search assistance. Visit [jobs.utah.gov](http://jobs.utah.gov) to find your local office.

## **EXPENSE PAYMENT ASSISTANCE**

**Home Energy Assistance Target (HEAT) Program** assists vulnerable families and individuals with their gas and electric bills. Program is open from November to April, crisis program offered year-round; 801-229-3855.

**Community Action Services and Food Bank** offers emergency crisis assistance. Services include rental deposit assistance, rent payment assistance, motel vouchers, and more; 801-373-8200.

**VITA** provides free tax preparation assistance during tax season (January-April). To make an appointment, call 2-1-1.

**Mountainland Weatherization Assistance Program** helps low-income individuals and families reduce energy costs and increase comfort and safety in their homes; 801-229-3850.

## **FOOD ASSISTANCE**

**Community Action Services and Food Bank** supplies food for families in need; 801-373-8200.

**Food and Care Coalition** provides hot meals and sack lunches to individuals who are homeless, low income or transient; 801-373-1825.

**Women, Infants and Children (WIC)** offers nutritional counseling and food assistance for families; 801-851-7340.

**Tabitha's Way** provides a food pantry to those in need; Spanish Fork: 801-709-8573, American Fork: 801-692-1881.

**Department of Workforce Services** offers a nutrition assistance program called SNAP to eligible, low-income individuals and families; 866-435-7414 x3.



2-1-1 Utah



211utah.org

*Access 2-1-1 Utah on Instagram, online, and apps available for download.*

## **HOUSING ASSISTANCE**

**Habitat for Humanity of Utah County** provides programs for low-income families to build or renovate homes; 801-344-8527.

**Self-Help Homes** provides an opportunity for low-income families and individuals to build their own new homes; 801-375-2205.

## **LEGAL SERVICES**

**BYU Community Legal Clinic** provides free legal advice and counseling on Thursday evenings from 5 pm-7 pm at 1415 North State Street in Provo. They can be reached at 801-297-7049.

**Utah County Family Justice Center** provides a one-stop clinic of legal resources on Tuesday evenings from 5 pm-8 pm at 151 South University Avenue in Suite 1601 in Provo; 801-851-8508.

**Utah Legal Services** provides free legal help in non-criminal cases to low-income Utahns; 800-662-4245.

## **MORTGAGE/ DEBT COUNSELING**

**Fair Credit** provides a free credit, debt, personal finance and mortgage delinquency counseling. Also offers other related services; 800-351-4195.

**Community Action Home Buyers Services** provides pre-purchase homeownership, homebuyer education class, financial management class and financial learning center; 801-691-5241.

**Utah Saves** is a statewide campaign which provides programs to help individuals and families save money, reduce debt and build wealth; 1-800-350-9899.

**American Credit Foundation** provides debt consultation and management programs; 800-259-0601.

## **PARENTING AND FAMILY**

**Care about Child Care** provides referrals and information about early childhood education, child care, and information about available financial aid; 801-863-8589.

**Help me Grow** connects families to community resources, pregnancy, and child development information, including developmental screenings; 801-691-5322 or 2-1-1.

**Vantage Point** mediates parent/child conflict between youth ages 11-17 and their families; 801-373-2215.

**Welcome Baby** promotes a healthy, secure and enjoyable beginning for parents, new babies and their family members; 801-691-5440.

**USU Extension Service** provides parenting, dating, and relationship classes. They also offer workshops for blended families; visit [healthyrelationshipsutah.org](http://healthyrelationshipsutah.org),

Revised July 2019

*For more information and assistance, call 2-1-1 or text your zip code to 898211.*