

[United Way 2-1-1](#) is a free and confidential number that individuals and families can call or text to find local community resources, programs and services based on their needs.



## ABUSE AND NEGLECT

**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 Haven** 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.

**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 or call 801-526-WORK (9675)

## EXPENSE PAYMENT ASSISTANCE

**Home Energy Assistance Target (HEAT) Program** provides year-round energy assistance and energy related crisis assistance for eligible low-income households; 801-229-3855 or 1-866-205-4357.

**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; 801-229-3855.

## 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 with young children; 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.

## 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 or by email: [communitylegalclinic@law.byu.edu](mailto:communitylegalclinic@law.byu.edu)

**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.



[Utah211.org](http://Utah211.org)



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## MORTGAGE/ DEBT COUNSELING

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

**American Credit Foundation** provides debt consultation and management programs; (801) 208-1000 or 1-800-898-0534.

## 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)



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