

Aging

Cedar City Senior Center

489 East 200 South Cedar City, UT 84720

1-435-586-0832 ironcounty.net

Meals (T, W, F), ride program, activities, exercise classes, recreation events, games, dancing

Meals on Wheels - Enterprise Utah Senior Citizen Center

165 South 100 East Enterprise, UT 84725

Call the Senior Center at 1-435-878-2557, to verify eligibility and sign up for the program

Five County Association

1070 West 1600 South Building B St George, UT

1-435-673-3548 fivecounty.utah.gov

Provide support, education, care and safety for seniors

Applegate Homecare and Hospice

1760 North Main St. #205, Cedar City, UT 84720

1-435-586-7330 applegatehomecare.com

From home care to private duty and hospice, help to ensure that your loved one is receiving the care they need

Beehive Homes of Cedar City

332 S 400 E, Cedar City UT 84720

1-435-590-3237 beehivehomes.com

Offer residents more access to personal care through assisted living, memory care, and respite care for loved ones

SunTree Home Health and Hospice

123 South 1650 West Cedar City, Utah 84720

1-435-586-8585 suntreehospice.com

provide the greatest comfort, dignity, and peace of mind for the patient and family

AARP Friendly Voices

1-888-281-0145 connect2affect.org

Combat isolation and anxiety by providing calls and resources for those (45+) who are alone or isolated

Children/Youth

Department of Child and Family Services

106 North 100 East Cedar City, UT 84720

1-435-865-5600 dcfs.utah.gov

Child abuse, neglect, and domestic violence, Community and Family support, Foster Care

Family Support Center of Southwestern Utah

535 South Main Street Ste 6 Cedar City, UT 84720

1-435-586-0791 familysupportutah.org

Crisis nursery ages 0-11 years old. Crisis care is judged case-by-case

Childcare - DWFS

jobs.utah.gov

Find daycares that are trusted and accept DWS subsidies. Varies based on vacancies

Children's Justice Center

Cedar City, UT 84721

1-435-867-4275 ironcjc.org/

Provides interviews, victim advocacy, medical services, mental health services, and community outreach. Support children and family experiencing crisis with the disclosure of significant physical or sexual abuse of a child

Color Country Pediatrics

55 East Canyon Commercial Ave. Cedar City, UT 84721

1-435-865-0218 colorcountrypediatrics.com

Well checks, immunizations, sick visits, nurse on call 24/7

MISS Foundation

info@missfoundation.org

1-602-279-6477 Missfoundation.org

Support for those who are experiencing the death or impending death of a child. Information and resources for bereaved parents, grandparents and siblings

Clothing

Deseret Industries

1460 South Providence Center Dr Ste 1 Cedar City, UT 84720

1-435-586-3337 deseretindustries.org

Sells used clothing and household items at a discounted cost

Iron County Care and Share

222 West 900 North Cedar City, UT 84720

1-435-586-4962 careandshare-ut.org

Provides DI clothing vouchers for work clothing or an emergency need for clothing

Catholic Thrift Shoppe

76 East Center Street Cedar City, UT 84720

1-435-865-9674 christthekingutah.org/

Clothing, household items, various tchotchkes at a discounted price

Disability

Adult Protective Services

1-800-371-7897 daas.utah.gov

Causing harm or injury, attempting to cause harm or inappropriately using physical restraint, medication or isolation that could cause harm to a vulnerable adult is illegal and must be reported.

Chrysalis

660 North Airport Road, Cedar City, UT 84721

1-435-586-4078 gochrysalis.com

24-hour residential care, autism services, host homes, support for those with behavioral, emotional and cognitive disabilities

Turn Community Services

44 West Harding Ave Suite 101 Cedar City, UT

1-435-586-1128 turncommunityservices.org

Residential services, Art & Education day services, Family Support, Respite, employment training and opportunities

*private pay or DSPD funding

Cedar City Vocational Rehabilitation Office

176 East 200 North Cedar City, UT 84720

1-435-586-9995 jobs.utah.gov/

Support individuals with disabilities in employment through counseling, guidance, partnerships

Red Rock Center for Independence

987 North Main Street Cedar City, Utah 84720

1-435-704-4798 rrci.org

Dedicated to serving individuals with disabilities. Activities, newsletters, resources, youth groups

Domestic Violence

Canyon Creek Services

535 South Main St Suite 11 Cedar City, UT 84720

1-435-233-5732 canyoncreekservices.org

Free, confidential and comprehensive services to survivors of domestic violence and sexual assault

Utah Domestic Violence Coalition

24 hour Linkline 1-800-897-5465 udvc.org

Creating a state where domestic and sexual violence are intolerable.

Dove Center

St. George, UT 84790 Office: 1-435-628-1204

Help Line: 1-435-628-0458 dovecenter.org

Provide shelter, survivors of domestic abuse, dating violence, SA, rape, trafficking, stalking

Emergency Housing

Iron County Care and Share

244 West 900 North Cedar City, UT 84720

1-435-586-5142 careandshare-ut.org

Provides temporary shelter, case management, shower and laundry facilities

LDS Transitional Services

650 West Center Street Cedar City, UT 84720

1-435-592-2870

Food orders or vouchers, transportation vouchers, DI clothing vouchers, gas, subway vouchers, housing needs

Education

Iron County School District

2077 West Royal Hunte Drive Cedar City, UT
1-435-586-2804 irondistrict.org
Special Preschools, GED/High School Equivalency
Test Instruction, Adult Basic Education

Southwest Technical College

757 West 800 South Cedar City, UT 84720
1-435-586-2899 stech.edu
Provides education and job training. Certificate
programs

Southern Utah University

351 West University Blvd, Cedar City UT 84720
1-435-586-7700 suu.edu/
University with programs for students, community
members. Aviation and online programs available

Employment

Deseret Industries

1460 South Providence Center Dr Ste 1 Cedar City,
1-435-586-3337 deseretindustries.org
Provides job training by working at Deseret
Industries or with other partner businesses

Department of Workforce Services

176 East 200 North Cedar City, UT 84721
1-435-865-6531 jobs.utah.gov
Job Assistance, Veteran Employment Programs,
Work Clothing, Work Related Fee Payment
Assistance, Work Tools/Equipment

LDS Employment Resource Services

1430 South Providence Center Drive Cedar City,
UT 84720 latterdaysaintjobs.org
1-435-586-0684
Assists individuals develop the skills needed to find
employment, interview skills and job searching

Food

Iron County Care and Share

222 West 900 North Cedar City, UT 84720
1-435-586-4962 careandshare-ut.org
Provides food items to individuals and families in
need

SUU Hope Pantry

417 West 200 North Cedar City, UT 84720
1-435-865-8340 suu.edu
Serves students with food and some hygiene items.
*Must be an SUU student

Bishops Storehouse

219 East 275 North Cedar City, UT 84720
1-435-586-8682
providentliving.churchofjesuschrist.org
(Only open Wed, Sat) Food and hygiene items
*Requires an LDS bishop's referral

True Life Food Pantry

2111 N Main St, Cedar City, UT 84721
1-435-531-6824 tlc2.org
Every Wednesday from 2pm-6pm bags of food are
given out

Full Cart

Text "FULLCART" to 1-833-689-0718 fullcart.org/
Offers one-time emergency food assistance sent
directly to you.

Holiday Needs

Utah Police Civilian Association

5151 South 900 East #231 Salt Lake, UT 84117
1-801-990-6213 utahpolicecivilianassociation.org
Shop With a Cop - during the holiday season kids
are invited to shop to purchase gifts for their family

Toys for Tots

cedar.city.ut@toysfortots.org
1-435-592-1590 cedar-city-ut.toysfortots.org
To help less fortunate children throughout the
United States experience the joy of Christmas

Housing

Cedar City Housing Authority

364 South 100 East Cedar City, UT 84720
1-435-586-8462 cedarcityhousingauthority.com
Provides subsidized housing for low-income families and elderly individuals

Utah Paiute Housing Authority

565 North 100 East Cedar City, UT 84720
1-435-586-1122 utahpha.org
Provides subsidized housing for low-income families and elderly individuals - open to members of Paiute tribe or community members

Five County CAP

585 North Main St. Cedar City, UT 84720
1-435-867-8384 fivecountycap.org
Assist in moving from a shelter to housing as fast as possible

Utah Rent Relief

1-435-867-8384 rentrelief.utah.gov
Can help renters who are unable to pay their rent and utilities due to circumstances related to COVID-19

Utilities

Five County Association of Governments

585 North Main Street Ste 3 Cedar City, UT 84720
1-435-586-0858 fivecounty.utah.gov
Provides winter and summer home energy assistance for eligible low-income households between November to April

Salvation Army

1-303-866-9296 westernusa.salvationarmy.org
Utilities, medical, rent, etc. call for assistance

Emergency Broadband Benefit

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

Medical/Dental

Family Healthcare

245 East 680 South Cedar City - East clinic
74 West Harding Ave - Cedar Harding Clinic
1-435-865-1387 familyhc.org
Provides general medical care, dental care, and mental health services to children and adults

Four Points Community Health Center

440 North Paiute Drive Cedar City, UT 84721
1-435-867-1520 fourpointshealth.org
Provides general medical care, dental care, and mental health services

Doctor's Volunteer Clinic

1036 East Riverside Drive St. George, UT 84790
1-435-656-0022 volunteerclinic.org
provides non-urgent medical care, specialty medical care, dental care, and mental health

Intermountain Cedar City Clinic

1303 North Main Ste 3C, Cedar City, UT 84721
1-435-868-5500 intermountainhealthcare.org/
Family medicine, screenings, telemedicine, mental health, women's health, immunizations

Hughes & Associates

2069 N. Main St. Suite 200 Cedar City, UT 84721
1-435-867-1111 ask for David Harris
hughesax.com
Provides education and assistance with navigating the Healthcare Marketplace to gain insurance

Southwest Public Health Department

260 E DL Sargent Drive, Cedar City UT 84721
1-435-586-2437 swuhealth.org
Environmental health, permits, vaccinations, WIC, baby your baby, vital records, wellness, outreach

Point of Pride - Transgender

pointofpride.org
Financial assistance, binders, support for trans youth and adults

Lion's Gate - Recovery

535 S Main St #2 Cedar City, UT 84720
1-866-471-9476 lionsgaterehab.com
Residential treatment for drug and alcohol abuse, provides therapy

Access Foundation - Recovery

283 W Auto Mall Drive #4 St George, UT 84770
1-435-559-1817 or 1-435-680-1459
access2soberliving.com
affordable housing in the form of sober living group homes that are alcohol and drug-free for those who choose sobriety throughout St. George and Cedar

Horizon House - Recovery

54 North 200 East, Cedar City UT, 84720
1-435-586-2515 detoxto rehab.com
providing substance abuse treatment and detoxification with outpatient care, partial hospitalization or day treatment, residential short-term and long-term treatment

NA Southern Utah

Toll Free: 1-888-495-3222
<http://nasouthernutah.org/>

Mental Health

Southwest Behavioral Health Center

245 East 680 South Cedar City, UT 84720
1-435-867-7654 sbhc.us
Assist in preventing and recovering from mental illness and addiction

Intermountain Access Center

1380 East Medical Center Dr St. George, UT 84790
1-435-251-4480 intermountainhealthcare.org
24/7 walk in clinic for mental health crises, substance abuse, referrals for outpatient care

Suicide Prevention Hotline

1-800-273-8255 suicidepreventionlifeline.org
24/7 Free and confidential emotional support for people in emotional distress or suicidal crisis

Multicultural Counseling Center

1-801-915-0359 mccounseling.com
Provide quality short-term behavioral health services
*caters to POC *telehealth option

NAMI

M-F 10am-8pm (ET) 1-800-950-6264 nami.org
Text 24/7 "NAMI" to 741-741
Free service providing information, resource referrals, support to people living with a mental health condition, their family members, caregivers

The Trevor Project

1-866-488-7386 thetrevorproject.org
Text "START" to 678-678
224/7 chat online, over text or on the phone
Suicide prevention, crisis intervention and support for LGBTQIA people under 25

Veterans Services

American Legion

Southern Utah: Nolen W. Jackson
45 W. 200 S. Fillmore, UT 84631
1-435-253-2975 <https://www.legion.org/>
Benefits Center, Career Center, Education Center, Health Center, Troop and Family Support, USAA Financial Center, Women Veterans

Veterans Angels Inc

10170 W. Tropicana Ave, #156-440
Las Vegas, NV 89147
888-319-1117 <https://vetangels.org/>
Provide Senior Veterans and their families with information and support in applying for VA Benefits

Quilts of Valor

PO Box 191 Winterset, IA 50273
1-515-619-6556 <https://www.qovf.org/>
Nominate online
To cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor.
Quilts = Healing!

Saint George Vet Center

1664 South Dixie Drive, Suite C-102

St. George, UT 84770

1-435-673-4494 <https://www.va.gov/>

Individual and group counseling for Veterans, service members, and their families, Family counseling for military related issues, Bereavement (grief) counseling, Military sexual trauma counseling and referral, Community outreach and education, Substance abuse assessment and referral, Employment referral, Referral of other VA services

Southern Utah Veterans Home

160 N 200 E Ivins, UT 84738

1-435-634-5255 <https://www.nasvh.org/>

Medical and Nursing Services 24 hrs/day, Pharmacist, Social Services, Restorative/Physical/Occupational/ Speech Therapy, Wound Care, Dietary Services, Recreational Therapy, Hospice Services, Barber & Beauty Shop Services

St. George VA Clinic

230 North 1680 East, Building N

St. George, UT 84790 <https://www.va.gov/>

Main phone: 435-634-7608

Mental health clinic: 435-634-7608 x6005

Family and Internal Medicine