

Aging

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.

Always Best Care

1079 E Riverside Dr, Ste 202

St. George, UT 84770

1-435-216-7080 - alwaysbestcarestgeorge.com

Local experts in senior care, providing a resource for aging and senior living. Services include: Assisted & Independent Living Services, In-Home Care Services, Alzheimer's Care, Veterans Assistance.

Applegate Homecare and Hospice

1760 N 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.

Area Agency on Aging - Five County Association of Governments

585 N Main St, Cedar City, UT 84720

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

Provides support, education, care, and safety for seniors.

Beehive Homes of Cedar City

332 S 400 E, Cedar City, UT 84720

1-435-590-3237 - beehivehomes.com

Offers residents more access to personal care through assisted living, memory care, and respite care.

Cedar City Senior Center

489 E 200 S, 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 S 100 E, Enterprise, UT 84725

Call the Senior Center at 1-435-878-2557 to verify eligibility and sign up for the Meals on Wheels program.

Senior Activity Daycare

120 E Altamira Dr, Unit 103, Cedar City, UT 84720

1-435-263-0060 - senior-activity-day-care

Adult daycare center serving Cedar City - provide meals, activities and keep them awake to support healthy sleep routines.

*not open yet - hoping to be open in March

Southern Utah Veterans Home

160 N 200 E, Ivins, UT 84738

1-435-634-5255 - nasvh.org

Medical and nursing services 24/7, pharmacist, social services, PT, OT, speech therapy, wound care, dietary services, recreational therapy, hospice, and barber and beauty shop.

SunTree Home Health and Hospice

123 S 1650 W, Cedar City, UT 84720

1-435-586-8585 - suntreehospice.com

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

Children/Youth

Childcare - DWFS

jobs.utah.gov

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

Color Country Pediatrics

55 E Canyon Commercial Ave

Cedar City, UT 84721

1-435-865-0218 - colorcountrypediatrics.com

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

Department of Child and Family Services

106 N 100 E, 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 S Main St, 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.

Iron County Children's Justice Center

545 S 225 E, Cedar City, UT 84720

1-435-867-4275 - ironcjc.org

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

MISS Foundation

Phone: 1-602-279-6477

Email: info@missfoundation.org

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

Catholic Thrift Shoppe

76 E Center St, Cedar City, UT 84720

1-435-865-9674 - christthekingutah.org

Clothing, household items, various tchotchkes at a discounted price.

Deseret Industries

1460 S 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 W 900 N, Cedar City, UT 84720

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

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

Disability

Adult Protective Services

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

Abuse and neglect of seniors and adults with disabilities. Can call or report online.

Cedar City Vocational Rehabilitation Office

176 E 200 N, Cedar City, UT 84720

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

Supports individuals with disabilities in employment through counseling, guidance, and partnerships.

Chrysalis

660 N Airport Rd, 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.

Division of Services for People with Disabilities

Toll Free: 1-877-568-0084 - dspd.utah.gov

Supported living, respite care, and residential rehab for children and adults with intellectual disabilities, physical disabilities, brain injuries, and autism.

Red Rock Center for Independence

987 N Main St, Cedar City, UT 84720

1-435-704-4798 - rrci.org

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

Turn Community Services

44 W Harding Ave, Ste 101, Cedar City, UT 84720

1-435-586-1128 - turncommunityservices.org

Residential services, art and education day services, family support, respite, employment training and opportunities.

*private pay or DSPD funding

Domestic Violence

Canyon Creek Services

535 S Main St, Ste 11, Cedar City, UT 84720

1-435-233-5732 - canyoncreekservices.org

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

Dove Center

1240 E 100 S, Ste 221, St. George, UT 84790

Help Line: 1-435-628-0458

Office: 1-435-628-1204 - dovecenter.org

Work to empower those impacted by domestic abuse and sexual violence. Provides shelter, advocacy and counseling for survivors of domestic abuse, dating violence, sexual assault, rape, sex trafficking, and stalking.

Utah Domestic Violence Coalition

24-Hour Linkline: 1-800-897-5465 - udvc.org

Creating a state where domestic and sexual violence are intolerable.

Emergency Housing

Iron County Care and Share

244 W 900 N, Cedar City, UT 84720

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

Provides shelter, and case management. Drop in services for showers, laundry, and meals.

LDS Transitional Services

650 W Center St, Cedar City, UT 84720

1-435-592-2870

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

Education

Iron County School District

2077 W Royal Hunte Dr, Cedar City, UT 84720

1-435-586-2804 - irondistrict.org

Programs include: Special Preschools, GED/High School Equivalency Test Instruction, Adult Basic Education.

Southern Utah University

351 W University Blvd, Cedar City, UT 84720

1-435-586-7700 - suu.edu

University with programs for students and community members. Aviation and online programs available.

Southwest Technical College

757 W 800 S, Cedar City, UT 84720

1-435-586-2899 - stech.edu

Provides education and job training. Certificate programs.

SUU Head Start

494 E 900 S, St. George, UT 84790

1-435-628-5641 - suu.edu

Increase the social competence of young children from low-income families; takes into account the social, emotional, cognitive, and physical development of children and leads to effectiveness in dealing with the present environment and future responsibilities in school and life.

Waterford Upstart

1-877-299-7997 - waterford.org

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.

Employment

Department of Workforce Services

176 E 200 N, Cedar City, UT 84721

1-435-865-6531 - jobs.utah.gov

Job assistance, veteran employment programs, work clothing, work-related fee payment assistance, and work tools/equipment.

Deseret Industries

1460 S Providence Center Dr, Ste 1
Cedar City, UT 84720
1-435-586-3337 - deseretindustries.org
Provides job training by working at Deseret Industries or with other partner businesses.

LDS Employment Resource Services

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

Food

Bishops Storehouse

219 E 275 N, Cedar City, UT 84720
1-435-586-8682
providentliving.churchofjesuschrist.org
Food and hygiene items. Only open Wed & Sat.
*requires an LDS bishop's referral

Full Cart

fullcart.org
Currently offers one-time emergency food assistance sent directly to you.
Text FULLCART to 1-833-689-0718 to stay connected with the Full Cart program.

Iron County Care and Share

222 W 900 N, Cedar City, UT 84720
1-435-586-4962 - careandshare-ut.org
Provides food items to individuals and families in need. Monthly food boxes, weekly food bags, and hygiene products.

Parowan Care and Share

68 S 100 E, Parowan, UT 84761
1-435-477-3558
Provides food items to individuals and families in need. Fridays 3pm-5pm

SUU Hope Pantry

417 W 200 N, Cedar City, UT 84720
1-435-865-8340 - suu.edu
Serves students with food and some hygiene items.
*must be a SUU student

True Life Food Pantry

2111 N Main St, Cedar City, UT 84721
1-435-531-6824 - tlc2.org
Every Wednesday from 2:00 - 6:00 p.m., bags of food are given out.

Utah Food Bank (Mobile Pantry)

303 N 100 E, Cedar City, UT 84721
1-435-656-9122 utahfoodbank.org
First Friday of each month a drive-through service is available to community members to provide them with food. (Also travels to Beryl, Hilldale, Tropic, etc.)

Holiday Needs

Toys for Tots

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

Utah Police Civilian Association

5151 S 900 E, #231, Salt Lake City, UT 84117
1-801-990-6213 - utahpolicecivilianassociation.org
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.

Housing

Cedar City Housing Authority

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

Five County CAP

585 N Main St, Cedar City, UT 84720

1-435-867-8384 - fivecountycap.org

Assists in moving from a shelter to housing as quickly as possible.

Utah Paiute Housing Authority

565 N 100 E, Cedar City, UT 84720

1-435-586-1122 - utahpha.org

Provides subsidized housing for low-income families and elderly individuals - open to members of the Paiute tribe or community members.

Utah Rent Relief

1-435-674-5757 - rentrelief.utah.gov

Can help renters who are unable to pay their rent and utilities due to circumstances related to COVID-19.

Medical/Dental/Vision

Access Foundation - Recovery

283 W Auto Mall Dr, #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.

Bulloch Drug

91 N Main St, Cedar City, UT 84720

1-435-586-9651 - bullochdrug.com

FREE weekday prescription delivery right to your home or office, Medicine Synchronization, Bubble Packing (pick-up & delivery).

Doctors' Volunteer Clinic (Medical & Dental)

1036 E Riverside Dr, St. George, UT 84790

1-435-656-0022 - volunteerclinic.org

Provides non-urgent medical care, specialty medical care, dental care, and mental health services for individuals without insurance.

Doctors' Volunteer Clinic (Vision)

1036 E Riverside Dr, St. George, UT 84790

1-435-656-0022 - volunteerclinic.org

Eye exams and prescriptions for low-income and uninsured. By appointment only on Monday mornings. Call 1-435-656-0022, option 1, and then option 2 to schedule an appointment. Affordable eyeglasses can be purchased at Walmart or Zenni Optical (online).

Family Healthcare

245 E 680 S, Cedar City - East Clinic

74 W 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 N Paiute Dr, Cedar City, UT 84721

1-435-867-1520 - fourpointshealth.org

Provides general medical care, dental care, and mental health services.

Horizon House - Recovery

54 N 200 E, Cedar City, UT 84720

1-435-586-2515 - detoxorehab.com

Provides substance abuse treatment and detoxification with outpatient care, partial hospitalization or day treatment, residential short-term and long-term treatment.

Hughes & Associates

2069 N Main St, Ste 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.

Intermountain Cedar City Clinic

1303 N Main, Ste 3C, Cedar City, UT 84721

1-435-868-5500 - intermountainhealthcare.org

Family medicine, screenings, telemedicine, mental health, women's health, immunizations.

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.

NA Southern Utah

Toll Free: 1-888-495-3222

nasouthernutah.org

Planned Parenthood: St. George Health Center

595 S Bluff St, Ste 1, St. George, UT 84770

1-435-674-7227 - plannedparenthood.org

Family planning services, STD testing and treatment, women's wellness checks, HIV services.

Point of Pride

pointofpride.org

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

Southwest Public Health Department

260 E DL Sargent Dr, Cedar City, UT 84721

1-435-586-2437 - swuhealth.org

Environmental health, permits, vaccinations, WIC, baby your baby, vital records, wellness, outreach.

Mental Health

Intermountain Access Center

1380 E Medical Center Dr, St. George, UT 84790

1-435-251-4480 - intermountainhealthcare.org

24/7 walk-in clinic for mental health crises, substance abuse, and referrals for outpatient care.

Family Healthcare

245 E 680 S, Cedar City - East Clinic

74 W Harding Ave - Cedar Harding Clinic

1-435-865-1387 - familyhc.org

Provides behavioral health care services to children and adults. Play therapy for ages 3-11.

Multicultural Counseling Center

1-801-915-0359 - mccounseling.com

Provides quality short-term behavioral health services.

*caters to POC *telehealth option

NAMI - National Alliance on Mental Illness

24/7 crisis support: text NAMI to 741-741

HelpLine: 1-800-950-6264 or info@nami.org

Monday - Friday: 10:00 a.m. - 10:00 p.m. (ET)

nami.org

Free service providing information, resource referrals, and support to people living with a mental health condition, their family members, and caregivers.

Southwest Behavioral Health Center

245 E 680 S, Cedar City, UT 84720

1-435-867-7654 - sbhc.us

Assists in preventing and recovering from mental illness and addiction (only take Medicare/Medicaid).

Suicide Prevention Hotline

1-800-273-8255 - suicidepreventionlifeline.org

24/7 free and confidential emotional support for people in emotional distress or suicidal crisis.

The Trevor Project

1-866-488-7386 - thetrevorproject.org

Text "START" to 678-678

24/7 chat online, over text, or on the phone.

Suicide prevention, crisis intervention, and support for LGBTQIA people under the age of 25.

Transportation

CATS

1-435-865-4510 - cedarcity.org

Fixed bus route throughout Cedar City. Dial-A-Ride paratransit vans for the elderly (65 and over) and the disabled. Passes available, discounts for students.

Five County CAP - Gas Voucher Program

1-435-674-5757 - fivecountycap.org

The flexible gas voucher program provides transportation opportunities to households looking for or maintaining employment (if client qualifies).

Iron County Taxi

1-435-865-7076 - ironcountytaxi.com

Low fare rides throughout Cedar City. Special discounts available.

Salt Lake Express

Phone: 1-208-656-8824

Email: info@saltlakeexpress.com

saltlakeexpress.com

Shuttle, bus and charter service throughout Utah, Montana, Idaho, Nevada, Wyoming and Arizona.

Utilities

Emergency Broadband Benefit

getemergencybroadband.org

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

Five County Association of Governments

585 N Main St, 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.

H.E.A.T. Program

Home Energy Assistance Target

2069 N Main St, Ste 103, Cedar City, UT 84721

1-435-586-0858 - fivecountyheat.org

Provides assistance to individuals and families to meet increased energy costs in winter and summer months.

Salvation Army

1-303-866-9296 - westernusa.salvationarmy.org

Utilities, medical, rent, etc. Call for assistance.

Weatherization Assistance Program

1-435-586-0585 or 1-888-503-5321

wxworkssite.wordpress.com

Reduces energy consumption and costs, and increases comfort and safety in the home.

Veterans Services

American Legion

1-435-253-2975 - legion.org

Benefits, career, education, and health center. USAA Financial, troop and family support.

Homeless Veterans Fellowship

541 23rd Street Ogden, UT 84402-1706

801-392-7662 - homelessveterans.org

Provides a stabilized living environment, counseling services, and additional programs that will enable homeless veterans and veterans at risk of being homeless to return to self-sufficiency. Anyone with at least one day of active duty service can receive help.

Saint George Vet Center

1664 S Dixie Dr, Ste C-102, St. George, UT 84770

1-435-673-4494 - va.gov

Individual and group counseling for veterans, service members, and their families. Family counseling for military related issues, bereavement counseling, sexual trauma counseling, and referrals for employment and substance abuse.

St. George VA Clinic

230 N 1680 E, Bldg N, St. George, UT 84790

1-435-634-7608 - va.gov

Family medicine, internal medicine, and mental health services.

Quilts of Valor

PO Box 191, Winterset, IA, 50273

1-515-619-6556 - govf.org

Nominate online - to cover service members and veterans touched by war with comforting and healing quilts.

Veterans Angels Inc

10170 W Tropicana Ave, #156-440

Las Vegas, NV 89147

1-888-319-1117 - vetangels.org

Provides senior veterans and their families with information and support in applying for the VA benefit to help with the cost of care.