

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.

Area Agency on Aging - Five County Association of Governments

1070 W 1600 S, Bldg B, St. George, UT 84770

1-435-673-3548

areaagencyonagingfivecounty.org

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

Easterseals-Goodwill Senior Community Service Employment Program

162 N 400 E, Bldg B, St. George, UT 84770

1-435-986-3576 - esgw.org/scsep

Helping people with disabilities, older workers, and veterans find and hold meaningful employment. Provides job preparation training, work experience, and paid on-the-job training.

Five County Association of Governments

1070 W 1600 S, Bldg B, St. George, UT 84770

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

Offer various services throughout the five counties of southwestern Utah providing support, education, care and safety for children, families, and seniors.

Memory Matters Utah

168 N 100 E, Ste 104, St. George, UT 84770

1-435-319-0407 - memorymattersutah.org

Provides education and support to those with Alzheimer's disease and their caregivers. Provides adult day care Monday - Thursday. Support groups, telephone reassurance, memory activity classes, cognitive testing, and care consultations.

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.

St. George Active Life Center (Senior Center)

245 N 200 W, St. George, UT 84770

1-435-634-5743 - washco.utah.gov

A place where older adults (60+) can get together for a variety of individual and group services and activities; provide them nutritious meals; respond to their diverse needs and interests; encourage their involvement within the center and the community; enhance their dignity and quality of life; provide various forms of assistance to enable them to live healthy and independent as long as possible.

Tuesday - Friday: 9:00 a.m. - 4:00 p.m.

Lunch served: 11:30 a.m. - 12:30 p.m.

Children/Youth

Beehive Learning Academy

446 S Mall Dr, Ste B-10, St. George, UT 84790

1-435-986-0505 - beehivelearningacademy.com

Offer care for children ages 3 months to 9 years of age. Programs include Preschool, Kindergarten, Before & After School, Infant Care, and Summer Camp.

Children's Justice Center

463 E 500 S, St. George, UT 84770

1-435-634-1134 - cjcwc.com

Provides interviews, victim advocacy, medical services, mental health services, and community

outreach. Support children and family experiencing crisis that comes with the disclosure of significant physical or sexual abuse of a child.

Department of Child and Family Services

178 N 200 E, St. George, UT 84770
1-435-652-2960 - dcfs.utah.gov

Offers a variety of services intended to help keep children safe from domestic violence, provide domestic violence services, and clothing vouchers to D.I. along with many other services.

Family Support Center

310 W 200 N, St. George, UT 84770
1-435-674-5133 - fsc4kids.org

Offer multiple family services including crisis and respite nursery, information and resource referral services, and parenting and youth education.

Hope Pregnancy Care Center

391 E 500 S, St. George, UT 84770
1-435-652-8343 - hopepregnancyutah.org

Provides education and maternity and infant supplies to help support disadvantaged families and unplanned pregnancies. Help future parents be prepared for their child to be born.

Root for Kids

2044 S Mesa Palms Dr, St. George, UT 84770
1-435-673-5353 - rootforkids.org

Provides health services, daycare, early intervention, and family support. Weekly or bi-weekly home visits, health and developmental assessments and screenings, therapy and learning programs for infants and toddlers with special needs, infant and toddler mental health services, and physical and mental health screenings for pregnant women.

Clothing

Deseret Industries

2480 E Red Cliffs Dr, St. George, UT 84790
1-435-652-8232 - deseretindustries.org

Sells used clothing and household items at a discounted cost.

Saint George Catholic Thrift Store

157 N 200 W, St. George, UT 84770
1-435-673-1029 - saintgeorgecatholics.com
Sells used clothing, furniture, and household items at a discounted cost.

Switchpoint Boutique

214 N 1000 E, St. George, UT 84770
1-435-628-9310 - switchpointcrc.org/boutique
Monday - Friday: 9:00 a.m. - 6:00 p.m.
Saturday: 10:00 a.m. - 5:00 p.m.
Re-purposes usable household and clothing items.

Switchpoint Thrift Store

935 N 1300 W, #7, St. George, UT 84770
1-435-900-1020 - switchpointthriftstore.org
Monday - Friday: 9:00 a.m. - 6:00 p.m.
Saturday: 10:00 a.m. - 5:00 p.m.
Re-purposes usable household and clothing items.

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.

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.

TURN Community Services

523 E Sunland Dr, Ste #5A, St. George, UT 84790
1-435-673-5251 - turncommunityservices.org
Serves people with intellectual and developmental disabilities in community-based programs.

Domestic Violence

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. Four focuses: advocate for victim safety and empowerment, collaborate with community partners and services, educate the community, and connect victims to resources.

Education

Dixie Technical College

610 S Tech Ridge Dr, St. George, UT 84770

1-435-674-8400 - dixietech.edu

Provides technical and career-driven education to both adult and secondary students.

Red Rock Center for Independence

168 N 100 E, Ste 101, St. George, UT 84770

1-435-673-7501 - rrci.org

Non-profit for empowering people with disabilities and providing resources for them and their families.

Southwest Adult High School

75 Tabernacle, St. George, UT 84770

1-435-652-4709 - swah.washk12.org

Provides education services for students who have not graduated to prepare to take the GED test in English and Spanish. Also offers corrections education and assists adults to become literate and obtain knowledge and skills for employment.

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.

Washington County School District

121 W Tabernacle, St. George, UT 84770

1-435-673-3553 - washk12.org

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

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.

Emergency Housing

Switchpoint Emergency Shelter

948 N 1300 W, St. George, UT 84770

1-435-628-9310, ext. 0 - switchpointcrc.org

Provides 24/7 homeless shelter, classes, case management, showers, community garden, doggy day care, and food pantry.

Youth Futures

340 E Tabernacle St, St. George, UT 84770

1-435-339-0787 - youthfuturesutah.org

Provides safe shelter, collaborative resources, respectful guidance and diverse support to homeless, unaccompanied, runaway, and at-risk youth.

Employment

Department of Workforce Services

162 N 400 E, Ste B100, St. George, UT 84770

1-435-986-3500 - jobs.utah.gov

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

Safe Southern Utah

safesouthernutah.com

Assistance for business owners through grants to help with difficulties caused by Covid-19, facilitated by the St. George Area Chamber of Commerce.

Utah State Office of Rehabilitation Services

965 E 700 S, Ste 202, St. George, UT 84790
1-435-673-5091 - usor.utah.gov

Provides employment and other training and adjustment programs to help meet the needs of Utahns with disabilities.

Food

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.

Grace Episcopal Church

1072 E 900 S, St. George, UT 84790
1-435-628-1181 - gracestgeorge.org

Food box distribution on the second and last Saturdays of each month: 11:30 a.m. - 1:00 p.m.

Hurricane Valley Food Pantry

450 E 800 N, #8, Hurricane, UT 84737
1-435-635-0995 - fivecountycap.org

Provides emergency food boxes to families in low-income situations with food insecurity.

Monday: 4:00 - 6:00 p.m.

Wednesday & Friday: 10:00 a.m. - 12:00 p.m.

Meals on Wheels - Enterprise Utah Senior Citizen Center

165 S 100 E, Enterprise, UT 84725

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

Meals on Wheels - Hurricane Utah Senior Citizen Center

95 N 300 W, Hurricane, UT 84737

Please call the Senior Center at 1-435-635-2089 to verify eligibility and sign up for the Meals on Wheels program.

Meals on Wheels - St. George Utah Senior Citizen Center

245 N 200 W, St. George, UT 84770

coa.washco.utah.gov

Please call the St. George Active Life Center at 1-435-634-5743, option #0 (or ask for Linda) to verify eligibility and sign up for the Meals on Wheels program.

Salvation Army

803 S Bluff St, St. George, UT 84770

1-435-275-4975 - stgeorge.salvationarmy.org

Food assistance 3 days a week:

Tuesday, Wednesday & Thursday

10:00 a.m. - 12:00 p.m. & 1:00 - 3:00 p.m.

Solomon's Porch

1495 S Black Ridge Dr, A240

St. George, UT 84770

1-435-669-8153 - porchstg.org

Sunday Feast and Friday food boxes.

Switchpoint Food Pantry

1300 W 948 N, St. George, UT 84770

1-435-628-9310 - switchpointcrc.org

Provides emergency food assistance. Check the website for application information and required documentation. Visit during pantry hours.

Monday - Thursday: 11:00 a.m. - 4:45 p.m.

Friday: 11:00 a.m. - 3:45 p.m.

Switchpoint Soup Kitchen

1300 W 948 N, St. George, UT 84770

1-435-628-9310 - switchpointcrc.org

Free hot meals at the Switchpoint Cafeteria (upper level). Monday - Friday: 11:45 a.m. - 1:00 p.m.

Utah Food Bank

4416 S River Rd, St. George, UT 84790

1-801-978-2452 - utahfoodbank.org

Helps provide food for those in need.

Holiday Needs

Coins For Kids

3143 S 840 E, St. George, UT 84790

Contact: 1-435-634-6210 or info@coinsforkids.net

coinsforkids.net

Helps provide Christmas presents for kids from low-income families.

Marine Toys for Tots

st-george-ut.toysfortots.org

Contact Pam Curtis, Head Coordinator

Phone: 1-435-272-5051

Email: tftutsouth@gmail.com

To help less fortunate children throughout the United States experience the joy of Christmas.

St. George Basket Brigade

stgeorgebasketbrigade.org

Non-profit organization that provides a full

Thanksgiving meal basket to families in need.

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

St. George Housing Authority

975 N 1725 W, #101, St. George, UT 84770

1-435-628-3648 - stgeorgehousingauthority.org

Assists low-income families with safe, decent and affordable housing options to achieve self-sufficiency.

Utah Rent Relief

rentrelief.utah.gov

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

Medical/Dental/Vision

Dixie State Dental Clinic

1526 Medical Center Dr, St. George, UT 84790

1-435-879-4900 - health.dixie.edu

Inexpensive dental care by students, monitored by dental professionals.

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

25 N 100 E, Ste 101, St. George, UT 84770

Medical: 1-435-986-2565

Dental: 1-435-359-2165 - familyhc.org

Preventative care, infant and child care, women's health care, prenatal care, oral health, mental health, and discount prescriptions.

Additional locations:

2408 E Riverside Dr (St. George Millcreek Clinic)

391 N 200 W, Hurricane, UT (Hurricane Clinic)

Four Points Health

1449 N 1400 W, St. George, UT 84770

1-435-688-7572 - fourpointshealth.org

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

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.

Sound of Life Foundation

180 N Main St, #2378, St. George, UT 84771

1-877-435-7551 - soundoflifefoundation.org

Non-profit focused on helping with hearing aid costs to improve quality of life for those with hearing difficulties.

Mental Health

Crimson Counseling

340 E 600 S, St. George, UT 84790

1-435-705-7574 - crimsoncounseling.net

Focuses on teens and young adults with autism who are experiencing difficulties with transitioning into independent living. The challenges may be related to social skills, communication challenges, inability to establish and maintain relationships, and executive functioning challenges.

Family Healthcare

25 N 100 E, Ste 101, St. George, UT 84770

1-435-986-2565 - familyhc.org

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

Additional locations:

2408 E Riverside Dr (St. George Millcreek Clinic)

391 N 200 W, Hurricane, UT (Hurricane Clinic)

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.

Intermountain Psychiatry and Counseling

292 S 1470 E, St. George, UT 84790

1-435-251-5900 - intermountainhealthcare.org

Provides medication management, diagnoses, and counseling.

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

474 W 200 N, St. George, UT 84770

1-435-634-5600 - sbhc.us

Assists in preventing and recovering from mental illness and addiction.

Transportation

Dial-a-Ride

St. George Active Life Center (Senior Center)

245 N 200 W, St. George, UT 84770

1-435-634-5743, option #1

coa.washco.utah.gov/st-george/transportation

Provides transportation to those 60 years of age or older and disabled individuals under 60 years of age. Tuesday - Friday: 9:30 a.m. - 2:30 p.m.

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).

Salt Lake Express

805 S Bluff St, St. George, UT 84770
1-208-656-8824 - saltlakeexpress.com
Shuttle, bus, and charter services to and from St. George, Las Vegas, Salt Lake City and more.

St. George Shuttle

1275 E Red Hills Pkwy, St. George, UT 84770
1-435-628-8320 - stgshuttle.com
Shuttle, taxi, and chartered bus services. Phone service 24 hours a day 7 days a week.

SunTran

953 E Red Hills Pkwy, St. George, UT 84770
1-435-673-8726 - sgcity.org/suntran
SunTran is the city of St. George's public transit system. You can pay your fare in cash or purchase a pre-paid pass: sgcity.org/suntran/faresandpasses

Taxi USA

45 N 300 E, St. George, UT 84770
1-435-656-1500 - calltaxiusa.com
Taxi service available 24 hours a day 7 days a week. Additional services include wheelchair and non-emergency medical transport, and food and prescription delivery.

Utilities

Comcast Internet

internetessentials.com
Offers high-speed internet for low-income families in Utah.

Emergency Broadband Benefit

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

H.E.A.T. Program

Home Energy Assistance Target

1664 S Dixie Dr, #L104, St. George, UT 84770
1-435-652-9643 - fivecountyheat.org

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

Salvation Army

Connection Center: 1-855-768-7977
westernusa.salvationarmy.org
Can assist with utilities once eligibility has been determined.

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
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.