

### Aging

#### AARP Friendly Voices

1-888-281-0145 - [connect2affect.org](http://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](http://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](http://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](http://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](http://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](http://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](http://senior-activity-day-care)

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

#### Southern Utah Veterans Home

160 N 200 E, Ivins, UT 84738

1-435-634-5255 - [nasvh.org](http://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](http://suntreehospice.com)

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

### Children/Youth

#### Childcare - DWFS

[jobs.utah.gov](http://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](http://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](https://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](https://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](https://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](mailto:info@missfoundation.org)

[Missfoundation.org](https://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](https://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](https://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](https://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](https://daas.utah.gov)

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

### Chrysalis

660 N Airport Rd, Cedar City, UT 84721

1-435-586-4078 - [gochrysalis.com](https://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](https://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 (RRCI)

987 N Main St, Ste 2, Cedar City, UT 84720

1-435-704-4798 - [rrci.org](https://rrci.org)

Non-profit empowering people with disabilities to live independently through education, personalized services, and technology.

### Southern Utah Vocational Rehabilitation

#### Cedar City Office

176 E 200 N, Cedar City, UT 84721

1-435-586-9995 - [usor.utah.gov](https://usor.utah.gov)

Provides employment, training, and adjustment programs for those with disabilities. Ages 14 and up. Serves the 5-county area.

### Turn Community Services

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

1-435-586-1128 - [turncommunityservices.org](https://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://latterdaysaintjobs.org)

Assists individuals in developing the skills needed to find employment, interview skills, and job searching.

### **Southern Utah Vocational Rehabilitation**

#### **Cedar City Office**

176 E 200 N, Cedar City, UT 84721

1-435-586-9995 - [usor.utah.gov](http://usor.utah.gov)

Provides employment, training, and adjustment programs for those with disabilities. Ages 14 and up. Serves the 5-county area.

## **Food**

### **Bishops Storehouse**

219 E 275 N, Cedar City, UT 84720

1-435-586-8682

[providentliving.churchofjesuschrist.org](http://providentliving.churchofjesuschrist.org)

Food and hygiene items. Only open Wed & Sat.

\*requires an LDS bishop's referral

### **Full Cart**

[fullcart.org](http://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](http://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](http://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](http://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](http://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 and Parowan)

## **Holiday Needs**

### **Toys for Tots**

[cedar-city-ut.toysfortots.org](http://cedar-city-ut.toysfortots.org)

Phone: 1-435-592-1590

Email: [cedar.city.ut@toysfortots.org](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 - [detoxstorehab.com](http://detoxstorehab.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)

[hughestax.com](http://hughestax.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](http://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](http://lionsgaterehab.com)

Residential treatment for drug and alcohol abuse, provides therapy.

### NA Southern Utah

Toll Free: 1-888-495-3222

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

### Planned Parenthood: St. George Health Center

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

1-435-674-7227 - [plannedparenthood.org](http://plannedparenthood.org)

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

### Point of Pride

[pointofpride.org](http://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](http://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](http://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](http://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](http://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](mailto:info@nami.org)

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

[nami.org](http://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](http://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](http://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](http://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](http://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](http://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](http://ironcountytaxi.com)

Low fare rides throughout Cedar City. Special discounts available.

### Salt Lake Express

Phone: 1-208-656-8824

Email: [info@saltlakeexpress.com](mailto:info@saltlakeexpress.com)

[saltlakeexpress.com](http://saltlakeexpress.com)

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

## Utilities

### Emergency Broadband Benefit

[getemergencybroadband.org](http://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](http://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](http://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](http://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](http://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](http://legion.org)

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

### Department of Workforce Services

#### Accelerated Credentialing to Employment (ACE) Program

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

1-435-986-3530 - [jobs.utah.gov](http://jobs.utah.gov)

Assists Utah veterans, members of the Active Components, actively drilling members of the Guard and Reserve and their respective spouses, overcome barriers to employment or better employment.

### Homeless Veterans Fellowship

541 23rd Street Ogden, UT 84402-1706

801-392-7662 - [homelessveterans.org](http://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](http://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](http://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](http://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](http://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.