

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 - fivecounty.utah.gov

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

Beaver Senior Center

81 E Center St, Beaver, UT 84713

1-435-438-5313

areaagencyonagingfivecounty.org

Meals delivered Monday, Wednesday, and Friday for 60+, suggested donation of \$3.00. Those under 60 must pay \$7.00. Call before 10:30 a.m. to get on the list.

Jewels Legacy Garden

380 N 500 W, PO Box 1970, Beaver, UT 84713

1-435-531-0229 (David or Elizabeth Jones)

jewelslegacygarden.com

Family-oriented care center. Provides respite care, assisted living, and emergency hospice. Owned and operated by local community members. Takes Medicaid- New Choices Waiver.

Milford Senior Center

415 N 100 W, Milford, UT 84751

1-435-387-2379

areaagencyonagingfivecounty.org

Meals delivered Monday, Wednesday, and Friday for 60+, suggested donation of \$3.00. Those under 60 must pay \$7.00. Call before 10:30 a.m. to get on the list.

Minersville Senior Center

247 S Center, Minersville, UT 84752

1-435-386-8410

areaagencyonagingfivecounty.org

Meals delivered Monday, Wednesday, and Friday for 60+, suggested donation of \$3.00. Those under 60 must pay \$7.00. Call before 10:30 a.m. to get on the list.

Richfield Rehabilitation and Care Center

163 E 1000 N, Richfield, UT 84701

1-435-896-8211 - avalonhealthcare.com/richfield

Short and long term care, rehabilitation, and memory care.

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.

Children/Youth

Child & Adolescent Psychiatry

Dr. Ryan Williams, MD

90 S 200 W, Beaver, UT 84713

1-435-327-2484

Child and adolescent psychiatry, and family counseling.

Children with Special Health Care Needs (Utah CSHCN)

288 N 1460 W, PO Box 144610

Salt Lake City, UT 84114

1-801-273-2800 - health.utah.gov/cshcn
Part of the Utah Department of Health: oversees programs for children with special healthcare needs.

Department of Child and Family Services

875 N Main St, Beaver, UT 84713
1-435-438-3400 - dcfoffices.org
Keeps children safe, provides domestic violence services, and provides clothing vouchers to D.I.

Family Support Center

535 S Main St, Ste 6, Cedar City, UT 84720
1-435-586-0791 - familysupportutah.org
Dedicated to strengthening families, protecting children, and promoting healthy relationships.

Little Leapers Child Care

100 N 360 W, Beaver, UT 84713
1-435-310-0637 - dacie.derbidge@gmail.com
Provides children with a clean, safe, and inviting environment for learning.

Clothing

Clothing Closet

300 N Main St, Beaver, UT 84713
(NE door of old Elementary, aka Beaver City Office)
Phone: 1-435-310-0637
Email: dacie.derbidge@gmail.com
Wednesdays: 4:00 - 6:00 p.m.
Clothing, toys, and household items.

Deseret Industries (D.I.)

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.

Deseret Industries (D.I.)

700 S Main St, Richfield, UT 84701
1-435-896-4494 - deseretindustries.org

Sells used clothing and household items at a discounted cost.

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.

Red Rock Center for Independence (RRCI)

1-435-236-9404 - rrci.org
Non-profit empowering people with disabilities to live independently through education, personalized services, and technology.

Southern Utah Vocational Rehabilitation

875 N Main St, Beaver, UT, 84713
1-801-526-0950 - usor.utah.gov
Provides employment, training, and adjustment programs for those with disabilities. Ages 14 and up. Serves the 5-county area.

Domestic Violence

Beaver County Attorney's Office

2270 S 525 W, Beaver, UT 84713
1-435-438-6441 - beaver.utah.gov
Referral to counselors, assist victims of domestic abuse, legal referral, and payment of medical costs.

Canyon Creek Services

535 S Main St, Ste 11, Cedar City, UT 84720
1-435-233-5732 - canyoncreekservices.org
Provides 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. Four focuses: advocate for victim safety and empowerment, collaborate with community partners and services, educate the community, and connect victims to resources.

Education

Beaver County School District

291 N Main St, Beaver, UT 84713
1-435-438-2291 - beaver.k12.ut.us
Programs include: Special Preschools, GED/High School Equivalency Test Instruction, Adult Basic Education.

SUU Head Start

510 N 650 E, Beaver, UT 84713
1-800-796-6070 - suu.edu/headstart
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.

Utah State University Extension Service

65 N 400 E, Beaver, UT 84713
1-435-438-6450 - extension.usu.edu/beaver
Programs include: Nutrition Education, Parenting Skills Classes, Relationship Workshops, Youth Agricultural Programs.

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

Beaver City Housing Authority

325 E Center St, Beaver, UT 84713
1-435-438-2935 - lowincomehousing.us
Oversees low-income housing, including the application process, eligibility guidelines, and related resources.

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.

Employment

Department of Workforce Services

875 N Main St, Beaver, UT, 84713
1-801-526-0950 - jobs.utah.gov
Job assistance, veteran employment programs, work clothing, work-related fee payment assistance, and work tools/equipment.

Southern Utah Vocational Rehabilitation

965 E 700 S, Ste 202, St. George, UT 84790
1-435-673-5091 - usor.utah.gov
Provides employment, training, and adjustment programs for those with disabilities. Ages 14 and up. Serves the 5-county area.

Food

Beaver Food Pantry

50 S 100 E, Beaver, UT 84713
1-435-421-1034
Provides food items to individuals and families in need. Every other Wednesday and Thursday after the first Monday of the month from 10:00 a.m. - 5:00 p.m.

Milford Food Pantry

451 N Main St, Milford, UT 84751
1-435-209-0277

Provides food items to individuals and families in need. Every other Tuesday after the first Monday of the month from 10:00 a.m. - 5:00 p.m.

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.

Housing

Beaver City Housing Authority

40 N 300 E, Beaver, UT 84713

1-435-438-2935 - lowincomehousing.us

Provides subsidized housing for low-income families and elderly individuals.

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.

Holiday Needs

Marine Toys for Tots

cedar-city-ut.toysfortots.org

Contact Ryan Merrill

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.

Medical/Dental

The mission of the Southwest Utah Public Health Department is to protect the community's health through the promotion of wellness and the prevention of disease.

Beaver Drug and Gift

98 N Main St, Beaver, UT 84713

1-435-438-2588 - beaverdrugut.com

Monday - Friday: 9:00 a.m. - 5:30 p.m.

Saturday: 10:00 a.m. - 12:30 p.m.

Delivers prescriptions & medical supplies, diabetes education and support, medical equipment, pharmacy, and medicare open enrollment navigation. Also provides Covid-19 rapid testing and vaccinations.

Beaver Health Department

75 W 1175 N, Beaver, UT 84713

1-435-438-2482 - swuhealth.org/bvr

Monday & Wednesday: 7:30 a.m. - 5:30 p.m.

Closed for lunch from 12:00 - 1:00 p.m.

Vaccines and immunizations, WIC, diabetes prevention, environmental health, emergency preparedness, health promotions, communicable diseases, vital records, and clinical services.

Beaver Valley Hospital

1109 N 100 W, Beaver, UT 84713

1-435-438-7100 - beaverutah.net

Provides emergency care 24/7, long term care, and home health and hospice.

Four Points Health: Community Health Center

440 N Paiute Dr, Cedar City, UT 84721

1-435-867-1520 - fourpointshealth.org

Services: Medical, Dental, Mental Health and Substance Abuse Counseling, Wellness

Hughes & Associates

2069 N Main St, Ste 200, Cedar City, UT 84721

1-435-867-1111 (David Harris) - hughestax.com

Provides education and assistance with navigating the Healthcare Marketplace to gain insurance.

Le Leche League International

Valerie: 1-801-225-2794 or 1-801-850-7867

Alanna: 1-801-376-5438 English & Spanish

lelecheleague.org

Provides breastfeeding information and support.

Mountain View Dental

885 N 50 E, Beaver, UT 84713

1-435-438-5940

Taking new patients, but not new Medicaid.

Murdock Family Dental

225 N Main St, Beaver, UT 84713

1-435-438-4044 - <https://www.murdockdental.org>

Services: Preventive Care, Restorative Care, Dental Surgery, Cosmetic Dentistry

Planned Parenthood: St. George Health Center

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

1-435-674-7227 - www.plannedparenthood.org

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

Mental Health

AA Beaver Fellowship

30 W 300 N St, Beaver, UT 84713

Thursday: 7:00 - 8:00 pm - Open

Saturday: 7:00 - 8:00 pm - Speaker (6 p.m. potluck)

alcoholicsanonymous.com

Life Continues Recovery

1-844-950-5433 - lifecontinuesrecovery.com

Provides one-on-one substance dependency recovery support and virtual support.

NA Southern Utah

Toll Free: 1-888-495-3222

nasouthernutah.org

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

75 W 1175 N, Beaver, UT 84713

1-435-438-5537 - sbhc.us

Outpatient substance abuse, mental health counseling, suicide prevention, general counseling, mental health evaluation, and crisis management.

Utah (Tobacco) Quitline

English: 1-800-784-8669

Spanish: 1-855-335-3569

waytoquit.org

Transportation

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

Beaver HEAT Program

875 N Main St, Beaver, UT 84713

1-435-438-3884 - fivecountycap.org/heat

Provides winter and summer home energy assistance for eligible low-income households.

CentraCom

35 S State St, Fairview, UT 84629

1-435-427-3331 - centracom.com/home

High Speed Internet, Digital Cable TV, Reliable Telephone: statewide fiber-optic network and extensive coverage throughout rural Utah.

Comcast Internet

internetessentials.com

Offer high speed internet for low-income families in Utah.

Emergency Broadband Benefit (EBB)

getemergencybroadband.org

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

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 Center, Career Center, Education Center, Health Center, Troop and Family Support, USAA Financial Center, Women Veterans

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

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

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.