

Envejecimiento

AARP Friendly Voices

1-888-281-0145 - [connect2affect.org Combata](https://connect2affect.org/Combata)

Combaten el aislamiento y la ansiedad por medio de proporcionar llamadas y recursos para aquellos (45 años +) que están solos o aislados.

Always Best Care

1079 E Riverside Dr, Ste 202

St. George, UT 84770

1-435-216-7080 - alwaysbestcarestgeorge.com

Expertos locales en el cuidado de personas mayores, proporcionando un recurso para el envejecimiento en la vida de personas mayores. Los servicios incluyen: servicios de vida asistida y independiente, servicios en hogar, atención de la enfermedad de Alzheimer y asistencia para veteranos.

Applegate Homecare and Hospice

1760 N Main St, #205, Cedar City, UT 84720

1-435-586-7330 - applegatehomecare.com

Desde atención domiciliaria hasta servicio privado y hospicio, ayude a garantizar que su ser querido reciba la atención que necesita .

Area Agency on Aging - Five County

Association of Governments

585 N Main St, Cedar City, UT 84720

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

Proporciona apoyo, educación, atención y seguridad para personas mayores.

Beehive Homes of Cedar City

332 S 400 E, Cedar City, UT 84720

1-435-590-3237 - beehivehomes.com

Ofrece a los residentes más acceso al cuidado personal a través de vida asistida, cuidado de la memoria y cuidado de relevo.

Cedar City Senior Center

489 E 200 S, Cedar City, UT 84720

1-435-586-0832 - ironcounty.net

Comidas (martes, miércoles, viernes), programa de viaje, actividades, clases de ejercicios, eventos recreativos, juegos, baile.

Meals on Wheels - Enterprise Utah Senior Citizen Center

165 S 100 E, Enterprise, UT 84725

Llame al Senior Center al 1-435-878-2557 para verificar la elegibilidad e inscribirse en el programa Meals on Wheels.

Senior Activity Daycare

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

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

Guardería para adultos mayores que sirve el área de Cedar City: proporciona comidas, actividades y mantiene a los clientes despiertos para apoyar un sueño saludable rutina.

Southern Utah Veterans Home

160 N 200 E, Ivins, UT 84738

1-435-634-5255 - nasvh.org

Servicios médicos y de enfermería 24/7, farmacéutico, servicios sociales, fisioterapia, terapia del habla, cuidado de heridas, servicios dietéticos, terapia recreativa, hospicio, peluquería y salón de belleza.

SunTree Home Health and Hospice

123 S 1650 W, Cedar City, UT 84720

1-435-586-8585 - suntreehospice.com

Proporciona la mejor comodidad, dignidad y tranquilidad para el paciente y la familia.

Niños/Jóvenes

Childcare - DWFS

- DWFS

jobs.utah.gov

Encuentre guarderías confiables que aceptan subsidios de DWS. Varía según los puestos vacantes.

Color Country Pediatrics

55 E Canyon Commercial Ave
Cedar City, UT 84721

1-435-865-0218 - colorcountrypediatrics.com

Cheques de salud, inmunizaciones, visitas por enfermedad, enfermera de guardia las 24 horas del día, los 7 días de la semana.

Department of Child and Family Services

106 N 100 E, Cedar City, UT 84720

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

Abuso infantil, negligencia y violencia doméstica, apoyo comunitario y familiar, cuidado de crianza temporal.

Family Support Center of Southwestern Utah

535 S Main St, Ste 6, Cedar City, UT 84720

1-435-586-0791 - familysupportutah.org

Guardería de crisis para niños de 0 a 11 años. La atención de crisis se juzga caso por caso.

Iron County Children's Justice Center

545 S 225 E, Cedar City, UT 84720

1-435-867-4275 - ironcjc.org

Brinda entrevistas, defensa de víctimas, servicios médicos, servicios de salud mental y alcance comunitario. Apoya a niños y familias que experimentan crisis con la revelación de abuso físico o sexual significativo de un niño.

Kids On The Move

1-801-221-9930 - kotm.org

Servicios en el hogar para niños con autismo, temprano jardín de infancia, intervención temprana y telesalud. Ubicación de la clínica física en St. George, UT.

Fundación MISS

Teléfono: 1-602-279-6477

Correo electrónico: info@missfoundation.org
Missfoundation.org

Apoyo para aquellos que están experimentando la muerte o la muerte inminente de un niño.

Información y recursos para padres, abuelos y hermanos en duelo.

Utah Behavior Services

1870 N Main St Suite 206, Cedar City, UT 84720

1-801-255-5131 ext 4 - utahbehaviorservices.com

Servicios de autismo y salud mental, ABA, administración de medicamentos, tratamiento diurno, talleres para padres y terapia.

Ropa

Catholic Thrift Shoppe

76 E Center St, Cedar City, UT 84720

1-435-865-9674 - christthekingutah.org

Ropa, artículos para el hogar, varias cosas a un precio con descuento.

Department of Workforce Services (DWS)

176 E 200 N

Cedar City, UT 84720

(435) 865-6547

Fondos disponibles para clientes que necesitan ropa para propósitos relacionados con el trabajo.

Deseret Industries

1460 S Providence Center Dr, Ste 1

Cedar City, UT 84720

1-435-586-3337 - deseretindustries.org

Vende ropa usada y artículos para el hogar a un precio reducido.

Iron County Care and Share

222 W 900 N, Cedar City, UT 84720

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

Proporciona cupones de ropa DI para ropa de trabajo o una necesidad de ropa de emergencia.

Descapacidad

Adult Protective Services

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

Abuso y negligencia de personas mayores y adultos con discapacidades. Puede llamar o informar en línea.

Chrysalis

660 N Airport Rd, Cedar City, UT 84721
1-435-586-4078 - gochrysalis.com

Atención residencial las 24 horas, servicios de autismo, hogares anfitriones, apoyo para personas con discapacidades conductuales, emocionales y cognitivas.

División de Servicios para Personas con Discapacidades

Número gratuito: 1-877-568-0084 - dspd.utah.gov
Cuidado de relevo y rehabilitación residencial para niños y adultos con discapacidades intelectuales, discapacidades físicas, lesiones cerebrales y autismo.

Centro Red Rock para la Independencia (RRCI)

987 N Main St, Suite 2, Cedar City, UT 84720
1-435-704-4798 - rrci.org
Organización sin fines de lucro que empodera a las personas con discapacidades para que vivan de forma independiente a través de la educación, los servicios personalizados y la tecnología.

Rehabilitación Vocacional del Sur de Utah

Oficina de Cedar City
176 E 200 N, Cedar City, UT 84721
1-435-586-9995 - usor.utah.gov
Ofrece programas de empleo, capacitación y ajuste para personas con discapacidades. A partir de 14 años. Sirve al área de los 5 condados.

Servicios Comunitarios de Turn

44 W Harding Ave, Ste 101, Cedar City, UT 84720
1-435-586-1128 - turncommunityservices.org
Servicios residenciales, servicios diurnos de arte y educación, apoyo familiar, cuidado de relevo, capacitación laboral y oportunidades.
*pago privado o financiamiento DSPD

Violencia doméstica

Servicios de Canyon Creek

535 S Main St, Suite 11, Cedar City, UT 84720
1-435-233-5732 - canyoncreekservices.org
[Servicios](#)
gratuitos, confidenciales e integrales para sobrevivientes de violencia doméstica y agresión sexual .

Centro Dove

1240 E 100 S, Ste 221, St. George, UT 84790
Línea de ayuda: 1-435-628-0458
Oficina: 1-435-628-1204 - dovecenter.org
Trabajando para empoderar a las personas afectadas por el abuso doméstico y la violencia sexual . Brinda refugio, defensa y asesoramiento para sobrevivientes de abuso doméstico, violencia de pareja, agresión sexual, violación, tráfico sexual y acecho.

Coalición contra la Violencia Doméstica de Utah

24 horas: 1-800-897-5465 - udvc.org
Creando un estado donde la violencia doméstica y sexual sean intolerables.

Vivienda de emergencia

Care and Share del condado de Iron

244 W 900 N, Cedar City, UT 84720
1-435-586-5142 - careandshare-ut.org
Brinda refugio y administración de casos. Servicios de entrega para duchas, lavandería y comidas.

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.

Southern Utah Vocational Rehabilitation Cedar City Office

176 E 200 N, Cedar City, UT 84721

1-435-586-9995 - 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

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 and Parowan)

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)

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

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.

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 84402-1706

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.