

- CHILD HELP USA** 1-800-4-A-CHILD
www.childhelpusa.org
 24 hour hotline, crisis help for children and adults for treatment and prevention of abuse and neglect.
- CHILDREN'S JUSTICE CENTER** 851-8554
 315 S. 100 E., PROVO
www.utahcountyonline.org/Dept/CJC/index.asp
 Therapy referrals/funding for child and family abuse.
- FAMILY SUPPORT AND TREATMENT CENTER** 229-1181*
 1255 N. 1200 W., OREM
www.utahvalleyfamilysupport.org
 24 hour a day abuse prevention/drop-off center for parents. Individual and group therapy.
- ISAT SPECIALIZED ABUSE TREATMENT CENTER** 373-0210*
 Protective Services
- PROTECTIVE SERVICES (DCFS)**
 After hours 378-8281*
 578 E. 300 S., AMERICAN FORK 492-3320*
 1106 N. 1200 W., OREM 224-8575, (ext 203)*
 150 E. Center, PROVO 374-7005*
www.dcfs.state.ut.us
 Treatment and referrals for child/adult abuse and neglect.

Pregnancy Assistance

- BABY YOUR BABY HOTLINE** 1-800-826-9662*
- BABY YOUR BABY** 851-7033
 151 S. University Ave., suite 2400, PROVO
www.babyourbaby.org
 Temporary Medicaid program that covers prenatal services.
- HOSPITAL CHILD BIRTH CLASSES**
 Sign up about 3 months before due date; enrollment fee.
 IHC Hospitals 714-3327
 Mountain View Hospital 485-7090
 Timpanogos Hospital 714-6336
- MARCH OF DIMES** 801-746-5540*
 747 E South Temple St. Suite 120, SALT LAKE CITY
www.marchofdimes.com
 Teen pregnancy/prenatal classes, info & videos to checkout.
- MEDICAID**
 See Medicaid under "Medical Resources"
- PREGNANCY RESOURCE CENTER** 221-2591*
 343 E. University Parkway, OREM
www.pregnancycenter.net
 Pregnancy testing/counseling for unplanned pregnancy; donated items such as maternity clothes, 0-5 year old.
- PREGNANCY RISKLINE** 1-800-822-2229*
www.pregnancyriskline.org
 Questions about risk to baby in pregnancy & breastfeeding.
- PREGNANCY TESTS**
 IHC Hospitals (Laboratory) 357-7021*
 Mt Timpanogos Women's Health Care (free) 756-5288*
 1886 W. 800 N., PLEASANT GROVE
 New Beginnings, Nurse Midwife Care (free) 714-3388*
 527 W. 400 N., suite #4, OREM
 Pregnancy Resource Center, OREM (free) 221-2591*
 1156 S. State Street #204, OREM
- THE GATHERING PLACE** 226-2255
 251 E. 1200 S., OREM
www.gatheringplace.org
 FREE class for mothers-to-be/mothers of infants 0-6 months.

Substance Abuse

- ALCOHOLICS ANONYMOUS, ALANON & ALATEEN** 375-8620
 420 N 200 W Suite 6
 Helps alcoholics and their families overcome alcoholism.

- PROMISE FOR WOMEN & FAMILIES** 851-7696*
 151 S. University Ave, Suite 3200, PROVO
www.utahcountysubstanceabuse.org
 Substance abuse treatment for women and their children.
- SUPPORT GROUPS - AA, Alanon, Alateen** 375-8620
 Spanish help 602-9928*
 Utah Valley Central Office - 420 N. 200 W., suite 6, PROVO
www.utahvalleyaa.org
 24 hour service for alcohol rehabilitation.
- THE GATHERING PLACE** 226-2255*
 251 E. 1200 S., OREM
www.gatheringplace.org
 Individual and group therapy for sexual abuse, drugs/alcohol.
- THE HOUSE OF HOPE** 373-6562*
 1726 S. Barkley Ln., PROVO
 Inpatient substance abuse treatment for mothers with children.
- UTAH COUNTY DIV. OF SUBSTANCE ABUSE** 851-7127*
 151 S. University Ave., suite 1500, PROVO
 Provides services for overcoming substance abuse.

Transportation

- HOLY CROSS MINISTRIES** 1-801-908-0293*
 2570 W. 1700 S., SALT LAKE CITY
www.holycrossministries.org
 Transportation; Spanish translation; ESL, prenatal & life skills classes; immigration legal services.
- UTA BUS** 374-9517*
 Paratransit contact information 696-0337*
www.rideuta.com
 Transportation system. Reduced fare for disabled, seniors.
- UTAH VALLEY PARATRANSIT** 374-8306*
 815 S Freedom Blvd, PROVO
www.unitedwayuc.org
 Services for the disabled who can't ride buses.

Utilities/Energy/Heating

- H.E.A.T. PROGRAM** 377-0066 ext 249
 815 S. Freedom Blvd., PROVO
<http://dced.utah.gov/community/heat.html>
 Assist with heating and electricity.
- R.E.A.C.H. (American Red Cross)** 373-8580*
 865 N Freedom Blvd., PROVO
<http://mountainvalley.redcross.org> or redcross.org
 Assistance with emergency heating and public utilities.
- STATE ENERGY OFFICE** 1-800-862-3833*
www.energy.utah.gov
 Provides information regarding conserving energy.
- THE WEATHERIZATION ASSISTANCE PROGRAM** 373-8333
<http://www.co.utah.us/Dept/Hauc/Weather.asp>
 Free weatherization for those who are income eligible.

Other

- CTR - COMMUNITY THRIFT & RELIEF** 377-7676
 515 N. Univ. Ave., PROVO
- DESERET INDUSTRIES** 373-7920*
 1415 N. State, PROVO
- UNITED WAY (main line)** 374-2588*
 (Information and referral center) 374-8400
www.unitedwayuc.org
 Provides information and referrals to individuals
- UTAH CARES**
www.utahcares.utah.gov
 Connects people with services.

COMMUNITY REFERRALS

Produced by Utah County WIC
 Updated July 2007
 *Spanish-speaking staff available

WIC WEBSITES:

www.utahcountyonline.org/Dept/Health/WIC/index.asp
<http://health.utah.gov/wic/>

Breastfeeding

BREASTFEEDING.COM

www.breastfeeding.com

Information and product information about breastfeeding.

IHC LACTATION CONSULTANTS

 714-3349*

Questions and assistance with breastfeeding. Electric pump rental.

IHC PRENATAL BREASTFEEDING CLASS

 714-3324

Lactation Clinic 527W 400N Suite 3

www.ihc.com

Breastfeeding class at a low cost of \$10.

LA LECHE LEAGUE

 1-801-264-5883*

www.la lecheleague.org

Information and product information about breastfeeding.

MISSOURI DEPARTMENT OF HEALTH

<http://www.dhss.mo.gov/breastfeeding/info.html>

Breastfeeding information and online learning modules.

WIC BREASTFEEDING SUPPORT LINE

 851-7312*

<http://www.utahcountyonline.com/Dept/Health/WIC/BreastFeed.asp>

Assistance with breastfeeding by Lactation Specialists, infant growth follow-up, hand and electric breast pumps.

WOMEN'S HEALTH.GOV

 1-800-994-WOMAN (9662)*

<http://www.4women.gov/breastfeeding>

Breastfeeding information. Helpline 9 a.m.-8 p.m. EST.

Children/Family Services

- CENTER FOR SERVICE AND LEARNING** 422-8686
 2330 WSC - BYU, PROVO
<http://centerforservice.byu.edu>
 Big Brother / Big Sister Program
- CHILD CARE RESOURCE AND REFERRAL MOUNTAINLAND**
 Local area 801-863-8220*
 Outside of local area 1-800-952-8220*
 800 West University Parkway, OREM
www.unvc.edu/ccr/
 Free referrals for childcare to parents
- CHILD CAR SEAT PROGRAM** 851-7035*
 151 S. University Ave., suite 2700, PROVO
 Classes Wed. Low cost toddler car seats, not infants. Must be on Medicaid, WIC, or food stamps.
- COMMON BOND** 357-4504
www.ihc.com/wp/ihc/americanfork/classesevents/classes/supportL.html
 Support for parents who have lost children, parents of kids with disabilities, parents with babies in NBICU.
- EARLY CHILDHOOD DEVELOPMENT**
www.earlychildhood.com
 Child development/activities resource for parents.
- KIDS ON THE MOVE (Alpine School District)** 221-9830*
 475 W. 260 N., OREM
www.kotm.org
 Early intervention program for disabled children 0 - 3 yrs.