COMMUNITY REFERRALS

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

WIC WEBSITES:
www.utaountonline.org/Dept/Health/WIC/index.asp
http://health.uta.gov/wic/

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 .................................. 1-800-264-5683*
www.lalecheleague.org
Information and product information about breastfeeding.
MISSOURI DEPARTMENT OF HEALTH ........... 888-762-3636*
http://www.dora.mo.gov/breastfeedinginfo.html
Breastfeeding information and online learning modules.
WIC BREASTFEEDING SUPPORT LINE ........ 855-7312*
Assistance with breastfeeding by Lactation Specialists. infant growth follow-up, hand an electric breast pumps.
WOMEN'S HEALTH.GOV ................................ 1-800-994-WOMAN (9662)*
http://www.womenshealth.gov/breastfeeding
Breastfeeding information. Helpline 9 a.m.-4 p.m. EST.

Children/Family Services

CENTER FOR SERVICE AND LEARNING ........ 422-8608
2330 WSC - 8TH, PROVO
http://centerforlearning.usu.edu
Big Brother / Big Sister Program
CHILD CARE RESOURCE AND REFERRAL MOUNTAIN
Local area ................. 801-995-2230*
Outside of local area ................. 801-995-2230*
800 West University Parkway, OREM
www.usc.edu/crc
Free referrals for childcare to parents
CHILD CARE SEAT PROGRAM .................. 851-7035*
151 S. University Ave, suite 2700, PROVO
Child seats. Lowest cost toddler car seats, not infants. Must be on Medicaid, WIC, or food stamps.
COMMON BOND ........................................ 365-4504
www.ihc.org/qi/hlcomamericabond/classbones/indices/key
Support for parents who have lost children, parents of kids with disabilities, parents with babies in NICU.
EARLY CHILDHOOD DEVELOPMENT
www.earlychildhood.com
Child development/activities resource for parents.
KIDS ON THE MOVE (Alpine School District) ........ 221-9030*
475 W. 260 N., OREM
www.kotm.org
Early intervention program for disabled children 0 - 3 yrs.

Pregnancy Assistance

BABY YOUR BABY HOTLINE ............... 1-800-428-9947*
BABY YOUR BABY ............... 851-7003
151 S. University Ave., suite 2400, PROVO
www.utaountonline.org
Temporary Medicaid program that covers prenatal services.
HOSPITAL CHILDBIRTH CLASSES
181 S. University Ave., Suite 2400, PROVO
www.utaountonline.org
Sign up 3 months before due date; enrollment fee.
IHC Hospitals ...................................... 714-3327
Mountain View Hospital ............. 465-7000
Timpanogos Hospital .................. 714-8336
MARCH OF MOWES ................................ 801-746-5540*
747 E South Temple St. Suite 120, SALT LAKE CITY
www.marchofmows.org
Teen pregnancy/prenatal classes, info & videos to checkout.
MCCARD
See Medicaid under "Medical Resources"
PREGNANCY RESOURCE CENTER ....... 221-2591*
343 E. University Parkway, OREM
www.pregnancycenter.org
Pregnancy testing/counseling for unplanned pregnancy; donated items such as maternity clothes, 0-5 year old.
PREGNANCY RISKLINE .................... 1-800-822-2220*
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) .... 756-5268*
1800 W. 800 N., PLEASANT GROVE
New Beginnings, Nurse Michelle's Care (free) ... 714-3383*
527 W 400 N., suite B4, OREM
Pregnancy Resource Center, OREM (free) .... 221-2591*
1158 S. State Street 92, 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 W 200 N Suite 6
Helps alcoholics and their families overcome alcoholism.

PROMISE FOR WOMEN & FAMILIES ............. 851-7608*
151 S. University Ave, Suite 1200, PROVO
www.utaountonline.org/Dept/Health/WIC/index.asp
Substance abuse treatment for women and their children.
SUPPORT GROUPS - AA, Alateon, Alanon ........... 375-8620
Spanish help ........................................ 692-6928*
Utah Valley Central Office - 420 N. 200 W., suite 6, PROVO
www.utaountonline.org/Dept/Health/WIC/index.asp
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, drug/alcohol.
THE HOUSE OF HOPE ....................... 375-6652*
1738 S. Berkeley 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 ............... 1-801-906-0293*
2570 W. 1700 S., SALT LAKE CITY
www.holycrossministries.org
Transportation; Spanish translation; ESL; prenatal & life skills classes; immigration legal services.
UTA BUS ........................................ 374-8517*
Panoramart contact information ............ 596-0337*
www.ridetdx.com
Transportation system. Reduced fares for disabled, seniors.
UTAH VALLEY PARATRANSIT .................... 374-8006*
815 S Freedom Blvd, PROVO
www.paratransit.org
Services for the disabled who can't ride buses.

Utilities/Energy/Heating

H.E.A.T. PROGRAM .................. 377-2068 ext 249
815 S. Freedom Blvd., PROVO
http://heat.utaountonline.org/heat.html
Assist with heating and electricity.
R.E.A.C.H. (American Red Cross) ............ 373-8580*
880 N Freedom Blvd., PROVO
http://www.redcross.org
Assistance with emergency heating and public utilities.
STATE ENERGY OFFICE .................. 1-800-482-3833*
www.energy.uta.gov
Provides information regarding conserving energy.
The WEATHERIZATION ASSISTANCE PROGRAM ........ 373-8333
Provides information regarding conserving energy.
Free weatherization for those who are income eligible.

Other

CTR - COMMUNITY THRIFT & RELIEF ............. 377-7876
510 S. Univ. Ave., PROVO
DESERET INDUSTRIES ............... 373-7620*
1415 N. State, PROVO
UNITED WAY (main line) ............... 374-2588*
Information and referral center ............ 374-6400
www.unitedway.org
Provides information and referrals to individuals.

UTAH CARES .....................................
www.utahcares.uta.gov
Connects people with services.
COMMUNITY ACTION: 801-373-8200*  815 S. Freedom Blvd. PROVO www.communityaction.org
Emergency food/medical help. Commodities, heat program; mortgage counseling; youth & elderly programs.

FOOD AND CARE COALITION: 373-1825*  60 N. 300 W., PROVO www.foodandcare.org
Serve emergency food 3 meals/day. Free hygiene products for low-income families, showel/sanitary, computer lab, emergency shelter aides, possible dental aide.

FOOD STAMPS: See Division of Workforce Services under "Educaiton/Employment"

HOUSING AUTHORITY OF UTAH COUNTY: 373-6333* Provides decent, affordable housing to low-income families.

HOUSING SERVICES OF UTAH VALLEY: 801-764-1869 Provides decent, affordable housing to low-income families.

NEIGHBORHOOD HOUSING SERVICES OF PROVO: 373-5230 Provides loans for home improvement and ownership.

PROVO HOUSING AUTHORITY: 801-760-5460 650 W. 100 N., PROVO Subsidized housing for low income Provo residents.

SCHOOL / SUMMER SCHOOL LUNCH PROGRAM: Provides school lunches at reduced or no cost to eligible families. Contact the principal in your child's school.

USU NUTRITION EDUCATION PROGRAM: EFNEP 851-8406, ext 2 100 E. Center St., Rm L600, PROVO http://linc.nebraska.edu/operative/file/index/diplom/1262 In-home nutrition counseling in meal management. Classes on food storage and budgeting. Kit for kids program.

UTAH COUNTY HOUSING AUTHORITY: 373-6333* 240 E. Center Street, PROVO www.co.utah.ut.us/Departments/UTAH/UTAH.aspx Utah County subsidizes housing, public housing, self-sufficiency program.


Legal Services:

BYU LAW HELP: 422-3025* Provides legal advice and assistance without representation; clinic for immigrants.

COMMUNITY MEDIATION CENTER: 801-373-7519 Civil or domestic conflict resolution outside of court.

LAW HELP: 801-531-9077

LAWYER REFERRAL SERVICE: 801-531-9077 General help - Schedule appointment from 1-5 PM.

UTAH LEGAL SERVICES: 1-800-662-4245* 455 N. University Ave., suite 100, PROVO www.utsolaw.org Legal Services for low-income families. FREE!

Medical Resources:

ALIEN EMERGENCY MEDICAL SERVICES: 373-7750* 150 E. Center, 3rd floor, PROVO For non-residents of the U.S.A. who qualify. Help pay cost of hospital/delivery of baby. Call 30 days before due date.

BYU COMPREHENSIVE CLINIC: 422-7750* 1100 N. 800 E., PROVO www.byuchapman.com Counseling and help for problems with speech and hearing.

CARE FOUNDATION FOR CHILDREN: 801-333-5850 Up to $1,000 in dental coverage for non-insured children.


CHILDREN WITH SPECIAL HEALTH CARE NEEDS: 801-705-4554 151 S. University Ave., suite 1700, PROVO www.uchidickson.org Diagnosis and care for children with disabilities.

COMMUNITY HEALTH CONNECT: 801-3011* 250 W. Center Street, suite 111, PROVO www.communityhealthconnect.org Help find community health resources fill out paperwork.

FLUORIDE PRESCRIPTION: 151 S. University Ave., suite 1700, PROVO Free fluoride prescription notes at nurse's station.

FOOD AND CARE COALITION - SHARE A SMILE: 373-1825 100 N. 276 W., PROVO www.foodandcare.org Dental care and cleanings for low cost. Requires 4 hours community service. Call for referral.

HEALTH CLINIC OF UTAH & FAMILY DENTAL PLAN: 374-7011* 150 E. Center St., suite 1100, PROVO

POH patients, Medicaid, some dental, no prenatal care

HEALTH INFO REFERRAL AGENCY: 1-800-338-4797* www.healthonindy.org or www.healthfinder.gov Referrals to health agencies best able to respond.

MOUNTAIN RIDGE DENTAL: 224-7182* 1250 S. State Street #103, OREM Discount cost dental care to eligible low-income individuals. Medicaid service


