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RESPECT FOR LIFE COMMISSION

CATHOLIC DIOCESE
OF SALT LAKE
CITY

Parish Guide to Assist Pregnant and Parenting Moms and Families in Need



This list is provided as a courtesy service by the Respect for Life Commission and the Diocese of Salt Lake City. Neither the Commission nor the Diocese assumes responsibility or liability for use of this resource or for the actions, services, decisions or statements of individual organizations listed on this document. The inclusion of an organization's information in this booklet is not a universal endorsement of that organization. It is the parish's responsibility to vet resources and have Pastor approval to share, use and/or recommend them.

WALKING WITH MOMS IN NEED RESOURCES



RESPECT FOR LIFE COMMISSION, DIOCESE OF SALT LAKE CITY

Pregnant and parenting moms and families in need are in our parishes and our neighborhoods. As Pope Francis reminds us, our parishes need to be “islands of mercy in the midst of the sea of indifference.”

Do pregnant and parenting mothers and families in need know where to find help at your parish?

Everyone in the Diocese and in the parish community should know where to refer a pregnant or parenting woman or family in need. More importantly, parishes should have trained volunteers ready and willing to walk people through the complicated systems that provide needed resources.

In response to the United States Conference of Catholic Bishops (USCCB) nationwide invitation to walk with moms in need, we have identified resources for parishes to utilize when assisting women facing difficult pregnancies or other circumstances. Some of these resources will be helpful to other individuals and families in need as well. These resources include Pregnancy Resource Centers, Social Service Agencies, Catholic programs and resources and other local, state and national service agencies. **This list is not exhaustive.** If you are aware of other resources that are not on this list, please contact the Family Life Office by emailing crystal.painter@dioslc.org.

Walking with Moms in Need is a pastoral process designed to help parishes learn what resources are currently available, identify gaps and plan and implement a parish response to “walk in the shoes of local pregnant women or moms in need.” This and other Walking with Moms in Need resources are meant to help equip and empower parishes to reach out to mothers and families in need in their communities.

This is not a program to implement or to replace any existing programs you may already have in place at your parish, rather this is to help build and expand on what you are already doing. If you do not currently have a plan in place to assist those in need in your parish community, this is a great tool to begin that process.

Additional parish resources can be found on the Walking with Moms in Need website:

<https://www.walkingwithmoms.com/parish-resources>

This is a parish resource to help guide and assist women, men and families in need. This is a template that can be edited (with approval of the Pastor) to fit the needs of your parish community.

Use this to train parish clergy, staff and volunteers.

This is not a resource to be handed out to the public.

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PREGNANCY HELP-RELATED RESOURCES

The Birth Injury Center

An online resource with information about birth injuries; prevention and treatment options.

<https://birthinjurycenter.org/>

The Gabriel Project: Park City

A confidential and compassionate outreach to women who are distressed over an unplanned pregnancy.

St. Mary of the Assumption Catholic Church - info@stmarysparkcity.com

435-658-0067 or 435-649-9676

Pregnancy Choice Utah

Free, confidential mobile ultra-sound clinic services.

<https://pregnancychoiceutah.org>

801-505-6551 (call or text)

PREGNANCY RESOURCE CENTERS AND RESOURCES:

Arches New Hope Pregnancy Center – Moab

<http://www.archesnewhope.org/>

205 South 400 East, Moab

435-259-5433

Castle Country Pregnancy Resource Center – Price

836 E. 100 N. Suite 5, Price, UT 84501

<https://www.castlecountryprc.org/free-services>

435-637-LOVE (5683)

The Center for Pregnancy Choices - Logan

90 N 100 E Street, Suite 140 Logan, UT 84321

435-752-1222

Hope Pregnancy Care Center – St. George

427 W 100 S, Suite B St. George

435-652-8343

Lamb of God Maternity Home – North Salt Lake

<https://lambofgodmaternityhome.org/>

385-471-5713 - 24/7 Crisis Line: 801-200-7890

Pregnancy Care Center- Brigham City

142 S. 100 W., Suite 101, Brigham City

435-723-0500

24-hour Helpline: 1-800-395-4357

<https://www.pccbc.org/>

Pregnancy Care Center Ogden
2909 Washington Blvd, Ste 105 Ogden
801-612-9293

Pregnancy Help Center – Park City
1850 Sidewinder Drive Suite 420 (Level 2), Park City
435-731-8901

Pregnancy Medical Clinic – Roy
<http://www.journeyclinic.org/>
1937 W. 5700 S., Roy
385-383-7144

Pregnancy Resource Center – American Fork
<https://www.pregnancyresource.net/>
364 E. State St., American Fork
801-980-9508

Pregnancy Resource Center- Salt Lake
644 South 900 E , Salt Lake
<https://www.pregnancyresource.net/>
801-363-5433

Pregnancy Resource Center of Utah Valley
1367 S 740 E Orem, UT 84097
801-221-2591

Statewide Link to Pregnancy Resource Centers:

Centers in Logan, Brigham City, Park City, Price, Moab, Roy, St. George
<https://resources.care-net.org/find-a-pregnancy-center/>

Private Medical Practices offering Prenatal, Ob-Gyn, Birthing and/or Post-Partum Care:
Pro Life OB/GYN: <https://aaplog.org/>

Project Rachel Ministry

Provides post-abortion healing opportunities.

<https://www.dioslc.org/respect-for-life/hope-and-healing-after-abortion>

Leave a message for the Project Rachel Counselor to contact you to schedule a confidential appointment.

801-328-8641

Pro Life Utah

Offers crisis pregnancy hotline and resources.

<http://prolifeutah.org/>

24-hour Hotline: 385-288-1973

St. Martha's Baby Project – Family Life Office, Diocese of Salt Lake City:

Provides layette's free of charge to anyone in need through recognized social service agencies in northern and central Utah.

<https://hcmutah.org/>

801-261-3440

Serving: The Gabriel Project in Park City, Materna En Utah, Pacific Islander Health Coalition, Pro-Life Utah, Holy Cross Ministries, Comunidades Unidas, Ladies of Charity.

St. Martha's Baby Project – Catholic Community Services – Northern Utah

Receives referrals from local hospitals and through WIC in Brigham City and Tremonton. Provides newborn supplies, case management services, and support.

801-428-1292

Utah Newborn Safe Haven

Parents may leave a newborn at any Utah hospital, no questions asked. Babies will be placed for adoption through Utah Division of Family and Child Services. Hotline for women in need.

<https://www.utahsafehaven.org/>

866-458-0058

Adoption and Foster Care Agencies

Raise the Future (Formerly "The Adoption Exchange")

<https://www.raisethefuture.org/family-support/utah>

801-265-0444

Utah's Adoption Connection

<https://utahadopt.org/>

Utah Foster Care

<https://utahfostercare.org/>

877-505-5437

Child Care Assistance

Children's Service Society of Utah – Kids in Care

For unemployed parents.

<http://www.cssutah.org/kids-in-care>

801-326-4399

Utah Department of Workforce Services

<https://jobs.utah.gov/customereducation/services/childcare/index.html>

801-526-0950

866-435-7414

Crisis Nurseries

Family Haven - Orem

<https://family-haven.org/nursery-2/>

24/7: 801-229-1181

FAMILY SUPPORT CENTER OF UTAH (18 LOCATIONS THROUGHOUT UTAH)

<https://utahfamilies.org/>

Utah Locations: <https://utahfamilies.org/find-a-center/>

801-875-0883

Family Support Center

<https://www.familysupportcenter.org/crisis-nursery>

801-967-4259

Location Contact Information

Family Support Center – Administrative & Counseling Office

1760 W. 4805 S., Taylorsville, UT. 84123

801-955-9110

Family Support Center – Box Elder

<https://befsc.org/>

Brigham City

276 N. 200 E., Brigham City, UT. 84302

435-723-6010

435-723-2340

Toll Free – 1-800-733-6010

Garland

1386 S. Main St., Garland, UT. 84312

435-730-5898

Family Support Center – Carbon County

80 S. Fairgrounds Rd., Price, UT. 84501

435-636-3739

Family Support Center – Grand County

180 S. 3rd E. St., Moab, UT. 84532

435-259-1658

Family Support Center - Midvale

777 W Center Street

Midvale, UT 84047

801-255-6881

Family Support Center of Ogden

<https://www.familysupportcenterogden.org/>

3340 S Harrison Blvd Suite 110 Ogden
801-393-3113

Family Support Center of Southwestern Utah – Cedar City

<https://familysupportutah.org/cedar-city-nursery/>

102 North 200 East, Cedar City, UT. 84720

24/7: 435-586-0791

Family Support Center of Southwestern Utah – Richfield

<https://familysupportutah.org/richfield-nursery/>

58 East 300 North, Richfield, UT. 84701

24/7: 435-896-4256

Family Support Center, St. George

<https://www.fsc4kids.org/crisis-care/>

Provides care 24/7, 7 days a week.

310 West 200 North, St. George, UT 84770

To schedule an appointment: 435-674-5133

24/7 Crisis line: 435-773-0585

Family Support Center - Sugarhouse

2020 S Lake St. (740 E.)

Salt Lake City, UT

801-487-7778

Family Support Center of Uintah Basin

Serving families in Daggett, Duchesne, and Uintah Counties.

259 N. 700 E. Room 115-3, Roosevelt, UT. 84066

435-722-2401

Family Support Center – Utah Valley

1255 N. 1200 W., Orem, UT. 84057

801-229-1181

Family Support Center - West Valley

3663 S. 3600 W.

West Valley City, UT

801-967-4259

The Family Place Utah

<https://thefamilyplaceutah.org/>

24/7: 435-752-8880

Logan

1525 North 200 West, Logan, UT. 84341

Hyrum

10 North 600 East., Hyrum, UT. 84319

Smithfield

502 South Main Street, Smithfield, UT. 84335

Open Doors Utah

<https://opendoorsutah.org/>

Clearfield

1360 E. 1450 S., Clearfield, UT. 84015

801-773-0712

Layton

875 UT-193, Layton, UT. 84041

801-771-4642

Disability Resources

Division of Rehabilitation Services

<https://jobs.utah.gov/usor>

866-454-8397

Division of Services for People with Disabilities

<https://dspd.utah.gov/>

844-275-3773

Rise, Inc

<https://rise.org/>

Opens doors for people with disabilities

763-786-8334

Utah Parent Center

Assistance with children with special needs

<https://utahparentcenter.org/>

800-468-1160

Domestic Violence & Family Crisis Help And Shelters

Also see "Family Support", "Crisis Shelters" and "Shelters"

Family Haven

Family Haven helps individuals and families in Utah, Wasatch, Summit, Millard, and Juab counties.

<https://family-haven.org/>

801-229-1181

FAMILY SUPPORT CENTER OF UTAH (18 LOCATIONS THROUGHOUT UTAH)

<https://utahfamilies.org/>

Utah Locations: <https://utahfamilies.org/find-a-center/>

801-875-0883

Family Support Center

<https://www.familysupportcenter.org/crisis-nursery>

801-967-4259

Child Abuse Reporting Hotline – Southwestern Utah
1-855-323-3237

Geraldine E King Women’s Resource Center
Volunteers of America Domestic Violence Program
Emergency temporary shelter.

www.voaut.org

801-893-6678

131 East 700 South, SLC

Safe Harbor

Safe Harbor Crisis Center provides shelter, supportive services and advocacy to survivors of domestic abuse and sexual assault, as well as education, awareness and resources to our community.

24/7 helpline 801-444-9161

Salt Lake Rescue Haven

Rescuesaltlake.org

1165 South State Street

A safe place for women and women with children.

801-521-5925

South Valley Sanctuary

<https://svsutah.org/about/>

Located: 8000 South Redwood Rd.

801-255-1095

Services: shelter, case management, prevention services for victims of domestic abuse.

The Refuge Utah (Formerly The Center for Women and Children in Crisis)

Provides caring environment for victims of domestic violence and assault.

<https://therefugeutah.org/>

801-377-5500 – Domestic Violence 24/7 help (English/Spanish)

801-356-2511 – Sexual Assault 24/7 help (English/Spanish)

Main Office in Orem – 1433 E. 840 N.

801-227-5038

Domestic Violence Shelter (confidential location in Provo)

Rural Outreach Office in Nephi – 643 N. Main St.

435-623-3328

Utah Domestic Violence Coalition

<https://udvc.org/>

24-Hour LINKline 1-800-897-LINK (5465)

Housing assistance: <https://udvc.org/housing-assistance/>

801-521-554

YCC Family Crisis Center

Support to individuals and families impacted by domestic violence and sexual violence through safety, advocacy, and 24/7 support and services.

<https://yccogden.org/>
2261 Adams Ave, Ogden
801-392-7273

YWCA

<https://www.ywcautah.org/>

Services: safety and assistance for victims of domestic abuse. Emergency and transitional housing, crisis intervention, legal services, children's services, free drop-in childcare, spiritual care.
801-537-8600

DRUG/ALCOHOL COUNSELING

Alcoholic Anonymous: 801-364-5520

Al-Anon Family Support Groups: 801-393-2311

Alcohol and Chemical Treatment Center (ACT) Detox: 801-479-2250

BAART Medication assisted recovery: 801-622-5272

Cornerstone Counseling Center

<https://www.voaut.org/cornerstone>

Located: 447 West Bearcat Drive (near 2100 South)

Services: mental health and substance abuse clinic. Offers group treatment.
801-363-9414

Odyssey House

<https://www.odysseyhouse.org/>

344 East 100 South in Salt Lake City

Services: treatment for those with a mental health or substance abuse concern.
801-322-3222

Tobacco Quit Line: 888-567-8788

Volunteers of America Detox Center

<https://www.voaut.org/detox>

252 West 1025 South

801-363-9414

Food Assistance Resources

Bridging the Gap

Mobile food distribution through Ogden area elementary schools.

<https://ccsutah.org/programs/ccs-of-northern-utah>

Front desk: 801-428-1291 or 801-394-5944

Calvary Baptist "Fill The Pot"

<https://www.fillthepot.org/>

400 South, 300 West (Pioneer Park)

801-513-0163

Catholic Community Service of Utah - Ogden

2504 Ave, Ogden

801-394-5944

Crossroads Urban Center

<https://www.crossroadsurbancenter.org/>

Located: 347 South 400 East

Service: 6 free emergency meals per family per year.

888-747-8482

Family Connection Center Food Bank - Layton

Open Doors Food Distribution Center

875 East Highway Ut 193, Layton

801-771-4642

Fish N' Loaves Food Pantry

Layton Hills Baptist Church

1332 N Hillfield Rd, Layton

801-544-2426

Appointment required

Good Samaritan Program

437 West 200 South, Salt Lake

801-328-5633

Hildegard's Food Pantry

<https://stmarksutah.org/foodpantry>

231 East 100 South, Salt Lake

801-328-2303

Joyce Hansen Food Bank, Northern Utah:

Gathers and distributes food resources to those who need it most. Call for eligibility requirements.

2504 F. Ave. Ogden, Utah. 84401

Tue-Fri: 9a-12p

801-428-1294 or 801-394-5944

Ogden Rescue Mission:

<https://rescuesaltlake.org/ogden-rescue-mission/>

Ogden Rescue Mission: 801-399-3058

Roy Baptist Church

2025 W. 5700 S., Roy

801-825-7425

Salt Lake Rescue Mission:

<https://rescuesaltlake.org/>

463 South 400 West

801-521-5925

Supplemental Nutrition Assistance Program (SNAP)

<https://www.uah.org/get-help/snap>

801-328-2561

800-453-3663

St. Vincent de Paul Dining Hall – Catholic Community Services

<https://www.ccsutah.org/programs/item/8-st-vincent-de-paul-dining-hall>

437 West 200 South

801-363-7710

Utah Community Action

Programs include Adult Education to assist with employment opportunities, Head Start Preschool, HEAT Utility Assistance, Case Management & Housing, Nutrition and Emergency Food, Weatherization for Homes.

<https://www.utahca.org/>

801-359-2444

Utah Department of Workforce Services

General assistance available including food, financial, Medicaid/medical, and childcare assistance.

<https://jobs.utah.gov/assistance/index.html>

1-866-435-7414

Utah Food Bank: **STATE WIDE**

<https://www.utahfoodbank.org/find-a-pantry/>

Utahns Against Hunger **STATE WIDE**

Food Pantries by County:

<https://www.uah.org/get-help/emergency-food>

Utahns Against Hunger for College Students

<https://www.uah.org/get-help/students>

Fraternal Catholic Service Organizations

Daughters of Charity: (Northern Utah)

Empowering low-income women by teaching marketable skills and providing opportunities that lead to self-sufficiency while also enriching children's lives through education. Provides workplace skills to women, offers a non-profit clothing boutique, and after school help to students.

<http://www.givemeachanceutah.org/>

Diocesan Council of Catholic Women

<http://www.dccwutah.org/>

Knights of Columbus:

Utah Chapter for the Knights of Columbus:

<https://utahknights.org/>

National Council of Catholic Women:

Supports, empowers, and educates Catholic women in spirituality, leadership and service. NCCW programs respond with Gospel values to the needs of the Church and our society.

<https://www.nccw.org/>

St. Vincent de Paul Society

A Catholic lay organization that leads women and men to join together to grow spiritually by offering person-to-person service to those who are needy and suffering.

<https://www.svdpusa.org/>

GOVERNMENT SERVICES

211

Dialing 211 allows people to connect to health and human resources including assistance with housing & utilities, access to food, healthcare, and more.

<https://211utah.org/index.php>

Call: 211 24hrs a day, 7 days a week (assistance available in multiple languages)

Text: 898-211 with your zip code. (Text assistance available Mon-Fri 8a-5p MST)

Find assistance with the 211 resource list by county. All resource lists are easily printable and shareable.

<https://uw.org/211/resource-lists-by-county/>

Baby Your Baby

<http://www.babyyourbaby.org>

Temporary Medicaid coverage for pregnant women.

800-826-9662

CHIP

Utah Children's Health Insurance Program.

<https://chip.health.utah.gov/>

1-877-KIDS-NOW (1-877-543-7669)

TANF

Federal temporary assistance for needy families.

<https://jobs.utah.gov/services/tevs/300.pdf>

877-837-3247

Utah Department of Workforce Services

General assistance available including food, financial, Medicaid/medical, and childcare assistance.

<https://jobs.utah.gov/assistance/index.html>

866-435-7414

Utah Food Stamps Program (SNAP – Supplemental Nutrition Assistance Program)
<https://jobs.utah.gov/customereducation/services/foodstamps/index.html>
1-866-526-3663

Utah Medicaid Program
1-800-662-9651

WIC
Utah Women, infants and children program.
<https://wic.utah.gov/>
1-877-WIC-KIDS (877-942-5437)

Household Items/Furniture/Clothing

Assistance League of Salt Lake City
Non-profit thrift store-clothing, housewares, furniture. Also provides baby layettes and professional haircuts for people returning to work.
www.alslc.org
801-484-3401
2090 East 3300 South, Millcreek

Calvary Thrift Store
Non-profit thrift store and donation center focused on community outreach. Military discounts.
<https://www.calvarythrift.org/>
3245 West 7800 South, West Jordan
801-282-3344

Crossroads Urban Center
Food Pantry & Thrift Store. Also, day bus passes, prescription assistance, gasoline vouchers.
www.crossroadsurbancenter.org
801-364-7765
347 South 400 East, SLC – Food Pantry
1385 West Indiana Avenue, SLC – Thrift store

Deseret Industries (Utah): STATE WIDE
Thrift store and donation center.
<https://www.deseretindustries.org/>

Goodwill Industries
Thrift stores, donations, job assistance.
Find locations: www.goodwill.org

Habitat for Humanity ReStore:
New and gently used furniture, appliances, home goods, building materials and more.
<https://www.habitat.org/restores>

Ogden Rescue Mission

Faith-based homeless service center and recovery program. Services include: shelter, hygiene, meals, clothing, family food boxes, chapel services, and addiction recovery.

<https://rescuesaltlake.org/ogden-rescue-mission/>

Ogden Rescue Mission: 801-399-3058

Salvation Army

A Christian ministry that preaches the gospel and meets human needs in Christ's name without discrimination, assisting with food pantries, homeless shelters, job training, human trafficking, disaster relief. <https://www.salvationarmyusa.org/usn/>

Savers

www.savers.com

Thrift stores, donations.

HOUSING RESOURCES

Community Action Partnerships in Utah:

Statewide network of community action centers dedicated to fighting poverty.

<https://caputah.org/get-help/>

Cottages of Hope: (Ogden)

Help with basic needs, financial management, and related resources

<https://www.cottagesofhope.org/>

Habitat for Humanity STATE WIDE:

A global nonprofit housing organization working in local communities. Habitat's vision is of a world where everyone has a decent place to live.

- Salt Lake: 801-263-0136 <https://www.habitatsaltlake.com/>
- Utah County: 801-344-8527 <https://www.habitatuc.org/>
- Summit/Wasatch County: 435-658-1400 <https://www.habitat-utah.org/>
- Cache Valley: 435-752-8419 <https://www.habitat.org/us-ut/logan/cache-valley-hfh>
- Southwest Utah/St. George: 435-674-7669 <https://www.habitat.org/us-ut/saint-george/hfh-southwest-utah>
- Brigham City: 435-723-7133 <https://www.habitat.org/us-ut/brigham-city/northern-utah-hfh>

Housing Authorities (HUD) STATE WIDE

U.S. Department of Housing and Urban Development. Many resources throughout the state about housing.

<https://www.hud.gov/states/utah>

Utah Offices: <https://www.hud.gov/states/utah/offices>

1-800-CALL-FHA (800-225-5342)

Salt Lake: 801-263-0136 <https://www.habitatsaltlake.com/>

Summit/Wasatch County: 435-658-1400 <https://www.habitat-utah.org/>

Lantern House: (Ogden)

Lantern House aids the poor, needy, and homeless by providing food, shelter and emergency services.

<https://www.stannescenter.org/>

801-621-5036

Utah Housing Coalition

<https://www.utahhousing.org/>

Education and resources for renters and homeowners.

801-364-0077

Housing/Rent/Utilities Assistance

Utah Commerce: Division of Public Utilities:

<https://dpu.utah.gov/customer-service/faqs/how-do-i-get-help-paying-my-utility-bills/>

Home Electric Lifeline Program: STATE WIDE

Provides qualified Rocky Mountain Power customers with discounts on their monthly electric bills.

Can apply for both HEAT and get the benefit of both the HEAT and HELP programs.

<https://jobs.utah.gov/housing/scso/seal/help.html>

801-521-6107 or 844-214-3090

Home Energy Assistance Target Program: STATE WIDE

The HEAT program provides year-round energy assistance and energy related crisis assistance for eligible low-income households throughout Utah.

<https://jobs.utah.gov/housing/scso/seal/heat.html>

866-205-4357

Moratorium (Shut off Protection- UMP)

Protects eligible households from utility shutoff during winter months.

<https://jobs.utah.gov/housing/scso/seal/ump.html>

Contact HEAT office: 866-205-4357

Rent Relief Utah

Emergency rental assistance program can help renters who are unable to pay their rent and utilities during the pandemic.

<https://rentrelief.utah.gov/>

List of county agency contact information:

<https://rentrelief.utah.gov/contacts/>

Salvation Army Lend A Hand

Utility assistance with water, energy.

https://saltlakecity.salvationarmy.org/salt_lake_city_corps/overcome-poverty/

801-969-0526

Utah Weatherization Assistance:

Contact the agency that services the county you live in.

<https://jobs.utah.gov/housing/scso/wap/index.html>

Utah Telephone Assistance Program: UTAP or Lifeline
Telephone and internet assistance
<https://www.lifelinesupport.org/>
800-948-7540

Homeless Services

****ALSO SEE SERVICES IN OTHER CATEGORIES SUCH AS "SHELTERS"*****

Calvary Baptist Church – “Fill the Pot Ministry”
Also provides pet food and supplies to those in need.
Pioneer Park, 400 S. 300 W.
801-355-1025

Hildegard’s Food Pantry
Also provides pet food and supplies to those in need. **Call first!**
<https://stmarksutah.org/foodpantry>
231 East 100 South, Salt Lake City, UT 84111
801-328-2303

Legacy Initiative Dog Squad Team – American Fork
385-212-1897
Rescue Mission
<https://rescuesaltlake.org/>
Men’s Facility 801-355-1302
Women’s Center 801-521-5925
Ogden Rescue Mission 801-621-4360

Ruff Haven Crisis Pet Shelter
Provides temporary safe haven for companion animals in times of crisis.
<https://www.ruffhaven.org/>
Call or Text: 801-251-6765 (text preferred)
info@ruffhaven.org

Street Dawg Crew of Utah
Serving pets of the homeless and low-income population.
<https://www.stretdawgcrew.org/>
1365 Teakwood Dr., Taylorsville, UT 84123
801-671-7374

Volunteers of America Utah
Adult Services: <https://www.voaut.org/homeless-adult-services>
Youth Services: <https://www.voaut.org/homeless-teen-services>

801-363-9414

Immigration Support

Catholic Community Services Migration and Refugee Services

Salt Lake City: 801-977-9119

Ogden: 801-428-1259

Holy Cross Ministries - Counseling Services:

Counseling for immigrant victims of violence (Spanish and bilingual).

<https://hcmutah.org/>

801-261-3440

Holy Cross Ministries Legal Immigration Program

<https://www.hcmutah.org/legal-immigration-program/>

Immigration

Program that provides assistance and support to immigrants and refugees.

<https://ccsutah.org/programs>

801-977-9119

Refugee Foster Care

Foster care services and help for unaccompanied refugee minors.

<https://ccsutah.org/programs>

801-428-1311

Refugee Resettlement

Providing assistance to refugees. Call to make an appointment.

<https://ccsutah.org/programs>

801-428-1225

Utah Immigration Collaborative (UIC)

<https://www.ccsutah.org/programs/item/3-immigration>

<https://www.cuutah.org/>

<http://www.immigrantlegalservices.org/>

<https://www.rescue.org/united-states/salt-lake-city-ut>

Job Training

Department of Workforce Services

Job Training

<https://jobs.utah.gov/jobseeker/training.html>

Department of Workforce Services

Job Seekers

<https://jobs.utah.gov/jobseeker/index.html>

Utah AFL-CIO Apprenticeship Programs

<https://utahaflcio.org/apprenticeship-programs>

Legal Support

Holy Cross Ministries Legal Immigration Program

<https://www.hcmutah.org/legal-immigration-program/>

Legal Aid Society of Salt Lake:

Domestic violence and family law services for low-income clients.

<https://www.legalaidsocietyofsaltlake.org/>

801-328-889

Utah Legal Services:

Legal assistance for low income individuals.

<https://www.utahlegalservices.org/>

801-328-8891

Mail Boxes

Rescue Mission

Located: 463 South 400 West

<https://rescuesaltlake.org/>

Men's Center: 801-355-1302

Women's Center: 801-521-5925

Mental Health and Counseling Resources

Catholic Counselors (tele-health)

<https://catholiccounselors.com/>

Catholic Psych Institute

<https://www.catholicpsych.com/>

Cornerstone Counseling Center

Located: 447 West Bearcat Drive (near 2100 South)

Services: mental health and substance abuse clinic. Offers group treatment.

<https://www.voaut.org/cornerstone>
801-363-9414

Holy Cross Ministries
385-257-2424
385-257-2442 (Wasatch/Summit counties)
<https://www.hcmutah.org/counseling-program/>

Holy Family Counseling (tele-health)
<http://www.holyfamilycounseling.org/>

Huntsman Mental Institute
<https://healthcare.utah.edu/hmhi/>
1201 Chipeta Way
Salt Lake City, UT
801-583-2100

Mental Health America
<https://www.mhanational.org/>
800-969-6642

National Alliance on Mental Illness: NAMI
<https://www.nami.org/Home>
800-950-NAMI (1-800-950-6364)

Odyssey House
Located: 344 East 100 South in Salt Lake City
Services: treatment for those with a mental health or substance abuse concern.
<https://www.odysseyhouse.org/>
801-322-3222

Project Rachel Ministry
Provides post-abortion counseling services and post-abortive healing opportunities.
For a confidential appointment with the Project Rachel Program Counselor, call
801-328-8641 and leave a message.

Souls & Hearts
<https://www.soulsandhearts.com/>
Customized programs designed to remove psychological obstacles to giving and receiving love from God and neighbor. These are online courses that are designed as a resource for Catholics, perhaps as an adjunct to therapy, or for those who may not require therapy but could use practical psycho-education on a mental-health-related topic.

Utah Crisis Line
800-273-8255

Valley Behavioral Health
Services: Behavioral and Mental Health, Substance Abuse Treatment, Case Management, Homeless Services, Intensive Outpatient Services for adults, youth and families.

<https://valleycares.com/>
888-949-4864

Military/Veterans

Department of Veterans Affairs

Benefits for those who serve or have served in the military.
800-827-1000

Pet Shelter

Ruff Haven Crisis Pet Shelter

Provides temporary safe haven for companion animals in times of crisis.

<https://www.ruffhaven.org/>

Call or Text: 801-251-6765 (text preferred)

info@ruffhaven.org

Shelters

CRISIS SHELTERS FOR CHILDREN

Christmas Box Houses – in Salt Lake City, Ogden, Moab

Emergency shelter, food, & medical services for children at risk of abuse/violence.

<https://thechristmasbox.org/>

801-747-2201

DAY SHELTERS

Family Promise Day Shelter

Only for guests in their program, not publicly available. Coordinates with area churches for living space for individual families.

<https://familypromisesaltlake.org/>

814 West 800 South, Salt Lake

801-961-8622

<https://familypromiseofogden.org/>

256 24th Street, Ogden

385-298-1081

Rescue Mission of Salt Lake

<https://rescuesaltlake.org/>

Men's Facility 801-355-1302

Women's Center 801-521-5925

Weigand Center – Catholic Community Services

Located: 437 West 200 South

Other Services: laundry, showers, storage, haircuts, hygiene, clothes, computer access, library, community events, medical.

801-363-7710

FAMILY SHELTERS

The Road Home – Midvale Center

Shelter for families with children.

801-569-1201

529 West 7300 South (9th Ave), Midvale

www.theroadhome.org

Family Promise Day Shelter

Only for guests in their program, not publicly available. Coordinates with area churches for living space for individual families.

<https://familypromisesaltlake.org/>

Located: 814 West 800 South

801-961-8622

Family Support and Treatment Center, Orem

24/7 service providing a safe, home-like place for children under 12 years old whose families need extra support during stressful situations.

Joy A O'Banion Building, 1225 N 1200 W Orem

801-229-1181

NIGHT SHELTERS

Rescue Mission

<https://rescuesaltlake.org/>

Men's Facility 801-355-1302

Women's Center 801-521-5925

Utah Community Action

<https://www.utahca.org/>

800-990-9999 for shelter availability at the Geraldine E. King Women's Resource Center, Gail Miller Resource Center (mixed gender), or Men's Resource Center.

Valley Safe Haven Housing

<https://valleycares.com/>

550 West 700 South in Salt Lake City

Services: transitional and permanent housing for those with mental illnesses.

888-949-4864

YOUTH SHELTERS

Archway Youth Service Center

Free youth and family counseling, crisis intervention, conflict resolution, parenting skills, problem solving skills, and support groups to meet the needs of runaway, homeless, and ungovernable youth and their families, and 24-hour Youth Facility.

1305 South 700 West

Ogden, UT 84401

801-612-4901

<https://www.utahadopt.org/resources/resources-detail/archway-youth-service-center>

Homeless Youth Resource Center

Located: 888 South 400 West

<https://www.voaut.org/ycrc>

801-364-0744

Salt Lake County Youth Services Walk-in Program

Located: 177 West Price Avenue (3610 South)

<https://slco.org/youth/>

385-468-4500

Youth Futures

Youth Futures provides safe shelter, collaborative resources, respectful guidance and diverse support to homeless, unaccompanied, runaway and at-risk youth in Northern and Southern Utah.

<https://www.youthfuturesutah.org/>

Ogden

Call: 801-528-1214

Text: 385-405-9460

2760 Adams Avenue

Ogden, UT 84403

St. George

Call: 435-339-0787

Text: 435-619-6985

340 East Tabernacle St.

St. George, UT 84770

Social Services

Family Haven

Family Haven helps individuals and families in Utah, Wasatch, Summit, Millard, and Juab counties.

<https://family-haven.org/>

801-229-1181

Holy Cross Ministries Utah:

<https://hcm Utah.org/>

Provides parenting education, counseling, prenatal and other health care assistance for Spanish speaking and bilingual underserved communities.

801-261-3440

Utah Community Action

<https://www.utahca.org/>

Programs include Adult Education to assist with employment opportunities, Head Start Preschool, HEAT Utility Assistance, Case Management & Housing, Nutrition and Emergency Food, Weatherization for Homes.

801-359-2444

Suicide Crisis Support

National Suicide Prevention Lifeline:

Phone support services 24/7, nationwide

800-273-TALK (8255)

UNI Crisis Line:

Phone support services 24/7 statewide. Licensed clinicians provide prompt and compassionate crisis intervention, suicide prevention, information and referrals as well as emotional support to individuals experiencing emotional distress or psychiatric crisis.

801-587-3000

This list is provided as a courtesy service by the Respect for Life Commission and the Diocese of Salt Lake City. Neither the Commission nor the Diocese assumes responsibility or liability for use of this resource or for the actions, services, decisions or statements of individual organizations listed on this document. The inclusion of an organization's information in this booklet is not a universal endorsement of that organization. It is the parish's responsibility to vet resources and have Pastor approval to share, use and/or recommend them.
