

# CHILDREN'S HEALTH RESOURCES

## Alpine School District

NUTRITION			FAMILY RESOURCES		
<b>Community Action Food Pantries</b> -54 East Main, American Fork <a href="http://www.communityactionprovo.org/">www.communityactionprovo.org/</a>	471-8618	Open Thursdays from 1-3 PM	<b>Child Care Resource &amp; Referral</b> 500 W. 1200 S., Rm. 1080 UVSC Educational Building Orem, UT 84058 <a href="http://www.uvsc.edu/crrr/index.html">www.uvsc.edu/crrr/index.html</a>	222-8220  1(800) 826-9662	Educational Materials (Videos, toys, etc.) to help parents. Free.
<b>Expanded Food &amp; Nutrition Education Program – (EFNEP)</b> 51 S. University Ave. #206, Provo, UT 84601 <a href="http://extension.usu.edu/coop/food/efnep/index.htm">http://extension.usu.edu/coop/food/efnep/index.htm</a>	370-8460	Resources & Information pertaining to nutrition & food budget management. Outreach services available.	<b>Family Support &amp; Treatment</b> 1255 N. 1200 W. Orem, UT 84057 <a href="http://www.utahvalleyfamilysupport.org/">www.utahvalleyfamilysupport.org/</a>	229-1181	Provides 24 hour child care and a crisis respite nursery.
<b>DWS-Food Stamps Service</b> 1550 N. 200 W., Provo, UT 84601 <a href="http://jobs.utah.gov/services/foodstamp/food.asp">http://jobs.utah.gov/services/foodstamp/food.asp</a>	370-7740	Food stamps on an emergency & regular basis to eligible persons.	<b>Division of Human Services (Utah Co.)</b> 150 E. Center Street, Suite 3300 Provo, UT 84606 <a href="http://www.utahcountyonline.org">www.utahcountyonline.org</a>	370-8427	Prevention, treatment, and early substance abuse intervention programs for both youth and adults.
<b>The Food &amp; Care Coalition of Utah Valley</b> 60 N. 300 W. Provo, UT 84601	373-1825  Fax # 370-0479	Provides daily meals: Breakfast: 8:30-9:30 a.m. Lunch: 12:00-1:00 p.m. Dinner: 4:30-5:30 p.m. Weekend: No Breakfast Sat: Lunch and Dinner only Sun: Lunch only Laundry & showers by appt.	<b>Sub-For-Santa Program</b> (November 3 – December 5) <a href="http://www.unitedwayuc.org/subforsanta">www.unitedwayuc.org/subforsanta</a>	356-6200	Assists low-income families to provide Christmas for their children.
<b>School Lunch Program:</b> • Alpine School District <a href="http://www.usoe.k12.ut.us/cnp/INDEX.HTM">www.usoe.k12.ut.us/cnp/INDEX.HTM</a>	756-8400	Provides school lunches at reduced or no cost to eligible families.	<b>Success By Six</b> “Welcome Baby” <a href="http://www.unitedwayuc.org/welcomebaby">www.unitedwayuc.org/welcomebaby</a>	370-8759	Monitoring & educating parents on growth & development of babies.
<b>Women, Infants &amp; Children (WIC) Utah Co. Health Dept.</b> -1549 North State #104, Orem -321 E 300 N, American Fork <a href="http://www.utahcountyonline.org/Dept/HealthWIC/Index.asp">www.utahcountyonline.org/Dept/HealthWIC/Index.asp</a>	225-2063 763-1994	Supplemental food for pregnant & breast-feeding women; infants & children under age 5 with a nutritional risk.	<b>HEALTH</b>		
<b>COUNSELING</b>			<b>Baby - Your – Baby</b> 589 South State Street Provo, UT 84606 <a href="http://www.babyyourbaby.org">www.babyyourbaby.org</a>	Hotline 1(800) 826-9662	Pre-natal & well-child care information & referrals.
<b>Institute for Cognitive Therapy</b> 560 S. State, Suite A & B Orem, UT 84058 <a href="http://www.icct.org/">www.icct.org/</a>	1 (877) 268-2887  802-8608	Cognitive therapy for individuals, couples, families & groups. Insurance or Medicaid accepted.	<b>CHIP (Utah State Health Department)</b> (Children’s Health Insurance Program) <a href="http://www.health.utah.gov/chip">www.health.utah.gov/chip</a>	1(888) 222-2542	Medical Insurance for uninsured children who do not qualify for Medicaid.
<b>BYU Marriage &amp; Family Therapy</b> 1190 North 900 East, Provo, UT <a href="http://cc.byu.edu/">http://cc.byu.edu/</a>	422-7759	Individual, family, and marital/premarital counseling. Low cost therapy for all ages. Sliding scale fees.	<b>Utah County Health Department</b> 589 S State St, Provo, UT 84606 <a href="http://www.co.utah.ut.us/">www.co.utah.ut.us/</a>	370-8700  Info Line 370-8734	Immunizations, well baby, VD, Diabetes, AIDS, blood pressure. Car seat education and classes.
<b>Center for Women &amp; Children in Crisis</b> P.O. Box 1075, Provo, UT 84603 <a href="http://www.cwcic.org/">www.cwcic.org/</a>	377-5500 Hotline 374-9351 Business	Emergency shelter and counseling for women in immediate danger of abuse.	<b>UVSC Dental Hygiene Clinic</b> 987 S Geneva Road, Orem, UT 84058	863-7608	Low cost cleanings. Closed during summer.
<b>Food &amp; Care Coalition</b> 60 N. 300 W., Provo, UT 84601	226-4433	Suicide, rape, general crisis intervention & referrals.	<b>Utah Health Line</b> <a href="http://www.health.utah.gov/">www.health.utah.gov/</a>	1(800) 472-4716	Information regarding available community health services. M-F 8:30 – 5:00
<b>LDS Family Services</b> 1400 W. State St., Pleasant Grove UT 84602 <a href="http://www.itsaboutlove.org/">www.itsaboutlove.org/</a>	796-9509 Fax# 796-9528	Family counseling services.	<b>Medicaid/Human Services</b> 150 East Center Street, Suite 3300 Provo, UT 84606 <a href="http://hlunix.ex.state.ut.us/medicaid/">http://hlunix.ex.state.ut.us/medicaid/</a>	374-7750  Fax # 370-8498	Assists low-income families with health care based on income & ability to pay.
<b>Phone Pal</b>	226-4795	Crisis line for children needing someone to talk to.	<b>Mountainlands Community Health Center (HCHC)</b> 215 W 100 N, Provo, UT 84601 <a href="http://www.mchc.org/">www.mchc.org/</a>	Medical 374-9660 Dental 429-2012	Basic health maintenance service, preventative screening, and dental services. Sliding scale.
<b>Wasatch Mental Health Center</b> 750 N. 200 W., Provo, UT 84601 <a href="http://www.wasatch.org/">www.wasatch.org/</a>	373-7394	Counseling to those with emotional difficulties. Sliding scale fee.	<b>Pregnancy Resource Center of Utah Valley</b> 1156 S State Street., Ste 204, Orem, UT 84097 <a href="http://www.pregnancycenter.net/">www.pregnancycenter.net/</a>	221-2591 (Hotline)	Free care & help for women with unplanned pregnancies. Free testing, counseling, clothing, & baby equipment. Services are confidential.
<b>Mountainland Head Start</b> 264 W. 300 N. Provo, UT 84601	375-7981  Fax # 375-8036	Pre-school for 4-year-old children from low-income family’s w/special needs. Focus in social & scholastic skills. Free if you qualify.	<b>Prescription Assistance Community Action Service</b> 257 E. Center Street., Provo	373-8200	Limited prescriptions for eligible persons.
<b>UTILITIES</b>			<b>South County Health Center</b> 39 Professional Way, Payson, UT 84651	465-9216	Health care provided based on your income, eligibility & ability to pay. Call for appt.
<b>American Red Cross</b> 865 N. 200 W., Provo, UT 84604 <a href="http://mountainvalley.redcross.org/">http://mountainvalley.redcross.org/</a>	373-8580	Assists with utility costs in emergency situations for eligible persons. Also assists with disaster relief as well as offering health and safety courses.	<b>Community Health Connect</b> 250 W. Center, Suite 112 Provo, UT 84601 <a href="http://www.communityhealthconnect.org/">www.communityhealthconnect.org/</a>	818-3015	Volunteer medical and Dental network for qualified individuals.
<b>Community Action Services</b> 815 S. 200 W. Suite 100 Provo, UT 84604 <a href="http://www.communityactionprovo.org/">www.communityactionprovo.org/</a>	373-8200	Limited assistance with utility and rent costs., assistance for first time home buyers, and youth counseling & mentoring	<b>EDUCATION</b>		
<b>HEAT (Home Energy Assistance Program)</b> <a href="http://www.communityactionprovo.org/">www.communityactionprovo.org/</a>	373-8200	Assists with payment of gas and electric bill. November-March	<b>Utah Family Center at Timpanogos Elementary School (PERC) Utah Co.</b> Orem Library, 58 North State St Orem UT 84057 Internet: <a href="http://www.utahfamilycenter.org/">www.utahfamilycenter.org/</a> Email: <a href="mailto:provoparent@hotmail.com">provoparent@hotmail.com/</a>	229-7428	Educational materials (videos, toys, etc.) to help parents. Free.
<b>State Energy – HOTLINE</b> <a href="http://www.energy.utah.gov/index.html">www.energy.utah.gov/index.html</a>	1 (800) 662-3633	Information regarding energy conservation.	<b>Kids on the Move</b> 475 W. 260 N. Orem, UT 84057 ( Just south of Orem Community Hospital) <a href="http://www.kotm.org/">www.kotm.org/</a>	221-9930  Fax # 221-0649	Serves Families with children from birth to three years old who show significant delay in one or more areas of development.
<b>Housing Authority of Utah Co. Weatherization Service</b> 240 East Center Street Provo, UT 84606 <a href="http://www.utahcountyonline.org/Dept/Hauc/Weather.asp">www.utahcountyonline.org/Dept/Hauc/Weather.asp</a>	373-8333 Ext. #121	Free weatherization for income eligible home owners & renters, in UT Co. to save energy.	<b>Parenting Classes:</b> Love and Logic” by Alpine School Dist. “Parents Who Care” by Substance Abuse	756-8518 370-8476	These wonderful general parenting classes are to all parents in Utah Co.
			<b>Youth Tobacco Hotline</b> <a href="http://www.thetruth.com/">www.thetruth.com/</a>		1-888-567-TRUTH