

Aging

AARP Friendly Voices

1-888-281-0145 - connect2affect.org

Combat isolation and anxiety by providing calls and resources for those (45+) who are alone or isolated.

Always Best Care

1079 E Riverside Dr, Ste 202, St. George, UT 84770

1-435-216-7080 - alwaysbestcarestgeorge.com

Local experts in senior care, providing a resource for aging and senior living. Services include: Assisted & Independent Living Services, In-Home Care Services, Alzheimer's Care, Veterans Assistance.

Area Agency on Aging -

Five County Association of Governments

585 N Main St, Cedar City, UT 84720

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

Provides support, education, care, and safety for seniors.

Cedar City Senior Center

489 E 200 S, Cedar City, UT 84720

1-435-586-0832 - ironcounty.net/senior-center

Meals (T, W, F), ride program, activities, exercise classes, recreation events, games, dancing.

Mission Home Health and Hospice

1240 E 100 S STE 121, St. George, UT 84790

1-435-586-8585 - homewithmission.com

Provides the greatest comfort, dignity, and peace of mind for the patient and family.

Senior Activity Daycare

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

1-435-263-0060

Adult daycare center serving Cedar City - provide meals, activities and keep them awake to support healthy sleep routines.

Children/Youth

24-hour Crisis Line 435-773-0585

Utah 24-hour Child Abuse Reporting Hotline

1-855-353-3237

Care Coordinated Services- DHHS

435-383-3546- familyhealth.utah.gov/ccrs

An evidence-based approach to family-driven, team-based, collaborative planning for developing and implementing individualized care plans for children and youth with significant mental illness, emotional disturbance and or behavioral disorders.

Childcare - DWFS

jobs.utah.gov

Find daycares that are trusted and accept DWS subsidies. Varies based on vacancies.

Color Country Pediatrics

55 E Canyon Commercial Ave

Cedar City, UT 84721

1-435-865-0218 - colorcountrypediatrics.com

Well checks, immunizations, sick visits, nurse on call 24/7.

Department of Child and Family Services

106 N 100 E, Cedar City, UT 84720

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

Child abuse, neglect, and domestic violence, community and family support, foster care.

Family Support Center of Southwestern Utah

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

1-435-586-0791 - familysupportutah.org

Crisis nursery ages 0-11 years old. Crisis care is judged case-by-case.

Iron County Children's Justice Center

545 S 225 E, Cedar City, UT 84720

1-435-867-4275 - [/ironcountyut.gov/cjc](https://ironcountyut.gov/cjc)

Provides interviews, victim advocacy, medical services, mental health services, and community outreach. Supports children and family experiencing crisis with the disclosure of significant physical or sexual abuse of a child.

Kids On The Move

1-801-221-9930 - kotm.org

In-home services for children with autism, early head start, early intervention, and telehealth. Physical clinic location in St. George, UT.

MISS Foundation

Phone: 1-602-279-6477

Email: info@missfoundation.org

Missfoundation.org

Support for those who are experiencing the death or impending death of a child. Information and resources for bereaved parents, grandparents, and siblings.

Prevent Child Abuse Utah: Nurse-Family Partnership, Parents as Teachers Programs, STEP (Systematic Training for Effective Parenting)

2 West St. George Blvd., Ste 34 & 35, St. George
435-383-1355 pcautah.org

In-home visiting supporting families with children 0-8yo. Free developmental screenings, local parent connection, resources, family activities and classes that help parents learn effective ways to relate to their children and encourage cooperative behavior from birth through adolescence.

Utah Behavior Services

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

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

Autism and Mental Health services, ABA, medication management, day treatment, parent workshops, and therapy.

Clothing

Catholic Thrift Shoppe

76 E Center St, Cedar City, UT 84720

1-435-865-9674 - christthekingutah.org

Clothing, household items, various other items at a discounted price.

Department of Workforce Services (DWS)

176 E 200 N, Cedar City, UT 84720

(435) 865-6547 jobs.utah.gov

Funds available for customers who are in need of clothing for employment purposes.

Deseret Industries

1460 S Providence Center Dr, Ste 1

Cedar City, UT 84720

1-435-586-3337 - deseretindustries.org

Sells used clothing and household items at a discounted cost.

Habitat for Humanity of SWUT Restore

124 N Main St, Cedar City, UT 84720

1-435-263-0982 habitatswu.org/cedar-city

Sells gently used clothing, furniture, home accessories, building materials, and appliances to the general public

Iron County Care and Share

222 W 900 N, Cedar City, UT 84720

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

Provides DI clothing vouchers for work clothing or an emergency need for clothing.

Kewlz Thrift

400 Coal Creek Rd, Cedar City, UT 84721

[FB Kwelz Family Thrift](https://FBKwelzFamilyThrift)

Sells used clothing and household items at a discounted cost.

LDS Transitional Services

520 S 1100 W, Cedar City, UT 84720

1-435-592-2870

Food orders or food vouchers, DI clothing vouchers.

Treasures

1093 S Main St, Cedar City, UT 84720

1-435-865-5972 cedarpres.org

Disability

Adult Protective Services

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

Abuse and neglect of seniors and adults with disabilities. Can call or report online.

Chrysalis

660 N Airport Rd, Cedar City, UT 84721

1-435-586-4078 - gochrysalis.com

24-hour residential care, autism services, host homes, support for those with behavioral, emotional and cognitive disabilities.

Division of Services for People with Disabilities

Toll Free: 1-877-568-0084 - dspd.utah.gov

Supported living, respite care, and residential rehab for children and adults with intellectual disabilities, physical disabilities, brain injuries, and autism.

Red Rock Center for Independence (RRCI)

987 N Main St, Ste 2, Cedar City, UT 84720

1-435-704-4798 - rrci.org

Non-profit empowering people with disabilities to live independently through education, personalized services, and technology.

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.

Turn Community Services

44 W Harding Ave, Ste 101, Cedar City, UT 84720

1-435-586-1128 - turncommunityservices.org

Residential services, art and education day services, family support, respite, employment training and opportunities.

*private pay or DSPD funding

Domestic Violence

Canyon Creek Services

2069 N Main St., STE #202, Cedar City, UT 84720

1-435-233-5732 - canyoncreekservices.org

Free, confidential, and comprehensive services to survivors of domestic violence and sexual assault.

Utah Domestic Violence Coalition

24-Hour Linkline: 1-800-897-5465 - udvc.org

Creating a state where domestic and sexual violence are intolerable.

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.

Utah State University Extension Service

585 N. Main #4, Cedar City, Utah 84721

1-435-586-8132 - extension.usu.edu/iron

Programs include: Nutrition Education, Parenting Skills Classes, Relationship Workshops, Youth Agricultural Programs.

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.

Emergency Housing

Canyon Creek Services

2069 N Main St STE 202, Cedar City, UT 84721

1-435-867-9411 canyoncreekservices.org

Domestic violence shelter, call the hotline for assistance.

Iron County Care and Share

244 W 900 N, Cedar City, UT 84720

1-435-586-5142 - careandshare-ut.org

Provides shelter, and case management. Drop in services for showers, laundry, and meals.

Youth Futures

100 West 133 South, Cedar City, UT 84720

1-801-528-1214 (0)- youthfuturesutah.org

1-801-528-3088 (text)

Provides safe shelter, Medicaid assistance, education, collaborative resources, respectful guidance and diverse support to homeless, unaccompanied, runaway, and at-risk youth.

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. Wed 9am-4pm and most Saturday's 9am-1pm. *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, hygiene products, diapers, formula, and pet food.

LDS Transitional Services

520 S 1100 W, Cedar City, UT 84720

1-435-592-2870

Food orders or food vouchers, DI clothing vouchers.

Meals on Wheels - Enterprise, Utah Senior Citizen Center

165 S 100 E, Enterprise, UT 84725

Call 1-435-878-2557 to verify eligibility.

coa.washco.utah.gov

Meals on Wheels - Cedar City, Utah

Cedar City Senior Citizens Center

489 E 200 S, Cedar City, UT 84720

Call 1-435-586-0832 to verify eligibility.

ironcounty.net/senior-center

SUU Hope Pantry

Sharwan Smith Cntr Rm. #120, Cedar City, UT

1-435-865-8340 - suu.edu/hope-pantry

Serves students with food and some hygiene items.

*must be a SUU student

True Life Center Church- Food Pantry

2111 N Main St, Cedar City, UT 84721

435-864-0405 - truelife.center/food-pantry

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 -

fivecountycommunityaction.squarespace.com

See website for screening and eligibility: Rental and Deposit Assistance, Rapid Rehousing programs

Iron County Care and Share

222 W 900 N, Cedar City, UT 84720

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

Provides emergency shelter for individuals and families in need.

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.

Humanitarian Organizations

American Red Cross

Central and Southern Utah

476 East Riverside Dr., St. George, UT 84790

800-733-2767 coleton.stam@redcross.org

Coleton Stam 385-505-4839, Disaster Program Specialist. Humanitarian organization providing emergency assistance, disaster relief, financial assistance due to national disaster, smoke alarm assistance, preparedness classes, and education.

Legal

Southern Utah Community Legal Center

229 East St. George Boulevard #103, St. George, UT 84770

Contact: Steve Julien 435-628-1604

southernutahcares.com

All new clients or existing clients with a new problem need to call Salt Lake Central Intake Unit

800-662-4245 or 801-328-8891

Utah Legal Services is a non-profit agency created in 1974 to help low income people with some of their legal problems.

Talk to a Lawyer Clinic SUBA (Southern Utah Bar Association)

Call 800-662-4245 ext. 3662 to schedule an appointment.

ulsoi.legalserver.org

Clinics sponsored by Utah Legal Services (ULS) are designed to help low-income Utahns; you must qualify under their guidelines to get help.

Medical/ Dental/ Vision

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.

Hughes & Associates

2069 N Main St, Ste 200, Cedar City, UT 84721

1-435-867-1111 (ask for David Harris)

hughesax.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.

Medicaid Application Assistance

Family Health Care- Navigators

Youth Futures Case Management

See Hope Rising Recovery (under Substance Abuse section)

Parowan Medical Clinic

450 Clinic Way, Parowan, UT 84761

1-435-477-3344

facebook.com/parowanmedicalclinic

Family practice services.

Sound of Life Foundation

180 N Main St, #2378, St. George, UT 84771

1-877-435-7551 - soundoflifefoundation.org

Non-profit focused on helping with hearing aid costs to improve quality of life for those with hearing difficulties.

Southwest Forensic Nursing and Healthcare

230 N 1680 E Ste. Q2, Saint George, UT.

1-888-436-7421 or 435-900-6787

swforensichealthcare.org

Provides medical forensic exams for survivors of sexual assault, interpersonal violence, strangulation, and/or human sex trafficking.

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

Doctors Volunteer Clinic (Mental Health)

1036 E Riverside Dr, St. George, UT 84790

1-435-656-0022 - volunteerclinic.org

Medication Management and counseling services for uninsured and underinsured or in need of transitional care.

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 on sliding scale basis. Play therapy for ages 3-11. Navigator assistance for Medicaid applications.

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.

Substance Abuse

Access Foundation - Recovery

1354 N 625 W, Cedar City, UT 84721
1-435-429-1269 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.

ASPIRE365

aspire365.com
Telehealth and virtual visits for substance abuse and mental health services.

Desert Haven - Recovery

474 W. 200 N, Suite 200, St. George, UT 84790
435-634-5600 southernutahcares.com
Women Only, can have children 8 & under, Medicaid and private pay.

High Desert Counseling

195 W 820 S Unit 2, Cedar City, UT 84720
435-673-2899 highdesert.help
Day treatment, intensive outpatient, and general outpatient services for those choosing recovery from addiction. Medicaid/ Medicare provider.

Hope Rising Recovery

1474 S. 2300 E., New Harmony, UT
435-632-3335 hoperisingrecovery.com
Free Medicaid application assistance. Dual diagnosis facility, including mental health counseling and medications, substance use medication assisted treatment (MAT) and substance use treatment.

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.

Utah (Tobacco) Quitline

English: 1-800-784-8669

Spanish: 1-855-335-3569

waytoquit.org

Support Groups/ Recovery

Alcoholics Anonymous- Dixie Central Office

435-674-4791 Aaofutah.org

LDS Family Services

1460 S Providence Center Dr Suite 2, Cedar City

1-435-586-4479 providentliving.churchofjesuschrist.org

Offers mental health counseling, marriage and family relationship counseling, and addiction recovery meetings. Most services are available to the public.

Some services require a bishop's authorization.

Please consult the office staff for additional information.

Narcotics Anonymous of Southern Utah

PO Box 457, Washington, UT 84780

(435) 467-4403 nasouthernutah.org

Helpline 866-222-3035

Provides peer support groups for those struggling with overcoming drug addiction.

Postpartum Support International (PSI)

postpartum.net Fifty virtual groups supporting parents and families before/ during/ after the perinatal period.

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.

Soul Taxi

1383 S Main St, Cedar City, UT 84720

1-435-267-4866 FB Soul Taxi

Flat rate transportation service.

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.

Southern Utah Veterans Home

160 N 200 E, Ivins, UT 84738

1-435-634-5255 - avalonhealthcare.com/ivins

Medical and nursing services 24/7, pharmacist, social services, PT, OT, speech therapy, wound care, dietary services, recreational therapy, hospice, and barber and beauty shop.

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.

Last Revised 10.2025