

Aging

AARP Friendly Voices

1-888-281-0145 - connect2affect.org or aarp.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

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. Only provides non-medical services.

Beehive Homes

1364 S Powell Dr, Kanab, UT 84741

1-435-767-9033 beehivehomes.com

Assisted living facility in Kanab- personal care for your aging loved ones.

Five County Association of Governments

1070 W 1600 S, Bldg B, St. George, UT 84770

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

Ofrecemos diversos servicios en los cinco condados del suroeste de Utah, brindando apoyo, educación, atención y seguridad para niños, familias y personas mayores.

Kane County Senior Center - Kanab/ Orderville

172 E 100 N, Kanab, UT 84741

Kanab: 435-644-4321.

Long Valley 435- 648-2504- kane.utah.gov

Monday-Thursday 8 a.m. – 2:00 p.m. (Kanab)

Mon. Wed. & Thurs. 8 a.m.-1:30 p.m. (Orderville)

Meals are available Monday, Wednesday and Friday.

Provides lunch, activities, games, shopping, and out-of-town trips. Meals on Wheels if eligible.

Southern Utah Veterans Home

160 N 200 E, Ivins, UT 84738

1-435-634-5255 - nasvh.org

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.

Zion's Way Home Health and Hospice

395 S 100 E, Ste 5, Kanab, UT 84741

1-435-688-0648 - zionsway.com

Home health care, hospice, transitional care, and joint replacement recovery.

Children/ Youth

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.

Children's Justice Center

445 N 76 W, Kanab, UT 84741

(435) 644-4989- utahcjc.org

Services children and families who are experiencing the crisis and chaos that comes with the disclosure of significant physical or sexual abuse of a child.

Division of Child & Family Services

329 S 350 E, #3, Kanab, UT 84741

1-435-644-4530 - dcfoffices.org

To keep children safe from abuse and neglect and provide domestic violence services by working with communities and strengthening families.

Clothing

Thrift Shop of Kane County Hospital Auxiliary

41 S 100 E, Kanab, UT 84741

1-435-644-8175 - kchosp.net

Vouchers available by request from the Kane County Assistance Program.

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.

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)

83 S 2600 W Ste 202-C, Hurricane, UT 84737

1-435-359-7637 - rrci.org

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

Southern Utah Vocational Rehabilitation

965 E 700 S, Ste 202, St. George, UT 84790

1-435-673-5091 - 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

523 E Sunland Dr, Ste #5A, St. George, UT 84790

1-435-673-5251 - turncommunityservices.org

Serves people with intellectual and developmental disabilities in community-based programs.

Domestic Violence

Dove Center

1240 E 100 S, Ste 221, St. George, UT 84790

Help Line: 1-435-628-0458

Office: 1-435-628-1204 - dovecenter.org

They have a mobile advocate in Kanab. Provides shelter, advocacy and counseling for survivors of domestic abuse, dating violence, sexual assault, rape, sex trafficking, and stalking.

Shortcreek Dream Center

480 Field Ave, Hildale, UT

435-619-4294 shortcreekdreamcenter.org

Helping people escaping domestic violence, recovering from substance abuse, overcoming homelessness, healing from trauma and developing life skills.

Utah Domestic Violence Coalition

24-Hour Linkline: 1-800-897-5465 - udvc.org Creating a state where domestic and sexual violence are intolerable. Four focuses: advocate for victim safety and empowerment, collaborate with community partners and services, educate the community, and connect victims to resources.

Victim Services

76 N Main St, Kanab, UT 84741

1-435-644-4989 - kane.utah.gov

24 Hour On-Call Advocates 435-644-2349 or 877-644-2349

This department works under the Kane County Attorney's Office to protect and defend the rights of victims in Kane County.

Education

Utah Tech University - Kanab Center

59 E Cowboy Way (west of High School)

Kanab, UT 84741

1-435-644-5821, ext.409 - kanab.dixie.edu

Allows individuals from Kanab and surrounding areas easier access to complete their higher education goals.

Kanab/ Kane County Preschool

1-435-644-6205

Preschool for ages 3+

Kane County School District

746 S 175 E Kanab, UT 84741

435-644-255 - kanek12.org

K-12 public schools throughout the county.

Adult Education Program

Southwest Tech Building
733 S. Cowboy Way, Kanab UT
435-644-8609 - utopia.schools.utah.gov

USU Extension-Kane County

180 W 300 N, Kanab, UT 84741
(435) 644-4901 - extension.usu.edu/kane
Provides research-based community education, resources and programs in the areas of agriculture and natural resources; business and community; food, health, and wellness; home, finance, and relationships; and 4-H and youth.

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.

Department of Workforce Services

468 E 300 S, Kanab, UT 84741
1-435-644-8911 - jobs.utah.gov
Assists individuals in preparing for and finding jobs, meeting workforce needs of Utah businesses, and administering temporary assistance.

Emergency Housing

Switchpoint

948 N 1300 W, St. George, UT 84770
1-435-628-9310 - switchpointcrc.org
Provides emergency shelter for families and individuals experiencing homelessness.

Youth Futures

340 E Tabernacle St, St. George, UT 84770
1-435-339-0787 - youthfuturesutah.org

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

Employment

Department of Workforce Services

468 E 300 S, Kanab, UT 84741
1-435-644-8911 - jobs.utah.gov
Assists individuals in preparing for and finding jobs, meeting workforce needs of Utah businesses, and administering temporary assistance.

Southern Utah Vocational Rehabilitation

965 E 700 S, Ste 202, St. George, UT 84790
1-435-673-5091 - usor.utah.gov
Provides employment, training, and adjustment programs for those with disabilities. Ages 14 and up. Serves the 5-county area.

Food

Kane County Assistance Program

1-435-644-7570 - kanecountyassist.org
Emergency assistance including food, prescriptions, utilities, gas, repairs, and other unexpected needs.

Kane County Care & Share

56 W 450 N, Kanab, UT 84741
1-435-644-4327 - kane.utah.gov
SNAP/Food Stamps: 1-866-348-6479
The Care and Share Food Bank in Kanab, Orderville, and Big Water distribute food on the 1st and 3rd Thursday of each month from 2:00 - 6:00 p.m. Pantries are client choice. The Kanab location is also open Tue, Wed, 8:00- 11:00 a.m. and Thurs 5:00-7:00 p.m.

Meals on Wheels - Kanab Senior Citizen Center

172 E 100 N, Kanab, UT 84741
kane.utah.gov/192/Senior-Citizens

Call 1-435-435-301-7280 to verify eligibility and sign up.

Utah Food Bank - Kane County Mobile Pantry

20 E Center St, Kanab, UT 84741
1-435-656-9122 or 1-801-978-2452

utahfoodbank.org

Distributes food to individuals and families on the second Monday of each month 10:00-11:00 a.m. until all the food is distributed.

Housing

Five Counties Housing Assistance Programs

1070 West 1600 South, Bldg. B, St. George, UT
1-435 -673- 3548

fivecountycommunityaction.squarespace.com

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

Lazy Days

226 W 200 N, Kanab, UT 84741

1-435-644-3432 - apartments.com

39-unit apartment complex. No pets allowed.

Montezuma Villa

555 South 175 East, Kanab, UT 84741

(619) 609-8133 chsutah.org/montezuma-villa

Community Housing Services, Inc. is a Utah-based nonprofit, equal opportunity housing provider, operating in 13 urban and rural counties. Strict criteria to be accepted. Rent is based on income.

Zion's Lodge/ Cowboy Bunkhouse

210 W 300 N, Kanab, UT 84741

435-277-0702 zionlodgekanab.com

zionlodgekanab@gmail.com

They currently rent rooms on a monthly basis, allow pets, have WiFi, laundry facilities, a library, common kitchens, dining areas, toilets, and showers.

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

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/modules/matter/extern_intake.php?pid=4&h=638cee

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

Creek Valley Health Clinic

20 S Colvin Street, Colorado City, AZ

435-900-1104 creekvalleyhc.com

Provides dental and medical services on a sliding scale basis. Accepts UT Medicaid.

Coral Hills Family Dental

181 W Center St, Kanab, UT 84741

1-435-644-2211 - coralhillsdental.com

Dentistry for all ages, dentures, and implants.

Doctors' Volunteer Clinic

(Medical/ Dental/ Vision)

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 with sliding scale payment. 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

391 N 200 W, Hurricane, UT 84737

2276 E Riverside Dr., St. George, UT 84790

Medical: 1-435-986-2565

Dental: 1-435-359-2165 - familyhc.org

Preventative care, infant and child care, women's health care, prenatal care, oral health, mental health, and discount prescriptions.

Kanab Family Dental

76 E 100 S, Kanab, UT 84741

1-435-644-2719 kanabfamilydental.com

Dentistry for all ages, emergency procedures, and wisdom teeth extraction.

Kane County Hospital

335 N Main St, Kanab, UT 84741

1-435-644-5811 - kchosp.net

General medical and surgical facility. Emergency care, acute care, inpatient and outpatient services.

Medicaid Application Assistance

Family Health Care Navigators

See USARA and Hope Rising Recovery (under Substance Abuse section)

Revere Health - Kanab Family Medicine

355 N Main St, Kanab, UT 84741

1-435-644-4100 - reverehealth.com

Comprehensive care for all ages; gynecological care, mental health management, physicals, immunizations, etc.

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 Utah Public Health Department

445 N Main St, Kanab, UT 84741

1-435-296-5477 - swuhealth.org

Environmental health, vital records, immunizations, emergency preparedness, Baby Your Baby, WIC, wellness, outreach.

Mental Health

Creek Valley Health Clinic

20 S Colvin Street, Colorado City, AZ

435-900-1104 creekvalleyhc.com

Provides mental health and substance abuse services on a sliding scale basis. Accepts UT Medicaid.

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.

Encompass (Arizona)

170 N Main St, Fredonia, AZ 86022

Phone: 1-928-643-7230 - encompass-az.org

Crisis Hotline: 1-928-645-8180

Outpatient care. Providing compassionate behavioral health care as well as personalized, comprehensive medical care.

Family Healthcare

391 N 200 W, Hurricane, UT (Hurricane Clinic)

2408 E Riverside Dr, St. George, UT 84790

1-435-986-2565 - familyhc.org

Provides behavioral health care services to children and adults. Play therapy for ages 3-11.

Intermountain Access Center

380 East Medical Center Drive St. George, UT 84790.

Located on the 4th floor of the North Tower

1-435-251-4480

intermountainhealthcare.org/behavioralhealth

Walk-in hours are 24/7

Behavioral Health Access Centers offer immediate crisis treatment, observation, and fast access to mental health treatment from licensed behavioral health professionals. This allows you to get the best level of care and lowers the overall costs.

Intermountain Partial Hospitalization Program for Teens in Crisis

409 E, 500 S, St. George, UT 84770

435-251-4490 - intermountainhealthcare.org

Supporting teens and their families with individual and group therapy, medication assistance during school hours.

Intermountain Psychiatry and Counseling

292 S 1470 E, St. George, UT 84790

1-435-251-5900 - intermountainhealthcare.org

Provides medication management, diagnoses, and counseling.

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

445 N Main St, Kanab, UT 84741

1-435-644-4520 - sbhc.us

Assists in preventing and recovering from mental illness and addiction.

Substance Use

Access Foundation

283 W Auto Mall Dr #4, St. George, UT 84770

435-429-1269 accessfah.org

Provides housing for those who choose sobriety, who need a place to decompress, who need a break in life.

Alano Club

12 Step Recovery Meeting

559 N. 1060 E., St. George, UT

435-673-0608 dixiealanoclub.org

Capstone Counseling

801-341-0411 capstonecounselingcenters.com

Online Treatment program focusing on **education**

and substance abuse treatment. Private/ cash pay only.

Desert Haven

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.

Four Points Health

1449 N 1400 W 319, St. George, UT
435-688-8199 fourpointshealth.org
Providing Outpatient programs in Ivins, Cedar City,
Richfield, Kanosh on a sliding scale basis.

High Desert Counseling

561 E Tabernacle St., St. George, UT
435-673-2899 highdesert.help
Day treatment, intensive outpatient, and general
outpatient services for those choosing recovery
from addiction. Medicaid/ Medicare provider.

Hope Rising Detox

865 W 100 N, Hurricane, UT
1474 S. 2300 E, New Harmony, UT
435-632-3335 hoperisingrecovery.com
671 1000 E. St., St. George 435-215-7533
Free Medicaid application assistance. Dual
diagnosis facility, including mental health
counseling and medications, substance use
medication assisted treatment (MAT) and
substance use treatment.

Lions Gate Recovery

24-Hour Hotline 866-471-9476
260 West St. George Blvd, St. George Utah 84770
info@talbotrehab.com
They are people in recovery helping people find
recovery. We offer a community of recovery. We
provide support through group therapy and
counseling. We help to develop social and life skills.
Our goal is to help you reconnect with your family.

New Season Treatment Center

620 S 400 E, Suite 404, St. George, UT 84770
435-656-8918 www.newseason.com
Methadone Treatment of Opioid, Heroin and
prescription drug addiction.

Premier Counseling

192 E 200 N Ste. 101, St. George, UT
435-610-1696 premiercounselingservices.org
Premier Counseling offers Day Treatment (PHP),
Intensive Outpatient (IOP), General Outpatient (GOP),
and Mental Health Services.

Renaissance Ranch

44 N 800 E, St. George, UT 84790
804-997-5011 renaissanceranch.net
Accepts TAM Full Service substance abuse and
mental health treatment center for adult men and family
members.

Steps

1085 Bluff St., St. George, UT
435-674-9999 stepsrc.com
Outpatient Program

True North Recovery & Wellness Center

640 East 700 South Bldg. #3, St. George UT
435-673-1004 truenorthutah.com
5:30AM-12PM Mon-Fri, Sat 7-9AM. Medicaid
accepted. MAT services.

Unity House

435-313-4986 unityhouseutah@gmail.com
Sober living for Women. A structured sober
environment for women who have the same common
goal, to recover from drug addiction or alcoholism. A
home with a built in support group of women helping
each other. Residents are required to work and attend
support groups.

Upper Mesa Recovery

485 W. Utah Ave., Hildale, UT 84784

435-414-5762

Treatment facility for substance abuse.

USARA - Utah Support Advocates for Recovery Awareness

113 E 200 N #1, St. George, UT 84770

435-319-8800 utahrecovers.org

USARA helps those recovering from the effects of substance use disorders on the person, families, and the community. USARA St. George provides family-friendly recovery activities monthly, family support, and coaching.

Utah (Tobacco) Quitline

English: 1-800-784-8669

Spanish: 1-855-335-3569

waytoquit.org

Suicide Prevention

Crisis & Suicide Hotline - 988

Suicide Prevention Hotline

1-800-273-8255 - suicidepreventionlifeline.org

24/7 free and confidential emotional support for people in emotional distress or suicidal crisis.

Live On Utah @LiveOnUtah

Liveonutah.org

Live On is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On. Join their FREE suicide prevention course by following their instagram account

Reach 4 Hope

Reach4hopeutah.org

They offer trainings and resources that can help you learn suicide warning signs, talk openly and honestly

about suicide, offer hope to someone in crisis, and save a life. Follow their Youtube, Facebook, and Instagram accounts.

Support Groups

Alcoholics Anonymous Dixie Central Office

435-674-4791 aaofutah.org

Thursdays, 12 PM American Legion Hall

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.

Utilities

Comcast Internet

internetessentials.com

Offers high-speed internet for low-income families in Utah.

Emergency Broadband Benefit

getemergencybroadband.org

Discounted internet (if client qualifies) offered through AT&T, CenturyLink, Verizon, SC Broadband, etc.

H.E.A.T. Program

Home Energy Assistance Target

1-435-644-3803 - fivecountyheat.org

Provides assistance to individuals and families to meet increased energy costs in winter and summer months.

Kane County Assistance Program

1-435-644-7570 - kanecountyassist.org

Emergency assistance including food, prescriptions, utilities, gas, repairs, and other unexpected needs.

1-435-862-9176 - Will Leonard

1-435-689-0389 - Sandy Kurr

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

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.

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

Provide 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