

# Walking with Moms in Need Resources

Respect for Life Commission, Diocese of Salt Lake City

In response to the USCCB nationwide invitation to walk with moms in need, we have identified resources for women facing difficult pregnancies. These include pregnancy resource centers, social service agencies, and Catholic programs and resources.

## **PREGNANCY HELP-RELATED RESOURCES**

Pregnancy Resource Centers: These centers offer pregnancy tests, medical referrals, ultrasounds, mentoring, and post abortion healing.

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

In Salt Lake:

Pregnancy Resource Center

644 South 900 E

<https://www.pregnancyresource.net/>

801-363-5433

Private Medical Practices offering Prenatal, Ob-Gyn, Birthing and/or Post-Partum Care:

Pro Life OB/GYN: <https://aaplog.org/>

The Gabriel Project: Park City

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

Contact St. Mary of the Assumption, Park City

Pro Life Utah offers crisis pregnancy hotline and resources

<http://prolifeutah.org/>

24-hour hotline: 385-243-1973

## **GENERAL CATHOLIC HELP-RELATED RESOURCES**

Catholic Community Services of Utah:

Services included in Salt Lake:

St. Vincent de Paul Dining Hall

Weigand Homeless Resource center

<https://ccsutah.org/>

Front desk: 801-977-9119

Catholic Community Services of Northern Utah:

St. Martha's Baby Project provides infant layettes to low income parents.

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

801-394-5944

Joyce Hansen Food Bank, Northern Utah

Bridging the Gap food distribution through Ogden area elementary schools.

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

Front desk: 801-394-5944

Holy Cross Ministries Utah:

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

<https://hcmutah.org/>

801-261-3440

## **CATHOLIC COUNSELING SERVICES**

Holy Cross Ministries:

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

<https://hcmutah.org/>

801-261-3440

Limited private counseling is now available through the Diocese on Wednesday afternoons for those whose lives have been impacted by abortion. Please contact the Diocesan Respect for Life Commission or your parish priest for further details.

## **NATIONAL MENTAL HEALTH RESOURCE**

National Alliance on Mental Illness: NAMI

<https://www.nami.org/Home>

1-800-950-NAMI (1-800-950-6364)

## **CATHOLIC MEMBERSHIP AND SERVICE ORGANIZATIONS WITH A LOCAL PRESENCE**

Knights of Columbus:

K of C Pro Life Resources:

Numerous resources for Knights of Columbus Councils:

<https://utahknights.org/wp-content/uploads/2015/06/pro-life-ideas.pdf>

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/>

### 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/>

## **ADOPTION AGENCIES**

### The Adoption Exchange

<https://www.adoptex.org/learn-about-us/locations/utah/>

801-365-1981

### Utah Foster Care

<https://utahfostercare.org/>

877-505-5437

## **UTAH STATE AND LOCAL SOCIAL SERVICES**

### Utah Department of Workforce Services

Jobs.utah.gov

1-866-435-7414

### Utah Medicaid Program

1-800-662-9651

### Need Help Paying Bills

Provides links to numerous resources throughout the state, including rent, mortgage, bills.

[https://www.needhelppayingbills.com/html/utah\\_telephone\\_assistance\\_prog.html](https://www.needhelppayingbills.com/html/utah_telephone_assistance_prog.html)

## **HOUSING RESOURCES**

### Utah Department of Workforce Services STATE WIDE

Consolidates employment and public assistance programs, including food, financial help, medical help and childcare; some housing information.

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

### Housing Authorities STATE WIDE

Many resources throughout the state about housing.

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

### Community Action Partnerships in Utah:

Statewide network of community action centers dedicated to fighting poverty.

<https://www.caputah.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>

### In Northern Utah:

#### Lantern House:

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

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

801-621-5036

### Cottages of Hope: (Ogden)

Help with basic needs, financial management, and related resources

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

## **HOUSING/UTILITIES**

### HEAT

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>

### Salvation Army Lend A Hand:

Utility assistance with water, energy.

[https://saltlakecity.salvationarmy.org/salt\\_lake\\_city\\_corps/overcome-poverty/](https://saltlakecity.salvationarmy.org/salt_lake_city_corps/overcome-poverty/)

### Utility Assistance Programs:

[https://www.utilitybillassistance.com/html/utah\\_utility\\_bill\\_assistance\\_.html](https://www.utilitybillassistance.com/html/utah_utility_bill_assistance_.html)

### Utah Telephone Assistance Program: Lifeline

Telephone assistance

[https://www.needhelppayingbills.com/html/utah\\_telephone\\_assistance\\_prog.html](https://www.needhelppayingbills.com/html/utah_telephone_assistance_prog.html)

1-800-948-7540

## **HOUSEHOLD ITEMS/FURNITURE/CLOTHING**

### Deseret Industries (Utah): STATE WIDE

Thrift store and donation center.

<https://www.deseretindustries.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-Rescue Mission of Salt Lake:

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/>

### West Jordan:

#### Calvary Thrift Store

Non-profit thrift store and donation center focused on community outreach. Military discounts.

3245 West 7800 South, West Jordan

801-282-3344

[calvarythrift.org](http://calvarythrift.org)

### Crossroads Urban Center

Food Pantry & Thrift Store. Also, day bus passes, prescription assistance, gasoline vouchers.

801-364-7765

347 South 400 East, SLC – Food Pantry

1385 West Indiana Avenue, SLC – Thrift store

[www.crossroadsurbancenter.org](http://www.crossroadsurbancenter.org)

### 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.

801-484-3401

2090 East 3300 South, Millcreek

[www.alslc.org](http://www.alslc.org)

### Savers

Thrift stores, donations. Find locations:

[www.savers.com](http://www.savers.com)

### Goodwill Industries

Thrift stores, donations, job assistance. Find locations:  
[www.goodwill.org](http://www.goodwill.org)

## **DAY SHELTERS**

### Weigand Center

Located: 437 West 200 South

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

Hours: 11:30-12:30PM and 5-6 Mon-Fri; 10:30-11AM Sat

### Family Promise Day Shelter

<https://familypromisesaltlake.org/>

Located: 814 West 800 South

801-961-8622

Open: 8-5 Mon-Fri

Other Services: showers, computers, meals, transportation.

### Rescue Mission

Located: 463 South 400 West

<https://rescuesaltlake.org/>

Women's Center 801-521-5925

Hours: 24 hours a day, seven days a week.

Other Services: clothing, meals, mailing address, storage.

## **NIGHT SHELTERS**

### Utah Community Action

Call 1-800-990-9999 for shelter availability at the Geraldine E. King Women's Resource Center or Gail Miller Resource Center (mixed gender)

### Rescue Mission

Located: 463 South 400 West

<https://rescuesaltlake.org/>

Women's Center: 801-521-5925

Hours: 24 hours a day, seven days a week. Check-in @ 6PM (ID required)

Other Services: clothing, meals, mailing address, storage.

### Valley Safe Haven Housing

Located: 550 West 700 South

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

## **YOUTH SHELTERS**

### Homeless Youth Resource Center

Located: 888 South 400 West

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

801-364-0744

Hours: 24 hours a day, 7 days a week

Services: meals, counseling, legal help.

### Salt Lake County Youth Services Walk-in Program

Located: 177 West Price Avenue (3610 South)

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

385-468-4500

Hours: 24 hours a day, seven days a week

Services: shelter and crisis center, food, counseling, laundry, showers.

## **FAMILY SHELTERS**

### The Road Home – Midvale Center

Shelter for families with children.

801-569-1201

529 West 7300 South (9<sup>th</sup> Ave), Midvale

[www.theroadhome.org](http://www.theroadhome.org)

## **WOMEN’S RESOURCES AND SHELTERS**

### Salt Lake Rescue Haven

Located: 1165 South State Street

Services: shelter for victims of domestic abuse.

### 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.

### YWCA

Located: 322 East 300 South

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

801-537-8600

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.

In Provo, Orem, Nephi:

The Center for Women in Crisis

Provides caring environment for victims of domestic violence and assault.

801-377-5500 - 24/7 help English & Spanish

801-803-7577 office

1433 East 840 North, Orem

Geraldine E King Women's Resource Center

Volunteers of America Domestic Violence Program

Emergency temporary shelter.

[www.voaut.org](http://www.voaut.org)

801-893-6678

131 East 700 South, SLC

## **CRISIS NURSERIES:**

Sugarhouse Crisis Nursery

An 8-hour free-of-charge drop off center for children ages newborn up to age 12. The nursery is open Monday through Saturday from 9 am to 4:30 pm. Diapers, wipes, meals and snacks are provided.

2020 S Lake St. (740 E.)

SLC, UT

801-487-7778

Midvale Crisis Nursery

A 12-hour free-of-charge drop off center for children ages newborn up to age 12. The nursery is open Monday through Saturday from 8 am to 8pm. Diapers, wipes, meals and snacks are provided.

777 W Center Street

Midvale, UT 84047

801-255-6881

West Valley Crisis Nursery

A 24- hour free-of-charge drop off center for children ages newborn up to age 12. The nursery is open 24 hours a day. Diapers, wipes, meals and snacks are provided.

3663 S. 3600 W.

West Valley City, UT

801-967-4259

Family Support Center of Ogden

Operates Mon-Thurs 9 to 9; Friday 9 to 1, Saturday 9-5.

3340 S Harrison Blvd Suite 110 Ogden

801-393-3113



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

Family Support Center, St. George

Provides care 24/7, 7 days a week.

310 West 200 North  
St. George, UT 84770

## **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

## **FOOD ASSISTANCE RESOURCES**

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>

Supplemental Nutrition Assistance Program (SNAP)

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

Utahns Against Hunger for College Students

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

Need Help Paying Bills: Extensive list of Food Resources

[https://www.needhelp-payingbills.com/html/utah\\_food\\_banks.html](https://www.needhelp-payingbills.com/html/utah_food_banks.html)

Apply for Food Stamps (SNAP)

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

In Salt Lake:

St Vincent de Paul Dining Hall

437 West 200 South

Open: 5-6 PM Mon-Sun; 11:30-12:30 Mon-Fri; 10-11 Sat

Good Samaritan Program

Located: 331 East South Temple

Open: Sack lunches 8AM - 9PM Mon-Sun

Calvary Baptist “Fill The Pot”

Located: 300 South, 300 West (Pioneer Park)

Open: 8-11AM Sun

Hildegarde’s Food Pantry

Address: 231 East 100 South

Open: 11AM-2PM Tues, Wed, Fri; 5-7 PM Thurs

Rescue Mission:

Address: 463 South 400 West

<https://rescuesaltlake.org/>

Women’s Center 801 521 5925

Open: 6:15-6:45AM Mon-Sat; 12-12:30PM Mon-Sun; 7PM Mon-Sun

Crossroads Urban Center

Located: 347 South 400 East

Open: 9-5 Mon-Fri

Service: 6 free emergency meals per family per year.

## **DRUG/ALCOHOL COUNSELING**

Tobacco Quit Line: 1-888-567-8788

Alcoholic Anonymous: 801-39- 4728

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

Salt Lake:

Volunteers of America Detox Center

Located: 252 West 1025 South

Hours: 24 hours a day, 7 days a week

Odyssey House

Located: 344 East 100 South

Services: treatment for those with a mental health or substance abuse concern.

Cornerstone Counseling Center

Located: 447 West Bearcat Drive (near 2100 South)

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

## **LEGAL SUPPORT**

Utah Legal Services:

Legal assistance for low income individuals.

Utahlegalservices.org

Legal Aid Society of Salt Lake:

Domestic violence and family law services for low income clients.

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

## **SUICIDE CRISIS SUPPORT**

National Suicide Prevention Lifeline:

Phone support services 24/7, nationwide

1-800-273-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

## **FEDERAL RESOURCES**

Baby Your Baby

Temporary Medicaid coverage for pregnant women.

1-800-826-9662

<http://www.babyyourbaby.org>

## **DISABILITY RESOURCES**

Division of Rehabilitation Services

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

Division of Services for People with Disabilities

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

1-844-275-3773

Rise, Inc

Opens doors for people with disabilities

<https://rise.org/>

763-786-8334

Utah Parent Center

Assistance with children with special needs

<https://utahparentcenter.org/>

1-800-468-1160

## **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>

Indeed Job Resources

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

## **MILITARY**

Department of Veterans Affairs

Benefits for those who serve or have served in the military.

1-800-827-1000

## **MAIL BOXES**

Rescue Mission

Located: 463 South 400 West

<https://rescuesaltlake.org/>

Women's Center: 801-521-5925

Hours: 24 hours a day, seven days a week.

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