**Cache Valley**

**Community Resources**

# **For VISTAS & Those They Serve**

**Pregnancy and Parenting**

Baby Watch

Assist children birth to three years old with developmental delays or disabilities (leave message when you call).

435-797-3727

Baby Your Baby/Prenatal Assistance

1-800-826-9662, babyyourbaby.org

Bear River Health Dept.

Prenatal and Medicaid assistance.

655 E. 1300 N., 435-792-6500, brhd.org

Child Care Resource and Referral

Child care referral, training, technical assistance, and license grants. 435-797-1552, usuchild.usu.edu

Child and Family Support Center

Parenting classes, support groups, child abuse/neglect prevention, physical and sexual abuse counseling, crisis line and crisis nursery.

380 W. 1400 N., 435-752-8880

The Logan Family Center (formerly known as the Family Information and Resource Center)

Parenting skills through informative workshops, classes, and activities. Parenting education through home visits, library books, videos, brochures, and educational toys.

50 S. 400 E., 435-755-5171, loganfamilycenter.org

La Leche League

3rd Thursday of every month at 7pm, Call for location: 435-554-8667

Logan North Campus (formerly known as Young Mother's Program)

Ask for Debra Meppen

 435-755-2393, 83 S. 100 W.

Logan Regional Hospital Lactation/Breastfeeding Clinic

Lactation Specialists, breastfeeding supplies and warm line.

435-716-2560 (leave message), 1400 N. 500 E.

intermountainhealthcare.org/hospitals/logan

Planned Parenthood

Resource materials, community education resources, counseling, pregnancy tests, exams, and prescriptions.

550 North Main, Suite 117, 435-753-0724, plannedparenthood.org

Pregnancy Riskline

Information, education, and counseling about the possible effects on an unborn child of exposure to drugs, illnesses or substance during pregnancy and breastfeeding.

Monday-Thursday 7am-6pm, 1-800-336-7378

Share Parents

Support group for those who have experienced miscarriages, stillbirths, or infant deaths. Ask for Patty

435-753-0687

Utah State University Extension

Budget counseling and meal management.

179 N. Main Suite 111., 435-752-6263

http://extension.usu.edu/homeandfamily

Women, Infants and Children (WIC)

Federally-funded nutrition education and supplemental food program serving expectant and breastfeeding mothers and children from birth to age five. Breastfeeding classes open to the public. Lactation support and breastfeeding aids for women who qualify.

655 E. 1300 N., 435-792-6451, brhd.org/wic or health.utah.gov/wic

Common Bonds

Support group for parents with babies in Logan Regional Hospital NICU.

435-716-5502

**Health and Nutrition Resources**

Alliance for Children

Reimbursement for food for children under care of state care providers.

435-752-7985

Bear River Association of Government

Aging assistance, community and economic development, Heritage Center, emergency assistance, heat assistance and HUD or housing subsidy, weatherization, loans, procurement, first-time home buyers, home improvement.

170 North Main, 435-752-7242

Cache Community Food Pantry (Formally known as the Food Bank)

359 South Main Street

Monday-Thursday 8am-3:30pm, Friday 8am-12pm

435-753-7140

Cache County American Red Cross

130 S. Main, Suite 120, 435-752-1125, cachecounty.redcross.org

Cache Kids Pediatric Rehabilitation

Occupational therapy, physical therapy, speech and hearing therapy for children ages 0-21 years.

246 E. 1260 N., 435-716-6440

Cache Valley Community Health Center

Services include: medical, dental, and behavioral health. Sliding scale fee-based on household size and income.

1515 N. 400 E. Ste #104., 435-755-6061

Cache Valley Community Health Clinic

Physicians volunteer services or patients temporarily unable to pay. Additional services include: 1st Thursday-Dermatology, 4th Thursday-OB/GYN, 2nd and 4th Tuesday-Dental, 3rd Tuesday Internal Medicine. Clients with Medicaid, Medicare or health insurance are not eligible.

Tuesday and Thursday 6-9pm

272 1/2 N. Main, 435-752-7060

Center for Persons with Disabilities (CPD)

6800 Old Main Hill, 435-797-1981

Childcare Nutrition Program

Food for state registered children under care of state care providers.

6830 Old Main Hill (Center for Persons with Disabilities Bldg.), 435-797-2169

CHIP: Children's Health Insurance Program Hotline

180 N. 100 W., 435-792-0300

Community Dental Center

Provider for: Medicaid, CHIP, PCN and non-insured.

130 W. 700 S. Smithfield Ste B, 435-563-0140

Department of Workforce Services - Medicaid

Employment seeking, job workshops, childcare subsidy, food stamps, Medicaid and financial assistance.

180 N. 100 W., 435-792-0300, jobs.utah.gov

Division of Services for Peoples with Disabilities

115 Golf Course Road, Suite C, 435-787-3450

Health Dept-Bear River

435-792-6500

Immunization Line

655 E. 1300 N., 435-792-6564

**Legal Aid**

Thursday Night at the Bar

Historic Cache County Courthouse 199 N. Main, 435-713-0660

Utah Legal Services' Pro Se Clinic

First District Courthouse 135 N. 100 W

call 435-750-1300 for schedule

Multi-Cultural Center of Cache Valley

Service for the Latino community and other multi-cultural groups

Whittier Community Center 290 N. 400 E., 435-753-8486

Social Security Administration

Applications, missing cards and SSI benefits for disabled children.

180 N. 100 W., 1-800-772-1213, socialsecurity.gov

**Abuse and Mental Health**

Bear River Health Dept/Division of Substance Abuse

Outpatient counseling for alcohol/drug abusers, youth counseling and women's program, intensive outpatient program.

655 E. 1300 N., 435-792-6420

After hours Substance Abuse Crisis Line: 435-881-0358

Bear River Mental Health

Counseling, Super Kid Program, accepts Medicaid, insurance for full-fee payment.

90 E. 200 N., 435-752-0750

CAPSA - Community Abuse Prevention Services Agency

Counseling, advocacy, protective order presentation and crisis intervention for victims and their families - Primarily 18 years and up.

P.O. Box 3617, 435-753-2500, capsa.org

Division of Child and Family Services

Family counseling, child protective services, foster care, aging and adult services.

115 W. Golf Course Road, Suite B, 435-787-3400

LDS Family Services

Counseling, adoption and birth parent services.

175 W. 1400 S., Ste #A, 435-752-5302

Family Institute of Northern Utah

Individual, couple and family therapy, child play therapy and group therapy.

965 S. 100 W. Ste. #203, 435-752-1976

Narcotics Anonymous Hotline

435-753-7733

Psychology Community Clinic

Counseling provided on a sliding fee scale.

Mon-Thur 9am-8:30pm, Friday 9am-3pm

USU Education Building Room 413, 435-797-3401

USU Marriage and Family Therapy Clinic

Family, couple, and individual therapy.

Mon-Fri (by appointment)

493 N. 700 E. , 435-797-7430

**Employment and Education**

Cache Testing Service

Special Education evaluations and assessments.

420 S. 500 E., 435-753-2100

Head Start

Preschool programs for normally developing children and those with special needs- Income guidelines apply.

95 W. 100 S., Ste 240, 435-787-8885

LDS Employment Resource Center

175 W. 1400 N., Ste. #C, 435-752-7911, ldsjobs.org

Migrant Head Start

Centro de la Familia; preschool programs for normally developing children and those with special needs, 6 weeks to 5 years old, of migrant workers.

435-787-2328

USU Human Resources

435-797-1805

USU Job Site

usu.edu/career/htm/career-aggie

USU Student Employment Office

435-797-0184, usu.edu/career/htm/career-aggie

Department of Workforce Services

Employment seeking and job workshops

180 N. 100 W., 435-792-0300, jobs.utah.gov

English Language Center of Cache Valley

Teaches English, basic life skills, U.S. Citizenship preparation, and employment education to adult speakers of other languages

1544 N. 200 W., 435-750-6534, elc-cv.org/

**Seniors and Refugees**

Cache Valley Senior Citizens Center – Logan

Provides programs and activities that offers activities, classes, and meals to residents of Cache County who are 60 years of age or older.

Monday-Friday, 9am-4pm

240 N. 100 E. (Logan), 435-755-1720, cachecounty.org/senior/

Cache Valley Senior Citizens Center – Hyrum

Provides programs and activities that offers activities, classes, and meals to seniors in Hyrum who are 60 years of age or older.

Monday-Friday, 9am-2pm

695 E. Main (Hyrum), 435-245-3570, sites.google.com/a/hyrumcity.com/hyum-senior-center/

Cache Valley Senior Citizens Center – Smithfield

Provides programs and activities that offers activities, classes, and meals to seniors in Smithfield Call Rachel Bott

435-764-1303, smithfieldcity.org/iwantto.seniorcitizenenter.html

Meals on Wheels for Senior Citizens

Delivers hot, nutritious noontime meals to eligible senior residents throughout Cache County, with the help of volunteers.

Call Kris

435-755-1722, cachecounty.org/senior/meals-on-wheels.html

Foster Grandparents Cache Valley

National Service program that engages seniors as volunteers in schools and community organizations. Stipend available.

Call Susan Johnson

susanj@weberhs.org

RSVP Cache Valley

National Service program that connects seniors with volunteer opportunities in Cache and Rich counties.

Call Krista Gurko

435-797-5720, krista.gurko@usu.edu, publicschoolpartnership.com

Cache Valley Senior Living

Database for senior living locations.

search.realestatelogan.com/i/Cache-County-Senior-Community-Homes-for-Sale

Cache Refugee & Immigrant Connection (CRIC)

Helps refugee and immigrant families in Cache Valley fill out forms, call and set up appointments, prepare for the Utah driver’s license test, and study for the U.S. nationalization test.

Walk in hours available Monday & Wednesday, 4-6pm (195 Golf Course Rd. in Logan) or Tuesday & Thursday, 10:30am-12:30pm (Logan Library)

Email: cricconnection@gmail.com, cacherefugees.org/