

SUPPORT GROUPS & CLASSES

United Way. We focus on what matters.

United Way of Utah County Information & Referral provides access to health and human service resources, providing options to help alleviate the challenges accompanying difficult circumstances.

By providing appropriate referrals, we empower individuals to achieve self-sufficiency and, thereby, focus on what matters.

ABUSE/NEGLECT

- Center for Women and Children in Crisis** 356-2511
Domestic Violence & Rape Support Groups
- Provo Police Department**.....655-0258
Spanish-speaking Domestic Violence Support Group
- Children’s Justice Center** 851-8520
Therapy groups for children and teens who have suffered sexual or severe physical abuse.
- Family Support and Treatment Center**229-1181
Adult Woman’s and Family Trauma Group

ANGER MANAGEMENT CLASSES

- Turning Point @ UVSC**..... 863-7580
- Institute for Cognitive Therapy**.....802-8608

BEREAVEMENT/GRIEF

- Hospice of Intermountain Healthcare**.....357-3134
Bereavement Support
- Canary Gardens**.....636-3602
For adult groups ask for Julie. For youth ages 3-18 who have lost a family member
- Compassionate Friends**.....812-3796
Support group for those who have lost a child.
- Applegate Homecare and Hospice**.....763-0101
Ongoing 8 week session
- SIDS Support Group (Julie)** 636-3602
Meets one time a month
- Utah Valley Regional Medical Center**
Pregnancy/Infant Loss.....357-7754
Suicide Support Group.....357-4200

DISABILITIES

- Kids on the Move** 221-9930
Parent Training and Support
- Recreation and Habilitation Services (RAH!)**
.....374-8074
- Orem Fitness Center** 229-7159
Adaptive Aquatics

PERSONAL DEVELOPMENT

- BYU Women’s Services and Resources**..... 422-4877
Assertiveness Support Group
Perfectionism Support Group
- Turning Point**..... 863-7580
Successful Life Management Class: Marriage, Transitions, GED

HEALTH SERVICES

- American Cancer Society** 800-234-0533
Cancer Support Groups
- BYU Women’s Services and Resources**
Eating Problems
- Camp Sunrise River rafting retreat**.....602-952-7548
Summer camp for youth with cancer (Bluff, Utah)
- Central Utah Clinic**.....812-5466
Surviving to Striving, Cancer Support Group,
Spiritual Principles of Healing, Cancer Support Group
Caregivers Support Group
Relaxation Class
- Center for Change** 224-8255
Eating Disorders
Emotional Regulation
Health and Wellness
- Overeaters Anonymous**
Provo 489-5792
Contact is Allison
Springville489-6847
Contact is Anne
Sunday Meetings.....427-1616
Contact is Sharon
- Diabetes Clinic at American Fork Hospital**
Diabetes Weight Loss Program.....855-3463
- Utah Valley Regional Medical Center**
Parents of infants in NICU.....pager351-6108
Prostate Cancer.....373-5886
Breast Cancer.....373-5886
Multiple Sclerosis (MS).....357-7176
Weight to Fitness.....357-8143

MARRIAGE/FAMILY RELATIONSHIPS

Brigham Young University

Premarital Resources.....422-4997
..... <http://beforeforever.byu.edu>

BYU Comprehensive Clinic..... 422-7759

Pre-Marital Group
Marital Checkups
Divorce Adjustment

BYU Women’s Services and Resources

Loved Ones of Men with Pornography
Problems.....422-4877

Turning Point863-7580

Enhancing Marriage Relationships
Managing Life Transitions & Divorce

MENTAL HEALTH

National Alliance for the Mentally Ill877-230-6264

.....www.namiut.org
Nedra Bell Contact Utah County..... 373-2688

FIRST AID/CPR

American Red Cross373-8580

PARENTING/CHILDREN

Family Center of Utah Valley225-7440

Parenting Classes (Not offered during summer)

Family Support & Treatment Center229-1181

Parenting Skills Class & Group
Kids Social Skills Groups (8-12)

Gathering Place226-2255

Prenatal Workshop

La Leche League information and support for women
(breast feeding support)801-264-5683

Mothers of Multiples club and playgroup-.....671-1977
www.uvmom.com

Utah County Health Department851-7035

Car Seat Safety Class English and Spanish

SELF-SUFFICIENCY

Community Action Services373-8200

Energy Fitness Class/HEAT Program
Home Buyer Education
Mortgage Counseling
Tenant/Landlord Class

Turning Point863-7580

Professional Development

Utah State Extension851-8460

Money Management/Debt Reduction

Nutrition

Food Storage/Preservation/Gardening

Workforce Services, Department of.....342-2600

Job Seeking Skills Workshops
Life Management Series

SUBSTANCE ABUSE

Alcoholics Anonymous/Alanon/Alateen helps
alcoholics and families overcome alcoholism... 375-8620

American Cancer Society..... 800-234-0533

You Can Quit Now (smoking cessation)

www.cancer.org

Gathering Place..... 226-2255

Alcohol & Drug Process Group

Family Support Group

Sex Addiction Group

Narcotics Anonymous687-6292

Utah County Division of Substance Abuse..... 851-7127

Assessment Service

Utah County Health Department..... 851-7094

Adolescent Tobacco Cessation

Quit kits or further referrals.....**851-7096**

SENIOR CITIZEN SERVICES

Community Action Services..... 373-8200

Outreach–Tax Rebates, HEAT Assistance, etc

Mountainland Association of Government ..229-3804

Care Giver’s Night Out, Support Group

Provo Eldred Senior Center852-6620

55 Alive–Defensive Driving Class

Computer, Sewing, Recreation, etc.

Hearthstone Manor 798-1500

Care Giver Support Group. Respite care provided.

Call *Mountainland Association of Government* for more
information on caregiver support.

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