

Helping Moms in Need
at
Cathedral of the Madeleine



The Cathedral of the Madeleine Resource for Mothers in Need

Are you a mom in need of help?

Please feel free to take this home with you.

You will find resources we hope you will find useful.

Included in the following pages:

Pregnancy Help-Related Resources

General Catholic Help-Related Resources

Catholic Counseling Services

National Mental Health Resources

Catholic Membership and Service Organizations with a Local Presence

Adoption Agencies

Utah State and Local Resources

Housing Resources

Housing/Utilities

Household Items/Furniture/Clothing

Day Shelters

Night Shelters

Youth Shelters

Family Shelters

Women's Resources and Shelters

Crisis Nurseries

Crisis Shelters for Children

Food Assistance Resources

Drug/Alcohol Counseling

Legal Support

Suicide Crisis Support

Federal Medicaid Resources

Disability Resources

Job Training

Military

Mail Boxes

PREGNANCY HELP-RELATED RESOURCES

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

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/>

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.

Salt Lake:

Call 801 520-9717 or 801-694-6003

Holy Cross Ministries Utah:

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

<https://hcm Utah.org/>

801-261-3440

CATHOLIC COUNSELING SERVICES

Holy Cross Ministries:

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

<https://hcm Utah.org/>

801-261-3440

Limited private counseling is now available through the Diocese on Friday afternoons for those whose lives have been impacted by abortion.

For an appointment, call 801-328-8641 and leave a message.

NATIONAL MENTAL HEALTH RESOURCES

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:

Knights of Columbus 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/>

Diocesan Council of Catholic Women

<http://www.dccwutah.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, food.
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/>

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/

Utility Assistance Programs:

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

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>

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

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

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

Savers

Thrift stores, donations. Find locations:

www.savers.com

Goodwill Industries

Thrift stores, donations, job assistance. Find locations:

www.goodwill.org

DAY SHELTERSWeigand 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, Gail Miller Resource Center (mixed gender), or Men's Resource Center

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 (9th Ave), Midvale

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.

Geraldine E King Women’s Resource Center

Volunteers of America Domestic Violence Program

Emergency temporary shelter.

www.voaut.org

801-893-6678

131 East 700 South, SLC

Utah Domestic Violence website: <https://www.udvc.org/>

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

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.needhelppayingbills.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

The Good Samaritan Program

Provides sack lunches five hours/day, mornings and afternoons

437 West 200 South

<https://utcotm.org/support-us/gsp-good-samaritan-program>

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 MEDICAID 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>

Utah AFL-CIO Apprenticeship Programs

http://utahaflcio.org/?zone=/unionactive/view_page.cfm&page=JATC20Apprenticeship20Programs20

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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