

Menyana n'ahari ubufasha ukeneye

Inzu yo kubamo

Housing Connect | (801) 284-4400
housingconnect.org/connect-to-housing



Serivisi z'ubuzima

Community Health Centers, Inc.
(801) 964-6214 | chc-ut.org
Primary Children's Hospital | (801) 662-1000
Redwood Health Clinic | (801) 213-9900
St. Mark's Hospital | (801) 268-7111
University of Utah Hospital | (801) 581-2121



Amasomo y'icyongereza (ESL)

Ikigo gitanga ubumenyi bw'icyongereza
(801) 328-5608 | Giha abanyeshuri ubufasha muri serivisi
z'irerero. | eslcenter.org/contact

Porogaramu Columbus Adult Education Center and Youth
(801) 559-7533 | Itanga amasomo y'icyongereza ku bantu
bakuru. | columbusaec.org/contact

Women of the World
(801) 953-0008 | Iha abagore b'impunzi ubufasha,
ibikoresho, inyigisho n'umuryango mugari.
thewowfoundation.com



Ubuzima bwo mu mutwe no gukoresha ibiyobyabwenge

Hamagara cyangwa woherere ubutumwa bugufi kuri 988

Utah Maternal mental health Referral Network (Umuyoboro
wa serivisi z'ubuzima bwo mu mutwe ku bagore
batwite/babyaye vuba). maternalmentalhealth.dhhs.utah.gov

Umurongo ugenewe ubuzima bwo mu mutwe bw'abagore
batwite/babyaye vuba mu gihugu hose. | (833) 852-6262
mchb.hrsa.gov/national-mental-health-hotline

Gukoresha ibiyobyabwenge n'ubuzima bwo mu mutwe
utah.gov/wp-content/uploads/Statewide-SUD-Resource



Ibyo kurya, imfashabere n'imbindo

WIC (abagore, impinja n'abana) (435) 587-3838 | Iha
abagore bafite abana bato n'abana ubufasha bujyanye
n'ibyo kurya. | wic.utah.gov

Ikigega cy'ibyo kurya cya Utah
(801) 978-2452 | utahfoodbank.org

Crossroads | (801) 364-7765 | Ifashisha imiryango ibyo
kurya n'imyenda. | crossroadssurbancenter.org

Utah Refugee Connection
(801) 871-5903 | serverefugees.org

Know Your Neighbor
Ihuza impunzi n'abakorera bushake bazifasha kugera kuri
serivisi. | myslc.gov/s/knowyourneighbor



Ahari serivisi z'irerero n'izijyanye no kurera

0-8 Care Coordination
Ifasha mu guhuza abana bato n'ahari serivisi/ibikoresho.
earlychildhood.utah.gov

Serivisi zo kwifashisha muri leta ya Utah wazisanga kuri
ChildCare.gov. | childcare.gov/state-resources/utah

Utah Parent Center (Ikigo cy'ababyeyi) | (800) 468-1160
Ifasha ababyeyi gufasha abana, urubyiruko n'abantu
bakuru bakiri bato bafite ubumuga.
utahparentcenter.org

The Children's Center Utah | (801) 582-5534
Ifasha guteza imbere imibereho myiza y'abana mu
bijyanye n'amarangamutima. | childrenscenterutah.org



Uburyo bw'ingendo

Rides for Refugees (JustServe)
(801) 648-6654 | Imeyili: justice.forshee@uhhr.org

Ikigo cya Utah gishinzwe gutwara abantu
(801) 225-9268 | rideuta.com



Connect to the help you need

Housing



Housing Connect | (801) 284-4400
housingconnect.org/connect-to-housing

Healthcare



Community Health Centers, Inc.
(801) 964-6214 | chc-ut.org

Primary Children's Hospital | (801) 662-1000

Redwood Health Clinic | (801) 213-9900

St. Mark's Hospital | (801) 268-7111

University of Utah Hospital | (801) 581-2121

Food, formula, & diapers



WIC (Women, Infant and Children)
(435) 587-3838 | Provides food assistance for moms and children. | wic.utah.gov

Utah Food Bank
(801) 978-2452 | utahfoodbank.org

Crossroads | (801) 364-7765 | Helps families with food and clothing. | crossroadsurbancenter.org

Utah Refugee Connection
(801) 871-5903 | serverefugees.org

Know Your Neighbor
Pairs refugees with volunteers who help connect them to services. | myslc.gov/s/knowyourneighbor

English (ESL) classes



English Skills Learning Center
(801) 328-5608 | Provides childcare assistance for students | eslcenter.org/contact

Columbus Adult Education Center and Youth Program (801) 559-7533 | Provides English classes to adults columbusaec.org/contact

Women of the World
(801) 953-0008 | Provides support, supplies, education, and community to refugee women
thewowfoundation.com

Childcare & parenting resources



0-8 Care Coordination
Helps connect kids to resources.
earlychildhood.utah.gov

Utah state resources on ChildCare.gov
childcare.gov/state-resources/utah

Utah Parent Center | (800) 468-1160
Helps parents assist children, youth, and young adults with disabilities. | utahparentcenter.org

The Children's Center Utah | (801) 582-5534
Helps enhance the emotional well-being of children. | childrenscenterutah.org

Mental health and substance use



Call or text 988

Utah Maternal Mental Health Referral Network
maternalmentalhealth.dhhs.utah.gov

National Maternal Mental Health Hotline
(833) 852-6262
mchb.hrsa.gov/national-mental-health-hotline

Substance use and mental health | utah.gov/wp-content/uploads/Statewide-SUD-Resource

Transportation



Rides for Refugees (JustServe)
(801) 648-6654 | Email: justice.forshee@uhhr.org

Utah Transit Authority
(801) 225-9268
rideuta.com

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