

Salt Lake City	Description	Address	Contact	Phone/Email	Rules
USARA	Utah Support Advocates for Recovery Awareness: Provides peer support and activities for those in recovery.	180 E 2100 S #100, SLC	Tiffany Nacarotto	801-867-1722	Written permission from parents, call ahead for to check for availability
Fit to Recover	Provides classes in fitness and lifeskills for those in recovery	1331 Major St, SLC	Richie Wilson	801-633-8044 (service number) 801-410-8988 (main)	Must be sober 24 hours, must sign waiver to be in the building, guardian approval is not necessary hours 9-5pm, act appropriately if intacting with community memebers
Neighborhood House	enrich, empower, and educate children and adults through quality, affordable preschool programs, daycare services, and comprehensive support services.	1050 W 500 S, SLC	Isabel Shaw	isabel@nhutah.org 801-363-4589 X 118 https://volunteer.bloomerang.co/volunteer/#/join-party?k=48on7wtijijau	
Utah Community Action	Help families with heating assistance, head start, housing	1307 S 900 W	volunteers@utahca.org		16+ email for availability
South SL, Millcreek, Murray	Description	Address	Contact	Phone/Email	Rules
Alliance Community Services	to facilitate access to crucial resources while promoting health and overall well-being. Help with events and office support	5286 S Commerce Drive Suite A 136 Murray, UT	Pamela	pamela@alliance-community.org	
Holy Cross Ministries	responding to the underserved community's need for health and well-being	860 E 4500 S Suite 204, Millcreek	Michelle Beasley	mbeasley@hcm Utah.org	
West Valley City	Description	Address	Contact	Phone/Email	Rules
Youth Services After School Kennedy Junior	Youth Services' afterschool programs focus on academic improvement and building positive relationships through adult mentorship, social emotional learning, and character development.	4495 S 4800 W, West Valley City, UT	Frank Bedolla	385-468-4437	
Golden Healers	Youth will be working concessions. Organization supports Therapy animals (animals are not part of the work, but benefit from the work)	Service done at Maverick Center	Mike Carlson	801-783-7220	Volunteer for event concessions, must be 14yrs, do not require parent, sign up through link
Children's Center Utah	provides comprehensive mental health care to enhance the emotional well-being of infants, toddlers, preschoolers, and their families. On site projects like cleaning toys or helping in family store	3725 W 4100 S, West Valley City	Alyssa Elizalde	801-578-2329 aelizalde@tccutah.org	
Kearns	Description	Address	Contact	Phone/Email	Rules
Youth Services After School Kearns Junior	Youth Services' afterschool programs focus on academic improvement and building positive relationships through adult mentorship, social emotional learning, and character development.	4040 Westsams Blvd, Kearns, UT	Jane Van	385-597-6842	
Magna	Description	Address	Contact	Phone/Email	Rules

Youth Services After School Matheson Junior	Youth Services' afterschool programs focus on academic improvement and building positive relationships through adult mentorship, social emotional learning, and character development.	3650 Montclair Street, , Magna, UT	Makenzie Rowe	801-718-4556	
Youth Services After School Cyprus High School	Youth Services' afterschool programs focus on academic improvement and building positive relationships through adult mentorship, social emotional learning, and character development.	8623 W 3000 S, Magna, UT	James Hamell	385-501-9632	
Salt Lake County Wide		Address	Contact	Phone/Email	Rules
Volenteers of America	Prevention classes	https://www.voaut.org/get-help/mental-health-services/prevention-services			Good options for young youth
Home Projects	Making hats or sleeping mats	TSOB for supplies and learing how to do it	Kyra Mueller	801-742-1703	Use current work crew referral process
JJYS Youth Service Model	Evidence based, individualized youth and family plans with early screening, assessment, plan management and access to services	Countywide referral link. https://utahdhs.iad1.qualtrics.com/jfe/form/SV_3h462dCLSVWkSbP	Manu Taoali	801-269-5105 801-491-0103	Youth 10-18 in need of services due to the childs behavior https://jjys.utah.gov/services/youth-services/
The Body Project	Group is for youth ages 13-17 and seeks to help participants recognize unhealthy physical expectations in the media and among peers as well as take steps to improve their view of their own bodies and appearance	https://www.saltlakecounty.gov/youth/youth-programs/prevention-group-classes/the-body-project/	Julianna Potter	(385) 468-4512	It is evidence-based and has been shown to decrease propensity for eating disorders and improve body image long-term.
Me Time	For teens with mild depressive symptoms	https://www.saltlakecounty.gov/youth/youth-programs/prevention-group-classes/me-time/	Mary Smith	(385) 468-4525	Youth learn to practice changing their actions to manage their moods, increase their participation in enjoyable/positive activities, practice changing habitual thought patterns, and prepare to manage future life stressors with confidence.
Stress Busters	For 10-12 year-olds who are struggling with worry or sadnes	https://www.saltlakecounty.gov/youth/youth-programs/prevention-group-classes/stress-busters/	Julianna Potter	(385) 468-4512	After participating in this group, kids will be better at identifying and solving their own problems, experience reduced depressive symptoms, and increase their use of healthy stress management strategies.
Just Serve	Many different opportunitys that are updated regularly	JustServe			
Salt Lake Youth Services					
West/South Jordan		Address	Contact	Phone/Email	Rules
Salt Lake Youth Services					
Fullmer Legacy Foundation Boxing Gym	We strive to bolster the emotional and physical wellbeing of youth and adults alike through the character-building sport of boxing—at no cost.	10960 South Park Rd South Jordan, Utah 84095		385-400-8282 https://fullmerlegacy.org/	
Sandy/Draper		Address	Contact	Phone/Email	Rules

Tooele		Address	Contact	Phone/Email	Rules
Summit		Address	Contact	Phone/Email	Rules
Ideas that need further exploration					
ART additional skills practice	Set up for youth to practice what they are learning with PO's.				
Employment Skills	How to fill out applications. Support in doing so. Mock interview				
Schools	Reach out to the school the youth attends or is in the neighborhood to explore custodial help for hours				
Food Handlers Permit Training					
CPR Training					
CADCA	Needs further research. Supports youth in a national training, but is selective with a competitive process.				
UServeUtah	Links to Americorp, justserve.org, and other pathways to service. There are many options and is regularly updated so check for opportunities.		https://userve.utah.gov/volunteer/		
211	Resource network connecting Utahns in need with local health and human services		www.211utah.org		