

## به کمک های مورد نیاز خود دسترسی نماید



### غذا، شیر خشک و دایپر

WIC (زنان، نوزادان و کودکان)  
ارابه کمک های غذایی برای مادران و کودکان  
(435) 587-3838 | [wic.utah.gov](http://wic.utah.gov)

Utah بانک غذایی  
(801) 978-2452 | [utahfoodbank.org](http://utahfoodbank.org)

کمک به فامیل ها درخصوص غذا و لباس  
Crossroads | (801) 364-7765 |  
[crossroadsurbancenter.org](http://crossroadsurbancenter.org)

ارتباط پناهندگان یوتا  
Utah Refugee Connection | (801) 871-5903 |  
[serverefugees.org](http://serverefugees.org)

همسایه خود را بشناسید Know Your Neighbor  
ارتباط دادن پناهندگان با داوطلبانی که درخصوص دسترسی به  
خدمات کمک می کنند | [myslc.gov/s/knowyourneighbor](http://myslc.gov/s/knowyourneighbor)



### مسکن

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



### مراقبت صحتی

Community Health Centers, Inc. مراکز بهداشتی  
(801) 964-6214 | [chc-ut.org](http://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



### منابع مراقبت از کودکان و فرزندپروری

Care Coordination 0-8 (همراهی مراقبت 0-8)  
کمک به اتصال اطفال به منابع [earlychildhood.utah.gov](http://earlychildhood.utah.gov)

منابع ایالتی Utah در ChildCare.gov  
[childcare.gov/state-resources/utah](http://childcare.gov/state-resources/utah)

مرکز والدین (800) 468-1160 Utah |  
کمک به والدین برای حمایت از اطفال، نوجوانان و جوانان دارای  
معلولیت | [utahparentcenter.org](http://utahparentcenter.org)

The Children's Center Utah (مرکز اطفال Utah)  
(801) 582-5534  
کمک به بهبود صحت عاطفی اطفال [childrenscenterutah.org](http://childrenscenterutah.org)



### صنوف زبان انگلیسی (ESL)

English Skills Learning Center  
(مرکز آموزش مهارت های زبان انگلیسی)  
(801) 328-5608 | ارائه کمک مراقبت از کودکان برای دانش  
آموزان | [eslcenter.org/contact](http://eslcenter.org/contact)

مرکز آموزش بزرگسالان و برنامه جوانان کلمبوس  
Columbus Adult Education Center and Youth Program  
[columbusaec.org/contact](http://columbusaec.org/contact) | (801) 559-7533

زنان جهان (Women of the World)  
(801) 953-0008 | ارائه حمایت، تجهیزات، آموزش و فراهم کردن  
جامعه برای زنان پناهنده [thewowfoundation.com](http://thewowfoundation.com)



### ترانسپورت

Rides for Refugees (JustServe) برای پناهندگان  
(801) 648-6654 | Email: [justice.forshee@uhhr.org](mailto:justice.forshee@uhhr.org)

سازمان حمل و نقل یوتا Utah Transit Authority  
(801) 225-9268  
[rideuta.com](http://rideuta.com)



### صحت روانی و سوء مصرف مواد

تماس یا ارسال پیام به 988

Utah Maternal mental health Referral Network  
(شبکه ارجاع در خصوص صحت روان مادران Utah)  
[maternalmentalhealth.dhhs.utah.gov](http://maternalmentalhealth.dhhs.utah.gov)

خط تماس صحت روانی مادران | (833) 852-6262  
[mchb.hrsa.gov/national-mental-health-hotline](http://mchb.hrsa.gov/national-mental-health-hotline)

سوء مصرف مواد و صحت روانی  
[utah.gov/wp-content/uploads/Statewide-SUD-Resource](http://utah.gov/wp-content/uploads/Statewide-SUD-Resource)

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برای دسترسی به این منابع، کد QR را اسکن نماید. برای معلومات  
بیشتر به ویبسایت [MaternalResources.utah.gov](http://MaternalResources.utah.gov) مراجعه کنید.

## Connect to the help you need

### Housing



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

### Healthcare



Community Health Centers, Inc.  
(801) 964-6214 | [chc-ut.org](https://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](https://wic.utah.gov)

Utah Food Bank  
(801) 978-2452 | [utahfoodbank.org](https://utahfoodbank.org)

Crossroads | (801) 364-7765 | Helps families with food and clothing. | [crossroadsurbancenter.org](https://crossroadsurbancenter.org)

Utah Refugee Connection  
(801) 871-5903 | [serverefugees.org](https://serverefugees.org)

Know Your Neighbor  
Pairs refugees with volunteers who help connect them to services. | [myslc.gov/s/knowyourneighbor](https://myslc.gov/s/knowyourneighbor)

### English (ESL) classes



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

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

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

### Childcare & parenting resources



0-8 Care Coordination  
Helps connect kids to resources.  
[earlychildhood.utah.gov](https://earlychildhood.utah.gov)

Utah state resources on ChildCare.gov  
[childcare.gov/state-resources/utah](https://childcare.gov/state-resources/utah)

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

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

### Mental health and substance use



Call or text 988

Utah Maternal Mental Health Referral Network  
[maternalmentalhealth.dhhs.utah.gov](https://maternalmentalhealth.dhhs.utah.gov)

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

Substance use and mental health | [utah.gov/wp-content/uploads/Statewide-SUD-Resource](https://utah.gov/wp-content/uploads/Statewide-SUD-Resource)

### Transportation



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

Utah Transit Authority  
(801) 225-9268  
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