



Weber/Davis Resource Guide

Adult Sports/Activities

- PALS (Performing Artists Lengthening Strides)** is a dance group and class for dancers of all abilities, geared towards dancers with special needs. The group focuses on entry level dance skills while building coordination, balance, and strengthening skills.
 - Cost: \$40/month
 - Time: Wednesdays, 3-4pm
 - Location: Imagine Ballet Theater 2432 Washington Blvd., Ogden
 - Contact: Jessica 801-860-2821 or jessicahaslip33@gmail.com

- Special Olympics Utah** provides year-round training and competition for children and adults with intellectual disabilities. Through sports, athletes discover new strengths and abilities, develop greater skills and confidence, and experience added joy and fulfillment in their lives.
 - General Website: <https://sout.org/programs/sports-offered>
 - Pre-K through Post High Contact: boston@sout.org
 - After School Contact: northarea@sout.org
 - Registration packet and medical history (dr. note not needed anymore). Email to connect to sports with teams in that area and season.

Adult Vocational Rehabilitation

- Vocational Rehabilitation** helps people with physical, intellectual, mental health, and sensory disabilities find jobs and gain more independence.
 - General Website: <https://jobs.utah.gov/usor/vr/index.html>

Adult Vocational Rehabilitation

- Clearfield Center Information Page:
<https://jobs.utah.gov/office-search/detail?detailId=54&serviceName=All>
- Ogden Center Information Page:
<https://jobs.utah.gov/office-search/detail?detailId=80&serviceName=All>
- Roads to Independence** provides advocacy training, independent living services, assistive technology loan bank, life skills training, and recreational opportunities.
 - General Website: <https://rticil.org/>
 - Contact: 801-612-3215 or info@roadstoindpendence.org
- Beautiful Ability Supported Employment Services** provides job placement and coaching opportunities through individual support.
 - General Website: <https://beautifulability.com/>
 - Location: 610 N Main St. Ste A Clearfield, UT 84015
 - Contact: 801-200-2764
- Future Through Choices** gives comprehensive services that include education, behavior modification, financial assistance, daily living skills, medical services, as well as community integration, and training.
 - General Website: <http://www.futuresthroughchoices.org/>
 - Location: 406 N Main
Bountiful, UT 84010
 - Contact: 801-292-0068

Davis School District

- Emily Hill** provides free consultations regarding questions about the Special Education Process.
 - Phone Number:: 385-266-1707
 - Email: emilyh@utahparentcenter.org
- Office of Equal Opportunity** helping to create a culture of belonging for all students.
 - General Website:: <https://www.davis.k12.ut.us/page/office-of-equal-opportunity>
 - Contact: 801-402-8700
- Davis School District Special Education**
 - General Website: <https://www.davis.k12.ut.us/page/special-education>

Davis School District

Contact: 801-402-5151

Davis County Community Resources Brochure

[https://www.daviscountyutah.gov/docs/librariesprovider5/family-health-documents/mch-website-documents/trifold-resource-brochure-\(2024\).pdf?sfvrsn=fa8eeb53_3](https://www.daviscountyutah.gov/docs/librariesprovider5/family-health-documents/mch-website-documents/trifold-resource-brochure-(2024).pdf?sfvrsn=fa8eeb53_3)

Food, Child Care, Pre-school

Care about Childcare helps families make informed decisions about child care and identify providers that fit their needs.

General Website: <https://www.weber.edu/care-about-childcare/default.html>

Location: Weber State University (serves Davis, Morgan, and Weber)
1351 Edvalson St. Dept 1309
Ogden, UT 84408

Contact: 801-626-7837

Dirt Learning Private Pre-school (Private Pay) Sensory play and social learning

General Website: <https://dirtlearning.com/>

Location: 3547 S 4700 W, West Haven, UT 84401

Contact: 801-941-5227

Tri-City Exchange pay \$5 for a wagon full of food. (Most Friday's according to Facebook posts.)

Location: 2067 N. Washington Blvd. (400 E.) North Ogden, UT 84414

Information Page: <http://www.facebook.com/tricityexchangeut>

General Insurance Questions

Take Care Utah (TCU) is a program of Utah Health Policy Project that helps Utahns access health insurance coverage and navigate the healthcare system. The program houses more than 30 Health Access Assistors (HAA) and 2 Linkage Coordinators who can provide services throughout the state.

General Website: <https://takecareutah.org/>

Contact: 801-758-2392

General Resource Networks

- Utah Parent Center** provides free accurate information, empathetic peer support, valuable training and effective advocacy based on the concept of parents helping parents.
 - General Website: <https://utahparentcenter.org/>
 - Contact: 801-272-1051

- United Way–211** the state’s leading resource network connecting Utahns in need with local health and human services. Supported by United Ways of Utah, this vital service is free & confidential.
 - General Website: <https://211utah.org/>
 - Contact: 211
 - Email, text, and chat options are available on their website.

Government Assistance for People with Disabilities

- Department of Services For People with Disabilities**
 - General Website: <https://dspd.utah.gov/>
 - Helpful Step-by-step video to filling out paperwork
 - <https://www.youtube.com/watch?v=Wou52LTdcYA>
 - Contact: 801-538-4200

- Social Security Administration (SSI)**
 - General Website: <https://www.ssa.gov/>
 - Contact: 1-800-772-1213
 - More ways to contact them via their website.

- Davis Health Department**
 - General Website: <https://www.daviscountyutah.gov/health/home>
 - Contact: 801-525-5000

- Weber-Morgan Health Department**
 - General Website: <https://www.webermorganhealth.gov/>
 - Contact: 801-399-7100

Kid Sports/Activities

- Family-to-Family Network** family events provided by Utah Parent Center
 - General Website: <https://utahparentcenter.org/projects/family-to-family/>
 - Davis Leader Email: alexandria@utahparentcenter.org
 - Weber Leader Email: jess@utahffn.org & river@utahffn.org
 - Both counties have local Facebook Groups as well.

- PALS (performing Artists Lengthening Strides)** a dance group and class for dancers of all abilities, geared towards dancers with special needs. The group focuses on entry level dance skills while building coordination, balance, and strengthening skills.
 - Wednesdays 3-4pm.
 - Where: Imagine Ballet Theater 2432 Washington Blvd., Ogden.
 - Contact: Jessica 801860-2821 or jessicahaslip33@gmail.com

- Adaptive Sports with Boys and Girls Club of Northern Utah** an adaptive sports program that focuses on supporting children with special needs.
 - Location: 650 E 700 S Brigham City, UT
 - \$25 one time annual fee (scholarships available)
 - Contact: 435-723-6224 or finances@bcbclub.org

- Fun Included** soccer for elementary kids with disabilities
 - Contact: Morgan Syme at mhsyme@gmail.com
 - No cost

- CAPES (Children's Adaptive Physical Education Society)** A skill development initiative for children with disabilities in and around the Ogden Community. Each child is assigned a Weber Student which will set goals to work on PT and OT activities while developing social skills.
 - General Website: <https://www.weber.edu/capes/>
 - \$45 yearly fee
 - Contact: WSU Physical Education, James: 801-626-7084; WSU Special Education, Natalie: 801-626-8654

- United Angels Foundation (UAF)** provides support to parents and families that have been blessed with an Angel of their own (all disabilities). This support includes newborn visits, parent lunches, youth activities, community awareness programs, educational programs, and much more.
 - General Website: <https://unitedangels.org/>
 - Contact: 801-900-4125; info@unitedangels.org

- Mascots Miracles Foundation** offers free activities to Utah kids who struggle with a range of physical challenges, debilitating conditions, and life-threatening illnesses by creating experiences to bring smiles and joy to the kids and their families.

Kid Sports/Activities

- General Website: <https://www.mascotmiraclesfoundation.org/>
- Contact: 801-493-9394; marketing@mascotmiraclesfoundation.org

Medical Needs & Equipment

- Utah Kids Foundation** a nonprofit organization dedicated to supporting Utah's special needs families and caregivers through information & support, medical supply assistance, and community-building events. .
 - General Website: <https://utahkidsfoundation.org/>
 - Contact: 801-770-3166
 - Can also reach out to them directly on their website.
- Eye Care 4 Kids** provides professional eye care to low-income, visually-impaired children and underserved families.
 - Location: 3733 S 250 W Suite 101 Ogden, UT 84405
 - Contact: 801-285-5443; info@eyecare4kids.org
- Utah Assistive Technology Team (UATT)** provides assistance for improving the lives of children and adults living with disabilities by introducing them to how computer technology can enhance their jobs, careers, and education.
 - General Website: <https://jobs.utah.gov/usor/vr/services/uatt.html>
 - Contact: Julia: 801-887-9533; Austin: 801-887-9534
- Ability Foundation** provides mobility and other adaptive equipment to people in need.
 - General Website: <https://www.abilityfound.org/>
 - Contact: 801-505-0529; info@abilityfound.org
 - Can also reach out to them directly on their website.
- Goal Pediatric Orthotics** a mobile clinic specializing in Pediatric Orthotics.
 - General Website: <https://www.goalpediatrics.com/>
 - Contact: 385-215-9985; valerie@goalpediatrics.com
 - Can also reach out to them directly on their website.

Mental Health

- Communities that Cares** aims to prevent problems in youth before they develop; community-driven processes proven to reduce alcohol and substance use, violence, crime, and other problematic behaviors.
 - General Website: <https://www.dbhutah.org/ctc/>
 - Request contact via their website.

- Circle of Security Parenting** a program to support and strengthen your parent-child relationship by learning about secure attachment.
 - General Website: <https://www.dbhutah.org/parenting/circle-of-security/>

- Neurodivergent Support Group for Caregivers** a support group for families and parents of children with neurodivergence and disabilities.
 - Contact: damon@sagecanyoncounseling.com

- Families Support Group (Ages 10-14)** a course that gives parents and children the tools they need to make family life loving, fun, and connected. Parents who are concerned with their children's behavior, who want to promote positive peer relationships, and who want to strengthen the parent-child bond can benefit from this course.
 - General Website/Registration: <https://www.dbhutah.org/families/>

- Davis Behavioral Health** behavioral and mental health services dedicated to promoting mental wellness and enhancing the lives of those in Davis County. Register for classes, book an appointment, review additional resources.
 - General Website: <https://www.dbhutah.org/>
 - Contact: 801-923-7547
 - Can also reach out to them directly on their website.

- Utah State University-Clinical Rehabilitation Counseling** a process which assists persons with physical, mental, developmental, cognitive, and emotional disabilities to achieve their goals in the most integrated setting possible.
 - General Website: <https://cehs.usu.edu/scce/services/clinical-rehabilitation-counseling>
 - Cost is based on a sliding scale pay.
 - Contact: 435-797-3403; sorensoncrc@usu.edu
 - **Not a crisis clinic**

- Crisis/Suicide Hotline** free resources and therapy for the individual and family by phone and in-person. Easy-to-access compassionate care for people experiencing any type of mental health crisis.
 - General Website: <https://healthcare.utah.edu/hmhi/programs/crisis-diversion/988>
 - Contact: 988; 801-587-3000
 - Additional ways to reach them by visiting their website.

Mental Health

- Youth Village–Families First** is an in-home, skill-based intervention designed to teach parents and youth skills to change the unwanted behaviors occurring in the home, and to improve family functioning. Families First seeks to promote child safety, child permanency, child well-being and adult well-being.
 - General Website: <https://youthvillage.org/our-programs/families-first/>
 - Contact: 801-272-9980

OT/Speech/PT/Feeding

- Ability Innovations Clinic** a child led play based pediatric therapy clinic that provides therapy, parent education, and more.
 - General Website: <https://www.abilityinnovations.com/>
 - Layton Clinic: 365 W 1550 N Ste H
Layton, UT 84041
801-618-7903
 - Ogden Clinic: 5484 Adams Ave Pkwy,
Washington Terrace, UT 84405
801-608-8056
 - Private Pay/Insurance
- Primary Children's Rehabilitation** outpatient services and clinic for therapies.
 - Layton Clinic:
201 W Layton Pkwy,
Layton, UT 84041
801-543-6000
 - Bountiful Clinic:
280 N Main St
Bountiful, UT 84010
833-577-3422
 - Private Pay/Insurance/ Medicaid

Transition, SSI, & Guardianship Services

- Transition University: Utah Parent Center** navigates transitions, choices, and guardianship.
 - General Website: <https://utahparentcenter.org/transition-university/>

- Guardianship Associates of Utah** is a non-profit guardianship organization committed to helping individuals who do not have family available to act as their guardian. Providing direct guardianship and conservator services, as well as trust management and executor services for Special Needs Trusts.
 - General Website: <https://www.guardianshiputah.org/>
 - Contact: 801-533-0203; mostlergau@gmail.com

- Social Security Administration** Supplemental Security Income (SSI) is a needs-based program for children and adults who have disabilities
 - General Website: <https://www.ssa.gov/>

Specific Diagnoses Information

ADD/ADHD

- Child and Adults with Attention Deficit Disorder (CHADD)**
 - General Website: <https://www.chadd.net/chapter/807>

- Understood.org** is the leading nonprofit empowering the 70 million people with learning and thinking differences in the United States.
 - General Website: <https://www.understood.org/>

Autism

- Autism Across the Life Span**
 - General Website: <https://theautismlifespan.com/>

- Utah Autism Mama Meetups**
 - Facebook Group

Specific Diagnoses Information

- Friends on the Spectrum** form meaningful friendships and build connections with others regardless of neurodiversity. A safe and inclusive community where individuals on the autism spectrum can come together to socialize, learn, and have fun. Support and Training Programs for parents available.
 - General Website: <https://www.friendsonthespectrum.org/>
- Northern Utah Autism Program** preschool for kids with Autism 3-5 age
 - General Website: <http://www.nuapparents.com/about.html>

Blind and Visually Impaired

- Workforce Services for Blind and Visually Impaired** helping to create a culture of belonging for all students.
 - Contact: 801-323-4343 or 800-284-1823
 - General Website: <http://jobs.utah.gov/usor/dsbvi/index.html>
- Deaf and Blind-Utah School For the Deaf and Blind**
 - Location: 742 S Harrison Blvd, Ogden, UT 84404
 - Contact: 801-629-4700
 - General Website: <https://www.usdb.org/>
- Kenneth C. Burdett school for the Deaf**
 - General Website: <https://www.usdb.org/programs/deaf-and-hard-of-hearing/deaf-north-and-kenneth-burdett-school/>

Cerebral Palsy

- CP Family Network** The Family Connection Center is a private, non-profit agency that serves families and individuals in Davis and Morgan Counties. We offer many services to low-income families including: Crisis & Respite Nursery, Community Action, Food Bank, Emergency Assistance, Transitional Housing, Parent Education.
 - Located in Clearfield, UT
 - General Website: <https://cpfamilynetwork.org/resources/resources-guide/the-family-connection-center/>
 - Contact: 801-773-8012
- Shriners Hospital**
 - General Website: https://www.shrinerschildrens.org/en/pediatric-care/cerebral-palsy?customer_id

Specific Diagnoses Information

[=672-573-5566&gad_source=1&gclid=Cj0KCQiA4fi7BhC5ARIsAEV1YiYjPqqc8obB0yDrxAqR49rGD3Tsw3RZzH4idlCnhpS4nehO5DIeloEaAvR EALw_wcB](#)

Diabetes

- Reach Program at Weber State University** recreation program and diabetes education
 - General Website: <https://www.weber.edu/reach-weber/>

Down Syndrome

- Utah Down Syndrome Foundation (UDSF)**
 - General Website: <https://www.udsf.org/>
- Ogden Down Syndrome Community**
 - Facebook support group with activities in Weber/Ogden/Morgan area
- National Down Syndrome Society**
 - General Website: <https://ndss.org/>
- Global Down Syndrome Research**
 - General Website: <https://www.globaldownsyndrome.org/>

Dyslexia

- Dyslexia Wilson Private Tutors:**
 - All these are private pay**
 - Wilson 1-LaRea Low 801-643-0312 Ogden
 - Wilson 1-Lisa Lincoln 801-543-1309/ lilincoln@dsdmail.net Layton
 - Wilson 1&2- Kathy Crompton 8013938702/ 8017913195/
Kathycrompton28@gmail.com Ogden
 - Wilson 1- Terri Gunderson 8016449237/ gundersont@ogdensd.org Ogden
 - Spanish Speaking- ES/NS/HS/Wilson- Sondra hansen 8017213059/
Sondra.Hansen@utah.edu Layton
 - Wilson- Emily Holmes 9895060142/ holmese@ogdensd.org Ogden
 - Wilson 1- Michelle Russell 8013913552/ mishirussell@gmail.com Mtn. Green
- Learning Disability of Utah**
 - General Website: <https://www.ldau.org/>

Specific Diagnoses Information

- Decoding Dyslexia with USBE state book**
 - General Website: <https://decodingdyslexiautah.org/where-do-i-find-help/utah-state-dyslexia-handbook/>
- Understood.org** the leading nonprofit empowering the 70 million people with learning and thinking differences in the United States.
 - General Website: <https://www.understood.org/>

Rare Diseases

- Angel's Hands Foundation** is an all-volunteer non-profit organization made up of a growing community of family, friends, volunteers, partners and donors, dedicated to improve the quality of life for individuals living with rare and undiagnosed medical conditions in Utah.
 - General Website: <https://www.angelshands.org/>
 - Can reach them directly through their website.
- National Organization of Rare Diseases**
 - General Website: <https://rarediseases.org/>

Specific Learning Disabilities (SLD)

- Learning Disability Association of Utah (LADU)**
 - General Website: <https://www.ldau.org/>
- Understood.org** the leading nonprofit empowering the 70 million people with learning and thinking differences in the United States.
 - General Website: <https://www.understood.org/>

Weber School District

- Natalie Allgood** Parent Consultant through Utah Parent Center
 - Contact: 385-377-7625; natalie@utahparentcenter.org
- Weber School District Special Education**
 - General Website: <https://www.wsd.net/o/spd/page/special-education>

