

## Community Resource Guide

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Over the last several decades Americans have become more overweight, and this trend has been reflected in our children. The percentage of children who are overweight or obese in Utah is estimated to be 25.5% for children in grades K-8 and the rate has been increasing in adolescents (<http://health.utah.gov/obesity/docs/ObesityReportCh1.pdf>). The purpose of this booklet is to provide some general ideas to help you increase the health of your child and decrease their risk for becoming overweight. The ideas below can be found at <http://www.medhomeportal.org>. Incorporating changes such as these can significantly reduce many environmental factors that can increase your child's risk of becoming overweight.

### Some Ideas for Parents and Children

#### Meals

- Start healthy habits early. Model healthy habits.
- Eat meals together (teaches and models smart eating habits).
- Eat at a table with TV off, and make it a pleasant time.
- Establish a structure for meal and snack times and only allow eating at those times.
- Limit eating to only certain areas of the home.
- Open and close kitchen. Open for meals only (green sign at the door) closed at other times (red sign at the door).
- Let kids help themselves to food. Adults tend to dish out bigger serving sizes and expect kids to clean their plates. Kids need to develop their own cues for hunger and feeling full. Disband the "Clean Plate club."
- When serving meals cover half the plate with fruits and vegetables, and contents of lunch sacks should be half fruits and vegetables.
- Involve the kids in planning meals and preparing them (e.g. school lunches).
- Don't overly restrict sweets.
- Offer water when thirsty, milk at meals, soda and juice as treats only.
- Increase access to fruits and veggies by preparing ahead of time.
- Make bottom shelf of refrigerator into anytime anywhere foods. Already prepared veggies and fruits.
- Set aside an accessible area of the kitchen for healthy snacks that are in pre-portion sizes so family members can help themselves.
- Place treats and special occasion foods in a hard to reach location.
- Introduce reasonable solid foods not french fries and soda.
- All family members participate in the "Five a Day Challenge," winner chooses the family activity for the week.
- Reward children with praise and time together not food.
- Watch portion sizes.

#### Activities

- Individualize activity to your child. Some kids enjoy team sports and some enjoy solitary activity.
- Be more active. Take 10 minutes to play Frisbee, walk to the park and/or shoot hoops.
- Limit TV and video time. Consider adding a dance video game to your system without restriction of time played.
- Buy birthday and holiday presents that promote movement, such as roller skates, Frisbees, etc.
- Find activities in your community, such as hiking trails, swimming pools, and skating rinks.
- Set family goals (walk three times a week), write them down, and track progress.
- Plan special weekend activities, such as flying kites, playing tennis.
- Have each family member wear a pedometer and strive for 10,000 steps per day.
- Plan parties and vacations around movement and play; hold a swimming party instead of a movie party.
- Start family home evening with a physical activity.
- Start a "Walking School bus" (<http://www.walkingbus.com/>).

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### Useful Websites

- **My Pyramid Plan, U.S. Department of Agriculture.** My Pyramid.gov offers personalized eating plans, interactive tools to help plan and assess food choices, based on a child's height, weight, age and gender and a great deal of other information. <http://www.mypyramid.gov/>
- **Bright Futures Nutrition: Family Fact Sheets.** These fact sheets give nutrition information in English and Spanish about children from birth through age 5 months and ages 6-11 months, 1-2 years, 3-4 years, 5-10 years, and 11-21 years. <http://www.brightfutures.org/nutritionfamfact/index.html>
- **CDC's Nutrition for Everyone: Healthy Weight.** Presents information about achieving and maintaining a healthy weight. CDC also offers several Web sites about specific aspects of nutrition and physical activity. [http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/healthy\\_weight/index.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/index.htm) & [http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/tips\\_for\\_parents.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/tips_for_parents.htm)
- **BAM! Body and Mind.** Gives food and nutrition and physical activity advice to children and teens. <http://www.bam.gov/index.html>
- **Rethink Your Drink.** Lists the calories in popular drinks and suggests drinks with fewer calories. [http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/healthy\\_weight/drinks.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/drinks.htm)
- **Center for Weight and Health (CWH): Asian Language Materials.** Presents five pamphlets about nutrition and physical activity in Cambodian, Chinese, Hmong, Korean, Laotian, Vietnamese, and English. [http://nature.berkeley.edu/cwh/activities/asian\\_lang\\_publications.shtml#download](http://nature.berkeley.edu/cwh/activities/asian_lang_publications.shtml#download)
- **Children's Nutrition Research Center (CNRC).** Presents [articles](#) about overweight and obesity in children and teens. The [Healthy Eating Calculator](#) gives customized information about what and how much to feed a child by entering the child's gender, age, weight, height, and physical activity level. The calculator suggests amounts of the basic food groups, including fruits, vegetables, grains, milk products, lean meats and beans, and oils to be consumed each day, and guidelines for eating discretionary calories. <http://www.kidsnutrition.org/>
- **Eat Smart. Play Hard.** Presents ideas to help families eat better and be more physically active. <http://www.fns.usda.gov/eatsmartplayhard/>
- **We Can! (Ways to Enhance Children's Activity and Nutrition).** Gives tips, activity ideas, and other information to assist parents and caregivers in helping the children and adolescents (ages 8-13) they care for achieve and maintain a healthy weight by focusing on improved food choices, increased physical activity, and reduced screen time. <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
- **Public Health Agency of Canada.** Physical activity guides for adults, youth, and children. English, Spanish, and French versions available. <http://www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html>
- **American College of Sports Medicine's "Exercise is Medicine™" Website.** The website offers education materials and brochures focused on a variety of exercise topics. <http://www.exerciseismedicine.org/public.htm>
- **American Dietetics Association.** This website contains science-based food and nutrition information useful to both physicians and patients, including a "good nutrition" reading list and reviews of diet and healthy lifestyle books. <http://www.eatright.org>
- **Nutrition Fact Sheet: 25 Healthy Snacks for Kids.** Patient education handout, downloadable at: [http://www.eatright.org/ada/files/Snacks\\_for\\_Kids\\_English.pdf](http://www.eatright.org/ada/files/Snacks_for_Kids_English.pdf)
- **Dole SuperKids** is a fun, interactive website for kids, has games for young children, and nutrition information and links for parents. [http://www.dole5aday.com/Kids/K\\_Index.jsp](http://www.dole5aday.com/Kids/K_Index.jsp)
- **VERB.** At the VERB website, your kids can log and track their activity levels, search for events in your area, and even make a VIRT (an animated character who does the activities that your child does). As your child logs more activity time, the VIRT learns new tricks. <http://www.verbnow.com/>
- **Grow Up Healthy.** A website sponsored by Nemours Health and Prevention Services that provides information for doctors, parents, and teens on the **5-2-1-Almost None** program. <http://www.growuphealthy.org>
- **Healthy World Project.** A website that is geared toward helping children maintain a healthy diet. Recipes, diet charts, placemats, and other materials are available. <http://www.healthyworldproject.com/>

## Community Resource Guide

### A. Acord Ice Center

5353 West 3100 South  
(801) 966-0223

<http://www.recreation.slco.org/acordIce/>

Public Skating

Under 5 years old (with parent) .....Free  
6-18 years old ..... \$3/day

Skating Lessons

4 years old+ ..... \$45/6 lessons

Hockey Lessons

5-14 years old ..... \$45/6 lessons

### B. Central City Fitness and Recreation Center

615 South 300 East  
(801) 538-2062

<http://www.recreation.slco.org/centralcity/>

Open Recreation

6-12 years old ..... \$65/month

Martial Arts (Shotokan Karate and Kendo)

All ages..... \$30-60/month

Dance

5-12 years old ..... \$30/month

Fencing

10 years old+ ..... \$40/month

### C. Copperview Fitness and Recreation Center

8446 South Harrison Street (295 West)  
(801) 561-0075

<http://www.recreation.slco.org/copperview/>

Under renovations

### D. Dimple Dell Fitness and Recreation Center

10670 South 1000 East  
(801) 495-1480

<http://www.recreation.slco.org/dimpleDell/>

Rock Climbing

8 years old + ..... \$40-50/month

Gymnastics

3 years old + .....\$50/7 classes

Fencing

8 years old + ..... \$95/month

### Dimple Dell Rec. Center (Cont.)

Dance

3-18 years old ..... \$28-39/month

Karate

3 years old + ..... \$35/month

Swim Lessons

3 years old + ..... \$28-31.50/session

### E. East Millcreek Fitness and Recreation Center

2230 Evergreen Ave. (3435 South)  
(801) 272-2243

<http://www.recreation.slco.org/eastMillcreek/>

Summer Day Camp

6-12 years old .....\$50/week

Swim Team

6-13 years old ..... \$35/month

Tumbling

3-10 years old ..... \$58-89/session

Horseback riding

6-14 years ..... \$120/month

Basketball camp

3<sup>rd</sup>-9<sup>th</sup> grade ..... \$65/month

Dance

8-12 years old ..... \$35/month

Karate

5-18 years old ..... \$35/month

### F. Fairmont Aquatics Center

1044 East Sugarmont(2225 South)  
(801) 486-5867

<http://www.recreation.slco.org/fairmont/>

Swim Lessons

All ages ..... \$20-40/session(~month)

Gymnastics

2 years old+ ..... \$50/session

Belly Dancing

15 years old+ ..... \$60/session

Karate

5-8 years old ..... \$35/month

Yoga

All levels ..... \$6/class

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### G. Gene Fullmer Fitness and Recreation Center

8015 South 2200 West  
(801) 568-8440

<http://www.recreation.slco.org/genefullmer/>

Dance	
3 years old +	\$32/month
Hap Ki Do	
5 years old +	\$30-50/month
Theater	
7-18 years old	\$35/month
Water Aerobics	
14 years old +	\$29/month
Swim Lessons	
4 years old +	\$15-30/session
Swim Team	
6-18 years old	\$32/month

### H. Holladay Lions Fitness and Recreation Center

1661 East Murray-Holladay Road  
(801) 424-0621

<http://www.recreation.slco.org/holladayLions/>

Swim Lessons	
All ages	\$30/session
Swim Team	
6-13 years old	\$35/month
Fencing	
8 years old +	\$45/month
Kung-Fu	
5-17 years old	\$20/month
Karate	
5-18 years old	\$35/month

### I. Kearns Fitness and Recreation Center

5670 South 4800 West  
(801) 967-4404

<http://www.recreation.slco.org/kearns/>

Dance	
3 years old - teens	\$40-75/month
Karate	
5-18 years old	\$35/month

### Kearns Fitness and Rec Center (cont.)

Roller Hockey	
6-18 years old	\$40/session
Wrestling	
4 years - 9 <sup>th</sup> grade	\$35/session

### J. Magna Fitness and Recreation Center

3270 South 8400 West  
(801) 250-2194

<http://www.recreation.slco.org/magna/>

Dance	
4-9 years old	\$22-25/month
Isshinryu Karate	
5 years old +	\$25/month
Little Dragons Karate	
4 years old +	\$30/month
Tumbling	
3 years old +	\$30/month
Yoga	
16 years old +	\$3/day
Swimming	
All ages	\$3-5/day
Swimming lessons	
4 years old +	\$20/session
Swim Team	
6-18 years old	\$110/10 week session
Water Aerobics	
Skill dependent	\$3/class

### K. Marv Jensen Fitness and Recreation Center

10300 South Redwood Road  
(801) 253-4404

<http://www.recreation.slco.org/marvJensen/>

Dance	
3 years old +	\$25-60/month
Fencing	
6-12 years old	\$40/month
Hap Ki Do	
12 years old +	\$50/month
Swimming lessons	
All Ages	\$60/session
Water Aerobics	
14 years old +	\$28/month

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### Marv Jenson Fitness & Rec Cnt. (Cont.)

Swim Team

6-18 years old ..... \$27-32/month

### L. Northwest Fitness and Recreation Center

1300 West 300 North

(801) 596-0072

<http://www.recreation.slco.org/northwest/>

Dance

2 ½ years old + ..... \$40/month

Taekwondo

6 years old + ..... \$30/month

### M. Redwood Fitness and Recreation Center

3060 South Lester Street (1700 West)

(801) 974-6923

<http://www.recreation.slco.org/redwood/>

Shotokan Karate

All ages ..... \$30-60/month

Field Trip Frenzy

6-12 years old ..... \$20/4 field trips

Swimming

All ages ..... \$1

Swimming lessons

4 years old + ..... \$15/session

Swim Team

6 years old + ..... \$20/session

### N. Salt Lake City Sports Complex

645 South Guardsman Way

(801) 583-9713

<http://www.recreation.slco.org/slcSports/>

Dance

3-8 years old ..... \$49-84/7 week session

Aikido

14 years old+ ..... \$35/month

Open Swim

All ages ..... \$3.50-5.00/day

Swim Lessons

4-12 years old ..... \$35-40/session

Lap Swimming

14 years old + ..... \$3.50-5.00/day

### Salt Lake City Sports Complex (Cont.)

Open Skating

Under 5 years old (with parent) ..... Free

6-18 years old ..... \$4.50/day

Skating Lessons

4 years old+ ..... \$45/6 lessons

Hockey Lessons

5-12 years old ..... \$45/6 lessons

### O. Sorenson Multi-Cultural Center

855 West California Avenue

(801) 974-2420

[www.youthcity.com/html/programs/sorenson.htm](http://www.youthcity.com/html/programs/sorenson.htm)

Indoor Climbing

Must be 48 inches tall ..... Free

Tennis Lessons

All ages ..... \$15/month

Taekwondo

7-17 years old ..... \$40/session

Boxing

8 years old+ ..... \$40/session

### P. Sorenson Unity Fitness and Recreation Center

1383 South 900 West

(801) 886-2619

[www.recreation.slco.org/unity/index.html](http://www.recreation.slco.org/unity/index.html)

Dance

3-8 years old ..... \$15/month

Open Swim

All ages ..... \$1.00-1.50/day

Swimming lessons

All ages ..... \$27/session

Swim Team

17 years old and under ..... \$27/month

## Community Resource Guide

### Q. South Jordan Recreation Center

10866 South Redwood Road

(801) 253-5236

<http://www.southjordancity.org/leisureservices/reccenter.asp>

Open Recreation

All ages..... \$2/day

Dance

3 years old+ ..... \$30-40/month

Gymnastics

3 years old+ ..... \$32/month

Karate

All ages..... \$40/month

Kendo

All ages..... \$50/month

Open Swim

All ages..... \$2/day

Swim Lessons

All ages..... \$29-41/session

Water Aerobics

12 years old+ ..... \$2/day

### R. Taylorsville Fitness and Recreation Center

4948 South 2700 West

(801) 965-1732

<http://www.recreation.slco.org/taylorsville/>

Belly Dance

12 years old + ..... \$30/month

Dance

3 years old + ..... \$25-36/month

Theater

4-17 years old ..... \$35

Summer Day Camp

6-12 years old ..... \$35

Swimming lessons

All ages..... \$20-25

Kung Fu

6 years old+ ..... \$28/month

Hap Ki-Do

6 years old+ ..... \$35/month

## Community Resource Guide

### Boys and Girls Club

Boys & Girls Club offers several programs that focus on increasing physical activity, improving nutrition, and developing good habits. Programs run after school and during the summer. Please contact individual clubs for exact hours of operation.



The Triple Play program is a dynamic wellness program currently offered in Boys & Girls Clubs that demonstrates how eating right, keeping fit and forming positive relationships add up to a healthy lifestyle. The goal of the Triple Play program is to improve Club members' knowledge of healthy habits; increase the number of hours per day they participate in physical activities; and strengthen their ability to interact positively with others and engage in positive relationships.

### Boys and Girls Club

#### Greater Salt Lake

<http://www.bgcgsi.org>

Membership Fee  
6-18 years old ..... \$10/year  
(Additional fees may apply for fieldtrips)

#### S. Capitol West Unit

567 West 300 North  
(801) 531-7652

#### T. Lied Unit

464 South Concord (1235 W)  
(801) 364-9118

#### U. Park City Club

1400 Sullivan Rd  
Park City UT, 84060  
(435) 645-5630

#### V. Sugar House Unit

968 E Sugarmont Dr (2225 S)  
(801) 484-0841

#### W. Tooele Club

438 West 400 North  
Tooele, Utah 84074  
(435) 843-5719

### Boys and Girls Club

#### South Valley

<http://www.bgcsv.org/>

Membership Fee  
5-18 years old ..... \$10/year  
(Additional fees may apply for fieldtrips)

#### X. Boys & Girls Club of Kearns

5241 South 4280 West  
(801) 879-5575

#### Y. Boys & Girls Club of Murray

244 East Vine St. (5065 South)  
(801) 284-4253

#### Z. Boys & Girls Club of Midvale

7631 South Chapel St. (425 West)  
(801) 256-9008

#### 1. Boys & Girls Club of West Jordan

1451 West 7000 South  
(801) 256-9008



## Community Resource Guide

### 2. The Expanded Food and Nutrition Education Program (EFNEP)

2001 S. State Street S-1200  
Salt Lake City, 84190  
801-468-3170

<http://extension.usu.edu/saltlake>

This program is **free** and is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed-behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

#### Jenny Craig

<http://www.jennycraig.com/>

Children between the ages of 13-17 must have parent's written permission, no health conditions and/or taking medications to be eligible to join.

Several program options are available. Please contact the facility closest to you for a complete list and cost of options.

#### Locations:

##### 3. Salt Lake City Center

675 East 2100 South  
Salt Lake City, UT 84106  
(801) 486-9419

##### 4. Sandy Center

834 East 9400 South, #62  
Sandy, UT 84094  
(801) 571-0473

### H. Weight Watchers

(800) 729-8746

<http://weightwatchersofsaltlakecityinc.com/index.html>

Children between the ages of 10-16 must have a doctor's note to join, 17 and older are free to join without a note.

Registration Fee ..... \$35  
Weekly fee ..... \$9-12/week

#### Locations:

##### 5. Draper Center

348 East 12300 South  
Draper, UT 84020

##### 6. Main Center

750 East 3300 South  
Salt Lake City, UT 84106

##### 7. Park City Center

1401 Kearns Blvd.  
Park City, UT 84060

##### 8. Sandy Center

1243 East 8600 South  
Sandy, UT 84094

##### 9. Tooele Center

61 North Main  
Tooele, UT 84074

##### 10. West Jordan Center

1775 West 9000 South  
West Jordan, UT 84088

##### 11. West Valley Center

4616 South 4000 West  
West Valley City, UT 84120



## Community Resource Guide

### LiVe

<http://intermountainlive.org/>

Intermountain Healthcare offers classes and nutrition counseling for healthier living and weight management. Courses are available for children, teens, and adults.

#### Group Course

You and your family attend nine group classes with 15 to 20 other people, including kids and their families. A registered dietitian trained in weight management leads the class, which includes presentations, games, and cooking demos. You will participate in different physical activities during some classes.

All Ages .....\$225 per family  
(\$200 reimbursed upon completion with select health insurance)

#### Individual Counseling

You and your family attend nine one-on-one sessions with a registered dietitian. A registered dietitian trained in weight management evaluates your diet, physical activity, eating environment, and nutrition status. You schedule appointments at your pace. To complete the program, schedule nine sessions in a 12-month period. Topics are personalized to your needs and lifestyle.

All Ages .....\$425 per family  
(\$200 reimbursed upon completion with select health insurance)

#### Locations:

##### 12. Primary Children's Medical Center

100 North Medical Dr.  
Salt Lake City, UT 84113  
(801)662-5316

##### 13. Riverton City Hall (group only)

12830 South Redwood Road  
Riverton, UT 84065  
(801) 662-5316

## Community Resource Guide

Mental health services have been taken from the Utah Medhome Portal (<http://www.medhomeportal.org/>) website. Listing of a Service does **not** represent a recommendation or endorsement by the MedHome Portal staff or its sponsoring organizations, nor does it reflect any assessment of the quality or value of a listed service. The Medhome newsletter summarizing additional valuable information can be downloaded at: [http://www.medhomeportal.org/file.cfm?file\\_id=675](http://www.medhomeportal.org/file.cfm?file_id=675)

### Child Psychiatrists

**Carmela J. Javellana, MD**  
860 E. 4500 S. #302  
Salt Lake City, UT 84107  
(801) 268-0333

**Child and Adolescent Psychiatry  
University of Utah**  
University Neuropsychiatric Institute  
Red Butte Health Center 546 Chipeta Way  
Salt Lake City, UT 84108  
(801) 581-3936

**The Children's Center**  
1855 East Medical Drive  
Salt Lake City, UT 84112  
(801) 582-5534  
<http://www.tccslc.org>

**The Children's Center - Kearns**  
5242 South 4820 West  
Kearns, UT 84118  
(801) 966-4251  
<http://www.tccslc.org>

**Deborah Bilder, MD**  
Neurobehavior Home Program  
650 Komas Dr. suite 200  
Salt Lake City, UT 84108  
(801) 581-5515

**Deborah L. Mennenga, MD**  
Intermountain Healthcare  
5770 South 1500 West  
Salt Lake City, Utah 84123  
(801) 265-3000

**Doug Gray, MD**  
University Neuropsychiatric Institute  
650 Komas Dr. #208  
Salt Lake City, Utah 84108  
(801) 585-1212

**Howard Weeks, MD**  
University of Utah Hospital  
501 Chipeta Way  
Salt Lake City, Utah 84108  
(801) 583-2500

### Intermountain Behavioral Health Network

Intermountain Health Care Administration:  
5770 South 1500 West  
Salt Lake City, UT 84123  
Phone: (801) 265-3049  
<http://www.ihc.com>

**Mark G. Schwei, MD, PhD**  
Primary Children's Medical Center  
5770 S. 1500 W. Bldg G  
Salt Lake City, Utah 84123  
(801) 265-3000

**Micheal A. Kalm, MD**  
3191 South Valley Street, Suite 152  
Salt Lake City, Utah 84109  
(801) 468-1248

**Primary Children's Center for Counseling**  
5770 South 1500 W  
Building G  
Murray, UT 84123  
(801) 265-3000

**Primary Children's Medical Center**  
Department of Child Psychiatry  
100 Mario Capecchi Drive  
Salt Lake City, UT 84113  
(801) 270-4500

**University of Utah Child and Adolescent Specialty Clinic**  
University of Utah  
421 Wakara Way,  
Salt Lake City, UT 84108  
(801) 585-1212

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### University Of Utah Neuropsychiatric Institute (UNI)

University Of Utah Health Sciences Center  
501 South Chipeta Way (2330 East)  
Salt Lake City, UT 84108  
(801) 583-2500  
<http://www.uuhsc.utah.edu/uni>  
[http://uuhsc.utah.edu/childpsych/spec\\_clinic.html](http://uuhsc.utah.edu/childpsych/spec_clinic.html)

### Valley Mental Health (VMH) - Park City

1753 Sidewinder Drive  
Suite 200  
Park City, UT 84060  
(435) 649-8347  
<http://www.vmh.com>

## Child Psychologists

### Abby Gottsegen PhD

1399 South 700 East #7  
Salt Lake City, Utah 84105  
(801) 474-2347

### Ann H. Tyler, PhD

4505 S. Wasatch Blvd. Ste. 380  
Salt Lake City, Utah 84124  
(801) 273-7835

### C.Y. Roby, PhD

1800 S. West Temple #332  
Salt lake City, UT 84115  
(801) 358-6702

### Carol Gage, PhD

Renaissance Child Visitation Services  
1399 South 700 East, Suite 15  
Salt Lake City, Utah 84105  
(801) 487-2357

### Chris Wehl, PhD

505 E. 200 S. suite 303  
Salt Lake City, Utah 84102  
(801) 350-0115

### David B. Adams, PhD

6925 S. Union Park Center, Suite 490  
Cottonwood heights, Utah 84047  
(801) 566-2622

### Deirdre Caplin, PhD

Division of General Pediatrics  
50 Mario Capecchi Drive SOM 2A200  
Salt Lake City, UT 84132  
(801) 581-7877

### Eric S. Hanson, PhD

2040 E. Murry Holladay Rd  
Salt Lake City, Utah 84117  
(801) 278-0499

### Jennifer Gale, Psy.D

1910 Prospector Ave # 201  
Park City, Utah 84060  
(435) 645-9240

### Lindy S. Burton

Aspen Grove Counseling, LLC.  
1400 South Foothill Dr. suite 105  
Salt Lake City, UT 84108  
(801) 581-0422  
<http://www.aspengrovecounseling.com>

### Mary K. Hales

Neurodevelopment Center  
857 E. 200 S. suite 200  
Salt Lake City, UT 84102-2334  
(801) 532-1475  
<http://www.neurodevcenter.com>

### Nancy L. Cantor, PhD

Intermountain Healthcare more info...  
5770 S. 1500 W.  
Salt Lake City, Utah 84123  
(801) 265-3049

### Neurology Learning and Behavior Clinic

230 South 500 East, Suite 100  
Salt Lake City, UT 84102  
(801) 532-1484  
<http://www.samgoldstein.com/template.php?page=about>

### Pamela S. Plant, PhD

1399 S. 700 E., suite 7  
Salt Lake City, Utah 84105  
(801) 261-1816

### Pamela Wilkison, PhD

2700 Homestead Rd., Suite 40  
Park City, UT  
(435) 901-4307

### Patricia McWhorter

Psychological Associates  
77 South 700 East Suite 240  
Salt Lake City, UT 84102  
(801) 532-5675

## Community Resource Guide

### Primary Children's Center for Counseling

5770 South 1500 W, Building G  
Murray, UT 84123  
(801) 265-3000

### Randal A. Oster, PhD

2040 East Murray Holiday Road, Suite 211  
Salt Lake City, Utah 84117  
(801) 272-5083

### Scott Fidler, Psy.D

782 E. Pioneer Rd, ste 0-1  
Draper, Utah 84020  
(801) 619-3569

### Counselors

#### Anger Management For Adolescents

12867 PHEASANT VIEW DR  
Draper, UT 84020  
(801) 718-8307

#### Asian Association Of Utah

1588 South Major Street (50 East)  
Salt Lake City, UT 84115  
(801) 467-6060  
<http://www.aau-slc.org/>

#### Centro De La Familia De Utah

3780 South West Temple  
Salt Lake City, UT 84115  
Phone: (801) 521-4473  
Fax: (801) 521-6242  
<http://www.cdlfu.org>

#### Eleanor Ulibarri, LCSW

979 E. 3900 SOUTH  
Salt Lake City, UT 84124  
(801) 837-7737

#### Family Counseling Center

5250 South Commerce Drive (320 West)  
Suite 250  
Salt Lake City, UT 84107  
(801) 261-3500

#### Family First Counseling

525 East 4500 South F200  
Murray, UT 84107  
(801) 747-2300

### Heart Works Counseling Services

The Children's Service Society Of Utah  
124 South 400 East, Suite 400  
Salt Lake City, UT 84111  
(801) 355-7444  
<http://www.cssutah.org/therapy/>

### James B. Lewis, LCSW

9500 S. 500 W. suite 107  
Sandy, Utah 84070  
(801) 673-1447

### Jenny Southwick Bunnell, MSW

8160 South Highland #205  
Sandy, Utah 84093  
(801) 733-4544

### Jolene Green, LCSW

8160 S. Highland Dr. #206  
Sandy, Utah 84093  
(801) 943-6582

### Kenneth L. Hennefer, LCSW, PhD

7321 S. State Street, suites A & B  
Midvale, Utah 84047  
(801) 352-2844

### Lewis L. Boone, LCSW

954 E. N. Umda Ave. 7145 South, Bld B,  
Ste. 204  
Midvale, Utah 84047  
(801) 748-1442

### Lorraine S. Kilpatrick

6925 Union Park Center, Ste. 490  
Midvale, Utah 84047  
(801) 566-2622

### Marlin Andrus, MSW

1196 E. South Jordan Parkway #A3  
South Jordan, Utah 84095  
(801) 253-3169

### Memorial Clinic Intermountain Behavioral Health Network

Intermountain Health Care  
2000 South 900 East  
Salt Lake City, UT 84105  
(801) 265-3109  
<http://www.ihc.com>

### Nancy C. Hanson, LCSW

8160 S. Highland Dr. #204  
Sandy, Utah 84093  
(801) 942-4444

## Community Resource Guide

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### **Neighborhood House**

Children's Programs  
1050 West 500 South  
Salt Lake City, UT 84104  
(801) 363-4589  
<http://www.neighborhoodhouseonline.org>

### **Robert B. Rowley, MSW**

3016 West 9330 South  
West Jordan, Utah 84088  
(801) 255-9690

### **Shepherd's Staff Christian Counseling Center, Inc.**

731 East 8600 South  
Sandy, UT 84094  
(801) 561-9987  
<http://www.sccc.com>

### **Stephanie Bank, LCSW**

1400 S. Foothill Drive #24  
Salt Lake City, Utah 84108  
(801) 581-0422

### **Sun Dance Behavioral Resources, LLC**

845 East 4800 South, ste. 200  
Murry, Utah 84107  
(801) 264-9522

### **Utah Partners for Health**

8211 W 3500 South  
Magna, UT 84044  
(801) 250-9638 Ext. 131  
<http://www.upfh.com/>

### **Valley Mental Health (VMH) - Tooele**

100 South 1000 West  
Tooele, UT 84074  
(435) 843-3520  
<http://www.vmh.com>



## Community Resource Guide

The resources listed offer structured services to help you and your child improve physical activity, diet and nutrition, and mental health. Please contact the facility for current prices and hours of operation. This list cannot be comprehensive, if there is an activity that your child is interested in and it is not listed here, please call your local facility or search your local phone book for contact information. **You can register for sports leagues (such as, basketball, baseball, softball, soccer, or football) at the majority of the county or city recreation centers previously listed.** For an electronic copy and an interactive map please go to, [www.upiqhome.org](http://www.upiqhome.org).

### Map of Selected Resources

