



*Encouraging awareness and acceptance,
one step at a time* 

— SOUTHERN UTAH —

AUTISM & DISABILITY

Support Guide

2026–2027

RESOURCES. • SERVICES. • COMMUNITY.



SUPPORT



EDUCATION



THERAPIES



RECREATION



EMPLOYMENT



LIVING &
INDEPENDENCE



*A resource guide for individuals with autism and disabilities,
their families, and caregivers in Washington County
and surrounding areas.*



TABLE OF CONTENTS



Use this guide to easily find the resources, services, and supports that meet your needs.



Where Do I Start?

Pages 3-5

Start here! Find guidance on the first steps to take and where to go for help.



THERAPIES & HEALTH SERVICES

Pages 6-12

Therapy providers, medical services, and health resources to support well-being and development.



RECREATION & ACTIVITIES

Pages 13-16

Inclusive recreational programs, adaptive sports, and fun opportunities for all ages.



EDUCATION & LEARNING

Pages 17-19

Schools, learning support, and educational resources for students and families.



SUPPORT

Pages 20-22

Family support, advocacy, support groups, and resources for emotional and social well-being.



EMPLOYMENT

Pages 23-24

Job readiness, employment services, vocational training, and workplace support.



LIVING & INDEPENDENCE

Pages 25-26

Resources for independent living, daily life skills, housing, and long-term support.



COMMUNITY CONNECTIONS

Pages 27-29

Additional organizations, programs, services, and community connections throughout Southern Utah that support individuals with disabilities and their families.



GRANTS & SCHOLARSHIPS

Pages 30-33

Financial resources and scholarship opportunities that help support individuals with disabilities and their families.



NOTES

Pages 34-38

Use this section to take notes, jot down important information, and keep track of helpful resources.

Where Do I Start?

NEW DIAGNOSIS? START HERE.

Getting started can feel overwhelming, but you are not alone. These simple steps can help guide you in the right direction.

- **1 CONTACT HELP ME GROW UTAH (BIRTH-8)**
Help Me Grow Utah provides free support, developmental screenings, and connections to resources for children birth through age 8.
- **2 SCHEDULE AN AUTISM EVALUATION**
Talk with your pediatrician about a referral for an autism evaluation. Early evaluation helps you better understand your child's strengths and needs and access supports sooner.
- **3 CONTACT YOUR SCHOOL DISTRICT FOR CHILD FIND OR SPECIAL EDUCATION**
Every child has the right to a free and appropriate public education. Your school district can evaluate your child and help create an Individualized Education Program (IEP) if eligible.
- **4 APPLY FOR MEDICAID / DSPD IF ELIGIBLE**
Medicaid may help cover therapies and supports. The Division of Services for People with Disabilities (DSPD) offers waiver programs, respite, and other long-term supports.
- **5 CONNECT WITH UTAH PARENT CENTER**
They provide free information, training, and support to help families navigate special education and community resources.
- **6 EXPLORE LOCAL THERAPIES**
Look into therapies that may help your child thrive, such as speech, occupational therapy, ABA, physical therapy, or feeding therapy.
- **7 JOIN A LOCAL PARENT SUPPORT GROUP**
Connecting with other families can provide encouragement, practical advice, and lifelong friendships.
- **8 FIND RECREATION & COMMUNITY ACTIVITIES**
Inclusive activities help your child build confidence, make friends, and feel a sense of belonging. Check out the Recreation and Community Connections sections of this guide!

☐ My Notes



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one step at a time.



Where Do I Start?

TEENS & YOUNG ADULTS

TYA

Transitioning into the teen and young adult years brings new opportunities and new challenges. These steps can help you build skills, find support, and create a path toward a successful future.

1



FOCUS ON STRENGTHS & INTERESTS

Help them explore what they enjoy and what they're good at. Building on strengths builds confidence and opens doors to future opportunities.

2



PLAN FOR EDUCATION & TRAINING

Explore high school supports, transition programs, college options, trade schools, or vocational training. Connect with your school's transition coordinator.

3



EXPLORE EMPLOYMENT OPTIONS

Connect with the Utah State Office of Rehabilitation (USOR) for Pre-Employment Transition Services (Pre-ETS), job coaching, resume help, and workplace supports.

4



BUILD LIFE SKILLS

Practice everyday skills like budgeting, cooking, hygiene, time management, self-advocacy, and using community resources. Independence grows one step at a time!

5



CONNECT WITH COMMUNITY & PEERS

Get involved in clubs, volunteer opportunities, recreation, or social groups. Building friendships and community connections is so important!

6



PRIORITIZE HEALTH & WELLNESS

Stay connected to healthcare providers, manage mental health, get enough sleep, eat well, and move your body. You matter—take care of you!

7



PLAN FOR INDEPENDENT LIVING

Explore housing options, supported living programs, transportation, and long-term supports through the Division of Services for People with Disabilities (DSPD).

8



DREAM, PLAN & TAKE ACTION

Set goals for your future—big or small! Break them down into steps, celebrate progress, and know that support is available along the way.

☐ My Notes



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one step at a time.*



Where Do I Start?

ADULT SERVICES

Ages 18+

ADULT

Transitioning into adulthood is  build independence, find support, and create a life that is meaningful and full of opportunity.

1



APPLY FOR DSPD SERVICES

If you have a disability, apply for services through the Division of Services for People with Disabilities (DSPD). Apply early—even if there is a waiting list.

2



EXPLORE EMPLOYMENT OPTIONS

Connect with the Utah State Office of Rehabilitation (USOR), local employment providers, and community programs for job training, placement, and ongoing support.

3



BUILD INDEPENDENT LIVING SKILLS

Look into programs that help with life skills, budgeting, transportation, cooking, social skills, and daily living. Independence looks different for everyone!

4



CONTINUE EDUCATION & TRAINING

Explore college, vocational training, certification programs, and community education. Ask about disability support services on campuses and in programs.

5



CONNECT WITH COMMUNITY

Get involved in clubs, faith groups, recreation, volunteering, and social groups. Building relationships and having fun is an important part of well-being!

6



PRIORITIZE HEALTH & WELLNESS

Transition to adult healthcare providers, manage medications, attend regular check-ups, and take care of your mental and physical health.

7



UNDERSTAND BENEFITS & FINANCES

Learn about benefits like Medicaid, SSI, SSDI, and DSPD waiver services. Consider financial planning, guardianship or supported decision-making if needed.

8



DREAM, PLAN & TAKE ACTION

Set goals for your future—big or small! Break them down into steps, celebrate progress, and don't be afraid to ask for help along the way.

☐ My Notes



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one step at a time.



THERAPIES

Therapies and treatment providers including ABA, OT, speech, PT, and mental health services.



ABS Kids

☐ My Notes

Phone: (801) 935-4171 | Website: abskids.com

25 N 100 E, Suite 102, St. George, UT 84770

2376 Red Cliffs Dr., Suite 307, St. George, UT 84790

Services: Autism evaluations, ABA therapy, in-home and center-based services, community integration, parent support, and family resources.

Ages Served: Children with autism (early childhood through adolescence).

Insurance: Most major insurance plans accepted.

Autism Therapy Services (ATS)

☐ My Notes

Phone: (435) 313-4571

Location: 321 N. Mall Dr., St. George, UT 84790

Website: autismtherapyservices.com

Services: Autism evaluations, ABA therapy, communication therapy, social skills groups, school readiness, parent support, and community-based programs.

Ages Served: Children and adolescents

Insurance: Most major insurance plans accepted, including Utah Medicaid.

The Brain Base

☐ My Notes

Phone: (435) 200-7101 | Website: thebrainbase.com

Location: 321 N. Mall Dr., Building I, St. George, UT 84790

Services: Neurofeedback, QEEG brain mapping, cognitive training, executive functioning support, ADHD support, autism support, anxiety management, and brain performance coaching. Highlights: Provides non-invasive neurofeedback and brain-based training programs designed to improve attention, emotional regulation, sleep, executive functioning, and overall cognitive performance for individuals with ADHD, autism, anxiety, and other neurological concerns.



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THERAPIES

Therapies and treatment providers including ABA, OT, speech, PT, and mental health services.



Bridgeway Integrated Healthcare Services

☐ My Notes

Phone: (801) 255-5131

Email: info@bihs.co

Website: bridgewayihs.com

Location: 1067 E. Tabernacle St., Suite 7, St. George, UT 84770

Services: ABA therapy, autism evaluations, mental health counseling, psychological evaluations, social skills groups, family counseling, day treatment, and in-home, clinic-based, and telehealth services.

Ages Served: Children, adolescents, and adults

Insurance: Most major insurance plans accepted, including Utah Medicaid.

Creative Behavioral Connections

☐ My Notes

Phone: (435) 351-1700

Location: 595 S. Bluff St., Suite 3, St. George, UT 84770

Website: cbcautism.com

Ages Served: 2–18 years

Insurance: Utah Medicaid, EMI Health, Curative

Services: ABA therapy, autism evaluations, parent training, and home-, clinic-, and community-based services. Individualized, evidence-based ABA therapy focused on communication, behavior, and life skills, with services provided in the clinic, home, and community settings.

Creativity and Patience Center

☐ My Notes

Phone: (435) 200-1421 | Email: wcook@creativityandpatiencecenter.com

Website: creativityandpatiencecenter.com

Location: 169 W. 2710 S. Circle, Suite 202-A, St. George, UT 84790

Services: Individualized speech therapy, language development, social communication, Augmentative and Alternative Communication (AAC), and parent collaboration. Highlights: Provides individualized, child-centered speech therapy focused on language, social communication, and AAC, with an emphasis on helping each child make meaningful progress.



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THERAPIES

Therapies and treatment providers including ABA, OT, speech, PT, and mental health services.



Crimson Heights

Phone: (435) 705-7574

Website: crimsonheightsbh.com

Ages Served: Children, teens, and adults

Services: ABA therapy, autism evaluations, occupational therapy, mental health counseling, family therapy, day treatment (PHP/IOP), residential treatment, and adult skills programs.

Insurance: Medicaid and most major private insurance plans accepted.

☐ My Notes

Dr. Dylan Chiropractic

Phone: (435) 628-0841

Email: drdylanchiropractic@gmail.com

Website: drdylanchiropractic.com

Location: 285 W. Tabernacle St., Suite 102, St. George, UT 84770

Services: Pediatric, prenatal, and family chiropractic care, nervous system-focused wellness, and gentle chiropractic adjustments. Ages Served: All ages

Self-pay available, contact for more information regarding insurance

☐ My Notes

GO Therapy LLC

Phone: (435) 393-7456

Website: gotherapyutah.com

Location: 410 E. Tabernacle St., St. George, UT 84770

Services: Occupational therapy, speech therapy, feeding therapy, sensory integration, developmental support, and parent education.

Ages Served: Pediatric (birth through adolescence)

Insurance: Most major insurance plans accepted.

☐ My Notes



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THERAPIES

Therapies and treatment providers including ABA, OT, speech, PT, and mental health services.



Intermountain Health – Pediatric Rehabilitation

Phone: (435) 251-5437

Website: [Intermountain Health Pediatric Rehab](#)

Location: Intermountain Health Pediatric Rehab at St. George Hospital

Ages Served: Birth–18 years

Services: Pediatric occupational therapy, physical therapy, speech therapy, feeding therapy, audiology, and rehabilitation services.

Insurance: Most major insurance plans accepted, including Medicaid, CHIP, Tricare, Select Health, Blue Cross Blue Shield, Anthem, and Medicare. Self-pay options are also available.

☐ My Notes

Little Champs ABA

Contact: Josh Orshitzer | (385) 494-3500 | josh@littlechampsaba.com

Website: <https://littlechampsaba.com/>

Address: 1950 E Fort Union Blvd, Suite 100, Cottonwood Heights, UT 84121

Provides ABA therapy and autism evaluations for children and young adults with autism.

Serves families throughout Utah with clinic-based, home, school-based, community-based, and telehealth services. Focused on ensuring families have access to high-quality ABA services. Accepts Medicaid.

☐ My Notes

Possibilities ABA

Phone: (435) 767-7929

Email: hello@abapossibilities.com

Website: [possibilitiesaba.com](#)

Locations: St. George, Bloomington, La Verkin, and Cedar City.

Services: ABA therapy, autism evaluations, early intervention, social skills groups, parent training, in-home and center-based services. Insurance: Utah Medicaid and most major insurance plans accepted. Ages Served: 18 months–21 years

☐ My Notes



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THERAPIES

Therapies and treatment providers including ABA, OT, speech, PT, and mental health services.



Prickly Pear Pediatric Therapy

Contact: Emily Sonzogni | (435) 200-4844 | emily@pricklypearkids.com

Website: <https://pricklypearkids.com/>

Address: 321 N Mall Dr, Bldg. N, St. George, UT 84790

Provides speech, occupational, and feeding therapy, along with early intervention and parent education, for children from birth through age 18. Specializes in autism, childhood apraxia of speech (CAS), gestalt language processing (GLP), picky eating, sensory processing differences, and emotional regulation. Offers clinic-based and telehealth services. Accepts private pay, HSA/CareCredit, scholarships, and financial assistance. Also provides parent/caregiver training.

☐ My Notes

Simple Autism Solutions

Phone: (435) 291-7496

Location: 1575 S. River Rd., St. George, UT 84790

Email: office@simpleautismsolutions.com

Website: simpleautismsolutions.com

Services: In-home ABA therapy, parent coaching, behavior support, language development, sleep support, and telehealth services.

Ages Served: Up to 15 years Insurance: Utah Medicaid, private pay, and single-case agreements with other insurance providers.

☐ My Notes

Small Voices Speech Therapy

Phone: (217) 553-6991

Location: 1793 Desert Dawn Dr., Santa Clara, UT 84765

Ages Served: Children

Payment: Private pay

Services: Pediatric speech therapy, language development, articulation, AAC support, and feeding therapy. Highlights: Provides individualized, family-centered speech and feeding therapy to help children strengthen communication, language, and feeding skills in a supportive environment.

☐ My Notes



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THERAPIES

Therapies and treatment providers including ABA, OT, speech, PT, and mental health services.



SpeakABLE Speech & Stuttering Clinic

Phone: (801) 309-1604

Email: shannon@speakableutah.com

Website: speakableutah.com

Location: 352 E. Riverside Dr., Suite B5, St. George, UT 84790

Services: Speech therapy, stuttering evaluations and treatment, language development, and communication support.

Ages Served: All ages Insurance: Private pay

☐ My Notes

Summit Behavior Services

(P): 435-705-8890 | jesseo@sbsllc.info

<https://summitabautah.com/>

162 North 400 East A-105 St. George Utah 84770

ABA Therapy, Mental Health Counseling, Psychological Evaluations, Autism Evaluations, Early Intervention, Adult Services, Teen and Young Adult Programs for all ages. Offering Clinic Services, Home Visits, School-Based Services, Community-Based Services, Telehealth. Summit also offers Parent/Caregiver Training, Sibling Programs, Social Skills Groups, and Summer Programs
Medicaid Accepted, Private Pay Available

☐ My Notes

Red Rock Pediatric Therapies

Contact: Allysa | (435) 200-4968 | kids@redrockpediatrictherapies.com

Website: <https://redrockpediatrictherapies.com/>

Address: 75 S 100 E, Suite 2B, St. George, UT 84770

Provides Occupational Therapy, Speech Therapy, and Early Intervention for all ages. Specializes in autism spectrum disorder, speech and language delays/disorders, apraxia, stuttering, motor speech disorders, and social communication challenges. Offers clinic-based, community-based, and telehealth services. Accepts Medicaid, select private insurance, grants, scholarships, payment plans, and affordable private pay. No waitlist.

☐ My Notes



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THERAPIES

Therapies and treatment providers including ABA, OT, speech, PT, and mental health services.



RYSE ABA Therapy

Contact: Jackson Bailey | (385) 549-5656 | jbailey@ryseabatherapy.com

Website: <https://www.ryseabatherapy.com/>

Provides individualized ABA therapy for children, adolescents, and adults with autism and other developmental disabilities. Services include early intervention, school services, adult services, independent living support, and teen/young adult programs. Offers home, school-based, community-based, and telehealth services throughout Southern Utah, including Cedar City. Also provides parent training, support groups, sibling programs, social skills groups, and community events. Accepts Medicaid, most major insurance plans, and private pay.

☐ My Notes

Whispering Horses Equine Speech Therapy

Provider: Cassie Champney, M.S., CCC-SLP

Phone: 435-879-1688

Email: cassiechampneys@gmail.com

Location: Bloomington, St. George, UT

Ages Served: Children and adolescents

Services: Equine-assisted speech therapy, language development, social communication, AAC support, and individualized speech-language therapy in an outdoor equine setting.

☐ My Notes

Zion Psychology

Phone: (435) 817-9511

Email: ZionPsychology@gmail.com | Website: zionpsychology.com

Location: 321 N. Mall Dr., St. George, UT 84790

Services: Autism evaluations, ADHD assessments, learning disability evaluations, psychological testing, diagnostic clarification, and treatment recommendations. Comprehensive psychological evaluations for autism, ADHD, learning disabilities, intellectual disabilities, other developmental or mental health concerns, personalized recommendations for treatment and educational planning.

☐ My Notes



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RECREATION

R

Adaptive recreation, sports, camps,
sensory friendly activities,
and community events.



Bare Foot Gymnastics & Montessori

☐ My Notes

Phone: (435) 634-9009

Email: barefootgym@gmail.com | Website: barefootgymnasticsandmontessori.com

Location: 1871 W. Canyon View Dr., St. George, UT 84770

Ages Served: 18 months–17 years

Services: Recreational gymnastics, Ninja Warrior, Parent & Tot classes, summer camps, birthday parties, and Montessori preschool. Highlights: Offers inclusive gymnastics and movement programs that help children build strength, coordination, confidence, and social skills in a fun, supportive environment. *We are a Barefoot Family and LOVE this program!

Camp Connection (Walk with Autism)

☐ My Notes

Email: info@walkwithautism.com

Website: walkwithautism.com/summer-camp

Service Area: Southern Utah | Ages Served: Children with autism and developmental disabilities

Services: Free adaptive summer day camp featuring community outings, swimming, bowling, outdoor recreation, social skills, life skills, sensory-friendly activities, and peer engagement. Highlights: Camp Connection provides a safe, inclusive environment where children with autism and developmental disabilities can build friendships, confidence, independence, and life skills while participating in fun community experiences. Offered Free of Charge.

Fight Like a Mom – Summer Day Camp

☐ My Notes

Phone: (435) 215-3984

Website: fightlikeamom.org

Ages Served: School-age children (varies by session)

Service Area: St. George, UT

Services: Offers a fun, inclusive summer camp experience designed to help children build friendships, confidence, creativity, and life skills in a supportive environment. Camp sessions and locations vary by year.



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RECREATION

R

Adaptive recreation, sports, camps,
sensory friendly activities,
and community events.



Girls on the Run Southern Utah

☐ My Notes

Phone: (435) 703-0299

Email: michelle.cloud@girlsontherun.org

Website: Girls on the Run Southern Utah

Ages Served: Girls in 3rd–8th grade

Service Area: Washington and Iron Counties

Services: After-school programs that build confidence, leadership, social-emotional skills, and healthy habits through physical activity.

SAND HOLLOW AQUATIC CENTER

☐ My Notes

1144 North Lava Flow Drive, St. George

Phone: (435) 627-4585

www.sgcity.org/recreation/adultsports/swim_lessons_special.php

Offers a special needs swim session

Silent Santa (St. George Children's Museum)

☐ My Notes

Annual Holiday Event Sponsored by: ABS Kids and Walk with Autism

Phone: (435) 986-4000

Website: St. George Children's Museum Events | Location: 86 S. Main St., St. George, UT 84770

Services: Free sensory-friendly Santa experience with private visits, reduced noise and lighting, limited attendance, and a calm, welcoming environment for children with sensory sensitivities. Who It's For: Children with autism, sensory processing differences, and other disabilities, along with their families.



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RECREATION

R

Adaptive recreation, sports, camps,
sensory friendly activities,
and community events.



☐ My Notes

SILVER SPUR THERAPEUTIC RIDING ACADEMY

New Harmony, UT

Phone: (435) 535-1644

contact@silverspurridingcenter.org

<http://silverspurridingcenter.org>

Offers equine assisted therapy tailored to each patient's needs.

Southern Utah Soccer Association (SUSA) – Adaptive Soccer Program

☐ My Notes

Website: susakicks.com

Services: Recreational soccer program for children and youth with intellectual, developmental, physical, and emotional disabilities in an inclusive, supportive environment.

Ages Served: Youth (contact SUSA for current age divisions)

Location: St. George, UT (games held at local Southern Utah soccer fields)

Highlights: Offers an adaptive soccer program designed to provide meaningful participation, skill development, teamwork, and fun for athletes with disabilities.

Southwest Adaptive Divers

☐ My Notes

Phone: (435) 632-5963

Email: diveadaptive@gmail.com

Website: adaptivedivers.org

Location: 446 N. Park St., St. George, UT 84770 Southwest Adaptive Divers

Ages Served: Children and adults (with medical clearance)

Services: Adaptive scuba diving training, certifications, scholarships, and dive buddy programs for individuals with physical, developmental, and intellectual disabilities.



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RECREATION

R

Adaptive recreation, sports, camps,
sensory friendly activities,
and community events.



Special Olympics Utah – Southern Utah

☐ My Notes

Services: Year-round sports, Unified Sports, Young Athletes, leadership programs, health screenings, and inclusive competitions for individuals with intellectual disabilities.

Ages Served: Children and adults

Service Area: Southern Utah

Phone: (801) 363-1111

Email: southarea@sout.org

Website: specialolympicsutah.org

St. George Children's Museum – Sensory Friendly Tuesday Evenings

☐ My Notes

Phone: (435) 986-4000

Website: sgchildrensmuseum.org

Location: 86 S. Main St., St. George, UT 84770

Services: Free monthly sensory-friendly museum experience with reduced lighting and sound, sensory supports, and limited attendance.

Highlights: Held on the fourth Tuesday of each month, providing a quieter, sensory-modified museum experience for children with sensory sensitivities and their families. RSVP is required and is located on their website.

Thunder Junction Awareness Days

☐ My Notes

Phone: (435) 627-4575

Website: sgcityutah.gov/thunderjunction

Location: Thunder Junction All Abilities Park

Services: Free inclusive community events celebrating and supporting individuals with disabilities through sensory-friendly train rides, adaptive activities, community resource booths, and family-friendly experiences. Awareness Days are held throughout the year and spotlight different disabilities while promoting inclusion, accessibility, education, and community connection.



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EDUCATION



Resources for educational support,
advocacy, learning environments,
and academic success.



Autism Soul Speak

☐ My Notes

Phone: (530) 919-5105

Email: info@autismsoulspeak.com

Website: autismsoulspeak.com

Location: 920 McKinley Way, St. George, UT 84770

Ages Served: Children and adolescents

Services: S2C, Communication support, parent coaching, social-emotional development, family consultation, and individualized autism support.

Children of Hope Academy

☐ My Notes

Phone: (435) 656-8208

Website: childrenofhopeacademy.org

Location: 727 E. 700 S., St. George, UT 84770

Ages Served: K–12

Services: Individualized education, life skills training, behavioral support, functional academics, social skills, and transition services for students with developmental and intellectual disabilities.

Root for Kids

☐ My Notes

Phone: (435) 673-5353

Website: rootforkids.org

Location: 2044 S. Mesa Palms Dr., St. George, UT 84770

Ages Served: Prenatal through age 5

Services: Early Intervention, Early Head Start, developmental screenings, Parents as Teachers, Kindermusik, family support, health services, and early childhood education.

Highlights: Provides free or low-cost early childhood programs and family support services that help children reach developmental milestones and prepare for school.



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EDUCATION

Resources for educational support,
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Spectrum Academy – COMING SOON!

Phone: (801) 785-9019

Website: spectrumacademyutah.org

Location: Southern Utah satellite campus opening in St. George (contact the school for enrollment information). Grades Served: K–12+

Services: Public charter school specializing in individualized education for students with autism and other neurodiverse learners, including academics, social skills, speech therapy, occupational therapy, assistive technology, transition planning, and life skills.

Highlights: Small class sizes, individualized instruction, integrated therapies, and a research-based learning environment designed to support students with autism and other neurodiverse learning needs.

☐ My Notes

SUU Head Start Preschool

Phone: (435) 586-6070 | Website: [Southern Utah University Head Start Preschool](http://SouthernUtahUniversityHeadStartPreschool.org)

Website: SUU Head Start Preschool | Ages Served: Children ages 3–5

St. George Locations:

1469 W. Sunset Blvd., St. George, UT 84770 SUU Head Start Preschool

2044 Mesa Palms Dr., St. George, UT 84770 (inside Root for Kids)

Services: Free preschool program focused on kindergarten readiness, early learning, speech and language development, social-emotional skills, family support, health screenings, and nutrition services.

Eligibility: Income-based program; children with disabilities are encouraged to apply.

☐ My Notes

Utah Schools for the Deaf and the Blind (USDB) – Southern Utah

Phone: (435) 673-1938

Website: usdb.org

Location: 835 E. 600 S., Suite B, St. George, UT 84770

Ages Served: Birth–22 years

Services: Specialized education, speech and language services, audiology, vision services, assistive technology, family support, and transition planning for students who are deaf, hard of hearing, blind, visually impaired, or deafblind.

☐ My Notes



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EDUCATION



Resources for educational support,
advocacy, learning environments,
and academic success.



Washington County School District – Preschool & Early Childhood

☐ My Notes

Phone: (435) 673-1557

Website: washk12.org/preschool

Location: 951 E. Brigham Road, St. George, UT 84790

Ages Served: 3–5 years

Services: Preschool, Early Childhood Special Education (ECSE), developmental screenings, kindergarten readiness, speech and language support, social-emotional development, and family engagement. Highlights: Provides high-quality preschool and specialized early childhood services for eligible children, including free preschool for children who qualify for special education services.

Washington County School District – Special Education

☐ My Notes

Phone: (435) 673-3553 ext. 5147

Website: washk12.org/special-education

Location: 121 W. Tabernacle St., St. George, UT 84770

Ages Served: Birth–21 years

Services: Individualized Education Programs (IEPs), speech and occupational therapy, physical therapy, behavioral supports, assistive technology, transition planning, preschool special education, and related services for eligible students. Highlights: Provides individualized special education services in the least restrictive environment to support students with disabilities in achieving academic, social, communication, and independent living .

Waterford Upstart

☐ My Notes

Phone: (888) 982-9898

Website: waterford.org/upstart

Ages Served: Children entering kindergarten (Pre-K)

Services: Free online kindergarten readiness program with personalized lessons in reading, math, and science, family coaching, and educational resources. Computers and internet access are available for qualifying families. Highlights: Washington County School District partners with Waterford Upstart to provide eligible families with a free, at-home learning program that helps children build kindergarten readiness in as little as 15–30 minutes per day.



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SUPPORT



Resources for families and caregivers, support groups, counseling services, and financial or legal assistance.



Boys & Girls Club of Greater St. George

☐ My Notes

Phone: (435) 656-5437

Location: 102 N. 2000 E., St. George, UT 84790

Website: bgcsg.org

Ages Served: Youth (K–12)

Services: After-school programs, summer camps, mentoring, academic support, recreation, leadership development, and inclusive youth programming. Highlights: Provides a safe, inclusive environment where youth can build friendships, confidence, and life skills through structured programs.

Child Find - Washington County School District

☐ My Notes

Phone: (435) 673-1557

951 E. Brigham Rd., St. George, UT 84790

Website: Washington County School District Preschool & Child Find

What It Is: Child Find is a free program through your local school district that identifies and evaluates children who may have developmental delays or disabilities. If a child qualifies, they may receive free Early Childhood Special Education (ECSE) services, speech therapy, occupational therapy, and other educational supports. Who It's For: Children ages 3–5 (birth–3 services are typically provided through Utah Early Intervention programs such as Root for Kids).

Family to Family Network (Utah Parent Center)

☐ My Notes

Contact: Calleen Kenney | (801) 272-1051 | ftfn@utahparentcenter.org

Website: <https://utahparentcenter.org/program/family-to-family/>

Address: 5296 S Commerce Dr., Suite 302, Murray, UT 84107

Statewide parent support network that educates, strengthens, and connects families of individuals with disabilities. The program provides peer support, community resources, local events, and guidance. Community-based services statewide at no cost, along with parent training, support groups, sibling programs, summer programs, and community events.



Encouraging awareness and acceptance,
one step at a time.



SUPPORT



Resources for families and caregivers, support groups, counseling services, and financial or legal assistance.



GRANDfamilies of Southern Utah

☐ My Notes

Phone: (385) 499-3734

Website: cssutah.org/grandfamilies

Location: 249 E. Tabernacle St., Suite 301, St. George, UT 84770

Who It's For: Grandparents, relatives, and kinship caregivers raising children.

Services: Free support for grandparents and relatives raising children, including case management, support groups, educational classes, resource referrals, advocacy, crisis intervention, and family activities.

Help Me Grow Utah

☐ My Notes

Phone: (801) 691-5322

Email: helpmegrow@unitedwayuc.org | Website: helpmegrowutah.org

Ages Served: Prenatal–8 years

Service Area: Statewide, including Southern Utah

Services: Free developmental screenings, parenting support, care coordination, community referrals, and connections to therapy, early intervention, and family resources.

Highlights: A free statewide resource that helps families connect with child development services, early intervention, parenting support, and community resources.

Prevent Child Abuse Utah – St. George

☐ My Notes

Phone: (801) 382-7788

Website: pcautah.org

Location: 2 W. St. George Blvd., Suites 34 & 35, St. George, UT 84770

Services: Parenting education, home visiting programs, child abuse prevention, family support, advocacy, and community education. Who It's For: Parents, caregivers, and families with young children. Highlights: Provides evidence-based programs and resources that strengthen families, promote healthy child development, and help prevent child abuse before it occurs.



*Encouraging awareness and acceptance,
one step at a time.*



SUPPORT



Resources for families and caregivers, support groups, counseling services, and financial or legal assistance.



Red Rock Center for Independence (RRCI)

☐ My Notes

Phone: (435) 673-7501

Website: rci.org

Ages Served: All ages

Location: 168 N. 100 E., Suite 101, St. George, UT 84770

Services: Independent living skills, advocacy, peer support, assistive technology, youth transition, information & referrals, adaptive equipment loan program, autism support groups, and disability resources.

Southern Utah Autism Mamma Meetups

☐ My Notes

Every 1st and 3rd Monday | Time: 4 pm - 6 pm

RRCI

168 N 100 E #101, St. George, UT

Every 4th Thursday | Time: 6 pm

ABS Kids Event Room

25 N 100 E Suite 102, St. George, UT

Children's activities are available. Contact (435) 215-3984 for additional info!

The Arc of Washington County

☐ My Notes

Phone: (435) 632-5064

Website: thearc.org

Services: Disability advocacy, family support, self-advocacy, educational resources, community inclusion, public policy advocacy, and referrals for individuals with intellectual and developmental disabilities. Highlights: A nonprofit organization dedicated to promoting and protecting the rights of individuals with intellectual and developmental disabilities by connecting families to advocacy, education, resources, and community support while fostering inclusion throughout Southern Utah.



*Encouraging awareness and acceptance,
one step at a time.*



EMPLOYMENT

E

Resources for job readiness, career exploration, employment support, and workplace accommodations.



Allies Supported Employment

☐ My Notes

Occupational therapist

Phone: (385) 270-6559 | (435) 669-0961

Website: <https://www.alliessupportedemployment.com/>

Location: 321 N. Mall Dr., Building R, St. George, UT 84790

Ages Served: Adults

Services: Supported employment, job coaching, job development, workplace training, benefits planning, and long-term employment supports.

Danville Services

☐ My Notes

Phone: (435) 674-9310

Website: danville.org

Location: 1871 W. 200 N., Suite 7, St. George, UT 84770

Ages Served: Adults with intellectual and developmental disabilities

Services: Supported employment, job coaching, community employment, day services, residential supports, and life skills training.

Employment-Related Personal Assistance Program (EPAS)

☐ My Notes

Phone: (801) 538-6955

Website: <https://medicaid.utah.gov/ltc-2/epas/>

Email: epas@utah.gov

Purpose: EPAS is a Medicaid service for people with disabilities who work and need personal assistance in order to remain employed. This service is designed to provide personal assistance for people who may have physical, mental, cognitive, and/or developmental disabilities who are working in an integrated and competitive setting.



*Encouraging awareness and acceptance,
one step at a time.*



EMPLOYMENT

E

Resources for job readiness, career exploration, employment support, and workplace accommodations.



Innovative Harbor

☐ My Notes

Disability services and support organization

Phone: (435) 250-3329

Website: <https://www.innovativeharbor.com/>

Location: 353 N. 3050 E., St. George, UT 84790

Ages Served: Adults

Services: Employment readiness, vocational training, day services, supported living, and community integration.

Post High School (Washington County School District)

☐ My Notes

Phone: (435) 634-0092 | Website: <https://posthigh.washk12.org/>

Location: 2060 N. 2100 W., St. George, UT 84770

Ages Served: 18–22

Services: Transition education, paid work experiences, vocational training, independent living skills, and employment preparation. Strong continuum of employment support—from high school transition programs to supported employment, vocational rehabilitation, and long-term job coaching—for individuals with autism and other intellectual and developmental disabilities in Southern Utah.

Utah State Office of Rehabilitation (USOR) – Vocational Rehabilitation

☐ My Notes

Phone: (435) 673-5091

Website: jobs.utah.gov/usor

Location: 276 E. Tabernacle St., St. George, UT 84770

Ages Served: Teens and adults with disabilities

Services: Career counseling, job placement, job coaching, assistive technology, vocational training, education assistance, and employment support for individuals with disabilities.



*Encouraging awareness and acceptance,
one step at a time.*



LIVING & INDEPENDENCE

LI

Resources for independent living, life skills, housing options, supported living, and transition planning.



Chrysalis

☐ My Notes

Phone: (435) 251-9979

Website: chrysalis.care

Location: 230 N. 1680 E., Suite A, St. George, UT 84790

Services: ABA therapy, behavior support, employment services, supported living, community integration, life skills training, respite care, and family support for individuals with intellectual and developmental disabilities. Highlights: Provides individualized, person-centered services that promote independence, employment, community participation, and skill development for individuals with intellectual and developmental disabilities.

Coral Cliffs Post High Program

☐ My Notes

Phone: (435) 634-7025

Location: 2040 W. 2000 N., St. George, UT 84770

Ages Served: 18–22

Services: Transition program for students ages 18–22 with disabilities, focusing on employment readiness, independent living, life skills, community access, and vocational training.

Highlights: Provides individualized transition services to help students develop the skills needed for employment, independent living, and successful participation in the community after high school.

Madison House Autism Foundation – Autism After 21 Utah

☐ My Notes

Phone: (240) 246-7140

Email: info@madisonhouseautism.org | Website: madisonhouseautism.org

Ages Served: Young adults and adults (21+) Service Area: Utah (including Southern Utah)

Services: Resources for autistic adults, housing initiatives, employment supports, community inclusion, advocacy, healthcare resources, and transition planning. Highlights: Focuses on expanding opportunities for autistic adults through housing, employment, community inclusion, and the Autism After 21 Utah initiative.



Encouraging awareness and acceptance,
one step at a time.



LIVING & INDEPENDENCE

LI

Resources for independent living, life skills, housing options, supported living, and transition planning.



Redhead Supports

☐ My Notes

Phone: (435) 429-1900

Location: 145 N. 400 W., St. George, UT 84770

Email: hq@redheadsupports.com | Website: redheadsupports.com | Ages Served: Youth and adults
Supported living, host homes, residential services, day programs, after-school and summer programs, respite care, behavioral services, community integration, and life skills training. Provides individualized, person-centered supports that promote independence, community involvement, and meaningful daily living opportunities for individuals with intellectual and developmental disabilities.

Soulegria Leadership Ranch

☐ My Notes

Phone: (800) 348-8508

Location: Toquerville, UT

Ages Served: Young adults (typically 18–28)

Services: Mentored living, independent living skills, executive functioning, vocational training, life coaching, therapeutic support, employment readiness, and transition-to-adulthood programming.

Highlights: Founded by Tyler Olsen, Soulegria is a transition program that helps young adults develop independence through life skills, work experience, mentoring, and a therapeutic ranch environment.

TURN Community Services

☐ My Notes

Phone: (435) 652-4771 | Website: turncommunityservices.org

Location: 1870 W. 200 N., Suite A, St. George, UT 84770

Ages Served: Adults (18+) Services: Residential services, supported living, day programs, employment services, community integration, recreation, life skills training, and family support for individuals with intellectual and developmental disabilities. Highlights: Provides person-centered services that promote independence, employment, community involvement, and meaningful opportunities for adults with intellectual and developmental disabilities.



Encouraging awareness and acceptance,
one step at a time.



COMMUNITY CONNECTIONS

Additional organizations, programs, services, and community connections throughout Southern Utah that support individuals with disabilities and their families.



Autism Council of Utah (ACU)

☐ My Notes

Email: autismcouncilofutah@gmail.com | Website: autismcouncilofutah.org

Location: 6232 S. 900 E., Murray, UT 84121 | Service Area: Statewide (including Southern Utah)

Autism education, statewide resource directory, family support, advocacy, provider referrals, autism-friendly events, grants, and community partnerships. A nonprofit organization dedicated to connecting individuals with autism and their families to trusted resources, educational opportunities, statewide events, and grant funding while promoting collaboration among families, providers, and community organizations across Utah.

Encircle – St. George

☐ My Notes

Phone: (435) 900-2094

Website: encircletogether.org

Location: 245 N. 200 W., Suite 102, St. George, UT 84770

Ages Served: Youth, young adults, and families

Services: LGBTQ+ youth and family support, mental health therapy, support groups, peer mentoring, family counseling, social activities, educational workshops, and community resources. Highlights: Provides affirming mental health services, family support, youth programs, and community connection in a safe and welcoming environment for LGBTQ+ youth and their families.

Living Wisdom Apothecary

☐ My Notes

Email: info@livingwisdomapothecary.com

Website: livingwisdomapothecary.com

Location: Hurricane, UT (serving Southern Utah)

Services: Herbal wellness products, herbal consultations, educational resources, custom herbal blends, and holistic wellness support.

Highlights: Offers handcrafted herbal products, personalized herbal consultations, and educational resources focused on supporting overall wellness through plant-based approaches.



Encouraging awareness and acceptance,
one step at a time.



COMMUNITY CONNECTIONS

Additional organizations, programs, services, and community connections throughout Southern Utah that support individuals with disabilities and their families.



Mayhem Ink Custom Screen Printing

Phone: (435) 879-3520

Email: info@mayhemink.net

Website: mayheminkscreenprinting.com

Services: Custom screen printing, embroidery, promotional apparel, fundraising merchandise, event shirts, and branded products.

Highlights: A locally owned Southern Utah business that partners with nonprofits, schools, and community organizations to create custom apparel and promotional products while supporting local events and community initiatives.

☐ My Notes

Riverside Dental Care

Phone: (435) 673-3363

Website: stgeorgesmile.com

Location: 368 E. Riverside Dr., Suite 2A, St. George, UT 84790

Ages Served: All ages

Services: Family and pediatric dentistry, preventive care, sedation dentistry, restorative and cosmetic dental services.

*We are patients at Riverside Dental Care and they have helped our 8 y/o son on the spectrum become comfortable and look forward to dental visits.

☐ My Notes

Southwest Forensic Nursing & Healthcare

Phone: (888) 436-7421

Email: ContactUs@swforensichealthcare.org

Website: swforensichealthcare.org

Location: 321 N. Mall Dr., St. George, UT 84790

Services: Free medical-forensic exams, trauma-informed healthcare, evidence collection, advocacy, and referrals for survivors of sexual assault, domestic violence, strangulation, and human trafficking.

☐ My Notes



Encouraging awareness and acceptance,
one step at a time.



COMMUNITY CONNECTIONS

Additional organizations, programs, services, and community connections throughout Southern Utah that support individuals with disabilities and their families.



Southern Utah Autism Support Group

☐ My Notes

Facebook: www.facebook.com/SouthernUtahAutismSupportGroup

Website: www.SouthernUtahASG.org

Purpose: Providing Support and Resources to help and strengthen families of persons with Autism Spectrum Disorders and Related Conditions in Southern Utah. This Community Discussions page is especially for developing friendships, sharing triumphs/achievements and asking questions specifically about Autism Spectrum Disorders and Related Conditions. Together we can uplift and encourage each other!

UTAH AUTISM MAMA MEETUPS

☐ My Notes

Facebook: <https://www.facebook.com/groups/utahautismmamameetups/>

Purpose: A group of moms with children on the spectrum who are interested in meetups, making connections, and finding playdates for their children.

UTAH AUTISM SUPPORT

☐ My Notes

Facebook: <https://www.facebook.com/groups/327302324117858/>

Purpose: A place to share, vent, talk, ask questions and plan things, and network for loved ones with autism.



*Encouraging awareness and acceptance,
one step at a time.*



GRANTS & SCHOLARSHIPS

G

Financial resources and scholarship opportunities that help support individuals with disabilities and their families.



Autism Care Today

☐ My Notes

Grants open in October annually

"Families that make less than \$100,000 annually will be considered first but we do not automatically disqualify applicants because of their family income."

Must have autism diagnosis to be eligible.

<https://www.act-today.org/apply-for-grant/>

Channing's Joy Foundation

☐ My Notes

Website: channingsjoy.com

Provides financial assistance to individuals with autism and their families to help cover autism-related expenses. Available Funding: Therapy costs, Autism-related services and supports, Funding for individuals, families, and organizations. Scholarship Opportunities: The Autism Consultant Scholarship, The Nourishing Autism Collective Scholarship

These scholarships are awarded separately and require their own application.

Applications are accepted until the maximum number of submissions (300) is reached and reopen periodically throughout the year.

California Autism Research and Evaluation Foundation (C.A.R.E.)

☐ My Notes

Anybody who has a child diagnosed with autism, lives within the US and has an income level less than \$75,000 per year for the entire household can apply to this grant. Grant applications are accepted year-round with no deadline.

<https://careautismfoundation.com/family-funds/>



*Encouraging awareness and acceptance,
one step at a time.*



GRANTS & SCHOLARSHIPS

G

Financial resources and scholarship opportunities that help support individuals with disabilities and their families.



Child First Education Fund (CFEF) – We LOVE this grant!

☐ My Notes

<https://cfe-fund.org/parent/>

Scholarships are available for children in preschool, kindergarten and grades 1-12, and may be used for private school tuition, books, supplies, and education related therapies or treatments. Home school students are also eligible for scholarships. Scholarships are generally awarded for a term of three years and may be renewed in 3-year increments, so long as the student continues to demonstrate eligibility.

Scholarships are awarded based on family size and income.

Maggie Welby Foundation Scholarships

☐ My Notes

The Maggie Welby Foundation offers scholarships for school children grades Kindergarten through twelfth grade who demonstrate a financial need.

<https://www.maggiewelby.org/scholarships-grants>

Orange Effect Foundation

<https://theorangeeffect.org/grant-application/>

Applications are accepted once per year; 4 separate due dates to choose from

MyGOAL Autism Grant Program

☐ My Notes

MyGOAL offers a yearly grant to families across the United States, to support and care for individuals under 18 years old with autism. The MyGOAL Grant Award Program is a need-based grant for treatments (including vitamins and other nutritional needs) and enrichment and educational needs that may not otherwise be covered privately or by other third-party funding sources such as school districts, county programs, insurance, and/or other grant making entities.

<https://mygoalinc.org/mygoal-autism-grant-program/>



*Encouraging awareness and acceptance,
one step at a time.*



GRANTS & SCHOLARSHIPS

G

Financial resources and scholarship opportunities that help support individuals with disabilities and their families.



Special Angels Foundation

☐ My Notes

Special Angels Foundation provides support in obtaining therapies, equipment and resources to families raising children with special needs. Grants for resources are based on the following criteria: letter of medical necessity from primary pediatric specialist, pediatrician, therapist, social worker or IEP; Child must be under age 18 and be a US citizen residing within the United States; Quality of Life must be qualified by their Medical Advisory Board or your licensed physician. An IEP may be considered; Denial of assistance from other medical resources must be verified by a denial letter.
<https://specialangelsfoundation.org/apply-for-a-grant/>

Small Steps in Speech Grants:

☐ My Notes

<http://www.smallstepsinspeech.org/grant-application/>

Average rate of \$1000 per grant

Applications are accepted 4 times per year

Household income must be less than \$100,000 per year

Unlike the UHCCF grant, there is no requirement to have insurance through a commercial healthcare plan for this one, so families with Medicaid can apply.

United Healthcare Children's Foundation (UHCCF):

☐ My Notes

Website: <https://www.uhccf.org>

Can receive multiple \$1,000-2,000 grants through this website.

Time to complete application: 20-30 minutes

Deadline: ongoing; the review board meets monthly to approve applications

Must have a commercial health insurance plan. Clients with Medicaid cannot apply.



*Encouraging awareness and acceptance,
one step at a time.*



GRANTS & SCHOLARSHIPS

Financial resources and scholarship opportunities that help support individuals with disabilities and their families.

G



☐ My Notes

Utah Division of Services for People with Disabilities (DPSD):

<https://dspd.utah.gov/>

Particularly for long-term diagnoses, such as Down Syndrome, autism, cerebral palsy, etc.

Very long waitlist, but if your child has a long-term diagnosis, recommend getting signed up ASAP.

This is an excellent program once you are in.

☐ My Notes

Utah Fits All Scholarship

To apply for the Utah Fits All Scholarship, students must: be a Utah resident, be eligible for kindergarten through 12th grade for the scholarship year.

Apply during the annual application period (typically April 1 – May 1 for new applicants).

Choose either a private school or home-based education pathway.

If awarded a scholarship, not be simultaneously enrolled in a public school for state funding purposes (unless participating through an approved Utah Fits All provider).

Applications are not first-come, first-served, if demand exceeds available funding, scholarships are awarded by priority groups and lottery.

☐ My Notes

Varghese Summersett Autism Scholarship

This scholarship is intended to assist a deserving autistic child, 15 years old or younger, who is in need of financial aid for educational or recreational opportunities. The award may be used towards a camp, tutoring, education, or other tools to help the student progress and live a fulfilling, happy life.

<https://versustexas.com/autism-scholarship/>



*Encouraging awareness and acceptance,
one step at a time.*

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34

This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue lines spaced evenly across the page, typical of notebook paper. The lines are thin and extend from the left edge towards the right. There is no handwriting or other markings on the page.

35

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37

This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue lines spaced evenly across the page, typical of notebook paper. The lines are thin and light blue, set against a plain white background. There is no handwriting or other markings on the page.

38



*Encouraging awareness and acceptance,
one step at a time* 

OUR MISSION

Walk with Autism is dedicated to investing in local businesses, therapies, programs, and community resources that support individuals with autism and disabilities and their families throughout Southern Utah and surrounding areas.

• CONNECTING FAMILIES TO RESOURCES THAT MATTER •



SUPPORT



EDUCATION



THERAPIES



RECREATION



EMPLOYMENT



LIVING &
INDEPENDENCE

DIGITAL COPY OF
RESOURCE GUIDE HERE!



 Scan to view or
download the guide.



www.walkwithautism.com



St. George, Utah 84770



info@walkwithautism.com



435.632.5064



A Living Resource

This guide is a work in progress. While we have worked to provide accurate and up-to-date information, resources, programs, and services may change over time. We are continually adding new organizations and updating existing listings to make this guide as comprehensive and helpful as possible.

If you notice outdated information, would like to recommend a resource, or are interested in being included in future editions, we'd love to hear from you.

Together, we can build a stronger, more connected community for individuals with disabilities and their families. 



*Thank you to our community partners, providers,
volunteers, and supporters who help make inclusion
and acceptance a reality for all.*

