

Single Moms Mindset Development

82 resources in 12 categories
Updated October 2026 · **helpingsinglemoms.org/resources**

UTAH SINGLE MOM RESOURCE GUIDE

From Surviving to Thriving

Being a single mother takes tremendous courage, and you don't have to do it alone! Whether you need immediate assistance, financial support, childcare, education, career opportunities, or encouragement, this guide connects you with organizations ready to help. Most resources serve Utah families, while others are available nationwide.

ENCOURAGEMENT

There is hope, and there is help

Losing a spouse through death, divorce, or abandonment can leave you feeling overwhelmed by grief, fear, and financial uncertainty. But there is hope, and there are resources to help you! Here are five things that may help you through this challenge:

1. **Self-Care.** You are irreplaceable! Sleep is necessary and healing, and trauma demands more rest to heal. Nourish your body, exercise, and be patient with your grief journey.

2. **God.** You need an anchor. Take time to anchor yourself through faith, prayer, meditation, church, and your church community.

3. **Build and Lean on Your Support System.** This season won't last forever. Lean on family, friends, church, and community; you would help them, so let them help you! **Tip:** Keep a written list of your support system.

4. **Therapy & Journaling.** Counseling and journaling help you process, heal, and move forward.

5. **Creativity Can Be Healing.** Rediscover joy through art, music, dance, exercise, restorative yoga, and doing activities you love.



One of my best tips is to ask questions. Matthew 7:7 says, *"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."* What do you want? You get to create a new life, and so much is possible as you step forward. You are a masterpiece, and your story ain't over! I oversee the resources at HelpingSingleMoms.org. Please reach out if you have questions or know of resources for single moms.

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INSIDE THIS GUIDE

What do you need help with?

Each listing is marked Utah or National so you know who serves your area. Websites, phone numbers, and addresses can change, so call ahead when you can.

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UTAH Serves Utah residents NATIONAL Available nationwide

01 Emergency Help & Basic Needs

UTAH

Utah SNAP Food Assistance

Monthly grocery benefits for qualifying low-income families through the Utah Department of Workforce Services.

Phone: (866) 435-7414

jobs.utah.gov/customereducation/services/foodstamps

UTAH

Utah Family Employment Program

Temporary cash assistance, employment support, and resources for qualifying low-income families with children.

Phone: (866) 435-7414

jobs.utah.gov/customereducation/services/financialhelp/family/program.html

UTAH

WIC Utah

Nutritious foods, breastfeeding support, and nutrition education for eligible mothers and children under five.

Phone: (855) 784-5584

wic.utah.gov

UTAH

Single Parent Project

Helps qualifying working single parents with expenses such as groceries, rent, utilities, childcare, and car repairs.

singleparentproject.org

UTAH

Birthday Box Foundation

Helps families celebrate their children's birthdays with gifts and birthday supplies.

Good to know: Apply 1–2 months before the birthday.

birthdayboxfoundation.org

NATIONAL

Kyle Kuzma Family Foundation

Supports single mothers through charitable projects, community outreach, and assistance. Founded by NBA player and former University of Utah star Kyle Kuzma; follow the foundation on Instagram for giveaway announcements.

kylekuzmafamilyfoundation.com

02 Housing & Utility Assistance

NATIONAL

Housing Choice Voucher Program (Section 8)

Helps eligible low-income families afford housing through government rental assistance.

Phone: (800) 955-2232

hud.gov/topics/housing_choice_voucher_program_section_8

UTAH

Home Energy Assistance Target (HEAT)

Helps qualifying households pay heating and cooling bills and prevent utility shutoffs.
Phone: (866) 205-4357
jobs.utah.gov/heat

UTAH

YWCA Utah Women's Shelter

Emergency shelter, safety planning, and supportive services for women and children experiencing domestic violence.
Phone: (801) 537-8600
ywcautah.org

03 Legal Help & Victim Advocacy

UTAH

BYU Community Legal Clinic

Free legal help with housing, immigration, and other civil matters.
When: Thursdays, 5:00–7:00 PM at BYU's Office of Belonging
Email: communitylegalclinic@law.byu.edu
law.byu.edu/explore/resources/centers-clinics/community-legal-clinic

UTAH

Timpanogos Legal Center

Free legal advice for divorce, custody, domestic violence, and other family matters through volunteer attorneys and legal clinics in Utah County.
Phone: (801) 649-8895
Address: Utah County Health & Justice Building, 151 S. University Ave., Room 1600, Provo, UT 84601
timplegal.org

UTAH

Utah Legal Services

Free legal assistance for qualifying low-income Utahns with housing, family law, public benefits, and debt issues.
Phone: (801) 328-8891
utahlegalservices.org

UTAH

Utah Courts Self-Help Center

Free court forms, legal information, and guidance for people representing themselves.
Phone: (888) 683-0009
utcourts.gov/en/self-help/services/contact.html

UTAH

Office of Recovery Services (ORS)

Helps single parents collect child support and qualifying alimony through wage garnishment, payment enforcement, and other legal services.
Phone: (801) 536-8500
ors.utah.gov

UTAH

Police Victim Advocacy Services

Help for crime victims with protective orders, victim compensation, safety planning, and referrals. Every city police department has a victim advocate; call your local department and ask to speak with one.
Utah County Victim Services: (801) 851-8378
State Office for Victims of Crime: (801) 238-2360
crimevictim.utah.gov

UTAH

The Refuge Utah

Emergency shelter, counseling, and crisis help for survivors of domestic violence and sexual assault. Outreach services include confidential information and free therapy.
24-hour domestic violence line: (801) 377-5500
24-hour sexual assault line: (801) 356-2511
Outreach services: (801) 227-5038
Office: 1433 E. 840 N., Orem, UT 84097
therefugeutah.org

UTAH

Utah Coalition Against Sexual Assault (UCASA)

Survivor advocacy, education, prevention programs, and connections to sexual assault support services.
Phone: (801) 736-4356
ucasa.org

UTAH

Utah County Family Justice Center

A one-stop center in Provo connecting families with legal assistance, family law information, housing resources, and victim support.
Phone: (801) 851-8508
Walk-in hours: Tuesdays, 8:00 AM–5:00 PM, first come, first served
Address: 151 S. University Ave., Suite 1601, Provo, UT 84601

cjc.utahcounty.gov/services/fjc

UTAH

Utah Domestic Violence Coalition

Connects survivors with safety planning, shelters, legal advocacy, and resources.
LINKLine: 1-800-897-LINK (5465)

udvc.org

04 Healthcare, Counseling & Mental Health

NATIONAL

988 Suicide & Crisis Lifeline

Free, confidential, 24-hour support for anyone experiencing a mental health crisis, emotional distress, or trauma.
Call or text: 988

988lifeline.org

NATIONAL

National Maternal Mental Health Hotline

Free, confidential, 24-hour support for pregnant and postpartum mothers.
Call or text: 1-833-TLC-MAMA (1-833-852-6262)

mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline

NATIONAL

Betrayal Trauma Recovery (BTR)

Online support groups, coaching, and resources for women healing from betrayal trauma and abuse. Available worldwide.

btr.org

UTAH

Utah Maternal Mental Health Resource Guide

Connects mothers with mental health providers, counseling, crisis assistance, and affordable support services.

mihp.utah.gov/maternal-resource-guide-utah/mental-health-substance-use

UTAH

Utah Medicaid

Free or low-cost health coverage for qualifying families, pregnant women, children, and adults.
Eligibility help: (866) 435-7414

medicaid.utah.gov

UTAH

Utah CHIP

Affordable health and dental insurance for children whose families may not qualify for Medicaid.
Phone: 1-877-KIDS-NOW (1-877-543-7669)

chip.utah.gov

UTAH

NAMI Utah

Free mental health education, peer support groups, advocacy, and resources for individuals and families affected by mental illness.

namiut.org

UTAH

Moving Forward Counseling

Therapy, trauma, and mental health services in Sandy and Pleasant Grove. Accepts Medicaid and offers telehealth.

movingforwardutah.com

UTAH

Valley Behavioral Health

Mental health treatment, community support, and related services for individuals and families.
Phone: (801) 263-7100

valleycares.com

UTAH

Salt Lake Behavioral Health

Inpatient and outpatient treatment for depression, anxiety, trauma, addiction, and other conditions.
Phone: (801) 264-6000
saltlakebehavioralhealth.com

UTAH

UVU Community & Family Mental Health Clinic

Free counseling for individuals, couples, and families in Orem. The beginning of the semester is the best time to get in.
Phone: (801) 863-4780
Address: 490 W. 1200 S., Orem, UT 84058
uvu.edu/community-clinic

UTAH

BYU Comprehensive Clinic

Individual and family counseling, psychological assessments, and children's play therapy in Provo.
Phone: (801) 422-7759
Address: John Taylor Building, 1190 N. 900 E., Provo, UT 84602
comprehensiveclinic.byu.edu

UTAH

Family Support & Treatment Center

Counseling, parenting classes, play therapy, crisis nursery services, and child abuse prevention.
Phone: (801) 229-1181
Address: 1255 N. 1200 W., Orem, UT 84057
family-support.org

UTAH

Bingham Family Clinic

Free healthcare in Orem for uninsured individuals and families who meet income requirements.
Phone: (801) 854-5168
binghamfamilyclinic.org

UTAH & OTHER STATES

Vamos Health

Affordable bilingual healthcare, including primary care and women's health, through membership options.
vamoshealth.com

05 Childcare & Children's Education

NATIONAL

Head Start

Free early childhood education, health screenings, nutrition, and family services for qualifying low-income families.
headstart.gov

UTAH

Mom Pod Co

Affordable, flexible childcare and financial assistance options for families in Orem and West Valley City.
mompodco.org

UTAH & NATIONAL

Waterford UPSTART

Free online kindergarten-readiness activities and parent coaching for eligible preschool families.
waterford.org/upstart

06 Transportation & Car Assistance

UTAH

God's Garage Utah

Donated vehicles and car repair help for qualifying single mothers, widows, and military wives in Northern Utah.
godsgarageutah.com

UTAH

Cars That Care

Helps families in need through charitable vehicle donations and automotive assistance.
Phone: (801) 294-4060
carsthatcare.net

NATIONAL

Cars for Moms

Donated vehicles for eligible single mothers working toward employment and financial independence.
Phone: (800) 470-1210
carsformoms.org

07 College, Trade Schools & Scholarships

Scholarship tips from Krystal

So many people want to see single moms and their children safe, secure, and successful! A good place to start is **your college's financial aid and scholarship office**. Most colleges have online scholarship portals and release new opportunities each year, often around November 1. Ask lots of questions, like "What keywords should I use to find scholarships for my situation?"

I had little success with large online scholarship websites; many wanted my personal information and my money, and none panned out. Narrow requirements can still be worth a try: one woman in her late sixties applied for a scholarship for orphans, since both her parents had passed away, and she got it! I had the most success with local scholarships recommended by single mom friends, state-specific scholarships in library reference books, and leads from organizations that had already awarded me scholarships.

- **Apply wisely.** Focus on college and local scholarships, not gimmicky national websites.
- **Visit the library.** Books like *The Ultimate Scholarship Book* list opportunities by state, subject, and eligibility.
- **Stay organized.** Track applications, deadlines, and awards in a Google Sheet sorted by deadline.
- **Save your essays.** Many applications ask similar questions, so reuse and adapt your work.
- **Write thank-you notes** to the organizations that invest in your education.
- **Keep applying!** Some scholarships have surprisingly few applicants, especially those for single moms.

Some students pay tuition upfront and are reimbursed when scholarship funds arrive after the semester. One scholarship said they have never turned down a single mother yet!

NATIONAL

FAFSA (Federal Student Aid)

Connects qualifying students with federal financial aid, including Pell Grants, student loans, and work-study.
Phone: (800) 433-3243

studentaid.gov

UTAH

HopeGiver Scholarship

Scholarships for qualifying single mothers pursuing undergraduate or graduate degrees, vocational training, or certifications.

icaniamfoundation.org/hopegiver-scholarship

UTAH

Stella H. Oaks Foundation

Scholarships and resources for qualifying single mothers pursuing undergraduate degrees.

stellahoaks.org/scholarship

UTAH

Launfal Foundation

Scholarships from the Gunther family for eligible single parents pursuing higher education.

Online application form

UTAH

Live Your Dream Foundation

Helps single mothers pursue college, trade schools, certifications, and apprenticeships, plus family support like back-to-school supplies, family activities, and community events.

liveyourdreamfoundation.org

UTAH

Mountainland Technical College (MTECH)

Vocational training, professional certifications, and scholarships. Main campus in Lehi, with campuses in Orem, Provo, Spanish Fork, Payson, and Heber City.
Phone: (801) 753-6282

mtec.edu

UTAH

USU Single Mother Scholarship Guide

A statewide guide to scholarships and educational financial aid for single mothers (PDF).

usu.edu/uwlp/files/a-bolder-way-forward/single-mothers-scholarships.pdf

NATIONAL

Rising Violet Scholarship

A one-time $1,000 scholarship for eligible single mothers pursuing education.

risingviolet.org

NATIONAL

Soroptimist Live Your Dream Awards

Cash education awards for women who are the primary financial providers for their families.

soroptimist.org/our-work/live-your-dream-awards/apply-for-the-live-your-dream-awards.html

NATIONAL

P.E.O. International

A sisterhood helping women reach their educational goals through scholarships, grants, and loans. Some programs require sponsorship from a local chapter, and each Utah P.E.O. scholarship needs its own application.

peointernational.org

NATIONAL

Daughters of the British Empire Scholarship

$500–$1,000 scholarships for college women with a 3.0 GPA and British or Commonwealth ancestry.

dbenational.org/scholarship

NATIONAL

BYU-Pathway Worldwide

Affordable, faith-based online higher education, open to members and nonmembers of The Church of Jesus Christ of Latter-day Saints. Available worldwide.

byupathway.edu

NATIONAL

WGU Academy

Affordable online college-prep courses that help adults strengthen academic skills before starting university.

wgu.edu/academy.html

08 Career Development & Employment

UTAH

Utah Department of Workforce Services

Employment assistance, job searches, workforce training, childcare support, and public benefits.

Phone: (866) 435-7414

jobs.utah.gov

UTAH

Utah Unemployment Insurance

Temporary financial benefits for eligible workers who lose their job or have their hours reduced.

Phone: (801) 526-4400

Utah County: (801) 375-4067

jobs.utah.gov/ui/home

NATIONAL

Church of Jesus Christ Employment Services

Free job coaching, résumé help, interview preparation, workshops, and job leads, open to everyone regardless of religious affiliation.

Phone: (888) 818-4484

employment.churchofjesuschrist.org

UTAH

People Helping People

Helps low-income women and single moms find better-paying work through free career coaching, mentorship, and professional development.

Phone: (801) 583-5300

phputah.org

UTAH

InPowerED

Helps single mothers rebuild financial independence through career training, including a 7-week UVU certification, and employment connections.

workinpowered.com

UTAH

Elavare Foundation

Supports mothers returning to the workforce through career development, mentorship, workshops, and educational opportunities.

elavare.com

UTAH

Junior League Women Helping Women

Free professional clothing, accessories, and personal care items for women entering the workforce. Available through agency referrals.

jlslc.org/whw

NATIONAL

Dress for Success

Professional clothing, career development resources, and confidence-building support for women entering the workforce.

dressforsuccess.org

09 Starting & Growing a Business

UTAH

Utah Small Business Development Centers

Ten centers affiliated with Utah's state universities offering free business mentoring, startup guidance, and affordable workshops. Custom Fit (below) can cover part of their low-cost 12-week courses.

utahsbdc.org

UTAH

Custom Fit Program

Utah's $1 million program covers up to 40% of approved training and workshop costs for small businesses and their employees through a simple one-page application.

Good to know: Apply before attending the training.

ushe.edu/custom-fit

UTAH

Payson Business Innovation Center

Tools, workspace, and expert support to help entrepreneurs and small businesses launch and grow in south Utah County.

Phone: (385) 895-8414

Address: MTECH Building, 933 S. 1953 W., Payson

innovationcenter.paysonutah.gov

UTAH

A Bolder Way Forward

Connects women with educational opportunities, professional networks, leadership development, and community resources.

usu.edu/uwlp/a-bolder-way-forward/overview

UTAH

The Hub

Connects entrepreneurs in Provo with business mentors, networking events, and resources for growing companies.

ihubutah.org

UTAH

UVU Business Impact Lab

Strengthens businesses through research, collaboration, education, consulting, and leadership development.

uvu.edu/woodbury/bil

UTAH

Silicon Slopes

Connects entrepreneurs with business leaders, networking events, educational opportunities, and startup communities across Utah.

siliconslopes.com/main

NATIONAL

Verizon Small Business Digital Ready

Free business training and periodic grant opportunities for eligible small business owners.

digitalready.verizonwireless.com/funding/details

NATIONAL

Airbnb Entrepreneurship Academy

Teaches aspiring entrepreneurs how to earn income through Airbnb hosting, with guidance from experienced hosts.

airbnb.com/e/academy-us

NATIONAL

Lovable SheBuilds Hackathon

Helps women turn business ideas into apps through workshops, collaboration, and no-code development. Open worldwide.

shebuilds.lovable.app

10 Financial Education & Independence

UTAH

UVU Money Management Resource Center

Free financial coaching. Learn budgeting, credit improvement, debt management, saving, and financial planning.

uvu.edu/moneymanagement

UTAH

Credit Counseling (MoneyManagement.org)

A nonprofit that helps you understand debt, build a budget, and get help with mortgage payments.

Phone: (435) 986-9223

moneymanagement.org

11 Single Mom Support Groups & Retreats

UTAH

Single Moms Mindset Development

This is the organization represented by this website. Our free, Christian-based support group helping single mothers strengthen their faith in Jesus and their mindset through two annual retreats, weekly coaching, and four personal development books a year.

helpingsinglemoms.org

UTAH

Strengthen Her Utah

Encourages and empowers single mothers through community support, outreach, events, and connections with other women.

strengthenherutah.org

UTAH

Utah Single Mother Coalition

Connects single mothers with community support, local resources, and opportunities to encourage and help one another.

facebook.com/share/g/15wFQEpVHc

12 Special Needs & Additional Resources

UTAH

Scenic View Academy & Clinic

Helps autistic young adults build vocational skills, work experience, and independent living skills through educational and residential programs in Provo.

Phone: (801) 226-2550

svacademy.org

UTAH

Utah Refugee Center

Connects refugees with community resources, walk-in assistance, support services, and educational programs.

Phone: (801) 618-5096

jobs.utah.gov/refugee/about/urc.html

UTAH

USU Higher Education Resources

Information and initiatives focused on improving higher education access and completion for Utah women.

usu.edu/uwlp/a-bolder-way-forward/higher-education-attainment

NATIONAL

USU Resources Beyond Utah

Connects women with educational programs, leadership opportunities, and national professional networks.

usu.edu/uwlp/resources/resources-beyond-utah

NATIONAL

SingleMom.com

State-by-state information on housing, food, childcare, financial assistance, scholarships, healthcare, and legal resources.

singlemom.com/state-level-resources-for-single-moms

NATIONAL

Wealthy Single Mommy

Articles on financial independence, parenting, careers, scholarships, grants, and managing life as a single mother.

wealthysinglemommy.com

You are not alone

Join a free Single Mom Mastermind group or one of our free retreats to connect with other moms who understand. Know of a resource we're missing? We'd love to hear about it.

Join a Mastermind · helpingsinglemoms.org/mastermind-program
Free retreats · helpingsinglemoms.org/the-retreat
Suggest a resource · helpingsinglemoms.org/contact-us