



**Provo Schools Will be Closed from Dec. 18th to Jan. 4th.
The following information can help you during our
holiday break.**



Self-Care

Snow many ways to **beat** the winter break **blues!**

If you are feeling sad or down do something that makes you feel better like:

- Go for a walk
- Write in a journal
- Talk to a friend
- Read a book
- Color a picture
- Exercise/Yoga
- Get a hug
- Take deep breaths
- Watch a funny video
- Listen to music

Mental Health

If you need more support you can:

- ❖ Call the suicide hotline: 1-800-273-8255
- ❖ Use the SafeUT App and open a chat
- ❖ Text 'HOME' to 741741
- ❖ Intermountain Healthcare Emotional Relief Hotline at 833-442-2211 10am-10pm - 7 days a week

Food Resources

Community Action Services and Food Bank

815 S. Freedom Blvd. Ste. 100
Provo, UT 84601
<https://communityactionprovo.org/>
Mon-Thurs: 8 a.m.–4 p.m.
Fri: 8 a.m.–3 p.m.

Food and Care Coalition

299 E 900 S, Provo, UT 84606

Christmas Eve and Christmas Day Meals by Appointment

- Call (801) 373-1825
 - Christmas Eve Dinner Magleby's Springville (rides available from Food and Care Coalition)
 - Christmas Day - Dinner @ Sweets

Daily Meals

- Monday -Saturday
 - Breakfast: 8:30 am – 9:30 am
 - Lunch: 12:00 pm – 1:00 pm
 - Dinner: 4:30 pm – 5:30 pm
- Sunday:
 - Lunch: 12:00 pm – 1:00 pm

Community Resources



211 Utah County

- Call 211
- Use App: 211Utah
- Or visit web: www.211utah.org

Winter 2020 Help

<https://211utah.org/index.php/winter>

- Utility Payment Assistance
- Weatherization
- Winter Clothing
- Holiday Gifts/Toys
- Holiday Food Baskets
- Prepared Holiday Meals
- Holiday Volunteer Opportunities