

# January 2024



*All activities have been changed to provide more opportunities for the youth!*

*Limited Transportation is available with a 24 hours in advance notice.*

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## **Remind App**

**Text the following code to the phone number 81010 to receive reminders! (St. George Only)**

**Younger Youth (5-10) :**

**@e2ead8**

**Middle and Older Youth (11-24):**

**@d4ge83c**

# ***Monthly Activities***

## ***Hurricane***

January 8th & January 22nd  
Meet at the Hurricane  
Community Center @ 4pm:  
63 S 100 W, Hurricane UT  
84737 in room 102.  
Contact Jill @ 435-359-7637

## ***St. George***

*Tuesdays @ 4pm*

Jan. 9th: Younger Youth (5-10)  
Jan. 16th: Middle Youth (11-15)  
Jan. 23rd: Younger Youth (5-10)  
Jan. 30th: Older Youth (16-24)  
Contact Kayla @ 435-218-2199

## ***Cedar City***

January 9th & 23rd at  
3:30pm. Meet at the  
Cedar City office and  
Contact Jeanne @  
435-704-4798

## ***Transitions: Stress Management***

*Thursdays @ 4pm  
Ages 15-21*

Jan. 4th: What is Stress?  
Jan. 11th: "Just Breathe"  
Jan. 18th: Visit St. George Rec  
Jan. 25th: Wendy Moore on Life  
Management



# Resources

***Help Me Grow Utah** is a statewide information and referral helpline that connects parents, physicians, and providers to information regarding parenting child development, pregnancy, and community resources. We work with families who are pregnant or have children ages 0-8 years of age. Once you call, we pair you with a parent support specialist who can offer ongoing virtual support to find information and resources, developmental screenings, and activity ideas, all at no cost to you!*

*Dakota Cameron: 801-691-5322*

## HELP ME GROW UTAH

**Red Rock Center for Independence (RRCI)** is a non-profit organization that focuses on building independence in individuals with disabilities in 9 southwestern counties. Independent Living focuses on those skills and needs that people use in everyday adult life. Our Youth programs focus on the young people ages 5-24 in building their self-advocacy, workplace and life skills, and creating lasting relationships. We also provide adult activities ages 25+, a loan bank of assistive technologies, home assessments, information and referrals, older blind/low vision activities, support groups, and nursing home transition.

