

## CACHE VALLEY

Nestled between two mountain ranges 90 miles north of Salt Lake City, Utah, Cache Valley's population is around 100,000 people. Opportunities for a wide range of outdoor activities are plentiful. Housing costs are at or below national averages, and it provides a supportive environment for a balanced personal/professional life. Logan is the largest city and home of USU.

### COMMUNITY RESOURCES

#### Child Care

- Child Care Resource & Referral – 797-1552, USU Child Care Network HSRC Room 004, USU campus [www.usuchild.usu.edu](http://www.usuchild.usu.edu)
- All About Kids – 753-6080, 240 East 1250 North, North Logan
- All About Tots – 752-0700, 240 East 1250 North, North Logan
- Children's House – 797-3657, 862 East 900 North, Logan
- Grandma's Place 20 Hours – 563-3447, 65 West 200 North, Hyde Park
- Jeanie's Day Care – 753-6167, 3470 South Main, Nibley
- Joyce's Early World of Learning – 563-6804, 125 West Center, Smithfield
- Kiddie Kare Kids – 258-2444, 149 West 300 South, Richmond
- Kids Korner Day Care – (208) 852-2373, 307 South 100 East, Preston, Idaho
- Lil Buck-A-roos Day Care – 258-2978, 110 West 300 South, Richmond
- Stacy's Sandbox – 563-3069, 325 East 50 North, Hyde Park
- Valley Montessori School – 752-5604, 197 West 500 South, Logan
- Wee Care & Learning Center – 787-4311, 135 West 300 North, Logan

#### Chamber of Commerce

Cache Chamber of Commerce – 752-2161, 160 North Main, Logan [www.cachechamber.com](http://www.cachechamber.com)

#### City of Logan

- [www.ci.logan.ut.us](http://www.ci.logan.ut.us)
- [www.go-Utah.com/Logan](http://www.go-Utah.com/Logan)
- [www.city-data.com/city/Logan-Utah.html](http://www.city-data.com/city/Logan-Utah.html)
- [www.logan.newquestcity.com](http://www.logan.newquestcity.com)

#### Elder Care

##### *Adult Day Care*

- Bear River Adult Skill Center – 755-0571, 809 North 800 East, Logan
- Sunshine Terrace Foundation, Inc. 752-9321, 209 West 300 North, Logan

##### *Assisted Living Facilities*

- Heritage Home – (208) 852-2273 155 East 3 North, Preston, Idaho
- Logan House – 755-2877, 330 East 1400 North, North Logan
- Logan Nursing & Rehabilitation Center – 750-5501, 1480 North 400 East, Logan
- Pioneer Valley Lodge – 792-0353, 2351 North 400 East, North Logan
- Providence Assisted Living Center 792-2770, 233 North Main, Providence

- Terrace Grove Assisted Living – 716-8500, 345 North 200 West, Logan
- Williamsburg Assisted Living 753-5502, 132 West 300 North, Logan

#### *Home Health Services*

- Alpine Home Care – 753-7001  
395 East 1400 North, Logan
- Community Nursing Services – 752-3355, 221 Spring Creek Pkwy, Suite G, Providence
- Franklin County Medical Center – (208) 852-1937, 126 East 100 North, Preston, Idaho
- Heritage Brookside Home Care – 792-3000, Logan
- IHC Home Care at Logan Regional Hospital – 716-5477, 550 East 1400 North, Suite G, Logan
- Rocky Mountain Home Care – 753-8220
- Southeastern District Health Department – (208) 852-0478, 42 West 100 South, Preston, Idaho

#### *Senior Citizen Services*

- Bear River Area Agency on Aging 752-7242, 170 North Main, Logan
- Franklin County Senior Citizens Center – (208) 852-2844, 64 West 100 South Preston, Idaho

#### Hospitals

- Bear River Valley Hospital – (435) 257-4347, 440 West 600 North, Tremonton
- Brigham City Community Hospital (435) 734-9411, 950 South Medical Drive, Brigham City
- Cache Valley Specialty Hospital – 713-9700, 2380 North 400 East, North Logan

- Franklin County Medical Hospital (208) 852-0137, 44 North 100 East, Preston, Idaho
- Logan Regional Hospital – 716-1000 1400 North 400 East, Logan
- Women’s and Newborn Center – 716-1000, 1400 North 400 East, Logan

#### Mental Health Services

- Bear River Mental Health – 752-0750, 90 East 200 North, Logan
- Center for Family Preservation & Progress – 753-7433, 1755 North 400 East, North Logan
- Hillside Living Center, 752-8901 683 East 400 North, Logan
- LifeSpan LLC – 753-0272, 1755 North 400 East, Suite 102, North Logan
- Mt. Logan Clinic – 750-6300 246 East 1260 North, Logan
- University of Utah Neuropsychiatric Institute – (866) 850-8863 501 Chipeta Way, Salt Lake City
- USU Psychology Community Clinic 797-3401, Jones Education Bldg., USU campus
- Youthtrack – 753-6245 1755 North 200 East, North Logan

#### Nursing Services

- CNS – Community Nursing Services 752-3355, 221 Spring Creek Parkway, Suite G, Providence and 1155½ North Main, Suite B, North Logan
- Odyssey Health Care – 752-6600

#### Nursing Homes

- Franklin County Medical Center – (208) 852-0530, 44 North 100 East, Preston, Idaho
- Brigham City Nursing & Rehab (435) 723-7777, 775 North 200 East, Brigham City

- Heritage Home – (208) 852-2273, 155 East 300 North, Preston, Idaho
- Logan House Assisted Living – 755-2877, 330 East 1400 North, Logan
- Meadow Brook Senior Service – 753-9797, 352 South 500 West, Logan
- Sunshine Terrace Foundation – 752-0411, 225 North 200 West, Logan
- Williamsburg Retirement Community 753-5502, 132 West 300 North, Logan

### Religious Denominations

- Asemblea Apostolic – 787-2251  
280 North 300 West, Hyrum
- Assembly of God (aka Cache Valley Christian Center) – 753-5312  
930 North 400 West, Logan
- Baha'i Faith – 753-5999
- *Baptist*  
(Southern Baptist)  
Emmanuel Baptist Church - 245-5898, 310 North 800 East, Hyrum  
Maranatha Baptist Church – 753-1241, 395 S Main, Logan  
Chinese Mission – 713-4209, 1555 East 1500 North, Logan (Independent-Fundamentalist)  
Grace Baptist Church – 753-6871  
475 West 600 North, Logan
- Buddhist – Call Bobbie 563-3488.
- Cache Valley Bible Fellowship (Evangelical Free Church of America) – 752-9443, 1601 North 400 East, Logan
- *Catholic*  
St. Peters Church – (208) 547-3200, 304 E. Oneida Street, Preston, Idaho  
St. Thomas Aquinas – 752-1478  
725 South 250 East, Hyde Park
- Centro Cristiano Utah – 787-8519  
176 West 600 North, Logan
- Church of Christ – 753-1919, 240 West 200 North, Logan
- *Church of Jesus Christ of Latter-day Saints*  
Logan 1<sup>st</sup> Ward – 755-5501  
89 South 200 West, Logan  
Monte Vista Branch (Spanish Speaking) – 755-5568  
1260 West 680 South, Logan
- Eckankar – (801) 558-9074, Services at Hampton Inn, 1665 North Main, Logan
- Episcopal (St. John's) – 752-0331, 85 East 100 North
- Faith and Fellowship Center – 753-0002, 1315 East 700 North, Logan
- Full Gospel Fellowship – 752-0823  
180 West 1000 North, Logan
- *Iglesia de Dios Ebenezer* – 245-7605, 340 North 800 West, Hyrum
- *Jehovah's Witnesses*  
Jehovah's Witnesses – 752-6843  
2813 South Highway 165, Nibley  
Kingdom Hall of Jehovah's Witnesses – (208) 852-3536, 800 North State Street, Preston  
Testigos De Jehova  
2813 South Highway 165, Nibley
- *Jewish Communities*  
Chabad-Lubavitch of Utah – (801) 467-7777, 1760 South 1100 East, Salt Lake City  
Congregation Brith Sholem – (801) 392-7688, 2750 Grant Avenue, Ogden  
United Jewish Federation of Utah – (801) 581-0102, 2 North Medical Drive, Salt Lake City
- Logan Islamic Center – 753-2491  
748 North 600 East, Logan
- *Lutheran*  
Holy Trinity (LCMS) – 752-1453  
581 North 700 East, Logan  
Prince of Peace (ELCA) – 752-7753  
2045 North 800 East, North Logan

- *Presbyterian*  
Presbyterian Church (Orthodox) – (801) 969-7948, 1315 East 700 North, Logan  
Presbyterian Church (USA) – 752-0871, 200 W. Center Street, Logan  
Presbyterian Community Church – 206 East 200 North, Preston, Idaho
- Seventh Day Adventist – 245-4820  
180 West 1000 North, Logan
- Society of Friends (Quaker) – 713-4080, 290 North 400 East, Whittier Community Center, Logan
- Unitarian Universalists – 755-2888  
596 East 900 North, Logan
- United Methodist – (435) 723-2506  
235 East 850 South, Brigham City
- United Pentecostal  
2484 E Avenue, Ogden

### Schools

#### *Academic Preschool & Kindergarten*

- All About Kids – 753-6080  
240 East 1250 North, Logan
- All About Preschool – 245-4915  
130 North 800 East, Hyrum
- All-Academy Pre-School – 753-7500  
1655 North 200 East, North Logan
- Cache Valley Learning Center – 753-8611, 390 West 1000 North, Logan
- Early Head Start – 755-9180  
670 West 400 South, Logan
- Grandma's Place 20 Hours – 563-3447, 65 West 200 North, Hyde Park
- Head Start  
Logan Center – 753-0951  
Millville Center – 752-0473  
Richmond Center – 258-5613  
Smithfield Center – 563-3028  
Preston Center – (208) 852-3012
- The Joy School – 753-5561  
1025 North 600 East, Logan
- Joyce's Early World of Learning – 563-6804, 125 West Center, Smithfield

- Kiddie Kare Kids – 258-2444  
149 West 300 South, Richmond
- Kimber Academy – 752-2074  
3125 North Main, North Logan
- Melody Lane Preschool – 752-2843  
53 South Canterbury Lane, Logan
- Morningside School – 753-1011  
220 North 100 East, Logan
- Musik Garten with Nancy for Young Children – 563-1720, 122 Hillside Drive, Smithfield
- Valley Montessori School LLC – 752-5604, 197 West 500 South, Logan
- Wee Friends Preschool – 792-4440  
230 South Sun Stone Circle 1000 West, Logan
- Zion Quest Academy – 245-7919  
250 West Main, Hyrum

#### *Academic Elementary*

- Adams – 755-2320  
530 North 400 East, Logan
- Cache Valley Learning Center – 753-8811, 390 West 1000 North, Logan
- Ellis – 755-2330  
348 West 300 North, Logan
- Harold B. Lee – (208) 747-3764  
4726 West Hwy 36, Dayton, Idaho
- Hillcrest – 755-2360  
960 North 1400 East, Logan
- Kimber Academy – 752-2074  
3125 North Main, North Logan
- Lewiston – 258-2923  
107 East 200 South, Lewiston
- Millville – 752-7162  
67 South Main, Millville
- Morningside School – 753-1011  
220 North 100 East, Logan
- North Park – 752-5121  
2800 North 800 East, North Logan
- Park – 258-2344  
90 South 100 West, Richmond
- Providence – 752-6010  
91 East Center, Providence

- Summit – 563-6269  
80 West Center, Smithfield
- Sunrise – 563-3866  
255 South 455 East, Smithfield
- Wellsville – 245-3764  
90 East 100 South, Wellsville
- Wilson – 755-2340  
89 South 500 East, Logan
- Woodruff – 755-2350  
650 South 1000 West, Logan
- Zion Quest Academy  
250 West Main, Hyrum

#### *Academic Middle Schools*

- 8-9 Centers, North Cache – 258-2452, 157 West 600 South, Richmond
- Cedar Ridge – 563-6229  
65 North 200 West, Hyde Park
- Mount Logan Middle School – 752-2370, 875 North 200 East, Logan
- Spring Creek – 753-6200  
350 West 100 North, Providence
- Thomas Edison Charter School – 787-2820, 180 East 2600 North, Logan
- Zion Quest Academy – 245-7919  
250 West Main, Hyrum

#### *Academic High Schools*

- Kimber Academy – 752-2074  
3125 North Main, North Logan
- Logan – 755-2380  
875 North 200 East, Logan
- Mountain Crest – 245-6093  
255 South 800 East, Hyrum
- Preston – (208) 852-0280  
151 East 200 South, Preston, Idaho
- Sky View – 563-6273  
520 South 250 East, Smithfield
- West Side – (208) 747-3411  
755 North Westside Hwy, Preston
- Zion Quest Academy – 245-7919  
250 West Main, Hyrum

#### *School for the Disabled*

- Cache Employment & Training Center – 752-7952, 275 West 400 South, Logan

#### *Special Education*

- Bridgerland Literacy – 716-9141  
255 North Main, Logan
- Center for Academic Interventions – 797-0697, USU Department of Special Education and Rehabilitation, USU Campus
- English Language Center of Cache Valley, Inc. – 750-6534, 106 East 1120 North, Logan
- Learning Technics – 755-9486
- Riverside Preschool – 755-2337  
1075 Sumac Drive, Logan

#### Support Groups

##### *Addiction*

- Alcoholics Anonymous – 755-7772, 170 ½ North Main, Logan
- Al-Anon – 753-0276, Logan Regional Hospital
- Alateen – 713-0363, Logan Library Conference Room, 255 North Main
- Dual Recovery Anonymous – 764-1478, 195 South 100 West
- Grupo Serenidad de Alcoholicos Anonimos – 755-7772, 170 ½ North Main
- Heart 't Heart – 245-4744, 500 East 800 North, Room 17
- Narcotics Anonymous – 774-6409, 290 North 400 East
- Narcotics Anonymous – (208) 744-6409, 304 E. Oneida Street, Preston, Idaho
- Pornography & Sex Addiction – 787-2272, 40 West Sky Ridge Circle Ste. 6A, Logan
- Substance Abuse – 752-1976

### *Abuse*

- CAPSA (Community Abuse Prevention Services) – 753-2500
- Child and Family Support Center – 752-8880
- Family Institute – 752-1976  
965 South 100 West, Logan

### *Behavior*

- Anger Management – 752-8880
- Co-dependents Anonymous – 753-0905, 240 North 100 East, Logan
- Shoplifting or Theft – 752-1976
- Social Skills Groups for Children – 752-8880

### *Health*

- AIDS (Cache Valley AIDS Council) – 753-3730, ext. 131, 655 East 1300 North, Logan
- Autism Group (Northern Utah) – 752-9052, 225 North 200 West, Logan
- Brain Injury – 753-5353, 1095 North Main, Logan
- Cancer Support for Women – 752-5806
- Celiac Disease – 753-9011
- Diabetes (American Diabetes Association) – 716-5310, Logan Regional Hospital
- Fertility Problems (Resolve) – 753-4463
- Fibromyalgia and Chronic Fatigue Syndrome – 792-4866, Logan Library, 225 North Main
- Gastric Bypass – 753-6995
- Health for Life (Alternative healing methods) – 753-7436
- Low Vision Support Group – 753-5353, 1095 North Main, Logan
- Lupus – 753-0900
- Lymphedema – 753-6995
- Multiple Sclerosis (National MS Society) – 752-8270, 1095 North Main, Logan

- Ostomy – 753-8503
- Parkinson's Support Group – 245-4198

### *Family*

- American Mothers International – 753-3668
- Breast Feeding Class/Support (English & Spanish) – 792-6451, 655 East 1300 North, Logan
- La Leche League – 752-0168, 290 North 400 East
- Marriage & Family Therapy – 797-7430, 493 North 400 East, Logan
- Parent (Enjoy Being a ...) – 563-8636
- Parent Connection – 755-6132
- Parenting Therapy Group – 792-1976, 965 South 100 West, Logan
- Positive Parenting – 752-8880
- Share Parents (death support) – 753-0687
- Twins & Multiples Support Group – 753-5557

### *Financial*

- Financial Counseling (Family Life Center) – 797-7224, 493 North 700 East, Logan
- Neighborhood Nonprofit Housing Corporation – 753-1112, 95 West Golf Course Road (104), Logan

### ***Fitness (ask for USU discount\*)***

- Anytime Fitness – 792-3539, 97 E 1600 N, North Logan
- Blue Water Scuba – 752-1793, 114 E 1000 N, Logan
- Curves for Women – 755-9293 Logan; 245-4734 Hyrum; 563-5657 Smithfield
- Jake's Gym – 563-5959, 3935 N 75 W, Hyde Park
- Logan Parks & Recreation – 716-9250, 195 S 100 W, Logan

- Planet Fitness – 753-7501, 640 S 80 E, Logan
- Rock Haus (Rock-climbing) – 713-0068, 1780 N 20 E, North Logan
- Smithfield Recreation\* – 563-0048, [www.smithfieldrecreation.com](http://www.smithfieldrecreation.com)
- Sports Academy & Racket Club\* – 753-7500, [www.sportsacademy.com](http://www.sportsacademy.com)
- Spring Creek Fitness Center – 755-8533 Logan; Summit Creek – 563-8533 Smithfield
- STEP-IT-UP walking program – Logan Parks & Rec. – 716-9250
- USU Employee Wellness Program – 797-0735, [www.usu.edu/wellness](http://www.usu.edu/wellness)

#### *Mental, Neurological Disorders*

- Alzheimer's Education/Support Group – 755-2877, 330 East 1400 North, Logan
- NAMI, National Alliance for the Mentally Ill – 752-8818, 1400 North 400 East, north door, Logan
- NAMI Recovery Support Group – 563-8636, 225 North Main, Logan Library
- Psychology Community Clinic – 797-3401, USU campus

#### *Political*

- Preserve Freedom and Fight Corruption – 512-3657, 257 West 1330 North, Logan

#### *Situational*

- COPE Support Group – (208) 852-0137, 42 West 100 South, Preston, Idaho
- Divorce Adjustment Groups – 752-1976, 965 South 100 West, Logan
- Gay/Lesbian Alliance – Taggart Student Center, Room 335, USU campus
- Grieving Support Group – 716-5349, Logan

- Newborn Intensive Care Support Group – 716-5569, Logan Regional Hospital
- Parents & Friends of Lesbians & Gays – 755-0493
- Single & Pregnant – 752-5302, 95 West 100 South, Suite 340, Logan
- Strive to Thrive – 713-9700, Cache Valley Specialty Hospital

#### *Vegetarian*

- Sweet Peas Natural Market & Café – 753-1939, 29 W Center St, Logan

#### **Weight Loss**

- Curves for Women – 755-9293 Logan; 245-4734 Hyrum; 563-5657 Smithfield
- Gastric Bypass Surgery patients, friends & family – 753-2033, Logan Regional Hospital
- Nutrition Education – 716-1000, Logan Regional Hospital
- Overeaters Anonymous – 753-4859, 12 South 200 West, Logan
- Take Off Pounds Sensibly – 752-6306, Logan, and 245-6311, Hyrum
- USU Employee Wellness Program – 797-0735, [www.usu.edu/wellness](http://www.usu.edu/wellness)
- Weight Watchers @ Work, USU – 797-1470, Shannon Johnson