



1<sup>st</sup> Five Healthy Mental Development Initiative

# WASHINGTON COUNTY DIRECTORY OF COMMUNITY SERVICES

Including the communities of Ainsworth, Brighton,  
Crawfordsville, Kalona, Riverside, Washington,  
Wellman, and West Chester



110 N. Iowa Avenue, Suite 300  
Washington, Iowa 52353  
319-653-7758  
www.washph.com  
www.facebook.com/washph

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**EMERGENCY**

- Fire**.....911
- Police** .....911
- Ambulance**.....911
- Emergency Management**.....319-653-7794
- Washington County Sheriff** ..... 319-653-2107
- Iowa State Patrol** ..... 800-525-5555
- Poison Control Center**..... 800-222-1222
- Child & Adult Abuse & Neglect 24 hours a day**  
..... 800-362-2178
- Mental Health Crisis Line**..... 877-404-4770  
24 hrs/day – Full Service Crisis Line for General Problems,  
Family Issues, Financial Issues, Abuse, Rape, Suicide, etc.
- Washington County Hospitals & Clinic**  
..... 319-653-5481

**CHILD CARE CENTERS**

**HACAP Head Start** [hacap.org/whatwedo/children/programs](http://hacap.org/whatwedo/children/programs)  
2175 Lexington Blvd, Bldg 1, Washington .....319-385-4523  
Preschool and All Day service for children ages 3 and up.  
Income guidelines apply [www.iowaheadstart.com](http://www.iowaheadstart.com)

**Kids Corral Daycare**  
1509 E. Washington St, Washington ..... 319-591-8028  
Serving children ages newborn through school age.

**Kids Country Club**  
1369 Hwy 1, Kalona ..... 319-656-5437  
Serving children ages newborn through school age.

**Sunrise Child Care** [sunrisewellman.com](http://sunrisewellman.com)  
525 13th St. Suite 202, Wellman..... 319-646-2890  
Serving children ages 6 weeks through 5 years. After school  
programs for school aged children.

**Washington Community Y Cornelia S. Day Child Care Center**  
[washingtony.org/child\\_care.aspx](http://washingtony.org/child_care.aspx)  
821 N. 4th Street, Washington.....319-653-3315  
Serving children from age 6 weeks through kindergarten. After  
school programs for school aged children. (Building entrance  
on N. 2nd St)

**Up with Kids Day Care**  
1203 E Washington St. Washington .....319-653-7522

**Iowa Child Care Resource & Referral** [iowaccrrt.org](http://iowaccrrt.org)  
Parent Referral line..... 855-244-5301  
Assists families in selecting child care providers who best meet  
the needs of a child and their family.

**4 C's Child Care** [iowa4cs.com/hometies](http://iowa4cs.com/hometies)  
Provides short-term emergency care when families facing  
crisis are not able to provide regular  
care. ....319-341-0089

**Department of Human Services**  
304 South Maple, Fairfield.....800-626-6249  
Listing of registered and licensed providers by county.  
[ccmis.dhs.state.ia.us/ClientPortal/ProviderLocator.aspx#](http://ccmis.dhs.state.ia.us/ClientPortal/ProviderLocator.aspx#)

## CHILDREN, YOUTH & FAMILIES

### **1st Five Healthy Mental Development Initiative**

<http://www.washph.com/ChildHealth/1stFive.aspx>  
A Washington County Public Health program that links families with children from 0-5 to local services that meet a variety of needs and concerns from child development issues to family stress. Parents and caregivers seeking a referral can access this service through their local medical provider. For information about call WCPH..... 319-653-7758

### **180 Teen Center**

[oneightyvia.com](http://oneightyvia.com)  
604 South Iowa Ave, Washington ..... 319-653-4700  
A faith-based after school recreational drop-in center for teens, ages 6<sup>th</sup> grade through young adult. Free after school programming 3:15 – 9:00 pm.

### **Boy Scouts of America** [hawkeyebsa.org](http://hawkeyebsa.org)

Hawkeye Area Council  
660 32<sup>nd</sup> Ave. SW, Cedar Rapids ..... 319-862-0541  
Cub Scouts is a family centered program for boys from 1st to 5th grades that fosters self-esteem and teaches cooperation through various activities.

### **CHADD** (Children & Adults with Attention

Deficit/Hyperactivity Disorder)  
[chadd.net/80R](http://chadd.net/80R) ..... 319-430-4125  
This is a volunteer lead chapter of the national coalition that meets in Iowa City. Meetings, programs, support, education.

### **Children in the Middle Classes**

[iowacourts.gov/For the Public/Representing Yourself in Court/DivorceFamily Law/Children in the Middle/](http://iowacourts.gov/For_the_Public/Representing_Yourself_in_Court/DivorceFamily_Law/Children_in_the_Middle/)  
Family Development Associates..... 800-261-5097  
Provides education and information that focuses on the needs of children whose families are in the midst of a change or conflict, such as divorce or separation.

### **Cradle of Hope Pregnancy Resource Center**

[cradleofhopeiowa.com](http://cradleofhopeiowa.com)  
604 S. Iowa, Washington.....319-986-5336 or 319-931-5759  
Faith based program offering free pregnancy testing, prenatal/parenting classes, and counseling the 1st Thursday of every month from 2 – 5 pm.

### **Child Health Specialty Clinics (CHSC)**

[chsciowa.org](http://chsciowa.org)  
123 E. 3rd St., Suite 2, Ottumwa ..... 641-682-8145  
Hrs: Monday – Thursday 7am- 5:30pm Iowa’s Title V program for children with special health care needs. Services are provided to children and youth, birth through 21, who have a chronic condition (physical, developmental, behavioral, or emotional) or who have an increased risk for a chronic condition and a need for special services.

### **CHSC’s Iowa Regional Autism Assistance Program**

[chsciowa.org/docs/CHSC-RAP-Brochure-2016.PDF](http://chsciowa.org/docs/CHSC-RAP-Brochure-2016.PDF)  
..... 866-219-9119  
Connects families to services for their child (ages 0-21) with Autism Spectrum Disorder. Families have access to care coordination and family to family support in their community.

### **DHS Iowa Department of Human Services**

[dhs.state.ia.us](http://dhs.state.ia.us)  
304 South Maple, Fairfield.....800-642-6249 or 641-472-5011  
Hrs: Monday – Friday 8 am – 4:30 pm  
Economic Programs: FIP (Family Investment Program), food assistance, medical assistance (Medicaid). Referrals/funding for service programs including: foster care, shelter care, institutional care, adoption, independent living, day care, and child abuse assessments.

**To report child abuse please call 1-800-362-2178**

### **Girl Scouts of Eastern Iowa and Western Illinois**

[GSEIWI.org](http://GSEIWI.org)  
Local troops provide opportunities to help girls discover their strengths, passions, and talents with a mission to grow girls of strength, confidence, and character who will make the world a better place.

**Grant Wood Area Education Agency** [aea10.k12.ia.us](http://aea10.k12.ia.us)  
4401 Sixth Street SW, Cedar Rapids.....319-399-6700  
or 800-332-8488

Childcare Alliance Response Team: Intensive behavioral support for children in child care settings.

Early ACCESS: Early intervention for children birth to three with delays in development or health/physical conditions that affect development.

Autism Core Team: Members of this team provide a variety of services including student observation, functional analysis, educating peers about autism, and a variety of other services to help support individuals in the autism spectrum and the staff working with them.

Special Education: Free services to children with special needs and all children with disabilities (birth-21 yrs). Services include: hearing screenings and diagnostic testing, services to the mentally disabled, severe/profound and physically handicapped children located in select school centers, speech-language services and special education consulting.

**ISU Extension & Outreach Washington County Office**  
[extension.iastate.edu/washington](http://extension.iastate.edu/washington)  
2223 250<sup>th</sup> Street ..... 319-653-4811  
4-H & Youth Programs, classes in finance, nutrition, food safety, gardening, and more.

**Juvenile Court Services** [iowacourts.gov](http://iowacourts.gov)  
110 N. Iowa #420 ..... 319-653-2197

**Systems Unlimited** [sui.org](http://sui.org)  
208 S Iowa Ave, Washington ..... 319-653-3356  
Supported Living to children and adults in their own homes through Home and Community Based Wavers or Chapter 24. Employment Services for adults with developmental disabilities and similar service needs.

### **The Family Connection**

[washph.com/ChildHealth/TheFamilyConnection.aspx](http://washph.com/ChildHealth/TheFamilyConnection.aspx)  
110 N. Iowa Avenue Suite 300 .....319-653-7758  
An early childhood focused family support and education program for parents and their children ages 0-4. Services include in-home visits, weekly playgroups, and family-focused group activities. This program is free to all families living in Washington County.

### **YMCA of Washington County**

[washingtony.org/home.aspx](http://washingtony.org/home.aspx)

Each Community Y offers a variety of programming, services, and opportunities for individuals of all ages.

**Kalona** - 211 C Ave ..... 319-656-2400  
**Wellman** - 22525 13<sup>th</sup> St.....319-646-8439

#### **Washington has two locations:**

2121 E Main..... 319-653-2141  
2110 S Iowa ..... 319-653-6500

### **Washington County Public Health**

[washph.com](http://washph.com)

110 N. Iowa Ave, Washington ..... 319-653-7758  
Offices located on the 3<sup>rd</sup> floor of the Federation Bank Building. Committed to protecting and promoting the health of all Washington County residents, Public Health offers a variety of services including: vaccinations, dental services, WIC clinics, nursing and home care services, and information as well as assistance in understanding and applying for Medicaid, hawk-i, and other insurance programs.

## CITY & COUNTY OFFICES

**Ainsworth City Hall**..... 319-657-3761  
**Brighton City Hall** ..... 319-694-2695  
**Crawfordsville City Hall** ..... 319-658-3251  
**Kalona City Hall** ..... 319-656-2310  
**Riverside City Hall** ..... 319-648-3501  
**Washington City Hall** ..... 319-653-6584  
**Wellman City Hall** ..... 319-646-2154  
**West Chester City Hall** ..... 319-698-2600

**POLICE (non-emergency)** Washington Safety Center covers all towns in Washington County for non-emergencies ..... 319-653-2107  
Wellman (Police) ..... 319-646-2700

### **FIRE (non-emergency)**

Ainsworth ..... 319-657-2863  
Wellman ..... 319-646-2422  
West Chester ..... 319-646-2422  
Washington Police Department dispatches to all other local fire departments ..... 319-653-2239

### **Washington County Courthouse**

224 W. Main St., Washington  
Motor vehicle registration, drivers licenses, property taxes

**Washington Co Emergency Management** ..... 319-660-1825

**Washington County Sheriff** [co.washington.ia.us/158/Sheriff](http://co.washington.ia.us/158/Sheriff)  
2181 Lexington Blvd ..... 319-653-2107

### **Iowa State Patrol**

1300 S. Grand Ave., Mt Pleasant..... 319-385-8715

## COUNSELING & MENTAL HEALTH

### **CHOICES Drop-in Recovery Center**

114 W 2<sup>nd</sup> St, Washington ..... 319-591-8176  
CHOICES is a consumer run drop in center that provides social support for adults with psychiatric needs.

### **Crisis Center Chat**

[crisischat.org](http://crisischat.org)  
Iowa City Center ..... 319-351-0140  
National Hotline.....800-273-TALK (8255)  
Emotional support, crisis intervention and suicide prevention services provided through online chat or phone.

### **First Resources** [firstresources.us](http://firstresources.us)

112 W. 2<sup>nd</sup> St ..... 319-351-2510  
Provides drug and alcohol counseling and mental health services for adults.

### **Grace C Mae** [advocatecenter.org](http://advocatecenter.org)

420 E Polk ..... 319-653-7400  
Individual, family, group, cognitive, and play therapy to help people find solutions to a variety of life issues and problems.

### **Hillcrest Family Services**

[hillcrest-fs.org](http://hillcrest-fs.org)  
2175 Lexington Blvd..... 319-653-6161  
Offers a wide range of behavioral health services for individuals, couples, and families facing a variety of life challenges, as well as crisis intervention.

### **Southeast Iowa Case Management**

[seiwacasesmagmt.com](http://seiwacasesmagmt.com)  
1509 E Washington St. Suite 1 ..... 319-653-6217  
Provides support to individuals diagnosed with brain injury, and chronic mental illness and who are Medicaid eligible.

### **Systems Unlimited**

[sui.org](http://sui.org)  
208 S Iowa Ave ..... 319-653-3356  
Offers individual and family therapy as well as skill building services.

**UIHC Child Psychiatry Services**

[uichildrens.org/medical-services/psychiatry-and-psychology](http://uichildrens.org/medical-services/psychiatry-and-psychology)  
200 Hawkins Drive.....888-573-KIDS (5437)  
Services ranging from outpatient care to acute inpatient treatment and include medication management, educational consultation and testing, psychological testing, individual therapy, and family counseling.

**UIHC Adult Psychiatry Services**

[uihc.org/medical-services/psychiatry](http://uihc.org/medical-services/psychiatry)  
200 Hawkins Drive..... 800-777-8442

**Washington County Mental Health and Disability Services**

[co.washington.ia.us](http://co.washington.ia.us)  
2175 Lexington Blvd Bldg #2 .....319-653-7751  
Washington County Mental Health and Disability Services is a local access point where people may apply for service funding, receive referrals and get questions answered. Applicants must be at least 18 years of age, and meet income and other guidelines.

**DENTAL**

**Washington Dental Care by the Square\*\***

[dentalcarebythesquare.com](http://dentalcarebythesquare.com)  
205 S Marion Ave ..... 319-653-3412

**Dr. Ann & Jim Harris** [harrisandharrisdental.com](http://harrisandharrisdental.com)  
525 S. Hwy 1 .....319-653-4451

**Dr. Deb Krotz-Dieleman\*\***  
218 S Iowa Ave..... 319-653-4298

**Dr. Chad Wiese**  
1004 E Washington St ..... 319-653-2201

**Dr. Karen McFarland**  
1051 W Madison St..... 319-653-4778

**Dr. Suzanne Stock** – Orthodontist [drssortho.com](http://drssortho.com)  
110 E Main St.....319-653-5090

**Community Health Centers of Southeastern Iowa\***  
[chcseia.com](http://chcseia.com)

2409 Spring St, Columbus City..... 319-728-7400

**Kalona Family Dental** [drgrimm dental.com](http://drgrimm dental.com)

409 B Ave, Kalona ..... 319- 656-3264  
**River Hills Community Health Center\*** [riverhillshealth.org](http://riverhillshealth.org)

100 Main St., Richland..... 319-456-2045  
**Riverside Family Dental** [drgrimm dental.com](http://drgrimm dental.com)

380 East Hickory Street, Riverside .....319-648-3900  
**Dr. Polly Iben\*** (Pediatric) [pedsdssiccw.com/meet-us/meet-dr-](http://pedsdssiccw.com/meet-us/meet-dr-polly-iben)

[polly-iben](http://polly-iben)  
414 10th Ave B, Coralville .....319-338-7520

**Dr. Donald Peterson Jr.\*** (Pediatric) [dentistforkidz.com](http://dentistforkidz.com)  
501 12th Ave #202, Coralville..... 319-351-5439

**Dr. Bart Thompson\*** (Pediatric) [bartthompsondental.com](http://bartthompsondental.com)  
1031 Wade St, Iowa City.....319-338-8571

**Dr. Kaaren Vargas** (Pediatric) [corridorkidsdentistry.com/en](http://corridorkidsdentistry.com/en)  
1738 Liningier Ln, North Liberty .....319-665-2573

**University of Iowa Pediatric College of Dentistry\***  
[dentistry.uiowa.edu/pediatric](http://dentistry.uiowa.edu/pediatric)

801 Newton Rd., Iowa City..... 319-335-7485

\*Accepting new Title 19 clients  
\*\*Accepting new Iowa Health & Wellness clients – Delta Dental Only

**DISABILITY/DEVELOPMENTAL DELAY**

**Advanced Employment Services** [wcdinc.com](http://wcdinc.com)  
109 S Marion Ave, Washington.....319-653-7568  
Supportive services for persons with disabilities to find/maintain employment, and to live independently within their community.

**Center for Disabilities and Development (CDD)**  
100 Hawkins Drive, 213 CDD, Iowa City .....877-686-0031  
Provides a team approach to find answers for patients with complex needs.

**Child Health Specialty Clinics (CHSC)** [chsciowa.org](http://chsciowa.org)  
123 E. 3<sup>rd</sup> St, Suite 2 Ottumwa.....641-682-8145  
See *Children, Youth, & Families* section for a description of services

**ChildServe Center** [childrenscenterfortherapy.org](http://childrenscenterfortherapy.org)  
1552 Mall Drive, Iowa City ..... 319-351-5437  
Services include respite care, supported community living, and behavioral health services in addition to pediatric physical, speech, and occupational therapies.

**Disability Rights Iowa** [disabilityrights-iowa.org](http://disabilityrights-iowa.org)  
email: info@DRIowa.org ..... 800-779-2502  
Information, education, and legal assistance provided for persons with disabilities, including mental illness, to help them deal with discrimination.

**DHS Iowa Department of Human Services**  
[dhs.state.ia.us](http://dhs.state.ia.us)  
304 South Maple, Fairfield...800-642-6249 or 641-472-5011  
Provides a variety of economic programs for people with disabilities.

**First Resources** [firstresources.us](http://firstresources.us)  
112 W. 2<sup>nd</sup> S. .... 319-351-2510  
Offers a full range of programs servicing people with disabilities, children and families in need, drug and alcohol counseling for adults, and mental health services for adults.

**Grant Wood Area Education Agency** [www.aea10.k12.ia.us](http://www.aea10.k12.ia.us)  
4401 Sixth Street SW, Cedar Rapids.....319-338-8488 or 319-399-6700  
See description under *Children, Youth & Families*

**Optimae Lifeservices** [optimaelifeservices.com](http://optimaelifeservices.com)  
1415 West 5<sup>th</sup> St ..... 319-653-6571  
Provides health care and human services for individuals with developmental disabilities.

**REM - Iowa** [remiowa.com](http://remiowa.com)  
1307 N. 5<sup>th</sup> Ave ..... 319-653-7306  
Services for people with intellectual and developmental disabilities as well as day and residential services for those with brain injuries.

**Southeast Iowa Case Management**  
[seiwacasegmt.com](http://seiwacasegmt.com)  
1509 E Washington St. Suite 1 ..... 319-653-6217  
Provides support to individuals who are diagnosed with brain injury, chronic mental illness, mental retardation, and developmental disabilities and who are Medicaid eligible.

**Systems Unlimited** [sui.org](http://sui.org)  
208 S Iowa Ave ..... 319-653-3356  
Provides supported community living services to children and adults in their own homes. Services can be provided through the Home and Community Based Medicaid Waivers or through Chapter 24.

**The Arc of Iowa** <http://thearcofiowa.org>  
2620 Muscatine Ave, Iowa City ..... 319-351-5017  
The Southeast Iowa affiliate of the national organization on mental retardation.

**Washington County Mental Health and Disability Services**  
[co.washington.ia.us](http://co.washington.ia.us)  
2175 Lexington Blvd Bldg #2 ..... 319-653-7751  
See information under “Counseling & Mental Health”

**WCDC** [wcdinc.com](http://wcdinc.com)  
1425 W 5<sup>th</sup> St ..... 319-653-7248  
Provides services including day habilitation, transportation, supported employment, and community living for individuals with developmental disabilities as well as skill development for children and families with emotional disabilities and other dysfunctional behaviors.

## **Domestic Violence & Sexual Assault**

**Domestic Violence Intervention Program** [dvi-piowa.org](http://dvi-piowa.org)  
1105 S. Gilbert St, Iowa City ..... 319-351-1042  
24 Hour Crisis Line ..... 800-373-1043  
Providing support, safe shelter, resources, and information to individuals battered by their intimate partner.

**Rape Victim Advocacy Program (RVAP)**

[isah.uiowa.edu/directory/county/show/washington](http://isah.uiowa.edu/directory/county/show/washington)  
Local crisis line: ..... 319-335-6000  
Regional crisis line: ..... 800-228-1625  
Office phone number: ..... 319-335-6001

**Washington County Domestic Violence Coalition**

..... 319-457-0027  
A local coalition assisting persons victims domestic violence and their families.

**EDUCATION**

**PRESCHOOLS**

All district based preschools in Washington Co participate in the Iowa Statewide Voluntary Preschool Program (SVPP). Children who are 4 yrs of age on or before September 15th may receive a minimum of 10 hrs/wk of no cost preschool instruction with a licensed teacher.

**HACAP Head Start**

2176 Lexington Blvd, Washington ..... 319-653-7275  
Income based no cost preschool and care

**Highland Community School District**

**Highland Elementary**  
220 Schnoebelen Street PO Box D ..... 319-648-2821

**Mid-Prairie Community School District**

**Kalona Elementary**  
702 6th Street, Kalona ..... 319 656-2243  
**Wellman Elementary**  
800 6th Ave PO Box H ..... 319-646-2984

**WACO Community School District**

**WACO Elementary**  
200 S Main St, Crawfordsvile ..... 319-658-2931

**Washington Community School District**

**Stewart Elementary**  
821 N 4th Ave ..... 319-653-3244  
**St James Preschool**  
616 W 2nd St ..... 319-653-3631  
**Washington Preschool**  
206 W 2nd St ..... 319-653-2962  
**Washington Community Y Preschool**  
121 E Main St ..... 319-653-3315  
**Kingdom Kids Preschool**  
209 E Main ..... 319-653-6588

**Community Based licensed preschool**

**First Baptist Preschool** (Private pay preschool)  
122 E 2nd St, Washington ..... 319-653-3748

**SCHOOLS**

**Highland Community School District**

[highland.k12.ia.us](http://highland.k12.ia.us)  
**Highland Elementary**  
220 Schnoebelen Street, Riverside ..... 319-648-2821  
**Middle School**  
1715 Vine Ave, Riverside ..... 319-648-5018  
**High School**  
1715 Vine Ave, Riverside ..... 319-657-4101  
or 319-648-2891

**Mid-Prairie Community School District**

[mid-prairie.k12.ia.us/pages/Mid-PrairieCSD](http://mid-prairie.k12.ia.us/pages/Mid-PrairieCSD)  
**Kalona Elementary**  
702 6th St., Kalona ..... 319-656-2243  
**Wellman Elementary**  
800 6th Ave, Wellman ..... 319-646-2984  
**Middle School**  
713 F Ave., Kalona ..... 319-656-2241  
**High School**  
1634 Hwy 22, Wellman ..... 319-646-6091



**Alternative Learning Center**

1635 Hwy 22, Wellman ..... 319-646-6093

**Washington Community School District**

[washington.k12.ia.us](http://washington.k12.ia.us)

**Stewart Elementary**

821 N 4<sup>th</sup> Ave., Washington ..... 319-653-3244

**Lincoln Elementary**

606 N 4<sup>th</sup> Ave, Washington ..... 319-653-3691

**Middle School**

313 S 4<sup>th</sup> Ave, Washington ..... 319-653-5414

**High School**

1111 S Avenue B, Washington ..... 319-653-2143

**Washington/WACO Home School Assistance Program**

300 S. Iowa Ave., Washington ..... 319-653-4655

**Private Schools**

**Iowa Mennonite School**

[iowamennonite.org](http://iowamennonite.org)

1421 540<sup>th</sup> St SW, Kalona ..... 319-656-2073

**Pathway Christian School**

[pathwaychristian.net](http://pathwaychristian.net)

5764 Highway 1 SW, Kalona ..... 319-656-5443

**St James School**

[stjamesschool.pvt.k12.ia.us/](http://stjamesschool.pvt.k12.ia.us/)

602 W 2<sup>nd</sup> Street, Washington ..... 319-653-3631

**Post Secondary and Adult Education**

**Kirkwood Community College: Washington County**

[kirkwood.edu/washingtonregional](http://kirkwood.edu/washingtonregional)

2192 Lexington Blvd., Washington ..... 319-653-4655

College courses provided to help students complete an AA, transfer to a 4 year college, or earn college credit while in high school.

**Iowa State University Extension**

[extension.iastate.edu/washington](http://extension.iastate.edu/washington)

2223 250<sup>th</sup> St, Washington ..... 319-653-4811

Information and educational programs including aging, childcare, financial management, food safety, nutrition and more.

**EMPLOYMENT/JOB TRAINING & PLACEMENT**

**Advanced Employment Services**

[wcdinc.com](http://wcdinc.com)

109 S Marion Ave, Washington ..... 319-653-7568

Supportive services for persons with disabilities to learn job skills and to find/maintain employment.

**Iowa Vocational Rehabilitation Services**

[ivrs.iowa.gov](http://ivrs.iowa.gov)

1700 South 1<sup>st</sup> Ave, Suite 25D, Iowa City ..... 319-337-5733

Provides individualized job placement, career exploration, and vocational training services to eligible individuals with disabilities.

**Iowa Workforce Development / IowaWorks Center / Job**

**Corps of Iowa** [iowaworkforcedevelopment.gov/cedar-rapids-iowa-city](http://iowaworkforcedevelopment.gov/cedar-rapids-iowa-city)

Eastdale Plaza 1700 S 1st Avenue, Suite 11B, Iowa City

..... 319-351-1035

Provides job placement services to unemployed and

underemployed individuals, and processes unemployment

insurance claims. Workforce Investment Act (WIA) serves

individuals ages 16 and up.

**Washington Workforce Advisor**

Available on Thursdays only at the Washington Public Library

from 9:30 am - 3:30 pm..... 319-423-0333

**Promise Jobs (IowaWorks Center)**

[iowaworkforcedevelopment.gov/promise-jobs](http://iowaworkforcedevelopment.gov/promise-jobs)

Eastdale Plaza 1700 S 1st Avenue, Suite 11B, Iowa City

..... 319-351-1035

Application approval and referral from DHS required. Pre-

employment and on the job training, secondary education

certification. Financial assistance for low-income persons with

tuition, childcare and transportation. This program is available

for individuals on the Family Investment Program (FIP).

**TEMP Associates** [tempassociates.com](http://tempassociates.com)

111 W. Monroe Suite. 102, Mt Pleasant.....319-385-1724  
Staffing agency with multiple offices in SE Iowa, including Washington. Provides testing and job placement with many large employers in the areas of manufacturing, office, and ancillary services.

**FOOD & FINANCIAL**

**Food Pantries**

**All pantries listed have different times and regulations. Please contact them by phone before going to the sites.**

**Ainsworth Community Church**  
350 N 4<sup>th</sup> ..... 319-653-3020

**Church of God**

322 S Ave D, Washington..... 319-653-5678

**Asberry UMC**

601 8<sup>th</sup> Ave, Wellman ..... 319-646-2417

**Fairview Mennonite Food Pantry**

2605 540<sup>th</sup> At, Kalona ..... 319-683-2571

**First Christian Church**

301 W 2<sup>nd</sup> St, Washington..... 319-653-3881

**Food for All – Kalona UMC**

302 4<sup>th</sup> St, Kalona ..... 319-656-2642

**HACAP**

2176 Lexington Blvd, Washington..... 319-653-7275

**House of Plenty Food Pantry – Kalona**

1103 J Ave, Kalona ..... 319-656-2298

**Kalona Food Pantry**

401 E Ave, Kalona..... 319-656-5285

**Our Church Community Church**

1474 Franklin Ave, Wayland ..... 319-461-0576

**St. Mary’s Hall**

360 Washburn St., Riverside..... 319-648-2331

**Community/Senior Meal Sites**

**United Presbyterian Church** – Saturday Kitchen 11 am-1 pm  
209 East Main, Washington ..... 319-653-6588  
**Wellman Senior Dining**  
223 8<sup>th</sup> Ave., Wellman..... 319-646-2711

**Other**

**Brighton Horizons Community Garden** .....319-694-3078  
Garden produce, grown by volunteers at a central location, is shared with all community residents.

**DHS Iowa Department of Human Services** [dhs.state.ia.us](http://dhs.state.ia.us)  
304 South Maple, Fairfield ..... 319-472-5011  
See information under Children, Youth, & Families

**SNAP** [oasis.iowa.gov](http://oasis.iowa.gov)

Government food assistance program..... 855-944-3663

**Washington County General Assistance**

[co.washington.ia.us/291/General-Assistance](http://co.washington.ia.us/291/General-Assistance)  
2175 Lexington Blvd, Bldg 2, Washington .....319-653-7768

**Washington Share Program** [shareiowa.com](http://shareiowa.com)

Program buys food in bulk to sell at cheaper prices. Most labor is provided by volunteers. Pick up location is at the Central Park Community Center 107 W Washington, Washington

**WIC – Women, Infants & Children Program**

[idph.iowa.gov/wic](http://idph.iowa.gov/wic)

WIC is a supplemental food program for pregnant and nursing mothers, and children from birth through age 5. Johnson County WIC provides services in Washington County on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday and Thursday of each month. Clinics are held at Washington County Public Health. Washington WIC scheduling.....319-653-7758  
Iowa City WIC scheduling.....319-356-6042

## **Financial**

### **DHS Iowa Department of Human Services**

[dhs.state.ia.us](http://dhs.state.ia.us)

304 South Maple, Fairfield ..... 319-472-5011  
See information under Children, Youth, & Families

### **General Assistance**

[co.washington.ia.us/291/General-Assistance](http://co.washington.ia.us/291/General-Assistance)

2175 Lexington Blvd, Washington ..... 319-653-7768  
General Assistance is located in the Orchard Hill Complex Building #2. Provides assistance on a temporary basis for a limited period of time. It can be used to pay for basic needs that include rent/lot rent; interest on original mortgage; utilities-gas, electric, and water; burial; and food vouchers for clients who are unable to work. General Assistance cannot be used on Subsidized Housing.

### **HACAP**

2176 Lexington Blvd, Washington ..... 319-653-7275  
Applications for LIHEAP, Low Income Home Energy Assistance Program.

### **Washington County Veterans Affairs**

[co.washington.ia.us/181/Veterans-Affairs](http://co.washington.ia.us/181/Veterans-Affairs)

2175 Lexington Blvd, Building #2 ..... 319-653-7768  
Support for veterans and their families.

## **HEALTH CARE**

### **Chiropractic Providers**

#### **Bright Futures Chiropractic**

131 E Ave, Kalona ..... 319-656-2888

#### **Brown Chiropractic**

109 N Marion Ave, Washington ..... 319-653-3336

#### **Burdock Family Chiropractic**

208 S Marion Ave, Washington ..... 319-653-3573

#### **Campbell Chiropractic Office**

1359 Ginkgo Ave, Wellman ..... 319-646-2411

#### **Eastern Iowa Chiropractic & Massage Therapy**

112 E Washington St, Washington ..... 319-653-6000

### **Errthum Chiropractic**

412 C Ave, Kalona ..... 319-656-2085

### **Ryan Miller J DC**

214 8<sup>th</sup> Ave, Wellman ..... 319-646-6800

### **Tweeton Chiropractic**

214 S Iowa Ave, Washington ..... 319-653-2351

### **Washington Chiropractic PC**

411 B Ave, Kalona ..... 319-656-3756

### **Medical Providers**

#### **Community Health Center** [chcseia.com/services.htm](http://chcseia.com/services.htm)

2409 Spring Street, Columbus City ..... 319-728-7400

Provides affordable, comprehensive, primary health care, especially those individuals/families with limited resources or other barriers to health care.

#### **Community Health Center** [riverhillshealth.org](http://riverhillshealth.org)

100 West Main, Richland ..... 319-456-2045

Medical and dental services as well as assistance in applying for medical insurance coverage.

### **Flexible Family Care**

301 S. Iowa #1, Washington ..... 319-653-9355

### **Hospice of Washington County** [hospicewashingtoncounty.org](http://hospicewashingtoncounty.org)

948 East 11<sup>th</sup> Street, Washington ..... 319-653-7321

Provides Hospice and Palliative Care services to a seven county service area. Nursing services are available 24/7. Other services include social work, chaplain, health aides, massage and music therapists. Hospice care is provided for terminally ill patients and their families. Palliative care is designed for individuals with an advanced chronic illness who are still seeking treatment but are looking for comfort care.

### **Mercy Family Medicine of Kalona**

[mercyfinkalona.portalforpatients.com/portal/default.aspx](http://mercyfinkalona.portalforpatients.com/portal/default.aspx)

207 1st Street, Kalona ..... 319-656-3151

### **Wellman Family Practice**

[cityofwellman.com/businesses/wellman-family-practice](http://cityofwellman.com/businesses/wellman-family-practice)

217 8<sup>th</sup> Ave SW #3, Wellman ..... 319-646-2800

**University of Iowa Hospital and Clinics River Crossing**  
[uihc.org/ui-health-care-river-crossing](http://uihc.org/ui-health-care-river-crossing)  
 3056 River Crossing Ct, Riverside ..... 319-467-8355

**WCHC Medical Clinic** [wchc.org](http://wchc.org)  
 444 E. Polk St, Washington..... 319-653-6601

**WCHC Family Medicine** [wchc.org](http://wchc.org)  
 1230 S. Iowa, Washington..... 319-653-7291

**WCHC Kalona Clinic** [wchc.org](http://wchc.org)  
 207 1st Street, Kalona..... 319-656-3700

**Washington County Public Health** [washph.com](http://washph.com)  
 110 N. Iowa Ave, Washington ..... 319-653-7758  
 Public Health offers a variety of services including:  
 vaccinations, dental services, WIC clinics, home care services,  
 and information as well as assistance in understanding and  
 applying for Medicaid, hawk-i, and other insurance programs.

**Women’s Health Care of Washington** [wchc.org](http://wchc.org)  
 418 E. Polk, Washington ..... 319-653-2229

**Medical Equipment & Supplies**  
**Free equipment rental**  
**Central Park Community Center**  
 107 W Washington St, Washington ..... 319-653-7906  
**Sonshine Outreach**  
 211 S. Iowa Avenue, Washington ..... 319-591-1333

**Equipment Purchase**  
**Community Medical Supply**  
 505 Hwy 1 South, Washington..... 319-653-5797  
**Stout Supply**  
 3096 Old White Way, Ainsworth..... 319-657-4127

**Pharmacies providing Home Delivery**  
**Beans Pharmacy**  
 222 S Iowa Ave, Washington ..... 319-653-4646

**Hy-Vee Pharmacy**  
 528 Hwy 1 South, Washington ..... 319-653-2155  
**Miller Medicine Cabinet** (delivery in Kalona and Wellman  
 only)  
 214 5<sup>th</sup>, Kalona..... 319-656-3134  
**Pharmacy on 8<sup>th</sup>**  
 221 8<sup>th</sup> Ave, Wellman..... 319-646-3388  
**Smart Scripts** (home and mail delivery)  
[www.smartscripts.com](http://www.smartscripts.com)  
 1010 W Madison, Washington ..... 844-597-6278

**Physical Therapy**  
**Jet Physical Therapy** [www.jetpt.net](http://www.jetpt.net)  
 511 Hwy 1 South, Washington ..... 319-653-5494  
 525 13<sup>th</sup> Street, Suite 101, Wellman ..... 319-646-5381  
**Physical Therapy Services PC**  
 423 B Ave, Kalona ..... 319-656-3177  
**Washington County Hospital and Clinics Rehabilitation  
 Services**  
 400 E Polk St, Washington ..... 319-863-2030

**Vision**  
**Eye Associates of Iowa City, Kalona Office**  
[eyeassociatesic.com/about-us/kalona-office](http://eyeassociatesic.com/about-us/kalona-office)  
 204 5<sup>th</sup> Street, Kalona..... 319-656-2420  
**Modern Eye Care** [modeyecare.com](http://modeyecare.com)  
 301 S. Iowa, Washington ..... 319-653-2371  
**UIHC River Crossing** [uihc.org/ui-health-care-river-crossing](http://uihc.org/ui-health-care-river-crossing)  
 3056 River Crossing Ct, Riverside..... 319-467-8355  
**Axis Vision Care** <http://www.washeycare.com>  
 221 N 2<sup>nd</sup> Ave, Washington..... 319-653-4558  
 or 800-653-7925

## HOUSING

**Area XV Multi-County Housing Agency** [areaxvhousing.org/](http://areaxvhousing.org/)  
417 N College St, Agency.....641-937-5222 or 800-848-9438  
Administers three different types of housing programs in Southeast Iowa; Public Housing, Section 8 Housing Choice Voucher Program, Area 15 Apartments Program (for elderly and disabled only).

**HUD Housing** [portal.hud.gov/hudportal/HUD](http://portal.hud.gov/hudportal/HUD)  
Provides oversight for Public Housing Agencies, administers FHA home mortgage program, & provides other housing information and assistance.

**Habitat for Humanity** [hfhia.org](http://hfhia.org)  
2401 Scott Blvd SE, Iowa City, IA 52240 ..... 319-337-8949

**HACAP** [hacap.org](http://hacap.org)  
2175 Lexington Blvd, Washington ..... 319-653-7252  
HACAP offers transitional housing to income eligible applicants who will learn a variety of skills while completing all compliance requirements.

**Shelter House** [shelterhouseiowa.org/](http://shelterhouseiowa.org/)  
429 Southgate Ave, Iowa City ..... 319-451-0326  
Provides emergency shelter and assistance to help individuals find affordable housing and permanent supportive housing.

**Other Low Income Apartments**  
**Ashley Lynn Condominiums**  
[elliottrealtygroup.com/rental-properties](http://elliottrealtygroup.com/rental-properties)  
325 & 375 West 18<sup>th</sup> St ..... 319-461-4413  
Information and rental application available at the website.

**Autumn Park Apartments**  
841 W Monroe St ..... 319-653-6804  
Autumn park apartments is senior, low income, handicapped accessible housing subsidized by the federal governments HUD (housing and urban development division).

**Briarwood Apartments**  
700 W Tyler St, Washington ..... 319-591-8213  
**Highland Park Apartments**  
215 East 15<sup>th</sup> St, Washington...319-530-0716 or 319-863-3621  
**Lantern Grove Apartments**  
1608 N. 5<sup>th</sup> Ave, Washington ..... 319-653-6555  
**Washington Court Apartments**  
1302 N. 2<sup>nd</sup> St., Washington ..... 319-461-3067  
**Woodbridge Apartments**  
603 W. Adams St., Washington ..... 319-362-1029  
**Kalona Valley Apartments**  
307 5<sup>th</sup> Street, Kalona..... 319-656-2614

## LEGAL

**Disability Rights IOWA** [disabilityrightsowa.org/](http://disabilityrightsowa.org/)  
400 E Court Ave #300, Des Moines.....515-278-2502 or 800-779-2502  
Disability Rights IOWA aims to defend and promote the human and legal rights of Iowans who have disabilities and mental illness.

**Iowa Legal Aid** [iowalegalaid.org/](http://iowalegalaid.org/)  
1700 S 1<sup>st</sup> Ave, Iowa City..... 800-532-1275  
for Iowans age 60 and over..... 800-922-8161  
Applications for free legal advice can be completed online, via telephone or in person. Offices are open 8:30 to 4:30 (emergencies taken when open).

People who cannot get help from Iowa Legal Aid may be able to find a lawyer through the Iowa State Bar Association's website. [iowafindalawyer.com/](http://iowafindalawyer.com/) ..... 800-532-1108  
Attorneys taking part in **Find-a-Lawyer** charge a \$25.00 fee for the first 30-minute consultation. If you need more help beyond the 30-minute consultation, you will need to negotiate a fee arrangement with the attorney.

**Iowa State Public Defender** [spd.iowa.gov/](http://spd.iowa.gov/)  
216 South 3rd, Burlington.....319-753-5163

**State Attorney General** [iowaattorneygeneral.gov](http://iowaattorneygeneral.gov)  
Consumer Protection Division, Des Moines....515-281-5926 or  
888-777-4590

**Washington County Atty**  
222 W Main St, Washington.....319-653-7721

## LIBRARIES

**Kalona Public Library** [kalona.lib.ia.us](http://kalona.lib.ia.us)  
510 C Ave ..... 319-656-3501

**Washington Public Library** [washington.lib.ia.us](http://washington.lib.ia.us)  
115 W. Washington ..... 319-653-2726

**Wellman-Scofield Public Library** [wellman.lib.ia.us](http://wellman.lib.ia.us)  
711 4<sup>th</sup> St..... 319-646-6858

## SENIOR CITIZENS

**Elderly Waiver Case Management**- The following providers assist with identifying and acquiring resources and funding to enable seniors to remain safely in their homes.

**Midwest Case Management**  
400 Highland St, Fairfield ..... 641-209-9420

**Washington County Public Health** [washph.com/](http://washph.com/)  
110 N. Iowa Ave, Suite 300, Washington ..... 319-653-7758  
Will assist individuals with the Elderly Waiver application process.

**Home Health Services** – Each of the following providers is different but services can include Skilled Nursing, Home Care Aides, and Homemakers. Home Care Services can usually be paid for by: Medicare, Medicaid, private insurance, VA. Private pay services may be available on a sliding fee scale.

**Comfort Keepers** [coralville-585.comfortkeepers.com/](http://coralville-585.comfortkeepers.com/)  
1752 5<sup>th</sup> St, Coralville ..... 319-354-0285

**Optimae Home Health** [optimaelifeservices.com/](http://optimaelifeservices.com/)  
1415 W. 5<sup>th</sup>, Washington ..... 319-653-6571

**Washington County Public Health** [washph.com/](http://washph.com/)  
110 N. Iowa Ave, Suite 300, Washington ..... 319-653-7758

**Wesley in Home** (coordinated through Lending Hands Inc) [wesleylife.org/living-options/halcyon-house-washington/default.aspx](http://wesleylife.org/living-options/halcyon-house-washington/default.aspx)  
310 Hwy 1 and 92 N, Washington ..... 319-653-2661  
Services, provided for private pay clients only, is coordinated through Lending Hands Inc.

**Adult Day Care**  
**Lending Hands Inc** [wesleylife.org/contact-us/adult-day-lending-hands.aspx](http://wesleylife.org/contact-us/adult-day-lending-hands.aspx)  
301 Hwy 1 and 92 N, Washington ..... 319-653-2661  
Adult day care. Associated with Halcyon House retirement complex.

**Home Delivered Meals**  
**Meals on Wheels - A Program of Elder Services** [livablecommunity.org/Services/67834F8C-2AC6-4E1F-BF40-69E5080AAEC7/Meals-on-Wheels-A-Program-of-Elder-Services-Inc.aspx](http://livablecommunity.org/Services/67834F8C-2AC6-4E1F-BF40-69E5080AAEC7/Meals-on-Wheels-A-Program-of-Elder-Services-Inc.aspx)  
1556 S 1<sup>st</sup> Ave., Ste A, Iowa City ..... 319-338-0515  
Delivers frozen meals, breakfast bags to the home on a bi-weekly basis.

**Mom's Meals** [www.momsmeals.com](http://www.momsmeals.com) ..... 877-508-6667  
**Pleasantview Home Kalona only** ..... 319-656-2421  
**Sister's Home Style Entrees** [www.sistersentrees.com](http://www.sistersentrees.com)  
..... 515-332-1928  
**Wellman Senior Dining**..... 319-646-2711

**Community Meal Sites**  
**United Presbyterian Church** – Saturday Kitchen 11 am – 1 pm  
209 East Main, Washington ..... 319-653-6588

**Wellman Senior Dining**  
223 8<sup>th</sup> Ave., Wellman ..... 319-646-2711

**Other Senior Services**

**Central Park Community Center**

107 W. Washington St, Washington ..... 319-653-7906  
Puzzles, games, books to play at the Center or to rent for use at home are available every day. Bingo at the Center every Thursday evening.

**Washington County Veterans Affairs**

[co.washington.ia.us/181/Veterans-Affairs](http://co.washington.ia.us/181/Veterans-Affairs)  
2175 Lexington Blvd, Building #2, Washington.... 319-653-7768  
Support for veterans and their families.

**SUBSTANCE ABUSE**

**Al-Anon & Alateen** [iowa-al-anon.org/meetings/washington-caring-and-sharing-afg/](http://iowa-al-anon.org/meetings/washington-caring-and-sharing-afg/)

Support group for persons who feel their lives have been, or are being affected by alcoholism in a family member or friend.

**Alcoholics Anonymous**

[aa-iowa.org/index.php?id=91](http://aa-iowa.org/index.php?id=91)

Iowa City Contact Number ..... 319-338-9111  
Support group for individuals who have experienced problem drinking and want to stay sober. Washington and Wellman are in **District 10** Riverside and Kalona are in **District 13**

**Prelude Behavioral Services**

[preludeiowa.org](http://preludeiowa.org)

1201 Industrial Park Drive, Washington ..... 319-653-7597  
Provides a variety of services including drug testing, counseling, problem gambling, OWI courses, and prevention.

**Narcotics Anonymous**

Support group for individuals who have experienced drug addiction and want to stay sober. 800-897-6242

**St Luke's Chemical Dependency Services**

[unitypoint.org/cedarrapids/default.aspx](http://unitypoint.org/cedarrapids/default.aspx)

810 1<sup>st</sup> Ave NE, Cedar Rapids ..... 319-363-4429  
Provides a variety of services including comprehensive evaluation, inpatient detoxification, and intensive outpatient therapy.

**U of I Chemical Dependency Program**

[uihc.org/substance-use-disorders](http://uihc.org/substance-use-disorders)

200 Hawkins Dr, Iowa City ..... 319-384-8765  
Provides a full range of services including extended and intensive outpatient programs, as well as services specifically for students.

**Washington County Outreach**

[washington.ia.us/229/Outreach](http://washington.ia.us/229/Outreach)

2175 Lexington Blvd #3, Washington ..... 319-653-7749  
Provides probation supervision services to court ordered individuals, substance abuse assessment, and referrals.

**Advance Medical Transport**

[manta.com/c/mr41bkw/advanced-medical-transport-of-iowa](http://manta.com/c/mr41bkw/advanced-medical-transport-of-iowa)

2228 Heinz Rd, Iowa City ..... 319-341-7799

**TRANSPORTATION**

**Southeast Iowa Ambulance Service**

[seiowaambulance.com](http://seiowaambulance.com)

4165 Naples Ave SW # 5, Iowa City ..... 319-466-0735

**Washington County Minibus**

[washingtoncountyminibus.squarespace.com](http://washingtoncountyminibus.squarespace.com)

1010 W 5<sup>th</sup> St, Washington ..... 319-653-2853

**Wheelchair Van Service** via Washington County Ambulance

[washingtoncountyambulance.net](http://washingtoncountyambulance.net)

1120 N 8<sup>th</sup> Ave, Washington ..... 319-653-2047

## WELLNESS

### **Farmers Markets**

#### **Riverside Farmers Market**

Sundays 10 am – 1 pm July through September at the  
Riverside Casino Parking Lot, 3184 Hwy 22

#### **Washington Farmers Market**

5-7:30 pm on Thursdays in Central Park from May through  
October

#### **Wellman Farmers Market**

Tuesdays 4-6 pm at Bidwell-Slockett Park during the summer  
months.

### Wellness Education

#### **Washington County Hospital and Clinics**

[www.wchc.org](http://www.wchc.org)

400 E Polk St, Washington..... 319-653-4271

Cardiac Rehabilitation, Diabetes Education, Fresh Start Weight  
Loss, Healthcare Library

LaMaze/Prenatal Class ..... 319-863-3943

### Fitness/Swim Centers

**Kalona Municipal Pool** ..... 319-656-2309

**Washington Steele Family Aquatic Center**... 319-653-6054

### **YMCAs of Washington County**

[washingtony.org/home.aspx](http://washingtony.org/home.aspx)

#### **Washington Y**

2121 E. Main, Washington..... 319-653-2141

#### **Washington Y on the Square**

2110 S Iowa Ave, Washington ..... 319-653-6500

#### **Kalona Rec Center**

511 C Avenue, Kalona..... 319 656 2400

#### **Wellman Parkside Y**

2525 13<sup>th</sup> St, Wellman..... 319-646-8439

**Outdoor Tracks** (available for public use when not is school  
use and according to school rules)

**Case Field**.....South 9<sup>th</sup> Avenue, Washington

**Highland School District Track**.....1715 Vine Ave, Riverside

**Mid-Prairie School District Track**.....1634 Hwy 22, Wellman

### Parks, Trails & Recreation Areas

**Brinton Timbers Park**.....Fir Ave North, west of Brighton

### **Clemons Creek Wildlife and Recreation Area**

.....Kiwi Ave, Washington

**Fern Cliff County Park**.....Fern Cliff Road, Crawfordsville

**Kewash Nature Trail**.....D Ave, Washington

**Marr Park**.....2943 Hwy 92, Ainsworth

**Lake Darling State Park**.....111 Lake Darling Road, Brighton

**Sunset Park** (Dog Park within).....Hwy 92, Washington

**For a complete list of parks in Washington County  
visit....**

[co.washington.ia.us/170/Conservation](http://co.washington.ia.us/170/Conservation)

[chamber.washingtoniowa.org/parks-recreation/](http://chamber.washingtoniowa.org/parks-recreation/)



## INFORMATION HELPLINES

Alcoholism & Drug Dependence, Nat. Council.. [www.ncadd.org](http://www.ncadd.org) 800-622-2255  
Alzheimer's & Related Disorders [www.alz.org](http://www.alz.org) ..... 800-272-3900  
American Cancer Society [www.cancer.org](http://www.cancer.org) ..... 800-227-2345  
American Heart Association [www.heart.org](http://www.heart.org) ..... 800-242-8721  
American Lung Association of Iowa [www.lung.org](http://www.lung.org) ..... 800-586-4872  
Bullying & Youth Suicide Hotline [www.yourlifeflowa.org](http://www.yourlifeflowa.org) ..... 855-581-8111  
COMPASS, Iowa (disabled) [www.iowacompass.org](http://www.iowacompass.org) ..... 800-779-2001  
Crisis Text Line ..... Text "Go" to 741741  
Cybertip Hotline (Center for Missing & Exploited Children) ..... 800-843-5678  
Department of Human Services Child & Adult Abuse Hotline ..... 800-362-2178  
Domestic Violence Abuse Hotline [www.thehotline.org](http://www.thehotline.org) ..... 800-799-7233  
Mental Health Crisis Line-24 hrs a day [www.877-404-4770](http://www.877-404-4770)  
Gambling Hotline (BETS OFF) [www.1800betsoff.org](http://www.1800betsoff.org) ..... 800-BETS-OFF  
Paws & More Animal Shelter ..... 319-653-6713  
IRS (Federal Income Tax Info) [www.irs.gov](http://www.irs.gov) ..... 800-829-1040  
Lead Poisoning ..... 800-972-2026  
Medicare Hotline [www.medicare.gov](http://www.medicare.gov) ..... 800-633-4227  
Narcotics Hotline (report suspected drug and meth activity) ..... 800-532-0052  
National Hispanic Family Health Help Line ..... 866-SU-FAMILIA  
National Youth Crisis Hotline ..... 800-442-4673  
Poison Control [www.iowapoison.com](http://www.iowapoison.com) ..... 800-222-1222  
Quitline Iowa (quit smoking) [www.quitlineiowa.org](http://www.quitlineiowa.org) ..... 800-784-8669  
Rape, Abuse, & Incest National Network (RAINN) ..... 800-656-4673  
Sexual Abuse Hotline-Iowa ..... 800-284-7821  
Social Security Administration [www.ssa.gov](http://www.ssa.gov) ..... 800-772-1213  
Substance Abuse Information Center [www.drugfreeinfo.org](http://www.drugfreeinfo.org) ..... 866-242-4111  
Suicide Prevention [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) ..... 800-273-8255  
Veterans Foundation Help Line ..... 888-777-4443  
Weather & Road Information [www.511ia.org](http://www.511ia.org) ..... 511 or 800-288-1047

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To submit new or corrected information for the next update of this  
directory please email [rsloat@washph.com](mailto:rsloat@washph.com)