

**GRUNDY COUNTY, IOWA** 

# COMMUNITY RESOURCE GUIDE



# Community Resource Guide

This resource guide is a product of the Grundy County Public Health Office in Grundy County, Iowa. Resources are updated as of July 2021.



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### **CONRAD**

### **Little Scholars Learning Center**

641-366-3454

Islc@heartofiowa.net

204 G Ave. Grundy Center, IA Offers subsidized childcare

https://www.facebook.com/Home-Sweet-Home-

Childcare-309176052618896/

### **GRUNDY CENTER**

### **Bottles Two Backpacks**

319-825-8888

204 G Ave. Grundy Center, IA Offers subsidized childcare

https://bottles-two-backpacks.business.site/

## **Grundy Community Preschool and Childcare Center**

319-825-3565

1201 9th St. Grundy Center, IA

Nonprofit community organization dedicated to providing quality early childhood education and care to the families of Grundy Center and the surrounding communities.

http://grundycommunitypreschoolandcc.weebly.com/

### **Joyful Noise Daycare**

319-825-4569 801 8<sup>th</sup> St., Grundy Center, IA Offers subsidized childcare https://www.facebook.com/JNDaycare/

### REINBECK

### **Little Rebels Learning Center**

319-788-6120

120 Cedar St., Reinbeck, IA

Offers subsidized childcare

https://www.facebook.com/LittleRebelsLearningCenter/

### WELLSBURG

### **Little Cougar Playhouse**

641-869-3773

609 S. Monroe St., Wellsburg, IA

DHS licensed daycare facility

https://childcarecenter.us/provider\_detail/little\_cougar\_playhouse\_wellsburg\_ia

### **OTHER**

### **Childcare Centers and In-Home Child Care**

Online resource to find home daycare and group home daycare in Black Hawk County

https://childcarecenter.us/iowa homecare/black hawk ia county

# Childcare Assistance Program: Iowa Department of Human Services

319-267-2594 (Allison office)

713 Elm St., Allison, IA

Apply for childcare assistance through the Iowa Department of Human Services, Allison Office, or online.

https://dhs.iowa.gov/child-care

**Head Start: Tri-County Child and Family Development Council** 

Online resource to find home daycare and group home daycare in Black Hawk County
<a href="https://childcarecenter.us/iowa\_homecare/black\_hawk\_ia\_county">https://childcarecenter.us/iowa\_homecare/black\_hawk\_ia\_county</a>



### **CEDAR FALLS/WATERLOO**

I-Smile: Hailey Finn (I-Smile Coordinator)

319-292-2247 Fax: 319-291-2659

hfinn@blackhawkcounty.iowa.gov

1497 Independence Ave., 5<sup>th</sup> Floor, Waterloo, IA Contacts and access to grant money to assist with referrals and costs for dental care for children.

https://ismile.idph.iowa.gov/

### **Hawkeye Community College Dental Clinic**

Jennifer Kohlmeyer, Clinic Manager

319-296-1030 Fax: 319-296-1674

1501 E Orange Road, Waterloo, IA

Accepts Medicaid, \$30 cleaning for children 11 and under and \$50 for 12 and up in Fall semester (usually takes 2-3 visits). Low-Cost Fillings in Spring Semester, Accessible by bus route and offers free transportation for Medicaid patients under 21.

https://www.hawkeyecollege.edu/business-community/community-resources/dental-clinic

### **People's Clinic**

319-874-3000

907 Franklin St., Waterloo, IA

Low-cost dental care, sliding scale (\$30/ visit); Offers medical, dental, urgent care, counseling, lab services, pharmacy, and on-site x-ray. Will accept Hawk-I, Iowa wellness, and other insurance.

https://www.peoples-clinic.com/dental-care/

### **ELDORA**

### **Anderson and Floyd Dentistry**

641-939-7900

1906 Edgington Ave., Eldora, IA

General dentistry clinic

https://www.facebook.com/afdeldora/

### **Eldora Family Dentistry**

641-939-3214 1310 Washington St., Eldora, IA General dentistry clinic https://eldorafamilydentistry.com/

### **GRUNDY CENTER**

### **Grundy Center Family Dental**

319-824-6948

Fax: 319-825-6950 info@cdfdental.com

106 E G Ave., Grundy Center, IA

Offers cosmetic, general, and oral surgery services

http://www.grundycenterfamilydental.com/

### **MARSHALLTOWN**

### Primary Health Care - Marshalltown Dental Clinic

641-844-6230

112 R Linn St., Marshalltown, IA

Takes Medicaid, prescription assistance, will see patients regardless of ability to pay.

http://www.phciowa.org/mtdental/

### **REINBECK**

**Reinbeck Family Dental Clinic** 

319-345-6667 501 Main St. #2, Reinbeck, IA General dentistry clinic



### **CEDAR FALLS/WATERLOO**

### **AARP Foundation: Senior Employment**

319-234-0206

223 E 4th St., Waterloo, IA

Provides employment assistance to older job seekers 55+. Services include skill assessment, paid training opportunities, job search assistance, and community referrals.

https://local.aarp.org/waterloo-ia/

### Byrnes & Rupkey, Inc.

319-234-6201 3356 Kimball Ave., Ste 1000, Waterloo, IA Employment Opportunities http://www.byrnesandrupkey.com/

### Cedar Valley IowaWORKS: Iowa Workforce Development, Promise Jobs, Vocational Rehabilitation

319-235-2123

3420 University Ave., Suite G, Waterloo, IA
AARP, Iowa Vocational Rehabilitation Services,
Unemployment Insurance, Reemployment Services,
Workforce Investment Act (WIA) Youth.

https://www.iowaworkforcedevelopment.gov/waterloo

### **Exceptional Persons Incorporated**

319-232-6671

760 Ansborough Ave., Waterloo, IA Works with individuals with disabilities in finding and maintaining employment in the community.

https://www.episervice.org/find-a-service/need/employment.aspx

### **Express Employment Professionals**

319-277-6603 2320 University Ave., Waterloo, IA No fee job search.

https://www.expresspros.com/cedarfalls/

### **Iowa Vocational Rehabilitation Services**

319-234-0319

3420 University Ave., Suite D, Waterloo, IA Assists with job placement for individuals who are disabled, and/or can't find a job or maintain employment.

https://ivrs.iowa.gov/

### **Kelly Services Incorporated**

319-232-1622 3630 University Ave., Waterloo, IA Staffing agency opportunities https://www.kellyservices.us/us/

### Manpower

319-233-8473

3823 University Ave., Waterloo, IA Job opportunities, full tuition coverage for 1<sup>st</sup> time bachelor's degree

https://www.manpower.com/wps/portal/ManpowerUS A/career-resources

### **People Ready**

319-266-6018

220 Brandilynn Blvd., Ste C, Cedar Falls, IA
Job opportunities with benefits, training resources
<a href="https://www.peopleready.com/locations/waterloo-ia-1873">https://www.peopleready.com/locations/waterloo-ia-1873</a>

### **Premiere Staffing Inc.**

319-505-2733

2809 University Ave., Waterloo, IA
Long and short-term assignments, seasonal positions,
professional placement, special projects work
<a href="https://www.premierstaffing.com/">https://www.premierstaffing.com/</a>

### **QPS Employment Group**

319-859-9000

4807 University Ave., Suite 104, Cedar Falls, IA Job opportunities, Interview tips, Resume Writing, Cover Letter Assistance, and Follow-Up Tips <a href="https://www.qpsemployment.com/">https://www.qpsemployment.com/</a>

### **Remedy Intelligent Staffing**

319-236-2330 1034 Alabar Ave., Waterloo, IA Job opportunities, Free online skill courses https://www.remedystaffing.com/

### **Sedona Staffing Services**

319-268-9204 4600 University Ave. #3, Cedar Falls, IA Job opportunities, Free online skill courses https://careerpros.com/

### **Social Security Administration**

888-456-9554 3121 Greyhound Dr., Waterloo, IA Retirement, disability, SSI benefits https://www.ssa.gov/

### **Unemployment Insurance Services**

319-235-2123
3420 University Ave., Waterloo, IA
Assists with unemployment for workers
<a href="https://www.iowaworkforcedevelopment.gov/waterloo">https://www.iowaworkforcedevelopment.gov/waterloo</a>

### **OTHER**

### Indeed

Online job search www.indeed.com

### **Iowa Jobs**

Online job search with community/job location filters. Positions are specifically located in Iowa and within selected criteria.

https://www1.iowajobs.org/jobs/seeker/search/search.seek



### **GRUNDY CENTER**

### **Lifetime Vision**

319-824-6380 509 G Ave, Grundy Center, IA Vision Care for a fee. https://www.grundyvision.com/

### Lion's Club

319-825-3724
Contact Gene Colson
Free vision testing in the schools and vision care for children from 6 months to 6 years. Will also help with hearing aids
https://www.e-clubhouse.org/sites/grundyc/index.php

### **MARSHALLTOWN**

McFarland Clinic: Marshalltown Eye Center

641-753-5585

Financial Advisor: 515-239-4597

Accepts various insurances and may set up payments if needed or have discounts available for uninsured. <a href="https://www.mcfarlandclinic.com/doctors/specialties/optometry">https://www.mcfarlandclinic.com/doctors/specialties/optometry</a>

### **PARKERSBURG**

### **Wood Vision Clinic**

319-346-1688 1306 IA-57 Ste D, Parkersburg, IA Accepts various insurance https://www.woodvisionclinic.com/

### **GRUNDY CENTER**

### **Early Head Start**

319-824-3460

1606 G Ave., Grundy Center, IA

Home visitation program to help pregnant moms or those children under 3.

http://www.operationthreshold.org/programs/grundy/community-services-program/

### **LIHEAP through Operation Threshold**

319-824-3460

1606 G Ave., Grundy Center, IA

LIHEAP supplements the high cost of winter heating for low-income households, provides emergency furnace repairs or replacement for income-qualifying homeowners. Households with income levels at or below 175% of the poverty level are eligible for benefits. First come first serve program. Application available online.

http://www.operationthreshold.org/programs/blackhawk/liheap/

### **NEST through Operation Threshold**

319-824-3460

1606 G Ave., Grundy Center, IA

Parent education program which is income based. Nest is available for pregnant women and families with children up to age five. Participants earn incentive points for healthy behaviors such as keeping doctor appointments and attending parent and preventative educational classes. The points are then redeemed for incentive items such as diapers and wipes.

http://www.operationthreshold.org/programs/grundy/
nest-program/

### **Operation Threshold**

319-824-3460

1606 G Ave., Grundy Center, IA
Offers various programs/assistance including
Affordable Housing, Family Development, Food
Pantry, Programs to assist with household needs.

http://www.operationthreshold.org/programs/grundy/

### **Trinkets and Togs**

319-825-8030

1609 G Ave., Grundy Center, IA
Thrift Store with low-cost merchandise/clothing.
<a href="http://www.larrabeecenter.org/trinkets-togs/about/">http://www.larrabeecenter.org/trinkets-togs/about/</a>

### Weatherization through Operation Threshold

319-824-3460

1606 G Ave., Grundy Center, IA

The Weatherization Program provides energy efficiency-related home maintenance assistance to low-income homeowners and renters. Available Weatherization benefits include the installation of insulation, furnace repair or replacement, water heater repair and/or replacement, safety checks for gas leaks, and/or replacement of old refrigerators and freezers.

http://www.operationthreshold.org/programs/black-hawk/weatherization/

### **WIC through Operation Threshold**

319-824-3460

1606 G Ave., Grundy Center, IA

Special Supplemental Nutrition Program for Women, Infants, and Children. Those eligible for WIC services include pregnant women, women who are breastfeeding are eligible up to one-year postpartum, women who are not breastfeeding are eligible for six months postpartum, and infants and children up to age five. Income based program eligibility.

http://www.operationthreshold.org/programs/black-hawk/weatherization/

### **OTHER**

### **Together 4 Families**

319-267-2594, Shawna Lebeck slebeck@dhs.state.ia.us 713 Elm Street, Allison, IA Serves all Grundy County https://earlychildhood.iowa.gov/node/1839

### **WATERLOO**

### **Family Management Financial Solutions**

319-234-6695
359 Rock Island Ave., Waterloo, IA
This facility helps families pay for bills and helps with other financial burdens. Donations are requested by this facility on their website. \*Serves Grundy County. https://family-finance.org/

### First Five Health Mental Development Initiative

319-292-2213 (phone)
319-292-2473 (fax)
1stFive@blackhawkcounty.iowa.gov
1407 Independence Ave., Waterloo, IA
1st Five is a public-private partnership bridging primary care and public health services in Iowa. The 1st Five model supports health providers in the earlier detection of social-emotional and developmental delays and family risk-related factors in children, birth to 5 years old, and referrals, interventions, and follow-up. \*Serves Grundy County.

### **Lutheran Services**

319-233-3579
304 South St., Waterloo, IA
Mental health counseling, Parent support services,
Services for persons with disabilities, Immigration
outreach. \* Serves Grundy County.
https://lsiowa.org/



### **GRUNDY CENTER**

### **Grundy Center Food Stamps (SNAP) DHS**

319-267-2594 (Grundy Center) | 319-291-2441 (Waterloo) | 319-267-2594 (Allison office) 706 H Ave., Grundy Center, IA (by appt. only) 1407 Independence Ave., Waterloo, IA Assistance programs managed by Black Hawk Co DHS. Emergency food assistance and food stamps (must apply for food and financial assistance online, in person, or over the phone).

https://dhs.iowa.gov/food-assistance

# **Grundy County Food Pantry through Operation Threshold**

319-824-3460

1606 G Avenue Grundy Center, IA 50638
Food boxes available once a month. Hours are Mon
1-5:00, Tues 8-12:00 and Wed 1-5:00
http://www.operationthreshold.org/wpcontent/uploads/2018/05/2018-Grundy-County-FoodPantry-Brochure-5-1-2018.pdf

### **Grundy Senior Center**

319-824-3843

705 F Ave., Grundy Center, IA Senior meals provided 11:30 Mon-Fri http://www.nei3a.org/our-services/meals.aspx

# Mobile Food Pantry through the Northeast Iowa Food Bank

Contact Luther Thorensen, 712-260-7412
Grundy Center Community Center
705 F Ave., Grundy Center, IA
3rd Tuesday of each month from 5:30pm-6:30pm.
<a href="https://www.northeastiowafoodbank.org/what-we-do/mobile-food-pantry/">https://www.northeastiowafoodbank.org/what-we-do/mobile-food-pantry/</a>

### WIC Clinic

800-643-1629 or 319-824-3460
Grundy County, Grundy Center Community Center
Parking Lot
1606 G Ave Grundy Center, IA
1st Tues of each month 9-4:30
Education and support for new moms. Nutritional
supplement program for children up to age 5
http://www.operationthreshold.org/programs/blackhawk/wic/

### **OTHER**

## Backpack Program through Northeast Iowa Foodbank

Contact Susan Kraus 319-235-0507 Methodist Church: 707 6th St Grundy Center BCLUW School: 414 Lillian Ave, Conrad Dike Elementary School: 330 Main St, Dike New Hartford Elementary 508 Beaver St, New Hartford Reinbeck Elementary 300 Cedar St, Reinbeck

Provides backpacks for weekend meals and snacks for low-income families

https://www.northeastiowafoodbank.org/abouthunger/backpack-program/

### REINBECK

### Meals on Wheels

641-858-5152

Home delivered meals only

http://www.nei3a.org/our-services/meals.aspx



### **CEDAR FALLS/WATERLOO**

# Allen Community Engagement Salvation Army Partnership (ACE-SAP) Free Clinic

319-235-9358 or 319-226-2022 207 Logan Ave, Waterloo, IA

All services provided at the clinic are free including medications, vaccines and lab tests. Clinic hours vary: call to obtain schedule.

http://www.allencollege.edu/ace-sap-freeclinic.aspx

### Allen Women's Health

319-235-5090

233 Vold Dr, Waterloo, IA 50703

Women's health on sliding scale. Waiver program for 300% FPG for free preventive care and birth control of any kind.

https://www.unitypoint.org/clinics/clinic.aspx?id=3
99

### **Black Hawk County Health Department**

319-291-2413 FAX 319-291-2529
1407 Independence Ave, Waterloo
STD and Disease prevention: Free or reduced cost
for testing (will do a review of risk factors to
determine what free testing they qualify for). Open
Monday and Thursday. 9-11:30am and 12:304:45pm or by appointment

https://www.bhcpublichealth.org/services/sti-hivtesting

# **Iowa Care for Yourself: Breast and Cervical Cancer Early Detection Program**

1-866-339-7909 or 319-292-2225
1407 Independence Ave. Waterloo, IA
Has local staff that can help you schedule: clinical
breast exams, mammograms, pelvic exams, Pap
tests, and height and weight measurements, blood
pressure, cholesterol, and glucose tests to check your
heart disease risk. Has local staff that can help you
schedule clinical breast exams, mammograms,
pelvic exams, Pap tests, and height and weight
measurements, blood pressure, cholesterol, and
glucose tests to check your heart disease risk.
\*Serves Grundy County.

http://idph.iowa.gov/cfy

# **Iowa Get Screened: Colorectal Cancer Screening Program**

1-866-339-7909 or 319-292-2225
1407 Independence Ave. Waterloo, IA
Colorectal cancer screening is being provided
through our program within the Black Hawk County
Health Department and the Polk County Health
Department for individuals aged 50-75. \*Serves
Grundy County.

http://idph.iowa.gov/igs

### **Iowa WISEWOMAN Program**

1-866-339-7909 or 319-292-2225 1407 Independence Ave. Waterloo, IA Services provided: office visit with Blood pressure check, height/weight measurement, hip/waist measurements, diabetes screening, cholesterol screenings, and lifestyle programs. \* Serves Grundy County.

https://www.mercyone.org/location/mercyonereinbeck-family-medicine

### MercyOne Waterloo OB/GYN

319-272-8200

3421 West 9th Street Ste G4500 Waterloo, Iowa 50702

Obstetrics and Gynecology

https://www.mercyone.org/location/mercyonewaterloo-obgyn-ste-g4500

# Peoples Community Health Clinic Federally Qualified Health Center (FQHC)

319-874-3000

905 Franklin St, Waterloo, IA

Low cost health care, sliding scale (\$30/ visit):
Offers medical, dental, urgent care, counseling, lab services, pharmacy, and on site x-ray. Also have a homeless outreach program with deeply discounted-free services for homeless. Will accept Hawk-I, Iowa wellness, and other insurance. Do have Bosnian, Spanish and Burmese interpreters on site

https://www.peoples-clinic.com/

# Planned Parenthood-Cedar Falls Health Center 877-811-7526

2520 Melrose Drive Suite L, Cedar Falls, IA Accepts various insurance, federally-subsidized programs, and sliding-scale payment plans <a href="https://www.plannedparenthood.org/health-center/iowa/cedar-falls/50613/cedar-falls-health-center-2866-90380">https://www.plannedparenthood.org/health-center/iowa/cedar-falls/50613/cedar-falls-health-center-2866-90380</a>

# UnityPoint Clinic OB/GYN - Prairie Parkway-Cedar Falls

(319) 266-5491

5100 Prairie Pkwy, Suite 201 Cedar Falls, IA 50613 Obstetrics and Gynecology

https://doctors.unitypoint.org/search?sort=name&filter=address.facility\_name\_render%3AUnityPoint%20Clinic%20OB%2FGYN%20-%20Prairie%20Parkway

### UnityPoint Clinic OB/GYN - Waterloo

(319) 235-5050

146 W. Dale St., Suite 102 Waterloo, IA 50703 Obstetrics and Gynecology

https://doctors.unitypoint.org/location/unity-point-clinic-ob-gyn-

waterloo/LOC000019489?sort=name&filter=addr ess.facility\_name\_render%3AUnityPoint%20Clinic% 200B%2fGYN%20-%20Prairie%20Parkway

### **CONRAD**

### **UnityPoint Clinic Family Medicine-Conrad**

641-366-2123

105 North Church Street, Conrad, IA Family Medicine Clinic

https://doctors.unitypoint.org/location/unitypoint-health-family-medicineconrad/LOC0000019277?sort=name&filter=addres

s.facility name render%3AUnityPoint%20Health%
20Family%20Medicine%20-%20Conrad

### **GRUNDY CENTER**

### **Grundy County Public Health**

319-824-6312

706 H Ave., Suite 2, Grundy Center, IA
Offers a broad range of public health education,
resources, and services to Grundy County
<a href="https://www.grundycountyiowa.gov/departments/">https://www.grundycountyiowa.gov/departments/</a>
public-health-home-care

### **Grundy County Memorial Hospital**

319-824-5421

201 E J Ave, Grundy Center, IA Offers emergency services, specialty physicians, therapy services, and surgical.

https://www.unitypoint.org/grundycounty/default.aspx

# Northeast Iowa Area Agency on Aging Grundy Center Site

319-874-1175 or 614-484-3839 705 F Ave, Grundy Center, IA 50638 Information and referral for services for elderly including case management meal programs, respite services, caregiver support.

http://www.nei3a.org/our-services/

# SHIIP Volunteer (Senior Health Insurance Information Program)

319-824-5081

Grundy County Memorial Hospital: 201 E J Ave,

**Grundy Center** 

Assistance with signing up for Medicare and Part D programs

https://shiip.iowa.gov/FindACounselor.aspx

### **UnityPoint Clinic Family Medicine-Grundy Center**

319-824-6945

101 E J Ave Suite 120, Grundy Center Open Monday - Friday 7:00 AM until 5:00 PM and Saturday 8:00 AM until 11:00 AM. Financial assistance is available. You can access a financial assistance application at:

https://www.unitypoint.org/clinics/financial-assistance.aspx

https://www.unitypoint.org/clinics/clinic.aspx?id=4

### **MARSHALLTOWN**

### Primary Healthcare Marshalltown Medical Clinic

641-753-4021

Federally qualified health center that provides general medical and preventive care, pediatric care, integrated behavioral health, and medication assisted treatment for substance use.

https://phciowa.org/mtmedical/

### **OTHER**

### **Hawki Program**

1-800-257-8563

Low-cost healthcare for children under 19 with incomes too high for Medicaid https://dhs.iowa.gov/hawki

### REINBECK

### MercyOne Reinbeck Family Medicine

319-345-6461

501 Main St Reinbeck, IA

Open 8:30 AM to 5:00 PM Mon- Fri. Also offers financial assistance to those who qualify. https://www.mercyone.org/for-patients/billing-and-financial-information/financial-assistance https://www.mercyone.org/location/mercyone-reinbeck-family-medicine

### **UnityPoint Clinic Family Medicine-Reinbeck**

319-788-5555

421 Main Street, Reinbeck, IA Family Medicine Clinic

https://doctors.unitypoint.org/location/unitypoint-clinic-family-medicinereinbeck/LOC0000068308



### **CEDAR FALLS/WATERLOO**

### **Comfort Care**

319-277-1936

2616 Orchard Dr. Suite A, Cedar Falls, IA Homemaking services, skilled nursing care, physical therapy, speech therapy, occupational therapy, social work

https://www.comfortcareia.com/

### **Home Instead Senior Care**

(319) 214-9432

1844 W. Ridgeway Ave., Waterloo, IA
Personal care, Alzheimer's Care, Hospice care, Meal
Prep

https://www.homeinstead.com/location/662

### Nucara @ Home

319-320-1810

6301 University Ave., Cedar Falls, IA Dementia and Alzheimer's Care and Care in Assisted Living Facilities,

https://www.homecareassistancecedarvalley.com/

### **UnityPoint at Home**

319-235-3702

1825 Logan Ave. Suite 401, Waterloo, IA Nursing Care, Rehabilitation Therapy, Respiratory Therapy, Infusion Therapy, Palliative Care, Hospice, Home Medical Equipment

https://www.unitypoint.org/homecare/waterlooregion.aspx

### Western Home/SureCare Services

319-277-7779
53000 S. Main St., Cedar Falls, IA
Home Care, Companion Care, Nursing
<a href="https://www.westernhomecommunities.org/athome">https://www.westernhomecommunities.org/athome</a>

### **ELDORA**

### **Greenbelt Home Care**

641-939-8444

2411 Edgington Ave., Eldora, IA Skilled nursing, personal cares, physical, occupational and speech therapy, home maker services, and respite to a primary caregiver, among others.

https://greenbelthomecare.com/



### **Crisis TEXT Line**

Text HOME to 741741 Free 24/7 Crisis Support

https://www.crisistextline.org/textline?gclid=EAIaI QobChMI8oGFqK2F4wIVBttkCh1dWgFUEAAYASAA EgLHUPD BwE

### **Friends of the Family Crisis Line**

800-410-7233 or 319-352-0037

24/7 Hotline: Emergency Shelter Services,

Domestic Abuse, Human Trafficking, Homelessness <a href="https://www.fofia.org/services/domestic-violence-">https://www.fofia.org/services/domestic-violence-</a>

sheltering

### **Iowa Domestic Abuse Hotline**

1-800-942-0333

Provide crisis counseling; connection to local resources and provides information and education. <a href="https://cfiowa.org/programs/domestic-violence/iowa-domestic-violence-hotline/">https://cfiowa.org/programs/domestic-violence-hotline/</a>

### **Iowa Sexual Abuse Hotline**

1-800-284-7821

Provides free, confidential, trauma-informed service for people in lowa affected by sexual violence.

https://rvap.uiowa.edu/isah/

### **Iowa Victim Service Call Center**

1-800-770-1650 or Text IOWAHELP to 20121 Hotline for Human Trafficking, Sexual Violence, Domestic Violence, Homicide, or other violent crimes.

http://www.survivorshelpline.org/

### **Medicare Hotline**

800-633-4227

Hotline for specific billing questions, records, and claims.

https://www.medicare.gov/forms-help-resources/contact-medicare

### **National Suicide Prevention Lifeline**

800-273-8255 24/7 Lifeline

https://suicidepreventionlifeline.org/

### **Runaway Safeline**

800-786-2929

Confidential information and referral for youth in crisis and their families

https://www.1800runaway.org/?gclid=EAlalQobCh MI0vPg7K2F4wIVjLbACh23RwfuEAAYASAAEgKQdfD BwE

### **Your Life Iowa**

1-855-851-8111 or text (855) 895-8398 Hotline for alcohol, drugs, gambling, suicide, mental health for adults and children https://yourlifeiowa.org/

# MENTAL HEALTH & SUBSTANCE USE

### **CEDAR FALLS/WATERLOO**

### **Celebrate Recovery**

319-429-1321 Blaine Freeman Heartland Vineyard 3211 Titan Trail, Waterloo, IA 12-step program for multiple addictions. Weekly meetings Tuesday at 6:30 p.m. Call 319-846-8431 if you need a ride.

https://hvchurch.org/upcoming-events/celebrate-recovery/

### **NAMI Black Hawk County**

319-830-6448 namibh@qwestoffice.net 1825 Logan Avenue, Waterloo, IA 50703 Free weekly education and support groups for mentally ill and families

https://sites.google.com/site/namiblackhawkcounty/

# **UnityPoint Clinic Family Medicine - Prairie Parkway Addiction Medicine**

319-277-1990

5100 Prairie Parkway, Cedar Falls, IA, 50613
Our team can provide medication such as Suboxone and naltrexone for addiction treatment, provide referrals for counseling and further treatment, monitor progress and encourage participation in a healthy recovery lifestyle. We also treat coexisting conditions like depression and anxiety, medical complications of drug and alcohol use and many other issues that may arise. Care can be coordinated with a primary care provider, counselor, psychiatrist, legal system or an employee when needed, and family involvement is encouraged.

https://waterloo.unitypoint.org/provider/Ted+Bonebrake/1167196?alias term=Addiction%20Medicine&specialty synonym=Addiction%20Medicine.\*&sort=networks%2Crelevance&tt=6760594b-319f-4884-93c3-b433eab0c1ac&ut=79593cbd-a440-

### **Pathways Behavioral Services**

319-235-6571

3362 University Ave. Waterloo, IA Treatment of addictions, Inpatient and outpatient programs, gambling addiction, and prevention services. Services are on a sliding scale. Pathways Behavioral Services provides services to Grundy County.

https://www.pathwaysb.org/

### **GRUNDY CENTER**

# Black Hawk Grundy Mental Health-UnityPoint Health at Grundy County Memorial Hospital

800-583-1526

201 East J Ave Grundy Center

Use South Entrance #1 and check in at the Specialty Clinic registration desk

Mental Health Services including; Counseling available on Mondays, Psych mental health Nurse Practitioner is available on select Tuesdays, Financial assistance is available including medication assistance

https://www.unitypoint.org/grundycounty/clinicsmental-health-counseling.aspx

### **Grundy County Social Services**

319-824-6779

706 H Ave, Suite 1, Grundy Center Iowa May have funds or support for persons with mental illness or disabilities. 24-hour support line at 855-581-8111.

https://grundycounty.org/departments/socialservices

### **Heart and Solutions**

800-531-4236

626 G Ave Grundy Ave

Services include: Mental Health Therapy, Marriage and Family Therapy, Behavioral Health Intervention Services.

http://www.heartandsolutions.net/grundy-center.html

### MARSHALLTOWN

### Primary Health Care Marshalltown Medical Clinic-Medication Assisted Treatment (MAT) for Opioid Use Disorder

(641) 753-4021

412 E. Church Street, Marshalltown, IA 50158 Primary Health Care (PHC) offers a program that uses medication in combination with counseling and behavioral therapies to provide a more complete approach to the treatment of substance misuse disorders.

https://phciowa.org/medication-assistedtreatment/

### **OTHER**

### **NAMI Helpline**

 $800\mathchar`-950\mathchar`-6264$  info@nami.org text "NAMI" to 741741

Will direct you to services nearest you https://www.nami.org/help

### Naloxone Iowa

319-678-7825

Tele-Naloxone is a partnership between the Iowa Department of Public Health and University of Iowa Health Care. These organizations understand that you might not be comfortable asking for naloxone from your family doctor, a local pharmacy or a community organization; and that's okay. With this program you will simply visit with a pharmacist by tele-medicine, directly from your smart phone or laptop, and get FREE naloxone delivered to your door. The purpose of the Tele-Naloxone program is to prepare lowans by providing them a naloxone kit in advance of a possible overdose. In the event of an urgent need for naloxone due to an overdose occurring, please seek emergency medical services and call 911. https://www.naloxoneiowa.org/



### **Deaf Services Commission of Iowa**

888-221-3724 or (319) 291-4262 715 Mulberry St, Waterloo, IA 50703 Resources for the deaf https://humanrights.iowa.gov/cas/ds

### **Eye of the Needle**

319-215-6151
2207 Falls Ave. in Waterloo
Can support individuals with clothing needs,
household needs, and transportation. Must call for
an appointment and bring required documents to
the appointment.

http://www.socialserviceswaterlooia.com/

### **Grundy County, Iowa Website**

800-447-1985

County website with resources and links to county offices and departments.

https://www.grundycountyiowa.gov/

### **Iowa Concern Hotline**

800-447-1985

Information and referral for legal concerns, finances, crisis and disaster services, also stress counselors

https://www.extension.iastate.edu/iowaconcern/

### Iowa Dept. for the Blind

515-452-1335 or 888-221-3724 Carolyn Hicklin 524 4th St, Des Moines, IA Resources and library for the blind https://blind.iowa.gov/

### **Iowa Legal Aid**

319-235-7008 or 800-532-1275 607 Sycamore St. Suite 304 Waterloo, IA 50703 Takes Medicare & Medicaid does not handle suing cases, Income based application. https://www.iowalegalaid.org/

### **Proteus**

563-920-6580
1548 South Gilbert St., Iowa City, IA
Federally funded grant program that assists any
person who has done farm work in the last two
years. Proteus can assist with stipends for going
back to school (college) or tuition, gas, groceries,
auto repairs, and more. Proteus is income-based,
however, if you or your family receive state

assistance, you may qualify. <a href="http://www.proteusinc.net/">http://www.proteusinc.net/</a>

# PHARMACIES & MEDICAL EQUIPMENT

### **CONRAD**

### **NuCara**

641-366-2441 110 W Center St., Conrad, IA https://www.nucara.com/conrad-ia

### **CEDAR FALLS/WATERLOO**

### **American Home Patient**

319-233-3270
2723 Falls Ave, Waterloo, IA
Provides medical supplies and equipment which are considered as Medicare chargeable items.
<a href="https://www.healthcare4ppl.com/supplier/iowa/w">https://www.healthcare4ppl.com/supplier/iowa/w</a>
aterloo/american-homepatient-19541.html

### **Cedar Valley Mobility**

319-291-7210 3804 Hammond Ave, Waterloo, IA Offers a wide variety of medical supplies and services.

http://www.mobilitystore.com/

### **Exceptional Persons Incorporated**

319-232-6671
760 Ansborough Ave, Waterloo, IA
Equipment is loaned at no cost for as long as
needed -- two months, two years, lifetime. Online
form to complete.

https://www.episervice.org/who-we-are/contact-us/

### **Potter's Hearing Aids**

319-232-7113 1416 W 4th St. Waterloo, IA

Hearing aid fitting and purchasing. Available on the 4th Wednesday of every month from 1-2pm at the Grundy Center Community Center located at 705 F Ave, Grundy Center, IA 50638

https://pottershearingaid.com/

### **UnityPoint Home Medical**

319-235-5285 3733 University Avenue, Waterloo, IA Offers a wide variety of medical supplies and services.

https://www.unitypoint.org/waterloo/clinic.aspx?id=914

### **GRUNDY CENTER**

### Manly Drug - Stefl Pharmacy

319-824-5446 621 G Ave, Grundy Center, IA https://m.facebook.com/profile.php?id=12131236 7927087

### REINBECK

### **Reinbeck Pharmacy**

319-788-7445 402 Main St., Reinbeck, IA https://reinbeckpharmacy.com/



### **BEAMAN**

### **Beaman Community Memorial Library**

641-366-2912 223 Main St., Beaman, IA M-F 1-6 p.m. SAT 10 a.m. – Noon https://www.beaman.lib.ia.us/

### **CEDAR FALLS/WATERLOO**

### **Hawkeye Metro English Language Classes**

319-296-4278
120 Jefferson St Waterloo, IA
Hawkeye Metro Campus has English language
classes and family literacy program which are free.
Materials must be purchased and our \$29.
<a href="https://www.hawkeyecollege.edu/business-community/adult-education/ell">https://www.hawkeyecollege.edu/business-community/adult-education/ell</a>

### **Operation Threshold**

319-291-2065
1535 Lafayette St, Waterloo, IA
Immigrant outreach services and housing
assistance
http://www.operationthreshold.org/programs/blac

### **CONRAD**

k-hawk/

### **Conrad Public Library**

641-366-2583 114 North Main St., Conrad, IA M/T/TH/F 1 a.m.-8p.m. W 9 a.m.-8 p.m. SAT 9a.m. – Noon https://www.conrad.lib.ia.us/

### DIKE

### **Dike Public Library**

319-989-2608 133 Elder St., Dike, IA M 10 a.m. – 6 p.m. W Noon – 8 p.m. T/TH/F 10 a.m.- 5 p.m. SAT 9 a.m. – Noon https://dikepubliclibrary.org/

### **GRUNDY CENTER**

### **Kling Memorial Library**

319-825-3607
708 7<sup>th</sup> St., Grundy Center, IA
M/W/F 10 a.m. – 5 p.m. T/TH 10 a.m. – 7 p.m.
SAT 10 a.m. – Noon
https://www.grundycenter.lib.ia.us/

### **OTHER**

### **Emergency Interpretation Services**

515-282-8269 option 5 and use code 7092.
1535 Lafayette St, Waterloo, IA
In addition to fee-based interpretation and translation services, the Iowa International Center offers FREE interpretation assistance for those in emergency situations. The Iowa International Center's FREE 24/7 Emergency Hotline is available for the safety of non-English speakers in lifethreatening crisis situations.

http://www.welcometoiowa.org/emergencyservices

### **REINBECK**

### **Reinbeck Public Library**

319-788-2552 501 Clark St., Reinbeck, IA M/T/F 11 a.m. - -5 p.m. W 11 a.m.-6 p.m. TH 11 a.m.-5 p.m. SAT 11 a.m. – 4 p.m. https://www.reinbeck.lib.ia.us/

### **WELLSBURG**

### **Wellsburg Public Library**

641-869-5234
411 N Adams, Wellsburg, IA
T/W/F 10 a.m. - -5 p.m. TH 10 a.m.-7 p.m.
SAT 10 a.m. – Noon
https://www.wellsburg.lib.ia.us/



### CONRAD

### **BCLUW Community School District**

641-366-2819 610 East Center St., Conrad, IA

### **BCLUW Elementary School**

641-366-2811

414 E Lillian Ave, Conrad, IA <a href="https://bcluw-ia.schoolloop.com/bcluwel">https://bcluw-ia.schoolloop.com/bcluwel</a>

### **BCLUW Middle School**

641-486-5371 704 Commercial Street, Union, IA https://bcluw-ia.schoolloop.com/bcluwms

### **BCLUW High School**

641-366-2810 610 E. Center St., Conrad, IA https://bcluw-ia.schoolloop.com/bcluwhighschool

### **DIKE/NEW HARTFORD**

### **Dike-New Hartford Community School District**

319-989-2552 330 Main St., Dike, IA

### **Dike Elementary School**

319-989-2487 330 Main St., Dike, IA https://www.dnhcsd.org/en

### **Dike-New Hartford Junior High School**

319-983-2206 508 Beaver St., New Hartford, IA https://jh.dnhcsd.org/en-US

### **Dike-New Hartford High School**

319-989-2485 330 Main St., Dike, IA https://hs.dnhcsd.org/

### **New Hartford Elementary School**

319-983-2206 508 Beaver St., New Hartford, IA https://nhe.dnhcsd.org/

### **GLADBROOK/REINBECK**

### **Gladbrook-Reinbeck Community School District**

319-345-2712 300 Cedar St., Reinbeck, IA

### **Gladbrook- Reinbeck Elementary School**

641-473-2875 300 Cedar St., Reinbeck, IA https://www.gladbrook-

reinbeck.k12.ia.us/pf4/cms2/view page?d=x&grou p id=1528960754237&vdid=6i4f16w6ligo

### **Gladbrook- Reinbeck Junior High and High School**

641-473-2842

600 Black Hawk St., Reinbeck IA

https://www.gladbrook-

<u>reinbeck.k12.ia.us/pf4/cms2/view\_page?d=x&group\_id=1528960754236&vdid=i41f1ew6vlilm</u>

### **GRUNDY CENTER**

### **Grundy Center Community School District**

319-825-5418 1301 12<sup>th</sup> St., Grundy Center, IA 50638

### **Grundy Center Elementary School**

319-825-5461 903 9<sup>th</sup> St., Grundy Center, IA https://elementary.spartanpride.net/

### **Grundy Center Secondary School**

319-825-5449 1006 M Ave., Grundy Center, IA https://secondary.spartanpride.net/

# TRANSPORTATION

### **CEDAR FALLS/WATERLOO**

### **Careful Carrier**

319- 242-6562 317 Savannah Park, Cedar Falls Medical transport for a fee (\$2.00 per mile) 6am-6pm

http://www.carefulcarrier.com/

### **Cozy Van**

866-322-9826
1417 Falls Ave Waterloo
Provides transportation to medical appointments
for a fee, wheelchair accessible. Cozy Van's
wheelchair, stretcher or cot accessible vans are
available 7 days a week on availability to assist with

http://cozyvan.com/

any transportation needs.

### **Dolly's Taxi**

319-242-2011 821 Lincoln St Cedar Falls

Provides transportation to medical appointments for a fee, also taxi service.

https://dollystaxi.com/

### **MET Para Transit**

319-234-5714

229 E Park Waterloo

Provides transportation for a fee (including persons with disabilities)

http://www.mettransit.org/paratransit

### **Metropolitan Transit Authority**

319-234-5714 1515 Black Hawk St., Waterloo MET Transit bus service is open to the general public.

http://www.mettransit.org/

### **GRUNDY CENTER**

### **Grundy County General Relief Fund**

319-824-6779

706 H Ave Grundy Center

Assistance with rent, utilities, or transportation on case basis for low-income individuals

https://grundycounty.org/departments/general-relief/faqs

# Iowa Northland Regional Transit Commission (RTC)

319-824-5421

201 East J Ave. Grundy Center, IA 50638
Provides transportation for a fee (including persons with disabilities). The Grundy County service is accessible for those with disabilities, is available Monday through Friday, 6:30 a.m. to 6:00 p.m., and open to people of all ages, regardless of income.

https://www.unitypoint.org/grundycounty/article.aspx?id=2e8cf4ea-ad2c-4df3-996f-39efffe61bachttp://inrcog.org/index.htm

### **Veterans Affairs**

319-825-4952 Janetta Miller-Buck 706 H Ave Grundy Center May be able to assist with benefits, job search, transportation, housing or financial issues on a case-by-case basis. Office hours Mon 8-4:30, Tues and Thurs 8-2:00

https://grundycounty.org/departments/veteranaffairs

### **HOLLAND**

### **B&B Transportation**

(319) 427-1305
bandbtransportationnemt@yahoo.com
104 Colfax St, Holland
Non-Emergency Medical Transportation Company,
working with Amerigroup. If waiver funded may
also qualify for work transportation. Beginning to
take on private pay for Medical Appointments only,
must pay with debit card. 1.65 per mile if
transportation needed both ways, 1.00 per mile
return if hospitalization were to occur.

### **OTHER**

### **United Healthcare MCO Transportation**

888-513-1613

Medicaid covered transportation reservations.
Available 7:30 a.m. to 6 p.m., Monday through
Friday. Routine reservations: Requires two business
days (48 hours) notice and can be scheduled up to
30 days in advance
<a href="https://www.myamerigroup.com/ia/care/find-doctors-locations.html">https://www.myamerigroup.com/ia/care/find-doctors-locations.html</a>

# Amerigroup MCO Transportation

844-544-1389

Medicaid covered transportation reservations. <a href="https://www.uhcprovider.com/en/health-plans-by-state/iowa-health-plans/ia-comm-plan-home.html">https://www.uhcprovider.com/en/health-plans-by-state/iowa-health-plans/ia-comm-plan-home.html</a>

# UTILITY & HOUSING ASSISTANCE

### **CEDAR FALLS/WATERLOO**

### **Iowa Regional Housing Authority**

319-272-1945
2101 Kimball Ave, Waterloo, IA
Administers section 8 program that helps with housing for low-income families.
http://nirha.com/

### Salvation Army – Men's Shelter

319-236-0058 149 Argyle St. Waterloo, IA Short term housing. Free, call for assistance. https://www.salvationarmyusa.org/usn/

### Salvation Army – Women's Shelter

319-232-0397 603 S Hackett Waterloo, IA Short term housing. Free call for assistance. https://www.salvationarmyusa.org/usn/

### **GRUNDY CENTER**

### **Operation Threshold**

319-824-3460
1606 G Ave Grundy Center
Programs for heat assistance for low income
(LIHEAP), weatherization, foreclosure prevention,
low rent housing (TBRA)
www.operationthreshold.org

### **Grundy County Dept. of Human Services**

319-291-2441 1407 Independence Ave, Waterloo, IA 50703 Assistance Programs managed by Black Hawk County DHS Hours: Monday-Friday 8:00am-4:30pm

Description: Available for applicants in a disconnect

situation. In considering payment of a utility bill, the applicant must have made a minimum of three payments or a reasonable effort during the moratorium towards the utility bill.

https://dhs.iowa.gov/node/1914

### **Pheasant Hollow Apartments**

319-824-2108
91 D Ave Grundy Center
Low-income apartments
<a href="https://pheasanthollowapts.com/">https://pheasanthollowapts.com/</a>

### **Veteran's Affairs**

319-825-4952 Janetta Miller-Buck 706 H Ave Grundy Center May be able to assist with benefits, job search, transportation, housing or financial issues on a case-by-case basis. Office hours Mon 8-4:30, Tues and Thurs 8-2:00 https://grundycounty.org/departments/veteran-

https://grundycounty.org/departments/veteranaffairs

### **OTHER**

### Iowa Mortgage Help Hotline

800-622-4866 1606 G Ave Grundy Center Assistance in accessing help with mortgage foreclosure https://www.iowamortgagehelp.com/



# Crisis Intervention Services Domestic Abuse Outreach Staff – Grundy County

Emily S., Outreach Advocate EmilyS@CIShelps.org 319-231-9904

**Covers Grundy County** 

Provides information and support to persons in crisis. Also, sexual assault and domestic abuse services.

http://www.cishelps.org/about-us

# Crisis Intervention Services Domestic Abuse Outreach Staff – Grundy County

Andrea, Outreach Advocate AndreaD@CIShelps.org 641-456-8949

**Covers Grundy County** 

Provides information and support to persons in crisis. Also, sexual assault and domestic abuse services.

http://www.cishelps.org/about-us

### **Domestic Violence Hotline**

1-800-799-7233, text "SAFE" to 800-799-7233 24/7 Domestic Violence Hotline https://www.thehotline.org/

### **Jowa Domestic Violence and Victims Service**

800-770-1650 Text IOWAHELP to 20121 Support for Human Trafficking, Sexual Violence, Domestic Violence, Violent Crime www.survivorshelpline.org

### **Riverview Center Sexual Abuse Hotline**

888-557-0310
24/7 Toll Free Line for Sexual Abuse Victims https://riverviewcenter.org/

### Waypoint

319-363-2093 318 5th St SE, Cedar Rapids Domestic Violence Advocacy https://www.waypointservices.org/



### **CONRAD**

### **Conrad Family Aquatic Center**

641-366-2151

611 North Main, Conrad, IA

Open Swim. Monday through Friday - 12:30 to 8:00 p.m. Saturday and Sunday - 12:30 to 6:00 p.m.

https://conrad.govoffice.com/index.asp?SEC=3591

797E-01B1-4342-B96F-

67157DB00556&Type=B BASIC

### **Jill Fiscus Center**

641-366-2810
610 Center St., Conrad, IA
Located inside BCLUW High School
<a href="https://www.facebook.com/JillFiscusWeightRoomC">https://www.facebook.com/JillFiscusWeightRoomC</a>
enter/

### DIKE

### The Den

319-404-7844 668 Main St., Dike, IA Gym and Fitness center https://agapetherapy.com/the-den/

### **Dike City Pool**

319-989-2443 255 7<sup>th</sup> St., Dike, IA Daily hours for the pool are 1:00 p.m.- 8:30 p.m. https://dikeia.com/explore-dike/city-pool/

### **GRUNDY CENTER**

### **Grundy Center Family YMCA**

319-825-6210

102 E G Ave Grundy Center, IA Join for monthly fee (\$12/ m for youth, \$24/m adult, \$48/m family). Financial assistance is available

https://www.facebook.com/GrundyYMCA/

### **Grundy Center Family Aquatic Center**

319-825-5200

605 12th St, Grundy Center, IA

Season passes: Family \$160 and Single \$75 Daily

Admission: \$4/Person

http://www.grundycenter.com/enjoying-

gc/recreation

### REINBECK

### **Reinbeck Fitness Center**

319-788-6404 414 Main St., Reinbeck, IA Single Membership \$65 per year, Family Membership \$95 per year https://reinbeck.org/reinbeck-fitness-center

### **Reinbeck Family Aquatic Center**

319-788-2094 414 Main St., Reinbeck, IA Hours 1:00 PM - 5:00 PM, 6:00 PM - 8:00 PM https://www.facebook.com/reinbeckaquaticcenter/

### **WELLSBURG**

### **Wellsburg Municipal Pool**

641-869-5204 102 McAdoo St., Wellsburg, IA Water Aerobics Mon-Fri 8:00 am - 9:00 am. Regular Hours Sun-Sat 1:00 p.m.-5:00 p.m. and 7:00 p.m. to 8:30 p.m.

https://wellsburgiowa.net/wellsburg-municipal-swimming-pool

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