



GRUNDY COUNTY, IOWA

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**COMMUNITY
RESOURCE GUIDE**

Revised January 2024



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 January 2024.



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CHILD CARE

CONRAD

Lil Comets Childcare

641-366-3041

201 N Wilhelm St, Conrad, IA 50621

Offers subsidized childcare.

<https://www.facebook.com/littlescholarslearningcenterllc/>

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 8th 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/ACKLEY

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

Cougars Den

641-847-2699

413 State St., Ackley, IA

Level 3 QRS rated facility. Provides care for children ages 2 weeks – 12 years old.

<https://www.agwsr.org/page/early-childhood>

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>

DENTAL



CEDAR FALLS/WATERLOO

I-Smile: Brenda Rieken (I-Smile Coordinator)

319-291-2413

Fax: 319-291-2418

brieken@blackhawkcounty.iowa.gov

1407 Independence Ave 5th 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

Cathy Saak, 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/>

REINBECK

Reinbeck Family Dental Clinic

319-345-6667

501 Main St. #2, Reinbeck, IA

General dentistry clinic

ELDORA

Anderson and Floyd Dentistry

641-939-7900

1906 Edgington Ave., Eldora, IA

General dentistry clinic

<https://www.afdeldora.com/>

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 – Medical & Dental Clinic

641-753-4021

101 Iowa Ave. W #102, Marshalltown, IA

Takes Medicaid and will see patients regardless of ability to pay.

<https://phciowa.org/marshalltown/>

EMPLOYMENT

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., Waterloo, IA

WaterlooIowaWORKS@iwd.iowa.gov

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/>

Manpower

319-233-8473

3823 University Ave., Waterloo, IA

Job opportunities, full tuition coverage for 1st time bachelor's degree

<https://www.manpower.com/wps/portal/ManpowerUSA/career-resources>

People Ready

319-266-6018

220 Brandilynn Blvd., Ste C, Cedar Falls, IA

Job opportunities with benefits, training resources

<https://www.peopleready.com/locations/waterloo-ia-1873>

Premiere Staffing Inc.

319-505-2733

2809 University Ave., Waterloo, IA

Long and short-term assignments, seasonal positions, professional placement, special projects work

<https://www.premierstaffing.com/>

QPS Employment Group

319-859-9000

1209 Flammang Dr., Suite 4, Cedar Falls, IA

Job opportunities, Interview tips, Resume Writing,

Cover Letter Assistance, and Follow-Up Tips

<https://www.qpsemployment.com/>

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

<https://www.iowaworkforcedevelopment.gov/waterloo>

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>

EYE CARE

GRUNDY CENTER

Wolfe Family Vision Center

319-824-6380

509 G Ave, Grundy Center, IA

Formerly known as Lifetime Vision. Vision Care for a fee.

<https://www.wolfeeyecenter.com/locations/grundy-center>

Lion's Club

Contact Orlin Stensland

319-825-3506

uffda@gcmuni.net

Free vision testing in 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.

<https://www.mcfarlandclinic.com/doctors/specialties/optometry>

CONRAD

Eyecare Associates - Conrad

641-552-1414

103 N Main St, Conrad, IA 50621

Accepts multiple insurance carriers. Other office locations are Marshalltown and Toledo.

<https://visionsource-marshalltowneyecare.com/>

PARKERSBURG

Wood Vision Clinic

319-346-1688

1306 IA-57 Ste D, Parkersburg, IA

Accepts various insurance

<https://www.woodvisionclinic.com/>

FAMILY & HOUSEHOLD RESOURCES



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 200% of the poverty level are eligible for benefits. First come first serve program. Application available online.

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

<http://www.larrabeecenter.org/trinkets-togs/about/>

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

319-291-2065

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.

<https://www.operationthreshold.org/programs/black-hawk/wic/>

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

Contact Traci Smith 1st Five Coordinator

319-291-2413

tsmith@co.black-hawk.ia.us

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.

<https://www.bhccpublichealth.org/services/child-and-adolescent-health>

Lutheran Services in Iowa (LSI)

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/>

OTHER

Together 4 Families

319-267-2594, Shawna Lebeck

slebeck@dhs.state.ia.us

713 Elm Street, Allison, IA

Serves all Grundy County

<https://sites.google.com/view/together-4-families/home>

FOOD ASSISTANCE

GRUNDY CENTER

Grundy County Dept. of Human Services

877-347-5678

706 H Ave., Grundy Center, IA (by appt. only)

Food assistance and food stamps (must apply for food and financial assistance online, in person, or over the phone).

<https://hhs.iowa.gov/programs/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 & Wed 8am-12:00 and Tues & Thurs 1-5:00pm.

<https://www.operationthreshold.org/wp-content/uploads/2022/07/Updated-Grundy-County-Flyer-June-2022.pdf>

Grundy Senior Center

319-824-3843

705 F Ave., Grundy Center, IA

Senior meals served Wed & Friday at 11:30 am. If interested in a meal call Janet Buls in advance at 319-874-6850.

<https://www.nei3a.org/our-services/meals.aspx>

Mobile Food Pantry through the Northeast Iowa Food Bank

Grundy Center Community Center

705 F Ave., Grundy Center, IA

3rd Tuesday of each month from 5:00pm-6:00pm.

<https://www.northeastiowafoodbank.org/what-we-do/mobile-food-pantry/>

Mom's Meals

1-800-779-8707

Home delivered meals in Grundy County. Delivered every 2 weeks, up to 10 meals. Individuals must be homebound and meet NEI3A's homebound/home delivered meal criteria.

<https://www.nei3a.org/our-services/>
<https://www.momsmeals.com/our-food-programs/>

WIC Clinic

Operation Threshold

319-291-2065

1606 G Ave Grundy Center, IA

First Tuesday of each month 8:30-5pm. (scheduling an appt. is advised)

Education and support for new moms. Nutritional supplement program for children up to age 5.

<https://www.operationthreshold.org/programs/black-hawk/wic/wic-clinics/>

OTHER

Backpack Program through Northeast Iowa Foodbank

Contact Susan Kraus: 319-235-0507

United 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,

Gladbrook- Reinbeck Elementary: 300 Cedar St,

Reinbeck

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

<https://www.northeastiowafoodbank.org/about hunger/backpack-program/>



HEALTHCARE

CEDAR FALLS/WATERLOO

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

319-235-9358

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-free-clinic.aspx>

Allen Women's Health

319-235-5090

233 Vold Dr, Waterloo, IA

Women's health that utilizes The Family Planning Title X program; free or low-cost long-term contraceptive and STI testing and other maternal health services.

<https://www.unitypoint.org/locations/allen-womens-health>

Black Hawk County Health Department

319-291-2413

1407 Independence Ave, Waterloo, IA

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 8:30-11:30am and 1:00-4:00pm or by appointment.

<https://www.bhccpublichealth.org/services/sti-hiv-testing>

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

1-866-339-7909 or 319-291-2413

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.

<https://www.bhccpublichealth.org/services/chronic-diseases-prevention>

Iowa Get Screened: Colorectal Cancer Screening Program

1-866-339-7909 or 319-291-2413

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 45-75. *Serves Grundy County.

<https://www.bhccpublichealth.org/services/chronic-diseases-prevention>

<https://hhs.iowa.gov/public-health/cancer/colorectal-cancer-screening-program>

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.cdc.gov/wisewoman/about.htm>

MercyOne Waterloo OB/GYN

319-272-8200

3421 West 9th Street Ste G4500 Waterloo, IA

Obstetrics and Gynecology

<https://www.mercyone.org/location/mercyone-waterloo-obgyn-ste-g4500>

Peoples Community Health Clinic, Inc.

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/>

UnityPoint Clinic OB/GYN - Prairie Parkway-Cedar Falls

(319) 266-5491

5100 Prairie Pkwy, Suite 201 Cedar Falls, IA

Obstetrics and Gynecology

<https://www.unitypoint.org/locations/unitypoint-clinic-obgyn---prairie-parkway>

UnityPoint Clinic OB/GYN - Waterloo

(319) 235-5050

146 W. Dale St., Suite 102 Waterloo, IA

Obstetrics and Gynecology

<https://www.unitypoint.org/locations/unitypoint-clinic-obgyn---waterloo>

CONRAD

UnityPoint Clinic Family Medicine-Conrad

641-366-2123

105 North Church Street, Conrad, IA

Family Medicine Clinic

<https://www.unitypoint.org/locations/unitypoint-health-family-medicine---conrad>

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

<https://www.grundycountyiowa.gov/departments/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>

UnityPoint Clinic Family Medicine – Grundy Center

319-824-6945

101 East J Ave., Suite 120, Grundy Center, IA

Family Medicine Clinic. Hours M-F 7:00am-5:00pm & Saturday 8:00am-11:00am

<https://www.unitypoint.org/locations/unitypoint-clinic-family-medicine---grundy-center>

Northeast Iowa Area Agency on Aging Grundy Center Site

319-874-1175 or 614-484-3839

705 F Ave, Grundy Center, IA

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://grundycounty.unitypoint.org/for-patients/payment-insurance/insurance-information/senior-health-insurance-information-program-shiip>

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>

MARSHALLTOWN

**Primary Healthcare-
Marshalltown Medical Clinic**

641-753-4021

101 Iowa Ave. W #102, Marshalltown, IA

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/marshalltown/>

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/location/mercyone-reinbeck-family-medicine>

UnityPoint Clinic Family Medicine-Reinbeck

319-788-5555

421 Main Street, Reinbeck, IA

Family Medicine Clinic



HOME CARE

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) 235-5999

1844 W. Ridgeway Ave., Waterloo, IA

Personal care, Alzheimer's Care, Hospice care, Meal Prep

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

UnityPoint at Home

319-235-3702

3731 University Ave, Waterloo, IA

Nursing Care, Rehabilitation Therapy, Respiratory Therapy, Infusion Therapy, Palliative Care, Hospice, Home Medical Equipment

<https://www.unitypoint.org/locations/unitypoint-at-home---waterloo>

atHome with Western Home

319-277-7779

420 E 11th St., Cedar Falls, IA

Home Care, Companion Care, Nursing

<https://www.westernhomecommunities.org/athome>

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/>

APLINGTON

Maple Manor Village

319-347-2309

345 Parriot St., Aplington, IA

Skilled Nursing and Long-Term Care, Therapy Services, Independent and Assisted Living, Healthy Living Home Care, Specialized Services

<https://www.abcmcorp.com/abcm-healthy-living-home-care>

HOTLINES

Crisis TEXT Line

Text HOME to 741741

Free 24/7 Crisis Support

https://www.crisistextline.org/textline?gclid=EAIaIQobChMI8oGFqK2F4wIVBttkCh1dWgFUEAAYASAAEgLHUPD_BwE

Friends of the Family Crisis Line

Housing Services: 319-233-3094

Victim Services: 319-352-0037

24/7 Hotline: Emergency Shelter Services, Domestic Abuse, Human Trafficking, Homelessness
<https://www.fofia.org/>

Children & Families of Iowa - Local Crisis Hotline

515-243-6147

Services, education and resources for victims of domestic violence, behavioral health, career planning, childcare tutoring, juvenile justice, and social security benefits.

<https://cfiowa.org/programs/>

Iowa Sexual Abuse Hotline

1-800-770-1650 or TEXT 'IOWAHELP' to 20121

Provides free, confidential, trauma-informed service for people in Iowa 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-other-resources/contact-medicare>

988 Suicide & Crisis Lifeline

Text of call 988

24/7 Lifeline

<https://988lifeline.org/>

National Domestic Violence Hotline

800-799-7233 or TEXT "START" to 88788

24/7 Hotline for domestic violence

<https://www.thehotline.org/>

Runaway Safeline

800-786-2929

Confidential information and referral for youth in crisis and their families

https://www.1800runaway.org/?gclid=EAIaIQobChMI0vPg7K2F4wIVjLbACh23RwfuEAAAYASAAEgKQdfD_BwE

Your Life Iowa

1-855-581-8111 or text (855) 895-8398

Hotline for alcohol, drugs, gambling, suicide, mental health for adults and children

<https://yourlifeiowa.org/>

MENTAL HEALTH & SUBSTANCE ABUSE



CEDAR FALLS/WATERLOO

Celebrate Recovery

Call or text Jim Farley 319-404-2266 or email

jcfia@aol.com

2727 W 4th St, Cedar Falls, IA

12-step program for multiple addictions. Weekly meetings Thursday at 6:30 p.m. along with 5:30pm dinner meal. Childcare is available.

<https://cfchristianchurch.com/celebrate-recovery/>

NAMI Black Hawk County – Allen Hospital

319-235-5263 or email namibh@qwestoffice.net

1825 Logan Ave., Waterloo, IA

Free classes, education presentations, and support groups for mentally ill and families.

<https://namibh7.wixsite.com/website>

Access Wellness and Recovery Center

319-252-4631

3460 Canterbury Court, Waterloo, IA

A small Licensed Substance Use Treatment Agency.

Offers telehealth services, medication for addiction treatment, education and psychoeducation,

Professionals in Recovery Program, outpatient services,

onsite laboratory services, mental health and wellness

therapy, family medical services, and OWI classes.

Accepts Medicaid.

<https://www.accesswellnessrecovery.com/>

Pathways Behavioral Services

Mental Health: 319-352-2064

Substance Abuse: 319-235-6571

3362 University Ave. Waterloo, IA Treatment of

addictions, Inpatient and outpatient programs,

integrated health home, and prevention services.

Services are on a sliding scale. Provides services to

Grundy County.

<https://www.pathwaysb.org/>

Black Hawk- Grundy Mental Health Center – UnityPoint Health

319-234-2893 or 800-583-1526

3251 West 9th St., Waterloo, IA

Offers mental health services, alcohol and drug treatment, substance abuse evaluation, psychiatry and counseling. Financial assistance is available including medication assistance.

<https://www.unitypoint.org/locations/black-hawk--grundy-mental-health-center>

Brownstone Youth Services

319-242-5449 or email:

brownstone@nirservices.com

1402 Logan Ave, Waterloo, IA

Short-term youth & caregiver support center tailored to meet specific needs of 8-17 year old

individuals upon voluntary referral from a

professional. Individuals need to have been

determined to not need inpatient acute hospital

psychiatric services. Based off first come first serve basis.

GRUNDY CENTER

Grundy County Memorial Hospital – Mental Wellness Clinic

319-299-2864

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

Outpatient mental wellness clinic that offers

evaluation and treatment, medication

management and counseling. Two specialists are

available by appointment on Wednesdays &

Thursdays 7:30am-5pm.

<https://grundycounty.unitypoint.org/clinics/mental-wellness-clinic>

Grundy County Social Services

319-824-6779

706 H Ave, Suite 1, Grundy Center, IA

May have funds or support for persons with mental illness or disabilities. 24-hour support line at 855-581-8111.

<https://www.countysocialservices.org/grundy/>

Heart and Solutions

800-531-4236

626 G Ave Grundy Ave

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

<https://heartandsolutions.net/locations/grundy-center/>

MARSHALLTOWN

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

(641) 753-4021

101 Iowa Ave. W #102, Marshalltown, IA

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/mat/>

PARKERSBURG

Cedar Valley Mental Wellness- Parkersburg Clinic

319-299-2864

505 Coates St., Parkersburg, IA

Mental health support and counseling and therapy services. Accepts Medicaid and Medicare.

<https://cedarvalleymedical.com/specialty/mental-wellness/>

OTHER

NAMI Helpline

800-950-6264, text "Helpline" to 62640 or email

helpline@nami.org

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 Iowans 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/>

SAMHSA's National Helpline

1-800-662-4357

Free, confidential, 24/7 treatment referral and information service for individuals facing mental and/or substance abuse disorders.

<https://www.samhsa.gov/find-help/national-helpline>

OTHER RESOURCES

Deaf Services Commission of Iowa

888-221-3724 or (319) 291-4262
715 Mulberry St, Waterloo, IA 50703
Resources for the deaf
<https://hhs.iowa.gov/initiatives/community-advocacy/deafservices/deafsvcscommission>

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

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.
<http://www.proteusinc.net/>

Northeast Iowa Area Agency on Aging (NEI3A)

1-800-779-8707
NEI3A services Grundy County and coordinates services to help them maintain their desired independence; serves individuals 60 or older, 18 or older with a disability, and their care givers.
<https://www.nei3a.org/our-services/>



PHARMACIES & MEDICAL EQUIPMENT

CONRAD

NuCara - Conrad

641-366-2441

110 W Center St., Conrad, IA

<https://www.nucara.com/conrad-ia>

CEDAR FALLS/WATERLOO

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/locations/unitypoint-at-home---home-medical-equipment-store>

GRUNDY CENTER

NuCara – Grundy Center

319-824-5446

621 G Ave, Grundy Center, IA

<https://www.nucara.com/grundy-center-ia>

REINBECK

Reinbeck Pharmacy

319-788-7445

402 Main St., Reinbeck, IA

<https://reinbeckpharmacy.com/>

READING & LANGUAGE HELP

BEAMAN

Beaman Community Memorial Library

641-366-2912

223 Main St., Beaman, IA

M-F 2-6 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 for \$33.

<https://www.hawkeyecollege.edu/business-community/adult-education/ell>

Operation Threshold

319-291-2065

1535 Lafayette St, Waterloo, IA

Immigrant outreach services and housing assistance

<http://www.operationthreshold.org/programs/black-hawk/>

CONRAD

Conrad Public Library

641-366-2583

114 North Main St., Conrad, IA

T/TH: 2 p.m.-8p.m. M/W: 9 a.m.-8 p.m.

F: 2p.m.- 6p.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 7th 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

Emergency Interpretation Hotline is available for the safety of non-English speakers in life-threatening crisis situations.

https://iowainternationalcenter.org/iowa_translation_interpretation_service/

REINBECK

Reinbeck Public Library

319-788-2552

501 Clark St., Reinbeck, IA

M/T/TH/F 11 a.m. - 5 p.m. W 11 a.m.-6 p.m.

SAT 10 a.m. – 2 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/>

SCHOOL SYSTEMS



CONRAD

BCLUW Community School District

641-366-2810

610 East Center St., Conrad, IA

BCLUW Elementary School

641-366-2811

414 E Lillian Ave, Conrad, IA

<https://www.bcluw.org/schools/elementary/>

BCLUW Middle School

641-486-5371

704 Commercial Street, Union, IA

<https://www.bcluw.org/schools/middle-school/>

BCLUW High School

641-366-2810

610 E. Center St., Conrad, IA

<https://www.bcluw.org/schools/high-school/>

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://de.dnhcsd.org/>

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

319-345-2822

300 Cedar St., Reinbeck, IA

<https://www.gladbrook-reinbeck.k12.ia.us/page/contact-info>

Gladbrook- Reinbeck Junior High and High School

319-345-2921

600 Black Hawk St., Reinbeck IA

<https://www.gladbrook-reinbeck.k12.ia.us/page/contact-info>

GRUNDY CENTER

Grundy Center Community School District

319-825-5418

1301 12th St., Grundy Center, IA 50638

Grundy Center Elementary School

319-825-5461

903 9th 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/>

WELLSBURG/ACKLEY**AGWSR Community School District**

641-847-8006

713 Hardin St., Ackley, IA 50601

<https://www.agwsr.org/>

AGWSR Wellsburg Center

641-869-5121

609 Monroe St., Wellsburg, IA 50680

<https://www.agwsr.org/page/wellsburg-center>

Timothy Christian School

641-869-3679

18000 D Ave., Wellsburg, IA 50680

<https://timothychristianschool.net/>

TRANSPORTATION

CEDAR FALLS/WATERLOO

Cozy Van

866-322-9826

1417 Falls Ave, Waterloo, IA

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 any transportation needs.

<http://cozyvan.com/>

Dolly's Taxi

319-242-7280

2202 College St., Cedar Falls, IA

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

<https://www.dollystransport.com/>

MET Para Transit

319-234-5714

1515 Black Hawk St., Waterloo, IA

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://www.grundycountyiowa.gov/departments/general-relief>

OnBoard Public Transit

319-233-5213

229 E. Park Ave. Waterloo, IA

A service of the Iowa Northland Regional Transit Commission (INRTC) that is open to the general public, 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. Costs \$2.00/mile (minimum \$8.00/one-way trip).

<https://onboardpublictransit.com/#page-top>

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

Access2Care

844-544-1389

For Iowa Health Link members only Provides non-emergency medical transportation services covered by Medicaid. Available 7:30 a.m. to 6 p.m., Monday through Friday. Rides to appointments must be scheduled two days in advance.

<https://www.myamerigroup.com/ia/care/find-doctors-locations.html>

Amerigroup MCO Transportation

844-544-1389

Medicaid covered transportation reservations.

<https://www.uhcprovider.com/en/health-plans-by-state/iowa-health-plans/ia-comm-plan-home.html>

UTILITY & HOUSING ASSISTANCE

CEDAR FALLS/WATERLOO

Waterloo Housing Authority

319-233-0201

620 Mulberry St., Waterloo, IA

Administers Section 8 program that helps with housing for low-income families.

https://www.cityofwaterlooiowa.com/departments/housing_authority/index.php

Salvation Army – Men’s Shelter

319-233-1952

149 Argyle St. Waterloo, IA

Short term housing. Free, call for assistance.

<https://centralusa.salvationarmy.org/waterloo/>

Salvation Army – Women’s Shelter

319-232-0397

603 S Hackett Waterloo, IA

Short term housing. Free call for assistance.

<https://centralusa.salvationarmy.org/waterloo/>

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).

<https://www.operationthreshold.org/programs/grundy/>

Grundy County Dept. of Human Services

Assistance programs through Iowa Health & Human Services.

<https://hhs.iowa.gov/programs/apply-services>

Pheasant Hollow Apartments

319-824-3322

91 D Ave Grundy Center

Low-income apartments

<https://pheasanthollowapts.com/>

Veteran’s Affairs

319-825-4952 Joan Watson

706 H Ave Grundy Center

May be able to assist with benefits, job search, housing or financial issues on a case-by-case basis. Office hours M/T/W 8-4:00pm. Appts are encouraged.

<https://grundycounty.org/departments/veteran-affairs>

OTHER

Iowa Mortgage Help Hotline

877-622-4866

1606 G Ave Grundy Center

Assistance in accessing help with mortgage foreclosure

<https://www.iowamortgagehelp.com/>

VIOLENCE & ABUSE

Crisis Intervention Services Domestic Abuse Outreach Staff – Grundy County

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

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 "START" to 88788

24/7 Domestic Violence Hotline

<https://www.thehotline.org/>

Iowa 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/>

WELLNESS



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=3591797E-01B1-4342-B96F-67157DB00556&Type=B_BASIC

Jill Fiscus Center

641-366-2810

610 Center St., Conrad, IA

Located inside BCLUW High School

<https://www.facebook.com/JillFiscusWeightRoomCenter/>

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 7th St., Dike, IA

Daily hours for the pool are 1:00-5:30p.m./6:30-8:30 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 (\$22/ m for youth, \$50/m adult, \$66/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 \$180 and Single \$90 Daily Admission: \$5/Person

<http://www.grundycenter.com/enjoying-gc/recreation>

Endurance Physical Therapy

319-825-6287

2201 Commerce Dr. Grundy Center, IA

Offers physical therapy, specialized evaluation and treatment, functional dry needling, fitness classes, tune-up sessions.

<https://www.enduranceptiowa.com/>

Grundy Center Chiropractic

319-825-4400

605 G Ave., Grundy Center, IA

Dr. Gabriel Smith – Hours: Mon & Friday: 8am-4pm
Tues: 8am- 7pm, Wed & Sat: By appointment only.

<https://grundycenterchiropractic.com/>

Boerm Family Chiropractic

319-824-3650

412 G Ave., Grundy Center, IA

Dr. Mitchell Boerm & Dr. Paul Eberline – Hours:

Mon-Fri: 8am-5pm.

<https://www.eberlinechiro.com/>

REINBECK

The Center – Rural Fitness & Wellness

319-788-2829

101 Progress Dr., Reinbeck, IA

Hours: M-F: 5am-10pm/Sat & Sun: 7am-4pm

<https://thecenter-reinbeck.com/>

Reinbeck Fitness Center

319-788-6404

414 Main St., Reinbeck, IA

Single Membership \$95 per year, Family

Membership \$125 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

Regular Hours: Mon-Thurs 1:00 pm-5:00 pm/7:00-

8:30pm. Fri-Sun: 1:00pm-6:00pm.

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