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## Addiction, Substance Abuse and Harm Reduction

<p>GuideLink Center 300 Southgate Ave. Iowa City, IA 52240 (319) 688-8000 <a href="#">GuideLink Center   Adult Mental Health and Substance Use Services</a> Open 24/7</p>	<p>24/7 mental health support and follow-up resources Beds available for 5 days (i.e., a mother who is experiencing a postpartum depression crisis and does not know where to go) Sobering service and detoxification</p>
<p>Iowa City Sober Living PO Box 2946, Iowa City, IA 52244 <a href="mailto:IowaCitySoberLiving@gmail.com">IowaCitySoberLiving@gmail.com</a></p>	<p>A safe haven for women in early recovery who wish to break the bonds from their primary addiction.</p>
<p>Obstetrics and Gynecology Clinic - Supporting, Opportunities, Achievements, and Recovery (SOAR) Clinic - Pomerantz Family Pavilion (PFP) 200 Hawkins Drive, Iowa City, IA 52242 Level 3, Elevator M</p>	<p>Comprehensive prenatal care and substance use treatment while pregnant.</p>
<p>United Action for Youth's Young Parent Program PO Box 892 Iowa City, IA 52244 (319) 338-7518 Jessie Harper at <a href="mailto:jessie.harper@unitedactionforyouth.org">jessie.harper@unitedactionforyouth.org</a></p>	<p>Home Health Program by Nurse Practitioner – well child checks, acute care visits, and prescriptions Parenting Skills Child Development Education Informal Counseling Area Advocacy and Referrals Young Mom Support Group (Transportation and Childcare Provided) Play Group (Transportation provided) Referrals</p>
<p>Your Life Iowa – Iowa HHS <a href="https://yourlifeiowa.org">https://yourlifeiowa.org</a></p>	<p>Your Life Iowa is funded by the Iowa Department of Health and Human Services under the Division of Behavioral Health provides addiction recovery, maternal health, and adult, children and adolescent mental health services via phone, text, or live online chat.</p>

**Alternative and Complementary Health Care Providers – chiropractors, acupuncturists, physical therapists etc**

**Child and Family Advocacy, Protection and Welfare - community or government agencies (financial assistance, food assistance, housing, immigration services, legal services, etc.)**

<p>CommUnity Crisis Services 1121 S. Gilbert Court Iowa City, IA 52240 Food Bank: 045 Highway 6 East Iowa City, IA 52240 <a href="http://builtbycommunity.org">CommUnity Crisis Services   Iowa City Crisis Center (builtbycommunity.org)</a> Business Line: (319) 351-2726 Crisis Text/Phone 988 Mobile Crisis Response (855) 581-8111 Food Bank (319) 351-0128 Closed on Saturdays before Holidays (see website for exact dates)</p>	<p>Financial Support, Food Bank, Crisis Helplines, Mobile Crisis, Healing Prairie Farm for Youth in Crisis</p>
<p>Center for Worker Justice of Eastern Iowa (319) 594-7593 <a href="mailto:info@cwjiowa.org">info@cwjiowa.org</a> 1556 S 1st Avenue #C, Iowa City, IA, 52240 Monday through Friday, 10:00am to 5:00pm</p>	<p>Worker Rights Resources for Immigrant Workers Housing and Food Insecurity Legal assistance</p>
<p>Coralville Food Pantry 804 13<sup>th</sup> Avenue Coralville, IA 52241 <a href="http://coralvillefoodpantry.org">Coralville Community Food Pantry (coralvillefoodpantry.org)</a> TUESDAY: 2-6PM WEDNESDAY: 4-6PM THURSDAY: 11:30AM-1:30PM FRIDAY: 11AM-1PM (SENIORS 60+ &amp; INDIVIDUALS W/ DISABILITIES ONLY) SATURDAY: 10:30AM-1PM Or Home Delivery if Needed</p>	<p>Weekly Food and Personal Care Item Assistance, Free Community Meals, School Break (i.e., Summer) Assistance Veggie Connect (Food from locally grown farms), Seed Library (Help to grow own food)</p> <p>Must be a Coralville, Tiffin or Oxford Resident</p>
<p>IC Compassion 1035 Wade St, Iowa City, IA 52240</p>	<p>Housing, Job &amp; Legal Services Referrals to other immigrant services Diapers, Household Items</p>

(319) 330-9883 Mon-Fri Walk-in Services	
Iowa City Catholic Workers Iowa City Catholic Worker House 1414 Sycamore Street Iowa City, Iowa 52240 <a href="mailto:iowacitycatholicworker@gmail.com">iowacitycatholicworker@gmail.com</a> Emily Sinnwell 515-729-6482	Housing Questions Monthly rent assistance Protective Accompaniment Deportation Defense Food Laundry Toiletries
Iowa Legal Aid Iowa City Regional Office 1700 S. 1 <sup>st</sup> Ave Suite 10 Iowa City, IA 52240 1-800-532-1275 <a href="#">Iowa Legal Aid</a>	Free Civil Legal Assistance with a charge which may include: Child Support, Divorce, Domestic Violence, Housing Issues, Debt Collection, Immigration, Eviction, Elder Law, Disability, Unemployment, Food Assistance, and Disaster Relief
Johnson County Public Health 855 S Dubuque St #217, Iowa City, IA 52240 (319) 356-6040 Mon-Fri Walk-in Services	WIC Food Assistance Free Breast Pumps Lactation Classes Breast Feeding Peer Counselors Childbirth Education Program RN Home Visits Vaccines STD Testing Maternal Health Free Nutrition & Dental Care
North Liberty Food Pantry 89 North Jones Boulevard North Liberty, IA 52317 (319) 626-2711 <a href="http://northlibertycommunitypantry.org">northlibertycommunitypantry.org</a> Monday, 9:30 AM-Noon Tuesday, 9:30 AM-Noon and 3:30-6:00 PM Wednesday, 9:30 AM-Noon Thursday, 9:30 AM-Noon and 3:30-6:00 PM Saturday, 9:30 AM-Noon Or Home Delivery if needed	Food, Clothing, Diapers, Toilet Paper, Feminine Hygiene Products  Must be a North Liberty or rural resident in Johnson County
Open Heartland 3 E Benton St, Iowa City, IA 52240 No Phone <a href="#">Open Heartland</a> <a href="#">Open Heartland   Iowa City IA   Facebook</a>	Food English Language Classes Baby clothes Household items Free Clothing

<a href="#">Open Heartland (@open_heartland) • Instagram photos and videos</a> <a href="mailto:openheartlandic@gmail.com">openheartlandic@gmail.com</a> Mon & Wed 2:00-5:00 Tues, Thurs & Fri 10:00-2:00	Back to School Programs Holiday Family Project Health Exams (during health fairs)
Shelter House 429 Southgate Avenue Iowa City, IA 52240 (319) 351-0326 <a href="#">Shelter House - More than a roof and a bed (shelterhouseiowa.org)</a> 8 am – 5 pm Monday through Friday or Emergency Shelter open 24/7	Emergency Shelter and Support (food, clothing, bathing and laundry) Connections to health care, employment, and housing.
The Immigrant Welcome Network of Johnson County 1927 Keokuk St Iowa City, IA 52240 (319) 800-1885 <a href="mailto:info@iwnjc.org">info@iwnjc.org</a>	Temporary Housing Community Resources Employment Assistance Permanent Housing Support Job readiness classes ESL courses and leadership classes Mentorship program Legal support
<h3>Childbirth Education Classes and Outcome Specific Support Groups</h3>	
Johnson County Public Health 855 S Dubuque St #217, Iowa City, IA 52240 (319) 356-6040 Mon-Fri Walk-in Services	WIC Food Assistance Free Breast Pumps Lactation Classes Breast Feeding Peer Counselors Childbirth Education Program RN Home Visits Vaccines STD Testing Maternal Health Free Nutrition & Dental Care
Resurrection Assembly of God 1330 Keokuk St, Iowa City, IA 52240 allison.resurrection@gmail.com WhatsApp 319-863-9499	Pre/Postnatal Support Groups Miscarriage Support Groups Referrals to Spiritual Services Referrals to Doula Services Referrals to Community Resources
United Action for Youth's Young Parent Program PO Box 892 Iowa City, IA 52244 (319) 338-7518 Jessie Harper at <a href="mailto:jessie.harper@unitedactionforyouth.org">jessie.harper@unitedactionforyouth.org</a>	Home Health Program by Nurse Practitioner – well child checks, acute care visits, and prescriptions Parenting Skills Child Development Education

	Informal Counseling Area Advocacy and Referrals Young Mom Support Group (Transportation and Childcare Provided) Play Group (Transportation provided) Referrals
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## Childcare

Child Care Assistance  
Johnson County Department of Human  
Services  
855 S. Dubuque Street  
Must pick up and fill out an application form

Child Care Assistance (CCA) is available to the children of income-eligible parents who are employed or participating in an approvable academic or vocational training or PROMISE JOBS activities.

## Domestic Violence Support Groups, Shelters, Rape Victim Advocacy, and Community or Government Resources

Domestic Violence Intervention Program &  
Rape Victim Advocacy Program  
1105 S Gilbert Court  
Iowa City, IA 52240  
(800) 373-1043  
[Home - Domestic Violence Intervention Program \(dvpiowa.org\)](http://dvpiowa.org)

Comprehensive support and advocacy services for victims and survivors of domestic violence/rape.  
Serves Eastern Iowa

## Lactation Specialists, Support Groups, Supply Resources

Johnson County Public Health  
855 S Dubuque St #217, Iowa City,  
IA 52240  
(319) 356-6040  
Mon-Fri Walk-in Services

WIC Food Assistance  
Free Breast Pumps  
Lactation Classes  
Breast Feeding Peer Counselors  
Childbirth Education Program  
RN Home Visits  
Vaccines  
STD Testing  
Free Nutrition & Dental Care

Material Goods (baby supplies, clothes, household goods, etc.)	
Houses Into Homes 401 6 <sup>th</sup> Ave Coralville, Iowa (319) 435-1075 <a href="#">Houses into Homes, Iowa City, IA</a>	Beds, Furniture, and Household Items
IC Compassion 1035 Wade St, Iowa City, IA 52240 (319) 330-9883 Mon-Fri Walk-in Services	Diapers, Household Items Housing, Job & Legal Services Referrals to other immigrant services
Open Heartland 3 E Benton St, Iowa City, IA 52240 No Phone <a href="#">Open Heartland</a> <a href="#">Open Heartland   Iowa City IA   Facebook</a> <a href="#">Open Heartland (@open_heartland) •</a> <a href="#">Instagram photos and videos</a> <a href="mailto:openheartlandic@gmail.com">openheartlandic@gmail.com</a> Mon & Wed 2:00-5:00 Tues, Thurs & Fri 10:00-2:00	Baby clothes Household items Food English Language Classes Free Clothing Back to School Programs Holiday Family Project Health Exams (during health fairs)
Proteus 1548 S. Gilbert Street Iowa City, IA 52240 (800) 372-6031 <a href="mailto:info@proteusinc.net">info@proteusinc.net</a> <a href="https://www.proteusinc.net">https://www.proteusinc.net</a>	Supports Agricultural Workers including Healthcare, Immunizations Health & Safety Training for chemical and heat exposure, etc. Toiletries, Laundry Bags Long-sleeve shirts Other materials that are needed

Medical Interpreting



Parenting Support Groups, Education and Resources	
Resurrection Assembly of God 1330 Keokuk St, Iowa City, IA 52240 allison.resurrection@gmail.com WhatsApp 319-863-9499 Services start in August	Pre/Postnatal Support Groups Miscarriage Support Groups Referrals to Spiritual Services Referrals to Doula Services Referrals to Community Resources
United Action for Youth's Young Parent Program PO Box 892 Iowa City, IA 52244 (319) 338-7518 Jessie Harper at <a href="mailto:jessie.harper@unitedactionforyouth.org">jessie.harper@unitedactionforyouth.org</a> Or <a href="https://www.unitedactionforyouth.org/ypp">https://www.unitedactionforyouth.org/ypp</a> for online referral form	Home Health Program by Nurse Practitioner – well child checks, acute care visits, and prescriptions Parenting Skills Child Development Education Informal Counseling Area Advocacy and Referrals Young Mom Support Group (Transportation and Childcare Provided) Play Group (Transportation provided) Referrals
Your Life Iowa – Iowa HHS <a href="https://yourlifeiowa.org">https://yourlifeiowa.org</a>	Your Life Iowa is funded by the Iowa Department of Health and Human Services under the Division of Behavioral Health provides addiction recovery, maternal health, and adult, children and adolescent mental health services via phone, text, or live online chat.

Perinatal and Pediatric Healthcare Providers - OB-GYN, family practice, midwives	
Iowa Health Care Family Medicine Clinic To refer or schedule: 319-678-6975 or <a href="mailto:rachel-d-lewis@uiowa.edu">rachel-d-lewis@uiowa.edu</a> Iowa City Medical Center: 1-319-384-7222 River Crossing: 1- 319-467-8355 IRL-East: 1- 319-467-2000 Scott Blvd: 1- 319-467-6789	Financial Assistance for Prenatal and Postpartum Care (up to 12 weeks after delivery) regardless of length of Iowa residency  Postpartum contraception assistance
Informed Choices 821 S Gilbert St, Iowa City, IA 52240	Pregnancy Testing Ultrasound

<p>(319) 337-0575 By appt. only</p>	<p>Prenatal Care with RN Adoption Services Referral Services STD Testing Cervical Cancer Testing</p>
<p>Johnson County Public Health 855 S Dubuque St #217, Iowa City, IA 52240 (319) 356-6040 Mon-Fri Walk-in Services</p>	<p>WIC Food Assistance Free Breast Pumps Lactation Classes Breast Feeding Peer Counselors Childbirth Education Program RN Home Visits Vaccines STD Testing Maternal Health Free Nutrition &amp; Dental Care</p>

## Perinatal Mood and Anxiety Disorder Support Groups, Therapists, and Resources

<p>GuideLink Center 300 Southgate Ave. Iowa City, IA 52240 (319) 688-8000 GuideLink Center   Adult Mental Health and Substance Use Services Open 24/7</p>	<p>24/7 mental health support and follow-up resources Beds available for 5 days (i.e., a mother who is experiencing a postpartum depression crisis and does not know where to go) Sobering service and detoxification</p>
<p>Women's Wellness &amp; Counseling Service tests and treatments</p> <p>In Medical Center 200 Hawkins Drive, Iowa City, IA 52242</p> <p>In Iowa River Landing 105 East 9th Street, Coralville, IA 52241</p> <p>In Iowa City, North Dodge 1360 North Dodge Street, Iowa City, IA 52245</p> <p>Phone: 1-319-384-5499</p>	<p>The University of Iowa Health Care Women's Wellness &amp; Counseling Service team can help with:</p> <ul style="list-style-type: none"> <li>• Experiencing stress while trying to conceive</li> <li>• Feeling alone as parent cope with infertility</li> <li>• Noticing mood changes during or after pregnancy</li> <li>• Grieving a pregnancy loss or other reproductive trauma</li> </ul> <p>Also available in the neonatal intensive care unit (NICU) and the OB-GYN Maternal Substance Use Disorder Clinic. It's also available if the pregnant person is hospitalized before delivery.</p>

<p>Your Life Iowa – Iowa HHS <a href="https://yourlifeiowa.org">https://yourlifeiowa.org</a></p>	<p>Your Life Iowa is funded by the Iowa Department of Health and Human Services under the Division of Behavioral Health provides addiction recovery, maternal health, and adult, children and adolescent mental health services via phone, text, or live online chat.</p>
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<p>Postpartum Doula</p>
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