

ADULT MENTAL HEALTH SERVICES

Abbe Center for Community Mental Health

Adult Day Treatment, Community Support Services,
Intensive Psychiatric Rehab, Club 520 (Social Support
Ctr), Outpatient Therapy, Medication Management,
Targeted Case Mgmt. Svcs, Program for Assertive
Community Treatment, Transitional Living Svcs
520 11th St. NW398-3562

Catholic Charities

420 6th St. SE, Ste.. 220.....364-7121

Cedar Centre Psychiatric Group

1730 1st Ave. NE 365-3993

Cornerstone Brief Therapy

5925 Council St. NE, Suite 120393-6796

Crisis & Assessment Services

701 10th St. SE398-6476

Family Psychology Associates, PC

1221 Center Point Rd. NE531-9958

Foundation 2 Crisis Center

1540 2nd Ave. SE362-2174

Harambee House

404 17th St. SE366-1408

Horizons – A Family Service Alliance

819 5th St. SE398-3943

Keys to Living (Christian-based)

5250 North Park Place NE, Suite 210377-2161

Mercy Family Counseling

701 10th St. SE398-6575

St. Luke's Hospital - Adult Partial Hospitalization

1030 5th Ave. SE, Ste. 2000369-8176

St. Luke's Counseling Center

1077 N Center Point Road, Hiawatha369-7952

Veterans Center

4250 River Center Ct. NE378-0016

SUBSTANCE ABUSE COUNSELING

Abbe Dual Diagnosis Program

520 11th St. NW398-3562

Alcoholics Anonymous, Al-A Teen, Al-Anon.....365-5955

ANCHOR Ctr. Outpatient Substance Abuse Treatment

Individuals involved with the Criminal Justice System

3115 12th St. SW..... 297-3500

ASAC (Adult Residential, Outpatient Clinic)

3601 16th Ave. SW 390-4611

ASAC Heart of Iowa Mother & Child Recovery Center

4050 Bowling St. SW862-1050

Iowa Substance Abuse Information Center

Cedar Rapids Public Library, Westdale Mall 398-5133

Mercy Hospital – Sedlacek Treatment Center –

Detoxification Services

701 10th St. SE398-6476

Mid-Eastern Council on Chemical Abuse (MECCA)

430 Southgate Ave, Iowa City 1-319-351-4357

Narcotics Anonymous (Cedar Rapids).....202-7727

Sedlacek Treatment Center

(Dual Diagnosis Program, other treatment services)

5975 Rockwell Drive NE 398-6226

St. Luke's Chemical Dependency Services

1030 5th Ave. SE 363-4429

The Salvation Army

1000 C Ave. NW 364-9131

DOMESTIC & FAMILY VIOLENCE SERVICES

Batterer's Education Program

951 29th Ave. SW 398-3675

Horizons - Child Witness to Violence

819 5th St. SE 398-3943

St. Luke's Child Protection Center

1095 N Center Point Rd. Hiawatha.....369-7908

Waypoint Domestic Violence Program & Shelter

318 5th St. SE 363-2093

Domestic Violence Crisis Line1-800-208-0388

CRISIS/EMERGENCY

United Way 211 (24/7 Information & Referral)

..... 739-4211 or 866-469-2211

Abbe Center for Community Mental Health

520 11th St. NW 398-3562

A Abuse Addiction Agency 866-850-1953

Alcohol A 24 Hour Helpline of Recovery366-3118

Alcohol Treatment Ctr. 24 Hour Helpline ... 800-260-4014

American Red Cross

6300 Rockwell Dr. NE393-3500

DHS Child Abuse Reporting

411 3rd St. SE, Ste. 300 892-6800

Mercy Medical Center ER (24/7)

701 10th St. SE398-6037

Foundation 2 Crisis Center (24/7)

Hotline & Services362-2174

St. Luke's Hospital ER (24/7)

1026 A Ave. NE369-7105

National Suicide Prevention Lifeline (24/7)...800-SUICIDE

Waypoint Domestic Violence Program & Shelter

318 5th St. SE

Domestic Violence Crisis Line1-800-208-0388

EMERGENCY HOMELESS SHELTERS

American Red Cross

6300 Rockwell Dr. NE 393-3500

Cedar House Shelter

603 2nd St. SW 364-2630

Catholic Worker House

1027 5th Ave. SE 362-9041

Foundation 2 Youth Shelter

3015 12th Ave. SW 366-8797

Madge Phillips Center for Homeless Women & Children

318 5th St. SE 366-7999

Mission of Hope

1537 1st Ave SE362-5559

Willis Dady Shelter

1247 4th Ave. SE 362-7555

PSYCHIATRISTS

Abbe Center for Community Mental Health

520 11th St. NW 398-3562

Associates for Behavioral Healthcare

1510 Boyson Rd. Hiawatha 396-1066

Cedar Centre Psychiatric Group

1730 1st Ave. NE 365-3993

MercyCare Outpatient Psychiatry

701 10th St. SE 369-4777

ELDERLY RESOURCES

Aging Services

..... 398-3644

Alzheimer Association - East Central Iowa Chapter

317 7th Ave. SE, Ste. 402 294-9699 or 800-272-3900

Heritage Agency on Aging

6301 Kirkwood Blvd. SW 398-5559

LIFTS (transportation)

625 31st Ave. SW 892-5170

Milestones Adult Day Health Center

1725 0 Ave. NW 398-3647

Social Security Administration 800-772-1213

Witwer Senior Center

605 2nd Ave. SE398-3636

Administrative Office 317 7th Ave. SE, Ste 302A...365-1421

EMPLOYMENT RESOURCES

Division of Vocational Rehabilitation Services (DVRS)

Executive Plaza Building (for the disabled)

4403 1st Ave. SE, Ste. L10 294-9308

Goodwill of the Heartland

1441 Blairs Ferry Rd NE 393-3434

Iowa WORKS

4444 1st Ave. NE, Ste 436 (Lindale Mall)..... 365-9474

Promise Jobs

4444 1st Ave. NE, Ste 436 (Lindale Mall)..... 365-9474

Options of Linn County (for the disabled)

1240 26th Ave. Ct. SW..... 892-5800

Vocational Rehabilitation

4403 1st Ave. SE . Ste. L10 294-9308

Workforce Investment Act

4444 1st Ave. NE, Ste. 436 (Lindale Mall)..... 365-9474

FAMILY RESOURCES

Access 2 Independence of the Eastern IA. Corridor, Inc. 317 7 th Ave. SE, Ste. 403	366-0642
American Cancer Society 4080 1st Ave NE, Ste 101.....	365-5241
American Diabetes Association 317 7 th Ave SE, Ste 202B.....	247-5124
ARC of East Central Iowa (daycare, family support, etc.) 680 2nd St SE, Suite 200	365-0487
Bridgehaven Pregnancy Support Center 701 Center Point Rd NE	364-8967
Child Support Recovery	1-888-229-9223
Coalition to Augment the Bus System (CABS) 317 7 th Ave. SE, Ste. 205	363-1321
Community Health Free Clinic 947 14th Ave. SE	363-0416
Department of Human Services Title 19, Food Stamps, Child Protection Services ..	892-6700
Family Resource Centers:	
▪ Harambee House.....	366-1408
▪ Inn Circle Head Start/Early Head Start Center	366-7631
▪ Marion Head Start/Early Head Start Center	447-5816
▪ Linn County Child Development Center.....	892-5700
Foundation 2 Family Resources 1714 Johnson Ave. NW	362-1170
▪ Youth Shelter (3015 12th Ave. SW)	366-8797
The following are located at 1500 2 nd Ave. SE:	
▪ Transitional Living Program	368-3376
Four Oaks	
▪ Bridge Dummermuth Intergenerational Center 2100 1st Ave. NE	247-4834
▪ Cornerstone & Family Centered Services 2100 1 st Ave. NE	247-4834
Gay & Lesbian Resource Center 125 Grand Ave Ct., Iowa City.....	335-7123
HACAP (numerous programs for youth & families) 1515 Hawkeye Dr., Hiawatha	294-0423 or 393-2793
HACAP – Utility Assistance	739-0100
Healthy Linn Care Network 501 13 th St. NW	892-6080
Helping Hands Ministry (referrals for financial assistance) 601 2 nd Ave. SE, #2	366-2651
Hillcrest Family Services 317 7 th Ave. SE, Ste. 202C.....	362-3149
His Hands Ministry/Cedar Rapids Free Medical Clinic 400 12 th St. SE	862-2636
Iowa Legal Aid 317 7 th Ave. SE, Suite #404	364-6108 or 1-800-532-1275
Kirkwood Skills to Employment 4441 1 st Ave. NE.....	365-9474
High School Completion Program (GED) 1030 5 th Ave. SE	784-1510

YOUTH RESOURCES CONTINUED

Equipping Youth (addresses risky behavior) 118 3rd Ave. SE, Ste. 431	861-2747
Four Oaks:	
▪ CD+/ASAC (conduct disorder, substance dependence) 3601 16th Ave. SW	390-4611
▪ PHASE (day treatment) 1924 D St. SW	862-0060
▪ Regional Office 5400 Kirkwood Blvd SW	364-0259
Girl Scouts of Eastern Iowa & Western Illinois 317 7 th Ave. SE	363-8335
Grant Wood Area Education Agency 4401 6th St. SW	399-6700 or 1-800-332-8488
Horizons - A Family Service Alliance 819 5 th St, SE	398-3943
Jane Boyd Community House (call for programs) 943 14th Ave. SE	366-0431
Linn County Juvenile Detention Center (Youth) 800 Walford Rd. SW.....	892-5735
Linn County Youth Services 520 11th St. NW	892-5728
Mercy Medical Center	
▪ Fit Families	221-8877
Metro Care Connection (health care) Clinics at Taylor ES, Metro HS, & Wilson MS	558-2481
Tanager Place (foster care , adoption, mental health care) 2309 C St. SW	365-9164
YMCA	
▪ Helen G. Nassiff, 207 7th Ave. SE	366-6421
▪ Stoney Point, 300 Stoney Point Rd. SW	390-3488
Youth First (correctional system programs)	
▪ Peer Group Program	892-5720
▪ Children of Promise Mentoring Program	398-3907
▪ Youth Leadership	398-3907
Youth for Christ 3349 So. Gate Ct.,SW, Ste. 105	393-7996
FOOD	
Abundance of Love Food Pantry Christian Missionary Alliance Church 1622 42nd St. NE	393-4606
Cedar Hill Community Church Open Hands Food Pantry 6455 E. Ave. NW.....	396-6608
Churches of Marion Pantry 864 12th St., Marion.....	377-7309
Crossroads Mission 1006 2 nd St. SW.....	365-0707
Department of Human Services 411 3rd St. SE	892-6800 or 892-6700

CLOTHING & HOUSEHOLD ITEMS

American Red Cross 6300 Rockwell Dr. NE.....	393-3500
Birthright of Cedar Rapids 375 Collins Rd NE	393-3251
Cornerstone Clothes Hanger 162 Jacolyn Dr. NW	396-6361
Crossroads Mission 1006 2 nd St. SW.....	365-0707
First Presbyterian Church Thrift Shop 310 5th St. SE	364-6148
Goodwill of the Heartland	
▪ West Store (2000 Scotty Dr. SW)	654-9585
▪ East Store (5520 Council St. NE)	378-0393
▪ 3202 7 th Ave. Marion.....	373-0480
Harambee House 404 17th St. SE	366-1408
Helping Hands Storeroom 1st Presbyterian Church 802 12th St, Marion	377-7309
Madge Phillips Center (women & children) 318 5th St SE	366-7999
Olivet Clothing Closet 230 10th St. NW	364-7946
The Salvation Army Thrift Stores	
▪ 717 3rd Ave. SE	365-9333
▪ 2504 7 th Ave. (Marion).....	373-3373
St. Vincent DePaul 928 7th St. SE	365-5091
Taylor Family Resource Center Taylor Elementary School-South Gym 720 7th Ave. SW	558-2084
Treasures Resale Shop 701 Center Point Rd. NE	364-1988

FINANCIAL ASSISTANCE

Area Payee Services 2720 1 st Ave. NE, Ste. 120.....	364-9800
Credit Counseling & Debt Management 4403 1 st Ave. SE, Ste. 402.....	373-8297
Horizons – A Family Service Alliance 819 5 th Street SE.....	398-3943
Integrated Bonded Services, Inc. Debbi Orr 4635 Westchester Dr. NE, #C.....	debi.orr@gmail.com
Iowa Legal Aid 317 7 th Ave. SE, Ste. 404.....	364-6108 or 1-800-532-1275
Linnhaven Inc. 1199 Blairs Ferry Rd, Marion.....	377-9788
Optimae Life Services 2720 1 st Ave. NE, Ste. 120.....	364-4799

Linn Community Care	
1201 3 rd Ave. SE.....	730-7300
Linn County General Assistance (financial assistance)	
1240 26 th Ave. Ct. SW.....	892-5850
Linn Co. Rx/NACo Prescription Discount Card Program	
1240 26 th Ave Ct. SW.....	892-5600
Neighborhood Transportation Services (NTS)	
317 7th Ave. SE.....	363-1321
Olivet Neighborhood Mission	
Head Start/Clothes Closet/Youth Programs	
230 10th St. NW.....	364-7946
Parent Education Consortium (PEC)	
1120 33rd Ave. SW.....	399-6809
Partnership for Safe Families	
Imago Christi Presbyterian Church	
1700 B Ave. NE.....	286-0773
Planned Parenthood of the Heartland	
3425 1st Ave. SE. Ste. 100.....	363-8572
St. Luke's Dental Health Center	
855 A Ave. NE, Lower Level 1.....	369-7730
Young Parents Network	
420 6th St. SE, Ste 260,.....	364-8909

YOUTH RESOURCES

Abbe Center (Child & Adolescent Division)	
520 11th St. NW.....	398-3562
Abbe Oaks (Office & School Based Mental Health)	
317 7 th Ave. SE, Ste. 304.....	363-0636
Big Brothers Big Sisters	
3150 E Ave NW, Ste 103.....	377-8993
Boy Scouts of America	
660 32nd Ave. SW.....	862-0541
Boys & Girls Club	
420 6 th St. SE, Ste. 240.....	363-5766
Campfire USA	
6300 Rockwell Dr. NE.....	294-2411
Cedar Rapids Parks & Recreation	
2000 Mount Vernon Rd. SE.....	286-5731
Central Corridor Gamers	
225 K Ave. NW.....	363-5799
Child/Dependent Adult Abuse & Neglect Reporting	
Des Moines, IA.....	1-800-362-2178
Child Care Alliance Resource Team (behavioral support)	
4401 6 th St. SW.....	399-6818
Child Care Resource & Referral	
1515 Hawkeye Dr.	739-1556 or 800-223-0054
Early ACCESS (age 0-3 with developmental delays)	
4401 6 th St. SW.....	399-6746
Early Childhood (age 3-5 with developmental delays)	
4401 6 th St. SW.....	399-6746
118 3rd Ave. SE, Ste. 431.....	861-2747

First Baptist Church	
1260 29 th St. Marion.....	377-3275
Heritage Area Agency on Aging (meals for seniors)	
6301 Kirkwood Blvd SW.....	398-5559
Horizons – A Family Service Alliance	
Meals on Wheels Program	
.....	398-3574
King's Kitchen	
Christ Holiness Apostolic Temple	
355 19th St. SE.....	365-9594
Linn Community Food Bank (First Presbyterian Church)	
310 5th St. SE.....	364-3543
Linn County Veteran Affairs – Military only	
1240 26 th Ave. Ct. SW.....	892-5160
Loaves and Fishes	
1251 3rd Ave. SE.....	363-2029
Metro Catholic Outreach	
420 6 th St. SE.....	739-5490
Mission of Hope	
1537 1st Ave. SE.....	362-5559
River of Life	
3801 Blairs Ferry Rd. NE.....	393-3709
St. Vincent de Paul	
928 7th St. SE.....	365-5091
The Salvation Army Food Pantry	
1000 C Ave. NW.....	364-9131 ext. 110

HOT FOOD

First Lutheran Church (Saturday 4:30-5:30)	
1000 3rd Ave SE.....	365-1494
First Presbyterian Church (Sunday 4:30-5:30)	
310 5th St. SE.....	364-6148
Green Square Meals	
605 2 nd Ave. SE.....	365-6652
H.D. Youth Center (all meals are Monday-Friday)	
Breakfast: 5:45am-7:30am	
Call for site information.....	363-5239 or 329-8841
Heritage Area Agency on Aging (senior dining)	
Noon meal	
Call for meal sites.....	398-5559
House of Prayer (M-F, 11:30-12:45pm)	
406 12th St. SE.....	362-5962
Neighborhood Meal & Enrichment Program	
(M-F during the summer months, 11:30-1pm)	
▪ St. Paul's United Methodist Church	
1340 3rd Ave. SE.....	363-2058
Mission of Hope	
1537 1 st Ave SE.....	362-5559
The Salvation Army (M-F, 8-9am & 12-1pm)	
1000 C Ave. NW.....	364-9131

SUBSIDIZED HOUSING & ASSISTANCE

Cedar Rapids Housing Services	
1211 6th St. SW.....	286-5872
Cedar Village	
193 Jacolyn Dr NW.....	396-9083
Five Seasons Senior Housing	
1225 42nd St. NE.....	399-1550
Geneva Towers	
310 5th Ave. SE.....	366-0454
Glenbrook Apartments	
4845 Johnson Ave. NW.....	390-3124
Hawthorne Hills	
2283 C St. SW.....	365-1497
Irving Point Affordable Assisted Living	
910 7 th St. SE.....	294-5007
Kingston Hill Independent Living	
202 12 th St. NW.....	364-2342
Linwood Apartments	
4845 Johnson Ave. NW.....	396-7785
Margaret Bock Housing	
601 2nd Ave. SE.....	366-2651
Meadows Apts.	
1030 Memorial Dr SE.....	365-8444
Moundview Manor (for persons age 62+)	
2501 Hwy 13, Marion.....	373-8302
Oak Hill Manor	
1301 15th St. SE.....	362-6378
Oak Park Village	
1350 15th St. SE.....	362-7759
Oak Village	
101 S. 11th St., Marion.....	377-1347
Project Independence (for the disabled)	
4002 Sherman St. NE.....	393-0220
Westover Manor	
205 40th St. Dr SE.....	363-3086

PLEASE CALL 221-1184 WITH ANY CHANGES!

SUPPORT GROUPS

Abbe Center Club 520 520 11th St. NW	398-3562
Abbe Family Support Group 520 11 th St. NW.....	398-3534
Adult Diabetes Support Group 5264 Council St NE – Joslin Diabetes Center	398-6012
Alcoholics Anonymous, Al-Ateen , Al-Anon	365-5595
Alzheimer’s Support Group (3rd Monday of the month) St. Luke’s Hospital - Room 163 (6:30-8pm)	369-7190
ASAC Substance Abuse Support Groups 3601 16th Ave. SW	390-4611
Cancer Support Group (1 st Presbyterian Church) 309 1 st St. Mt. Vernon.....	398-6452
CODA Substance Abuse Support Group (Th, 5:30pm) St. Matthew’s Catholic Church - Basement 2310 1st Ave. NE	363-5238
DivorceCare Recovery Support Group (adults & children) Peace Christian Reformed Church Tuesdays; 6:00-8:00pm 6600 C Ave. NE	377-6600
Foundation 2 ▪ Depression & Anxiety Disorders Support Group ▪ Suicide Survivors Support Group 1714 Johnson Ave. NW	362-2174
GRASP (Group for Adults with Asperger’s Syndrome) 2nd Sat., 3-5pm grasp.org or rebecca-roberts@uiowa.edu	
Horizons (call for Support Group options) 819 5th St SE	398-3943
LADOS (Life After Death Of a Spouse) Support Group St. Mark’s Lutheran Church,8300 C Ave.NE Marion447-0100	
Mercy Medical Center 701 10th St. SE	398-6011
▪ Bereavement Support Groups	398-6735
▪ Baby Care Classes & Support Groups	363-BABY
▪ Sedlacek Aftercare Support Group (chem. dependence) & Family Support Groups	398-6226
Many more health-related classes & groups; call for info.	
MOMS Club of Cedar Rapids Support for Stay-at-Home & Part-Time Working Mothers Contact online..... www.momsclubcedarrrapids.org	
NAMI (National Alliance on Mental Illness) Family Members & Friends, Room 308 ▪ 3rd Thursday of the month 6-7pm Consumers & Friends, Room 307 ▪ 3rd Thursday of the month 6-7pm First Lutheran Church, 1000 3rd Ave. SE	221-1184
Overeaters Anonymous 710 10 th St. SE Mercy Hosp. Cafeteria	350-5078
St. Luke’s Hospital - Support Groups 1026 A Ave. NE ▪ Breast Feeding Friends	369-8944
▪ Empty Arms Support Group	369-7347

- New Beginnings: Adjusting to Motherhood..... 369-7580
 - Parkinson’s Support Group369-7331
 - Spinal Cord Injury Support Group.....369-8944
- Waypoint Services**
318 5th St. SE
- Journeys Through Healing (M 6:30-8pm)
 - Finding Your Voice (T 6:30-8pm)
 - Seeking Change (T 6:30-8pm)
 - Healing Together (Th 6-7:00pm)

TRANSITIONAL HOUSING & ALTERNATIVE LIVING ARRANGEMENTS

Abbe Center for Community Care 1860 County Home Rd., Marion	398-3534
Abbe Transitional Living Programs 520 11th St. NW	286-9822
Area Substance Abuse Council ▪ Adult Halfway House, Dual Diagnosis Recovery Center 3601 16th Ave. SW	390-4611
▪ Heart of Iowa Program 4050 Bowling St. SW	862-1050
▪ The Way Home Apartments 5480 Kirkwood Blvd. SW	363-3985
Catherine McCauley Center (women only) 866 4th Ave. SE	363-4993
Discovery Living, Inc. 1015 Old Marion Rd. NE	378-7470
Foundation 2 Transitional Living Program (youth) 1500 2 nd Ave SE	368-3376
Four Oaks (youth) 5400 Kirkwood Blvd. SW	364-0259
HACAP Inn-Circle 5560 6th St. SW	366-7631
HACAP Transitional Housing	366-7631 x6020
House of Hope (Christian-based) 1744 2nd Ave. SE	366-4673
Penn Center Inc. TL 3315 Agin Ct. NE.....	294-5236
Safe Place 527 6th Ave. SE	366-3430
Tanager Place (youth) 2309 C St. SW	365-9164

OTHER RESOURCES*

*Additional resources may be found on the Linn County Community Services Website: www.linncounty.org under Resource Charts.

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Tell Me Where To Turn

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