

Cedar Valley Community Resource Book

Sponsored by:
County CPPC

Black Hawk



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Last updated February 2025. Please contact the Black Hawk CPPC to update any information.

OTHER RESOURCE GUIDES

ONE CITY UNITED

One City United exists to connect individuals to resources and organizations that provide services that help end crisis, poverty, and addiction and equip individuals to transform their lives.

Resource Guide App <https://app.onecitycv.org/resources.html>

Where: [907 Independence Ave, Waterloo, IA 50703](#)

Phone: (319) 230-5145

Website www.onecitycv.org

FOUR OAKS FAMILY AND CHILDREN'S SERVICES

Resource Guide Link:

Where: [140 S Barclay St, Waterloo, IA 50703](#)

Website: <https://fouroaks.org/>

Phone: (319) 233-5695

WATERLOO PUBLIC LIBRARY

Resource Guide Link: <https://www.waterloopubliclibrary.org/community-resources-guide>

Black Hawk County General Assistance - Immediate assistance to those who cannot obtain it from any other source.

Where: 1407 Independence Ave., 4th Floor, Waterloo, IA 50703

Phone: 319-292-2261

BLACK HAWK COUNTY PUBLIC HEALTH

Resource Guide Link: <https://www.bhccpublichealth.org/mental-health/resources>

Where: [1407 Independence Ave Ste 5, Waterloo, IA 50703](#)

Website: www.bhccpublichealth.org

Phone: (319) 291-2413

CHAPTER 1: VICTIM SUPPORTS

This chapter contains resources for those who are being abused in any way.

AMANI COMMUNITY SERVICES

Culturally specific domestic violence and sexual assault agency serving African Americans in Black Hawk county, Linn county and in Dubuque, IA. Staff provides counseling, outreach services, personal advocacy, legal advocacy, children's programming and information and referrals.

Where: 2315 Falls Ave Suite 3, Waterloo, IA 50701 Phone: 319-232-5660 Website: Amani-cs.org

ALLEN CHILD PROTECTION CENTER

Provides immediate assistance for children or dependent adults who may be victims of abuse or have witnessed a crime.

Where: 212 W. Dale St. # 102, Waterloo, IA 50703
Phone: 319-226-2345 Website: www.unitypoint.org

CRIME VICTIM COMPENSATION PROGRAM

The Iowa Crime Victim Compensation Program helps victims with costs related to crimes injuries, both physical and emotional.

Where: Iowa Attorney General's Office, Lucas State Office Building, 321 East 12th St., Des Moines, IA 50319
Phone: 1-800-373-5044 OR (515)281-5044 Website: <https://www.iowaattorneygeneral.gov/>

FRIENDS OF THE FAMILY

We provide emergency shelter to survivors who are in immediate danger or risk of violent crimes (domestic violence, sexual assault, human trafficking, etc.).

Where: PO Box 784 Waverly IA 50677
Phone: 319-352-0037 Victim Service Hotline Website: <https://www.fofia.org/>

IOWA DOMESTIC ABUSE PROGRAM

The goal of this program is to prevent further battering by teaching alternative behaviors to violence. The program involves 24 weeks of two-hour sessions, and weekly homework.

Where: 527 E. 5th St., Waterloo, IA 50703 Phone: 1-800-485-8151

IOWA LEGAL AID

Free legal help with civil law problems for eligible low-income Iowans.

Where: 607 Sycamore St., Suite 304, Waterloo, IA 50703
Phone: 319-235-7008 Website: <http://www.iowalegalaid.org/>

DOMESTIC ABUSE ADVOCACY - Attorney's advice and assist clients in obtaining temporary or permanent protective orders from the court along with other services.

MONSOON ASIANS & PACIFIC ISLANDERS IN SOLIDARITY

The nonprofit organization provides holistic culturally and linguistic specific services to victims/survivors of domestic violence, sexual assault and human trafficking in Asian and Pacific Islander communities across Iowa.

Where: 4944 Franklin Avenue, Suite B, Des Moines, IA 50310
Phone: 515-288-0881; 866-881-4641 Website: www.monsooniowa.org

RIVERVIEW CENTER

Provides sexual assault services, legal and medical advocacy, long and short-term counseling, transition assistance for sexual violence survivors, and violence prevention education programs.

Where: 100 East Park Ave Ste 250, Waterloo, IA 50703 Phone: 319-939-9599

WAYPOINT

A domestic violence victim service program that provides free confidential services for Black Hawk County. Waypoint refers survivors to an advocate, call number below.

Outreach office located at the Waterloo Women's Center for Change: 1515 Lafayette St, Waterloo, IA 50703
Phone: 1-800-208-0388 Website: <https://www.waypointservices.org/>

CHAPTER 2: ADOPTION

Agencies that can assist or facilitate adoptions.

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Please contact or visit the website to get assistance with their adoption and foster care programs.

Where: 1407 Independence Ave., P.O. Box 7500, Waterloo, IA

Phone: 319-291-2441

Website: <https://hhs.iowa.gov/locations/black-hawk-county-dhs>

IOWA ASSOCIATION OF ADOPTION AGENCIES

IAAA is a volunteer association of adoption professionals who are united in their professional and personal dedication to children. Members of IAAA make a commitment to provide the highest quality of service to children and families. Their members offer various adoption options including Special Needs Adoption, International Adoption, and Domestic Infant Adoption. Please explore their website to learn more about adoption opportunities in Iowa.

Phone: 515-249-3403

Website: <http://www.iowaadoption.org/region/central-iowa>

CHAPTER 3: HEALTH AND WELLNESS SERVICES

This chapter has services that relate to health and wellness services for all.

ADULT CRISIS STABILIZATION CENTER

This is a short term (5 day) program for people in a mental health crisis. They accept walk-ins or referrals.

Where: 1440 W Dunkerton Rd Waterloo, IA 50703

Phone: 319-291-2455 ext. 4

ALLEN WOMEN'S HEALTH

Staff provides personalized care by listening to your healthcare concerns, answering your questions, and respecting your decisions regarding your healthcare. Specializing in the following women's health services: pregnancy testing; yearly exams and pap tests, birth control (including emergency contraception), STD testing and treatment; and treatment of minor GYN problems. Staff provide prenatal education, support and connection to community resources, and assistance with completing a Medicaid application during pregnancy if needed. They also offer individual childbirth and breastfeeding classes, if enrolled in the maternal health program. Anyone is welcome to participate in the programs.

Where: 233 Vold Drive, Waterloo, IA 50703

Phone: 319-235-5090

Website: <https://www.unitypoint.org/waterloo/clinic.aspx?id=399>

BAKARI BEHAVIORAL HEALTH INC

Bakari is a behavioral health provider employing licensed therapists and professional counselors who are committed to providing high quality service and care to children and families.

Where: 515 Beech St. Waterloo, IA 50703

Phone: 319-883-3067

BLACK HAWK COUNTY HEALTH DEPARTMENT

They can offer programs which cover some basic health needs such as cancer screenings, oral health services and STD clinics.

Where: 1407 Independence Ave, Waterloo, IA 50703

Phone: 319-291-2413

Website: http://co.black-hawk.ia.us/website_health/mainpage.htm

CARE FOR KIDS

Care for Kids is a program for children/persons (newborn through age 20 years) enrolled in Title 19/Medicaid, to help obtain health care. We can help with transportation to medical, dental, or counseling appointments, remind you of when your child's health screening is due, and give information about community resources. Our goal is to help children grow and be healthy.

Where: Black Hawk County Health Department 1407 Independence Ave., Waterloo 50703

Phone: 319-291-2413

CHILD CARE NURSE CONSULTANT

Provides health and safety information for parents and childcare providers with children enrolled in childcare

Where: Black Hawk County Health Department 1407 Independence Ave., Waterloo 50703

Phone: 319-291-2413

CHILDHOOD LEAD POISONING CONTROL PROGRAM

Free lead poisoning screenings, sponsored by the Black Hawk County Health Department, for children 12 months to 6 years of age. Referral and follow-up provided. Call for an appointment.

Where: Black Hawk County Health Department 1407 Independence Ave., Waterloo 50703

Phone: 319-291-2413

ELEVATE CCBHC

Elevate a “no walls” approach to provide behavioral health responses to anyone anywhere in Black Hawk County and surrounding areas. We are committed to providing our community with resources and services to identify your strengths and help you build a more healthy and happy life. Elevate offers therapy services, IHH, medication, substance use treatment and crisis services.

Where: 405 E 5th Street, Waterloo, IA 50703

Phone: (833) 370-0719 Website: www.elevateccbhc.org

HAWKEYE COMMUNITY COLLEGE STUDENT HEALTH CLINIC

This clinic is open to Hawkeye students and their dependent children. They have services for whether you are sick, managing a chronic health problem, working to develop a healthier lifestyle and other things.

Where: Hawkeye Community College, Health and Student Services Center, 1501 E. Orange Rd. P.O. Box 8015, Waterloo, IA 50704

Phone: 319-296-4224

Website: <https://www.hawkeyecollege.edu/>

I-SMILE DENTAL HOME PROGRAM

A program that helps Iowa’s children connects with dental services. This program assists with finding a dentist, scheduling an appointment, transportation, payment and will answer questions.

Where: Black Hawk County Child Health Center, 1407 Independence Ave., 5th Floor, Waterloo, IA 50703

Phone: 319-292-2208

Website: ismile.idph.iowa.gov

HAWK-I (HEALTHY AND WELL KIDS IN IOWA)

Free or low-cost healthcare insurance coverage for children up to 19 years of age. Individual dental coverage as well. Hawk-I is Iowa’s effort to make affordable health insurance coverage available to children in families with incomes too high to qualify for Medicaid, but too low to afford private family coverage. Eligibility is based on family size and income.

Where: 1407 Independence Ave., Waterloo, IA 50703

Phone: 319-291-2413

Website <https://hhs.iowa.gov/programs/welcome-iowa-medicaid/iowa-health-link/hawki>

LINKAGE TO OUTREACH, REFERRALS AND ENGAGEMENT (LORE)

A program of Pathways Behavioral Services aims to address the opioid and stimulant overdose crisis in Iowa by utilizing specially trained Peer Recovery Coaches (person with lived experience) to conduct intensive outreach services for those seeking recovery support services.

Where: 311 Irving Street

Phone: 319-232-6081

RESIDENTIAL TREATMENT AND PSYCHIATRIC MEDICAL INSTITUTE FOR CHILDREN (PMIC)

LSI’s two residential treatment centers provide 24-7 mental health services for children with severe emotional or behavioral disorders. LSI’s Beloit campus in Ames serves children ages 5-13, and LSI’s Bremwood campus in Waverly serves youth ages 13-18. Residential placement is usually the last option after all other treatment options are exhausted. LSI’s program is family-focused with a trauma-sensitive approach to care. We also provide extracurricular activities, an optional spiritual life program and both on-campus and public-school educational options.

MERCYONE PATIENT ENGAGEMENT

Free answers to your health care questions are as close as your phone. Just call us, 24 hours a day, 7 days a week, for questions about your health care. Our registered nurses are specially trained to provide accurate answers to a wide range of health care questions on a confidential basis. From proper nutrition and exercise to recognizing the symptoms of a serious illness, a simple call puts you in touch with valuable health care information.

Phone: 319-272-2600

Website: www.MercyOne.org/PatientEngagement

MERCYONE WATERLOO BEHAVIORAL HEALTH CARE

MercyOne has dedicated psychologists, licensed mental health counselors, and licensed social workers who are committed to helping individuals identify, adapt, and effectively deal with difficult times. Individual, couple, and family therapy are available for adults, adolescents, and young children. We have staff members who are experts in the areas of play therapy for ages 4-12, child and adolescent behavior issues, ADHD, issues, eating disorders; just to name a few.

Where: 2750 St. Francis Dr., Waterloo, IA 50702 or 2802 Orchard Dr., Cedar Falls, IA 50613

Phone: 319-272-8922 (Waterloo) / 319-272-9700 (Cedar Falls)

Website: www.mercyone.org/behavioralhealth

STILLPOINT ADOLESCENT PROGRAM

The Adolescent Behavioral Health Care Program is an evaluation program that provides hope and support to troubled teenagers (12-18 years old) and their families. Comprehensive help is available in dealing with family issues, substance abuse, eating disorders, sexual dysfunction, and depression.

NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) BLACK HAWK COUNTY

The agency works with people who have mental illness, their families, partners and friends. It offers advocacy, education, and mutual support through free classes, support groups, and educational programs with speakers. Please contact the agency if you have questions or would like to receive their bi-monthly newsletter, which includes a program calendar.

Where: Allen Hospital, 1825 Logan Ave., Waterloo, IA 50703

Phone: 319-235-5263

Email: namibh@qwestoffice.net

Website: <https://sites.google.com/site/namiblackhawkcounty>

NORTHEAST IOWA FAMILY PRACTICE CENTER

Where: 2055 Kimball Ave., suite 101, Waterloo, IA 50702

Phone: 319-272-2112

Website: <http://www.familypracticecenter.org/>

NORTH IOWA ELITE MENTAL HEALTH SERVICES

This is a ten-day Adult mental health program for individuals experiencing a decreased level of function due to a mental health condition. Referrals must be approved by a licensed mental health professional.

Where: 1440 W Dunkerton Rd Waterloo, IA 50703

Phone: 319-291-2455 ext. 6

PATHWAYS BEHAVIORAL SERVICES

Pathways Behavioral Services provides treatment for those dealing with substance, gambling and other mental health disorders. Evaluations; residential treatment and outpatient counseling; prevention and education programs such as DUI classes; medicated assisted treatment, detox center, and halfway housing are available. No one is turned away due to inability to pay.

Where: 3362 University Ave., Waterloo, IA 50701

Phone: 319-235-6571

Website: www.pathwaysb.org

PEOPLES COMMUNITY HEALTH CLINIC

Peoples Community Health Clinic, Inc. (PCHC) is a private, non-profit, Federally Qualified Health Center. We provide quality medical and dental care to anyone, regardless of age, race, nationality, employment, health insurance, income or location of residence.

Where: 905 Franklin St., Waterloo, IA 50703

Phone: 319-874-3000

Website: <http://www.peoples-clinic.com/>

UNITY POINT BLACK HAWK-GRUNDY MENTAL HEALTH CENTER, INC.

Provides a wide variety of community based mental health services to individuals, couples, and families residing in Black Hawk and Grundy counties. Some of the services offered include individual, marital, group and family counseling, community support services to individuals with a serious and persistent mental illness, psychological testing, mental health services to at-risk youth in the schools, transitional services to individuals with a mental illness who are incarcerated in the prison system, mental health services to homeless.

Where: 3251 W. 9th St. Waterloo, IA 50702

Phone: 319-234-2893 & 1-800-583-1526

PEDIATRIC INTEGRATED HEALTH PROGRAM

Does your child struggle at school or home because of behavioral health issues? Medicaid-eligible families can enroll in a free program, Pediatric Integrated Health (PIH), to receive care coordination and family support services to help maximize your child's potential. The PIH is a team of professionals working together with you, your child and your family to provide whole person, patient centered, coordinated care for children and youth with mental health or behavioral challenges. The team will consist of a registered nurse, social worker and a family support specialist.

Pathways: 3362 University Avenue, Waterloo, IA 50701 Call: 319-235-6571

Black Hawk - Grundy Mental Health Center - UnityPoint Health: 3251 West 9th Street, Waterloo, IA 50702
Call: 319-234-2893

UNITY POINT CLINIC PSYCHIATRY

We cover a broad range of behavioral and emotional concerns, from short-term personal situations to disabling illnesses and postpartum depression. We can offer counseling and services that are specific to your goals. Treatments vary based on your individual, emotional, mental, physical and medication needs.

Where: 1824 W. 8th St. Cedar Falls, IA 50613

Phone: 319-277-0992

YWCA

The YWCA has a variety of programs, services and facilities to serve and support every member of the family. Programming includes parenting, case management, English instruction, gender-specific youth development, childcare for school age children and fitness, health and wellness classes and activities. Please call, visit their website, or Facebook, for information on current programs and activities.

Where: 425 Lafayette St., Waterloo, IA 50703

Phone: (319)234-7589

Website: <https://www.ywcabhc.org> Facebook: facebook.com/ywcabhc

HEALTH & WELLNESS SERVICES

Provides a wide array of fitness classes, wellness information and education, and health assessments and screenings to support individuals from 6 months through senior citizens. Fees apply and Financial Assistance is available based on household income and size. And some services are covered by health insurance. Please call YWCA Health & Wellness Services for more information.

MERCYONE HORIZONS - HELP FOR SUBSTANCE ABUSE

Substance abuse is a serious disease. Through counseling and education, Horizons helps patients, and their families learn the most important thing about substance abuse and addiction – how to recover. To learn more, call or visit our website.

Where: 3421 W. 9th St., Waterloo, IA 50702

Phone: 319-272-2873

Website: www.mercyone.org/behavioralhealth

AMANI COMMUNITY SERVICES

Culturally specific domestic violence and sexual assault agency serving African Americans in Black Hawk county, Linn county and in Dubuque, IA. Staff provides counseling, outreach services, personal advocacy, legal advocacy, children's programming and information and referrals.

Where: 1024 W 4th St, Waterloo, IA 50702

Phone: 319-232-5660

Website: Amani-cs.org

MID-IOWA FAMILY THERAPY CLINIC INC.

Mid-Iowa Family Therapy Clinic provides therapy to families of all types, children and adults. Services include BHIS, CSS, and Play therapy. We accept most insurance including Medicaid and private pay.

Where: 3275 W. 4th St. Waterloo, IA 50701

Phone: 319-833-0072

Website: <http://www.miftc.com/>

RIVERVIEW CENTER

Provides sexual assault services, legal and medical advocacy, long and short-term counseling, transition assistance for sexual violence survivors, and violence prevention education programs.

Where: 2055 Kimball Ave. #355, Waterloo, IA 50701

Website: www.riverviewcenter.org

Phone: 319-939-9599

HEART AND SOLUTIONS-A STRENGTH BASED COUNSELING AGENCY

Mental Health Therapy, Marriage and Family therapy, BHIS therapy, and play therapy

Where: 227 E. San Marnan Drive, Waterloo, IA 50702

Phone: 1-800-531-4236

Website: www.heartandsolutions.net

CEDAR VALLEY HOSPICE

In addition to hospice and palliative care, Cedar Valley Hospice provides comprehensive grief support services to the community, including individual and family counseling for adults and youth and education on death, dying and grief. The goal of Cedar Valley Hospice's grief support services is to help family members and friends adjust their lives after the death of a loved one. Grief services are available to anyone who is grieving a loss due to death, no hospice affiliation required and are offered free of charge.

Where: 900 Tower Park Drive, Waterloo, IA 50701

Phone: 319-272-2002

Website: www.cvhospice.org/services/grief-support/

YOUTH SUPPORT VISITS The Eucalyptus Tree program is specifically designed for supporting children and young adults with their grief. Our staff are specifically trained and will help to address the concerns and questions of young people. We will design an informative and supportive meeting to address the needs of family members in an age-appropriate manner.

GRIEF AND DEATH EDUCATION The Eucalyptus Tree program educates people of all ages about death and grief experienced by children and families. We have educational presentations available for ages Pre-K to adults and will travel to your location. Eucalyptus Tree staff are also available to provide crisis support to area schools. GRIEF COUNSELING Sometimes, youth need more than just support and guidance. We may recommend individual counseling, family counseling, or play therapy for your child. The Eucalyptus Tree staff will make appropriate referrals and maintain contact with your family, school, and counselor regarding concerns about grief and loss.

KATIE AND QUINCY KOALA Mascots Katie and Quincy Koala will visit with 4-to-9-year-old children, offering friendship, support and hugs. The koalas bring lessons and activities, helping to guide difficult conversations and promote open family communication.

PARENT CONSULTATION It's not easy to talk about death and dying. These consults give parents or other caring adults information, resources, or someone to discuss ways to help a young person. Our staff are available by phone or in person to provide you with advice, support and information.

YOUTH GRIEF CAMP Grief can make youth feel very isolated from their peers. Cedar Valley Hospice's annual Youth Grief Camp helps connect youth ages 5-12 with peers who have also experienced loss through grief-focused activities and conversation. This day camp is free, open to anyone in the community and typically held in July.

FAMILIES FIRST COUNSELING SERVICES OF IOWA

Families First Counseling has 17 offices and serves 57 counties in Iowa. We offer in-home, in school, and virtual Behavioral Health Intervention Services (BHIS) and Trauma Informed Therapy services, in office, in school, and virtually. These services are designed to teach skills and interventions that empower children and their families to address behavioral health concerns such as ADHD, oppositional behaviors, impulse control, and emotional issues. Therapy is also offered to adults who are seeking to improve their mood, thoughts, and behaviors.

Where: 123 Plaza Circle, Waterloo, IA 50701

Phone: 1-888-316-3025

Website: www.families-first.net

LUTHERAN SERVICES IN IOWA

LSI is a nationally accredited provider of early childhood in-home parent support and education, therapy, behavioral health, integrated health coordination, supported apartment living, IRCS Refuge Services, and other mental health services. LSI provides services to people with disabilities (supported community living and respite care), LSI serves people of all ages, genders, nationalities, religions, ethnicities, and sexual orientations.

Where: 3640 University Ave., Waterloo, IA 50701

Phone: 319-233-3579

Website: www.lsiowa.org/services-for-children-and-youth/

BEHAVIORAL HEALTH INTERVENTION SERVICES

LSI's behavioral health intervention services (BHIS) help children and youth with a mental health diagnosis or serious emotional disturbance build skills in areas such as anger management, coping, healthy decision making, relationship building, and more. Services can occur in the home, office, or school setting.

THERAPY SERVICES

LSI's therapy services provide child and adult therapy and mental health assessments by licensed professionals. LSI also provides play therapy in Waterloo. LSI typically does not have a waiting list for therapy. LSI accepts both Medicaid, also known as Title 19 insurance, and private pay cases.

SUCCESS STREET

Success Street sites are school-based health & wellness centers that connect youth and young families to community resources. There are Success Street sites located at West High, East High & Carver Academy, although Success Street services are available in all area schools to school-aged youth. Services offered include Mental Health Services, Healthcare Referrals, Substance Use Education & Counseling, Individual Health Education, Pregnancy & Sexually Transmitted Infection Screening, Support, Education & Referrals for Young Parents, Support for Survivors of Sexual Assault & Dating Violence, Health Presentations Upon Request, and Referrals to Community Resources

For more information about our services, call 319.433.2780 or visit: successtreet.org

BROWNSTONE

Referrals are needed from a school counselor. Children and parents need to attend. Brownstone Youth Services (BYS) is here to provide youth and their caregivers with support during a mental health crisis. It is important to work with youth and their caregivers so that when the youth is integrated back into the community, the youth and family are working together as a unit when it comes to the care plan. We believe that this can excel the chances of success for the youth long term. BYS can show support, acceptance, and reassurance by "meeting each individual where they are at," upon arrival at our center. We then create a care plan as a team and align services that would tailor to their specific needs.

nirservices.com

Brownstone Youth Services

[1402 Logan Ave, Waterloo, IA 50703-1947](http://1402%20Logan%20Ave,%20Waterloo,%20IA%2050703-1947)

[\(319\) 229-2240](http://(319)%20229-2240)

Website: www.nirservices.com

CHAPTER 4: CONTINUING EDUCATION

This chapter contains opportunities to further your education at any age.

AMERICAN RED CROSS

The American Red Cross serving greater Iowa offers courses that are available for anyone to take. These may include both infant and adult CPR training, babysitters training courses, and first aid courses. For a full listing of local services please call or visit the website for more information.

Phone: 515-243-7681

Website: <https://www.redcross.org/local/iowa.html>

CEDAR VALLEY IOWA WORKS

Cedar Valley Iowa Works offers vocational and training related services to youth, adults, and displaced workers including work readiness workshops, employment assistance, and retraining opportunities.

Where: 3420 University Ave, Waterloo, IA 50702

Phone: 319-291-2546

HAWKEYE COMMUNITY COLLEGE- VAN G MILLER ADULT LEARNING CENTER

Hawkeye offers a high school completion program, an English language learning course, a citizenship course, and a family literacy program for all interested individuals.

Where: Hawkeye Community College 120 Jefferson St. Waterloo, IA 50701

Phone: 319-296-4224

Website: <https://www.hawkeyecollege.edu/>

IOWA STATE EXTENSION OFFICE

They are committed to providing citizens with “Information for Everyday Living.” Iowa State University Extension offers education and information to the citizens of Iowa through the following areas: Agriculture and Natural Resources, Business and Industry, Community and Economic Development, Families, and 4-H Youth Development. Please contact this agency for all their current and available programming.

Where: 3420 University Ave. STE. B, Waterloo, IA 50701

Phone: 319-234-6811

Website: <http://www.extension.iastate.edu/>

BUY EAT LIVE HEALTHY

This program helps families learn how to stretch their food dollars and make healthy food choices. Free classes include a lesson, recipes, lesson enhancements, physical activity and food preparation. Stork’s Nest points may be earned.

FINANCIAL EDUCATION

ISU Extension and Outreach provides unbiased, research-based financial education across the lifespan to help families make decisions that improve and transform their lives. Education is provided through workshops, online classes, publications, blogs, toll-free hotlines, and connections to financial specialists.

IOWA WORKFORCE DEVELOPMENT

Iowa Workforce Development contributes to the economic security of Iowa’s workers, businesses and communities through a comprehensive statewide system of employment services, education and regulation of health, safety and employment laws.

Where: Cedar Valley Iowa Works, 3420 University Ave. Waterloo, IA 50701

Phone: 319-235-2123

Website: <http://www.iowaworks.gov>

MERCYONE WATERLOO BIRTH CENTER

MercyOne offers parenting courses on a few different topics. There are courses specifically for pregnant women such as Preparing for labor on zoom which is on the first Tuesday of every month. Along with breastfeeding classes on zoom, baby basics class which includes newborn care on zoom. 10–15-year-olds can take a class that teaches the basics of babysitting.

Where: 3421 W. 9th St., Waterloo, IA 50702

Phone: 319-272-2229

Website: <http://www.mercyone.org/birthcenter>

PROMISE JOBS PROGRAM

Orientation, assessment, job-seeking skills, group and individual job search, job placement, job development, high school completion, adult basic education, GED, English as a second language, vocational classroom training, post-secondary education, work experience, unpaid community service, parenting skills training, monitored employment, unemployed parent work program.

Where: 3420 University Ave. STE. B, Waterloo, IA 50701

Phone: 319-235-2123

Website: <http://www.iowaworks.gov>

UNI CENTER FOR URBAN EDUCATION (UNI-CUE)

UNI-CUE's mission is to provide a positive environment for lifetime learning in which individuals may pursue and continue their educational goals and prepare for careers. They offer different courses and programs that work towards this.

Where: 800 Sycamore St. Waterloo, IA 50703

Phone: 319-273-4772

Website: <https://eop.uni.edu/>

WORLD GRACE PROJECT

World Grace Project provides resources and education to the international newcomer community, including ELL and culture integration classes and community navigation through Indigenous community leaders (interpreters). Website: www.worldgraceproject.org

Email: go@worldgraceproject.org

GAP TUITION ASSISTANCE PROGRAM

Bridging the gap in your training needs. Short term training in high demand areas.

[GAP Tuition Assistance | Hawkeye Community College Waterloo, IA](#)

Hawkeye Workforce Training and Community Development

Automation and Robotics Center

TechWorks Campus

360 Westfield Ave

Waterloo, IA 50701

Website: www.hawkeyecollege.edu/business-community/funding/gap

Phone: 319-296-4296

www.educate.iowa.gov/higher-ed/community-colleges/iowa-skilled-worker-job-creation-fund/gap-tuition-assistance-program

CHAPTER 5: CHILD CARE AND PRESCHOOL

This chapter contains information about childcare and early education services.

IOWA CHILD CARE CONNECT (C3)

Families can use the childcare connect tool to search and filter for available childcare using a mapping function. Other helpful tools are the Vacancy Dashboard which shows data about current childcare openings and the Supply & Demand Dashboard which is interactive information about estimated demand for childcare.

Website: <https://iachildcareconnect.org/>

CEDAR VALLEY'S PROMISE

Preschool scholarships available for children ages 3 or 4 or 5 years and not eligible for kindergarten. Must be age 3 or 4 years by September 15 of each year. Families must make less than 200% of federal poverty.

Phone: 608-568-3062

Website: <http://www.cedarvalleyspromise.net>

CENTRAL RIVERS AEA: CHILD FIND

Child find is a required part of the Individuals with Disabilities Act. IDEA requires states to identify, locate, and evaluate all children with disabilities aged birth to 21, who need early intervention or special education services. Child Find can assist you with getting educational services for your child.

Where: 1521 Technology Parkway Cedar Falls, IA

Phone: 1-800-542-8375

Website: <https://www.centralriversaea.org/>

CHILD CARE RESOURCE AND REFERRAL OF NORTHEAST IOWA

Provides information and referrals to help parents locate childcare services in a nineteen-county area. Also help persons interested in starting the business of childcare in their home or a center and offer childcare provider training.

Where: 3675 University Ave. Waterloo, IA 50701

Call for referral & information! Phone: 319-233-0804 or 855-244-5301

Website: <http://www.iowaccrr.org/>

GROWING MINDS EARLY LEARNING CENTER

Services are offered for children ages 6 weeks to five years. There are different scholarships that range in age grouping available to families. For qualifications and requirements about the scholarships please contact Growing Minds.

Where: 608 W. 4th St. Waterloo, IA 50702

Phone: 319-236-2063

Website: www.growingmindsearlylearning.org

HAWKEYE CHILD DEVELOPMENT CENTER

The Hawkeye Child Development Center (HCDC) is open to Hawkeye students, faculty, staff, and the public to leave their children in a safe, healthy and caring environment. Children enrolled in the Center will be receiving educational development experiences and quality programming. Please call if interested in either location.

Website: www.hawkeyecollege.edu/students/resources/daycare/

Hawkeye Child Development Center

Where: 1501 East Orange Rd. Waterloo, IA

Phone: 319-296-4245

Operated by EPI Hawkeye Child Development Center- ALC

Where: 120 Jefferson St. Waterloo, IA 50701

Phone: 319-296-4303

MERCYONE WATERLOO BIRTH CENTER

MercyOne Waterloo Medical Center and University of Iowa Health Care are working together to bring enhanced care to Waterloo for newborn babies, women with high-risk pregnancies and children. MercyOne Waterloo Birth Center offers a variety of classes and support services for the entire family including prenatal, childbirth, breastfeeding and baby care basics.

Where: 3421 W. 9th St., Waterloo, IA 50702

Phone: 319-272-8000

Website: www.mercyone.org/birthcenter

TRI-COUNTY HEAD START

Head Start provides comprehensive child development services to families with children ages birth to five in Black Hawk. Early Head Start (0-3 years old), and Head Start (3 to 5 years old) center-based options are offered at our Learning and Community Center (LCC), Lily Ferguson, and Maywood sites as well as preschool services in our district partner sites. Comprehensive services to families include education, school readiness, disability services, health, dental, nutrition, and social services. Head Start recognizes parents/caregivers as their child's first and best teacher by offering many opportunities for parent involvement. Services are provided at no cost to income eligible families. Please contact our main office for more information.

Main Office: Learning and Community Center at 840 W. 4th St, Waterloo, IA

Mailing Address: PO Box 1050 Waterloo, IA 50704

Phone: 319-235-0383

Website: www.teamtricity.org

WATERLOO COMMUNITY SCHOOL PREKINDERGARTEN

Waterloo serves children that are four years of age on or before September 15th of the current school year. All Programs follow the Waterloo Schools academic calendar. Enrollment begins in February for the following fall class of students.

Where: 1516 Washington St. Waterloo, IA

Phone: 319-433-1800

Website: <http://www.waterlooschools.org/>

YMCA

The YMCA offers many different programs for the whole family to engage in. Ranging from childcare to elderly fitness classes there are plenty of programs to suit you and your family's needs. Please call, visit, or use the website for a full list of current programs and activities.

Where: 669 South Hackett Rd., Waterloo, IA

Phone: 319-233-3531

Website: <https://www.blackhawkymca.org/>

CHILDCARE DEVELOPMENT CENTER & PRESCHOOL

A full day licensed childcare program for children six weeks to five years old.

CHILD WATCH

A free drop-in childcare for family membership holders. A parent or adult guardian must remain in the facility

CHAPTER 6: RESOURCES FOR PEOPLE WITH DISABILITIES

This chapter contains programs and services that pertain to individuals with disabilities.

1ST FIVE

1st Five Healthy Mental Development Initiative is a program designed to serve families with children birth to five years old. 1st Five supports and educates medical providers on the importance of using screening tools to encourage early detection of developmental delays. Once a medical provider identifies a potential delay, a referral is sent to 1st Five who then provides support and connects the family with community resources. 1st Five also assists families with increased risk factors, such as, food assistance, domestic abuse, substance abuse, transportation concerns, housing resources, childcare, parenting support and education, and more. 1st Five services are free to both the medical provider and families.

Where: Black Hawk County Public Health 1407 Independence Ave., Waterloo, Iowa 50703

Phone: 319-292-2413 Website: <https://bhcpublichealth.org>

CENTRAL RIVERS AEA

CHILD FIND

Child find is a required part of the Individuals with Disabilities Act. IDEA requires states to identify, locate, and evaluate all children with disabilities aged birth to 21, who need early intervention or special education services. Child find can assist you with getting educational services for your child.

EARLY ACCESS SERVICES

Early ACCESS is Iowa's early intervention system (IDEA Part C) for infants and toddlers under three years old not developing as expected or who have a medical condition that can delay typical development. Anyone can refer children under the age of three to Early ACCESS, including parents, family members, medical providers and childcare providers. If you are not a family member making a referral, be sure you have the family's permission to contact Early ACCESS. Early ACCESS services are provided at no cost and is a voluntary program.

Where: 1521 Technology Parkway Cedar Falls, IA 50613 Phone: 319-273-8200 or 1-800-542-8375

Website: <https://www.centralriversaea.org/families/early-access/>

CHILD HEALTH SPECIALTY CLINICS

To assure a systems-oriented approach to care for Iowa's children and youth with special health care needs. This program works with 0- to 21-year-olds.

Phone: 866-219-9119 Website: www.chsciowa.org

EXCEPTIONAL PERSONS, INC

EPI provides many services focused on supporting adults with disabilities and families. Please visit their website or call them for more information on different programs.

Where: 760 Ansborough Ave. P.O. Box 4090, Waterloo, IA 50704

Phone: 319-232-6671 Website: <http://www.episervice.org/>

IOWA COMPASS

Iowa Compass offers free information and program referrals to thousands of local, state, and national organizations for people with health-related conditions and disabilities. Please visit their website or call for more information.

Where: 100 Hawkins Dr. #295, Iowa City, IA 52242

Phone: 800-779-2001 Website: www.iowacompass.org

MERCYONE EARLY DEVELOPMENTAL INTERVENTION (EDI) PROGRAM

Families with a child who has developmental delays, or a disability face many challenges. The MercyOne Early Developmental Intervention (EDI) program recognizes these challenges and has pediatric trained professionals who are dedicated to helping each child. The EDI program provides physical therapy, occupational therapy, and speech therapy services for children of all ages. Children with a variety of developmental delays and medical conditions are seen by EDI. **Where: 3421 W. 9th St. Waterloo, IA 50702 (rehabilitation entrance)** Ph: 319-292-5600 Website: www.mercyone.org/EDI

LUTHERAN SERVICES IN IOWA

LSI is a nationally accredited provider of early childhood in-home parent support and education, therapy, behavioral health, integrated health coordination, supported apartment living, IRCS Refuge Services, and other mental health services. Where: 3640 University Ave., Waterloo, IA 50701

Phone: 319-233-3579 Website: <https://lsiowa.org/early-childhood/>

RESPITE CARE

LSI provides respite care for children and adults with intellectual disabilities to help give family caregivers a break from the demands of caregiving. Respite is provided in the family's home, a respite home or a safe group environment. LSI has a large network of respite providers who are highly trained to work with people of diverse backgrounds

SUPPORTED COMMUNITY LIVING

LSI's supported community living services teach independent living skills for children and adults with chronic mental illness or intellectual disabilities. We're here to help each person achieve their goals— whether it's learning how to safely make new friends or how to live independently.

MAGICAL MIX KIDS

A non-profit organization created to provide a worry-free vacation for chronically and terminally ill children of the Cedar Valley area. The program consists of an annual trip to Disney World for families in need.

Applications can be found on the website.

Where: 721 Shirley St. Cedar Falls, IA

Phone: 319-277-1918 Website: <http://www.magicalmixkids.org/>

THE ARC OF CEDAR VALLEY

The Arc of Cedar Valley is a program designed to connect families and individuals with services and resources within the community. This includes inclusion programs at school, employment, and housing.

Where: 760 Ansborough Ave., P.O. Box 4090, Waterloo, IA

Phone: 319-232-0437 Website: <http://www.thearccedarvalley.org>

THE JESSE COSBY CENTER

The Jesse Cosby Neighborhood Center has been a multicultural multigenerational service provider for individuals and families. Senior services: adult day center, services for the disabled, congregate meals, the sick, shut-ins, the homeless and low-income households in crisis. Financial assistance for: rent, utilities and mortgage. No longer offers youth services or meals on wheels.

Where: 1112 Mobile St., Waterloo, IA, 50703

Phone: 319-234-1793 Website: <http://www.jessecosby.org/>

LIGHTHOUSE AUTISM CENTER

At Lighthouse Autism Center, we provide compassionate, center-based ABA therapy services for children with autism across the Midwest. Services Lighthouse Autism Center offers: ABA Therapy, Speech Therapy, Diagnostic Testing, Learning Programs, Parent Support, Social Skills Groups, Lighthouse Fusion, and much more.

Where: [3032 Ansborough Ave Ste A, Waterloo, IA 50701](https://www.lighthouseautismcenter.com/) Email: info@lighthouseaba.com

Phone: (574) 387-4313 Website: <https://lighthouseautismcenter.com/>

BALANCE AUTISM

From Admission to Transition, we empower the individual with the support they need to achieve real-world goals. Along the way, we tailor our approach to meet their needs, bringing together compassionate people, creative solutions and scientifically proven methods to make a lasting impact. Services offered: Clinic based applied behavior analysis, consultation and training, family training and coaching, and supported community living (children).

Where: [815 Tower Park Dr, Waterloo, IA 50701](https://www.balanceautism.org/)

Phone: (319) 242-7642 Website: <https://www.balanceautism.org/>

RAP

Connects families to services for their child with autism spectrum disorders.

Phone: 866-219-9119 ext. 1 Email: iowa-RAP@uiowa.edu Website: www.chsciowa.org/rap

CHAPTER 7: HOUSING AND BASIC LIVING NEEDS

This chapter has resources for housing assistance, emergency shelters, and necessities like food assistance.

BLACK HAWK COUNTY COMMUNITY SERVICES

Community Services helps people who need help with rent, utilities, and burial assistance. The assistance program is designed to provide short-term emergency type assistance to persons lacking the resources to meet their basic needs for energy and shelter.

Where: 1407 Independence Ave. Waterloo, IA 50703
Phone: 319-883-3005

Website: www.blackhawkcounty.iowa.gov

CEDAR VALLEY HOSPITALITY HOUSE

A daytime homeless shelter.

Where: 1003 Mulberry St., Waterloo, IA 50704
Phone: 319-234-1311

Website: www.cvhospitalityhouse.net

EYE OF THE NEEDLE

They provide basic needs services such as clothes, laundry vouchers, household items, emergency food assistance, transportation for school, work and doctor appointments, work clothes and school uniforms. Please call for more information. They do not help with rent or utilities assistance.

Where: 518 Western Ave, Waterloo, IA 50702
Phone: 319-215-6151

FRIENDS OF THE FAMILY

We help individuals experiencing literal homelessness and/or fleeing violent crime, overcome barriers to maintaining stable housing. Our housing assistance programs provides rental assistance, case management and advocacy to qualified individuals.

Where: 1009 People Square, Waterloo IA 50702
Phone: 833-739-0065 Waypoint Call Center
Website: <https://www.fofia.org/>

HOUSE OF HOPE

House of Hope provides single-mother families and women who age out of foster care with individualized support and transitional housing to achieve secure families, independence and permanent homes. Individualized support can include problem solving in areas such as, but not limited to: Housing, Transportation, Childcare, Employment, Financial, Wellness, Life skills, Community, and Legal consult. To apply: <https://houseofhopeccd.org/transitional-housing/>

Where: 845 W. 4th St., Waterloo, IA 50702
Phone: 319-232-3823
Website: www.houseofhopeccd.org

IOWA HEARTLAND HABITAT FOR HUMANITY

Our Mission: Seeking to put God's love into action, Habitat for Humanity brings people together to build homes, communities and hope. Our Vision: A world where everyone has a decent place to live.

Where: 803 W. 5th St., Waterloo, IA 50702
Phone: 319-235-9946
Website: www.webuildhabitat.org

WATERLOO COMMUNITY DEVELOPMENT

Has programs for Demolition and Site Clearance, Emergency Repairs, First Time Homebuyers Down Payment Assistance, Healthy Homes Program for both homeowners and landlords.

Where: Community Development, Carnegie Annex, Suite 202, 620 Mulberry St., Waterloo, IA 50703
Phone: 319-291-4429
Website: http://www.cityofwaterlooia.com/departments/community_development/index.php

AFFORDABLE RENTALS IN WATERLOO

Canterbury and Kingswood Apartments in Waterloo.

CRISIS ASSISTANCE

Financial assistance is provided for income eligible household facing crisis situations such as utility disconnection, emergency fuel deliveries, and furnace repair/replacement

LOVE INC.

Love INC serves individuals in need who live in the Waterloo, Cedar Falls, and Evansdale zip codes. Once Love INC receives an initial request, a volunteer will contact you by phone to complete your request. The Clearinghouse is open Monday through Friday from 9:00 a.m. to 12:00 p.m. Love INC does not distribute cash, but we can connect people with the following services at our Clearinghouse: Baby Essentials, Bus Passes and Gas Cards, Finances, Food Boxes/Essentials, Furniture/Appliances, Home Repair, In-Home Support, Kitchen Essentials, Medical Supplies, Moving Assistance, Shoes, and Transportation.

Phone: 319-266-1264

Website: www.loveinccv.org

BEGIN NOW PROGRAM

Begin Now is a learning environment for everyone! Classes Offered: Affirming Potential, Bible Study, Boundaries, Dreams and Goals, Faith and Finance, Hopeful Habits. Classes are free and participants are offered a free dinner, transportation, and childcare each week. Participants also have opportunities to earn weekly incentives.

NORTHEAST IOWA FOOD BANK

Our mission is to provide nutritious food and grocery products to nonprofit organizations and individuals in Northeast Iowa, while offering hunger education programs to the community and those in need. The Northeast Iowa Food Bank has 8 different programs that aim to help close the meal gap in Northeast Iowa. Those programs include Backpack Program, School Markets Program, Kids Café Program, Summer Feeding Program, Senior Nutrition Program, Mobile Food Pantry Program, Cedar Valley Food Pantry Program, and Agency Distribution Program.

Where: 1605 Lafayette St. Waterloo, IA 50703

Phone: 319-235-0507

Website: www.neifb.org

OPERATION THRESHOLD

This agency offers education and services to help people meet their basic needs and become self-sufficient. Operation Threshold offers many different types of services. Please contact the agency by phone or visit the website for a full and current listing of programs. All Operation Threshold programs have Spanish, Bosnian, Burmese and French interpreters available (by appointment).

Where: 1535 Lafayette St. P.O. Box 4120, Waterloo, IA 50704

Phone: 319-291-2065

Website: <http://www.operationthreshold.org>

DISASTER ASSISTANCE

The Iowa Individual Program provides grants up to \$5,000 for income eligible households who have been impacted by a natural disaster and live in an area declared a disaster area by the Governor.

Information can be found at: www.iowalegalaid.org/resource/iowa-individual-disaster-assistance-grant-program#i4ED19D3C-C87D-49B8-92AA-2188EFA4BC99

LOW INCOME ENERGY ASSISTANCE (LIHEAP)

LIHEAP supplements winter heating costs for low-income families, provides emergency furnace repairs or replacement for those who are income eligible. Applications are accepted from November 1st through April 30th; however, the elderly, disabled and those with a disconnect notice are eligible to apply early- starting October 1. Applications are processed on a first-come, first served basis.

POCKET CHANGE

Limited financial assistance is provided for income eligible households needing to attain or retain self-sufficiency when other assistance is not available.

TENANT BASED RENTAL ASSISTANCE

TBRA assists individuals and families in securing safe, affordable housing. This program provides eligible participants with the full rental deposit and 70 % of the first month's rent. Must be homeless or in a near homeless situation to qualify.

WEATHERIZATION PROGRAM

The weatherization program helps reduce the heating and cooling costs to reduce energy consumption and increase comfort in eligible participant homes. Weatherization assistance is dependent upon an evaluation of the home which can be either owner-occupied or a rental. Weatherization benefits include Insulation, Furnace repair or replacement, water heater repair or replacement, safety checks for gas leaks, replacement of old, inefficient refrigerators and freezers.

SALVATION ARMY

The Salvation Army assists people in many ways. They can provide monetary assistance for rent, finding a shelter, temporary housing, utilities, or just groceries. All services offered: Housing services, youth center, Pathway of Hope, food programs, crisis assistance, ACE-SAP Free medical clinic, family night, women's ministries, adult bible study, worship service, emergency disaster relief. Seasonal Services: Thanksgiving day meal, Christmas toy distribution, and hygiene kits or blankets/hats & gloves (when available). Updates and more information can be found on the Facebook page <https://www.facebook.com/sawaterloocf> or call.

Where: 89 Franklin St., Waterloo, IA 50703

Phone: 319-235-9358

Website: <https://www.salvationarmy.org/>

CEDAR VALLEY THRIFT OUTREACH

A Non-profit organization that helps people in the Cedar Valley community with necessities for survival, either for free or at an affordable cost.

Phone: 319-961-2006

CITY OF WATERLOO

Where: City of Cedar Falls, 220 Clay St., Waterloo, IA 50702

Phone: 319-273-8669

Website: www.waitlistcheck.com/IA1330

WATERLOO HOUSING AUTHORITY

Where: Waterloo Housing Authority, 620 Mulberry St., Waterloo, IA 50703

Phone: 319-233-0201

Website: www.waitlistcheck.com/IA1249-3415

EVANSDALE MUNICIPAL HOUSING AUTHORITY

Where: Evansdale Municipal Housing Authority, 119 Morrell Court, Evansdale, IA 50707

Phone: 319-234-0385

Email: admin@evansdalehousing.com

Also has project-based vouchers for income-based units - separate from Section 8

ST. VINCENT DE PAUL

Can offer emergency rent and utility aid after help has been received from county services. Please call to set up an appointment.

Where: 320 Broadway St., Waterloo, IA 50703

Phone: 319-232-3366

Website: <http://www.svdpusa.org>

CREDIT COUNSELING

Offers services and programs to help people manage their finances more effectively. Please call or visit the website for programs and more information.

Where: 1003 W. 4th St. Waterloo, IA 50702

Phone: 319-234-0661

Website: <http://www.cccsia.org/index.aspx>

FAMILY MANAGEMENT FINANCIAL SOLUTIONS

They offer different programs to assist people in managing their debt, saving money, planning a budget, foreclosure services, and a variety of other services. They also offer a first-time home buyers' course.

Where: 359 Rock Island Ave. Waterloo, IA 50701

Phone: 319-234-6695

CHAPTER 8: PARENTING

This chapter has programs that parents might find useful.

CHILD SUPPORT RECOVERY

Provides customer service and information for Iowa's child support offices to both custodial and non-custodial parents.

Where: 3254 Kimball Ave, Waterloo, IA 50702

Phone: 319-291-2646

Website: www.childsupport.ia.gov

CHILDREN IN THE MIDDLE CLASS

A Hawkeye Community College sponsored class for parents who are seeking divorce or custody change.

Where: Contact Hawkeye College, 1501 East Orange Rd. P.O. Box 8015, Waterloo, IA 50704

Phone: 319-277-2490

Website: <http://www.hawkeyecollege.edu/>

ALL PRO DADS (ALTERNATIVES)

All Pro Dad (sponsored by the NFL) allows fathers to develop stronger relationships through monthly chapter meetings with their children. A sample of topics discussed are Responsibility, Respect, Integrity, and Forgiveness. Dads and their children engage in open discussions and activities focused on their children. Chapter meetings are one hour in length with breakfast offered

Where: 1006 Decathlon Dr, Waterloo IA 50701

Phone: (319) 535-2720

Email: www.alternativescenter.org/fatherhood-program

Classes: 10 a.m. 3rd Saturday of the month

LUTHERAN SERVICES IN IOWA

LSI is a nationally accredited provider of early childhood in-home parent support and education, therapy, behavioral health, integrated health coordination, supported apartment living, IRCS Refuge Services, and other mental health services. LSI provides services to people with disabilities (supported community living and respite care), LSI serves people of all ages, genders, nationalities, religions, ethnicities, and sexual orientations.

Where: 3640 University Ave., Waterloo, IA 50701

Phone: 319-233-3579

Website: <https://lsiowa.org/early-childhood/>

HEALTHY OPPORTUNITIES FOR PARENTS TO EXPERIENCE SUCCESS (HOPES)

A voluntary and free Home Visitation program to help with life's stresses in parenting a newborn. This program is for pregnant women or families that have just given birth to a child. A home visitor will help you work on building family strengths, learn strategies for positive parenting, help build parent-child interactions, encourage healthy development and link/provide resources plus more.

SALVATION ARMY

The Salvation Army assists people in many ways. They can provide monetary assistance for rent, finding a shelter, temporary housing, utilities, or just groceries. They also have services within the facility itself that serve the needs of the community such as serving lunch several days of the week. For shelter availability please call the respective shelter directly. All services offered: Housing services, youth center, Pathway of

Hope, food programs, crisis assistance, ACE-SAP Free medical clinic, family night, women's ministries, adult bible study, worship service, emergency disaster relief. Seasonal Services: Thanksgiving day meal, Christmas toy distribution, and hygiene kits or blankets/hats & gloves (when available). Updates and more information can be found on the Facebook page <https://www.facebook.com/sawaterloocf> or call.

Where: 89 Franklin St., Waterloo, IA 50703

Phone: 319-235-9358

OPERATION THRESHOLD

This agency offers education and services to help people meet their basic needs and become self-sufficient. Operation Threshold offers many different types of services. Please contact the agency by phone or visit the website for a full and current listing of programs. All Operation Threshold programs have Spanish, Bosnian, and Burmese interpreters available (by appointment).

Where: 1525 Lafayette, P.O. Box 4120, Waterloo, IA 50704

Phone: 319-291-2065

Website: <http://www.operationthreshold.org>

NEST PROGRAM - The Nest program is a parent education program for income-eligible families with children prenatal through 5 years of age. Parents earn incentive points for attending: parenting and preventative educational classes, keeping doctors' appointments and other healthy behaviors. They can also earn points for meeting with other home visitation program family workers.

319-292-1805

PARENTS AS TEACHERS (PAT) - A voluntary school readiness home visitation program for income-eligible families that provides the information, support and encouragement parents need to help their Prenatal through 5-year-old children develop optimally during the crucial early years of life.

319-292-1814

TOGETHER FOR YOUTH

Geared toward adolescent pregnancy prevention and a teen parent support network. They provide information and resources for teens, parents and professionals in the Cedar Valley. There are many different services available through this program. Please call or visit the website for a full listing of services.

3136 Brockway Rd, Suite B, Waterloo IA 50702

Phone: 319-433-6331

www.TogetherForYouth.net

TRI-COUNTY HEAD START

Early Head Start and Head Start offer home-based opportunities to families in Blackhawk and Grundy counties. Our program partners with parents to support health and wellness, setting and achieving goals, child development, parent-child relationships, school readiness, and disability services. Home Visitors provide weekly 90-minute visits using a research-based curriculum. Please contact our main office for more information.

Main Office: Learning and Community Center at 840 W. 4th St, Waterloo, IA

Mailing Address: PO Box 1050 Waterloo, IA 50704

Phone: 319-235-0383

Website: www.teamtricity.org

YWCA

The YWCA has a variety of programs, services and facilities to serve and support every member of the family. Programming includes parenting, case management, English instruction, gender-specific youth development, childcare for school age children and fitness, health and wellness classes and activities. Please call, visit their website, or Facebook, for information on current programs and activities.

Where: 425 Lafayette St., Waterloo, IA 50703

Phone: (319)234-7589

Website: <https://www.ywcabhc.org>

Facebook: [facebook.com/ywcabhc](https://www.facebook.com/ywcabhc)

CHAPTER 9: PRENATAL, PREGNANCY, POSTNATAL

The programs found in this chapter cover pregnancy into early infancy.

1ST FIVE

1st Five Healthy Mental Development Initiative is a program designed to serve families with children birth to five years old. 1st Five supports and educates medical providers on the importance of using screening tools to encourage early detection of developmental delays. Once a medical provider identifies a potential delay, a referral is sent to 1st Five who then provides support and connects the family with community resources. 1st Five also assists families with increased risk factors, such as, food assistance, domestic abuse, substance abuse, transportation concerns, housing resources, childcare, parenting support and education, and more. Services provided by 1st Five are free to both the medical provider and family being served.

Where: Black Hawk County Public Health 1407 Independence Ave., Waterloo, Iowa 50703

Phone: 319-292-2413 Website: <https://bhcpublichealth.org>

DOULA PROJECT

The Doula Project is a partnership program between Black Hawk County Public Health, Iowa Department of Health and Human Services and Allen Women's Health Center. The goal of the project is to support the health and well-being of African American/Black-identifying mothers, children, and families by connecting pregnant persons to high-quality and equitable health services.

Where: Black Hawk County Health Department 1407 Independence Ave., Waterloo, Iowa 50703

Phone: 319-292-2413

Website: <http://idph.iowa.gov/1stfive>

UNITY POINT HOSPITAL

Allen Hospital Birthing Center is a resource for those who are pregnant or may become pregnant. The hospital offers many different resources and classes such as Lamaze, early parenting, childbirth, breastfeeding, and many others. To find out which classes are currently available you can visit, call, or go to the website for more information.

Where: 1825 Logan Ave., Waterloo, IA 50703

Phone: 319-235-3620

Website: www.unitypoint.org/find-a-service/womens-health

ALLEN WOMEN'S HEALTH

Staff provides personalized care by listening to your healthcare concerns, answering your questions, and respecting your decisions regarding your healthcare. Specializing in the following women's health services: pregnancy testing; yearly exams and pap tests, birth control (including emergency contraception), STD testing and treatment; and treatment of minor GYN problems. Staff provide prenatal education, support and connection to community resources, and assistance with completing a Medicaid application during pregnancy if needed. They also offer individual childbirth and breastfeeding classes, if enrolled in the maternal health program. Anyone is welcome to participate in the programs.

Where: 233 Vold Drive, Waterloo, IA 50703

Phone: 319-235-5090

Website: <https://www.unitypoint.org/waterloo/clinic.aspx?id=399>

ALTERNATIVES CRISIS PREGNANCY & PREVENTION CENTER

Serving families since 1991 with pregnancy tests, STD testing for both men and women, ultrasounds, parenting programs for men and women, post abortion bible study, education, material assistance and support. All services are free and confidential.

Where: 1006 Decathlon Dr., Waterloo, 50701

Phone (call or text): 319-535-2720

Website: <http://www.alternativescenter.org>

SAFE HAVEN

The Safe Haven Act is a law that allows parents - or another person who has the parent's authorization - to leave an infant up to 30 days old at a hospital or health care facility without fear of prosecution for abandonment. A parent may also contact 911 and relinquish physical custody of an infant up to 30 days old to a first responder of the 911 call. Website: <http://dhs.iowa.gov/safe-haven>

UNITY POINT OB/GYN

Comprehensive obstetrical, infertility and gynecological services are provided by a fully accredited health care team. Where: 146 W. Dale St., Suite 102, Waterloo, IA
Phone: 319-235-5050 Website: www.unitypoint.org/locations/unitypoint-clinic-obgyn---waterloo

BREASTFEEDING CLASS - This class is intended for participants who plan to nurse their child and is free of charge to those who attended a Lamaze, Childbirth or Labor and Birth Class at Allen Hospital. Support and helpful suggestions are included in class content. Coaches are encouraged to attend.

CHILDBIRTH CLASS - These classes are designed to prepare the expectant parent(s) for the childbirth experience with up-to-date information, a positive attitude and techniques to assist them through labor and delivery. Classes should be taken in late pregnancy (seven to nine months). Class size is limited, and enrollment first comes, first served. Classes may be canceled due to low enrollment.

EARLY PARENTING CLASS - The Early Parenting Class is provided free to individuals who have attended either a Lamaze, Childbirth or Labor and Birth Class at Allen Hospital. This class is designed to provide information about the newborn. Postpartum issues for mom, hospital policies, car seat safety and infant safety issues will also be covered.

INFANT MASSAGE CLASS - These classes are a relaxing and bonding time for both parents and infants. Massage helps promote better sleep for infants, and aids in growth and development of infants. Infant Massage Classes are taught by Mary Lehman, RN, BSN. Mary is certified by the International Association of Infant Massage. These classes are best for parents with infants from 12 weeks up to the age of 10 months old. Please call Mary at (319) 231-5377 for more information on dates, cost and location.

LABOR AND BIRTH CLASS - The Labor and Birth Class is designed to provide participants with up-to-date information about labor and delivery. Some comfort strategies during labor and relaxation techniques will be included in the class content. It should be taken in the last trimester of pregnancy.

LAMAZE CLASS - Breathing techniques will be taught at each class

LA LECHE LEAGUE

A non-profit, mother to mother breastfeeding group with accredited leaders who provide breastfeeding information, telephone help, and support for pregnant women and nursing mothers. Please call for meeting time and location.

Phone: 319-234-2374

Website: www.llliowa.org or www.llli.org

HEALTHY OPPORTUNITIES FOR PARENTS TO EXPERIENCE SUCCESS (HOPES)

If you are facing stress, questions, or concerns as a parent and would like support, LSI's HOPES program can help. This free and voluntary program for parents of children prenatal to age five tracks child development, provides community resources, helps children and families achieve their goals and more. An LSI family support worker can visit parents in their home to provide assistance.

PARENT PALS

The purpose of the Partners for Parenting Families is to have one point of contact for home based and parenting services for families with pregnant women and/or children through age five living in Black Hawk County. The partners work together to connect families of pregnant women and/or children through age five living in Black Hawk County with resources in the community. The partners work together to connect families with services that best fit their goals and needs, bring together resources, reduce duplication of services, identify and address gaps in services and help prepare children for school.

Phone: 319-233-3579

Email: bemypal@lsiowa.org

Website: bemypal.org

TRI-COUNTY HEAD START

Early Head Start offers home-based opportunities to prenatal families in Blackhawk County. Our program partners with parents to support health and wellness, setting and achieving goals, child development, parent-child relationships, and disability services. Home Visitors provide bi-weekly visits using a research-based curriculum. Please contact our main office for more information.

Main Office: Learning and Community Center at 840 W. 4th St, Waterloo, IA

Mailing Address: PO Box 1050 Waterloo, IA 50704

Phone: 319-235-0383

Website: www.teamtricity.org

MERCYONE WATERLOO BIRTH CENTER

MercyOne and University of Iowa Health Care are working together to bring enhanced care to Waterloo for newborn babies, women with high-risk pregnancies, and children. MercyOne Waterloo Birth Center offers a variety of classes and support services for the entire family including prenatal, childbirth, breastfeeding and baby care basics.

Where: 3421 W. 9th St., Waterloo, IA 50702

Phone: 319-272-8000

Website: www.mercyone.org/birthcenter

BABY BASICS - Be prepared to care for your baby with confidence.

BREASTFEEDING CLASS - Learn all the basics of breastfeeding.

FAMILY AND FRIENDS INFANT AND CHILD CPR - Get hands on practice in infant and child CPR and first aid instructions for choking.

MILK DEPOT

Waterloo Medical Center accepts human milk donations as a Milk Depot in cooperation with the University of Iowa's Mother's Milk Bank of Iowa. Breastfeeding women can become human milk donors to benefit babies across Iowa. Human milk is the perfect food to help nourish premature and low weight babies. All the donated milk collected and stored by Mother's Milk Bank of Iowa is pasteurized. After pasteurization, it is tested for bacteria. Most immunologic and nutritional components of human milk remain intact after pasteurization. For more information about becoming a donor, visit: www.uihealthcare.com/milkbank

NORTHEAST IOWA FAMILY PRACTICE CENTER

In addition to other services Family Practice Center provides a team approach to pre and postnatal care. Services may include one-on-one education with a nurse, dietitian or social worker.

Where: 2055 Kimball Ave., Suite 101, Waterloo, IA

Phone: 319-272-2112

Website: www.mercyone.org/northeastiowa/find-a-service-or-specialty/family-medicine-residency/

OPERATION THRESHOLD

This agency offers education and provides services to help low-income people meet their basic needs and create opportunities for self-sufficiency. Operation Threshold offers many different types of services. Please contact the agency by phone or visit the website for a full and current list of programs. All Operation Threshold programs have Spanish, Bosnian and Burmese interpreters available (by appointment).

Where: 1535 Lafayette St. Waterloo Iowa

Phone: 319-291-2065

Website: <http://www.operationthreshold.org>

NEST PROGRAM

The Nest program is a parent education program for income-eligible families with children prenatal through five years of age. Parents earn incentive points for attending: parenting and preventative educational classes, keeping doctors' appointments and other healthy behaviors. They can also earn points for meeting with other home visitation program family workers.

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS AND CHILDREN (WIC)

WIC is a Special Supplemental Nutrition Program for Women, Infants and Children for pregnant and postpartum women with children up to age five. The WIC program provides nutrition education, breastfeeding peer counseling and funds on e-WIC cards to support the purchase of healthy foods.

TOGETHER FOR YOUTH

Working collaboratively to improve adolescent sexual health outcomes and strengthen young families. Together for Youth offers a package of adolescent sexual health programming and a weekly support and education group for pregnant and parenting teens and their children. Individual Health, Circle, SiHLE (Sistas informing healing living and empowering), (YPT) Young Parents Together. Please contact our main office for more information.

Where: 3136 Brockway Rd. Suite B, Waterloo 50701

Phone: 319-433-6331

Facebook: Together for Youth (Waterloo)

Website: www.togetherforyouth.net/young-parents-together.html#/

CHAPTER 10: YOUTH PROGRAMS

The programs found in this chapter apply to children old enough to be in school. This chapter has programs that teenagers are eligible to participate in.

UNITY POINT HOSPITAL STUDENT SUMMER VOLUNTEER PROGRAM

This program is offered to teens during the summer months who wish to gain experience in hospital related careers. Allen Hospital will match the interest of the teen to the needs of the hospital. Allen will provide social, educational, career, and volunteer experience. Interested teens must be between 14 and 18, enrolled in school, and maintain a 2.5 GPA.

Where: Unity Point Hospital-1825 Logan Ave., Waterloo, IA 50703

Phone: 319-235-3692

Website: <http://www.unitypoint.org/waterloo/volunteer.aspx>

BOY SCOUTS OF AMERICA

The BSA provides a program for young people that builds character, trains them in the responsibilities of participating in citizenship, develops personal fitness and helps youth to be prepared for life. The Cedar Valley area is part of the Winnebago Council.

Where: 2929 Airport Blvd., Waterloo, IA 50703

Phone: 319-234-2867 or 877-754-4079

Website: <http://www.winnebagoobsa.org/>

BOYS AND GIRLS CLUB OF CEDAR VALLEY

The Boys & Girls Clubs of the Cedar Valley uses the five core areas of programming to develop activities for Club Members which are a combination of safe, fun, and life changing. Locations in Waterloo and Evansdale. For more information on available programs please visit their website.

Where: Administration Office: 515 Lime St., Waterloo, IA 50703

Teen and Educational Center: 815 E 4th St. Waterloo IA 50703

Elk Run Heights Club: McCoy Road, Elk Run Heights IA 50707

Lincoln Elementary School Site: 302 Cedar Bend St, Waterloo IA 50703

Phone: 319-234-2839

Website: www.cedarvalleyclubs.org

CEDAR FALLS PUBLIC LIBRARY

The public library offers activities for children that range in age from infant to teenagers, involving story times, puppet shows, and summer reading programs. The public library also offers programs for adults. Please visit their website for current and up to date information about activities.

Where: 524 Main St., Cedar Falls, IA 50613

Phone: 319-273-8643

Website: <http://www.cedarfallslibrary.org>

CEDAR FALLS RECREATION DIVISION

Recreation and leisure opportunities for the citizens of Cedar Falls with fitness, sports, recreational activities and facilities. Please visit the website to see the different courses, events and schedules.

Where: 110 E. 13th St. Cedar Falls, IA

Phone: 319-273-8636

Website: <http://www.cedarfalls.com/302/Rec-Center>

CEDAR VALLEY KEY CARD PROGRAM

The Cedar Valley Key Card Program opens doors to recreational and cultural events for limited income individuals and families. A Key Card allows reduced cost or free admission for some community programs in the area. Black Hawk County also offers: WIC, Affordable Housing, Energy Assistance, Family Development, LIHEAP, Nest Program, Weatherization.

Where: Application from Operation Threshold

Phone: 319-291-2065 Website: <http://www.operationthreshold.org>

KIDS CAFÉ

This is an after-school meal program for children. The program offers a nutritious meal and planned activities for participants. This program is offered at the Salvation Army, Boys & Girls Club, Evansdale Boys & Girls Club, YMCA, and YWCA.

CEDAR VALLEY SPORTSPLEX- ATHLETIC YOUTH PROGRAMS

Offers different programs, services and facilities to the Cedar Valley area. Visit the website for a full list of current running programs.

Where: 300 Jefferson St. Waterloo, IA 50701

Phone: 319-291-0165 Website: <http://cvsportsplex.org>

PHELPS YOUTH PAVILION

A children's museum that is filled with many different activities that are interactive based. Phelps is a part of the Waterloo Center for the Arts.

Where: 225 Commercial St., Waterloo, IA

Phone: 319-291-4490 Website: <https://waterloocenterforthearts.org/phelpsyouthpavilion/>

GIRL SCOUTS OF EASTERN IOWA & WESTERN ILLINOIS

Girl Scouts of Eastern Iowa and Western Illinois, with the help of 5,000 volunteers, serves 20,000 girls (5-17 years old). Girl Scouts builds girls of courage, confidence, and character who make the world a better place. This is done through amazing opportunities in STEM (science, technology, engineering, and math), financial literacy, environment, leadership, and healthy living.

Where: 510 Mulberry St., Waterloo, IA 50703

Phone: 319-232-6601 Website: <http://girlscoutstoday.org/>

ELEVATE YOUTH CRISIS CARE INTERVENTION/DIVERSION PROGRAM

Elevate's Family and Youth Crisis Intervention Program provides in-home, strength-based programming to the child and family to reduce the risk of continued or further involvement with the Department of Human Services, Juvenile Court Services, and/or Law Enforcement.

Where: 405 E 5th Street, Waterloo, IA 50703 Email: familycoordinator@elevateccbhc.org

ELEVATE DROP IN-CENTER

A safe place to come and spend time with people that may experience similar struggles with mental illness and substance abuse. All who have been touched by addiction and mental illness including friends and family are welcome to attend. Teen Drop-In Hours: Tuesdays 4:00 pm-7:00 pm

Where: 617 Mulberry Street, Waterloo, IA 50703

Phone: (833) 370-0719 Website: www.elevateccbhc.org

HAWKEYE YOUTH SUMMER CAMPS

Hawkeye College offers a variety of summer day camps to elementary aged children. Often these camps start in June and end in July. The camps take place in various locations, please visit their website or call for more information about individualized camps.

Where: 1501 E. Orange Rd., P.O. Box 8015, Waterloo, IA 50704

Phone: 319-296-2320

Website: <http://www.hawkeyecollege.edu/>

NORTHEAST IOWA FOOD BANK

The mission of the Northeast Iowa Food Bank is to provide nutritious food and grocery products to nonprofit organizations and individuals in Northeast Iowa, while offering hunger education programs to the community and those in need.

Where: 1605 Lafayette St, Waterloo, IA

Phone: 319-235-0507

Website: <http://www.northeastiowafoodbank.org/>

TOGETHER FOR YOUTH

Working collaboratively to improve adolescent sexual health outcomes and strengthen young families. Together for Youth offers a package of adolescent sexual health programming and a weekly support and education group for pregnant and parenting teens and their children. Individual Health, Circle, SiHLE (Sistas informing healing living and empowering), (YPT) Young Parents Together.

Where: 3136 Brockway Rd. Suite B, Waterloo 50701

Phone: 319-433-6331

Facebook: Together for Youth (Waterloo)

Website: www.togetherforyouth.net/young-parents-together.html#/

SALVATION ARMY

The Salvation Army assists people in many ways. They can provide monetary assistance for rent, finding a shelter, temporary housing, utilities, or just groceries. They also have services within the facility itself that serve the needs of the community such as serving lunch several days of the week. For shelter availability please call the respective shelter directly. All services offered: Housing services, youth center, Pathway of Hope, food programs, crisis assistance, ACE-SAP Free medical clinic, family night, women's ministries, adult bible study, worship service, emergency disaster relief. Seasonal Services: Thanksgiving day meal, Christmas toy distribution, and hygiene kits or blankets/hats & gloves (when available). Updates and more information can be found on the Facebook page <https://www.facebook.com/sawaterloocf> or call.

Where: 89 Franklin St., Waterloo, IA 50703

Phone: 319-235-9358

YOUTH CENTER

The Salvation Youth Center provides vulnerable youth ages 6-18, a safe, supportive, encouraging environment that fosters academic development, spiritual growth, global perspectives, and personal accountability. Youth participate in structured year-round designed to help them grow physically, emotionally, spiritually, mentally and academically.

AMERICAN RED CROSS YOUTH SERVICES PROGRAM

The Red Cross offers different opportunities to volunteer. Please contact the facility or website for current opportunities.

Phone: 515-243-7681

Website: <https://www.redcross.org/local/iowa.html>

SUCCESS STREET

Success Street sites are school-based health & wellness centers that connect youth and young families to community resources. There are Success Street sites located at West High, East High & Carver Academy. Services offered include Mental Health Services, Healthcare Referrals, Substance Use Education & Counseling, Individual Health Education, Pregnancy & Sexually Transmitted Infection Screening, Support, Education & Referrals for Young Parents, Support for Survivors of Sexual Assault & Dating Violence, Health Presentations Upon Request, and Referrals to Community Resources

For more information about our services, call 319.433.2780 or visit: successtreet.org

THE CEDAR VALLEY CAMPAIGN FOR GRADE-LEVEL READING

A community-wide initiative that seeks to ensure all children can read well by 3rd grade. The goal is to interrupt generational poverty by improving 3rd grade reading proficiencies. The vision is to provide literacy initiatives and strategies that address 3 goals: Prevent Summer Learning Loss, Increase School Readiness, and Reduce Chronic Absenteeism.

Website: <http://www.cedarvalleyreaders.org>

VOLUNTEER CENTER OF CEDAR VALLEY

The volunteer center keeps an up-to-date listing of agencies and organizations that need volunteers and will help match youth, adults and families with volunteer opportunities in the Cedar Valley area.

Where: 360 Westfield Ave Ste 300C, Waterloo, IA 50701

Phone: 319-883-3015

Website: <http://www.vccv.org/>

WATERLOO CENTER FOR THE ARTS

The Center offers a wide variety of classes, workshops, special events, and programs to become involved in.

Where: 225 Commercial St., Waterloo, IA 50701

Phone: 319-291-4490

Website: <http://www.waterloocenterforthearts.org/>

WATERLOO COMMUNITY SCHOOLS

Where: 1516 Washington St., Waterloo, IA 50702

Phone: 319-433-1800

Website: <http://www.waterloo.school.org>

TUTORING - The school system maintains a list of tutors and tutor sites. Parents and students make arrangements as needed.

YMCA

The YMCA offers many different programs for the whole family to engage in. Ranging from childcare to elderly fitness classes there are plenty of programs to suit you and your family's needs. Please call, visit, or use the website for a full list of current programs and activities.

Where: 669 South Hackett Rd., Waterloo, IA

Phone: 319-233-3531

Website: <http://www.blackhawkymca.org>

SCHOOL OUT FUN DAYS - This program is provided for families when school is out for the day. It is an all-day camp from 6:30-6 pm. Applications can be found on their website or call for more information.

SUMMER DAY CAMPS - Provides day camps for elementary school children, who have completed Kindergarten through 5th grade. This summer program provides a range of activities to entice everyone's interest, in an atmosphere that reinforces the values of caring, honesty, respect.

Y-CARE - The YMCA has a before and after school program and serves the following schools: Becker, Orange, and Poyner Elementaries in Waterloo and Aldridge, Southdale, Orchard Hill, and Cedar Heights elementaries in Cedar Falls. This program is designed for children who need to be in school early or late and is educational based.

YWCA

The YWCA has a variety of programs, services and facilities to serve and support every member of the family. Programming includes parenting, case management, English instruction, gender-specific youth development, childcare for school age children and fitness, health and wellness classes and activities.

Please call, visit their website, or Facebook, for information on current programs and activities.

Where: 425 Lafayette St., Waterloo, IA 50703 Phone: (319)234-7589

Website: <https://www.ywcabhc.org>

Facebook: [facebook.com/ywcabhc](https://www.facebook.com/ywcabhc)

SUMMER DAZE CHILD CARE - Licensed full day summer childcare for school-aged children 4 – 12 offered 6:30 am – 6:00 pm, Monday Friday at the YWCA and one Waterloo elementary school site. Fees apply and Financial Assistance is available based on household income and size. Qualified families may use DHS, Head Start and Iowa Promise Jobs funding. Please call YWCA for more information.

WIZE GIRLZ - This program is for 6th, 7th and 8th grade girls in Waterloo schools. Afterschool and summer programming is available. Programming includes field trips, fun with fitness, prevention, service learning, and educational activities.

Y-KIDS BEFORE AND AFTER SCHOOL CHILD CARE - Licensed before and after school child care for school-aged children 4 – 12 offered 6:30 am until school begins and after school until 6:00 pm, Monday – Friday at the following elementary schools: Waterloo - Cunningham, Highland, Irving, Kingsley, Kittrell, Lincoln, Lou Henry, Lowell and Elk Run; Cedar Falls – North Cedar, Hansen and Lincoln; and Hudson Elementary School. Fees apply and Financial Assistance is available based on household income and size. Qualified families may use DHS, Head Start and Iowa Promise Jobs funding. Please call YWCA for more information.

WATERLOO PUBLIC LIBRARY

The library offers a variety of programs aimed at both children and adults. These programs include puppet shows, story times, movie nights, and other activities. There is a six-week summer program that has many different interactive activities with the goal of keeping children engaged in reading. For a full list of activities and schedules please call or visit the website.

Where: 415 Commercial St. Waterloo, IA

Phone: 319-287-3976

Website: <https://www.waterloopubliclibrary.org/>

TEEN TRUST

Started in 1994, this program aims to prepare youth to be trustees of their community. Each year a group of high school students, chosen through an application process, are given \$15,000 to donate to a non-profit agency within Black Hawk County. The youth work as a team to decide where to allocate the funds.

Volunteer opportunity for teens.

Where: 3117 Greenhill circle, Cedar Falls, IA 50613

Phone: 319-287-9106

Website: <https://www.cfneia.org/communityleadership/teen-trust>

HEALTH EDUCATION

Certified Health Educators cover age-appropriate topics with middle school and high school aged students. Topics include abstinence, healthy relationships, contraception, Sexually Transmitted Diseases (STDs), sexual consent, and community health resources.

Phone: 319-235-5088, ext. 3

INDIVIDUAL HEALTH & PREGNANCY PREVENTION EDUCATION

Individual Health and Pregnancy Prevention Education is provided in the Success Street School Based Health Clinics. This service includes motivational interviewing techniques providing sexual health education, pregnancy testing, STD testing and treatment as well as referrals to community health resources.

Phone: 319-235-5088, ext. 4

SISTAS INFORMING HEALING LIVING & EMPOWERING (SiHLE)

SiHLE is an evidence-based curriculum specifically for African American females between the ages of 14-18. SiHLE provides group sessions on topics including sexual health, community resources, and gender and cultural pride.

CEDAR VALLEY ANGELS

The Cedar Valley Angels mission is to walk alongside children, youth, and families in the foster care community by offering consistent support through intentional giving, relationship building, and mentorship. Programs offered: Love Box, a program provides community and holistic support to fostering families, including caregivers, children experiencing foster care, and biological/adopted children. Dare to Dream, a program that matches mentors with youth to navigate life's challenges together, providing advice, encouragement, and a supportive community.

Where: [325 E Park Ave Ste 216, Waterloo, IA 50703](https://www.cedarvalleyangels.org/)

Phone: (319) 214-0099

Website: <https://www.cedarvalleyangels.org/>

CHAPTER 11: SUPPORT GROUPS

This chapter contains different support groups or agencies that can connect you with them.

ALLEN HOSPITAL

There are numerous support groups that are either offered or can be contacted through Allen Hospitals. They include overeaters, stroke, breastfeeding, and prostate. Please call or visit the website for further information.

Where: Allen Hospital 1825 Logan Ave. Waterloo, IA 50703

Phone: 319-235-3941

Website: <http://www.unitypoint.org/>

CEDAR VALLEY HOSPICE

Cedar Valley Hospice Grief Support Services provide comprehensive counseling, support services, and educational leadership on dying, death, and grief to the community. Grief Services are available to friends and family members of Cedar Valley Hospice patients, as well as anyone in the community who is grieving a loss due to death. Services are offered free of charge and includes the following groups, survivors of suicide loss, child loss grief support group, eucalyptus tree program (support for youth).

Where: 900 Power Park Dr. Waterloo, IA 50704

Phone: 319-272-2002

Website: <http://cvhospice.org/>

CENTER OF ATTENTION

Many collaborative services offered free of charge including essential items (basic needs) to peer support. These services include 12 step meetings, dream paths, circles of support, and other community supports. If we don't have what you are looking for, we will point you in the right direction.

Where: 311 Irving St. Waterloo, IA 50703

Phone: 319-232-6081

Email: feliciacoawaterloo.org

COMPASSIONATE FRIENDS

The Mission of the Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Phone: 1-877-969-0010

Website: <http://www.compassionatefriends.org>

ELEVATE DROP IN-CENTER

A safe place to come and spend time with people that may experience similar struggles with mental illness and substance abuse. All who have been touched by addiction and mental illness including friends and family are welcome to attend.

- Adult Drop-In Hours: Mondays 4:30 pm – 8:00 pm, Wednesdays 4:30 pm–8:00 pm, Thursdays 1:00 pm-8:00 pm, Sundays 10:30 am-2:00 pm
- Teen Drop-In Hours: Tuesdays 4:00 pm-7:00 pm

Where: 617 Mulberry Street, Waterloo, IA 50703

Phone: (833) 370-0719

Website: www.elevateccbhc.org

TOGETHER FOR YOUTH

Working collaboratively to improve adolescent sexual health outcomes and strengthen young families. Together for Youth offers a package of adolescent sexual health programming and a weekly support and education group for pregnant and parenting teens and their children. Individual Health, Circle, SiHLE (Sistas informing healing living and empowering), YPT

Where: 3136 Brockway Rd. Suite B, Waterloo 50701

Phone: 319-433-6331

Facebook: Together for Youth (Waterloo)

Website: www.togetherforyouth.net/young-parents-together.html#/

HOPE & HEALING: PREGNANCY, FETAL AND INFANT LOSS SUPPORT GROUP

This support group is designed to provide emotional support and create an environment for learning for parents who have experienced an ectopic pregnancy, miscarriage, stillbirth, or death of an infant and/or young child.

Date/Time: 2nd Tuesday of each month, 6:00 p.m.

Where: MercyOne Waterloo Medical Center, Classroom 2

Phone: 319-272-8367

NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) BLACK HAWK COUNTY

The agency works with people who have mental illness, their families, partners and friends. It offers advocacy, education, and mutual support, including through free support groups. Please contact them for a complete schedule and more information.

Where: Allen Hospital, 1825 Logan Ave. Waterloo, IA 50703

Phone: 319-235-5263

Email: namibh@questoffice.net

EDUCATION/SUPPORT GROUP

A daytime group led by the executive director. It serves adults with mental illness, their families, partners, and friends. Anyone can attend, no matter their diagnosis or their family member or partner's diagnosis.

This is an open support group with time for all questions, concerns, and anything people wish to share. In addition, we provide material on a mental health educational topic. Please call for more information.

Where: Waterloo Center for the Arts, 225 Commercial Street, Waterloo IA 50701

Phone: 319-291-4490

THE JESSE COSBY CENTER

The Jesse Cosby Neighborhood Center has been a multicultural multigenerational service provider for individuals and families. Senior services: adult day center, meals on wheels, and the youth summer feeding program

Where: 1112 Mobile St., Waterloo, IA, 50703

Phone: 319-234-1793

Website: <http://www.jessecosby.org/>

THE CIRCLE

Girls Circle (which is now called The Circle) is evidence informed program that offers groups to local middle schools for young women to learn about healthy relationships through the development of confidence, courage and communication skills. The Circle provides education on honoring diversity, cyberbullying, being wise and well, substance use, mental health, and body image. Phone: 319-235-5088, ext. 4

MERCYONE WATERLOO MEDICAL

Many different support groups are offered by the hospital that cover a wide range of conditions. Please visit the website or call for a full and current listing of groups.

Where: 3421 W. 9th St. Waterloo, IA 50702

Phone: 319-272-8000

CHAPTER 12: MISCELLANEOUS

This chapter has other programs that individuals might find helpful in the Cedar Valley.

CEDAR VALLEY IOWAWORKS

The regional one-stop center in Waterloo provides a variety of services to meet the workforce and workplace needs of job seekers, dislocated workers, unemployed persons and Iowa businesses through partnerships of state and local service providers. They provide job counseling, job training, job placement and assistance to special needs populations.

Where: 3420 University Ave., Waterloo, IA 50701

Phone: 319-235-2123 Website: <http://www.iowaworks.gov>

IOWA LEGAL AID

Free legal help with civil law problems for eligible low-income Iowans.

Where: 607 Sycamore St., Suite 304, Waterloo, IA 50703

Phone: 1-800-532-1275 Website: <http://www.iowalegalaid.org/>

OPERATION THRESHOLD

This agency offers education and services to help people meet their basic needs and become self-sufficient.

Operation Threshold offers many different types of services. Please contact the agency by phone or visit the website for a full and current listing of programs. All Operation Threshold programs have Spanish, Bosnian, Burmese and French interpreters available (by appointment). Where: 1525 Lafayette, P.O. Box 4120, Waterloo, IA 50704

Phone: 319-291-2065 Website: <http://www.operationthreshold.org>

OT REFUGEE SERVICES

Welcomes those who came as refugees or were granted asylum, orienting them to the Cedar Valley, improving their employment options, enhancing their financial knowledge and independence, and preparing them for the self-sufficiency and confidence they desire for themselves and their families.

The case worker is bilingual and conducts the program in Karen, a Burmese dialect.

FAMILY DEVELOPMENT AND SELF-SUFFICIENCY PROGRAM (FaDSS)

The Family Development and Self-Sufficiency Program (FaDSS) is an intensive, voluntary, one-on-one case management program to assist families receiving Family Investment Program (FIP) benefits while transitioning from welfare to work. FaDSS assists families through intensive case management including home visits, support (referrals, groups, linkages, and advocacy), assessment (identifying and building upon strengths), and goal setting.

OPERATION HOME

Supportive services for Veterans and their families. Provides housing and case management services to homeless, or near homeless, Veterans and their families.

SING ME TO HEAVEN FOUNDATION

Assisting grieving families in Iowa with funeral expenses after the loss of a child.

From 20 weeks gestation to 18 years old.

Phone number: Diane: 319-240-0885 or Jennifer: 319-429-8012 Website: www.smthf.org

VOLUNTEER CENTER OF CEDAR VALLEY

The Volunteer Center of Cedar Valley mobilizes volunteers and resources to support Cedar Valley organizations through service opportunities, youth service-learning programs, training opportunities for organizations, and family volunteer opportunities.

Where: 2101 Kimball Ave. Waterloo IA 50702

Phone: 319-272-2087

YWCA

MULTICULTURAL SERVICES

Offers case management services and support to immigrant and refugee individuals and families at no cost Monday - Friday. Please call YWCA Youth & Family Services, Multicultural Services for more information.

LARS (ENGLISH CLASS)

Language, Advocacy, Resources and Support (LARS or English Class) is an open-ended English instruction class focused on improving English language skills along with information and referral to community resources. Provided at no charge, two times a week; with transportation and childcare are also provided free. Please call YWCA Youth & Family Services, Multicultural Services for more information.

CHAPTER 13: HOTLINES

Emergency

Phone: 911

Crisis Hotline & Mobile Crisis

Phone: 988 or 855-581-8111

Black Hawk County Sheriff

Phone: 319-291-2587

Waterloo Police Department

Phone: 319-291-4340

Cedar Falls Police Department

Phone: 319-273 8612

Crime Victim Assistance Division

Phone: 515-281-5044

GLBT National Hotline

Phone: 1-888-843-4564

Iowa Legal Aid

Phone: 319-235-7008

National Runaway Switchboard

Phone: 1-800-786-8989

National Suicide Prevention

Phone: 1-800-273-8255

Iowa Domestic Violence

Phone: 1-800-942-0333

Iowa Child Abuse Hotline

Phone: 1-800-362-2178

Iowa Concern

Phone: 1-800-447-1985

Iowa Poison Control Center

Phone: 1-800-222-1222

Iowa Healthy Families

Phone: 1-800-369-2229

Quitline Iowa (Smoking)

Phone: 1-800-784-8669

Su Familia

Phone: 1-866-783-2645

Gamblers Anonymous

Phone: 626-960-3500

Narcotics Anonymous

Phone: 1-818-773-9999

Teen Line

Phone: 310-855-HOPE

Overeaters Anonymous

Phone: 505-891-2664

National Human Trafficking

888-373-7888

Parenting Hotline

1-800-632-8188

If what you need is not listed above, please visit <http://www.drugfreeinfo.org/>

2025

JANUARY							MAY							SEPTEMBER							
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23	24	25	26	27	28		29	30						26	27	28	29	30	31		
MARCH							JULY							NOVEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1			1	2	3	4	5							1	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	2	3	4	5	6	7	8	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	16	17	18	19	20	21	22	
23	24	25	26	27	28	29	27	28	29	30	31			23	24	25	26	27	28	29	
30	31						30	31						30							
APRIL							AUGUST							DECEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5						1	2								
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	
27	28	29	30				24	25	26	27	28	29	30	28	29	30	31				
							31														

2026

JANUARY							MAY							SEPTEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3						1	2								
4	5	6	7	8	9	10	3	4	5	6	7	8	9	6	7	8	9	10	11	12	
11	12	13	14	15	16	17	10	11	12	13	14	15	16	13	14	15	16	17	18	19	
18	19	20	21	22	23	24	17	18	19	20	21	22	23	20	21	22	23	24	25	26	
25	26	27	28	29	30	31	24	25	26	27	28	29	30	27	28	29	30				
							31														
FEBRUARY							JUNE							OCTOBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7			1	2	3	4	5	6					1	2	3
8	9	10	11	12	13	14	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
15	16	17	18	19	20	21	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
22	23	24	25	26	27	28	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
							28	29	30					25	26	27	28	29	30	31	
MARCH							JULY							NOVEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7				1	2	3	4								
8	9	10	11	12	13	14	5	6	7	8	9	10	11	8	9	10	11	12	13	14	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	15	16	17	18	19	20	21	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	22	23	24	25	26	27	28	
29	30	31					26	27	28	29	30	31		29	30						
APRIL							AUGUST							DECEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4							1								
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12	
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26	
26	27	28	29	30			23	24	25	26	27	28	29	27	28	29	30	31			
							30	31													

