



PARENT RESOURCES 2022

Specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
Buy. Eat. Live Healthy Iowa State University Extension and Outreach: Linn County 383 Collins Rd NE, Ste 201 Cedar Rapids, IA 52402	319-377-9839	Classes are held at various times & locations around the Cedar Rapids and Marion area. One-on-one appointments can also be arranged. Call for availability & current class schedules.	Buy. Eat. Live Healthy is a series of nutrition and cooking lessons provided free to qualifying participants. Qualifying participants include those on limited incomes with at least one child under age 19. Classes include information on nutrition, planning meals, being physically active, and preparing healthy foods. Classes are fun, hands-on activities and ideas to help them make healthy choices. A graduation certificate and cookbook is given at the completion of the series of classes. Contact a Buy. Eat. Live Healthy Program Assistant at the Linn County Extension Office for more information. Registration accepted on an on-going basis. https://www.extension.iastate.edu/linn/buy-eat-live-healthy
Bridgehaven Pregnancy Support Center 4250 Glass Rd NE Suite 100 Cedar Rapids, IA 52402 & TREASURES Resale Store 405 8th Ave SE Cedar Rapids, IA	319-364-8967 & 319-364-1988 (store)	Monday - Wednesday 10 AM - 5 PM Thursday 10 AM - 7 PM Friday 10 AM - 4 PM TREASURES Resale Store Hours: Monday- Wednesday & Friday 10 AM - 5 PM Thursday 10 AM - 7 PM Saturday 10 AM - 4 PM	Women, men, women under 18, pregnant women, Families with children under the age of 18 <ul style="list-style-type: none"> • Earn While You Learn: parenting and prenatal classes Earned benefits: food, clothing, diapers, formula, layettes. • Free Pregnancy tests and Ultrasound • Abortion Recovery and Support • Sexual Health Education: prevention services at local middle schools and high schools https://bridgehavencr.org/ Treasures (store): clothing and household items available in resale shop at affordable prices https://bridgehavencr.org/treasures/
Early Childhood Iowa – Linn County	319-892-5721	http://www.linncounty.org/981/Early-Childhood-Iowa Visit the website for more resources!	State funding for local resources that include: home visitation and parent education; create quality improvement activities for child care and preschool providers, including professional development and training; increase the availability of infant, shift care and inclusive child care; and increase access to child care and preschools for children living in low income families.
Jane Boyd Community House 943 14th Ave SE Cedar Rapids, IA 52401	319-366-0431	Monday - Friday 9:30 AM - 6:00 PM	After-school program; K-5 Preschool: Head Start; Recreation: creative writing, science, photography, art clubs; Summer Day Camp (for kids beginning Kindergarten – 6th grade) https://www.janeboyd.org/
Jane Boyd Harambee House 404 17th St SE Cedar Rapids, IA 52403	319-366-1408	Monday – Friday 8 AM - 4 PM	Provides family-centered emergency services to high-risk families. Helps families become self-sufficient and stay together. Clothing closet. Bread and sweets on Tuesday. Access to computers to look for jobs, work on resumes, and house hunting. Wellington Heights Family Support Program. https://www.janeboyd.org/impact-areas/community/harambee-house

For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cellphone at 319-739-4211, or 1-866-469-2211. 211 now has an app that can be downloaded by searching “211 Iowa” on either Apple App store or Google Play. For more information you can visit www.211iowa.org/211app. To obtain a copy of the Resource Charts, go to www.linncounty.org/communityservices or contact Linn County Community Services at 319-892-5600. For questions about the Resource Charts, contact Linn County Community Services at 319-892-5600.

Name & Location	Phone Number	Days/Hours	Services Provided
Linn County Child & Youth Development – Family Services 1020 6 th Street SE Cedar Rapids, IA 52401	Peer Group 319-892-5730 Reaching Families 319-892-5725 School to Home 319-892-5727 Wraparound 319-892-5726	Monday - Friday 8 AM – 5 PM	<p><u>Peer Group Program</u> is free for Linn County children enrolled in the Cedar Rapids School System. This program provides quality programming to youth with low self-esteem and inadequate social interaction skills.</p> <p><u>The Reaching Families Program</u> serves Linn County parents for whom their mental health and substance abuse issues have been a barrier to effectively parenting their children. These individuals may also be homeless or on the verge of homelessness with limited access to services.</p> <p><u>School to Home</u> provides a link between the child's (elementary or middle) school and home by supporting the educational goals and the family's goals. Behavioral skills and parenting skills are taught in the home. Referrals to the program are made by the child's school, parent or therapist.</p> <p><u>Wraparound</u> provides funding for needs that other programs do not cover such as clinical appointments, therapeutic programs and medications. This is a free program for Linn County children under the age of 21 who have needs related to a mental health diagnosis.</p>
Linn County Family Transformation Services 1240 26th Ave Ct SW Cedar Rapids, IA 52402	319-892-5783	Linn County Family Service office hours are available six days a week with varied hours.	Provides one-on-one parenting education services using the Nurturing Parenting Program for families who are either pregnant or have at least one child under age five. Families must live in Linn County and the children must be in the custody of their parents. Topics include: ages and stages, discipline and family rules and routines and much more. Sessions are offered in the family home or alternative safe environment and at convenient times for the family. Services are offered free of charge.
Linn Mar Community School District 2999 North 10th St Marion, IA 52302	319-447-3110	Classes offered –three times per year	<p>Parent University: speaks about various topics such as how to pack a healthy lunch or parenting strategies.</p> <p>Our Parent University is a learning opportunity for Linn-Mar parents, grandparents and volunteers, but they are open to the public. We have not shared anything recently about “packing a healthy lunch” but we often offer information that will assist people at being a better parent or information on a facet of a Linn-Mar education, from how we handle food allergies to having the need for fine motor skills developed before Kindergarten. We draw from our great staff and from the larger community to offer what I call resident experts as presenters. https://www.linnmar.k12.ia.us/news/connect-child-play/</p>
Marion Family Resource Center 3405 7th Ave, Ste 100 Marion, IA 52302	319-447-5816	Monday - Friday 8 AM - 4:30 PM (Prefer fax: 319-366-8936)	Head Start, Family & Community Health Alliance, Food Boxes, Heating & Energy Application, Nutrition Information, Parenting Groups, Holiday Food Box Sign-up, WIC Clinic, Oral Health Screenings and Education.
Mercy Medical Center: Birthplace 701 10st St SE Cedar Rapids, IA 52403 <i>(Park at the south end of Level 3 at 8th St & 8th Ave)</i>	319-363-2229 (BABY)	Assistance available by phone 24-hours per day	Mercy Birthplace Tours, Prenatal Yoga Class, Infant Massage, Private appointments, Childbirth Education Class, Cesarean Birth or VBAC, Prenatal Breastfeeding Class, Pediatric Heartsaver (CPR class), Back Pain, Nutrition Counseling for Pregnant Moms, Breastfeeding Education, Breastfeeding Group
Noelridge Christian Church 7111 C Ave NE Cedar Rapids, IA 52402	319-393-9532	Tuesday 9 – 11 AM	<ul style="list-style-type: none"> • MOPS is open to any mother whose youngest child is 0-5. Registration begins in June for the following fall. There is a registration fee. Contact church for information. • Moppets is a FREE Christian-based educational setting for kids ages 0-5. • Kids play games, watch videos, and do a craft based around a lesson theme. • Come to celebrate motherhood, meet needs and make connections.

Name & Location	Phone Number	Days/Hours	Services Provided
Parent Education Consortium (PEC) Iowa State University Extension & Outreach, Linn County 383 Collin Rd NE, Ste 201 Cedar Rapids, IA 52402	319-377-9839	Monday - Friday 8 AM - 4:30 PM	Provides parent education services and resources, including Play and Learn for parents of young children that includes parenting classes, resource materials, community presentations and professional in-services. FREE Classes offered include: Parenting Young Children (0-5 years), Single Parenting, Parenting After Divorce and Separation, Dads, Step-Parenting, Parenting Children with Disabilities and ADHD. www.parenteducationconsortium.com
Peace Christian Reformed Divorce Care 6600 C Ave NE Cedar Rapids, IA 52402	319-377-6600	Tuesday 6 - 8 PM	DivorceCare: 13-week national video session program. www.peacechurch-cr.org
Planned Parenthood of North Central States 3425 1st Ave SE, Ste 100 Cedar Rapids, IA 52402	877-849-0765 Call or schedule online for appointments. Walk-ins accepted.	Monday & Thursday 9 AM – 12:30 PM, 1 – 5 PM Tuesday 12 – 4 PM, 1:30 – 5 PM Wednesday & Friday 9 AM - 1 PM, 1:30 – 5 PM	Education services include pregnancy prevention, STD prevention, and medically accurate, age-appropriate comprehensive sex education. Programs and resources to help parents/other trusted adults become ask-able adults, and be the main source of accurate sexual health information for the youth in their lives. We makes every effort to provide healthcare services to everyone – no matter their economic situation. Title 19 and most major insurances accepted. Services are provided at a reduced cost with proof of income, and financial resources are provided whenever possible. Learn more by visiting www.ppheartland.org
Play and Learn of East Central Iowa Iowa State University Extension & Outreach, Linn County 383 Collins Rd NE, Ste 201 Cedar Rapids, IA 52402	319-377-9839	Five sessions occur at four different locations -out Cedar Rapids & Hiawatha. See "Services Provided" column for dates & locations!	Organized play group for young children ages 0-5 and their caregivers. Each group has a facilitator that plans and sets up activities for the children and their caregivers to play with together. Facilitators help caregivers learn more about child development, how children learn through play and what caregivers can do at home to help children in their growth. Play groups are FREE to attend and pre-registration is not required. Just show up for the learning and fun! https://www.parenteducationconsortium.com/play-learn/
Hawkeye Area Community Action Agency (HACAP)	319-393-7811	Monday - Friday 8 AM - 4 PM	Head Start, Family & Community Health Alliance, Food Boxes, Heating and Energy Assistance, Nutrition Information, Parenting Groups, Holiday Food Box Sign-up, WIC Clinic, Prenatal Education, Oral Health Screenings and Education, Well Child Screening Clinic including hearing, vision, and developmental screens, RED Ahead. For more information: www.hacap.org
YPN 420 6th St SE #260 Cedar Rapids, IA 52401	319-364-8909	Monday - Friday 8 AM - 4 PM Thursday Night Prenatal & Parenting Groups	For parents between the ages of 13- 27 who are pregnant or have a child under the age of 5. Focuses on having a healthy pregnancy, raising a healthy child and early childhood growth and development. Free prenatal and parenting education groups with specially designed programs for dads, and families that speak Spanish, French, Lingala, and Swahili. Child care, lite meal and transportation provided. Individualized in-home visits focused on your child's development. Access to Eastern Iowa Diaper Bank and We Care incentive shop for access to baby and children's items. www.ypniowa.org
TIES St. Luke's Children's Specialty Services 4050 River Ridge Dr. NE Cedar Rapids IA 52402	319-558-4861	Mon-Wed or Tues-Thurs Evening programs (4:30-6:30 pm) Mon-Wed Afternoon program (varies)	For families with children under age 6 Provide specialized training to parents on behavioral interventions that model positive parent/caregiver-child interaction patterns in order to increase family functioning and reduce challenging child behaviors. https://www.unitypoint.org/cedarrapids/services-ties.aspx