



# SEXUAL HEALTH RESOURCES

2022

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

Name & Location	Phone Number	Days/Hours	Services Provided
<b>Eastern Iowa Health Center</b> 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300	Monday & Friday 8 AM - 5 PM Tuesday, Wednesday & Thursday 8 AM – 7 PM <i>(Some nights limited extended hours)</i> Phone answered 24/7 for questions or patient concerns. Please call for an appointment. Same day & walk-in appointments usually available.	Primary care family practice, dental and pediatrics office. All insurances accepted. Sliding fee scale for patients with no insurance or inadequate coverage. Please call for more information. STI/HIV testing, STI treatment, gynecological care, prescription assistance, educational brochures, transportation, translation, social work, homeless outreach and counseling services on-site. Condoms available. Outreach programs available at Cornell College and Jones Regional Medical Center. Primary care family practice, dental and pediatrics office. All insurances accepted. Sliding fee scale for patients with no insurance or inadequate coverage. Please call for more information.
<b>Eastern Iowa Health Center – Women’s Health</b> 4251 River Center Ct NE Cedar Rapids, IA 52403		Monday, Tuesday, & Wednesday 8 AM - 7 PM Thursday & Friday 8 AM - 5 PM	Women’s Health provides Title X funding for birth control counseling and prescribing, placement of Long Acting Reversible Contraceptives, pregnancy testing, OB/GYN care. <a href="http://www.easterniowahealthcenter.com">www.easterniowahealthcenter.com</a>
<b>Planned Parenthood of the Heartland</b> <u>Cedar Rapids Location</u> 3425 1st Ave SE, Ste 100 Cedar Rapids, IA 52402  <u>Iowa City Location</u> 850 Orchard St Iowa City, IA 52246	Cedar Rapids 877-849-0765  Iowa City 877-811-PLAN (7526)	Cedar Rapids 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  <u>Iowa City:</u> Monday & Friday 9 AM - 5 PM Tuesday & Wednesday 8 AM - 4 PM Thursday 12 PM - 8 PM Call or go online for more information. Call for an appointment. Walk-ins also welcome!	Please check with your local Planned Parenthood center to determine exactly which services are offered. Annual checkups/well-woman exams; Birth control supplies and information; Pregnancy testing; Abortion pill (Iowa City only); In-clinic abortion (Iowa City only); Adoption services for birth mothers; Sexually transmitted infection (STI) testing and treatment; Emergency contraception (ECP's/Plan B); Pap tests; Breast exams; Colposcopy/abnormal pap follow-up; HIV testing; PrEP and PEP prescriptions and follow-up care; HPV vaccine (Gardasil); Sexual assault exams; Male services, including testicular cancer screening; Menopause services. Transgender/Gender Nonconforming Health Services (Cedar Rapids only): Hormone Therapy; Preventative Sexual Health Care regardless of age, gender identity, sexual orientation, or insurance status. Confidential. Safe. Nonjudgmental. Health Education: Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective. Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula. LGBT inclusive curricula. <a href="https://www.plannedparenthood.org/planned-parenthood-heartland">https://www.plannedparenthood.org/planned-parenthood-heartland</a>
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 <a href="http://www.211iowa.org/211app">www.211iowa.org/211app</a> . To obtain a copy of the Resource Charts, go to <a href="http://www.linncounty.org/communityservices">www.linncounty.org/communityservices</a> 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.			

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<b>PREGNANCY/ STI TESTING</b>			
<b>Linn County Public Health</b> 1020 6 <sup>th</sup> St SE Cedar Rapids, IA 52401	319-892-6000 Office 319-892-6093 Clinic	Monday - Friday 8 AM - 4:30 PM Appointments are preferred	Free or reduced cost for STI screening and treatment. Free or reduced cost for screening of HIV, Hepatitis, and pregnancy. Must qualify for services. Pre-exposure prophylaxis (PrEP) for the prevention of HIV is available with an appointment. Free condoms available. HPV vaccine available. At Home Testing: Linn County Public Health, Iowa Department of Public Health, and Lets Get Checked are partnering to offer STI testing in the comfort of your own home. It's simple, confidential, and discreet. Simply complete an online survey and have a test kit mailed to you. There will be a \$15.00 charge for the kit. More information available here: <a href="https://www.linncountyiowa.gov/593/Sexually-Transmitted-Infections">https://www.linncountyiowa.gov/593/Sexually-Transmitted-Infections</a>
<b>MercyCare Find-A-Doc</b>	319-369-4444	Monday - Friday 8 AM - 4 PM	Helps patients find a primary care provider based on Mercy's current provider availability. <a href="https://www.mercycare.org/doctors/clinics/find-a-doc/">https://www.mercycare.org/doctors/clinics/find-a-doc/</a>
<b>University of Iowa Hospitals &amp; Clinics</b> 200 Hawkins Dr Iowa City, IA 52242	319-356-1616 or 800-777-8442	Call between 8 AM - 5 PM to schedule an appointment	Prenatal care, wellness counseling, OB/GYN services, STI screening and treatment. <a href="https://uihealthcare.org/">https://uihealthcare.org/</a>
<b>HIV/ AIDS RESOURCES</b>			
<b>Linn County Ryan White Program</b> 1240 26th Ave Ct. SW Cedar Rapids, IA 52404	319-892-5770	Monday - Friday 8 AM - 4:30 PM Must call for an appointment	Provides free HIV/AIDS case management services, condoms, lube and program brochures. <a href="mailto:rwp@linncountyiowa.gov">rwp@linncountyiowa.gov</a> <a href="http://www.linncountyiowa.gov/231/Ryan-White-Medical-Case-Management">www.linncountyiowa.gov/231/Ryan-White-Medical-Case-Management</a>
<b>Positive Iowans Taking Charge (PITCH)</b>		Meets on Zoom	Mission is to create an atmosphere where HIV positive individuals can unite and assist other HIV positive individuals for better health and wellness. Provides educational speaking to school/church/community, etc. groups. Peer to peer support group for HIV positive individuals. All services are free and open to anyone who is living with HIV (including their support system). <a href="http://www.pitchiowa.com">www.pitchiowa.com</a> E-Mail: <a href="mailto:pitchiowa@gmail.com">pitchiowa@gmail.com</a>
<b>University of Iowa HIV/Virology Program</b> 200 Hawkins Dr Iowa City, IA 52242	HIV Program: 319-335-7605 Virology Clinic: 319-356-8133	Monday - Friday 8 AM - 5 PM Call to schedule an appointment. After hours emergency medical attention available. Team 2 Infectious Disease physician at 319-356-1616	Comprehensive HIV care. Clinical trials, education/information, social services and community referrals, HIV specific financial programs, adherence counseling, psychiatry services, referrals to HIV-experienced professionals in other specializations, case management. Services by appointment preferred. <a href="https://uihc.org/aidshiv-clinic">https://uihc.org/aidshiv-clinic</a>

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<b>SEXUAL HEALTH CARE FINANCIAL ASSISTANCE</b>			
<b>Especially For You Race Fund</b> Mercy Medical Center (located in Hall Perrine Cancer Center) 701 10th St SE Cedar Rapids, IA 52403	319-221-8889 or 319-398-6582	Monday - Friday 8 AM - 4 PM	Must have a doctor's order for a mammogram. Income guidelines apply. Assistance for breast screening and diagnostic services is available. Also have breast & gynecological office & services. *Contact Care for Yourself program at (319) 730-7300 if in need of doctor's order.
<b>Iowa Breast &amp; Cervical Cancer Early Detection Program</b> Eastern Iowa Health Center 1201 3 <sup>rd</sup> Ave SE Cedar Rapids, Iowa 52403	319-730-7300	Monday - Friday 8 AM - 4:30 PM Call for application	Financial assistance for screening and diagnostic services for women age 40 and older who are below 250% of poverty level. (Some services available to women under 40. ***Call BEFORE making appointment*** Financial assistance for breast and cervical cancer screening/diagnostic services. <a href="https://easterniowahealthcenter.com/obgyn/cfy/">https://easterniowahealthcenter.com/obgyn/cfy/</a>
<b>HEALTH EDUCATION</b>			
<b>Equipping Youth</b> 1700 B Ave NE Cedar Rapids, IA 52402	319-861-2747	Monday - Friday 8 AM - 4 PM Please leave a message.	Offers programs and materials for promotion of teen sexual health through sexual risk avoidance and asset building education according to the Powerful Choices curriculum. <a href="http://www.equippingyouth.org">www.equippingyouth.org</a> E-Mail: <a href="mailto:mail@equippingyouth.org">mail@equippingyouth.org</a>
<b>The People's Church Unitarian Universalist</b> 4980 Gordon Ave NW Cedar Rapids, IA 52405	319-362-9827	Monday - Thursday 10 AM - 4 PM Sunday 9:30 AM - 1 PM	Offers Our Whole Lives (OWL) program, providing age-appropriate courses on human development, sexual behavior, sexual health and society influences to ages pre-school through adult. Courses offered on a staggered yearly schedule. Program is free to members of People's Church and may be a fee for non-members. Email <a href="mailto:dre@peoplesuu.org">dre@peoplesuu.org</a> for more info.
<b>WOMEN'S &amp; CHILDREN'S SERVICES</b>			
<b>Birthright of Cedar Rapids</b> 375 Collins Rd NE, Ste 107 Cedar Rapids, IA 52402	319-393-3251 24 Hour Line: 800-550-4900	Call first for hours.	Pregnancy tests available. Confidential friendship counseling supporting abortion alternatives. Maternity and baby clothes available. Referral for professional services. All services are provided free of charge. Call for more info. <a href="http://www.birthright.org/cedarrapids">www.birthright.org/cedarrapids</a>
<b>Bridgehaven Pregnancy Support Center</b> 4250 Glass Rd NE Ste. 100 Cedar Rapids IA 52402	319-364-8967	Monday - Wednesday 10 AM - 5 PM Thursday 10 AM - 7 PM Friday 10 AM - 4 PM	Christian-based organization that provides confidential and free pregnancy tests and ultrasounds with options counseling and abortion alternatives. "Earn While You Learn" program. Call for more information. <a href="http://www.bridgehavencr.org">www.bridgehavencr.org</a>
<b>Hillcrest Family Services</b> 317 7th Ave SE, Ste 202C Cedar Rapids, IA 52401	319-362-3149	Monday - Friday 9 AM - 4 PM Call for an appointment	Provides supported living for adults with mental illness. Unplanned pregnancy counseling and adoption planning. <a href="http://www.hillcrest-fs.org">www.hillcrest-fs.org</a>
<b>YPN (formerly known as Young Parents Network)</b> 420 6th St SE, Ste 260 Cedar Rapids, IA 52401	319-364-8909	Monday - Friday 8 AM - 4 PM Evening groups also offered.	Community workshops and programming focused on teen pregnancy prevention, parenting for moms and dads, childcare, sexual abuse prevention. Services available to at-risk families and children between the ages of 13 and 27. Services provided at no cost to the families other than commitment. Spanish and French speaking staff available. <a href="http://www.ypniowa.org">www.ypniowa.org</a>

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<b>SEXUAL HEALTH ADVOCACY</b>			
<b>Domestic Violence Intervention Program (DVIP)</b> 1105 S Gilbert Ct, Ste. 300 Iowa City, IA 52244	Crisis Line: 800-373-1043 Office: 319-351-1043	24-hour crisis & support line.	Crisis intervention services are available 24 hours a day. Services include advocacy and counseling to victims of domestic violence and youth support. Emergency shelter and housing advocacy available. Serves Cedar, Des Moines, Henry, Iowa, Johnson, Lee, Van Buren and Washington Counties. <a href="http://www.dvpiowa.org">www.dvpiowa.org</a>
<b>Rape Victim Advocacy Program (RVAP)</b> 332 S Linn St, Ste 100. Iowa City, IA 52240	Crisis Line: 319-335-6000 800-228-1625 Iowa Sexual Abuse Hotline: 800-284- 7821	<u>Office Hours:</u> Monday - Friday 9 AM - 5 PM 24-hour confidential crisis help line.	Offers medical and legal advocacy, counseling and support groups to victims of rape and sexual assault. Provides support to secondary survivors (family and friends of survivors). Counseling is by appointment. Walk-ins are accepted. All services are free. Educational programming available for youth, service providers, college populations and community members. Serves Johnson, Cedar, Iowa, Des Moines, Henry, Lee, Van Buren, and Washington Counties. <a href="https://rvap.uiowa.edu/">https://rvap.uiowa.edu/</a>
<b>Riverview Center</b> 118 3 <sup>rd</sup> Ave SE, Ste. 500 Cedar Rapids IA 52401	319-540-0080 24/7 Hotline: 888-557-0310	Monday - Friday 8 AM - 5 PM	Offers counseling, medical and legal advocacy, violence prevention education peer counseling and therapy to sexual assault survivors. <a href="http://www.riverviewcenter.org">www.riverviewcenter.org</a>
<b>Sexual Health Alliance of Linn and Johnson Counties</b>		Meetings occur the first Thursday of most months at the North Liberty Community Library. For a complete list of the meetings, visit the website.	A collaborative group that promotes and supports healthy relationships and sexual behaviors in Linn and Johnson counties through community engagement. Founded in December of 2010, The Sexual Health Alliance is committed to being a leader in creating a positive culture of sexual health and safety in our communities. By collaborating with organizations within Linn and Johnson counties, the SHA will be a reliable sexual health resource and will present a unified effort toward meeting the goals of our alliance as well as our community members. E-Mail: <a href="mailto:sexualhealthalliance@gmail.com">sexualhealthalliance@gmail.com</a> <a href="http://www.shacoalition.com">www.shacoalition.com</a> or <a href="https://www.facebook.com/SHALJC/">https://www.facebook.com/SHALJC/</a>
<b>Waypoint Domestic Violence Program</b> 318 5th St SE (Mailing Address) Cedar Rapids, IA 52401	319-365-1458 Crisis Line: 319-363-2093	<u>Office Hours:</u> Monday - Friday 8 AM - 5 PM 24-hour crisis & support line	Provides free information, counseling and advocacy for survivors of domestic violence. Serves Linn, Benton, Black Hawk, Buchanan, Delaware, Dubuque and Jones Counties. <a href="http://www.waypointservices.org">www.waypointservices.org</a> <a href="http://www.facebook.com/waypointservices">www.facebook.com/waypointservices</a>
<b>COUNSELING SERVICES</b>			
<b>Domestic Violence Intervention Program (DVIP)</b> 1105 S Gilbert Ct, Ste. 300 Iowa City, IA 52244	Crisis Line: 800-373-1043 Office: 319-351-1043	24-hour crisis & support line	Crisis intervention services are available 24 hours a day. Services include advocacy and counseling to victims of domestic violence and youth support. Emergency shelter and housing advocacy available. Serves Cedar, Des Moines, Henry, Iowa, Johnson, Lee, Van Buren and Washington Counties. <a href="http://www.dvpiowa.org">www.dvpiowa.org</a>
<b>Hillcrest Family Services</b> 317 7th Ave SE, Ste 202C Cedar Rapids, IA 52401	319-362-3149	Monday - Friday 9 AM - 4 PM Call for an appointment.	Offers unplanned pregnancy counseling. Provides resources for both adoption and parenting options. <a href="http://www.hillcrest-fs.org">www.hillcrest-fs.org</a>
<b>Kristin Schloemer, LMHC, NCC, LLC.</b> 1957 Blairs Ferry Rd. NE Ste 600 Cedar Rapids, IA 52402	319-777-3299	Monday-Thursday 8 AM - 5 PM Call or e-mail for an appointment.	Works primarily with adolescents and predominately the LGBTQ population. Accepts Medicaid and private insurance. E-Mail: <a href="mailto:kdschloemer@gmail.com">kdschloemer@gmail.com</a>
<b>Olson Marriage &amp; Family Therapy Clinic</b> 1650 Matterhorn Dr NE Cedar Rapids, IA 52402	319-368-6493	Monday - Thursday 10 AM - 9 PM Friday 10 AM - 5 PM Saturday 8 AM - 2 PM	Free services to Mt. Mercy students and veterans. Sliding scale fee. Do not accept insurance. Family and individual counseling, parenting and relationship skills, sexual dysfunction, addiction and recovery, couples therapy, marriage therapy, play therapy. <a href="http://www.olsonmftclinic.com">www.olsonmftclinic.com</a>

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<b>Riverview Center</b> 118 3 <sup>rd</sup> Ave SE, Ste. 500 Cedar Rapids IA 52401	319-540-0080 24-Hr Hotline: 888-557-0310	Monday - Friday 8 AM - 5 PM	Offers counseling, medical and legal advocacy, violence prevention education and peer counseling to sexual assault survivors. <a href="http://www.riverviewcenter.org">www.riverviewcenter.org</a>
<b>UnityPoint Child Protection Center</b> 1095 N Center Point Rd Hiawatha, IA 52233	319-369-7908	Monday - Friday 8 AM - 4:30 PM	Must be referred by DHS or law enforcement. Coordination of high quality, reliable, consistent interviews and medical exams by specially-trained interviewers and physicians. Efforts toward identification, treatment and prevention of child abuse. St. Luke's Child Protection Center CARE Program. Referrals from DHS, Medicaid providers, and community partners for children who have been drug exposed. Includes neonatal and environmental. <b>Email:</b> <a href="mailto:stlukes@crstlukes.com">stlukes@crstlukes.com</a>
<b>University of Iowa Hospitals and Clinics</b> 200 Hawkins Dr Iowa City, IA 52242	319-356-1616 800-777-8442	Call between 8 AM & 5 PM to schedule an appointment. Must call for an appointment.	Prenatal care, wellness counseling, OB/GYN services, STI screening and treatment. <a href="http://www.uihealthcare.org">www.uihealthcare.org</a>
<b>Waypoint Domestic Violence Program</b> 318 5th St SE (Mailing Address) Cedar Rapids, IA 52401	319-365-1458 Crisis Line: 319-363-2093	<u>Office Hours:</u> Monday - Friday 8 AM - 5 PM 24-hour crisis & support line.	Provides free information, counseling and advocacy for survivors of domestic violence. Serves Linn, Benton, Black Hawk, Buchanan, Delaware, Dubuque and Jones Counties. <a href="http://www.waypointservices.org">www.waypointservices.org</a> <a href="https://www.facebook.com/waypointservices">www.facebook.com/waypointservices</a>
<b>United States Department of VA</b> 601 Hwy 6 West Iowa City, Iowa 52246	319-631-1099	Monday – Friday 8 AM – 5 PM Evenings & Weekends call Foundation 2 Crisis Line	We provide free, confidential counseling and treatment to Veterans for both mental and physical health problems linked to Military Sexual Trauma. MST refers to sexual assault or repeated, threatening sexual harassment while in the military. This could have occurred while the Veteran was serving on active duty, ADT, or inactive duty training. <a href="http://www.mentalhealth.va.gov/msthome.asp">www.mentalhealth.va.gov/msthome.asp</a>