



SEXUAL HEALTH RESOURCES

2019

Name & Location	Phone Number	Days/Hours	Services Provided
PREGNANCY/ STI TESTING			
Coe College Health Services 1220 First Ave NE Cedar Rapids, IA 52402 Located in the lower level of The P.U.B.	319-399-8617	Monday - Friday 9 AM - 12 PM & 1 PM - 4 PM Hours when school is in session. Call or go online to make an appointment.	Services only available to registered students (including part-time, commuter and non-traditional students). Provides medical and counseling referrals, prescriptions (when appropriate), reference/educational materials, pregnancy testing, birth control, free condoms, STI testing and treatment.
Cornell College Health Services 600 First St SW Mount Vernon, IA 52314 Located in Ebersole Memorial Student Health Center	319-895-4292	Monday - Friday 8 AM - 4:30 PM Hours when school is in session. Must schedule online or call for an appointment. Call after hours for information on how to contact the physician on call for a medical emergency. Walk-ins if available.	Services only available to registered students. Services include health promotion, sexual health education, contraceptive counseling, pregnancy testing, emergency contraception, on-site STI and HIV testing, and medical referrals. Condoms available. https://www.cornellcollege.edu/student-health/index.shtml
Eastern Iowa Health Center 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 and pediatrics office. All insurances accepted. Sliding fee scale for patients with no insurance or inadequate coverage. Please call for more information.
Eastern Iowa Women's Health Center 4251 River Center Ct NE Cedar Rapids, IA 52402	319-730-7300	Monday, Tuesday, & Wednesday 8 AM - 7 PM Thursday & Friday 8 AM - 5 PM Phone answered 24/7 for questions or patient concerns. Please call for an appointment. Same day & walk-in appointments usually available.	Women's Health Center provides Title X funding for birth control counseling and prescribing, placement of Long Acting Reversible Contraceptives, pregnancy testing, OB/GYN care, 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. www.easterniowahealthcenter.com
Emma Goldman Clinic 227 N. Dubuque St Iowa City, IA 52245	319-337-2111 or 800-848-7684	<u>Clinic Hours:</u> Monday, Tuesday, & Wednesday 9 AM - 5 PM Thursday & Friday 7:45 AM - 5 PM for procedures. Occasional Saturday 9 AM - 1 PM	Provides pregnancy testing and options counseling, abortion services, gynecologic exams and treatment, birth control counseling and prescriptions and HIV/STI testing. Provides PEP and PrEP. Condoms and emergency contraception available at low cost. ***Must call for an appointment. *** Walk-ins available for following services: STI testing, pregnancy testing and options counseling, prenatal and adoption referrals, birth control consultations. Male exams. LGBT services including hormone therapy. www.emmagoldman.com

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. You may also choose to search the new United Way 2-1-1 website for resources at www.211iowa.org. 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
Emma Goldman Clinic 227 N. Dubuque St Iowa City, IA 52245	319-337-2111 or 800-848-7684	Clinic Hours: Monday, Tuesday, & Wednesday 9 AM - 5 PM Thursday & Friday 7:45 AM - 5 PM for procedures. Occasional Saturday 9 AM - 1 PM	Provides pregnancy testing & options counseling, abortion services, gynecologic exams and treatment, birth control counseling & prescriptions & HIV/STI testing. Provides PEP a& PrEP. Condoms & emergency contraception available at low cost. ***Must call for an appointment. *** Walk-ins available for following services: STI testing, pregnancy testing and options counseling, prenatal and adoption referrals, birth control consultations. Male exams. LGBT services including hormone therapy. www.emmagoldman.com
Obria Medical Clinic of Iowa 821 S. Gilbert St Iowa City, IA 52240	319-337-0575	Monday & Wednesday 9 AM - 5 PM Tuesday & Thursday 12 PM - 8 PM Friday & Saturday by appointment only	Faith-based organization providing pap smears and free testing for STD/STI, as well as ultrasounds, pregnancy testing and prenatal care. www.obria.org
Iowa City Free Medical Clinic 2440 Towncrest Dr Iowa City, IA 52240	319-337-4459	Office Hours: Monday – Thursday 9 AM - 4 PM Friday 9 AM – 12 PM Additional clinic hours Monday & Thursday 6 PM - 9 PM Clinic hours vary. Please call for an appointment.	Services include gynecological exams, breast exams, diagnosis and treatment of vaginal and urinary tract infections, STI testing and treatment, confidential HIV counseling and testing, pregnancy testing, educational materials, referrals when necessary. *** No cost for services. Donations encouraged. http://freemedicalclinic.org/ Walk-in HIV & Hepatitis C testing Tuesday 9 AM - 3 PM
Johnson County Public Health Health & Human Services Bldg 855 S Dubuque St Iowa City, IA 52240	319-356-6040	Monday - Friday 8 AM - 4 PM Call for an appointment Walk-ins are welcome	Rapid, Free, and Confidential HIV testing, counseling and referrals. Hepatitis C and Syphilis testing available for those who qualify. PrEP access. Condom distribution. https://www.johnson-county.com/dept_health.aspx?id=4485
Linn County Public Health 501 13th St NW Cedar Rapids, IA 52405	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. www.linncounty.org/health
MercyCare Find-A-Doc Mount Mercy University Health Services 240 University Center Student Health 1330 Elmhurst Dr NE Cedar Rapids, IA 52402	319-369-4444 319-363-1323 x1283	Monday - Friday 8 AM – 4 PM Closed major holidays Times may vary. Call for an appointment	Physician referral service. Contact physician’s office directly for more information about sexual health services. Services provided to registered students. Provides counseling, medical referrals when necessary and educational materials and emergency acute care. https://www.mtmercy.edu/health-services
Planned Parenthood of the Heartland 3425 1st Ave SE, Ste 100 Cedar Rapids, IA 52402 850 Orchard St Iowa City, IA 52246	877-811-PLAN (7526)	Cedar Rapids: Monday 9 AM – 5 PM Tuesday 11 AM - 7 PM Wednesday 9 AM - 3 PM Thursday 7:30 AM - 3:30 PM Friday 11 AM - 4 PM Iowa City: Monday 9 AM - 4 PM Tuesday & Wednesday 8 AM - 4 PM Thursday 12 PM - 8 PM Friday 9 AM - 5 PM Hours vary by center. 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 curricula. https://www.plannedparenthood.org/planned-parenthood-heartland

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University of Iowa Hospitals & Clinics 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. https://uihealthcare.org/
University of Iowa Student Health 4189 Westlawn South Iowa City, IA 52242	<u>Appointments:</u> 319-335-8394 <u>Nurseline:</u> 319-335-9704	<u>Fall & Spring Semesters:</u> Monday - Thursday 8 AM to 5 PM Friday 9:15 AM - 5 PM <u>During Winter & Summer Breaks:</u> Monday - Thursday 8 AM to 4:30 PM Friday 9 AM - 4:30 PM	Services available to University of Iowa students only. STI testing, HIV testing, counseling and information. Free condoms and dental dams available. Birth control counseling and prescriptions. HIV prevention medication. Emergency contraception available. Gynecological exams. Student Wellness services are free. Clinical services vary based on individual insurance. Nurseline consultations are available during clinic hours. http://www.studenthealth.uiowa.edu/
HIV/ AIDS RESOURCES			
Linn County Ryan White Program 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. ryp@linncounty.org www.linncounty.org/231/Ryan-White-Medical-Case-Management
Planned Parenthood of the Heartland 3425 1st Ave SE, Ste 100 Cedar Rapids, IA 52402 850 Orchard St Iowa City, IA 52246	877-811-PLAN (7526)	<u>Cedar Rapids:</u> Monday 9 AM – 5 PM Tuesday 11 AM - 7 PM Wednesday 9 AM - 3 PM Thursday 7:30 AM - 3:30 PM Friday 11 AM - 4 PM <u>Iowa City:</u> Monday 9 AM - 4 PM Tuesday & Wednesday 8 AM - 4 PM Thursday 12 PM - 8 PM Friday 9 AM - 5 PM Hours vary by center. Call or go online for more information. Call for an appointment. Walk-ins also welcome!	The following services are offered by Planned Parenthood of the Heartland. Please check with your local Planned Parenthood center to determine exactly which services are offered there. 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; PrEP and PEP prescriptions and follow-up care; Colposcopy/abnormal pap follow-up; HIV testing; 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. https://www.plannedparenthood.org/planned-parenthood-heartland
Positive Iowans Taking Charge (PITCH)	319-310-8309		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. www.pitchiowa.com E-Mail: pitchiowa@gmail.com
University of Iowa HIV/Virology Program 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. https://uihc.org/aidshiv-clinic

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SEXUAL HEALTH CARE FINANCIAL ASSISTANCE			
Eastern Iowa Health Center 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 and pediatrics office. All insurances accepted. Sliding fee scale for patients with no insurance or inadequate coverage. Please call for more information.
Eastern Iowa Women's Health Center 4251 River Center Ct NE Cedar Rapids, IA 52402	319-730-7300	Monday, Tuesday, & Wednesday 8 AM - 7 PM Thursday & Friday 8 AM - 5 PM Phone answered 24/7 for questions or patient concerns. Please call for an appointment. Same day & walk-in appointments usually available.	Women's Health Center provides Title X funding for birth control counseling and prescribing, placement of Long Acting Reversible Contraceptives, pregnancy testing, OB/GYN care, 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. www.easterniowahealthcenter.com
Especially For You Race Fund Mercy Medical Center <i>(located in Hall Perrine Cancer Center)</i> 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) 892-6081 if in need of doctor's order.
HAWK-I Children's Health Insurance c/o HACAP 1328 2nd Ave SE Cedar Rapids, IA 52403	319-739-1510	Monday - Friday 8 AM - 4:30 PM	No cost or low cost medical, dental and prescription insurance for children ages 0-19. Call to apply at one of several convenient locations.
Iowa Breast & Cervical Cancer Early Detection Program - Linn County Public Health 501 13th St NW Cedar Rapids, IA 52405	319-892-6081	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.
HEALTH EDUCATION			
Equipping Youth 1700 B Ave NE Cedar Rapids, IA 52402	319-861-2747	Monday - Friday By appointment only. 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. www.equippingyouth.org E-Mail: mail@equippingyouth.org
The People's Church Unitarian Universalist 4980 Gordon Ave NW Cedar Rapids, IA 52405	319-362-9827	Tuesday - Thursday 9 AM - 3 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 \$25 for non-members. Email dre@peoplesuu.org for more info.

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Planned Parenthood of the Heartland 3425 1st Ave SE, Ste 100 Cedar Rapids, IA 52402 850 Orchard St Iowa City, IA 52246	877-811-PLAN (7526)	Cedar Rapids: Monday 9 AM – 5 PM Tuesday 11 AM - 7 PM Wednesday 9 AM - 3 PM Thursday 7:30 AM – 3:30 PM Friday 11AM - 4 PM Iowa City: Monday 9 AM - 4 PM Tuesday & Wednesday 8 AM – 4 PM Thursday 12 PM - 8 PM Friday 9 AM - 5PM Hours vary by center. Call or go online for more information. Call for an appointment. Walk-ins also welcome!	Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula. LGBT inclusive. https://www.plannedparenthood.org/planned-parenthood-heartland
United Action for Youth (UAY) Main Office: 1700 S 1st Ave, Ste 14 Iowa City, IA 52240 355 Iowa Ave Iowa City, IA 52244	319-338-7518	Main Office: Monday - Friday 9AM - 5PM. Youth Center Drop-In: Wednesday 3 PM - 7 PM Thursday 2 PM - 7 PM Friday 3 PM - 7 PM Saturday Noon - 5 PM	UAY is a community agency and youth center. UAY provides age-appropriate, medically accurate, comprehensive sexual health education programming, including state and nationally approved evidence-based curricula to schools and community. Topics include youth sexual health, STIs, female and male health issues, relationships and communication, HIV/AIDS, sexual orientation and gender identity and programs for parents on how to talk to children about sex and sexuality; Young Parent Program offering home visits and support groups; Transitional Living Program; Youth support groups; Onsite art and music studio; Free condoms for youth available. www.unitedactionforyouth.org
WOMEN'S & CHILDREN'S SERVICES			
Bethany Christian Services 1652 42nd St NE, Ste C2 Cedar Rapids, IA 52402	319-832-2321 or Text: 319-330-7555	Available by phone around the clock. Office hours by appointment.	Free options counseling for pregnancy. Financial assistance for basic needs available based on individual need. Call/text/email for appointment. www.bethany.org/cedar-rapids Email: ajennings@bethany.org
Birthright of Cedar Rapids 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. www.birthright.org/cedarrapids
Bridgehaven Pregnancy Support Center 701 Center Point Rd NE Cedar Rapids IA 52402	319-364-8967	Monday & Thursday 10 AM - 7 PM Tuesday, Wednesday & Friday 10 AM - 5 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. www.bridgehavencr.org
Eastern Iowa Health Center 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300	Monday & Friday 8 AM - 5 PM Tuesday, Wednesday & Thursday 8 AM - 7 PM (Some nights limited extended hours) 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 and pediatrics office. All insurances accepted. Sliding fee scale for patients with no insurance or inadequate coverage. Please call for more information.

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Eastern Iowa Women's Health Center 4251 River Center Ct NE Cedar Rapids, IA 52402	319-730-7300	Monday, Tuesday, & Wednesday 8 AM - 7 PM Thursday & Friday 8 AM - 5 PM Phone answered 24/7 for questions or patient concerns. Please call for an appointment. Same day & walk-in appointments usually available	Women's Health Center provides Title X funding for birth control counseling and prescribing, placement of Long Acting Reversible Contraceptives, pregnancy testing, OB/GYN care, 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. www.easterniowahealthcenter.com
Hillcrest Family Services 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. www.hillcrest-fs.org
Obría Medical Clinic of Iowa 821 S. Gilbert St Iowa City, IA 52240	319-337-0575	Monday & Wednesday 9 AM - 5 PM Tuesday & Thursday Noon - 8 PM Friday & Saturday by appointment only	Faith-based organization providing pap smears and free testing for STD/STI, as well as ultrasounds, pregnancy testing and prenatal care. www.obria.org
Johnson County Public Health (Clinical Services) Health and Human Services Building 855 S Dubuque St Iowa City, IA 52240	319-356-6042	Tuesday, Thursday & Friday 8 AM - 4:30 PM Monday and Wednesday 8 AM - 6 PM First Saturday of each month 8 AM - 12 PM	Prenatal nutrition counseling. Child and adult immunizations. https://www.johnson-county.com/dept_health.aspx?id=4485
Planned Parenthood of the Heartland 3425 1st Ave SE, Ste 100 Cedar Rapids, IA 52402 850 Orchard St Iowa City, IA 52246	877-811-PLAN (7526)	<u>Cedar Rapids:</u> Monday 9 AM - 5 PM Tuesday 11 AM - 7 PM Wednesday 9 AM - 3 PM Thursday 7:30 AM - 3:30 PM Friday 11AM - 4 PM <u>Iowa City:</u> Monday 9 AM - 4 PM Tuesday & Wednesday 8 AM - 4 PM Thursday 12 PM - 8 PM Friday 9 AM - 5PM Hours vary by center. Call or go online for more information. Call for an appointment. Walk-ins also welcome!	Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula. LGBT inclusive. https://www.plannedparenthood.org/planned-parenthood-heartland
United Action for Youth (UAY) Young Parent Program 1700 S 1st Ave, Ste 14 Iowa City, IA 52240	319-338-7518	<u>Main Office:</u> Monday - Friday 9AM - 5PM <u>Youth Center Drop-In:</u> Wednesday 3 PM - 7 PM Thursday 2 PM - 7 PM Friday 3 PM - 7 PM Saturday 12 PM - 5 PM	The Young Parent Program serves pregnant and/or parenting young women, under 21, and their families, in Johnson County. The Young Parent Program tailors family support services to meet the individual needs of program participants through a strength-based, family-focused approach. Family support workers provide in-home parent skill building and child development education. www.unitedactionforyouth.org
YPN (formerly known as Young Parents Network) 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 speaking staff available. www.ypniowa.org

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SEXUAL HEALTH ADVOCACY			
Domestic Violence Intervention Program (DVIP) 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. www.dvpiowa.org
Planned Parenthood of the Heartland 3425 1st Ave SE, Ste 100 Cedar Rapids, IA 52402 850 Orchard St Iowa City, IA 52246	877-811-PLAN (7526)	<u>Cedar Rapids:</u> Monday 9 AM – 5 PM Tuesday 11 AM - 7 PM Wednesday 9 AM - 3 PM Thursday 7:30 AM – 3:30 PM Friday 11AM - 4 PM <u>Iowa City:</u> Monday 9 AM - 4 PM Tuesday & Wednesday 8 AM – 4 PM Thursday 12 PM - 8 PM Friday 9 AM - 5PM Hours vary by center. Call or go online for more information. Call for an appointment. Walk-ins also welcome!	Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula. LGBT inclusive. https://www.plannedparenthood.org/planned-parenthood-heartland
Rape Victim Advocacy Program (RVAP) 332 S Linn St, Ste 100. Iowa City, IA 52240	Crisis Line: 319-335-6000 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. www.rvap.org
Riverview Center 685 9th Ave Marion, IA 52302	319-540-0080 24-Hour 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. www.riverviewcenter.org
Sexual Health Alliance of Linn and Johnson Counties		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: sexualhealthalliance@gmail.com www.shacoalition.com or https://www.facebook.com/SHALJC/
Waypoint Domestic Violence Program 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. www.waypointservices.org www.facebook.com/waypointservices

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COUNSELING SERVICES			
Domestic Violence Intervention Program (DVIP) 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. www.dvpiowa.org
Emma Goldman Clinic 227 N. Dubuque St Iowa City, IA 52245	319-337-2111 or 800-848-7684	<u>Clinic Hours:</u> Monday, Tuesday, & Wednesday 9 AM - 5 PM Thursday & Friday 7:45 AM – 5 PM for procedures Occasional Saturday 9 AM - 1 PM Call for an appointment.	Provides pregnancy testing and options counseling, abortion services, gynecologic exams and treatment, birth control counseling and prescriptions and HIV/STI testing. Provides PEP and PrEP. Condoms and emergency contraception available at low cost. ***Must call for an appointment. *** Walk-ins available for following services: STI testing, pregnancy testing and options counseling, prenatal and adoption referrals, birth control consultations. Male exams. LGBT services including hormone therapy. www.emmagoldman.com
Hillcrest Family Services 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. www.hillcrest-fs.org
Kristin Schloemer, LMHC, NCC, LLC. 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: kdschloemer@gmail.com
Mount Mercy University Health Services 240 University Center Student Health 1330 Elmhurst Dr NE Cedar Rapids, IA 52402	319-363-1323 x1283	Monday - Thursday 8 AM - 5 PM Friday 8 AM - 4:30 PM Times may vary. Call for an appointment.	Services provided to registered students. Provides counseling, medical referrals when necessary and educational materials and emergency acute care. www.mtmercy.edu/health-services
Olson Marriage & Family Therapy Clinic 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. www.olsonmftclinic.com
Rape Victim Advocacy Program (RVAP) 332 S Linn St, Ste 100. Iowa City, IA 52240	Crisis Line: 319-335-6000 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. www.rvap.org
Riverview Center 685 9th Ave Marion, IA 52302	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. www.riverviewcenter.org
UnityPoint Child Protection Center 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.

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University of Iowa Hospitals and Clinics 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. www.uihealthcare.org
Waypoint Domestic Violence Program 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. www.waypointservices.org www.facebook.com/waypointservices
United States Department of VA	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. www.mentalhealth.va.gov/msthome.asp
LGBT RESOURCES			
Emma Goldman Clinic 227 N. Dubuque St Iowa City, IA 52245	319-337-2111 or 800-848-7684	<u>Clinic Hours:</u> Monday, Tuesday, & Wednesday 9 AM - 5 PM Thursday & Friday 7:45 AM - 5 PM for procedures Occasional Saturday 9 AM - 1 PM Call for an appointment	Provides pregnancy testing and options counseling, abortion services, gynecologic exams and treatment, birth control counseling and prescriptions and HIV/STI testing. Provides PEP and PrEP. Condoms and emergency contraception available at low cost. ***Must call for an appointment. *** Walk-ins available for following services: STI testing, pregnancy testing and options counseling, prenatal and adoption referrals, birth control consultations. Male exams. LGBT services including hormone therapy. www.emmagoldman.com
Johnson County Public Health Health and Human Services Building 855 S Dubuque St Iowa City, IA 52240	319-356-6040	Assistance Monday - Friday 8 AM - 4 PM Call for an appointment Walk-ins are welcome	Rapid, Free, and Confidential HIV testing, counseling and referrals. Hepatitis C and Syphilis testing available for those who qualify. PrEP access. Condom distribution. www.johnsoncounty.com/dept_health?id=4485
Kristin Schloemer, LMHC, NCC, LLC. 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.	Counseling: Works primarily with adolescents and predominately the LGBTQ population. Accepts Medicaid and private insurance. E-Mail: kdschloemer@gmail.com
Linn County Public Health 501 13th St NW Cedar Rapids, IA 52405	319-892-6000 Office 319-892-6093 Clinic	Monday - Friday 8 AM - 4:30 PM Clinic appointments are preferred but walk-ins are welcome.	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. www.linncounty.org/health
(PFLAG) PO Box 744 Cedar Rapids, IA 52406	319-560-0776	Contact for meeting times & location of monthly meetings.	A group of parents, families, and friends of LGBT individuals who support the equality and well-being of lesbians, gays, bisexuals, and transgender people. Conducts community outreach, advocacy, and community capacity building. www.plflagcr.com E-Mail: pflagcr@gmail.com

Name & Location	Phone Number	Days/Hours	Services Provided
Planned Parenthood of the Heartland 3425 1st Ave SE, Ste 100 Cedar Rapids, IA 52402 850 Orchard St Iowa City, IA 52246	877-811-PLAN (7526)	<u>Cedar Rapids:</u> Monday 9 AM – 5 PM Tuesday 11 AM - 7 PM Wednesday 9 AM - 3 PM Thursday 7:30 AM – 3:30 PM Friday 11AM - 4 PM <u>Iowa City:</u> Monday 9 AM - 4 PM Tuesday & Wednesday 8 AM – 4 PM Thursday 12 PM - 8 PM Friday 9 AM - 5PM Hours vary by center. Call or go online for more information. Call for an appointment. Walk-ins also welcome!	The following services are offered by Planned Parenthood of the Heartland. Please check with your local Planned Parenthood center to determine exactly which services are offered there. 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 curricula. LGBT inclusive. www.ppheartland.org
Tanager Place LGBTQ Youth Center The Estle Center 1030 5th Avenue SE Cedar Rapids, IA	319-286-4559	Afterschool, evening and weekend hours.	The Center provides a safe and confidential environment for LGBTQ youth, families and allies. Programs at the Center are diverse and include support groups, special art offerings, mentoring program, Pride Café, community service, health initiative classes, parent workshops, financial literacy, tutoring, and career exploration. https://www.tanagerplace.org/lgbtq-center/
Transformative Healing	319-389-8430	Monday - Friday 9 AM - 5 PM	Culturally specific agency serving LGBTQIA survivors of sexual violence and their support systems through crisis intervention, advocacy services, community engagements and involvement, and prevention services. www.thiowa.org
University of Iowa Hospitals and Clinics LGBT Clinic 105 E 9th St. Coralville, IA 52241	Iowa River Landing: 319-467-2000 Toll Free: 855-467-3700	Tuesdays 5 PM - 8 PM	Routine physical and wellness exams. Chronic disease management including anxiety and depression. Urgent care visits. Gynecological services, including breast and pelvic. Contraceptive management. HIV and STI testing and treatment. Menopause care. Hormone therapy. Post-surgical care for those who have undergone gender affirmation surgery. Immunizations. www.uihealthcare.org/IRL/
University of Iowa LGBT Resource Center Office of Student Life 125 Grand Ave Court Iowa City, IA 52246	319-335-7123	Monday - Thursday 2 PM - 10 PM Friday 2 - 6 PM Sunday 5 PM - 10 PM	Provides programs and support to empower students, faculty, staff and community members. Community outreach and resources available. https://multicultural.uiowa.edu/centers/
University of Iowa Student Health & Wellness 4189 Westlawn South Iowa City, IA 52242	<u>Appointments:</u> 319-335-8394 <u>Nurseline:</u> 319-335-9704	<u>Fall & Spring Semesters:</u> Monday - Thursday 8 AM to 5 PM Friday 9:15 AM - 5 PM <u>During Winter & Summer Breaks:</u> Monday - Thursday 8 AM to 4:30 PM. Friday 9 AM - 4:30 PM.	Services available to University of Iowa students only. STI testing, HIV testing, counseling and information. Free condoms and dental dams available. Birth control counseling and prescriptions. HIV prevention medication. Emergency contraception available. Gynecological exams. Student Wellness services are free. Clinical services vary based on individual insurance. Nurseline consultations are available during clinic hours. https://studenthealth.uiowa.edu/