

# PARENT EDUCATION RESOURCES

## 2018

Name/Location	Phone Number	Days/Hours	Services Provided
<b>Buy. Eat. Live Healthy</b> Iowa State University Extension and Outreach: Linn County 383 Collins Rd NE, Ste 201 Cedar Rapids, IA 52402	377-9839  775-2723 (Spanish)	Classes are held at various times & locations around the Cedar Rapids area. One-on-one appointments can also be arranged. Call for availability & current class schedules. <a href="mailto:pwood@iastate.edu">pwood@iastate.edu</a>	Buy. Eat. Live Healthy is a series of nutrition and cooking lessons provided <u>free</u> to qualifying participants. Qualifying participants include those on limited incomes with at least one child under age 10. Classes include information on nutrition, how to manage a grocery budget, and preparing healthy foods. Classes are fun, hands-on sessions that include cooking demos, recipe sampling, and tools to help make positive changes to diet and physical activity. Each person finishing eight lessons also receives a graduation certificate and cookbook. Contact a Buy. Eat. Live Healthy Program Assistant at the Linn County Extension Office for more information. Registration accepted on an on-going basis.
<b>Bridgehaven Pregnancy Support Center</b> 701 Center Point Rd NE Cedar Rapids, IA 52402  & <b>TREASURES Resale Store</b> 405 8th Ave SE Cedar Rapids, IA <a href="mailto:mail@bridgehavencr.org">mail@bridgehavencr.org</a>	364-8967  &  364-1988 (store)	Monday & Thursday 10:00 AM - 7:00 PM Tuesday, Wednesday & Friday 10:00 AM - 5:00 PM. <i>TREASURES Resale Store Hours:</i> Monday, Tuesday, Wednesday & Friday 10:00 AM - 5:00 PM. Thursday 10:00 AM - 7:00 PM. Saturday 10:00 AM - 2:00 PM.	Women, men, women under 18, pregnant women. • Earn While You Learn: parenting and prenatal classes • Free Pregnancy tests and Ultrasound • Post-Abortion Recovery and Support • Sexual Health Education: prevention services at local middle schools and high schools • <b>Treasures (store)</b> : clothing and household items available in resale shop at affordable prices • Earned benefits: food, clothing, diapers, formula, layettes.
<b>Early Childhood Iowa</b>  <a href="mailto:shanell.wagler@iowa.gov">shanell.wagler@iowa.gov</a>	515-281-4321	<a href="http://www.earlychildhoodiowa.org/">http://www.earlychildhoodiowa.org/</a>  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.
<b>FOCUS: First Lutheran Church</b> 1000 3rd Ave SE Cedar Rapids, IA 52403	363-6349  Cynde Clymer	Monday - Thursday 8:30AM - 3:30PM	FREE programs for 3 and 4 year olds. Gets children ready for Kindergarten • Half-day programs meet Monday through Thursday from 8:30AM to 11:30AM and 12:30 PM to 3:30 PM. • Full day 4 year old program meets Monday through Thursday from 8:30 AM to 3:30 PM.  <a href="mailto:pdo@stpaulsumc.org">Email: pdo@stpaulsumc.org</a>
<b>Jane Boyd Community House</b> 943 14th Ave SE Cedar Rapids, IA 52401	366-0431	Monday - Friday 8:00 AM - 7:00 PM <a href="mailto:molson@janeboyd.org">molson@janeboyd.org</a>	After-school program: 1 <sup>st</sup> -8 <sup>th</sup> grade; Dance classes; Preschool: Head Start; Recreation: creative writing, science, photography, art clubs; Summer Day Camp; Wellington Heights Family Support Program.

For more information regarding community resources, contact United Way 2-1-1 by phone at 2-1-1, 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.firstcallforhelpiowa.org](http://www.firstcallforhelpiowa.org).

To obtain a copy of the Resource Charts, go to [www.linncounty.org/communityservices](http://www.linncounty.org/communityservices) or contact Linn County Community Services at 892-5600.

For questions about the Resource Charts, contact Linn County Community Services at 892-5600.

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<b>Jane Boyd Harambee House</b> 404 17th St SE Cedar Rapids, IA 52403	366-1408	Monday - Thursday 8:00 AM - 7:00 PM Friday 8:00 AM - 5:00 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.
<b>Linn County Child &amp; Youth Development</b> 520 11th St NW Cedar Rapids, Iowa 52405  <a href="mailto:susan.liddell@linncounty.org">susan.liddell@linncounty.org</a>	892-5725	Monday - Friday 8:00 AM - 5:00 PM.	<p><u>Strengthening Families Program:</u> Linn County Child and Youth Development utilizes Iowa State University Extension's Strengthening Families Program to provide parenting and youth education to families with youth ages 10-14. Class topics for parents include setting rules and consequences, ways to show love and support etc. The youth classes address peer pressure, handling frustration and getting along with others. Classes are offered at various times of the year. Fun activities and games are used to teach skills as families learn to strengthen communications and improve family relationships. There is no fee for the class which also includes child care for young children and a meal.</p> <p><u>School to Home Connection Project:</u> Linn County Child and Youth Development provide the School to Home Connection Project a cooperative project between Linn County, Cedar Rapids Schools, and Metro Care Connection. The project is open to any family with a pre-K to 6<sup>th</sup> grader who has classroom behavior goals, behavior difficulties and attends a Cedar Rapids School. Using the child's school behavior plan, the parent and the in-home staff will develop an easy to understand home behavior plan, so that both home and school are working on the same skills at the same time with the child. In-home sessions will be set up at times that match the parents schedule, including evenings. Parents get help in applying successful school techniques to the unique challenges they face with their child at home. Parents learn to use things like picture schedules, visual reminders, re-direction and replacement skills.</p>
<b>Linn County Family Visitation Center</b> 1240 26th Ave Ct SW Cedar Rapids, IA 52402	892-5776	Linn County Family Visitation Center office hours are available seven days a week with varied hours.  Protective service hours are available daily with varied hours. <a href="mailto:Kelly.amos@linncounty.org">Kelly.amos@linncounty.org</a>	Linn County Family Visitation Center: supervises visits between children in foster care and their parents and/or teach parenting skills. 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 four. 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.
<b>Linn Mar Community School District</b> 2999 North 10th St Marion, IA 52302	447-3040	Classes offered -out the year <a href="mailto:Kterry@linnmar.k12.ia.us">Kterry@linnmar.k12.ia.us</a>	<b>Parent University:</b> speaks about various topics such as how to pack a healthy lunch or parenting strategies.
<b>Marion Family Resource Center</b> 3405 7th Ave, Ste 100 Marion, IA 52302	447-5816	Monday - Friday 8:00 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.
<b>Mercy Medical Center: Birthplace</b> 701 10st St SE Cedar Rapids, IA 52403 (Park at the south end of Level 3 at 8th St & 8th Ave)	363-BABY  Contact Michelle Altmaier	Assistance available by phone 24-hours per day <a href="mailto:maltmaier@mercycares.org">maltmaier@mercycares.org</a>	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

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<b>Noelridge Christian Church</b> 7111 C Ave NE Cedar Rapids, IA 52402  <a href="mailto:office@noelridgechristian.org">office@noelridgechristian.org</a>	393-9532	Monday - Thursday 8:30 AM - 3:30 PM Friday 8:30 AM - 12:30 PM	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Moppets is a FREE Christian-based educational setting for kids ages 0-5.</li> <li>• Kids play games, watch videos, and do a craft based around a lesson theme.</li> <li>• Come to celebrate motherhood, meet needs and make connections.</li> </ul>
<b>Olivet Neighborhood Mission</b> 230 10th St NW Cedar Rapids, Iowa 52405  <a href="mailto:info@olivetmission.org">info@olivetmission.org</a>	364-7946	Tuesday - Friday 8:30 AM - 11:30AM, Saturday 9:00 AM - 11:30 AM  CLOSED: Sunday & Monday.	<ul style="list-style-type: none"> <li>• <b>Clothing Closet:</b> Free clothing and household items. Open Tuesday through Friday from 8:30 to 11:30 AM and Saturdays from 9:00 to 11:30 AM.</li> <li>• <b>Food Pantry:</b> Daily bread or deli and food box, once a month.</li> <li>• <b>Youth Programs:</b> After School Program for at-risk children, ages 5-13 years old, providing a safe environment, structured activities and qualified instructors for children after school. The After School Program meets daily during the school year, from 3:00 to 6:00pm. Healthy snacks are provided to the children daily. Summer Recreation: Monday through Friday from 8:30 AM to 5:30 PM. Morning and afternoon snack, and lunch. (Through the Boys &amp; Girls Club).</li> <li>• <b>Coats for Kids:</b> An October event that offers a full selection of winter coats, hats, mittens and apparel for children and adults.</li> <li>• <b>Holiday Adoption Programs:</b> Thanksgiving/Christmas Family Adoption.</li> </ul>
<b>Parent Education Consortium (PEC)</b> Iowa State University Extension & Outreach, Linn County 383 Collin Rd NE, Ste 201 Cedar Rapids, IA 52402	377-9839 Ext. 302  <i>Contact Morgan Boniface to register</i>	Monday - Friday 8:00 AM - 4:30 PM <a href="mailto:soneal@iastate.edu">soneal@iastate.edu</a>	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.
<b>Partnership for Safe Families</b> 5400 Kirkwood Blvd SW Cedar Rapids, IA 52404	784-2700	Monday - Friday 8:00 AM - 5:00 PM	<ul style="list-style-type: none"> <li>• <b>Family Team Meeting:</b> Families in crisis are brought together in a series of meetings designed to use the strengths of the family to create plans toward moving the family out of crisis.</li> <li>• <b>Family Support:</b> One on one Family support to assist families with a range of issues such as: parenting, child development, health, housing, employment, basic needs, budgeting, etc.</li> </ul>
<b>Peace Christian Reformed Divorce Care</b> 6600 C Ave NE Cedar Rapids, IA 52402	377-6600	Tuesday 6:00 - 8:00 PM	<b>DivorceCare and DivorceCare For Kids:</b> 13-week national video session program. Kids and adults have separate teachers and classes.  <a href="http://www.office@peacechurchcr.org">www.office@peacechurchcr.org</a>
<b>Planned Parenthood of the Heartland</b> 3425 1st Ave SE, Ste 100 Cedar Rapids, IA 52402 <a href="http://www.ppheartland.org">www.ppheartland.org</a>	363-8572	Monday 9:00 AM - 5:00 PM Tuesday 11:00 AM - 7:00 PM Wednesday 9:00 AM - 5:00 PM Thursday 9:00 AM - 3:00 PM Friday 9:00 AM - 3:00 PM	Abortion referrals, Birth Control, Body Image, General Healthcare, Men's Sexual Health, Morning-After Pill, Pregnancy, Relationships, Sex/Sexuality, Sexual Orientation and Gender, STDs, Women's Health.

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<b>Play and Learn of East Central Iowa</b> Iowa State University Extension & Outreach, Linn County 383 Collins Rd NE, Ste 201 Cedar Rapids, IA 52402	377-9839	Five sessions occur at four different locations -out Cedar Rapids & Hiawatha. See "Services Provided" column for dates & locations! <a href="mailto:bonifare@iastate.edu">bonifare@iastate.edu</a>	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! <b>Monday</b> at LADD Library from 9:30 AM to 11:00 AM <b>Tuesday</b> at Cedar Rapids Public Library from 6:00 PM to 7:30 PM <b>Thursday</b> at Hiawatha Public Library from 10:00 AM to 11:30 AM <b>Friday</b> at Cedar Rapids Public Library from 9:30 AM to 11:00 AM
<b>Taylor Family Resource Center At Taylor Elementary</b> 720 7 <sup>th</sup> Ave SW Cedar Rapids, IA 52404 <a href="http://www.linn.ia.networkofcare.org">www.linn.ia.networkofcare.org</a>	558-2084	Monday - Friday with varied hours.	<ul style="list-style-type: none"> <li>• Metro Care Connection Health Clinic for Children</li> <li>• TANA (Taylor Area Neighborhood Association): meets monthly.</li> <li>• Partnership for Safe Families: family support.</li> <li>• Boys and Girls Club</li> <li>• Services offered in building</li> </ul>
<b>UnityPoint Health St. Luke's Hospital</b> 1026 A Ave NE Cedar Rapids, IA 52402  <a href="http://www.stlukescr@unitypoint.org">www.stlukescr@unitypoint.org</a>	369-7211	Monday - Friday 8:00 AM - 5:00 PM.	TIES: Teaching Interventions to Empower and Strengthen Families (Call 558-4861) <ul style="list-style-type: none"> <li>• FREE early intervention program targeting children six and under. During program sessions, parents actively practice their skills that they learn. It is staffed by both professionals and parents who have completed the program with their own children.</li> <li>• Come if you need help with aggression, mealtime problems, bedtime &amp; sleeping issues, running from adults, destruction of property, tantrums, separation anxiety, high activity level, non-compliance, trouble at school</li> </ul> BABIES – Classes: 1. Mommy & Me: Newborn to 4 months 2. Mommy, Daddy & Me: Newborn to 12 months 3. Breastfeeding Friends (Tuesdays from 4:00 PM to 5:30 PM) Tour: Birthcare Center (Call 369-8129) <b>Breastfeeding:</b> Happiest Baby on the Block: Breastfeeding classes, supply store, in and out of hospital lactation consultants. <b>Birthcare Classes and Support Groups:</b> Classes and Support Groups for Parents to Be, Classes and Support Groups for New Parents, Classes for Adoptive Parents. <b>Bootcamp for new dads. Preparing For Your Baby:</b> (Childbirth Classes) Please call 369-7166 for more information. <b>Adjusting to motherhood;</b> post-partum, and anxiety support group. <b>Empty arm support group:</b> Please call 369-7580
<b>Urban Family Resource Center</b> 1382 2 <sup>nd</sup> Ave SE Cedar Rapids IA 52402	366-7632	Monday - Friday 8:00 AM - 4:00 PM On the 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays 10:00 AM - 6:00 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. <a href="http://www.hacap.org">For more information: www.hacap.org</a>
<b>YPN</b> 420 6th St SE #260 Cedar Rapids, IA 52401 <a href="http://www.ypniowa.org">www.ypniowa.org</a> <a href="mailto:ahuss@youngparentsnetwork.org">ahuss@youngparentsnetwork.org</a>	364-8909	Monday - Friday 8:00 AM - 4:00 PM  Thursday Night Prenatal & Parenting Groups	<ul style="list-style-type: none"> <li>• For parents of children aged 0-5 and for Moms and Dads aged 13-27.</li> <li>• Focuses on having a healthy pregnancy, raising a healthy baby, and early childhood growth and development.</li> <li>• Prenatal and parenting education groups, Pregnancy prevention programming, In-home based programs, Youth development, Sexual Abuse Prevention programming</li> <li>• Prenatal, Parenting, Dads: Eastern Iowa Alliance for Fatherhood and Children, Youth Development</li> </ul>