



LGBTQ RESOURCES

2020

Name & Location	Phone Number	Days/Hours	Services Provided
ADVOCACY & SUPPORT			
CRPride PO Box 1643 Cedar Rapids, IA 52406	Email: crpridefest@gmail.com	Hours Vary Go to www.crpridefest.com for calendar of activities	Provides opportunities for awareness, inclusivity and visibility of LGBTQIA+ within our community through social and educational engagement and an annual community-wide festival held in July. Check out www.crpridefest.com for an up to date calendar of community events.
PFLAG PO Box 744 Cedar Rapids, IA 52406	319-382-0948 Call or text	PFLAG meetings held 2 nd Thursday of the month from 6 – 8 PM at Tanager LGBTQ Center (1030 5 th Ave SE #3000) Transformations meetings held 1 st and 3 rd Thursdays of the month from 6 – 8 PM at Tanager LGBTQ Center (1030 5 th Ave SE)	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.pflagcr.com E-Mail: pflagcr@gmail.com
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/
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/
HEALTH & MENTAL HEALTH			
Emma Goldman Clinic 227 N. Dubuque St Iowa City, IA 52245	319-337-2111	<u>Clinic Hours:</u> Monday, Tuesday, & Wednesday 9 AM - 5 PM Thursday & some Fridays 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. Male exams. LGBT services including hormone therapy. ***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 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. 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.			

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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. Provide sexual health materials. https://www.johnson-county.com/dept_health.aspx?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 1020 6 th St SE Cedar Rapids, IA 52403	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
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 8Am-4PM Family Planning Services 10AM-2PM 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 up to one hour before close	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); Provides referral and support for sexual assault survivors; Male services, including testicular cancer screening; Menopause services. Transgender/Gender Nonconforming Health Services: Hormone Therapy. Sexual health supplies available by walk-in during business hours. 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
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 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/