



LGBTQ RESOURCES 2025

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

Name & Location	Phone Number	Days/Hours	Services Provided
LGBTQ			
CRPride PO Box 1643 Cedar Rapids, IA 52406	319-343-7946	Hours Vary, Go to crprideia.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 crprideia.com for an up to date calendar of community events.
Emma Goldman Clinic 227 N. Dubuque St Iowa City, IA 52245	319-337-2111	Clinic Hours, Occasional Saturday 9 AM - 1 PM Call for an appointment M,Tu,W 9:00 AM - 5:00 PM for procedures, Occasional Saturday 9 AM - 1 PM Call for an appointment Th,F 7:45 AM - 5:00 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. 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
Johnson County Public Health 855 S Dubuque St Iowa City, IA 52240	319-356-6040	Assistance Call for an appointment Walk-ins are welcome M-F 8:00 AM - 4:00 PM	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. www.johnsoncounty.com

For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cell phone 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.linncountyiowa.gov/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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Kristin Schloemer, LMHC, NCC, LLC. 1957 Blairs Ferry Rd. NE Cedar Rapids, IA 52402	319-777-3299	Call or e-mail for an appointment M,Tu,W,Th 8:00 AM - 5:00 PM	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 6th St SE Cedar Rapids, IA 52401	319-892-6000 Office 319-892-6093 Clinic	Clinic appointments are preferred but walkins are welcome. M,Tu,W,Th,F 8:00 AM - 4:30 PM	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.linncountyiowa.gov/health
Planned Parenthood of the Heartland 3425 1st Ave SE Cedar Rapids, IA 52402	877-811-7526	Cedar Rapids M 9:00 AM - 5:00 PM Tu 11:00 AM - 7:00 PM W 9:00 AM - 3:00 PM Th 7:30 AM - 3:30 PM F 11:00 AM - 4:00 PM	Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula. LGBT inclusive. Please check with your local Planned Parenthood center to determine exactly which services are offered there https://www.plannedparenthood.org/planned-parenthood-heartland



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Tanager Place LGBTQ Youth Center 1030 5th Ave SE Cedar Rapids, IA 52403	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 Alliance Center "Pride House" 125 Grand Ave Court Iowa City, IA 52246	319-335-7123	M,Tu,W,Th 12:00 PM - 8:00 PM F 12:00 PM - 5:00 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 Hospitals and Clinics LGBT Clinic 105 E 9th St. Coralville, IA 52241	319-467-2000 Iowa River Landing 855-467-3700 Toll Free	M,W 8:00 AM - 5:00 PM Tu,Th 5:00 PM - 8:00 PM 8:00 AM - 12:00 PM F 8:00 AM - 12:00 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/



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University of Iowa Student Health & Wellness 4189 Westlawn South Iowa City, IA 52242	319-335-8394 Appointments 319-335-9704 Nurseline	Fall & Spring Semesters Hours M,Tu,W,Th 8:00 AM - 5:00 PM F 9:15 AM - 5:00 PM Winter & Summer Break Hours M,Tu,W,Th 8:00 AM - 4:30 PM F 9:00 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/
LGBTQIA+			



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PFLAG Cedar Rapids PO Box 744 Cedar Rapids, IA 52406	319-382-0948 Call or text		<p>LGBTQIA+ individuals and parents, families, and friends of LGBTQIA+ 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</p> <p>PFLAG Cedar Rapids board meetings are held the 1st Wednesday of the month from 5:30 to 6:00pm followed by the general support group from 6:00 to 7:00pm at 1020 6th St SE (2nd floor conference room). Transformations support group meetings held 1st and 3rd Thursdays of the month from 6-8 PM at Tanager LGBTQ Center (1030 5th Ave SE #3000) .</p>