



PARENT EDUCATION RESOURCES 2025

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

| Name & Location | Phone Number | Days/Hours | Services Provided |
|--|--------------------------------------|---|--|
| I | | | |
| Bridgehaven Pregnancy Support Center 701 Center Point Rd NE Cedar Rapids, IA 52402 | 319-364-1988 (store) 319-364-8967 | M,Tu,W 10:00 AM - 5:00 PM Th 10:00 AM - 7:00 PM F 10:00 AM - 4:00 PM | Women, men, women under 18, pregnant women, Families with children under the age of 18. • Earn While You Learn: parenting and prenatal classes Earned benefits: food, clothing, diapers, formula, layettes. • Free Pregnancy tests and Ultrasound • Abortion Recovery and Support • Sexual Health Education: prevention services at local middle schools and high schools |
| Buy. Eat. Live Healthy. ISU Ext. 383 Collins Rd. NE Cedar Rapids, IA 52402 | 319-377-9839 | Classes are held at various times & locations around the Cedar Rapids and Marion area. One-on-one appointments can also be arranged. Call for availability & current class schedules. | Buy. Eat. Live Healthy is a series of nutrition and cooking lessons provided free to qualifying participants. Qualifying participants include those on limited incomes with at least one child under age 19. Classes include information on nutrition, planning meals, being physically active, and preparing healthy foods. Classes are fun, hands-on activities and ideas to help them make healthy choices. A graduation certificate and cookbook is given at the completion of the series of classes. Contact a Buy. Eat. Live Healthy Program Assistant at the Linn County Extension Office for more information. Registration accepted on an on-going basis. |

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.



PARENT EDUCATION RESOURCES 2025

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

| Name & Location | Phone Number | Days/Hours | Services Provided |
|--|--------------|---|---|
| Early Childhood Iowa 1240 26th Avenue Ct SW Cedar Rapids, IA 52404 | 319-892-5721 | http://www.linncounty.org/981/EarlyChildhood-Iowa 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. |
| Family Learning Connection (formerly Parent Education Consortium) HACAP, 1515 Hawkeye Dr Hiawatha, IA 52233 | 319-739-0022 | Hours provided are HACAP's. FLC family sessions typically occur Monday-Thursday and Saturdays at varied times & Linn County locations. Check website or call for current available FLC groups. M,Tu,W,Th,F 8:00 AM - 4:30 PM | Family Learning Connection (formerly known as Parent Education Consortium) offers family education services & resources to families raising children prenatally through 5 years. FLC hosts a variety of 6-8 week family series classes at different times & locations throughout Linn County. Family groups offered include "Kid Connect" (play-based learning); "Parenting Young Children," "Positive Solutions for Families" and more. FLC groups give families knowledge and tools to become stronger. Meal/snack and childcare provided. Transportation and Interpretation assistance available. No Cost to families. www.hacap.org/flc |



PARENT EDUCATION RESOURCES 2025

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

| Name & Location | Phone Number | Days/Hours | Services Provided |
|---|--------------|---|---|
| Hidden Gems 405 8th Ave SE Cedar Rapids, IA 52403 | 319-200-0052 | Hidden Gems Hours: Tu,W,Th,F 10:00 AM - 5:00 PM Sa 10:00 AM - 2:00 PM | Clothing & household items such as small appliances, kitchen supplies, and baby supplies available in resale shop at reasonable prices. Clothing in all sizes, infant to adult. All proceeds go to CareNetworkCR. https://www.carenetworkcr.org/ https://www.hiddengemscr.shop/ |
| Jane Boyd Community House 943 14th Ave SE Cedar Rapids, IA 52401 | 319-366-0431 | M,Tu,W,Th,F 8:00 AM - 7:00 PM | After-school program; K-5 Preschool: Head Start; Recreation: creative writing, science, photography, art clubs; Summer Day Camp (for kids beginning Kindergarten - 6th grade) |
| Jane Boyd Harambee House 404 17th St SE Cedar Rapids, IA 52403 | 319-366-1408 | M,Tu,W,Th 8:00 AM - 7:00 PM F 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. Wellington Heights Family Support Program. |



PARENT EDUCATION RESOURCES 2025

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

| Name & Location | Phone Number | Days/Hours | Services Provided |
|--|--------------|----------------------------------|---|
| Linn County Child & Youth Development 1020 6th Street SE Cedar Rapids, IA 52401 | 319-892-5723 | M,Tu,W,Th,F 8:00 AM - 5:00 PM | School to Home Connection Project: 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 6th 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. |



PARENT EDUCATION RESOURCES 2025

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

| Name & Location | Phone Number | Days/Hours | Services Provided |
|---|--------------|--|---|
| Linn County Family Transformation Services 1240 26th Ave Ct SW Cedar Rapids, IA 52404 | 319-892-5783 | Linn County Family Visitation Center office hours are available weekdays with varied hours. M,Tu,W,Th,F | 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 five. 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. |



PARENT EDUCATION RESOURCES 2025

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

| Name & Location | Phone Number | Days/Hours | Services Provided |
|--|--|---|--|
| Linn Mar Community School District 2999 North 10th St Marion, IA 52302 | 319-447-3110 | Classes offered -- three times per year | Parent University: speaks about various topics such as how to pack a healthy lunch or parenting strategies. Our Parent University is a learning opportunity for Linn-Mar parents, grandparents and volunteers, but they are open to the public. We have not shared anything recently about “packing a healthy lunch” but we often offer information that will assist people at being a better parent or information on a facet of a Linn-Mar education, from how we handle food allergies to having the need for fine motor skills developed before Kindergarten. We draw from our great staff and from the larger community to offer what I call resident experts as presenters. https://www.linnmar.k12.ia.us/news/connect-child-play/ |
| Mercy Medical Center: Birthplace 701 10st St SE Cedar Rapids, IA 52403 | 319-363-2229 Contact Michelle Altmaier | Assistance available by phone 24- hours per day maltmaier@mercyare.org | 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 |



PARENT EDUCATION RESOURCES 2025

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

| Name & Location | Phone Number | Days/Hours | Services Provided |
|--|---|--|---|
| Noelridge Christian Church 7111 C Ave NE Cedar Rapids, IA 52402 | 319-393-9532 | M,Tu,W,Th 9:00 AM - 3:30 PM F 9:00 AM - 12:00 PM | <ul style="list-style-type: none">• 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.• Moppets is a FREE Christian-based educational setting for kids ages 0-5.• Kids play games, watch videos, and do a craft based around a lesson theme.• Come to celebrate motherhood, meet needs and make connections. |
| Peace Christian Reformed Divorce Care 6600 C Ave NE Cedar Rapids, IA 52402 | 319-377-6600 | Tu | DivorceCare: 13-week national video session program. office@peacechurch-cr.org www.peacechurch-cr.org |
| Planned Parenthood of the North Central States 3425 1st Ave SE Cedar Rapids, IA 52402 | 877-811-7526 Call or schedule online for appointments. Walk-ins accepted. | M 9:00 AM - 5:00 PM Tu 12:00 PM - 8:00 PM W 9:00 AM - 5:00 PM Th 7:30 AM - 3:30 PM to pick up supplies only 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 |



PARENT EDUCATION RESOURCES 2025

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

| Name & Location | Phone Number | Days/Hours | Services Provided |
|--|---|--|--|
| Safe Sleep Task Force, Eastern Iowa Women's Health Center 4251 River Center Ct NE Cedar Rapids, IA 52402 | 319-369-7908 call to register for class or with any questions 319-730-7300 | Class 4th Tuesday 5 - 7 PM, 4th Wednesday 9 - 11 AM of each month. Foreign language classes available. | Free educational class for families expecting a baby or families with newborns. The class educates about the importance of safe sleep for infants, the importance of well child examinations and immunizations, postpartum depression and car seat safety. Participants will receive a free pack 'n play after the class if they meet income requirements. |
| TIES - Unity Point Resource Center 1026 A Avenue NE Cedar Rapids, IA 52402 | 319-558-4861 | Monday/Wednesday or Tuesday/Thursday Evening programs (4:30 PM - 6:30 PM) Monday/Wednesday Afternoon program (varies) | For families with children under age 6. Provide specialized training to parents on behavioral interactions that model positive parent/cargiver-child interaction patterns in order to increase family funcitoning and reduce challneging child behaviors. https://www.unitypoint.org/cedarrapids/services-ties.aspx |



PARENT EDUCATION RESOURCES 2025

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

| Name & Location | Phone Number | Days/Hours | Services Provided |
|---|--------------|---|---|
| Young Parents Network 420 6th St SE Cedar Rapids, IA 52401 | 319-364-8909 | Thursday Night Prenatal & Parenting Groups M,Tu,W,Th,F 8:00 AM - 4:00 PM | For parents between the ages of 13-27 who are pregnant or have a child under the age of 5. Focuses on having a healthy pregnancy, raising a healthy child and early childhood growth and development. Free prenatal and parenting education groups with specially designed programs for dads, and families that speak Spanish, French, Lingala, and Swahili. Child care, lite meal and transportation provided. Individualized in-home visits focused on your child's development. Access to Eastern Iowa Diaper Bank and WE Care incentive shop for access to baby and children's items. www.ypniowa.org |
| NONE | | | |
| Hawkeye Area Community Action Program (HACAP) 1515 Hawkeye Dr Hiawatha, IA 52233 | 319-393-7811 | M,Tu,W,Th,F 8:00 AM - 4:30 PM | Head Start, Family & Community Health Alliance, Heating & Energy Assistance, Nutrition Information, Oral Health Screenings & Education, Parenting Groups, WIC Clinic, Prenatal Education, and Developmental Screens. https://www.hacap.org/ |