



SEXUAL HEALTH RESOURCES 2025

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

Name & Location	Phone Number	Days/Hours	Services Provided
I			
MercyCare Find-A-Doc	319-369-4444		Helps patients find a doctor.
COUNSELING SERVICES			
Domestic Violence Intervention Program (DVIP) 1105 S Gilbert Ct Iowa City, IA 52244	319-351-1043 Office 800-373-1043 Crisis Line	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 800-848-7684	by appointment only F 9:00 AM - 5:00 PM Clinic Hours M,Tu,W 9:00 AM - 5:00 PM for procedures Th 7:45 AM - 5:00 PM Occasional hours, Call for an appointment. Sa 9:00 AM - 1:00 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. ***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 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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Name & Location	Phone Number	Days/Hours	Services Provided
Hillcrest Family Services 317 7th Ave SE Cedar Rapids, IA 52401	319-362-3149	Call for an appointment M,Tu,W,Th,F 9:00 AM - 4:00 PM	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 Cedar Rapids, IA 52402	319-777-3299	Call or e-mail for an appointment. M,Tu,W,Th 8:00 AM - 5:00 PM	Works primarily with adolescents and predominately the LGBTQ population. Accepts Medicaid and private insurance. E-Mail: kdschloemer@gmail.com
Mount Mercy University Health Services 1330 Elmhurst Dr NE Cedar Rapids, IA 52402	319-363-1323 x1283	Times may vary. Call for an appointment M,Tu,W,Th 8:00 AM - 5:00 PM F 8:00 AM - 4:30 PM	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	M,Tu,W,Th 10:00 AM - 9:00 PM F 10:00 AM - 5:00 PM Sa 8:00 AM - 2:00 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



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2025

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Name & Location	Phone Number	Days/Hours	Services Provided
Rape Victim Advocacy Program (RVAP) 332 S Linn St Iowa City, IA 52240	319-335-6000 Crisis Line 800-284- 7821 Iowa Sexual Abuse Hotline	24-hour confidential crisis help line. M,Tu,W,Th,F 9:00 AM - 5:00 PM	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 118 3rd Ave SE Ste 500 Cedar Rapids, IA 52301	319-540-0080 888-557-0310 24-Hr Hotline	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Riverview Center offers 100% free and confidential services for survivors of sexual violence in Iowa, and for survivors of sexual and domestic violence in Illinois. Services include 24-hour crisis hotlines, legal, medical and social service advocacy, long- and short-term counseling, trauma-informed therapy, transition and basic needs assistance, and more. Care is specialized and client-centered based on an individual's unique needs and circumstances. www.riverviewcenter.org



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Name & Location	Phone Number	Days/Hours	Services Provided
United States Department of Veterans Affairs 601 Highway 6 West Iowa City, IA 52246	319-631-1099	Evenings & Weekends call Foundation 2 Crisis Line M,Tu,W,Th,F 8:00 AM - 5:00 PM	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
UnityPoint Child Protection Center 1095 N Center Point Rd Hiawatha, IA 52233	319-369-7908	M,Tu,W,Th,F 8:00 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.
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



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Name & Location	Phone Number	Days/Hours	Services Provided
Waypoint Domestic Violence Program 318 5th St SE Cedar Rapids, IA 52401	319-363-2093 Crisis Line 319-365-1458	24-hour crisis & support line M,Tu,W,Th,F 8:00 AM - 5:00 PM	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
HEALTH EDUCATION			
Equipping Youth 1700 B Ave NE Cedar Rapids, IA 52402	319-861-2747	Please leave a message. M,Tu,W,Th,F 8:00 AM - 4:00 PM	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
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 12:00 PM - 8:00 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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Name & Location	Phone Number	Days/Hours	Services Provided
The People's Church Unitarian Universalist 4980 Gordon Ave NW Cedar Rapids, IA 52405	319-362-9827	Tu,W,Th 9:00 AM - 3:00 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 may have a fee for non-members. Email dre@peoplesuu.org for more info.
United Action for Youth (UAY) 1700 S 1st Ave Iowa City, IA 52240	319-338-7518	Main Office M,Tu,W,Th,F 9:00 AM - 5:00 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. UAY offers formal mental health counseling. www.unitedactionforyouth.org
HIV/ AIDS			



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Name & Location	Phone Number	Days/Hours	Services Provided
Linn County Ryan White Program 1240 26th Ave Ct. SW Cedar Rapids, IA 52404	319-892-5770 You may leave a confidential voicemail.	Must call for an appointment M,Tu,W,Th,F 8:00 AM - 4:30 PM	Provides confidential free HIV/AIDS case management services, condoms, lube and program brochures. Please reach out to us at rwp@linncountyiowa.org for more information or to request an appointment. www.linncountyiowa.gov/231/Ryan-White-Medical-Case-Management
Planned Parenthood of the Heartland 850 Orchard St Iowa City, IA 52246	877-811-7526	Iowa City: Hours vary by center. Call or go online for more information. Call for an appointment. Walk-ins also welcome! M 9:00 AM - 4:00 PM Tu,W 8:00 AM - 4:00 PM Th 12:00 PM - 8:00 PM F 9:00 AM - 5:00 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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Name & Location	Phone Number	Days/Hours	Services Provided
Positive Iowans Taking Charge	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 (including their support system). www.pitchiowa.com E-Mail: pitchiowa@gmail.com
University of Iowa HIV/Virology Program 200 Hawkins Dr Iowa City, IA 52242	319-335-7605 HIV Program 319-356-8133 Virology Clinic	Call to schedule an appointment. After hours emergency medical attention available. Team 2 Infectious Disease physician at 319-356-1616 M,Tu,W,Th,F 8:00 AM - 5:00 PM	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
PREGNANCY/ STI TESTING			
Coe College Health Services 1220 First Ave NE located in the lower level of The P.U.B. Cedar Rapids, IA 52402	319-399-8617	Hours when school is in session. Call or go online to make an appointment. M,Tu,W,Th,F 8:00 AM - 4:30 PM	Services only available to registered students (including part-time, commuter and nontraditional students). Provides medical and counseling referrals, prescriptions (when appropriate), reference/educational materials, pregnancy testing, control, free condoms, STI testing and treatment.



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Name & Location	Phone Number	Days/Hours	Services Provided
Cornell College Health Services 600 First St SW Mount Vernon, IA 52314	319-895-4292	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. M,Tu,W,Th,F 8:00 AM - 4:30 PM	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.shtm
Eastern Iowa Health Center 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300	F 8:00 AM - 5:00 PM Phone answered 24/7 for questions or patient concerns. Please call for an appointment. M,Tu,W,Th 8:00 AM - 7:00 PM	Primary care family practice, dental and pediatrics office. All insurances accepted. Sliding fee scale for patients with no insurance or inadequate coverage. Please call for more information. 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.



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Name & Location	Phone Number	Days/Hours	Services Provided
Eastern Iowa Women's Health Center 4251 River Center Ct NE Cedar Rapids, IA 52402	319-730-7300	Phone answered 24/7 for questions or patient concerns. Please call for an appointment. Same day & walk-in appointments usually available. M,Tu,W 8:00 AM - 7:00 PM Th,F 8:00 AM - 5:00 PM	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. www.easterniowahealthcenter.com
Emma Goldman Clinic 227 N. Dubuque St Iowa City, IA 52245	319-337-2111 800-848-7684	(call for an appointment) Occasional Saturday 9 AM - 1 PM F 9:00 AM - 5:00 PM Clinic Hours for procedures (call for an appointment) Occasional Saturday 9 AM - 1 PM M,Tu,W 9:00 AM - 5:00 PM Th 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. ***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



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Name & Location	Phone Number	Days/Hours	Services Provided
Iowa City Free Medical and Dental Clinic 2440 Towncrest Dr Iowa City, IA 52240	319-337-4459	Additional clinic hours Monday & Thursday 6 PM - 9 PM Clinic hours vary. Please call for an appointment. M,Tu,W,Th 9:00 AM - 4:00 PM F 9:00 AM - 12:00 PM	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 & Thursday 6:00PM - 9:00 PM.
Johnson County Public Health 855 S Dubuque St Iowa City, IA 52240	319-356-6040	Call for an appointment Walk-ins are welcome M,Tu,W,Th,F 8:00 AM - 4:30 PM	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 1020 6th St SW Cedar Rapids, IA 52401	319-892-6000 Office 319-892-6093 Clinic	Appointments are preferred 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.linncounty.org/health



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Name & Location	Phone Number	Days/Hours	Services Provided
Mount Mercy University Health Services 240 University Center Student Health 1330 Elmhurst Dr NE Cedar Rapids, IA 52402	319-363-1323 x1283	Closed major holidays Times may vary. Call for an appointment M,Tu,W,Th,F 8:00 AM - 4:00 PM	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
Obria Medical Clinic of Iowa 821 S. Gilbert St Iowa City, IA 52240	319-337-0575	M,W 9:00 AM - 5:00 PM Tu,Th 12:00 PM - 8:00 PM by appointment only F,Sa	Faith-based organization providing testing for STD/STI, as well as ultrasounds, and pregnancy testing. www.obria.org
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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Name & Location	Phone Number	Days/Hours	Services Provided
University of Iowa Hospitals and Clinics 200 Hawkins Dr Iowa City, IA 52242	319-356-1616 800-777-8442	Call between hours to schedule an appointment 8:00 AM - 5:00 PM	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 52243	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. Clinical services vary based on individual insurance. Nurseline consultations are available during clinic hours. http://www.studenthealth.uiowa.edu/
SEXUAL HEALTH ADVOCACY			
Domestic Violence Intervention Program (DVIP) 1105 S Gilbert Ct Iowa City, IA 52244	319-351-1043 Office 800-373-1043 Crisis Line	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



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Name & Location	Phone Number	Days/Hours	Services Provided
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 12:00 PM - 8:00 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
Rape Victim Advocacy Program (RVAP) 332 S Linn St Cedar Rapids, IA 52240	319-335-6000 Crisis Line 800-284- 7821 Iowa Sexual Abuse Hotline	24-hour confidential crisis help line. M,Tu,W,Th,F 9:00 AM - 5:00 PM	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 888-557-0310 24-Hour Hotline	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Offers counseling, medical and legal advocacy, violence prevention education peer counseling and therapy to sexual assault survivors. www.riverviewcenter.org



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Name & Location	Phone Number	Days/Hours	Services Provided
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 Cedar Rapids, IA 52401	319-363-2093 Crisis Line 319-365-1458	24-hour crisis & support line M,Tu,W,Th,F 8:00 AM - 5:00 PM	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

SEXUAL HEALTH CARE FINANCIAL ASSISTANCE



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Name & Location	Phone Number	Days/Hours	Services Provided
Eastern Iowa Health Center 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300	Phone answered 24/7 for questions or patient concerns. Please call for an appointment. M,Tu,W,Th 8:00 AM - 7:00 PM F 8:00 AM - 5:00 PM	Primary care family practice, dental and pediatrics office. All insurances accepted. Sliding fee scale for patients with no insurance or inadequate coverage. Please call for more information. 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.
Eastern Iowa Women's Health Center 4251 River Center Ct NE Cedar Rapids, IA 52402	319-730-7300	Phone answered 24/7 for questions or patient concerns. Please call for an appointment. Same day & walk-in appointments usually available. M,Tu,W 8:00 AM - 7:00 PM Th,F 8:00 AM - 5:00 PM	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. www.easterniowahealthcenter.com
Especially For You Race Fund Mercy Medical Center (located in Hall Perrine Cancer Center) 701 10th St SE Cedar Rapids, IA 52403	319-221-8889 319-398-6582	M,Tu,W,Th,F 8:00 AM - 4:00 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) 730-7300 if in need of doctor's order.



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Name & Location	Phone Number	Days/Hours	Services Provided
HAWK-I Children's Health Insurance 1328 2nd Ave SE Cedar Rapids, IA 52403	319-739-1510	M,Tu,W,Th,F 8:00 AM - 4:30 PM	No cost to low cost medical, dental and prescription insurance for children & families ages 0-64.
Iowa Breast & Cervical Cancer Early Detection Program - Eastern Iowa Health Center 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300	Call for application M,Tu,W,Th,F 8:00 AM - 4:30 PM	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.
WOMEN'S & CHILDREN'S SERVICES			
Birthright of Cedar Rapids 375 Collins Rd NE Cedar Rapids, IA 52402	319-393-3251 800-550-4900 24 Hour Line	by appointment only M,Tu,W,Th	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	M,Tu,W 10:00 AM - 5:00 PM Th 10:00 AM - 7:00 PM F 10:00 AM - 4:00 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



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Eastern Iowa Health Center 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300	Phone answered 24/7 for questions or patient concerns. Please call for an appointment. F 8:00 AM - 5:00 PM Phone answered 24/7 for questions or patient concerns. Please call for an appointment.. M,Tu,W,Th 8:00 AM - 7:00 PM	Primary care family practice, dental, 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	Phone answered 24/7 for questions or patient concerns. Please call for an appointment. Same day & walk-in appointments usually available M,Tu 8:00 AM - 7:00 PM Th,F 8:00 AM - 5:00 PM	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. www.easterniowahealthcenter.com
Hillcrest Family Services 317 7th Ave SE Ste 202C Cedar Rapids, IA 52401	319-362-3149	Call for an appointment M,Tu,W,Th,F 9:00 AM - 4:00 PM	Provides supported living for adults with mental illness. Unplanned pregnancy counseling and adoption planning. www.hillcrest-fs.org



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Name & Location	Phone Number	Days/Hours	Services Provided
Johnson County Public Health 855 S Dubuque St Iowa City, IA 52240	319-356-6042	M,W 8:00 AM - 6:00 PM Tu,Th,F 8:00 AM - 4:30 PM First Saturday of each month 8:00 AM - 12:00 PM	Prenatal nutrition counseling. Child (Medicaid or un-insured) and adult (sliding scale based on household income - cash only) immunizations. Must have an appointment. https://www.johnsoncounty.com/dept_health.aspx?id=4485
Obria Medical Clinic of Iowa 821 S. Gilbert St Iowa City, IA 52240	319-337-0575	M,W 9:00 AM - 5:00 PM Tu,Th 12:00 PM - 8:00 PM by appointment only F,Sa	Faith-based organization providing testing for STD/STI, as well as ultrasounds, and pregnancy testing. www.obria.org



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Name & Location	Phone Number	Days/Hours	Services Provided
Planned Parenthood of the Heartland 850 Orchard St Iowa City, IA 52246	877-811-7526	Iowa City: Hours vary by center. Call or go online for more information. Call for an appointment. Walk-ins also welcome! M 9:00 AM - 4:00 PM Tu,W 8:00 AM - 4:00 PM Th 12:00 PM - 8:00 PM F 9:00 AM - 5:00 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
United Action for Youth (UAY) Teen Parent Program 1700 S 1st Ave Iowa City, IA 52240	319-338-7518	Main Office M,Tu,W,Th,F 9:00 AM - 5:00 PM Youth Center Drop-In Hours, Youth Center Hours may vary by the season. W 3:00 PM - 7:00 PM Th 2:00 PM - 7:00 PM F 3:00 PM - 7:00 PM Sa 12:00 PM - 5:00 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. UAY offers formal mental health counseling. www.unitedactionforyouth.org



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

Name & Location	Phone Number	Days/Hours	Services Provided
YPN 420 6th St SE Cedar Rapids, IA 52401	319-364-8909	Evening groups also offered. M,Tu,W,Th,F 8:00 AM - 4:00 PM	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 and French speaking staff available. www.ypniowa.org