

United Way of Johnson & Washington Counties Partner Agencies



Abbe Mental Health Center

**1039 Arthur St.
Iowa City, IA 52240
Phone: (319) 338-7884
Website: www.abbehealth.org**

Abbe Mental Health Center offers a comprehensive array of services which includes Outpatient Psychotherapy and Psychiatry for children and adults using evidenced based treatments such as play therapy, PCIT, EMDR, DBT, and Trauma focused CBT. Abbe offers specialized services for individuals with more intense needs through Community Support Services, Home-based Habilitation, Day Habilitation, Homeless Outreach, and Residential services. Care Coordination is available through the Integrated Health Home. Abbe is a partner agency at GuideLink and offers a range of crisis services such as Crisis Observation, Crisis Stabilization and Sub-acute services. Community education and consultation services are also available (including mental health first aid and suicide prevention courses).



Aging Services, Inc./Pathways Adult Day Health Center

**817 Pepperwood Lane
Iowa City, IA 52240
Phone: (319) 398-3644
Website: www.abbehealth.org**

Aging Services offers a continuum of services to help older adults remain in their home. Aging Services' mission is to enhance the lives of older adults by providing services and resources to help them remain independent. Services include but are not limited to Pathways Adult Day Health, Respite, Chore Home Repair & Services, Transportation, Caregiver Support and Referral and Resource Services. Aging Services is dedicated to helping seniors in our community live happy, healthy, active lives as independent as possible.



The Arc of Southeast Iowa

**2620 Muscatine Ave,
Iowa City, IA 52240
Phone: (319) 351-5017
Website: www.arcsei.org**

The Arc of Southeast Iowa has been serving children and adults with intellectual and developmental disabilities and their families in Johnson and surrounding counties since 1957 providing advocacy; information and referral; individual and group respite care; supported community living; supported employment; consumer directed attendant care; Sibship; daycare; Bill Reagan scholarship program; Parent Education and three summer day camps for children.



Big Brothers Big Sisters of Johnson County

3109 Old Hwy 218 S.

Iowa City, IA 52246

Phone: (319) 337-2145

Website: www.bbbsjc.org

Big Brothers Big Sisters of Johnson County creates and supports one-to-one mentoring relationships that ignite the power and promise of youth. Adult volunteer mentors provide role-modeling, guidance and friendship through one of three (Community-Based, School-Based, and After-School) mentoring programs.



Community and Family Resources

430 Southgate Avenue

Iowa City, IA 52240

Phone: (319) 351-4357

Website: www.cfrhelps.org

Community and Family Resources (CFR) is focused on providing integrated and exceptional behavioral health treatment and prevention services to those seeking help for substance use, mental health, problem gambling, or co-occurring issues. Originally founded as a nonprofit agency in 1968, today CFR serves 14 counties across the state of Iowa; in Eastern Iowa, this includes Johnson, Cedar, Iowa, and Washington Counties. Treatment services offered in Iowa City include: residential substance use treatment, outpatient substance use and problem gambling treatment, outpatient mental health therapy, outpatient psychiatry, Synchrony Employee Assistance Program (EAP), transitional housing apartments, and medication assisted treatment (MAT). Additionally, sobering services and medically monitored intensive inpatient (detoxification) services are offered by CFR at the GuideLink Center in Iowa City. The Prevention Department is available to provide a wide array of evidence-based programs focused on preventing misuse of alcohol, tobacco, other drugs, and gambling. Medicaid, Medicare, and private insurance are accepted. Treatment services are available on a sliding fee scale for those who qualify. Community & Family Resources is part of the IHHS Integrated Provider Network, with services funded by the Iowa Department of Health and Human Services and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.



CORALVILLE COMMUNITY FOOD PANTRY

Coralville Community Food Pantry

804 13th Ave

Coralville, IA 52241

Phone: (319) 337-3663

Website: www.coralvillefoodpantry.org

The Coralville Community Food Pantry provides food assistance services (in-person and home delivery options available) for individuals and families living in Coralville, Tiffin, and Oxford. Additional services include a summer lunch program for children, free community meals, cooking classes, community fridge, and a local vegetable prescription program.



CommUnity Crisis Services and Food Bank

**1121 Gilbert Ct.
Iowa City, IA 52240-4528
Phone: (319) 351-0140
Website: www.builtbycommunity.org**

Provides immediate support through the Food Bank and Crisis Intervention Programs. All services are free and confidential. 24-Hour Crisis Line, Chat, and Text services. Available by phone 24/7; walk-in counseling offered Monday - Friday, 9am - 5pm; mobile crisis outreach offered 24 hours to Iowa and Johnson Counties. Specializes in suicide prevention and crisis intervention services and hosts monthly support groups for individuals with specific needs, with times and locations listed online.

Through the Food Bank Program, offers weekly supplemental food assistance and vouchers for clothing and household items. Offers limited financial assistance to avoid eviction or loss of utilities for individuals in Johnson County.



Domestic Violence Intervention Program (DVIP)

**1105 S. Gilbert Ct., Ste. 300
Iowa City, IA 52240
Phone: (319) 351-1043
Website: www.dvipiowa.org**

DVIP provides support and resources to individuals battered by their intimate partner or loved ones. They also provide the following confidential crisis intervention services: 24-hour safe shelter and hotline; advocacy with law enforcement, courts, medical and social services; counseling and support groups; youth support services; volunteer opportunities; and community education. Founded on the belief that everyone has the right to live free of fear and harm.



Advocating for Quality Childcare in Our Community

4Cs Community Coordinated Child Care

**1500 Sycamore St.
Iowa City, IA 52240
Phone: (319) 338-7684
Website: www.iowa4cs.com**

4Cs mission is to make a difference by ensuring all children, regardless of barriers, receive a quality early childhood experience that provides a foundation for lifetime success. Programs support the childcare workforce through education, consultation, and other resources to aid with retention in the field and works closely within the refugee and immigrant population to identify individuals to work in the childcare field. 4Cs administers the federal food program to promote healthy eating, fostering brain growth during its most rapid time, from birth to five years. Other services include crisis childcare for Johnson County families when emergent childcare needs arise, operating the Home Ties Child Care Center which cares for children primarily on childcare assistance. Families experiencing crisis, such as homelessness, may receive free care while working on personal goals, such as finding permanent housing, reliable transportation, or stable employment.



Free Lunch Program

1105 S. Gilbert Ct., Ste. 100

Iowa City, IA 52240

Phone: (319) 337-6283

Website: www.icflp.org

Provides noon meals, free of charge, six days a week to anyone in need. Lunch is served Monday through Saturday from noon to 1 p.m. Doors are open 11:30am-1:30pm. Meals are prepared and served by 37 different volunteer groups. Shoes and shirt are required for service.



Geriatric & Special Needs Dental Program

University of Iowa College of Dentistry, Delta Dental of Iowa Geriatric & Special Needs Clinic

Iowa City, IA 52242

Phone: (319) 335-7373

Website: www.dentistry.uiowa.edu

This program is conducted by the University of Iowa, College of Dentistry. It provides comprehensive dental services to geriatric and special needs patients, including medically, physically, intellectually, and cognitively compromised adults, frail elderly, nursing home residents, homeless, indigent, and other underserved populations.



Girl Scouts of Eastern Iowa and Western Illinois

2345 Blairs Ferry Road NE

Cedar Rapids, IA 52402

Phone: (319)363-8335

Website: www.girlscoutstoday.org

Girl Scouts is the preeminent leadership development organization for girls and believes in the power of every G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)[™] to change the world. The Girl Scout program provides girls of varying backgrounds and abilities the opportunity to discover adventure, gain new skills, and change the world. By focusing the Girl Scout program on the core initiatives of Entrepreneurship, Outdoors, Life Skills, and STEM, girls will become self-sufficient, courageous, and ready to tackle what's ahead.



Goodwill of the Heartland

1025 Wade St.

Iowa City, IA 52240

Phone: (319)337-4518

Website: www.goodwillheartland.org

Provides employment, training, and support services to advance the social and economic well-being of persons who experience barriers to independence and self-sufficiency. Specific services provided include day habilitation, supported community living, vocational assessment, career exploration, occupational skills training, job placement, job coaching, and long-term employment.



Hawkeye Area Community Action Program (HACAP)

**367 Southgate Ave.
Iowa City, IA 52240
Phone: (319) 337-5765
Website: www.hacap.org**

HACAP is the designated Community Action Agency that serves east central Iowa by offering a diverse array of services for low-income families, individuals, and Veterans. Affordable Housing, Head Start Early/Head Start, Energy Assistance (LIHEAP), Weatherization, and HACAP Food Reservoir which distributes food to partners such as CommUnity Crisis Center, Table to Table, and other local nonprofit organizations that serve meals, are the main programs that HACAP operates in the Johnson County area.



Healthy Kids: School-Based Health Clinics

**1725 N. Dodge Street
Iowa City, IA 52245
Phone: (319) 631-3204
Website: www.iowacityschools.org/Page/1164**

The Healthy Kids School-based Health Clinics provides free health care, mental health services, dental care and vision care to children in Johnson County from birth through high school graduation who are uninsured, under-insured, or have other barriers to accessing healthcare. Clinics are offered at South East Jr. High, City High, and Northwest Jr. High Schools.



Hillcrest Supported Living

**407 Hwy. 1 West
Iowa City, IA 52246
Phone: (319) 337-4204**

Website: www.hillcrest-fs.org

Birch House

**745 Pepper Drive
Iowa City, IA 52240
Phone: (319) 341-9849**

Hillcrest Supported Living Program provides Visiting Counselors that assist adults living with a serious and persistent mental illness, with developing the skills and supports needed to live independently. Hillcrest also offer Visiting Psychiatric Nursing services.

Birch House is a five-bed community-based group home for adults with serious and persistent mental illness. We prepare individuals for independent living upon discharge.



The Housing Fellowship

**322 East 2nd Street
Iowa City, IA 52240
Phone: (319) 358-9212
Website: www.housingfellowship.com**

The Housing Fellowship is the largest non-profit developer and property manager of affordable housing in Johnson County. The mission of the Housing Fellowship (THF) is to provide quality homes to people with limited incomes. Secure housing is paramount to the health and stability of individuals, families, and communities. The Housing Fellowship believes reliable housing is the foundation for personal growth and success. The mission is carried out by providing safe, well-maintained rental housing below market rate, supporting individuals on their housing journey in an empathetic and compassionate manner, advocating for impactful and thoughtful housing solutions in communities, and contributing to the economic and cultural diversity of schools and neighborhoods.



Iowa City Free Medical & Dental Clinic

2440 Towncrest Drive
Iowa City, IA 52240-6622
Phone: (319) 337-4459
Website: www.freemedicalclinic.org

The Iowa City Free Medical and Dental Clinic (FMC) is a non-profit organization, established in 1971. FMC provides free out-patient medical and dental services for uninsured and under-insured members of the community. This includes medications, labs, radiology procedures, specialty care and case management of chronic disease.



Iowa Legal Aid

Eastdale Plaza
1700 S. First Avenue, Suite 10
Iowa City, IA 52240
Phone: (319) 351-6570 or 800-532-1275
Website: www.iowalegalaid.org

Iowa Legal Aid provides free legal services to low-income Iowans in civil matters. Iowa Legal Aid does not handle criminal cases. Priorities for service include protection from domestic violence, housing, public benefits (e.g. FIP, VA, SSD/SSI, food assistance, unemployment benefits), consumer issues (e.g. relief from garnishment, utility problems), health issues (e.g. Medicare, Medicaid, Managed Care), tax controversies with the IRS, education issues (including special education), and issues for seniors (60+).



Iowa Valley Habitat for Humanity

2401 Scott Blvd. SE
Iowa City, IA 52240
Phone: (319) 337-8949
Website: www.iowavalleyhabitat.org

Iowa Valley Habitat for Humanity (IVHFH) provides safe, decent, and affordable homeownership opportunities for low-income households by building, preserving, and rehabilitating homes. As part of its Homeownership Program, IVHFH also supports homeowners by securing affordable financing, preparing buyers to be successful homeowners through education, and lowering utility bills by utilizing green building techniques. Iowa Valley Habitat for Humanity also provides affordable home repairs under the Helping Hands repair program. Services include aging-in-place and accessibility modifications, critical home repairs, and Emergency Repairs and Major Appliance Replacement (ERMAR). Lastly, IVHFH operates a used goods store that provides affordable materials and goods to the public while diverting waste from the landfill.



Joan Buxton School Children's Aid
1725 N. Dodge Street
Iowa City, IA 52245
Phone: (319) 688-1000

The Joan Buxton School Children's Aid is a program of the Iowa City Community School District and helps families access basic needs so children can come to school ready to learn. Funds provide clothing, boots, tennis shoes, school supplies, eye exams, glasses, medications, and other resources to children in need.



Meals on Wheels of Johnson County, A Program Of Horizons

2210 9th Street, Ste. 1
Coralville, IA 52241
Phone: (319) 338-0515

Website: www.horizonsfamily.org

Meals on Wheels of Johnson County, a program of Horizons, provides services to community residents over the age of 60 so they may live more comfortably in their homes. Services include Meals on Wheels, and Information and Referral Services.



National Alliance on Mental Illness—Johnson County
1531 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-5400
Website: www.namijc.org

The National Alliance on Mental Illness (NAMI) Johnson County, a grassroots organization that has affiliates across the country, offers education, support, and advocacy for persons with mental illness and their families. Evidence-based educational classes are provided for families/significant others, individuals, care providers, and the general public. Community, state, and national resources are available depending on the needs of those served. Peer support is offered in-person at R Place Peer Recovery Center (R Place) in Iowa City. R Place is staffed by Peer Support Specialists, individuals with lived experience with mental illness. R Place also offers remote peer support via phone, Zoom, and text with Peer Support Specialists. Virtual support groups for individuals and families are also available. NAMI advocates at the local, state, and national levels to improve the lives of all those affected by mental illness, which is the entire community. NAMI Johnson County currently works with the school system, the criminal justice system, local businesses, and many other United Way agencies to educate, support, and advocate. Printed materials and presentations are available upon request.



Neighborhood Centers of Johnson County

PO Box 2491

Iowa City, IA 52244-2491

Phone: (319) 354-2886

Website: www.ncjc.org

Neighborhood Centers of Johnson County offers neighborhood and school-based education, support programs and activities for children and families in low-income areas throughout Johnson County. Youth programs include accredited early childhood classrooms, K-6th grade before-and-after-school programs, summer camps, teen groups, tutoring, pre-employment training and more. Adult programs include home visits for parents, parenting education classes, English Language Learner (ELL) classes and more. Throughout the year, NCJC hosts neighborhood and community gatherings which strengthen our families' networks of support. Our programs and neighborhood presence diminish the barriers that can trap families in a cycle of vulnerability and obstruct their progress towards self-sufficiency, stability, good health, and happiness.



North Liberty Community Pantry

89 N. Jones Blvd.

North Liberty, IA 52317

Phone: (319) 626-2711

Website: www.northlibertycommunitypantry.org

Provides supplemental food and clothing to hundreds of families in North Liberty and rural areas of northern Johnson County. Families may visit up to once a week for services. Other services include nutrition education, cooking and gardening classes and personal care items.



Rape Victim Advocacy Program (RVAP)

108 River St.

Iowa City, IA 52246

Phone: (319) 335-6001

Website: www.rvap.org

RVAP is a sexual assault victim advocacy and prevention education agency serving individuals impacted by sexual violence in the following eastern Iowa counties: Cedar, Des Moines, Henry, Iowa, Johnson, Lee, Washington, Van Buren. Advocates provide medical, legal, court, and systems advocacy, along with counseling, support groups, and other direct services. Services are available for victims/survivors of sexual abuse and their partners, friends, and family members. This includes but is not limited to individuals of any age, gender, identity, culture, etc. RVAP's vision is a community free from sexual violence.



Shelter House
429 Southgate Avenue
PO Box 3146
Iowa City, IA 52244
Phone: (319) 351-0326
Admin Phone: (319) 338-5416
Website: www.shelterhouseiowa.org

Shelter House provides safe shelter and helps people improve the quality of their lives as they move beyond homelessness. We offer a robust continuum of programs and supports focusing on emergency, stabilization, and long-term interventions in the areas of housing, employment, and mental health recovery. Through these combined efforts, Shelter House helps men, women and their families get back on their feet. Programs keep children in school, help men and women get back to work, assist the disabled and elderly to access benefits and health care, and move individuals and families into their own homes. In doing so, Shelter House improves the health, safety, and well-being of hundreds of individuals each year and the community at large.



Table to Table
PO Box 2596
1049 US-6 E
Iowa City, IA 52240
Phone: (319) 337-3400
Website: www.table2table.org

Table to Table (T2T) bridges the gap between abundance and hunger by redistributing surplus food that would otherwise go uneaten, reaching people through partnerships to create a more just and less wasteful food system. This year, T2T distributed 2.3 million pounds of food, three fifths of which was highly-sought after produce, protein, and dairy. This year marks 30+ million pounds of food rescued since 1996.



United Action for Youth (UAY)
1700 S. 1st Ave., Ste. 14
Iowa City, IA 52240
Phone: (319) 338-7518
Website: www.unitedactionforyouth.org

UAY offers counseling and youth development programs to teens and families in Johnson County and surrounding communities. UAY offers family mediation and therapy for youth and their parents, to address family conflict, communication, depression, anxiety, trauma, and grief. UAY operates a Youth Center located at 355 Iowa Avenue in downtown Iowa City that is open Monday through Saturday. The Youth Center includes a recording studio, art studio, art gallery, performance space, counseling, and the Rotary Center for Youth Volunteers. UAY operates a family support program for pregnant and parenting teens that includes skill-building, counseling, and health services. UAY also operates a Transitional Living Program for homeless youth 16-22.



Visiting Nurse Association (VNA)

1524 Sycamore St.

Iowa City, IA 52240

Phone: (319) 337-9686

Website: www.vnaic.org

Provides home health services to people of all ages with acute and chronic illness. Home medical services are provided by nurses, therapists, social workers and home care aides. Community services include health screening, consultation, education programs and flu clinics.