



1st Five Healthy Mental Development Initiative

WASHINGTON COUNTY DIRECTORY OF COMMUNITY SERVICES

**Including the communities of Ainsworth, Brighton,
Crawfordsville, Kalona, Riverside, Washington,
Wellman, and West Chester**



110 N. Iowa Avenue, Suite 300
Washington, Iowa 52353
319-653-7758
www.washph.com
www.facebook.com/washph

Table of Contents

- Emergency.....2
- Child Care Centers.....2
- Children Youth and Families.....3
- City and County Offices4
- Counseling & Mental Health5
- Dental.....6
- Disability/Developmental Delay6
- Domestic Violence & Sexual Assault.....7
- Education8
- Employment/Job Training & Placement.....9
- Food & Financial.....9
- Health Care 11
- Housing..... 12
- Legal..... 13
- Libraries 13
- Senior Citizens..... 14
- Substance Abuse 14
- Transportation 15
- Wellness 15
- Information Helplines..... 16

EMERGENCY

Fire	911
Police	911
Ambulance	911
Emergency Management	641-660-1825
Washington County Sheriff	319-653-2107
Iowa State Patrol	800-525-5555
Poison Control Center	800-222-1222
Child & Adult Abuse & Neglect 24 hours a day	800-362-2178
Mental Health Crisis Line	-877-404-4770
24 hrs/day – Full Service Crisis Line for General Problems, Family Issues, Financial Issues, Abuse, Rape, Suicide, etc.	
Washington County Hospitals & Clinic	319-653-5481

CHILD CARE CENTERS

HACAP Head Start hacap.org/whatwedo/children/programs
2175 Lexington Blvd, Bldg 1, Washington 319-385-4523
Preschool and All Day service for children ages 3 and up.
Income guidelines apply www.iowaheadstart.com

Kids Corral Daycare

1509 E. Washington St, Washington 319-591-8028
Serving children ages newborn through school age.

Kids Country Club

1369 Hwy 1, Kalona 319-656-5437
Serving children ages newborn through school age.

Sunrise Child Care sunrisewellman.com

525 13th St. Suite 202, Wellman..... 319-646-2890
Serving children ages 6 weeks through 5 years. After school
programs for school aged children.

Washington Community Y Cornelia S. Day Child Care Center

washingtonty.org/child_care.aspx

821 N. 4th Street, Washington.....319-653-2141
Serving children from age 6 weeks through kindergarten. After school
programs for school aged children. (Building entrance on N. 2nd St)

Up with Kids Day Care

1203 E Washington St. Washington.....319-653-7522

Iowa Child Care Resource & Referral iowaccrr.org

Parent Referral line..... 855-244-5301
Assists families in selecting child care providers who best meet
the needs of a child and their family.

4 C's Child Care iowa4cs.com/hometies

Provides short-term emergency care when families facing
crisis are not able to provide regular
care.319-341-0089

Department of Human Services

304 South Maple, Fairfield.....800-626-6249
Listing of registered and licensed providers by county.
ccmis.dhs.state.ia.us/ClientPortal/ProviderLocator.aspx#

CHILDREN, YOUTH & FAMILIES

1st Five Healthy Mental Development Initiative

<http://www.washph.com/ChildHealth/1stFive.aspx>

A Washington County Public Health program that links families with children from 0-5 to local services that meet a variety of needs and concerns from child development issues to family stress. Parents and caregivers seeking a referral can access this service through their local medical provider.

For information about call WCPH..... 319-653-7758

180 Teen Center oneightyia.com

604 South Iowa Ave, Washington..... 319-653-4700

A faith-based after school recreational drop-in center for teens, ages 6th grade through young adult. Free after school programing 3:15 – 9:00 pm.

Boy Scouts of America hawkeyebsa.org Hawkeye Area Council

660 32nd Ave. SW, Cedar Rapids 319-862-0541

Cub Scouts is a family centered program for boys from 1st to 5th grades that fosters self-esteem and teaches cooperation through various activities.

CHADD (Children & Adults with Attention Deficit/Hyperactivity Disorder)

chadd.net/80R 319-430-4125

This is a volunteer lead chapter of the national coalition that meets in Iowa City. Meetings, programs, support, education.

Children in the Middle Classes

iowacourts.gov/For_the_Public/Representing_Yourself_in_Court/DivorceFamily_Law/Children_in_the_Middle/

Family Development Associates..... 800-261-5097

Provides education and information that focuses on the needs of children whose families are in the midst of a change or conflict, such as divorce or separation.

Cradle of Hope Pregnancy Resource Center

cradleofhopeiowa.com

604 S. Iowa, Washington.....319-986-5336 or 319-931-5759

Faith based program offering free pregnancy testing, prenatal/parenting classes, and counseling the 1st Thursday of every month from 2 – 5 pm.

Child Health Specialty Clinics (CHSC) chsciowa.org

123 E. 3rd St., Suite 2, Ottumwa 641-682-8145

Hrs: Monday – Thursday 7am- 5:30pm Iowa's Title V program for children with special health care needs. Services are provided to children and youth, birth through 21, who have a chronic condition (physical, developmental, behavioral, or emotional) or who have an increased risk for a chronic condition and a need for special services.

CHSC's Iowa Regional Autism Assistance Program

chsciowa.org/docs/CHSC-RAP-Brochure-2016.PDF

..... 866-219-9119

Connects families to services for their child (ages 0-21) with Autism Spectrum Disorder. Families have access to care coordination and family to family support in their community.

DHS Iowa Department of Human Services dhs.state.ia.us

304 South Maple, Fairfield.....800-642-6249 or 641-472-5011

Hrs: Monday – Friday 8 am – 4:30 pm

Economic Programs: FIP (Family Investment Program), food assistance, medical assistance (Medicaid). Referrals/funding for service programs including: foster care, shelter care, institutional care, adoption, independent living, day care, and child abuse assessments.

To report child abuse please call 1-800-362-2178

Girl Scouts of Eastern Iowa and Western Illinois

GSEIWI.org

Local troops provide opportunities to help girls discover their strengths, passions, and talents with a mission to grow girls of strength, confidence, and character who will make the world a better place.

Grant Wood Area Education Agency aea10.k12.ia.us
4401 Sixth Street SW, Cedar Rapids.....319-399-6700
or 800-332-8488

Childcare Alliance Response Team: Intensive behavioral support for children in child care settings.

Early ACCESS: Early intervention for children birth to three with delays in development or health/physical conditions that affect development.

Autism Core Team: Members of this team provide a variety of services including student observation, functional analysis, educating peers about autism, and a variety of other services to help support individuals in the autism spectrum and the staff working with them.

Special Education: Free services to children with special needs and all children with disabilities (birth-21 yrs). Services include: hearing screenings and diagnostic testing, services to the mentally disabled, severe/profound and physically handicapped children located in select school centers, speech-language services and special education consulting.

ISU Extension & Outreach Washington County Office
extension.iastate.edu/washington
2223 250th Street 319-653-4811
4-H & Youth Programs, classes in finance, nutrition, food safety, gardening, and more.

Juvenile Court Services iowacourts.gov
110 N. Iowa #420 319-653-2197

Systems Unlimited sui.org
208 S Iowa Ave, Washington 319-653-3356
Supported Living to children and adults in their own homes through Home and Community Based Wavers or Chapter 24.
Employment Services for adults with developmental disabilities and similar service needs.

The Family Connection
washph.com/ChildHealth/TheFamilyConnection.aspx
110 N. Iowa Avenue Suite 300 319-653-7758
An early childhood focused family support and education program for parents and their children ages 0-4. Services include in-home visits, weekly playgroups, and family-focused group activities. This program is free to all families living in Washington County.

YMCA of Washington County
washingtoney.org/home.aspx
Each Community Y offers a variety of programming, services, and opportunities for individuals of all ages.

Kalona - 211 C Ave 319-656-2400

Wellman - 22525 13th St..... 319-646-8439

Washington has two locations:

2121 E Main..... 319-653-2141

2110 S Iowa 319-653-6500

Washington County Public Health washph.com
110 N. Iowa Ave, Washington 319-653-7758
Offices located on the 3rd floor of the Federation Bank Building.
Committed to protecting and promoting the health of all Washington County residents, Public Health offers a variety of services including: vaccinations, dental services, WIC clinics, home care services, and information as well as assistance in understanding and applying for Medicaid, hawk-i, and other insurance programs.

CITY & COUNTY OFFICES

Ainsworth City Hall	319-657-3761
Brighton City Hall	319-694-2695
Crawfordsville City Hall	319-658-3251
Kalona City Hall	319-656-2310
Riverside City Hall	319-648-3501
Washington City Hall	319-653-6584
Wellman City Hall	319-646-2154
West Chester City Hall	319-698-2600

POLICE (non-emergency) Washington Safety Center covers all towns in Washington County

for non-emergencies.....	319-653-2107
Wellman (Police).....	319-646-2700

FIRE (non-emergency)

Ainsworth	319-657-2863
Wellman.....	319-646-2422
West Chester.....	319-646-2422
Washington Police Department dispatches to all other local fire departments.....	319-653-2239

Washington County Courthouse co.washington.ia.us

224 W. Main St., Washington

Motor vehicle registration, drivers licenses, property taxes

Washington Co Emergency Management..... 319-660-1825

Washington County Sheriff co.washington.ia.us/158/Sheriff

2181 Lexington Blvd

319-653-2107

Iowa State Patrol

1300 S. Grand Ave., Mt Pleasant..... 319-385-8715

COUNSELNG & MENTAL HEALTH

CHOICES Drop-in Recovery Center

114 W 2nd St, Washington..... 319-591-8176

CHOICES is a consumer run drop in center that provides social support for adults with psychiatric needs.

Crisis Center Chat

crisischat.org

Iowa City Center..... 319-351-0140
National Hotline.....800-273-TALK (8255)
Emotional support, crisis intervention and suicide prevention services provided through online chat or phone.

First Resources firstresources.us

112 W. 2nd St..... 319-351-2510

Provides drug and alcohol counseling and mental health services for adults.

Grace C Mae advocatecenter.org

420 E Polk..... 319-653-7400
Individual, family, group, cognitive, and play therapy to help people find solutions to a variety of life issues and problems.

Hillcrest Family Services hillcrest-fs.org

2175 Lexington Blvd..... 319-653-6161
Offers a wide range of behavioral health services for individuals, couples, and families facing a variety of life challenges, as well as crisis intervention.

Southeast Iowa Case Management seiwacasemgmt.com

1509 E Washington St. Suite 1..... 319-653-6217
Provides support to individuals diagnosed with brain injury, and chronic mental illness and who are Medicaid eligible.

Systems Unlimited sui.org

208 S Iowa Ave

319-653-3356

Offers individual and family therapy as well as skill building services.

UHC Child Psychiatry Services

uichildrens.org/medical-services/psychiatry-and-psychology

200 Hawkins Drive

888-573-KIDS (5437)

Services ranging from outpatient care to acute inpatient treatment and include medication management, educational consultation and testing, psychological testing, individual therapy, and family counseling.

UIHC Adult Psychiatry Services

uihc.org/medical-services/psychiatry

200 Hawkins Drive..... 800-777-8442

Washington County Mental Health and Disability Services

co.washington.ia.us

2175 Lexington Blvd Bldg #2 319-653-7751

Washington County Mental Health and Disability Services is a local access point where people may apply for service funding, receive referrals and get questions answered. Applicants must be at least 18 years of age, and meet income and other guidelines.

DENTAL

Washington Dental Care by the Square**

dentalcarebythesquare.com

205 S Marion Ave..... 319-653-3412

Dr. Ann & Jim Harris harrisandharrisdental.com

525 S. Hwy 1 319-653-4451

Dr. Deb Krotz-Dieleman**

218 S Iowa Ave..... 319-653-4298

Dr. Chad Wiese

1004 E Washington St 319-653-2201

Dr. Karen McFarland

1051 W Madison St..... 319-653-4778

Dr. Suzanne Stock – Orthodontist drssortho.com

110 E Main St..... 319-653-5090

Community Health Centers of Southeastern Iowa*

chcseia.com

2409 Spring St, Columbus City..... 319-728-7400

Kalona Family Dental drgrimmdental.com

409 B Ave, Kalona..... 319- 656-3264

River Hills Community Health Center* riverhillshealth.org

100 Main St., Richland 319-456-2045

Riverside Family Dental drgrimmdental.com

380 East Hickory Street, Riverside 319-648-3900

Dr. Polly Iben* (Pediatric) pedsddsiccw.com/meet-us/meet-dr-polly-iben

414 10th Ave B, Coralville..... 319-338-7520

Dr. Donald Peterson Jr.* (Pediatric) dentistforkidz.com

501 12th Ave #202, Coralville..... 319-351-5439

Dr. Bart Thompson* (Pediatric) bartthompsondental.com

1031 Wade St, Iowa City..... 319-338-8571

Dr. Kaaren Vargas (Pediatric) corridorkidsdentistry.com/en

1738 Lininger Ln, North Liberty 319-665-2573

University of Iowa Pediatric College of Dentistry*

dentistry.uiowa.edu/pediatric

801 Newton Rd., Iowa City..... 319-335-7485

*Accepting new Title 19 clients

**Accepting new Iowa Health & Wellness clients – Delta Dental Only

DISABILITY/DEVELOPMENTAL DELAY

Advanced Employment Services wcdinc.com

109 S Marion Ave, Washington..... 319-653-7568

Supportive services for persons with disabilities to find/maintain employment, and to live independently within their community.

Center for Disabilities and Development (CDD)

100 Hawkins Drive, 213 CDD, Iowa City 877-686-0031

Provides a team approach to find answers for patients with complex needs.

Child Health Specialty Clinics (CHSC) chsciowa.org

123 E. 3rd St, Suite 2 Ottumwa..... 641-682-8145

See *Children, Youth, & Families* section for a description of services

ChildServe Center childrenscenterfortherapy.org

1552 Mall Drive, Iowa City..... 319-351-5437

Services include respite care, supported community living, and behavioral health services in addition to pediatric physical, speech, and occupational therapies.

Disability Rights Iowa disabilityrightsiowa.org

email: info @DRIowa.org..... 800-779-2502

Information, education, and legal assistance provided for persons with disabilities, including mental illness, to help them deal with discrimination.

DHS Iowa Department of Human Services

dhs.state.ia.us

304 South Maple, Fairfield...800-642-6249 or 641-472-5011
Provides a variety of economic programs for people with disabilities.

First Resources firstresources.us

112 W. 2nd S..... 319-351-2510
Offers a full range of programs servicing people with disabilities, children and families in need, drug and alcohol counseling for adults, and mental health services for adults.

Grant Wood Area Education Agency www.aea10.k12.ia.us

4401 Sixth Street SW, Cedar Rapids.....319-338-8488 or 319-399-6700 See details under *Children, Youth & Families*

Optimae Lifeservices optimaeliveservices.com

1415 West 5th St 319-653-6571
Provides health care and human services for individuals with developmental disabilities.

REM – Iowa remiowa.com

1307 N. 5th Ave 319-653-7306
Services for people with intellectual and developmental disabilities as well as day and residential services for those with brain injuries.

Southeast Iowa Case Management

seiowacasemgmt.com

1509 E Washington St. Suite 1 319-653-6217
Provides support to individuals who are diagnosed with brain injury, chronic mental illness, mental retardation, and developmental disabilities and who are Medicaid eligible.

Systems Unlimited sui.org

208 S Iowa Ave..... 319-653-3356
Provides supported community living services to children and

adults in their own homes. Services can be provided through the Home and Community Based Medicaid Waivers or Ch 24.

The Arc of Iowa <http://thearcofiowa.org>

2620 Muscatine Ave, Iowa City..... 319-351-5017
The Southeast Iowa affiliate of the national organization on mental retardation.

Washington County Mental Health and Disability Services
co.washington.ia.us

2175 Lexington Blvd Bldg #2..... 319-653-7751
See information under *Counseling & Mental Health*

WCDC wcdinc.com

1425 W 5th St 319-653-7248
Provides services including day habilitation, transportation, supported employment, and community living for individuals with developmental disabilities as well as skill development for children and families with emotional disabilities and other dysfunctional behaviors.

Domestic Violence & Sexual Assault

Domestic Violence Intervention Program dvipiowa.org

1105 S. Gilbert St, Iowa City 319-351-1042
24 Hour Crisis Line 800-373-1043
Providing support, safe shelter, resources, and information to individuals battered by their intimate partner.

Rape Victim Advocacy Program (RVAP)

isah.uiowa.edu/directory/county/show/washington

Local crisis line:..... 319-335-6000
Regional crisis line: 800-228-1625
Office phone number:..... 319-335-6001

Washington County Domestic Violence Coalition

..... 319-457-0027
A local coalition assisting persons victims domestic violence and their families.

EDUCATION

PRESCHOOLS

All district based preschools in Washington Co participate in the Iowa Statewide Voluntary Preschool Program (SVPP). Children who are 4 yrs of age on or before September 15th may receive a minimum of 10 hrs/wk of no cost preschool instruction with a licensed teacher.

HACAP Head Start

2176 Lexington Blvd, Washington..... 319-653-7275
Income based no cost preschool and care

Highland Community School District

Highland Elementary

220 Schnoebelen Street PO Box D..... 319-648-2821

Mid-Prairie Community School District

Kalona Elementary

702 6th Street, Kalona 319 656-2243

Wellman Elementary

800 6th Ave PO Box H 319-646-2984

WACO Community School District

WACO Elementary

200 S Main St, Crawfordsville 319-658-2931

Washington Community School District

Stewart Elementary

821 N 4th Ave..... 319-653-3244

St James Preschool

616 W 2nd St..... 319-653-3631

Washington Preschool

206 W 2nd St..... 319-653-2962

Washington Community Y Preschool

121 E Main St..... 319-653-3315

Kingdom Kids Preschool

209 E Main 319-653-6588

Community Based licensed preschool

First Baptist Preschool (Private pay preschool)

122 E 2nd St, Washington 319-653-3748

SCHOOLS

Highland Community School District

highland.k12.ia.us

Highland Elementary

220 Schnoebelen Street, Riverside..... 319-648-2821

Middle School

1715 Vine Ave, Riverside 319-648-5018

High School

1715 Vine Ave, Riverside 319-657-4101
or 319-648-2891

Mid-Prairie Community School District

mid-prairie.k12.ia.us/pages/Mid-PrairieCSD

Kalona Elementary

702 6th St., Kalona..... 319-656-2243

Wellman Elementary

800 6th Ave, Wellman..... 319-646-2984

Middle School

713 F Ave., Kalona 319-656-2241

High School

1634 Hwy 22, Wellman..... 319-646-6091

Alternative Learning Center

1635 Hwy 22, Wellman..... 319-646-6093

Washington Community School District

washington.k12.ia.us

Stewart Elementary

821 N 4th Ave., Washington 319-653-3244

Lincoln Elementary

606 N 4th Ave, Washington 319-653-3691

Middle School

313 S 4th Ave, Washington..... 319-653-5414

High School

1111 S Avenue B, Washington..... 319-653-2143

Washington/WACO Home School Assistance Program
300 S. Iowa Ave., Washington 319-653-4655

Private Schools

Iowa Mennonite School iowamennonite.org
1421 540th St SW, Kalona 319-656-2073
Pathway Christian School pathwaychristian.net
5764 Highway 1 SW, Kalona 319-656-5443
St James School stjameschool.pvt.k12.ia.us/
602 W 2nd Street, Washington 319-653-3631

Post Secondary and Adult Education

Kirkwood Community College: Washington County Regional Center kirkwood.edu/washingtonregional
2192 Lexington Blvd., Washington 319-653-4655
College courses provided to help students complete an AA, transfer to a 4 year college, or earn college credit while in high school.

Iowa State University Extension
extension.iastate.edu/washington
2223 250th St, Washington 319-653-4811
Information and educational programs including aging, childcare, financial management, food safety, nutrition and more.

EMPLOYMENT/JOB TRAINING & PLACEMENT

Advanced Employment Services wedcinc.com
109 S Marion Ave, Washington 319-653-7568
Supportive services for persons with disabilities to learn job skills and to find/maintain employment.

Iowa Vocational Rehabilitation Services ivrs.iowa.gov
1700 South 1st Ave, Suite 25D, Iowa City 319-337-5733
Provides individualized job placement, career exploration, and vocational training services to eligible individuals with disabilities.

Iowa Workforce Development / IowaWorks Center / Job Corps of Iowa iowaworkforcedevelopment.gov/cedar-rapids-iowa-city

Eastdale Plaza 1700 S 1st Avenue, Suite 11B, Iowa City 319-351-1035
Provides job placement services to unemployed and underemployed individuals, and processes unemployment insurance claims.
Workforce Investment Act (WIA) serves individuals ages 16 and up.

Promise Jobs (IowaWorks Center)
iowaworkforcedevelopment.gov/promise-jobs
Eastdale Plaza 1700 S 1st Avenue, Suite 11B, Iowa City 319-351-1035
Application approval and referral from DHS required. Pre-employment and on the job training, secondary education certification. Financial assistance for low-income persons with tuition, childcare and transportation. This program is available for individuals on the Family Investment Program (FIP).

TEMP Associates tempassociates.com
111 W. Monroe Suite. 102, Mt Pleasant 319-385-1724
Staffing agency with multiple offices in SE Iowa, including Washington. Provides testing and job placement with many large employers in the areas of manufacturing, office, and ancillary services.

FOOD & FINANCIAL

Food Pantries
All pantries listed have different times and regulations. Please contact them by phone before going to the sites.
Ainsworth Community Church
350 N 4th 319-653-3020

Church of God

322 S Ave D, Washington..... 319-653-5678

Asberry UMC

601 8th Ave, Wellman 319-646-2417

Fairview Mennonite Food Pantry

2605 540th At, Kalona 319-683-2571

First Christian Church

301 W 2nd St, Washington..... 319-653-3881

Food for All – Kalona UMC

302 4th St, Kalona 319-656-2642

HACAP

2176 Lexington Blvd, Washington..... 319-653-7275

House of Plenty Food Pantry – Kalona

1103 J Ave, Kalona 319-656-2298

Kalona Food Pantry

401 E Ave, Kalona..... 319-656-5285

Our Church Community Church

1474 Franklin Ave, Wayland 319-461-0576

St. Mary’s Hall

360 Washburn St., Riverside..... 319-648-2331

Community/Senior Meal Sites

United Presbyterian Church – Saturday Kitchen 11 am-1 pm

209 East Main, Washington 319-653-6588

Wellman Senior Dining

223 8th Ave., Wellman 319-646-2711

Other

Brighton Horizons Community Garden..... 319-694-3078

Garden produce, grown by volunteers at a central location, is shared with all community residents.

DHS Iowa Department of Human Services dhs.state.ia.us

304 South Maple, Fairfield..... 319-472-5011

See information under Children, Youth, & Families

SNAP oasis.iowa.gov

Government food assistance program..... 855-944-3663

Washington County General Assistance

co.washington.ia.us/291/General-Assistance

2175 Lexington Blvd, Bldg 2, Washington319-653-7768

Washington Share Program shareiowa.com

Program buys food in bulk to sell at cheaper prices. Most labor is provided by volunteers. Pick up location is at the Central Park Community Center 107 W Washington, Washington

WIC – Women, Infants & Children Program

idph.iowa.gov/wic

WIC is a supplemental food program for pregnant and nursing mothers, and children from birth through age 5. Johnson County WIC provides services in Washington County on the 1st and 3rd Tuesday and Thursday of each month.

Clinics are held at Washington County Public Health.

Washington WIC scheduling..... 319-653-7758

Iowa City WIC scheduling..... 319-356-6042

Financial

DHS Iowa Department of Human Services

dhs.state.ia.us

304 South Maple, Fairfield 319-472-5011

See information under Children, Youth, & Families

General Assistance

co.washington.ia.us/291/General-Assistance

2175 Lexington Blvd, Washington 319-653-7768

General Assistance is located in the Orchard Hill Complex Building #2. Provides assistance on a temporary basis for a limited period of time.

HACAP

2176 Lexington Blvd, Washington 319-653-7275

Applications for LiHEAP, Low Income Home Energy Assistance Program.

Washington County Veterans Affairs

co.washington.ia.us/181/Veterans-Affairs

2175 Lexington Blvd, Building #2..... 319-653-7768

Support for veterans and their families.

HEALTH CARE

Chiropractic Providers

Bright Futures Chiropractic

131 E Ave, Kalona..... 319-656-2888

Brown Chiropractic

109 N Marion Ave, Washington 319-653-3336

Burdock Family Chiropractic

208 S Marion Ave, Washington 319-653-3573

Campbell Chiropractic Office

1359 Ginkgo Ave, Wellman 319-646-2411

Eastern Iowa Chiropractic & Massage Therapy

112 E Washington St, Washington..... 319-653-6000

Errthum Chiropractic

412 C Ave, Kalona..... 319-656-2085

Ryan Miller J DC

214 8th Ave, Wellman 319-646-6800

Tweeton Chiropractic

214 S Iowa Ave, Washington 319-653-2351

Washington Chiropractic PC

411 B Ave, Kalona..... 319-656-3756

Medical Providers

Community Health Center chcseia.com/services.htm

2409 Spring Street, Columbus City..... 319-728-7400

Provides affordable, comprehensive, primary health care, especially those individuals/families with limited resources or other barriers to health care.

Community Health Center riverhillshealth.org

100 West Main, Richland 319-456-2045

Medical and dental services as well as assistance in applying for medical insurance coverage.

Flexible Family Care

301 S. Iowa #1, Washington..... 319-653-9355

Hospice of Washington County hospicewashingtoncounty.org

948 East 11th Street, Washington..... 319-653-7321

Provides Hospice and Palliative Care services to a seven county

service area. Nursing services are available 24/7. Other services include social work, chaplain, health aides, massage and music therapists. Hospice care is provided for terminally ill patients and their families. Palliative care is designed for individuals with an advanced chronic illness who are still seeking treatment but are looking for comfort care.

Mercy Family Medicine of Kalona

mercyfinkalona.portalforpatients.com/portal/default.aspx

207 1st Street, Kalona..... 319-656-3151

Wellman Family Practice

cityofwellman.com/businesses/wellman-family-practice

217 8th Ave SW #3, Wellman..... 319-646-2800

University of Iowa Hospital and Clinics River Crossing

uihc.org/ui-health-care-river-crossing

3056 River Crossing Ct, Riverside..... 319-467-8355

WCHC Medical Clinic wchc.org

444 E. Polk St, Washington 319-653-6601

WCHC Family Medicine wchc.org

1230 S. Iowa, Washington 319-653-7291

Washington County Public Health washph.com

110 N. Iowa Ave, Washington 319-653-7758

Public Health offers a variety of services including: vaccinations, dental services, WIC clinics, home care services, and information as well as assistance in understanding and applying for Medicaid, hawk-i, and other insurance programs.

Women's Health Care of Washington wchc.org

418 E. Polk, Washington 319-653-2229

Medical Equipment & Supplies

Free equipment rental

Central Park Community Center

107 W Washington St, Washington 319-653-7906

Sonshine Outreach

211 S. Iowa Avenue, Washington 319-591-1333

Equipment Purchase

Community Medical Supply

505 Hwy 1 South, Washington..... 319-653-5797

Stout Supply

3096 Old White Way, Ainsworth..... 319-657-4127

Pharmacies providing Home Delivery

Beans Pharmacy

222 S Iowa Ave, Washington 319-653-4646

Hy-Vee Pharmacy

528 Hwy 1 South, Washington..... 319-653-2155

Miller Medicine Cabinet (delivery in Kalona and Wellman only)

214 5th, Kalona 319-656-3134

Pharmacy on 8th

221 8th Ave, Wellman 319-646-3388

Smart Scripts (home and mail delivery)

www.smartscripts.com

1010 W Madison, Washington..... 844-597-6278

Physical Therapy

Jet Physical Therapy www.jetpt.net

511 Hwy 1 South, Washington..... 319-653-5494

525 13th Street, Suite 101, Wellman..... 319-646-5381

Physical Therapy Services PC

423 B Ave, Kalona..... 319-656-3177

Washington County Hospital and Clinics Rehabilitation Services

400 E Polk St, Washington..... 319-863-2030

Vision

Eye Associates of Iowa City, Kalona Office

eyeassociatesic.com/about-us/kalona-office

204 5th Street, Kalona..... 319-656-2420

Modern Eye Care modeyecare.com

301 S. Iowa, Washington..... 319-653-2371

UIHC River Crossing uihc.org/ui-health-care-river-crossing

3056 River Crossing Ct, Riverside..... 319-467-8355

Axis Vision Care <http://www.washeyecare.com>

221 N 2nd Ave, Washington.....319-653-4558
or 800-653-7925

HOUSING

Area XV Multi-County Housing Agency areaxvhousing.org/

417 N College St, Agency.....641-937-5222 or 800-848-9438

Administers three different types of housing programs in Southeast Iowa; Public Housing, Section 8 Housing Choice Voucher Program, Area 15 Apartments Program (for elderly and disabled only).

HUD Housing portal.hud.gov/hudportal/HUD

Provides oversight for Public Housing Agencies, administers FHA home mortgage program, & provides other housing information and assistance.

Habitat for Humanity hfhia.org

2401 Scott Blvd SE, Iowa City, IA 52240 319-337-8949

HACAP hacap.org

2175 Lexington Blvd, Washington 319-653-7252

HACAP offers transitional housing to income eligible applicants who will learn a variety of skills while completing all compliance requirements.

Shelter House shelterhouseiowa.org/

429 Southgate Ave, Iowa City 319-451-0326

Provides emergency shelter and assistance to help individuals find affordable housing and permanent supportive housing.

Other Low Income Apartments

Ashley Lynn Condominiums

elliottrealtygroup.com/rental-properties

325 & 375 West 18th St..... 319-461-4413

Information and rental application available at the website.

Autumn Park Apartments

841 W Monroe St 319-653-6804

Autumn park apartments is senior, low income, handicapped accessible housing subsidized by the federal governments HUD (housing and urban development division).

Briarwood Apartments

700 W Tyler St, Washington..... 319-591-8213

Highland Park Apartments

215 East 15th St, Washington...319-530-0716 or 319-863-3621

Lantern Grove Apartments

1608 N. 5th Ave, Washington 319-653-6555

Washington Court Apartments

1302 N. 2nd St., Washington..... 319-461-3067

Woodbridge Apartments

603 W. Adams St., Washington..... 319-362-1029

Kalona Valley Apartments

307 5th Street, Kalona 319-656-2614

LEGAL

Disability Rights IOWA

disabilityrightsiowa.org/

400 E Court Ave #300, Des Moines.....515-278-2502 or 800-779-2502

Disability Rights IOWA aims to defend and promote the human and legal rights of Iowans who have disabilities and mental illness.

Iowa Legal Aid

iowalegalaid.org/

1700 S 1st Ave, Iowa City..... 800-532-1275

for Iowans age 60 and over..... 800-922-8161

Applications for free legal advice can be completed online, via

telephone or in person. Offices are open 8:30 to 4:30 (emergencies taken when open).

People who cannot get help from Iowa Legal Aid may be able to find a lawyer through the Iowa State Bar Association’s website.

iowafindalawyer.com/800-532-1108

Attorneys taking part in **Find-a-Lawyer** charge a \$25.00 fee for the first 30-minute consultation. If you need more help beyond the 30-minute consultation, you will need to negotiate a fee arrangement with the attorney.

Iowa State Public Defender

spd.iowa.gov/

216 South 3rd, Burlington.....319-753-5163

State Attorney General

iowaattorneygeneral.gov

Consumer Protection Division, Des Moines....515-281-5926 or 888-777-4590

Washington County Atty

222 W Main St, Washington.....319-653-7721

LIBRARIES

Kalona Public Library

kalona.lib.ia.us

510 C Ave..... 319-656-3501

Washington Public Library

washington.lib.ia.us

115 W. Washington 319-653-2726

Wellman-Scofield Public Library

wellman.lib.ia.us

711 4th St 319-646-6858

SENIOR CITIZENS

Elderly Waiver Case Management- The following providers assist with identifying and acquiring resources and funding to enable seniors to remain safely in their homes.

Midwest Case Management

400 Highland St, Fairfield 641-209-9420

Home Health Services – Each of the following providers is different but services can include Skilled Nursing, Home Care Aides, and Homemakers. Home Care Services can usually be paid for by: Medicare, Medicaid, private insurance, VA. Private pay services may be available on a sliding fee scale.

Comfort Keepers coralville-585.comfortkeepers.com/
1752 5th St, Coralville..... 319-354-0285

Optimae Home Health optimaeliveservices.com/
1415 W. 5th, Washington..... 319-653-6571

Washington County Public Health washph.com/
110 N. Iowa Ave, Suite 300, Washington..... 319-653-7758

Wesley in Home (coordinated through Lending Hands Inc)
wesleylife.org/living-options/halcyon-house-washington/default.aspx
310 Hwy 1 and 92 N, Washington 319-653-2661
Services, provided for private pay clients only, is coordinated through Lending Hands Inc.

Adult Day Care

Lending Hands Inc

wesleylife.org/contact-us/adult-day-lending-hands.aspx
301 Hwy 1 and 92 N, Washington 319-653-2661
Adult day care. Associated with Halcyon House retirement complex.

Home Delivered Meals

Meals on Wheels - A Program of Elder Services

livablecommunity.org/Services/67834F8C-2AC6-4E1F-BF40-69E5080AAEC7/Meals-on-Wheels-A-Program-of-Elder-Services-Inc.aspx
1556 S 1st Ave., Ste A, Iowa City..... 319-338-0515
Delivers frozen meals, breakfast bags to the home on a bi-weekly basis.

Mom's Meals www.momsmeals.com 877-508-6667

Pleasantview Home Kalona only 319-656-2421

Sister's Home Style Entrees www.sistersentrees.com
..... 515-332-1928

Wellman Senior Dining..... 319-646-2711

Community Meal Sites

United Presbyterian Church – Saturday Kitchen 11 am – 1 pm

209 East Main, Washington 319-653-6588

Wellman Senior Dining

223 8th Ave., Wellman..... 319-646-2711

Other Senior Services

Central Park Community Center

107 W. Washington St, Washington 319-653-7906
Puzzles, games, books to play at the Center or to rent for use at home are available every day. Bingo at the Center every Thursday evening.

Washington County Veterans Affairs

co.washington.ia.us/181/Veterans-Affairs
2175 Lexington Blvd, Building #2, Washington...319-653-7768
Support for veterans and their families.

SUBSTANCE ABUSE

Al-Anon & Alateen iowa-al-anon.org/meetings/washington-caring-and-sharing-afg/

Support group for persons who feel their lives have been, or are being affected by alcoholism in a family member or friend.

Alcoholics Anonymous

aa-iowa.org/index.php?id=91

Iowa City Contact Number319-338-9111
Support group for individuals who have experienced problem drinking and want to stay sober. Washington and Wellman are in **District 10** Riverside and Kalona are in **District 13**

Prelude Behavioral Services preludeiowa.org

1201 Industrial Park Drive, Washington 319-653-7597
Provides a variety of services including drug testing, counseling, problem gambling, OWI courses, and prevention.

Narcotics Anonymous 800-897-6242

Support group for individuals who have experienced drug addiction and want to stay sober.

St Luke’s Chemical Dependency Services

unitypoint.org/cedarrapids/default.aspx

810 1st Ave NE, Cedar Rapids..... 319-363-4429
Provides a variety of services including comprehensive evaluation, inpatient detoxification, and intensive outpatient therapy.

U of I Chemical Dependency Program

uihc.org/substance-use-disorders

200 Hawkins Dr, Iowa City..... 319-384-8765
Provides a full range of services including extended and intensive outpatient programs, as well as services specifically for students.

Washington County Outreach

washington.ia.us/229/Outreach

2175 Lexington Blvd #3, Washington 319-653-7749
Provides probation supervision services to court ordered individuals, substance abuse assessment, and referrals.

Advance Medical Transport

manta.com/c/mr41bkw/advanced-medical-transport-of-iowa

2228 Heinz Rd, Iowa City 319-341-7799

TRANSPORTATION

Southeast Iowa Ambulance Service

seiowaambulance.com

4165 Naples Ave SW # 5, Iowa City 319-466-0735

Washington County Minibus

washingtoncountyminibus.squarespace.com

1010 W 5th St, Washington..... 319-653-2853

Wheelchair Van Service via Washington County Ambulance

washingtoncountyambulance.net

1120 N 8th Ave, Washington 319-653-2047

WELLNESS

Farmers Markets

Riverside Farmers Market

Sundays 10 am – 1 pm July through September at the Riverside Casino Parking Lot, 3184 Hwy 22

Washington Farmers Market

5-7:30 pm on Thursdays in Central Park from May through October

Wellman Farmers Market

Tuesdays 4-6 pm at Bidwell-Slockett Park during the summer months.

Wellness Education

Washington County Hospital and Clinics

www.wchc.org

400 E Polk St, Washington 319-653-4271

Cardiac Rehabilitation, Diabetes Education, Fresh Start Weight Loss, Healthcare Library

LaMaze/Prenatal Class..... 319-863-3943

Fitness/Swim Centers

Kalona Municipal Pool..... 319-656-2309

Washington Steele Family Aquatic Center... 319-653-6054

YMCA's of Washington County

washingtoney.org/home.aspx

Washington Y

2121 E. Main, Washington..... 319-653-2141

Washington Y on the Square

2110 S Iowa Ave, Washington 319-653-6500

Kalona Rec Center

511 C Avenue, Kalona..... 319 656 2400

Wellman Parkside Y

2525 13th St, Wellman..... 319-646-8439

Outdoor Tracks (available for public use when not is school use and according to school rules)

Case Field.....South 9th Avenue, Washington

Highland School District Track.....1715 Vine Ave, Riverside

Mid-Prairie School District Track.....1634 Hwy 22, Wellman

Parks, Trails & Recreation Areas

Brinton Timbers Park.....Fir Ave North, west of Brighton

Clemons Creek Wildlife and Recreation Area

.....Kiwi Ave, Washington

Fern Cliff County Park.....Fern Cliff Road, Crawfordsville

Kewash Nature Trail.....D Ave, Washington

Marr Park.....2943 Hwy 92, Ainsworth

Lake Darling State Park.....111 Lake Darling Road, Brighton

Sunset Park (Dog Park within).....Hwy 92, Washington

For a complete list of parks in Washington County visit....

co.washington.ia.us/170/Conservation

chamber.washingtoniowa.org/parks-recreation/

Updated February 2017

To submit new or corrected information for the next update of this directory please email rsloat@washph.com

INFORMATION HELPLINES

Alcoholism & Drug Dependence, Nat. Council.. www.ncadd.org 800-622-2255
Alzheimer's & Related Disorders www.alz.org 800-272-3900
American Cancer Society www.cancer.org 800-227-2345
American Heart Association www.heart.org 800-242-8721
American Lung Association of Iowa www.lung.org..... 800-586-4872
Bullying & Youth Suicide Hotline www.yourlifeiowa.org 855-581-8111
COMPASS, Iowa (disabled) www.iowacompass.org 800-779-2001
Crisis Text LineText "Go" to 741741
Cybertip Hotline (Center for Missing & Exploited Children)..... 800-843-5678
Department of Human Services Child & Adult Abuse Hotline.... 800-362-2178
Domestic Violence Abuse Hotline www.thehotline.org 800-799-7233
Gambling Hotline (BETS OFF) www.1800betsoff.org..... 800-BETS-OFF
Paws & More Animal Shelter..... 319-653-6713
IRS (Federal Income Tax Info) www.irs.gov 800-829-1040
Lead Poisoning..... 800-972-2026
Medicare Hotline www.medicare.gov 800-633-4227
Mental Health Crisis Line (24 hrs a day) 877-404-4770
Narcotics Hotline (report suspected drug and meth activity)..... 800-532-0052
National Hispanic Family Health Help Line..... 866-SU-FAMILIA
National Youth Crisis Hotline..... 800-442-4673
Poison Control www.iowapoisson.com 800-222-1222
Quitline Iowa (quit smoking) www.quitlineiowa.org 800-784-8669
Rape, Abuse, & Incest National Network (RAINN)..... 800-656-4673
Sexual Abuse Hotline-Iowa 800-284-7821
Social Security Administration www.ssa.gov 800-772-1213
Substance Abuse Information Center www.drugfreeinfo.org..... 866-242-4111
Suicide Prevention www.suicidepreventionlifeline.org 800-273-8255
Southeast Iowa Link..... 877-404-4770
Veterans Foundation Help Line..... 888-777-4443
Weather & Road Information www.511ia.org..... 511 or 800-288-1047