

# DIRECTORY OF COMMUNITY SERVICES

## HENRY COUNTY



### **Henry County Public Health**

106 N. Jackson St., Ste 103, Mt. Pleasant, IA 52641

[HealthyHenryCounty.org](http://HealthyHenryCounty.org)

[Facebook.com/HealthyHenryCounty](https://Facebook.com/HealthyHenryCounty)

**Updated January 2023**

To submit new or corrected information for the next update of this directory  
please e-mail [updates@healthyhenrycounty.org](mailto:updates@healthyhenrycounty.org)

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## EMERGENCY

- Police, Ambulance, Fire**..... 911
- Suicide & Crisis Lifeline**..... 988
- Alert Iowa** ..... 319-385-1479  
Sign up for emergency/severe weather alerts at  
[henrycounty.iowa.gov/emergency-management](http://henrycounty.iowa.gov/emergency-management)
- American Red Cross (Emergency Disaster Assistance)** [redcross.org](http://redcross.org)  
..... 319-393-3500
- Child & Adult Abuse & Neglect (24 hrs/day)**..... 800-362-2178
- Domestic Violence Intervention Program (DVIP)** [dvipiowa.org](http://dvipiowa.org)  
**24-hour hotline** ..... 800-373-1043
- Henry County Sheriff** ..... 319-385-2712  
**Text-a-Tip Hotline** ..... 319-931-3667  
Text details about underage drinking, drug use, or any other crimes or tips.
- Iowa Victim Service Call Center** [survivorshelpline.org](http://survivorshelpline.org) ..... 800-770-1650  
or text 'IOWAHELP' to 20121 for support for crime victims and loved ones.
- Poison Control Center** ..... 800-222-1222
- Rape Victim Advocacy Program (RVAP)** [rvap.org](http://rvap.org)  
**24-hour hotline** ..... 800-228-1625
- Your Life Iowa 24-hour crisis hotline** [yourlifeiowa.org](http://yourlifeiowa.org) ..... 855-581-8111  
Text ..... 855-895-8398  
Find support for problems with alcohol, drugs, gambling, mental health, and suicidal thoughts. Chat live, get reliable information & treatment options, & find help near you.

## CHILD ABUSE PREVENTION

### Child Abuse Prevention Trainings

- Arin Jones, CPPC Coordinator..... 319-385-8126
- ACEs and Connections Matter** [iowaaces360.org](http://iowaaces360.org) [connectionsmatter.org](http://connectionsmatter.org)  
Adverse Childhood Experiences have a profound impact on future learning, behavior, and overall health. Trainings available to raise awareness of ACEs and how to prevent or mitigate the effects. *Resilience* screenings available.
- Poverty Simulation** [povertysimulation.net/about](http://povertysimulation.net/about)
- Stewards of Children** [d2l.org](http://d2l.org) An evidence-informed, proactive approach to child sexual abuse prevention. Available online or through a facilitator-led session.

### Henry County Child Advocacy Council

- [healthyhenrycounty.org/healthy-families](http://healthyhenrycounty.org/healthy-families) [facebook.com/quadcountycppc](https://facebook.com/quadcountycppc)  
A partnership of caring citizens, community leaders, local organizations and

agencies that come together with a common goal of keeping our children safe and families strong. This child abuse prevention council meets the 4th Thursday at 12pm with an interagency meeting. Call **319-385-8126** to learn more.

**Henry County HHS (DHS)** [hhs.iowa.gov](http://hhs.iowa.gov)

205 W. Madison St., Mt. Pleasant..... **319-986-5157**

Hrs: Monday-Friday 8am-4:30pm

Child welfare, child care and other assistance programs, and dependent adult protective services. Mandatory reporter training.

**Mississippi Valley Child Protection Center**

Serves Henry County ..... **563-264-0580**

Forensic interviews, family advocacy, and medical examinations for child abuse victims and their non-offending caregivers. Also provides community education and training. Referrals for most services must come from DHS and/or law enforcement. Community medical providers can make referrals for potential abuse victims to be seen by specialized MVCPC medical provider.

***For additional resources and information visit [pcaiowa.org](http://pcaiowa.org)***

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

**CHILD CARE CENTERS**

**Early Head Start (birth-3 years) and Head Start (3-5 years)**

1303 W. Washington, Mt. Pleasant ..... **319-385-2310**

*New address July 2023: 302 W. Madison St., Mt. Pleasant*

[caofseia.org/services/head-start](http://caofseia.org/services/head-start)

These programs provide comprehensive child development and preschool for children from birth to 5 years of age. Full day and part day programs are available. Snacks and meals are provided for the children. Family development and referral services are available for families. Income guidelines apply.

**Iowa Child Care Resource & Referral** [iowaccrr.org](http://iowaccrr.org)

**Child Care Consultant** ..... **866-324-3236**

Provides on-site consultation to licensed preschools, centers, non-registered home providers, and child development home providers.

**Parent Referral line**..... **855-244-5301**

Assists families in finding child care providers who best meet the needs of a child & their family.

**Little Me & Company Child Care Center** [littlemeandcompany.com](http://littlemeandcompany.com)

217 W. Main St., Wayland *Coming June 2023*

**Mount Pleasant Child Care Center**

304 W. Washington St. .... **319-348-1984**

Provides full-time and part-time childcare for children 6 weeks - 5 years with engaging social and educational experiences in a safe and reliable environment. A licensed DHS facility currently accepting DHS Childcare Assistance. Call for openings.

## **New London Community Child Care Center**

507 S. Walnut St., New London..... **319-367-2412**  
Provides part-time, full-time and drop-in child care for children ages 6 weeks - 12 years in a licensed center, which is split up into 8 different developmentally & age appropriate groups. DHS assistance accepted. Call for openings.

## **CITY & COUNTY OFFICES**

### **City Halls**

<b>Mt. Pleasant</b> 307 E. Monroe St.....	<b>319-385-1470</b>
<b>New London</b> 112 W. Main St.....	<b>319-367-7702</b>
<b>Olds</b> 111 S. Main St. ....	<b>319-254-2415</b>
<b>Salem</b> 201 S. Main St.....	<b>319-258-4531</b>
<b>Wayland</b> 218 W. Main St.....	<b>319-256-3276</b>
<b>Winfield</b> 115 N. Locust St. ....	<b>319-257-6661</b>

### **Henry County Courthouse** [henrycounty.iowa.gov](http://henrycounty.iowa.gov)

100 E. Washington St., Mt. Pleasant

<b>Assessor</b> - property assessments.....	<b>319-385-0750</b>
<b>Auditor</b> - voter registration.....	<b>319-385-0756</b>
<b>Recorder</b> - birth, death, and marriage records.....	<b>319-385-0765</b>
<b>Supervisors</b> .....	<b>319-385-0759</b>
View meeting agendas at <a href="http://henrycounty.iowa.gov/bos">henrycounty.iowa.gov/bos</a>	
<b>Treasurer</b> - driver license by appointment.....	<b>319-385-7173</b>

### **Henry County Environmental Health**

[henrycounty.iowa.gov/environmental-health](http://henrycounty.iowa.gov/environmental-health)

RUSS, 1501 W. Washington, Mt. Pleasant..... **319-385-1223**  
Septic/well permits, well rehab & closures, water tests

### **Henry County Public Health** [healthyhenrycounty.org/publichealth](http://healthyhenrycounty.org/publichealth)

106 N. Jackson St, Ste 103 Mt. Pleasant..... **319-385-0779**  
See Health Care section for description of services.

### **Henry County Sheriff** [henrycounty.iowa.gov/sheriff](http://henrycounty.iowa.gov/sheriff)

800 S. Grand Ave., Mt. Pleasant ..... **319-385-2712**  
Text-a-tip hotline ..... **319-931-3667**

### **Henry County Veterans Affairs Office** [henrycounty.iowa.gov/veterans-affairs](http://henrycounty.iowa.gov/veterans-affairs)

106 E. Clay St., Ste 103, Mt. Pleasant..... **319-385-0792**

### **Police (non-emergency)**

<b>Mt. Pleasant</b> .....	<b>319-385-1450</b>
<b>New London</b> .....	<b>319-367-7700</b>
<b>Olds</b> .....	<b>319-385-2712</b>
<b>Salem</b> .....	<b>319-385-2712</b>
<b>Wayland</b> .....	<b>319-256-3276</b>
<b>Winfield</b> .....	<b>319-257-6661</b>

## COUNSELING/MENTAL (BRAIN) HEALTH

**988 Suicide & Crisis Lifeline** ..... 988  
24/7 free, confidential support for people in distress.

**Child Health Specialty Clinics** [chsciowa.org](http://chsciowa.org)  
123 E. 3rd St., Ste 2, Ottumwa ..... 641-682-8145

Satellite clinic in Mt. Pleasant every 1-2 months  
Services provided to children, birth through age 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. Services in Mt. Pleasant include: family navigator services, autism services, and care coordination.

**CHOICES Drop-In Center** ..... 319-201-1064  
211 W. Monroe, Mt. Pleasant

Hrs: Monday - Friday 8:30am-4:30pm, subject to change.  
CHOICES is a consumer run drop-in center that provides a critically important social support for persons with psychiatric needs. Daily programming focuses on wellness and empowerment. Other services include a daily lunch, desktop computers, wireless internet, transportation (requires 24 hours advance notice), community resources, and friendly staff. Adults only.

**Community Health Centers of Southeastern Iowa, Inc.** [chcseia.com](http://chcseia.com)  
1706 W. Agency Rd., West Burlington ..... 319-768-5858

Pediatrics Clinic: 1223 S. Gear Ave, Ste 108, West Burlington..... 319-753-5177  
2409 Spring St., Columbus City ..... 319-728-7400

Provides primary medical and behavioral health care for all ages. Most insurances accepted and patients without insurance welcome. Sliding fee scale available based on household size and income. Translation services available.

**Domestic Violence Intervention Program (DVIP)** [dvipiowa.org](http://dvipiowa.org)  
24-hour hotline ..... 800-373-1043

Call for a local appointment ..... 319-850-8518  
Provides comprehensive support and advocacy services to victim/survivors of domestic violence, dating violence, stalking and human trafficking.

**Elements Family Therapy & Play Therapy Center** ..... 319-385-1665  
124 N. Main St., Mt. Pleasant

Treating individuals, couples, children & families utilizing a variety of therapeutic techniques including: solution focused, narrative, cognitive behavioral, trauma focused, EMDR, and play therapy.

**Families First Counseling Services** [families-first.net](http://families-first.net)  
Serves Henry County ..... 888-316-3025

Behavioral Health Intervention Services, assessments, and in-office therapy.

**First Resources Integrated Health Home** [firstresources.us](http://firstresources.us)  
204 S. Jefferson St., Ste 103, Mt. Pleasant ..... 641-954-7244

IHH is a wraparound service that brings together providers, resources, services, and supports to help adults achieve overall wellness & independence.

**GuideLink Center** [guidelinkcenter.org](http://guidelinkcenter.org)  
300 Southgate Ave., Iowa City..... **319-688-8000**  
A welcoming center offering urgent mental health and substance use care for adults. Services include behavioral health crisis stabilization, sobering service, detoxification, and referrals to affiliated partners.

**Heart Connections Therapy** [heartconnectionstherapy.com](http://heartconnectionstherapy.com)  
304 E. Main St., Ste 200, New London..... **319-850-4646**  
Faith-based mental health counseling for children, adolescents, adults, couples and families.

**Henry County Coordinator for Disability Services** [seiowalink.org](http://seiowalink.org)  
106 E. Clay St., Ste 102, Mt. Pleasant..... **319-385-4050**  
Hrs: Monday - Friday 8am-3:30pm  
Provides funding assistance and referrals for mental health, intellectual disability, and developmental disability related services.

**Henry County Health Center Senior Life Solutions**  
407 S. White St., Mt. Pleasant..... **319-385-6552**  
A program designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.

**Hillcrest Family Services** [hillcrest-fs.org](http://hillcrest-fs.org)  
106 N. Jackson St., Mt. Pleasant..... **319-385-7177**  
Hrs: Monday - Friday 8am-5pm  
Offers individual, group, marital and family counseling, psychosocial evaluations, emergency services, medication management, and community outreach and mental health education. Crisis appointments available.

**Integrated Health Home** brings together providers, resources, services, and supports to help the individual achieve overall wellness and independence. Adults only.

**Life Connections Peer Recovery Services** [lifeconnectionsrecovery.org](http://lifeconnectionsrecovery.org)  
DeWitt, but serves Henry County..... **563-659-1171**  
Rhonda's House - peer run respite that supports individuals who are experiencing mental health and substance addiction issues and who want to work on their recovery goals and situations before getting into a crisis situation. 7 day free stay.

**New Life Link Counseling Services** [newlifelink.org](http://newlifelink.org)  
304 E. Main St., New London..... **319-931-9013**  
Individual, marriage, and family counseling.

**Optimae LifeServices** [optimaelifeservices.com](http://optimaelifeservices.com)  
605 E. Winfield Ave., Mt. Pleasant..... **319-385-8051**  
Individual and family therapy for children and adults. Psychiatric evaluations and medication management. Behavioral Health Intervention Services (BHIS) and Intensive Psychiatric Rehabilitation. Crisis appointments available.

**Rape Victim Advocacy Program (RVAP)** [rvap.org](http://rvap.org)

101 S. Cherry St., Ste 2, Mt. Pleasant..... 319-541-9809

Hrs: Monday - Friday 9am-5pm

24-hour crisis hotline ..... 800-228-1625

Free, confidential support, advocacy, and information for anyone impacted by sexual violence.

**Southeast Iowa Regional Medical Center**

[greatriverhealth.org/health-services/mental-health](http://greatriverhealth.org/health-services/mental-health)

1221 S. Gear Ave., West Burlington ..... 319-768-3700

Provides evaluations, counseling, therapy, psychiatry, and psychological testing for adults with mental illness and significant emotional disorders.

**Young House Family Services** [younghouse.org](http://younghouse.org)

4717 Sullivan Slough Rd, Burlington..... 319-752-4000

Services offered in Henry County:

**Behavioral Health Intervention Services (BHIS):** Skill-based program providing youth with intensive skill development, addressing behaviors that impact their success at school and home, and improving their level of functioning, self-control, and behavior management.

**Brief Intensive Services:** Skill building for behavioral problems, counseling for the individual and family, family team meetings, parenting skills, connecting to resources, and improvement in school and family goals.

**Pediatric Integrated Health Program (PIHP):** Free program that provides care coordination to ensure all of your child’s physical and mental health needs are being met. Your family will work with a nurse, care coordinator, and family support specialist to help your child succeed in school, at home, and in the community. Children with Medicaid and a mental health diagnosis are eligible.

**Residential Services:** for youth up to age 17, call for information.

**IT'S BRAIN HEALTH  
NOT MENTAL ILLNESS**

[brainhealth-now.org](http://brainhealth-now.org)

**DENTAL CARE**

**Children’s Dental Center of Southeast Iowa**

1804 E. Washington St., Mt. Pleasant..... 319-385-5262

**Community Health Centers of Southeast Iowa, Inc** [chcseia.com](http://chcseia.com)

1706 W. Agency Rd., West Burlington ..... 319-768-5858

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

Provides dental care for all ages. Most insurances accepted, including Medicaid, and patients without insurance welcome. Sliding fee scale available based on household size and income. Translation services available.



## Dental Specialists of Iowa

1804 E. Washington St., Mt. Pleasant

Children's Dental Center of SE Iowa.....	319-385-5262
Endodontic Associates of Iowa.....	319-385-5265
Oral Surgery Associates of Iowa City.....	319-385-5266
Orthodontic Associates of Iowa.....	319-385-5270
Periodontal Associates.....	319-385-5260
Prosthodontic Associates.....	319-385-5275

## Family Dental Health Services

500 S. Grand Ave., Mt. Pleasant..... 319-385-6750

## Mt. Pleasant Dental Associates

304 N. Jefferson St., Mt. Pleasant..... 319-385-8912

## New London Dental Care

503 W. Main St., New London..... 319-367-2311

## Shroyer Dental

217 E. Monroe St., Mt. Pleasant..... 319-385-4680

## Wayland Family Dental

209 W. 2nd St., Wayland..... 319-256-4065

## DISABILITY SERVICES

### Access 2 Independence [access2independence.org](http://access2independence.org)

Iowa City, serving Henry County..... 319-338-3870

Disability resource center to empower people with disabilities to live independently and fully integrated in their community through education, advocacy, and peer support. Also provides independent living skills training and transition services to assist in returning to the community from an institution. All services are free of charge.

### ASK Resource Center [askresource.org](http://askresource.org)..... 800-450-8667

Iowa's Parent Training and Information Center for families of children with disabilities.

### Brain Injury Alliance of Iowa [biaia.org](http://biaia.org)..... 855-444-6443

Phone based Neuro Resource Facilitation services available for individuals with brain injury, family members, and professionals for case consultation.

### Child Health Specialty Clinics (CHSC) [chsciowa.org](http://chsciowa.org)

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

See Health Care section for description of services.

### CHOICES Drop-In Center

211 W. Monroe St., Mt. Pleasant..... 319-201-1064

Hrs: Monday-Friday 8:30am-4:30pm; subject to change.

CHOICES is a consumer run drop-in center that provides a critically important social support for persons with psychiatric needs. Daily programming focuses on wellness and empowerment. Other services include a daily lunch, desktop

computers, wireless internet, transportation (requires 24 hours advance notice), community resources, and friendly staff. Adults only.

**Henry County Coordinator for Disability Services** [seiowalink.org](http://seiowalink.org)  
106 E. Clay St., Ste 102, Mt. Pleasant..... **319-385-4050**  
Hrs: Monday - Friday 8am-3:30pm  
Funding assistance and referrals for mental health, intellectual disability, and developmental disability related services.

**Hope Haven** [hopehavencorp.com](http://hopehavencorp.com)  
828 N. 7th St., Burlington..... **319-754-4689**  
Programs for persons with disabilities: evaluation, personal, social & community services, work adjustment, supported employment, job placement, residential services, respite care, community supervised apartment living, and supported community living.

**Flexible Services** 502 N. Lincoln St., Mt. Pleasant ..... **319-385-9980**  
Day Program serving individuals with varying disabilities. Trained professional staff assists individuals with independent life skills, increasing community involvement, and opportunities to establish new friendships through group socialization.

**Iowa Disability Benefits Network** [disabilitybenefits.iowa.gov](http://disabilitybenefits.iowa.gov)

**Iowa Vocational Rehabilitation Services** [ivrs.iowa.gov](http://ivrs.iowa.gov)  
550 S. Gear Ave., Ste 35, West Burlington (Westland Mall)..... **319-753-2231**  
An employment program for individuals who experience a disability that helps to prepare for, obtain, retain, and advance in employment.

**Milestones Area Agency on Aging (AAA)** [milestonesaaa.org](http://milestonesaaa.org)  
509 Jefferson St., Burlington ..... **319-752-5433** or **855-410-6222**  
Also serves adults age 18-59 with a disability. See listing in the Senior Citizens section.

**Optimae LifeServices** [optimaelifeservices.com](http://optimaelifeservices.com)  
605 E. Winfield Ave., Mt. Pleasant ..... **319-385-8051**  
Services for adults with mental disabilities and other handicapping conditions.

**REM Iowa** [remiowa.com](http://remiowa.com)  
207 S. Harrison St., Ste 3, Mt. Pleasant ..... **319-385-2343**  
Supported home and community-based services for persons with physical and mental disabilities.

**Van Buren Job Opportunities (supported employment)**  
Serves Henry County ..... **319-293-6276**  
Helps with job placement and job coaching for persons with disabilities.

## EDUCATION

**Great Prairie Area Education Agency (AEA)** [gpaea.org](http://gpaea.org)  
Serves Henry County ..... **800-622-0027**  
**Child Find:** A process used by the Special Education staff in cooperation with

local school districts to locate, identify, and serve eligible children before they enter school.

**Early ACCESS:** Iowa's early intervention system for children birth to 3 with delays in development or health/physical conditions that affect development.

**Iowa Family & Educator Partnership:** Coordinates partnerships between families, educators, and community providers to promote the success of all children with special needs.

**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 selected school centers, speech-language services, and special education consulting.

**Iowa Safe Schools** [iowasafeschools.org](http://iowasafeschools.org) ..... **515-381-0588**

24/7 crisis assistance ..... **800-770-1650**

Provides safe, supportive, and nurturing learning environments and communities for LGBTQ and allied youth through education, outreach, advocacy, and direct services.

**Preschool Scholarships** ..... **319-753-0193**

[caofseia.org/services/children/preschool-scholarships](http://caofseia.org/services/children/preschool-scholarships)

Available through Community Action of Southeast Iowa for children 3-5 years of age who are denied or on a waiting list for a free preschool or Head Start program.

**Preschool - Grade 12**

**Grow 'N' Glow Preschool**

304 E. Main St., New London..... **319-367-5303**

**Early Head Start (birth-3 years) and Head Start (3-5 years)**

[caofseia.org/services/head-start](http://caofseia.org/services/head-start)

1303 W. Washington, Mt. Pleasant ..... **319-385-2310**

*New address July 2023:* 302 W. Madison St., Mt. Pleasant

Income guidelines apply. Preschool scholarships available.

**Mt. Pleasant Christian School K-12** [mtpleasantchristian.com](http://mtpleasantchristian.com)

1505 E. Washington St., Mt. Pleasant..... **319-385-8613**

**Mt. Pleasant Community Schools** [mtpcsd.org](http://mtpcsd.org)

1010 E. Washington St., Mt. Pleasant..... **319-385-7750**

**Little Panthers Preschool**

Van Allen Elementary - 801 E. Henry St..... **319-385-7771**

Harlan Elementary 1001 N. Main St. .... **319-385-7762**

Lincoln Elementary 501 S. Corkhill St..... **319-385-7765**

Salem Elementary 412 E. Jackson St., Salem..... **319-258-7799**

Van Allen Elementary 801 E. Henry St..... **319-385-7771**

Middle School 400 N. Adams St..... **319-385-7730**

High School 2104 S. Grand Ave..... **319-385-7700**

WisdomQuest Alternative High 400 E. Madison St..... **319-385-7709**

**New London Community Schools** [nlcsd.org](http://nlcsd.org)

106 W. Wilson St., New London ..... 319-367-0512  
**Clark Preschool-Elementary** 401 S. Walnut St..... 319-367-0507  
**Junior-Senior High** 101 W. Wilson St..... 319-367-0500

**Son Shine Academy Preschool** ..... 319-385-7336  
Faith Lutheran Church - 910 E. Maple Leaf Dr., Mt. Pleasant

**WACO Community Schools** [wacocsd.org](http://wacocsd.org)

706 N. Pearl St., Wayland..... 319-256-6201  
**Preschool-Elementary** 200 S. Main, Crawfordsville ..... 319-658-2931  
**Junior-Senior High** 706 N. Pearl St., Wayland ..... 319-256-6200

**Winfield-Mt. Union Community Schools** [wmucsd.org](http://wmucsd.org)

**Preschool-Senior High** 208 S. Olive St., Winfield ..... 319-257-7700

**Post-Secondary & Adult**

**Iowa Wesleyan University** [iw.edu](http://iw.edu)

601 N. Main St., Mt. Pleasant ..... 319-385-8021 or 800-582-2383  
Undergraduate and graduate programs, and online learning.

**ISU Extension and Outreach - Henry County** [extension.iastate.edu/henry](http://extension.iastate.edu/henry)

127 N. Main St., Mt. Pleasant ..... 319-385-8126  
Hrs: Monday – Thursday 9am-4:30pm; Friday 9am-12pm  
Information and educational programs on aging, childcare, child development, consumer decisions, financial management, family relationships, leadership, nutrition, parent education, and youth.

**Southeastern Community College** [scciowa.edu](http://scciowa.edu)

200 N. Main St., Mt. Pleasant ..... 319-385-8012  
Offers a variety of associate degree programs, continuing education opportunities, and online learning.

**E.S.L. (English as a Second Language)**

Classes are available to help non-English speaking adults learn English. Classes are free; books may be purchased at a low cost.

**General Adult Assistance**

Help with reading, writing, math, and thinking abilities in order to enter a college or vocational training program or to upgrade employment skills. Assistance in preparing for high school equivalency diploma testing. Call for class times.

**EMPLOYMENT/JOB TRAINING**

**America’s Small Business Development Center Iowa** [iowasbdc.org](http://iowasbdc.org)

Serves Henry County ..... 319-208-5381  
Offers loan packaging, financial projections, feasibility and business plan writing assistance, coaching for new and existing business owners, and a wide variety of business classes.

**Center for Cultural Initiatives (CCI)**

Sal Alaniz ([sal@printgroupusa.com](mailto:sal@printgroupusa.com)) ..... 319-750-3898

Provides support of minority and diversity business initiatives and support and resources for New lowans.

**Hope Haven** [hopehavencorp.com/employment-services](http://hopehavencorp.com/employment-services)

Serves Henry County ..... **319-754-4689**  
Employment Services Program assists individuals with disabilities in obtaining and maintaining community employment.

**Iowa Vocational Rehabilitation Services** [ivrs.iowa.gov](http://ivrs.iowa.gov)

550 S. Gear Ave, Ste 35, West Burlington (Westland Mall)..... **319-753-2231**  
An employment program for individuals who experience a disability that helps to prepare for, obtain, retain, and advance in employment.

**IowaWORKS** [iowaworks.gov](http://iowaworks.gov)

550 S. Gear Ave., Ste 35, West Burlington (Westland Mall)..... **319-753-1671**

Hrs: Mon, Tues, Thurs, Fri 8:30am-4:30pm; Wed 9am-4:30pm  
Services include computer access, career exploration, job search assistance, free job readiness workshops, one on one appointments with a career planner (virtual or in person), labor market information, access to training programs and funding, proficiency testing, and job fairs. Assistance with unemployment claims can be accessed by calling 866-239-0843 or by visiting the office.

**Promise Jobs:** Works with individuals on the Family Investment Program (FIP) to meet financial self-sufficiency goals. Services may include tuition, childcare, and transportation. Application approval and referral from DHS required.

**WIOA:** Works with youth ages 16-24. Goals include helping youth find and keep a job that will lead to self-sufficiency. Works with out-of-school or in-school youth, enforcing the tie between academic learning and employment.

**WIOA Adult and Dislocated Worker Program:** Staff assisted resume writing, mock interviews, job searching and placement. Individualized assistance to help job seekers become work ready. Financial assistance available. Must meet eligibility guidelines.

**Proteus** [proteusinc.net](http://proteusinc.net)

Serves Henry County ..... **800-372-6031**  
Provides agricultural workers and their families with affordable health care, education assistance, and job training.

**Team Staffing Solutions** [teamssi.com](http://teamssi.com)

114 E. Monroe St., Ste 108, Mt. Pleasant..... **319-385-8844**

**Temp Associates** [tempassociates.com](http://tempassociates.com)

111 W. Monroe St., Ste. 202, Mt. Pleasant ..... **319-385-1724**

**FOOD, CLOTHING, & FINANCIAL**

**Affordable Connectivity Program** [fcc.gov/acp](http://fcc.gov/acp)

FCC benefit program that provides discounts to eligible households toward internet service and computers.

**Children & Families of Iowa - Child Support Forgiveness Program**

Call Bradley Pothoven to find out more ..... **641-455-4359**

**Community Action of Southeast Iowa** [caofseia.org](http://caofseia.org)

Tolson Center: 1303 W. Washington St., Mt. Pleasant ..... **319-385-2310**

Hrs: Monday-Friday 8am-4:30pm

20+ programs and services including: emergency food pantry, emergency rent, utility assistance, Low Income Home Energy Assistance Program (LIHEAP), rent reimbursement form assistance, hygiene assistance. See Housing section for other programs or call/visit website.

**Special Supplemental Nutritional Program for Women, Infant and Children**

**(WIC):** Provides basic foods, nutrition counseling and access to health services for low-income families. Call **319-209-2850** or text 319-759-4322 to schedule an appointment. Clinics are held at the First Presbyterian Church - 902 S. Walnut St., Mt. Pleasant.

**Fellowship Cup** [thefellowshipcup.org](http://thefellowshipcup.org)

203 N. Jefferson St., Mt. Pleasant ..... **319-385-3242**

Hrs: Monday - Friday 8am-4pm (best to call ahead to ensure office is staffed)

Food pantry that serves individuals/families who are residents of Henry County and holiday meals for the needy.

**Community Meal:** Wednesdays at 11:30am. Open to everyone.

**FISH Program:** Food support or one night lodging, gas or bus ticket for transients or travelers in emergency situation. (Must be transient, not a resident of Henry County).

**Summer Sacks:** Offers children a free sack lunch Monday-Friday.

**Henry County General Assistance** [henrycounty.iowa.gov/general-assistance](http://henrycounty.iowa.gov/general-assistance)

106 E. Clay St., Ste 102, Mt. Pleasant ..... **319-385-0790**

Hrs: Monday – Friday 8am-3:30pm

Provides residents of Henry County with temporary financial assistance for basic needs such as rent, utility, burial, or limited medical assistance.

**Henry County HHS (DHS)** [hhs.iowa.gov](http://hhs.iowa.gov)

205 W. Madison St., Mt. Pleasant..... **319-986-5157**

Hrs: Monday-Friday 8am-4:30pm

Economic Programs: FIP (Family Investment Program), food assistance, medical assistance (Medicaid), rent assistance, and child care assistance.

**Iowa WINs (Iowa Welcomes Immigrant Neighbors)** [iowawins.net](http://iowawins.net)

902 S. Walnut St., Mt. Pleasant..... **319-986-5851**

A community commission of First Presbyterian Church working to make the greater Mt. Pleasant community an inclusive and hospitable community that welcomes people from across the world who choose to live, work, study and seek happiness here. Food pantry, legal referrals, youth programming through the UNIFY (Uplifting the Needs of Immigrant Families through Youth Leadership) 4-H Club and other assistance available to immigrants in need.

**IRS Volunteer Income Tax Assistance (VITA) program**

Offers free tax preparation and electronic filing for low- to moderate-income Iowans. Find a site at [irs.treasury.gov/freetaxprep](http://irs.treasury.gov/freetaxprep).

**Milestones Area Agency on Aging (AAA)** [milestonesaaa.org](http://milestonesaaa.org)

**Community Cafes: Senior Dining**

**Mt. Pleasant** – Home delivered meals only. Call to inquire..... **855-410-6222**

**Salem** - Community Building, 201 S. Main St..... **319-258-4111**

Hrs: Monday - Friday 9am-1:30pm; Lunch at 12pm

**Winfield** - Veterans Building 116 N. Locust St..... **319-257-6921**

Hrs: Monday - Friday 10am-1pm; Lunch at 11:30am

**Mt. Pleasant Community Garden (ran through The Fellowship Cup)**

211 S. Jackson St., Mt. Pleasant ..... **319-385-3242**

**New London School Food Pantry**

106 W. Wilson Street, New London ..... **319-367-0512**

Hrs: Thursdays 3:30-6pm; Saturdays 9-11am; or by appointment

Open to all New London residents or anyone with a child enrolled in New London Daycare or New London School District.

**Quarter Maybe More Store**

112 N. Jefferson St., Mt. Pleasant ..... **319-385-3262**

**Store Hrs:** Monday - Friday 11am-5pm; Saturday 9am-12pm

**Donation Hrs:** Monday-Friday 9am-4pm; Saturday 9-11am - in the back alley

Sells second hand household goods, furniture, and clothing to support The Fellowship Cup ministry programs. Open to everyone.

**WACO Food Pantry (at United Church of Crawfordsville)**

105 N. Chestnut St., Crawfordsville ..... call Jenny @ **319-461-0532**

Open to anyone with a need for food.

**Wayland Food Pantry (at Wayland Mennonite Church)**

104 W. 2nd St., Wayland ..... **319-591-0961**

**Winfield Food Pantry (at Winfield Methodist Church)**

204 E. Pine St., Winfield ..... **319-257-6741**

**WMU School Backpack program**

Call Brooke McArtor for details ..... **319-257-7700**

**GET INVOLVED**

**AmeriCorps Seniors RSVP (Retired Seniors Volunteer Program)**

203 N. Jefferson St., Mt. Pleasant ..... **319-385-3242**

Matches interests of people over 55 with rewarding, flexible volunteer opportunities for community service through local non-profit and public agencies. [thefellowshipcup.org/rsvp](http://thefellowshipcup.org/rsvp)

**Boy Scouts of America** [mississippivalleybsa.org](http://mississippivalleybsa.org)

3007 Flint Hills Dr., Burlington ..... **319-754-8413**

**Fellowship Cup** [thefellowshipcup.org](http://thefellowshipcup.org)

203 N. Jefferson St., Mt. Pleasant ..... **319-385-3242**

Numerous volunteer opportunities at the food pantry and Quarter Maybe More store.

**Girl Scouts of Eastern Iowa & Western Illinois** [girlscoutstoday.org](http://girlscoutstoday.org)  
1308 Broadway St., West Burlington..... **319-752-3639**

**Healthy Henry County Communities (HHCC)**

[HealthyHenryCounty.org](http://HealthyHenryCounty.org) [facebook.com/HealthyHenryCounty](https://facebook.com/HealthyHenryCounty)  
106 N. Jackson St., Ste 103, Mt. Pleasant..... **319-385-0779**  
A countywide wellness coalition led by Henry County Public Health which unites individuals, organizations, programs, and agencies to create a better quality of life for all Henry County residents. Current activities focus on the areas of Eat Well, Move More, and Feel Better. The coalition meets monthly.

**Henry County Child Advocacy Council**

[healthyhenrycounty.org/healthy-families](http://healthyhenrycounty.org/healthy-families) [facebook.com/quadcountycppc](https://facebook.com/quadcountycppc)  
A partnership of caring citizens, community leaders, local organizations and agencies that come together with a common goal of keeping our children safe and families strong. This child abuse prevention council meets the 4th Thursday at 12pm with an interagency meeting. Call **319-385-8126** to learn more.

**ISU Extension and Outreach - Henry County** [extension.iastate.edu/henry](http://extension.iastate.edu/henry)  
127 N. Main St., Mt. Pleasant ..... **319-385-8126**  
Community 4-H clubs (4th-12th grade), Clover Kids (K-3rd grade), special interest groups and curriculum for youth in a variety of subjects.

**Mount Pleasant Area Chamber Alliance** [business.mountpleasantiowa.org/list](http://business.mountpleasantiowa.org/list)  
124 S. Main St., Mt. Pleasant ..... **319-385-3101**  
Find a list of community organizations and civic groups to join.

**Youth For Christ Southeast Iowa**

Contact Parnell Davis ..... [pdavis@yfc.net](mailto:pdavis@yfc.net)  
Group opportunities engaging kids ages 11-19.

**HEALTH CARE**

**Advanced Home Health Care** [advanced-homehealthcare.com](http://advanced-homehealthcare.com)  
Burlington office, serving Henry County ..... **319-753-6270**  
Provides home health aides and LPNs for shift work in clients homes, offers respite care to help give family caregivers a much-needed break, and more. Professional nurses, therapists, and caregivers provide patients with a variety of in-home care services.

**Child Health Specialty Clinics** [chsciowa.org](http://chsciowa.org)  
123 E. 3rd St., Ste 2, Ottumwa ..... **641-682-8145**  
Satellite clinic in Mt. Pleasant every 1-2 months  
Services provided to children, birth through age 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. Services in Mt. Pleasant include: family navigator services, autism services, and care coordination.



**Community Health Centers of Southeastern Iowa, Inc.** [chcseia.com](http://chcseia.com)  
1706 W. Agency Rd., West Burlington ..... **319-768-5858**  
Pediatrics Clinic: 1223 S. Gear Ave, Ste 108, West Burlington..... **319-753-5177**  
2409 Spring St., Columbus City ..... **319-728-7400**  
Provides primary medical and behavioral health care for all ages. Most insurances accepted and patients without insurance welcome. Sliding fee scale available based on household size and income. Translation services available.

**Concha Audiology** [conchahearing.com/mount-pleasant](http://conchahearing.com/mount-pleasant)  
207 S. Harrison St., Ste 104, Mt. Pleasant ..... **319-385-9030**

**EveryStep Hospice** [everystep.org](http://everystep.org)  
118 N. Main St., Mt. Pleasant ..... **319-385-4472**  
Provides care for the terminally ill, including nursing, hospice aides, chaplain services, volunteers, social workers, pharmacists, medical equipment, and bereavement counseling.

**Faith Home Healthcare**  
101 S. Cherry St., Ste 1, Mt. Pleasant ..... **319-330-1755**  
Provides skilled services in the home for nursing; physical, occupational, and speech therapy; and home health aide.

**Family Medicine of Mt. Pleasant PC** [fmmtpc.com](http://fmmtpc.com)  
501 S. White St., Ste 1, Mt. Pleasant..... **319-423-3527**  
Hrs: Monday-Friday 7:30am-5pm, Saturday 8:30-11:30am.  
Convenient Care walk-in appointments available all day. Accepting new patients.

**Family Planning of Southeast Iowa** [greatriverhealth.org/family-planning](http://greatriverhealth.org/family-planning)  
801 S. Roosevelt Ave., Ste C, Burlington..... **319-768-1225**  
Comprehensive, confidential care including STI testing, treatment, birth control, and health education. Clinic fees are based on income and no one is denied services based on their ability to pay. Most insurance accepted. Limited services provided by telehealth in cooperation with Henry County Public Health.

**Fellowship Cup - Medical Equipment Library** [thefellowshipcup.org/programs](http://thefellowshipcup.org/programs)  
203 N. Jefferson St., Mt. Pleasant ..... **319-385-3242**  
Hrs: Monday-Friday 8am-4pm (best to call ahead to ensure the office is staffed)  
Wide variety of medical equipment available for checkout or donation.

**Hawki** [hhs.iowa.gov/hawki](http://hhs.iowa.gov/hawki) ..... **800-257-8563**  
Health insurance coverage for uninsured children of working families in Iowa.

**Henry County Health Center** [hchc.org](http://hchc.org)  
407 S. White St., Mt. Pleasant..... **319-385-3141**

**Henry County Health Center offers the following services:**

- |                        |                                      |
|------------------------|--------------------------------------|
| Anesthesia             | Medical/Surgical Unit                |
| Cardiac Rehabilitation | Orthopedic & General Surgery Clinics |
| Day Hospital           | Park Place Elder Living              |

Diabetes Education  
Diagnostic Imaging  
Emergency Department  
Henry County Health Center Clinics  
Laboratory  
Lifeline Medical Response System

Rehabilitation Services  
Respiratory Care  
Senior Life Solutions  
Specialty Clinic  
Surgical Services

**Medical specialties offered at Henry County Health Center include:**

Audiology	Obstetrics/Gynecology
Cardiology	Oncology
Dermatology	Ophthalmology
Ears, Nose, Throat	Orthopaedics
Emergency Medicine	Podiatry
Family Practice	Radiology
General Surgery	Urology

**Henry County Health Center Clinics:**

Same day appointments. Accepting new patients.

**Mt. Pleasant Clinic**

407 S. White St., Mt. Pleasant ..... 319-385-6540

Hrs: Monday - Friday 8am-12pm, 1-5pm

**New London Clinic**

111 W. Washington St., New London ..... 319-385-6540

Hrs: Monday - Friday 8am-12pm, 1-5pm

**Wayland Clinic**

227 W. Main St., Wayland ..... 319-385-6540

Hrs: Mondays and Thursdays 8am-12pm, 1-5pm; Wednesdays 8-11:30am

**Winfield Clinic**

110 W. Pine St., Winfield ..... 319-385-6540

Hrs: Tuesdays and Fridays 8am-12pm, 1-5pm; Wednesdays 1-5pm

**Henry County Public Health** [HealthyHenryCounty.org/PublicHealth](http://HealthyHenryCounty.org/PublicHealth)

106 N. Jackson St., Ste 103, Mt. Pleasant..... 319-385-0779

Hrs: Monday - Friday 8am-4pm; Video translation is available.

**Adult Health Maintenance Program:** Home visits by a registered nurse to persons not eligible through a Medicare certified agency. Services include medication set-up, health assessments, and other health interventions.

**Care For Yourself Program:** Provides free or low-cost breast and cervical cancer screenings to qualified lowans.

**CARE LINKS Program:** Personalized assistance with finding and connecting to community resources and services, help navigating your health care needs, and blood pressure screening and education.

**Homemaker Program:** Specially trained staff perform personal care & homemaking in the home under the direction of an RN. Services may include bathing and other personal cares, light housekeeping, laundry, errands, food shopping, and food preparation.

**Immunization Clinic:** For children and adults. Tuesdays 9-11 am; Wednesdays & Thursdays 1-4pm; 1st & 3rd Thursday of the month 1-6pm. Walk-in clinics.

**Lead Program:** Lead testing is available at WIC clinics in Mt. Pleasant or by appointment. Call for more details.

**Newborn Home Visitor Program:** Provides a registered nurse to visit new moms and babies for education and early interventions/referrals.

**STD Testing and Treatment:** Specimen collection and treatment available following a telehealth visit with Family Planning of Southeast Iowa (call 319-768-1225 for an appointment). Free condoms available in public restroom.

**Hy-Vee Home Medical Supplies Sales and Rentals**

1700 E. Washington St., Mt. Pleasant..... **319-385-3164**

Medical Supply Department Hrs: Monday - Friday 8am-6pm

Covering a wide array of items including C-Pap, oxygen, incontinence, hospital beds, ostomy supplies, catheter, lift chairs, nebulizers, scooters, walkers, braces, reach aids, TENS units, diabetic shoes, compression stockings, and crutches. Accepts most insurance as well as Medicare accredited. Also repairs and services many items.

**Iowa Audiology** [iowaaudiology.com](http://iowaaudiology.com)

501 S. White St. (Rehab Department at HCHC)..... **800-227-0156**

**Mobile Nursing**

Serves Eastern Henry County..... **800-798-7793**

Offers a full range of nursing services in the privacy and comfort of your home for patients with varied needs and health problems.

**Moeller Family Practice** (Hrs: Mon/Tues/Thurs 9am-5pm; Wed/Fri 9am-12pm)

107 E. Madison St., Ste 101, Mt. Pleasant..... **319-385-4915**

**Needle/Sharps Disposal (through Wemiga Waste)** ..... **319-385-4849**

900 W. Washington St., Mt. Pleasant (area behind Emergency Management Center)

Hrs: Tues-Thurs 12-6pm, Fri 8am-6pm, Sat 8am-12pm

Sharps container exchange is for all Henry County residents. Trash and recycling service is for rural residents only.

**Optimae LifeServices** [optimaelifeservices.com/our-services/home-health](http://optimaelifeservices.com/our-services/home-health)

Serves Henry County ..... **319-237-1286**

Home Health Services: Offers skilled nursing and home health aides, as well as physical, occupational, and speech therapy.

**Pharmacies:**

**Capstone Pharmacy** (local delivery available)

210 N. Jefferson St., Mt. Pleasant..... **319-385-0733**

**Hy-Vee Clinic Pharmacy** (changing to Heritage Pharmacy-MP April 2023)

501 S. White St., Mt. Pleasant ..... **319-385-6745**

**Hy-Vee Pharmacy** (county-wide delivery available)

1700 E. Washington St., Mt. Pleasant..... **319-986-6979**

**Hy-Vee Winfield Clinic Pharmacy**

107 N. Locust St., Winfield ..... 319-549-7126

**Walmart Pharmacy**

1045 Grand Ave., Mt. Pleasant ..... 319-385-8600

**Planned Parenthood** [plannedparenthood.org](http://plannedparenthood.org)

850 Orchard St., Iowa City ..... 877-859-0551

Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of women, men, and young people worldwide.

**Prescription Drug Drop-Off Sites (no liquids or needles)**

Henry County Sheriff ..... 800 S. Grand Ave., Mt. Pleasant

Call 319-385-2712 for information on free drug disposal pouches

Hy-Vee Pharmacy ..... 1700 E. Washington St., Mt. Pleasant

Mt. Pleasant Police Station ..... 204 E. Washington St., Mt. Pleasant

Drop off unused/expired prescription or over the counter medications for disposal. Proper disposal of unused prescription drugs reduces the risk of accidental poisoning.

**Private CARE at Home Iowa** [careathomeiowa.us](http://careathomeiowa.us)

101 S. Cherry St., Ste 2, Mt. Pleasant ..... 319-385-1519

Provides a full range of personalized nursing services as well as companion, homemaker, private duty bathing assistance, and other requested in home services.

**Proteus** [proteusinc.net](http://proteusinc.net)

Serves Henry County ..... 800-372-6031

Provides agricultural workers and their families with affordable health care, education assistance, and job training.

**QuickVisit Urgent Care** [quickvisitorurgentcare.com](http://quickvisitorurgentcare.com)

801 N Grand Ave, Mt. Pleasant..... 319-984-4775

Hrs: Monday-Friday 7am-7pm, Saturday 8am-6pm, Sunday 1pm-5pm

Provides virtual and walk in visits, most insurance accepted (no out of state Medicaid).

**Southeast Iowa Regional Home Health and Hospice** [greatriverhealth.org](http://greatriverhealth.org)

1306 S. Washington Rd., West Burlington..... 319-768-3350

**Home Health Care:** Skilled nursing, home health aide, physical therapy, occupational therapy, speech therapy, and social workers available.

**Hospice:** Assistance in going through the end-of-life process, bereavement, chaplain, and social work assistance available.

**Southeastern Renal Dialysis LC**

507 S. White St., Mt. Pleasant..... 319-385-6720

**Sunnybrook Home Care** [sunnybrookhomecare.com](http://sunnybrookhomecare.com)

Serves Henry County ..... 641-472-4808

Provides home care services for all ages and those recovering from surgery, illness, accident, or living with disabilities.

## HOUSING/HOMELESSNESS

### **Community Action of Southeast Iowa** [caofseia.org](http://caofseia.org)

Tolson Center: 1303 W. Washington St., Mt. Pleasant ..... 319-385-2310  
Hrs: Monday-Friday 8am-4:30pm

Emergency rent, utility assistance, Low Income Home Energy Assistance Program (LIHEAP), rent reimbursement form assistance.

**Furnace** repair and/or furnace replacement for home owners.

**Senior Home Repair:** Small repairs relating to safety for those 60+ who are home owners.

**Weatherization:** Homeowners and renters may apply through LIHEAP for home weatherization which includes insulation and air sealing to reduce energy usage.

### **Coordinated Entry** ..... 833-739-0065

Assistance for persons experiencing homelessness or at risk of a housing crisis in Iowa.

Sign up for the Iowa Housing Help Portal at: [iowahousinghelp.com](http://iowahousinghelp.com)

Learn more about Coordinated Entry: [homeforwardiowa.org/coordinated-entry](http://homeforwardiowa.org/coordinated-entry)

### **Henry Co. Habitat for Humanity** [henrycountyiowahabitat.org](http://henrycountyiowahabitat.org) ... 319-204-7120

### **Iowa Finance Authority** [iowafinance.com/find-a-program](http://iowafinance.com/find-a-program)

Mortgage, down payment & closing costs assistance programs.. 800-432-7230

### **Iowa Homeowner Assistance Fund Program** [iowafinance.com/IHAF](http://iowafinance.com/IHAF)

Assists eligible Iowa homeowners in avoiding foreclosure ..... 888-668-0927

### **McKinney-Vento Act**

A federal law that provides protections to families with school aged children who are experiencing homelessness. Each local educational agency (LEA) or school district has a liaison assigned to help children and families. Please reach out to your current school district for more information:

Mount Pleasant Community School District ..... 319-385-7750

New London Community School District..... 319-367-0512

WACO Community School District..... 319-256-6201

Winfield-Mt. Union Community School District ..... 319-257-7700 x100

### **Regional Utility Service Systems (RUSS)**

[henrycounty.iowa.gov/environmental-health](http://henrycounty.iowa.gov/environmental-health)

1501 W. Washington St., Ste 103, Mt. Pleasant..... 319-385-1223

Provides environmental health services for Henry County residents including water testing, well permitting and inspections, septic system permitting and inspections, and well rehab and closure reimbursement.

### **Southeast Iowa Regional Housing Authority** [seirha.com](http://seirha.com)

218 N. 3rd St., Ste 309, Burlington..... 319-753-5109

Rental assistance: Applicants must meet eligibility requirements for income guidelines and family status. Single persons are eligible only if elderly or disabled.

**Southeast Iowa Regional Planning Commission** [seirpc.com/housing](http://seirpc.com/housing)  
211 N. Gear Ave., Ste 100, West Burlington..... **319-753-5107**  
Provides assistance with home repairs (including energy efficiency, exterior improvements, and updates to allow aging in home) and down payments.

**USDA Rural Development** [usda.gov/topics/rural/housing-assistance](http://usda.gov/topics/rural/housing-assistance)  
709 S. Iris St., Ste 103, Mt. Pleasant..... **319-986-5800**  
Provides rental assistance, loans, and grants for home purchase and home repairs.

**VA Homeless Programs** [va.gov/homeless](http://va.gov/homeless)  
24-hour hotline ..... **877-424-3838 (877-4AID-VET)**  
Provides assistance to veterans who are homeless or at risk of being homeless.

**Young House Family Services** [younghouse.org](http://younghouse.org)  
4717 Sullivan Slough Rd., Burlington..... **319-752-4000**

**Aftercare Services:** To help bridge the gap between leaving foster care and entering into independence - help with education, housing, employment, and health.

**Child Welfare Emergency Services:** Provides short term shelter bed placement to ensure safety, permanency, and wellbeing of children up to age 18. Referral from DHS or juvenile court services required.

## Apartments

Find updated lists of apartments, landlords, and rentals:

Community Action of Southeast Iowa ..... **319-385-2310**  
[caofseia.org/resources/#housing](http://caofseia.org/resources/#housing)

Mount Pleasant Chamber ..... **319-385-3101**  
[mountpleasantiowa.org/housing-relocation](http://mountpleasantiowa.org/housing-relocation)

Iowa Housing Search - [iowahousingsearch.org](http://iowahousingsearch.org)

## Emergency Shelters

**Burlington Area Homeless Shelter** [burlingtonareahomelessshelter.wordpress.com](http://burlingtonareahomelessshelter.wordpress.com)  
123 N. Marshall St., Burlington ..... **319-754-6791**  
Intakes are done M-F 9am-4pm. Call ahead to check availability. Substance use prohibited. Need identification.

**DVIP Emergency Shelter** (For victim/survivors or domestic violence)  
Hotels or Iowa City ..... **800-373-1043**

**Emma Cornelius Hospitality House**  
Fort Madison ..... **319-372-3983**

**The Lighthouse Center** [tribulationandtrust.com/outreach-center.html](http://tribulationandtrust.com/outreach-center.html)  
604 S. Iowa Ave., Washington ..... **319-653-5871**

**The Shelter House** [shelterhouseiowa.org](http://shelterhouseiowa.org)  
429 Southgate Ave., Iowa City ..... **319-351-0326**

**Transitions DMC**  
515 S. Main St., Burlington ..... **319-209-2217**

## Transitional Living Homes

### DVIP Journey House

Burlington ..... 800-373-1043

### New Life Women's Transitional House

Wayland ..... 319-201-9630

### The Refuge House

Olds ..... 319-201-9630

A Christ-centered (sober living) transitional house for men.

## LEGAL

**Disability Rights Iowa** [disabilityrightsowa.org](http://disabilityrightsowa.org) ..... 800-779-2502

Defends the rights of Iowans with disabilities and mental illness.

**Henry County Attorney** [henrycounty.iowa.gov/attorney](http://henrycounty.iowa.gov/attorney)

100 E. Washington St., Ste 101, Mt. Pleasant ..... 319-385-0752

**Iowa Find-A-Lawyer** [iowabar.org/?pg=Find-A-LawyerHP](http://iowabar.org/?pg=Find-A-LawyerHP)

Find free or low-cost legal representation, free legal guides and resources.

**Iowa Legal Aid** [iowalegalaid.org](http://iowalegalaid.org)

1700 S. 1st Ave Ste 10, Iowa City ..... 800-532-1275

Free legal help with civil law problems for eligible low-income Iowans.

Interpreter available.

### Iowa State Public Defender

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

**Iowa Victim Service Call Center** [survivorshelpline.org](http://survivorshelpline.org)

For 24/7 victim support, text "IOWAHELP" to 20121 or call ..... 800-770-1650

**IRS Volunteer Income Tax Assistance** - Find a site at [irs.treasury.gov/freetaxprep](http://irs.treasury.gov/freetaxprep)

Free tax preparation and electronic filing for low- to moderate-income Iowans.

### Juvenile Court Services of Henry County

106 E. Clay St., Ste 101, Mt. Pleasant ..... 319-986-5179

### Legal Hotline for Older Iowans

[iowalegalaid.org/organization/legal-hotline-for-older-iowans](http://iowalegalaid.org/organization/legal-hotline-for-older-iowans)

For Iowans age 60 and over ..... 800-992-8161

**State Attorney General** [iowaattorneygeneral.gov](http://iowaattorneygeneral.gov)

Consumer Protection Division ..... 888-777-4590

Protects Iowa consumers from fraud.

Crime Victim Assistance Division ..... 800-373-5044

Provides services and assistance to victims of violent crimes.

## LIBRARIES

**H J Nugen Public Library** [newlondon.lib.ia.us](http://newlondon.lib.ia.us)

103 E. Main St., New London ..... 319-367-7704

Hrs: Mon/Wed 10am-7pm; Tues/Thur 10am-6pm; Fri 10am-5pm; Sat 10am-2pm

**Hillsboro Public Library** [hillsboro.lib.ia.us](http://hillsboro.lib.ia.us)  
100 W. Commercial St., Hillsboro ..... 319-253-4000  
Tues/Thurs 4-6pm; Sat 9am-12pm

**J. Raymond Chadwick Library** [iw.edu/library](http://iw.edu/library)  
Iowa Wesleyan University: 107 W. Broad St., Mt. Pleasant ..... 319-385-6316  
Academic year hrs: Mon-Thurs 7:30am-11pm; Fri 7:30am-5pm; Sun 2-11pm

**Mt. Pleasant Public Library** [mountpleasant.lib.ia.us](http://mountpleasant.lib.ia.us)  
307 E. Monroe St., Suite 101 Mt. Pleasant ..... 319-385-1490  
Hrs: Mon-Thurs 9am-8pm; Fri 9am-5:30pm; Sat 9am-2pm

**Salem Crew Public Library** [salem.lib.ia.us](http://salem.lib.ia.us)  
107 E. Cherry St., Salem ..... 319-258-9007  
Hrs: Mon 1-6pm; Tues/Wed 1-5pm; Thurs 8am-12pm; Sat 9am-1pm

**Winfield Public Library** [winfield.lib.ia.us](http://winfield.lib.ia.us)  
112 W. Ash St., Winfield ..... 319-257-3247  
Hrs: Mon/Wed/Fri 10am-5pm; Tues/Thurs 12-5pm; Sat 9am-12pm

## PREGNANCY AND PARENTING

**Birthright** [birthright.org](http://birthright.org)  
24-hour hotline ..... 800-550-4900  
1113 S. Main St., Burlington ..... 319-753-2702  
Walk-in hours: Monday - Friday 11:30am-4:30pm; Saturday 12-2pm  
Pregnancy services and testing. Free and confidential. Resources and referrals for pregnant & new moms.

**Children & Families of Iowa - Child Support Forgiveness Program**  
Call Bradley Pothoven to find out more ..... 641-455-4359

**Community Action of Southeast Iowa** [caofseia.org](http://caofseia.org)  
Tolson Center: 1303 W. Washington St., Mt. Pleasant ..... 319-385-2310  
Hrs: Monday-Friday 8am-4:30pm

**Family Development and Self-Sufficiency (FaDSS):** A home visitation program for low-income families. Families participate voluntarily in free services in partnership with a Family Development Specialist who works with the whole family to address their basic needs, improve child well-being, and develop career opportunities.

**Cradle of Hope Pregnancy Resource Center** [cradleofhopeiowa.com](http://cradleofhopeiowa.com)  
1400 E. Washington St. (E-3 Center), Mt. Pleasant ..... 319-986-5336  
or Text ..... 319-931-5759  
Offers free pregnancy testing, prenatal classes, parenting, life skills classes, mentoring, counseling (pregnancy, adoption, and post termination), health and nutrition, home skills, abstinence, and STD education. Earn While You Learn program allows women to earn "mommy bucks" which can be redeemed for car seats, cribs, diapers, and clothing. Limited availability of ultrasounds.



**Family Connection** [healthyhenrycounty.org/healthy-families](http://healthyhenrycounty.org/healthy-families)

127 N. Main St., Mt. Pleasant ..... **319-385-8126**

An individual support and education program for parents of children prenatal to 5 years. Providing parenting skill building, child development information, and age-appropriate activities to promote optimal development during the critical early years of life. Play-groups, educational events, and family fun nights are offered throughout the year. Parents can earn points for purchase of basic baby care items for participating.

**1st Five** ..... **319-372-5225**

A healthy mental development program serving Henry County that links families with children age 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.

**Great Prairie Area Education Agency (AEA)** [gpaea.org](http://gpaea.org)

Serves Henry County ..... **800-622-0027**

**Early ACCESS:** Iowa’s early intervention system for children birth to 3 yrs. with delays in development or health/physical conditions that affect development.  
**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 selected school centers, speech-language services, and special education consulting.

**Henry County Public Health** [HealthyHenryCounty.org/PublicHealth](http://HealthyHenryCounty.org/PublicHealth)

106 N. Jackson St., Ste. 103, Mt. Pleasant..... **319-385-0779**

Hrs: Monday - Friday 8am-4pm; Video translation is available.

**Car Seat Check:** With certified Child Passenger Safety technician. Call to make an appointment.

**Immunization Clinic:** For children and adults. Tuesdays 9-11 am; Wednesdays & Thursdays 1-4pm; 1st & 3rd Thursday of the month 1-6pm. Walk-in clinics.

**Lead Program:** Lead testing is available at WIC clinics in Mt. Pleasant or by appointment.

**Newborn Home Visitor Program:** Provides a registered nurse to visit new moms and babies for education and early interventions/referrals.

**STD Testing and Treatment:** Specimen collection and treatment available following a telehealth visit with Family Planning of Southeast Iowa (call 319-768-1225 for an appointment). Free condoms available in public restroom.

**Mom Café**

Text/call Tamara for more information ..... **319-217-2456**

A local mom’s gathering focusing on fellowship, faith, family, food, & fun. Meets the 2nd Monday 6-7:30pm at St. Alphonsus Catholic Church (607 S. Jackson St., Mt. Pleasant).

## Parent Partners

Stacy Zachmeyer, Parent Partner Coordinator ..... 319-371-9128  
Parent Partners mentor families who are currently navigating through DHS as their children are in foster or kinship care. They offer hope and advocate for families while forming a critical link between the DHS worker, other professionals, and the family.

## Understanding Moms & 24/7 Dads

Call Bradley Pothoven for the zoom link..... 641-455-4359  
Free community support groups for any mom, dad, step parent, foster parent etc. Virtual meetings with different topics every week. Moms group meets Thursdays at 6pm. Dads group meets Mondays and Tuesdays at 6pm.

## SENIOR CITIZENS

**Alzheimer's Association** [alz.org](http://alz.org)..... 800-272-3900  
24-hour helpline. Call for free educational programs, support groups, events, and other services. Many online resources available.

## AmeriCorps Seniors RSVP (Retired Seniors Volunteer Program)

[thefellowshipcup.org/rsvp](http://thefellowshipcup.org/rsvp)

203 N. Jefferson St., Mt. Pleasant ..... 319-385-3242  
Matches interests of people over 55 with rewarding, flexible volunteer opportunities for community service through local non-profit and public agencies.

## Community & Senior Centers

- Fellowship Cup** 203 N. Jefferson St., Mt. Pleasant ..... 319-385-3242  
Community meal Wednesdays at 11:30am with card games following.
- Hillsboro** 105 E. Commercial St. (by rental only) ..... 319-253-4465
- New London** 103 W. Washington St. (by rental only) ..... 319-367-7702
- Salem** 201 S. Main St..... 319-258-4111
- Winfield** 116 N. Locust St. .... 319-257-6661

## Community Cafes: Senior Dining by Milestones Area Agency on Aging (AAA)

- Mt. Pleasant** – Home delivered meals only. Call to inquire..... 855-410-6222
- Salem** - Community Building, 201 S. Main St..... 319-258-4111  
Hrs: Monday - Friday 9am-1:30pm; Lunch at 12pm
- Winfield** - Veterans Building 116 N. Locust St..... 319-257-6921  
Hrs: Monday - Friday 10am-1pm; Lunch at 11:30am

**Dependent Adult Abuse Hotline** ..... 800-362-2178

## Henry County Health Center Senior Life Solutions

407 S. White St., Mt. Pleasant..... 319-385-6552  
A program designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.

**Henry County Public Health** [HealthyHenryCounty.org/senior-health](http://HealthyHenryCounty.org/senior-health)

106 N. Jackson St., Ste 103, Mt. Pleasant..... **319-385-0779**

Hrs: Monday - Friday 8am-4pm; Video translation is available.

**Adult Health Maintenance Program:** Home visits by a registered nurse to persons not eligible through a Medicare certified agency. Services include medication set-up, health assessments, and other health interventions.

**Homemaker Program:** Specially trained staff perform personal care and homemaking in the home under the direction of an RN. Services may include bathing and other personal cares, light housekeeping, laundry, errands, food shopping, and food preparation.

**Lifeline**

Henry County Health Center..... **319-385-6164**

A personal call button 24 hours a day/365 days a year.

**Meals by Nutrimos** [iowawins.net/meals-by-nutrimos](http://iowawins.net/meals-by-nutrimos)

First Presbyterian Church 902 S. Walnut St., Mt. Pleasant..... **319-986-5851**

Meals by Nutrimos is a meal ministry that provides nutritious, delicious, sizeable freezer meals. All proceeds from sold meals go towards sustaining the Iowa Welcomes Immigrant Neighbors (IowaWINs) Food Pantry with a 10% tithe to the First Presbyterian Church of Mt. Pleasant.

**Milestones Area Agency on Aging (AAA)** [milestonesaaa.org](http://milestonesaaa.org)

509 Jefferson St., Burlington ..... **319-752-5433** or **855-410-6222**

Helps older Iowans age 60+, adults living with disabilities, and their caregivers plan for long-term independent living by providing information and making referrals to a wide range of local services and programs. Services include: Options Counseling, Senior Nutrition Program, Adult/Elder Abuse Prevention and Awareness Program, Family Caregiver Program, Respite, and Wellness & Safety Programs.

**Mom's Meals** [momsmeals.com](http://momsmeals.com)

Ready to heat meals delivered right to your door..... **877-508-6667**

**Senior Health Insurance Information Program (SHIIP)** [shiip.iowa.gov](http://shiip.iowa.gov)

Henry County Health Center..... **319-385-6774**

Information regarding Medicare benefits and claims, Medicare choices, Medicare supplement insurance, long-term care insurance, and other types of health insurance sold to older Iowans. Call for appointment.

**Sister's Home Style Entrees** [sistersentrees.com](http://sistersentrees.com)

Ready to heat meals delivered right to your door..... **515-332-1928**

**Social Security Administration** [ssa.gov](http://ssa.gov)

3920 Division St., Burlington..... **800-772-1213**

Hrs: Mon/Tues/Thurs/Fri 9am-4pm; Wed 9am-12pm; Sat/Sun/Holidays closed

**Senior Housing**

**Addington Place of Mount Pleasant Assisted Living and Memory Care**

1406 E. Linden Dr., Mt. Pleasant ..... **319-385-7227**

A resident-centric senior living community with Assisted Living, Memory Care, and Respite Care offering full meal services, unique programming/activities, an emergency pendant system for safety/security, & individualized care.

**Arbor Village South (Independent living)**

126 W. Stonebrook Dr., Apt. 153, Mt. Pleasant ..... 319-385-9144

**Silver Palms (Assisted living)**

126 W. Stonebrook Dr., Mt. Pleasant..... 319-385-9145

**Van Vohries Haus (Boarding home for senior citizens)**

601 W. Monroe St., Mt. Pleasant..... 319-385-3935

**NURSING HOMES**

**Arbor Court** 701 E. Mapleleaf Dr., Mt. Pleasant ..... 319-385-1400

**New London Specialty Care** 100 Care Circle, New London ..... 319-367-5753

**Park Place Elder Living** 401 S. Van Buren St., Mt. Pleasant ..... 319-385-5408

**Parkview Home** 102 N. Jackson St., Wayland ..... 319-256-2775

**Savannah Heights** 601 S. Prairie St., Mt. Pleasant..... 319-385-8095

**Sunrise Terrace Nursing and Rehab** 706 W. Central, Winfield ..... 319-257-3303

**SUBSTANCE ABUSE**

**Alcohol and Drug Dependency Services (ADDS)** [addsiowa.org](http://addsiowa.org)

122 N. Main St., Mt. Pleasant ..... 319-385-2216

Hrs: Monday - Friday 8am-5pm; UA screenings: 8-11am, 1-4pm; Evaluations Thursday all day and Friday mornings, first come first served.

Outpatient substance abuse and problem gambling treatment, education and prevention services, consultation, crisis intervention, substance abuse and problem gambling screenings, OWI screenings and classes, and juvenile diversion program.

1340 Mt. Pleasant St., Burlington ..... 319-753-6567

**Medication Assisted Treatment Center:** Clients must be in treatment at ADDS for alcohol and/or opioid use disorders. A complete evaluation is needed to begin MAT treatment.

**Residential Treatment:** 24 hour care

**GuideLink Center** [guidelinkcenter.org](http://guidelinkcenter.org)

300 Southgate Ave., Iowa City ..... 319-688-8000

A welcoming center offering urgent mental health and substance use care for adults. Services include behavioral health crisis stabilization, sobering service, detoxification, and referrals to affiliated partners.

**Iowa Harm Reduction Coalition** [iowaharmreductioncoalition.org](http://iowaharmreductioncoalition.org)

Eastern Iowa Hotline ..... Call/Text 319-214-0540

24 hour hotline to answer questions related to safer injection, vein health, and wound care. Can also provide free naloxone kits (injectable only).

**Life Connections Peer Recovery Services** [lifeconnectionsrecovery.org](http://lifeconnectionsrecovery.org)

DeWitt, but serves Henry County..... 563-659-1171

Rhonda's House - peer run respite that supports individuals who are

experiencing mental health and substance addiction issues and who want to work on their recovery goals and situations before getting into a crisis situation. 7 day free stay.

**My Life My Quit** [ia.mylifemyquit.org](http://ia.mylifemyquit.org)

Text “start my quit” to **36072** or call ..... **855-891-9989**  
Provides free, confidential counseling to help youth age 18 and under quit vaping, smoking or chewing.

**Naloxone** [naloxoneiowa.org](http://naloxoneiowa.org)

Naloxone, often referred to by its brand name Narcan, can reverse an overdose and save a life. Be prepared to save a life by having naloxone on-hand. Available for free at Hy-Vee and Walmart pharmacies. Also available to order for free through the mail at [naloxoneiowa.org/telenaloxone](http://naloxoneiowa.org/telenaloxone).

**Quitline Iowa** [quitlineiowa.org](http://quitlineiowa.org) ..... **800-QUIT-NOW (784-8669)**

Free tobacco/nicotine cessation program & counseling services available 24/7.

**Your Life Iowa** [yourlifeiowa.org](http://yourlifeiowa.org)

Text **855-895-8398** or call ..... **855-581-8111**  
Find support for problems with alcohol, drugs, gambling, mental health, and suicidal thoughts 24/7. Chat live, get reliable information and treatment options, and find help near you.

## SUPPORT GROUPS

**Alcoholics Anonymous** [aa-iowa.org](http://aa-iowa.org)

St. Michael’s Episcopal Church, 202 E. Washington, Mt. Pleasant. **319-385-2633**  
Sundays & Tuesdays 7pm; Thursdays 5pm & 7pm; Women’s meeting Saturday 9am; Online meetings at [aa-intergroup.org](http://aa-intergroup.org)

**Alzheimer’s Association** [alz.org](http://alz.org)

24-hr helpline ..... **800-272-3900**  
Call for free educational programs, support groups, events, and other services. Online resources available.

**Bereavement**

GriefShare ..... [griefshare.org](http://griefshare.org)  
EveryStep Grief Support Group, 118 N. Main St., Mt. Pleasant ..... **319-385-4472**

**Celebrate Recovery**

City Hope Foundation, 1101 N. Lucas St., Mt. Pleasant..... **319-237-8400 ext 201**  
A Christ-centered, 12 step recovery program for anyone struggling with hurt, hang-ups, and habits of any kind. Meets Tuesdays: dinner starts at 6, large group meeting starts at 6:30, child care provided.

**Coffee Club**

Henry County Health Center..... **319-385-6518**  
Free social hour at HCHC discussing diabetes and other health topics.

**Narcotics Anonymous** [iowa-na.org](http://iowa-na.org)

Iowa Narcotics Anonymous Hotline ..... **800-897-6242**

St. Michael's Episcopal Church, 202 E. Washington, Mt. Pleasant. **319-385-2633**  
Mondays 6:30pm and Wednesdays 6pm  
Find other meetings by texting your zip code to 800-897-6242

**PFLAG National** [pflagmp.org](http://pflagmp.org)

120 S. Main St. Ste 103, Mt. Pleasant ..... **pflagmountpleasant@gmail.com**  
Provides confidential peer support, education, and advocacy for LGBTQ+ people, family, and friends.

**Understanding Moms & 24/7 Dads**

Call Bradley Pothoven for the zoom link..... **641-455-4359**  
Free support groups for any mom, dad, step parent, foster parent etc. Virtual meetings with different topics every week. Moms group meets Thursdays at 6pm. Dads group meets Mondays and Tuesdays at 6pm.

**TRANSPORTATION**

**Access2Care** [access2care.net](http://access2care.net)

Provides non-emergency medical transportation services to Iowa Medicaid members, also has mileage reimbursement program. To request a ride call your Medicaid provider for their toll-free number.

**AmeriCorps Seniors RSVP (Retired Seniors Volunteer Program)**

[thefellowshipcup.org/rsvp](http://thefellowshipcup.org/rsvp)

203 N. Jefferson St., Mt. Pleasant ..... **319-385-3242**  
Provides medical transportation for seniors and those with disabilities. Call at least 48 hours in advance.

**Amtrak Train Depot** [amtrak.com/stations/mtp](http://amtrak.com/stations/mtp)

418 N. Adams St., Mt. Pleasant ..... **800-872-7245**

**Burlington Trailways Bus** [burlingtontrailways.com](http://burlingtontrailways.com)

Heidleburg Motel, (Iris St. & E. Highway 34) Mt. Pleasant ..... **319-385-2103**

**SEIBUS** (public transportation) [seibus.org](http://seibus.org)

To schedule a ride please call..... **866-753-5107**  
Available to the general public and is wheelchair accessible. Transportation provided county-wide Monday - Friday 9am-3pm. Call for appointment at least 1 day in advance for best results. Medical shuttle to Iowa City hospitals on Tuesdays, Wednesdays and Thursdays, excluding holidays.

**VETERAN SERVICES**

**Henry County Veterans Affairs Office** [henrycounty.iowa.gov/veterans-affairs](http://henrycounty.iowa.gov/veterans-affairs)

106 E Clay St., Suite 103, Mt. Pleasant ..... **319-385-0792**  
Hrs: Monday-Friday 8am-4pm

Provides information and assistance to veterans and their families, i.e. rent, utilities, and burial. A resource for veterans with disabilities.

**Home Base Iowa** [homebaseiowa.gov/resources/communities/henry](http://homebaseiowa.gov/resources/communities/henry)

Henry County is designated as a Home Base Iowa community, a one-of-a-kind program assisting veterans and transitioning service members. Visit the

website to learn more about the Veteran's welcome package, participating employers, and other resources.

**Iowa City VA Health Care System** [iowacity.va.gov](http://iowacity.va.gov)

601 Hwy 6 West, Iowa City ..... 319-338-0581 or 800-637-0128

**Burlington outpatient clinic**, 1000 N. Roosevelt Ave..... 319-752-3722

**Iowa City VA Health Care Transportation**

Burlington, IA Veteran Van (picks up in Henry County) ..... 319-752-7171

Need 3 business days advance notice. Call Monday-Friday 7-11am, 1-3pm.

Quincy, IL Veterans Bus (picks up in Henry County) ..... 217-228-0695

Need 3 business days advance notice. Rides available on Tues, Wed and Thurs.

**VA Homeless Programs** [va.gov/homeless](http://va.gov/homeless)

24-hour hotline ..... 877-424-3838 (877-4AID-VET)

Provides assistance to veterans who are homeless or at risk of being homeless.

**Veterans Crisis Line** ..... 988, press 1

**WELLNESS**

**Anytime Fitness** [anytimefitness.com](http://anytimefitness.com)

700 N. Grand Ave., Mt. Pleasant..... 319-385-2033

24 hour adult fitness center.

**Crossfit Teo** [teomp.com](http://teomp.com)

2555 Lexington Ave., Mt. Pleasant ..... 319-217-9368

Specializes in crossfit and sport specific training.

**Geocaching** [geocaching.com](http://geocaching.com)

A family-friendly outdoor treasure hunting game using GPS-enabled devices. Navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Visit the website or download the free app to learn more and view all of the Henry County geocaches.

**Henry County Health Center** (programs may require physician referral)

Cardiac & Pulmonary Rehab Phase III outpatient exercise program

..... 319-385-6504

Stay Fit Anytime exercise program in the Rehab Services Department, \$25/

month..... 319-385-6102

**Iowa Wesleyan University – Howe Activity Center Indoor Walking Track**

Available for public use Monday – Friday 5am-10pm unless an IW event is scheduled or campus is closed. Walkers should bring a different pair of walking shoes than they wear in. No strollers. Children must be supervised.

**Kaufman Fitness Center, Wayland**

Contact WACO Central Office for memberships..... 319-256-6201

**Mt. Pleasant Aquatic Center (open seasonally)**

[cityofmountpleasantiowa.org/parks-recreation/aquatic-center](http://cityofmountpleasantiowa.org/parks-recreation/aquatic-center)

Saunders Park, behind Henry County Health Center ..... 319-385-1475

**Mt. Pleasant Farmers Market**

Wright Pavilion at McMillan Park; May – Oct. Wed 4-6pm; Sat 8:30-11am

**Mt. Pleasant Outdoor Pickleball Courts**

Mt. Pleasant Middle School (400 N. Adams St.), available for public use when school is not in session.

**Mt. Pleasant Parks & Recreation** [cityofmountpleasantiowa.org/parks-recreation](http://cityofmountpleasantiowa.org/parks-recreation)  
307 E. Monroe St., Mt. Pleasant ..... **319-385-1475**

Offers a variety of preschool, youth and adult programs. Contact to rent shelter houses.

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

- Mapleleaf Athletic Complex, Mt. Pleasant; New London School Track
- WACO School Track; WMU School Track

**Spend Smart Eat Smart** [spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)

A website from Iowa State University Extension and Outreach. Learn how to feed your family nutritious meals for less money! Find recipes and ideas to help you eat healthy, save money, and stretch your food budget.

**The REC Center** [mpreccenter.com](http://mpreccenter.com)

200 E. Monroe St., Mt. Pleasant ..... **319-385-2960**  
Family recreation and fitness center with indoor track and pool.

**Wayland Fitness**

508 W. Main, Apt. 112, Wayland ..... **319-256-7200**

**Wayland West Park Wetlands**

West Main Street, Wayland ..... **319-256-3276**  
Splashpad, half-mile concrete walking trail loop, all-inclusive playground equipment.

**Winfield Fitness Center** 117 S. Locust St., Winfield..... **319-759-0702**

**Winfield Rick Rodgers Community Pool** 407 N. Clark St. .... **319-257-6661**

**PARKS, TRAILS, & RECREATION AREAS**

**East Lake Park** [cityofmountpleasantiowa.org/parks-recreation/parks-trails](http://cityofmountpleasantiowa.org/parks-recreation/parks-trails)

1722 Lexington Ave., Mt. Pleasant ..... **319-385-1475**  
120 acre park with a paved trail around a 6.5 acre pond. Facilities include playground areas, softball diamonds, soccer fields, sand volleyball courts, tennis courts, horseshoe courts, outdoor fitness equipment, disc golf, and a driving range.

**Geode State Park**

[iowadnr.gov/Places-to-Go/State-Parks/Iowa-State-Parks/ParkDetails/ParkID/610124](http://iowadnr.gov/Places-to-Go/State-Parks/Iowa-State-Parks/ParkDetails/ParkID/610124)

3333 Racine Ave., Danville ..... **319-392-4601**  
Scenic 1,640-acre park encompassing Lake Geode with picnic areas, hiking, fishing, swimming, biking & camping.



**Oakland Mills Nature Center** [mycountyparks.com/County/Henry.aspx](http://mycountyparks.com/County/Henry.aspx)  
2591 Nature Center Drive, Mt. Pleasant ..... **319-986-5067**  
Live animal display, outdoor classroom, and environmental education programs.

**Oakland Mills Park** [mycountyparks.com/County/Henry.aspx](http://mycountyparks.com/County/Henry.aspx)  
2593 Nature Center Drive, Mt. Pleasant ..... **319-986-5067**  
Activities include the Skunk River Water Trail, a self-guided nature trail, fishing pond, disc golf course, bocce ball court, horseshoe pits, recreational cabins, campgrounds, and a swinging bridge.

**Recreation Areas with Hiking Trails** [mycountyparks.com/County/Henry.aspx](http://mycountyparks.com/County/Henry.aspx)

**Gibson Recreation Area** - 1259 260th St., Mt. Pleasant

**Hoaglin Woods** - 3189 Benton Ave., Hillsboro

**Mud Creek Recreation Area** - 2570 312th St., Danville

**Winfield Activity Park** 110 N. Olive St., Winfield ..... **319-257-6661**  
Features a sand volleyball court, horseshoes, a trail map, gaga ball pit (behind library), and a shelter house.

*Don't forget to check out your city parks to see what activities they have to offer! Call or visit your City Hall if you are new to the area to find out more.*



[HealthyHenryCounty.org](http://HealthyHenryCounty.org)

**Extra directories can be found at Henry County Public Health (also available in Spanish), The Fellowship Cup, local libraries, or call 319-385-0779.**

**Download English & Spanish versions of this and find other county resource guides at [HealthyHenryCounty.org/Resources](http://HealthyHenryCounty.org/Resources)**

Find us on 

**Facebook.com/HealthyHenryCounty**