

DIRECTORY OF COMMUNITY SERVICES

HENRY COUNTY



Printed copies available in English and Spanish
at Henry County Public Health
106 N. Jackson St., Ste 103, Mt. Pleasant, Iowa
319-385-0779

Find more community resources at:
HealthyHenryCounty.org/resources

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EMERGENCY

Police, Ambulance, Fire

Phone: **911**

Suicide & Crisis Lifeline

Phone or Text: **988**

Website: 988lifeline.org

24/7 free, confidential support. Call, text, or chat.

Mobile crisis response available upon request.

American Red Cross - Disaster Assistance

Phone: **319-393-3500**

Website: redcross.org

Child or Dependent Adult Abuse Reporting

Phone: **800-362-2178**

Domestic Violence & Sexual Assault Crisis Services

Phone: **800-373-1043**

Alt Phone: **800-228-1625**

Website: dvipiowa.org

Iowa Alert

Website: henrycounty.iowa.gov/emergency-management

Sign up for emergency and severe weather alerts.

Maternal Mental Health Hotline

Phone or Text: **833-852-6262**

Trained counselors provide free, confidential support for pregnant and postpartum individuals.

Poison Control Center

Phone: **800-222-1222**

Website: poisonhelp.org

Call immediately if poisoning is suspected.

Your Life Iowa Crisis Hotline

Phone: **855-581-8111**

Text: **855-895-8398**

Get help for whatever you're facing, including help getting treatment. You can also request a mobile crisis response team to come to you.

CHILD CARE CENTERS

Early Head Start (birth-3) & Head Start (3-5)

Address: 302 W. Madison St., Mt. Pleasant

Phone: **319-201-1567**

Website: caofseia.org/services/head-start

Provides comprehensive child development and preschool for children from birth to age 5. 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

Website: iowaccrr.org

Child Care Consultant

Phone: **866-324-3236**

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

Child Care Search

Phone: **855-244-5301**

Website: childcaresearch.iowa.gov

Find child care based on your family's needs.

Iowa Health & Human Services (HHS)

Address: 205 W. Madison St., Mt. Pleasant

Phone: **319-986-5157**

Website: hhs.iowa.gov/assistance-programs

Hours: Mon–Fri 8 am–12:30 pm, 1:30–4:30 pm

Offers Child Care Assistance programs.

Little Me & Company Child Care Center

Address: 217 W. Main St., Wayland

Phone: **319-256-0903**

Provides part-time, full-time, before/after school (with all day Friday) care for children ages 6 weeks - 10 years in a licensed, fun and safe childcare center. Center takes school children to/from bus stop across the street. HHS assistance accepted.

Mount Pleasant Child Care Center

Address: 307 E Monroe St, Mt Pleasant

Phone: **319-348-1984**

Provides full-time childcare for ages 0-5, summer program for ages 5-11, after school care for Pre-K and older. HHS assistance accepted.

New London Community Child Care Center

Address: 507 S. Walnut St., New London

Phone: 319-367-2412

Provides part-time, full-time & drop-in child care for children ages 6 weeks - 12 years in a licensed center, split up into 8 different developmentally and age appropriate groups. HHS assistance accepted.

CITY & COUNTY OFFICES

City Halls

Hillsboro

Phone: **319-253-4465**

Mt. Pleasant

Address: 307 E. Monroe St.

Phone: **319-385-1470**

New London

Address: 112 W. Main St.

Phone: **319-367-7702**

Olds

Address: 111 S. Main St.

Phone: **319-254-2415**

Rome

Phone: **319-986-5757**

Salem

Address: 201 S. Main St.

Phone: **319-258-4531**

Wayland

Address: 218 W. Main St.

Phone: **319-256-3276**

Westwood

Phone: **319-385-1619**

Winfield

Address: 115 N. Locust St.

Phone: **319-257-6661**

Henry County Courthouse

Address: 100 E. Washington St., Mt. Pleasant

Website: henrycounty.iowa.gov

Assessor - property assessments

Phone: **319-385-0750**

Auditor - voter registration

Phone: **319-385-0756**

Recorder - birth, death, and marriage records

Phone: **319-385-0765**

Supervisors - find meeting agendas on website

Phone: **319-385-0759**

Treasurer - driver license by appointment

Phone: **319-385-0763**

Henry County Environmental Health

Regional Utility Service Systems (RUSS)

Address: 1501 W. Washington, Mt. Pleasant

Phone: **319-385-1223**

Well and septic permits, inspections, and more.

Henry County Public Health

Address: 106 N. Jackson St., Ste 103 Mt. Pleasant

Phone: **319-385-0779**

Website: HealthyHenryCounty.org

See [Health Care section](#) for full description.

Henry County Sheriff

Address: 800 S. Grand Ave., Mt. Pleasant

Phone: **319-385-2712**

Call 911 for emergencies.

Stay informed with the Henry County Sheriff's office app - download it from Google Play or the App Store.

Henry County Veterans Affairs Office

Address: 106 E. Clay, Ste 103, Mt. Pleasant

Phone: **319-385-0792**

Police (non-emergency)

Mt. Pleasant

Phone: **319-385-1450**

New London

Phone: **319-367-7700**

Olds

Phone: **319-385-2712**

Salem

Phone: **319-385-2712**

Wayland

Phone: **319-256-3276**

Winfield

Phone: **319-257-6661**

COUNSELING/MENTAL HEALTH

988 Suicide & Crisis Lifeline

Phone or Text: **988**

Website: 988lifeline.org

24/7 free, confidential support for people in distress. Call, text, or chat. Mobile crisis response available upon request. You can also request a System Navigator to help you find local resources and services.

Child Health Specialty Clinics

Address: 1005 E. Pennsylvania Ave, Ottumwa

Phone: **641-682-8145**

Website: chsciowa.org

Services provided to children, birth through age 21, who have a chronic condition (physical, behavioral,

developmental, or emotional) or who have an increased risk for a chronic condition and a need for special services.

Satellite clinic in Mt. Pleasant 3rd Wednesday of every month. Services include: family navigator services, autism screening, and care coordination.

CHOICES Drop-In Center

Address: 211 W. Monroe St., Mt. Pleasant

Phone: **319-201-1064**

Hours: Mon–Fri 8:30 am–4:30 pm, subject to change
CHOICES is a peer run drop-in center that provides social support for adults in need. Evidence-based therapeutic groups held daily at 10am. Other services include a daily lunch, desktop computers, wireless internet, community resources, and friendly staff. Peer Support Services available to qualified adults.

Community Health Centers of Southeastern IA

Address: 1706 W. Agency, West Burlington

Phone: **319-768-5858**

Address: 2409 Spring St., Columbus City

Phone: **319-728-7400**

Address: 1618 Main St., Keokuk

Phone: **319-524-5734**

Website: chcseia.com

Most insurances accepted, including Iowa Medicaid, and patients without insurance welcome. Sliding fee scale available based on family size and income. Interpreter service available.

Elements Family Therapy & Play Therapy Center

Address: 124 N. Main St., Mt. Pleasant

Phone: **319-385-1665**

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

GuideLink Center

Address: 300 Southgate Ave., Iowa City

Phone: **319-688-8000**

Website: guidelinkcenter.org

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

Address: 204 N. Main St., Danville

Phone: **319-850-4646**

Faith-based mental health counseling for children, adolescents, adults, couples and families.

Henry County Health Center - Mt. Pleasant Clinic

Address: 407 S. White St., Mt. Pleasant

Phone: **319-385-6770**

Outpatient mental health services and medication management for anyone age 16+.

Hillcrest Family Services

Address: 106 N. Jackson St., Mt. Pleasant

Phone: **563-207-5494**

Website: hillcrest-fs.org

Offers individual, group, marital and family counseling, psychosocial evaluations, medication management, community outreach, & mental health education. In-person or telehealth services available. Sliding fee scale available.

Community Support Services available for adults with a mental health diagnosis who need additional support.

Peer Support Services available for persons with a mental health diagnosis or substance use disorder.

Iowa Primary Care Association - Behavioral Health Administrative Service Organization

Website: iowapca.org

Ensures that all Iowans, regardless of location, income, or insurance, have access to comprehensive services for mental and behavioral health issues.

Life Connections Peer Recovery Services

Phone: **563-659-1171**

Website: lifeconnectionsrecovery.org

Rhonda's House - peer run respite in DeWitt, IA 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

Address: 304 E. Main St., New London

Phone: **319-931-9013**

Website: newlifelink.org

Individual, marriage, and family counseling.

Optimae LifeServices

Address: 605 E. Winfield Ave., Mt. Pleasant

Phone: **319-385-8051**

Website: optimaelifeservices.com

Individual & family therapy for children and adults. Psychiatric evaluations and medication management. Behavioral Health Intervention Services (BHIS) and Intensive Psychiatric Rehabilitation. Crisis appointments available.

QuickVisit Urgent Care

Phone: **641-458-3055**

Website: quickvisiturgentcare.com

Virtual appointments only for mental health counseling, anxiety and depression treatment, stress management, and crisis support.

Senior Life Solutions at Henry County Health Center

Address: 407 S. White St., Mt. Pleasant

Phone: **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.

Southeast Iowa Regional Medical Center

Address: Mercy Plaza, Ste 251, 1221 S. Gear Ave., West Burlington

Phone: **319-768-3700**

Website: greatriverhealth.org

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

Young House Behavioral Health

Address: 4717 Sullivan Slough Rd., Burlington

Phone: **319-752-4000**

Website: younghouse.org

Individual and family therapy for adults and children, with certified EMDR, CBT, DBT, and play therapy specialists. Also offers autism evaluations, medication management & BHIS.

Your Life Iowa 24/7 Crisis Hotline

Phone: **855-581-8111**

Text: **855-895-8398**

Website: yourlifeiowa.org

Call, text, or chat to connect with a judgement-free counselor and find support for alcohol, drugs,

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gambling, mental health, or suicidal thoughts.

Behavioral Health System Navigation

Request this additional non-crisis service for free, confidential support services providing information & education, referrals to behavioral health providers, and connections to other community resources.

DENTAL CARE

Children's Dental Center of Southeast Iowa

Address: 409 Layne Dr., West Burlington

Satellite office: 1804 E. Washington St, Mt. Pleasant

Phone: **319-752-1444**

Community Health Centers of Southeastern IA

Address: 1706 W. Agency, West Burlington

Phone: **319-768-5858**

Address: 2409 Spring St., Columbus City

Phone: **319-728-7400**

Dental care for all ages. Most insurance accepted, including **Iowa Medicaid**, and patients without insurance welcome. Sliding fee scale available based on family size and income. Interpreter services.

Dental Specialists of Iowa

Address: 1804 E. Washington, Mt. Pleasant

Phone: **319-385-5260**

Eagle View Community Health System

Address: 1204 Hwy 164 E, Oquawka, IL

Phone: **309-924-2414**

Address: 101 S. Division St., Stronghurst, IL

Phone: **309-924-1381**

Most insurances accepted, including **Iowa & Illinois Medicaid**, or sliding fee scale. Interpreter services.

Family Dental Health Services

Address: 500 S. Grand Ave., Mt. Pleasant

Phone: **319-385-6750**

Mt. Pleasant Dental Associates

Address: 304 N. Jefferson St., Mt. Pleasant

Phone: **319-385-8912**

New London Dental Care

Address: 503 W. Main St., New London

Phone: **319-367-2311**

River Hills Community Health Center

Address: 201 S. Market, Ottumwa

Phone: **641-683-5773**

Address: 100 W. Main, Richland

Phone: **319-456-2045**

Most insurances accepted, including **Iowa Medicaid**.
Sliding fee scale available. Interpreter services.

Shroyer Family Dental

Address: 217 E. Monroe St., Mt. Pleasant

Phone: **319-385-4680**

University of Iowa College of Dentistry & Dental Clinics

Address: 801 Newton Rd., Iowa City

Phone: **319-335-7499**

The College of Dentistry is an Iowa Medicaid provider and a participating provider in the Iowa Dental Wellness Plan.

Wayland Family Dental

Address: 405 W. Hwy 78, Wayland

Phone: **319-256-4065**

For help finding a dentist, contact our area's I-Smile program at 319-653-7758 or 319-372-5225.

DISABILITY SERVICES

Access 2 Independence

Address: Iowa City, serving Henry County

Phone: **319-338-3870**

Website: access2independence.org

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

ASK Resource Center

Phone: **800-450-8667**

Website: askresource.org

ASK (Access for Special Kids) Resource Center is a parent training, information, and advocacy center for families of children with special needs across the state of Iowa.

Brain Injury Alliance of Iowa

Phone: **855-444-6443**

Website: biaia.org

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

Central Iowa Community Services (CICS)

Phone: **515-513-6870**

Website: cicsmhds.org

A "Disability Access Point" with Disability Services Navigators to help individuals and families navigate the disability services system and connect with supports that fit their needs.

Child Health Specialty Clinics

Address: 1005 E. Pennsylvania Ave., Ottumwa

Phone: **641-682-8145**

Website: chsciowa.org

Satellite clinic in Mt. Pleasant 3rd Wednesday of every month. Services include family navigator services, autism screening, and care coordination. See [Health Care section](#) for full description.

CHOICES Drop-In Center

Address: 211 W. Monroe St., Mt. Pleasant

Phone: **319-201-1064**

Hours: Mon–Fri 8:30 am–4:30 pm; subject to change
A peer run drop-in center that provides social support for adults in need. Evidence-based therapeutic groups held daily at 10am. Other services include a daily lunch, desktop computers, wireless internet, community resources, and friendly staff. Peer Support Services available to qualified adults.

Great Prairie Area Education Agency (AEA)

Phone: **800-622-0027**

Website: gpaea.org

Child Find

The process used to determine if a child needs special education services and supports.

Early ACCESS

Iowa's system for providing early intervention services to infants and toddlers from birth to age 3 years who: a) have a health or physical condition that may affect his or her growth and development and b) have developmental delays in his or her ability to play, think, talk, or move.

Special Education

Specially designed instruction, support, and services provided to individuals from ages 3 to 21 with an identified disability requiring an individually designed instructional educational program to meet their unique learning needs.

Imagine the Possibilities (formerly Hope Haven)

Address: 828 N. 7th St., Burlington

Phone: **319-754-4689**

Website: imagineia.org

Provides individually designed, community-based services to individuals with disabilities. Services include: residential care facility, day habilitation, home and community based services (daily & hourly), supported employment, drop-in centers, and Hopefully Yours Thrift Store (supported employment & agency support outlet). All services are facilitated by trained staff members and focus on community integration, gaining independent life skills, and personalized goal settings.

Iowa Department for the Blind

Phone: **800-362-2587**

Website: blind.iowa.gov

Helps blind & low vision Iowans manage their vision loss so they can continue to live independently.

Iowa Disability Benefits Network

Website: disabilitybenefits.iowa.gov

Iowa Vocational Rehabilitation Services

Address: 550 S. Gear Ave., Ste 35, West Burlington

Phone: **319-753-2231**

Website: workforce.iowa.gov/vr

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)

Address: 509 Jefferson St., Burlington

Phone: **855-410-6222**

Website: milestonesaaa.org

Also serves adults age 18-59 with a disability. See [Senior Citizens section](#) for a full description.

Optimae LifeServices

Address: 605 E. Winfield Ave., Mt. Pleasant

Phone: **319-385-8051**

Website: optimaelifeservices.com

Services for adults with mental disabilities and other handicapping conditions.

REM Iowa

Address: 207 S. Harrison St., Mt. Pleasant

Phone: **319-385-2343**

Website: remiowa.com

Supported home & community-based services for persons with physical, mental, and intellectual disabilities, as well as autism.

Young House Behavioral Health

Address: 4717 Sullivan Slough Rd, Burlington

Phone: **319-752-4000**

Website: younghouse.org

Autism evaluations for children, adolescents, and adults.

EDUCATION

Great Prairie Area Education Agency (AEA)

Phone: **800-622-0027**

Website: gpaea.org

Child Find - the process used to determine if a child needs special education services and supports.

Special Education - specially designed instruction, support, and services provided to individuals from ages 3 to 21 with an identified disability requiring an individually designed instructional educational program to meet their unique learning needs.

Grow 'N' Glow Preschool

Address: 304 E. Main St., New London

Phone: **319-367-5303**

Head Start Preschool

Address: 302 W. Madison St., Mt. Pleasant

Phone: **319-201-1567**

Website: caofseia.org/services/head-start

A preschool and child development program for children 3-5 years of age. Income guidelines apply; scholarships available.

Iowa Safe Schools

Phone: **515-381-0588**

24/7 Crisis Assistance Phone: **800-770-1650**

Website: iowasafeschools.org

Provides safe, supportive, and nurturing learning environments for LGBTQ and allied youth.

ISU Extension and Outreach

Address: 127 N. Main St., Mt. Pleasant

Phone: **319-385-8126**

Website: extension.iastate.edu/henry

Information and educational programs on aging, childcare, child development, consumer decisions, financial management, family relationships, leader-

ship, nutrition, parent education, and youth.

Legacy Christian Academy

Address: 100 E. Webster St., Mt. Pleasant

Phone: **319-931-7295**

Website: legacychristianmp.com

Kindergarten through 12th

Little Me & Company Child Care Center

Address: 217 W. Main St., Wayland

Phone: **319-256-0903**

3 year old preschool, two times a week

Mt. Pleasant Christian School

Address: 1505 E. Washington St., Mt. Pleasant

Phone: **319-385-8613**

Website: mtplesantchristian.com

Kindergarten through 12th

Mt. Pleasant Community Schools

Mailing Address: 1515 E. Monroe St., Mt. Pleasant

Central Office Address: 100 Block West Franklin St.

Phone: **319-385-7750**

Website: mtpcsd.org

Preschool through 12th, including WisdomQuest
Alternative High School

New London Community Schools

Address: 106 W. Wilson St., New London

Phone: **319-367-0512**

Website: nlcsd.org

Preschool through 12th

Preschool Scholarships

Currently available for children age 3-5 who are denied or on a waiting list for a free preschool or Head Start program. For more information, email dhlwscholarships@gmail.com

SCC - Southeastern Community College

Address: 200 N. Main St., Mt. Pleasant

Phone: **319-208-5310**

Website: scciowa.edu

Offers a variety of associate degree programs, continuing education opportunities, and online learning. Call for more information.

ESL (English as a Second Language)

Classes available to help non-English speaking adults learn to read, write, speak, and listen in

English. Non-credit classes are free. Credit classes have a tuition fee and meet in West Burlington.

General Adult Education/High School Equivalency

Classes available to help individuals with reading, writing, math, and critical thinking skills to prepare for a college or vocational training program, upgrade employment skills, or to prepare for high school equivalency diploma testing.

Son Shine Academy Preschool

Address: Faith Lutheran Church - 910 E. Maple Leaf Dr., Mt. Pleasant

Phone: **319-385-7336**

WACO Community Schools

Address: 706 N. Pearl St., Wayland

Phone: **319-256-6201**

Website: wacocsd.org

Preschool through 12th

Winfield-Mt. Union Community Schools

Address: 208 S. Olive St., Winfield

Phone: **319-257-7700**

Website: wmucsd.org

Preschool through 12th

EMPLOYMENT/JOB TRAINING

America's Small Business Development Center - IA

Phone: **319-208-5381**

Website: iowasbdc.org

Serves Henry County. 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.

Helms Career Center (Inside the Goodwill store)

Address: 700 N. Grand Ave., Mt. Pleasant

Phone: **319-739-5018**

Website: goodwillheartland.org

Hours: Mon, Thu 10 am–5:30 pm; Fri 11 am–5:30 pm

Provides free career navigation, digital literacy support, occupational skills training, and personalized job search assistance including resume development, online application help, and interview preparation. Services for area employers include: free job posting promotion, hiring event support, candidate referrals, skills assessments, and ongoing support throughout the hiring process.

Imagine the Possibilities, Inc. (formerly Hope Haven)

Address: 828 N. 7th St., Burlington

Phone: **319-754-4689**

Website: imagineia.org

Employment Services Program assists individuals with disabilities in obtaining and maintaining community employment.

Iowa Vocational Rehabilitation Services

Address: 550 S Gear, West Burlington (Westland Mall)

Phone: **319-753-2231**

Website: workforce.iowa.gov/vr

An employment program for individuals who experience a disability that helps to prepare for, obtain, retain, and advance in employment.

IowaWORKS

Address: 550 S Gear, West Burlington (Westland Mall)

Phone: **800-642-4032**

Alt Phone: **319-753-1671**

Website: iowaworks.gov

Hours: M, T, Th, F 8 am–4:30 pm; Wed 9 am–4:30 pm
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 HHS required.

WIOA

Works with youth ages 16-24 to 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

Phone: **800-372-6031**

Website: proteusinc.net

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

Team Staffing Solutions

Address: 114 E. Monroe St., Mt. Pleasant

Phone: **319-385-8844**

Website: teamssi.com

Provides temporary, temp-to-hire, and direct-hire staffing services.

Temp Associates

Address: 111 W. Monroe St., Mt. Pleasant

Phone: **319-385-1724**

Website: tempassociates.com

Provides temporary, temp-to-hire, and direct-hire staffing services.

FOOD, CLOTHING, & FINANCIAL

Children & Families of Iowa - Child Support Forgiveness Program

Call Sara Persons at **641-799-9081** to find out more.

Community Action of Southeast Iowa

Tolson Center Address: 1303 W. Washington St., Mt. Pleasant

Phone: **319-385-2310**

Hours (Mt. Pleasant): Mon, Tue, Thu 8:30 am–4 pm

Central Office Address: 2850 Mt. Pleasant St., Ste 108, Burlington

Phone: **319-753-0193**

Website: caofseia.org

20+ programs & services including: emergency food pantry, emergency rent, utility assistance, Low Income Home Energy Assistance Program (LIHEAP), rent reimbursement form assistance, and hygiene assistance.

Family Development Self-Sufficiency Program (FaDDS)

A home visitation, goal-based program for low-income families with a child under 18. Can also call central office at 319-753-0193 for information.

See [Housing section](#) for other programs or call/visit website.

Fellowship Cup

Address: 203 N. Jefferson St., Mt. Pleasant

Phone: **319-385-3242**

Website: thefellowshipcup.org

Hours: Mon–Fri 8 am–4 pm (Best to call ahead to ensure office is staffed)

A non-profit organization providing food, clothing, and shelter to the under-served of Henry County. Financial assistance for rent or utilities available on a limited basis.

Community Meal

Wednesdays at 11:30 am. Open to everyone.

FISH Program

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

Food Pantry

Serves individuals/families who are residents of Henry County and provides holiday meals for the needy. Food pantry hours: Thursdays 10 am–4 pm (call to check about holiday hours).

Summer Sacks

Offers meals for school aged children for the week. Supplies for weekly lunches may be picked up every Monday during the summer. Call to register.

Also operates the Quarter Maybe More Store, see listing for details.

Goodwill of the Heartland

Address: 700 N. Grand Ave., Mt. Pleasant

Phone: **866-466-7881**

Website: goodwillheartland.org

Hours: Mon–Sat 10 am–7 pm; Sun 11 am–5 pm

Thrift store with a career center (see [Employment section](#) for details).

Henry County General Assistance

Located at Henry County Public Health

Address: 106 N. Jackson St., Ste 103, Mt. Pleasant

Phone: **319-385-0779**

Website: healthyhenrycounty.org/general-assistance

Hours: Mon–Fri 8 am–4 pm

Income-based assistance for rent, utilities, and cremation. Call or visit our website for guidelines and applications.

Iowa Health & Human Services (HHS)

Address: 205 W. Madison St., Mt. Pleasant

Phone: **319-986-5157**

Website: hhs.iowa.gov/assistance-programs

Hours: Mon–Fri 8 am–12:30 pm, 1:30 pm–4:30 pm

Apply for assistance programs: food assistance, FIP (Family Investment Program), medical assistance (Medicaid), rent assistance, and child care assistance.

IRS Volunteer Income Tax Assistance (VITA)

Website: freetaxassistance.for.irs.gov/s/sitelocator

Offers free basic tax return preparation to qualified individuals.

Lifeline Support

Website: lifelinesupport.org

Federal Phone/Internet Program: Eligible consumers can get up to \$9.25 off the cost of phone, internet, or bundled services.

Little Free Pantries (mini neighborhood food pantries)

Address: 902 S. Walnut St, Mt. Pleasant.

Open 24/7 in the First Presbyterian Church entryway, occasional paper and hygiene products.

Address: Mt. Pleasant Public Library, 307 E. Monroe St
“The Giving Shelf” is open during library hours, sponsored by Lincoln Street Fellowship.

Address: Corner of W. Pine and S. Olive in Winfield

Meals by Nutrimos

Address: First Presbyterian Church - 902 S. Walnut St., Mt. Pleasant

Phone: **319-986-5851**

Website: iowawins.net/meals-by-nutrimos

Meals by Nutrimos is a meal ministry that provides nutritious, delicious, sizeable frozen meals. We help disabled and low-income individuals learn new skills and earn extra money. We also provide a path to independence for victims of domestic violence.

Medicaid - Extra Benefits Available

Iowa MCO's have extra benefits like food or transportation assistance, personal care & hygiene products, baby care items, dental supplies & more. You may also earn rewards for healthy activities. Call your MCO, visit their website, or refer to the member handbook to learn more.

Websites: [Iowa Total Care](#), [Molina](#), [Wellpoint](#)

Milestones Area Agency on Aging (AAA)

Website: milestonesaaa.org

Senior dining options:

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

Salem Community Building, 201 S. Main St.

Phone: **319-258-4111**

Hours: Mon–Thu 9 am–1:30 pm; Lunch at 12 pm

Find more senior meal options in the [Senior Citizens section](#).

Mt. Pleasant Community Garden

Address: 211 S. Jackson St., Mt. Pleasant

Call The Fellowship Cup at **319-385-3242** to sign up.

Mt. Pleasant Farmers Market

Wright Pavilion at McMillan Park, May – October, Wednesdays 4–6 pm & Saturdays 8:30–11 am.

Farmers Market Nutrition Program vouchers are available at WIC clinics (for current WIC clients) and to qualifying seniors (call **855-410-6222**).

New London Community Garden

E. McKinley St. across from the VFW

New London School Food Pantry

Address: 106 W. Wilson St., New London

Phone: **319-367-0512**

Hours: Thursdays 4–6 pm; Saturdays 9–11 am

Open to all residents of the New London Community School District or families who may live outside the school district but have children attending a New London school or child care facility.

Quarter Maybe More Store

Address: 112 N. Jefferson St., Mt. Pleasant

Phone: **319-385-3262**

Store Hours: Mon–Fri 11 am–5 pm; Sat 9 am–12 pm

Donation Hours (in the back alley): Mon–Fri 9 am–4 pm; Sat 9–11 am

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

Southeast Iowa Resource Center

Address: 906 Broadway, West Burlington (by Burlington Trailways)

Provides emergency assistance for food, clothing, & household goods. Does NOT provide any financial

assistance such as rent, utilities etc. Find hours and updates on their Facebook page - facebook.com/profile.php?id=61567138225468

Spend Smart Eat Smart

Website: 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.

WACO Community Food Pantry

Address: United Church of Crawfordsville, 105 N. Chestnut St., Crawfordsville

Phone: call Jenny at **319-461-0532**

Hours: 1st & 3rd Thursdays 2–3:30 pm for age 60+ or those needing help, 3:30–5:30 pm for ALL shoppers.

Wayland Food Pantry

Address: Wayland Mennonite Church, 104 W. 2nd St.

Phone: **319-591-0961**

Hours: 2nd & 4th Thursdays 4–6 pm

WIC: Special Supplemental Nutritional Program for Women, Infants and Children

Address: Tolson Center: 1303 W. Washington St., Mt. Pleasant.

Phone: **319-209-2850**

Text: **319-759-4322**

Website: caofseia.org/services/wic

Provides basic foods, nutrition counseling, and access to health services for low-income families. Call or text to schedule an appointment.

Winfield Food Pantry

Address: 107 E. Elm St., Winfield

Phone: **319-549-8104**

Hours: Wednesdays 2–5 pm

Word Alive Christian Outreach Ministries

Address: 216B W. Main St., Wayland

Phone: **319-201-9630**

Local churches serving the WACO community. Furniture ministry, financial assistance, Getting Ahead classes, and more. Office hours: Thursdays 1–4 pm.

WMU School Backpack program

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

Find updated food resources at HealthyHenryCounty.org/Food

GET INVOLVED

AmeriCorps Seniors RSVP (Retired Seniors Volunteer Program)

Address: 203 N. Jefferson St., Mt. Pleasant

Phone: **319-385-3242**

Cell: **319-201-6334**

Website: thefellowshipcup.org/rsvp

Matches interests of people over 55 with rewarding, flexible volunteer opportunities for community service through local non-profit and public agencies.

Fellowship Cup

Address: 203 N. Jefferson St., Mt. Pleasant

Phone: **319-385-3242**

Website: thefellowshipcup.org

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

Girl Scouts of Eastern Iowa & Western Illinois

Address: 1308 Broadway St., West Burlington

Phone: **319-752-3639**

Website: girlscoutstoday.org

Healthy Henry County Communities (HHCC)

Address: 106 N. Jackson, Ste 103, Mt. Pleasant

Phone: **319-385-0779**

Website: HealthyHenryCounty.org

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

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 behavioral health, physical activity, cancer prevention, and healthy food access & awareness. The coalition meets monthly.

IowaWINS (Iowa Welcomes Immigrant Neighbors)

Address: 902 S. Walnut St., Mt. Pleasant

Phone: **319-986-5851**

Website: iowawins.net

A community commission of the First Presbyterian Church working to make greater Mt. Pleasant an inclusive & hospitable community that welcomes people from around the world who choose to live, work, study and seek happiness here.

ISU Extension and Outreach - Henry County

Address: 127 N. Main St., Mt. Pleasant

Henry County Directory of Community Services | HealthyHenryCounty.org/resources

Phone: **319-385-8126**

Website: extension.iastate.edu/henry

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

Address: 124 S. Main St., Mt. Pleasant

Phone: **319-385-3101**

Website: business.mountpleasantiowa.org/list

Find a list of community organizations and civic groups to join.

Oakland Mills Park & Nature Center

Address: 2593 Nature Center Dr., Mt. Pleasant

Phone: **319-986-5067**

Website: tinyurl.com/HenryCCD

Volunteer opportunities include Nature Center host, animal care and various projects around the parks and recreation areas.

Scouting America (formerly Boy Scouts of America)

Address: Mississippi Valley Council - 3007 Flint Hills Dr., Burlington

Phone: **319-754-8413**

Website: mvcscouting.org

Welcome Home Center

Address: 107 W. Broad St. Mt. Pleasant

Phone: **319-217-8841**

Website: iowawins.net/welcome-home-center

A service of IowaWINS, a trusted, community-rooted hub that supports immigrant and newcomer families as they build stability, connection, and belonging in Southeast Iowa. Volunteers needed for English As A Second Language tutoring and conversation, monthly TapestryFest cultural celebrations, and providing local and regional transportation.

HEALTH CARE

Advanced Home Health Care

Phone: **319-753-6270**

Website: advanced-homehealthcare.com

Medicare certified agency providing Skilled Nursing, Physical, Occupational, and Speech Therapy, Personal Care, Housekeeping, Shopping, and Respite care, as well as Pediatric Skilled Nursing services in the home. Other funding includes Medicaid, VA, Private Insurance and Private Pay.

Child Health Specialty Clinics

Address: 1005 E. Pennsylvania Ave, Ottumwa

Phone: **641-682-8145**

Website: chsciowa.org

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.

Satellite clinic in Mt. Pleasant 3rd Wednesday of every month. Services include: family navigator services, autism screening, and care coordination.

City Hope Community Walk-In Clinic

Address: Maple Leaf Center - 904 Maple St., Burlington

Hours: Tuesdays 5:30 pm–7:30 pm

A FREE clinic for health concerns like colds, physicals, checkups, & minor injuries.

Community Health Centers of Southeastern Iowa (CHC)

Address: 1706 W. Agency, West Burlington

Phone: **319-768-5858**

Family medicine, pediatrics, behavioral health, dental

Address: 2409 Spring St., Columbus City

Phone: **319-728-7400**

Family medicine, behavioral health, dental

Address: 1618 Main St., Keokuk

Phone: **319-524-5734**

Family medicine, behavioral health, dental

Website: chcseia.com

Most insurances accepted and patients without insurance welcome. Sliding fee scale available based on family size and income. Interpreter services.

EveryStep Hospice

Address: 118 N. Main St., Mt. Pleasant

Phone: **319-385-4472**

Website: everystep.org

Provides care for the terminally ill, including nursing, hospice aides, chaplain services, volunteers, social workers, pharmacists, medical equipment, and bereavement counseling.

Family Medicine of Mt. Pleasant PC

Address: 501 S. White St., Ste 1, Mt. Pleasant

Phone: **319-423-3527**

Website: fmntp.com

Hours: Mon–Fri 7:30 am–5 pm; Sat 8:30–11:30 am

Convenient Care walk-in appointments available all day. Accepting new patients.

Family Planning of Southeast Iowa

Address: 801 S. Roosevelt Ave., Burlington

Phone: **319-768-1225**

Website: greatriverhealth.org

Comprehensive, confidential care including STI testing, treatment, birth control, and health education for men and women. Clinic fees are based on income and no one is denied services based on their ability to pay. Most insurance accepted.

Fellowship Cup - Medical Equipment Library

Address: 203 N. Jefferson St., Mt. Pleasant

Phone: **319-385-3242**

Website: thefellowshipcup.org/programs

Hours: Mon–Fri 8 am–4 pm (best to call ahead to ensure the office is staffed)

Wide variety of medical equipment available for checkout or donation.

Health Insurance

Hawki

Phone: **800-257-8563**

Website: hhs.iowa.gov/hawki

Health insurance coverage for uninsured children of working families in Iowa.

Medicaid

Phone: **800-338-8366**

Website: hhs.iowa.gov/medicaid

Find applications at local HHS office (205 W. Madison St., Mt. Pleasant).

Find more health insurance information at HealthyHenryCounty.org/healthcare-access

Hearing Testing:

Concha Audiology

Address: 207 S. Harrison St, Mt. Pleasant

Phone: **319-385-9030**

Website: conchahearing.com/mount-pleasant

Provides hearing aids, overall hearing care, and cognitive screening.

Iowa Audiology

Address: 205 E. Taft St., Ste 102, Mt. Pleasant

Phone: **319-338-6043**

Website: iowaaudiology.com

Provides hearing evaluations, earwax removal, hearing aids, custom earplugs, Cochlear Implant evaluations, follow up services, and hearing aid supplies.

University of Iowa Speech, Language, and Hearing Clinic

Phone: **319-335-8736**

Website: csd.uiowa.edu/clinic/hearing

Hearing testing and services for children and adults.

Henry County Health Center

Address: 407 S. White St., Mt. Pleasant

Phone: **319-385-3141**

Website: greatriverhealth.org

Offers the following services: Cardiac Rehabilitation, Day Hospital, Diabetes Education, Diagnostic Imaging, Emergency Department, Laboratory, Life-line Medical Response System, Medical/Surgical Unit, Orthopedic Clinic, Park Place, Rehabilitation Services, Respiratory Care, Senior Life Solutions, and Surgical Services.

Specialty Clinics include Cardiology, General Surgery, Nephrology, Pulmonology, Urology.

Henry County Health Center Clinics:

Same day appointments. Accepting new patients. Interpreter service available.

Mt. Pleasant Clinic

Address: 407 S. White St., Mt. Pleasant

Phone: **319-385-6770**

Hours: Mon–Fri 8 am–12 pm, 1–5 pm

Primary care and mental health services

New London Clinic

Address: 111 W. Washington St., New London

Phone: **319-367-2241**

Hours: Mon–Fri 8 am–12 pm, 1–5 pm

Winfield Clinic

Address: 110 W. Pine St., Winfield

Phone: **319-257-6211**

Hours: Mon–Fri 8 am–12 pm, 1–5 pm

Henry County Public Health

Address: 106 N Jackson St., Ste 103, Mt. Pleasant

Phone: **319-385-0779**

Website: HealthyHenryCounty.org

Website: [Facebook.com/HealthyHenryCounty](https://www.facebook.com/HealthyHenryCounty)

Hours: Mon–Fri 8 am–4 pm

Henry County Directory of Community Services | HealthyHenryCounty.org/resources

Interpreter service available.

Blood Pressure Screenings

No cost, call to confirm nurse availability.

Care For Yourself Program

Provides free or low-cost breast and cervical cancer screenings to qualified Iowans.

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.

Happy Feet

Foot care program. \$10 per visit. Call to make an appointment.

Immunization Clinics

Walk-in clinics for children and adults. Tuesdays 9–11 am; Wednesdays & Thursdays 1–4 pm; 1st and 3rd Thursday of the month 1–6 pm. Most insurance accepted. Sensory aids available upon request.

Lactation Specialist

Provides education; identify and advise on concerns.

Lead Testing

Available by appointment, during immunization clinics, and at WIC clinics in Mt. Pleasant.

Newborn Nurse Visitor Program

Provides a registered nurse to visit moms and new babies for education & early interventions/referrals.

STI Testing & 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; ask a nurse about Plan B.

Free, walk-in STI, Hepatitis C, and rapid HIV testing available 1–3 pm the 3rd Friday of each month from Outreach Prevention Services at River Hills CHC.

Find more Henry County Public Health services in the [Pregnancy & Parenting](#) and [Senior Citizens](#) sections.

Hy-Vee Home Medical Supplies Sales and Rentals

Address: 1700 E. Washington St., Mt. Pleasant

Phone: **319-385-3164**

Hours: Mon–Fri 8 am–5 pm

Covering a wide array of items including C-Pap, oxygen, incontinence, hospital beds, ostomy

supplies, catheter, lift chairs, nebulizers, 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.

Optimae LifeServices

Phone: **319-237-1286**

Website: optimaelifeservices.com

Offers skilled nursing & home health aides; physical, occupational, & speech therapy.

Pharmacies:

Capstone Pharmacy

Address: 210 N. Jefferson St., Mt. Pleasant

Phone: **319-385-0733**

Local delivery available

Heritage Pharmacy-Mt. Pleasant

Address: 501 S. White St., Mt. Pleasant

Phone: **319-385-6543**

Local delivery available

Hy-Vee Pharmacy

Address: 1700 E. Washington St, Mt. Pleasant

Phone: **319-986-6979**

In-town delivery available to Mt. Pleasant, New London, Winfield

Hy-Vee Winfield Clinic Pharmacy

Address: 107 N. Locust St., Winfield

Phone: **319-549-7126**

Walmart Pharmacy

Address: 1045 Grand Ave., Mt. Pleasant

Phone: **319-385-8600**

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

Henry County Sheriff

Address: 800 S. Grand Ave., Mt. Pleasant

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

Heritage Pharmacy

Address: 501 S. White St., Mt. Pleasant.

Does accept liquid medicines.

Hy-Vee Pharmacy

Address: 1700 E. Washington St., Mt. Pleasant

Address: 107 N. Locust St., Winfield

Mt. Pleasant Police Station

Address: 204 E. Washington St.

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

Needle/Sharps Disposal - must be in a sharps or puncture-proof container

Wemiga Waste

Address: 1005 W. Washington, Mt. Pleasant

Hours: Mon–Fri 8 am–4 pm

Rural Henry County residents can also take to the Rural Residential Trash site.

Learn more at:

HealthyHenryCounty.org/drugdisposal

Private CARE at Home Iowa

Address: 101 S. Cherry St., Ste 2, Mt. Pleasant

Phone: **319-385-1519**

Website: careathomeiowa.us

Provides a full range of personalized nursing services as well as companion, homemaker, private duty bathing assistance, and other requested in home services. VA or private pay only; does not bill insurance.

Proteus

Phone: **800-372-6031**

Website: proteusinc.net

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

QuickVisit Urgent Care

Address: 801 N Grand Ave, Mt. Pleasant

Phone: **319-984-4775**

Website: quickvisiturgentcare.com

Hours: Mon–Fri 7 am–7 pm; Sat 8 am–6 pm; Sun 1 pm–5 pm

Affordable urgent care and primary health services. Accepts most major insurances, offers a flat self-pay rate, and a discounted/sliding fee schedule based on family size and income. Interpreter services.

Southeast Iowa Regional Home Health and Hospice

Address: 1306 S. Washington, West Burlington

Phone: **319-768-3350**

Website: greatriverhealth.org

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.

Sunnybrook Home Care

Phone: **641-472-4808**

Website: sunnybrookhomecare.com

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

Vision Screenings:

American Eyecare

Address: 1802 E. Washington St, Mt. Pleasant

Phone: **319-385-2020**

Website: americaneyecare.com

InfantSEE® provider - one-time, no-cost vision assessment for babies 6 to 12 months old

Eye Physicians & Surgeons

Address: 301 W. Monroe St., Mt. Pleasant

Phone: **319-385-9534**

Website: iowaeyephysicians.com

McPheron Optometry

Address: 107 W. Main St., New London

Phone: **319-367-5313**

Walmart Vision Center

Address: 1045 N. Grand Ave., Mt. Pleasant

Phone: **319-385-1342**

Website: walmart.com/store/784-mount-pleasant-ia

HOUSING/HOMELESSNESS

Community Action of Southeast Iowa

Tolson Center Address: 1303 W. Washington St., Mt. Pleasant

Phone: **319-385-2310**

Hours (Mt. Pleasant): Mon, Tue, Thu 8:30 am–4 pm

Central Office Address: 2850 Mt. Pleasant St., Ste 108, Burlington

Phone: **319-753-0193**

Website: caofseia.org

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

Furnace Repair and Replace

Income based program 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

Phone: **833-739-0065**

Assistance for persons experiencing homelessness or at risk of becoming homeless.

Henry Co. Habitat for Humanity

Phone: **319-204-7120**

Website: henrycountyiowahabitat.org

Homeless Assistance for School Aged Children - 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. Call your district for more information:

Mount Pleasant - **319-385-7750**

New London - **319-367-0512**

WACO - **319-256-6201**

Winfield-Mt. Union - **319-257-7700 x100**

Iowa Finance Authority

Website: opportunityiowa.gov/housing

Mortgage, down payment and closing costs assistance programs for homebuyers.

Iowa Legal Aid - Landlord/Tenant Law Q&A:

Website: iowalegalaid.org/resource/landlord-and-tenant-law-questions-and-answers

Iowa Mortgage Help

Phone: **877-622-4866**

Website: iowamortgagehelp.com

Free mortgage counseling resource for lowans who fear they may not be able to make their mortgage payment or are currently behind on their monthly mortgage payment.

Regional Utility Service Systems (RUSS)

Address: 1501 W. Washington St, Mt. Pleasant

Phone: **319-385-1223**

Website: henrycounty.iowa.gov/environmental-health

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

Southeast Iowa Regional Housing Authority

Address: 218 N. 3rd St., Ste 309, Burlington

Phone: **319-753-5109**

Website: seirha.com

Section 8 (Housing Choice Voucher): Applicants must meet eligibility requirements for income guidelines and family status. Single persons are eligible only if elderly or disabled. Serves Henry County.

Southeast Iowa Regional Planning Commission

Address: 211 N. Gear Ave., Ste 100, West Burlington

Phone: **319-753-5107**

Website: seirpc.com/housing

Provides assistance with home repairs (including energy efficiency, exterior improvements, and updates to allow aging in home) and down payments for homeowners. Serves Henry County.

Lead Hazard Reduction Program

Provides lead paint inspections, testing, and removal services for eligible households. Renters or homeowners may apply.

USDA Rural Development

Address: 709 S. Iris St., Ste 103, Mt. Pleasant

Phone: **319-986-5800**

Website: rd.usda.gov

Provides home repair loans and grants, homeownership loans, and disaster home repair grants for low-income households.

VA Homeless Programs

Phone (24/7): **877-424-3838 (877-4AID-VET)**

Website: va.gov/homeless

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

Apartments:

Find updated lists of apartments, landlords, & rentals:

Community Action of Southeast Iowa

Phone: **319-385-2310**

Website: caofseia.org/resources/#housing

Henry County Directory of Community Services | HealthyHenryCounty.org/resources

Iowa Rental Housing Search

Website: iowahousingsearch.org

Mount Pleasant Chamber

Phone: **319-385-3101**

Website: mountpleasantiowa.org/housing

Emergency & Short-Term Shelters:

Burlington Area Homeless Shelter

Address: 123 N. Marshall St., Burlington

Phone: **319-754-6791**

Website: burlingtonareahomelessshelter.org

Call ahead to check availability. Provides meals, shelter, budget and personal goal planning, household assistance, and a Homeless Supply Bag outreach program. Need Iowa identification. 1 day - 3 month stay. Substance use prohibited.

DVIP/RVAP Emergency Shelter

Address: Hotels or Iowa City

Phone: **800-373-1043**

For those experiencing domestic violence, dating violence, stalking, and human trafficking.

Emma Cornelius Hospitality House

Address: Fort Madison

Phone: **319-372-3983**

The Lighthouse Center

Address: 604 S. Iowa Ave., Washington

Phone: **319-653-5871**

The Shelter House

Address: 429 Southgate Ave., Iowa City

Phone: **319-351-0326**

Transitions DMC

Address: 515 S. Main St., Burlington

Phone: **319-209-2217**

1-30 day stay. Call ahead to check availability.

Transitional Living Homes:

Brave Heart Sober Living

Address: 905 S. Iris St., Mt. Pleasant

Phone: **641-919-2510**

Website: braveheartsoberliving.com

Recovery home for men

Cradle of Hope's Mothers/Maternity Home

Phone: **319-986-5336**

Accepts pregnant woman or ones with babies who

are displaced or homeless. Located in Mt. Pleasant.
Find the application at cradleofhopeiowa.com.

DVIP/RVAP Journey House

Address: Burlington

Phone: **800-373-1043**

New Life Women's Transitional House

Address: Wayland

Phone: **319-201-9630**

The Refuge House

Address: Olds

Phone: **319-201-9630**

Christ-centered (sober living) home for men

Find more housing & homeless resources at
caofseia.org/resources/#housing

LEGAL

Disability Rights Iowa

Phone: **800-779-2502**

Website: disabilityrightsiowa.org

Provides free legal and advocacy services to lowans with disabilities

Henry County Attorney

Address: 100 E. Washington St., Ste 101, Mt. Pleasant

Phone: **319-385-0752**

Website: henrycounty.iowa.gov/attorney

Iowa Concern Hotline from ISU Extension and Outreach

Phone or Text: **800-447-1985**

Free, 24/7 confidential legal education to help you understand your rights and options.

Iowa Find-A-Lawyer

Website: iowabar.org/?pg=Find-A-LawyerHP

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

Iowa Free Legal Answers

Website: iowa.freelegalanswers.org

A virtual, walk-in legal clinic that connects individuals who qualify with Iowa attorneys for non-criminal, brief, limited, free legal assistance.

Iowa Legal Aid

Phone (Under 60 years old): **800-532-1275**

Phone (Age 60 and over): **800-992-8161**

Website: iowalegalaid.org

Free legal help with civil law problems for eligible low-income lowans. Interpreter available.

Website for Landlord/Tenant Law Q&A: iowalegalaid.org/resource/landlord-and-tenant-law-questions-and-answers

IowaWINs (Iowa Welcomes Immigrant Neighbors)

Address: 902 S. Walnut St., Mt. Pleasant

Phone: **319-986-5851**

Website: iowawins.net

As a community commission of the First Presbyterian Church, IowaWINs helps connect those seeking immigration legal services with providers, including Iowa Migrant Movement for Justice (website: iowammj.org/legal-services).

Juvenile Court Services

Address: 106 E. Clay St., Ste 101, Mt. Pleasant

Phone: **319-986-5179**

State Attorney General

Phone: **888-777-4590**

Website: iowaattorneygeneral.gov

Find information about scams, identity theft, debt collection, and tips to prevent fraud.

State Public Defender

Address: 216 South 3rd St., Burlington

Phone: **319-753-5163**

Attorney for people who cannot afford one.

LIBRARIES

H J Nugen Public Library

Address: 103 E. Main St., New London

Phone: **319-367-7704**

Website: newlondon.lib.ia.us

Hours: Mon/Wed 10 am–7 pm; Tue/Thu 10 am–6 pm; Fri 10 am–5 pm; Sat 10 am–2 pm

Mt. Pleasant Public Library

Address: 307 E. Monroe St., Mt. Pleasant

Phone: **319-385-1490**

Website: mountpleasantiowalibrary.com

Hours: Mon-Thu 9 am–7 pm; Fri 9 am–5 pm; Sat 9 am–2 pm

Children's Discovery Center

Hours vary, call for more information.

Salem Crew Public Library

Address: 107 E. Cherry St., Salem

Phone: **319-258-9007**

Website: salem.lib.ia.us

Hours: Mon 1–6 pm; Tue/Wed 1–5 pm; Thu 8 am–12 pm; Sat 9 am–1 pm

Winfield Public Library

Address: 112 W. Ash St., Winfield (moving late 2026 to 109 S. Locust St.)

Phone: **319-257-3247**

Website: winfield.lib.ia.us

Hours: Mon/Wed/Fri 10 am–5 pm; Tue/Thu 12–5 pm; Sat 9 am–12 pm

PREGNANCY & PARENTING

Child Abuse Reporting Hotline

Phone: 800-362-2178

Children & Families of Iowa - Child Support Forgiveness Program

Call Sara Persons at **641-799-9081** to find out more.

Community Action of Southeast Iowa

Address: Tolson Center - 1303 W. Washington St., Mt. Pleasant

Phone: **319-385-2310**

Website: caofseia.org

Hours: Mon, Tue, Thu 8:30 am–4 pm; closed Wed, Fri
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

Address: 1400 E. Washington St. (in the E-3 Center), Mt. Pleasant

Phone: **319-986-5336**

Text: **319-931-5759**

Website: cradleofhopeiowa.com

Offers free pregnancy testing, prenatal classes, parenting, life skills classes, mentoring, counseling (pregnancy, adoption, & post termination), health/nutrition, home skills, abstinence, & STD education. Earn While You Learn program allows women to earn “mommy bucks” which can be redeemed for car

seats, cribs, diapers, & clothing. Limited availability of ultrasounds.

Family Connection

Address: 127 N. Main St., Mt. Pleasant

Phone: **319-385-8126**

Website: facebook.com/famconnection

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

Phone: **319-372-5225** (Lee County Health Dept.)

A Healthy Mental Development Initiative serving Henry County, coordinated by Lee County Health Department, 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.

Henry County Public Health

Address: 106 N. Jackson St., Ste. 103, Mt. Pleasant

Phone: **319-385-0779**

Website: HealthyHenryCounty.org

Hours: Mon–Fri 8 am–4 pm; Interpreter service.

Car Seat Check

With a certified Child Passenger Safety technician. Call to make an appointment.

Immunization Clinics

Walk-in clinics for children and adults. Tuesdays 9–11 am; Wednesdays & Thursdays 1–4 pm; 1st and 3rd Thursday 1–6 pm. Most insurance accepted. Sensory aids available upon request.

Lactation Specialist

Provides education; identify and advise on concerns.

Lead Testing

Available by appointment, during immunization clinics, and at WIC clinics in Mt. Pleasant.

Newborn Nurse Visitor Program

Provides a registered nurse to visit moms and new babies for education & early interventions/referrals.

STI Testing & 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; ask a nurse about Plan B.

Free, walk-in STI, Hepatitis C, and rapid HIV testing available 1–3 pm the 3rd Friday of each month from Outreach Prevention Services at River Hills CHC.

Find more services in the [Health Care section](#).

Parent Partners

Phone: **641-414-1728** (Stacy Zachmeyer, Coordinator)

Parent Partners mentor families who are currently navigating through HHS as their children are in foster or kinship care. They offer hope and advocate for families while forming a critical link between the HHS worker, other professionals, and the family.

Understanding Moms & 24/7 Dads

Phone: **641-799-9081** (Sara Persons)

Website: facebook.com/twentyfoursevendads

Free 12-week virtual community support groups that focus on weekly curriculum-led conversations for any mom, dad, stepparent, foster parent, etc. Call or visit the Facebook page for the zoom link.

WIC: Special Supplemental Nutritional Program for Women, Infants and Children

Address: Tolson Center - 1303 W. Washington St., Mt. Pleasant

Phone: **319-209-2850**

Text: **319-759-4322**

Website: caofseia.org/services/wic

WIC provides nutrition support, healthy foods, breastfeeding education and healthcare referrals to pregnant individuals to help support fetal growth and maternal health. Call or text to schedule an appointment.

SENIOR CITIZENS

Alzheimer's Association

Phone: **800-272-3900**

Website: alz.org

24/7 Helpline. Get confidential support, crisis assistance, local resources and information.

Dependent Adult Abuse Reporting Hotline

Phone: **800-362-2178**

Call 24/7 if you suspect that an older adult is being mistreated.

Fellowship Cup

Address: 203 N. Jefferson St., Mt. Pleasant

Phone: **319-385-3242**

Community meal Wednesdays at 11:30 am with card games following.

Henry County Public Health

Address: 106 N. Jackson, Ste 103, Mt. Pleasant

Phone: **319-385-0779**

Website: HealthyHenryCounty.org/senior-health

Hours: Mon–Fri 8 am–4 pm

Services for seniors include: Happy Feet foot care program, blood pressure screenings, immunizations, “Ask a Nurse” monthly workshops, Walk With Ease - 6-week exercise program, & Stepping On - 7-week fall prevention class. Call to find out more and to sign up.

Find more services in the [Health Care section](#).

Lifeline

Phone: **319-385-6164**

A personal call button 24 hours a day/365 days a year. Managed by The Friends of HCHC.

Meals by Nutrimos

Address: First Presbyterian Church 902 S. Walnut St., Mt. Pleasant

Phone: **319-986-5851**

Website: iowawins.net/meals-by-nutrimos

Meals by Nutrimos is a meal ministry that provides nutritious, delicious, sizeable frozen meals. We help disabled and low-income individuals learn new skills and earn extra money. We also provide a path to independence for victims of domestic violence.

Milestones Area Agency on Aging (AAA)

Address: 509 Jefferson St., Burlington

Phone: **855-410-6222**

Website: milestonesaaa.org

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 & Awareness Program, Family Caregiver Program, Respite, Wellness & Safety Programs.

Senior dining options from Milestones AAA:
Mt. Pleasant – Home delivered meals only. Call **855-410-6222** to inquire.

Salem Community Building, 201 S. Main St.

Phone: **319-258-4111**

Hours: Mon–Thu 9 am–1:30 pm; Lunch at 12 pm

Mom’s Meals

Phone: **877-508-6667**

Website: momsmeals.com

Ready to heat, medically tailored meals delivered right to your door.

RSVP AmeriCorps Seniors (Retired Seniors Volunteer Program)

Address: 203 N. Jefferson St., Mt. Pleasant

Phone: **319-385-3242**

Cell: **319-201-6334**

Website: thefellowshipcup.org/rsvp

Matches interests of people over 55 with rewarding, flexible volunteer opportunities for community service through local non-profit and public agencies.

Senior Life Solutions at Henry County Health Center

Address: 407 S. White St., Mt. Pleasant

Phone: **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.

SHIIP - Senior Health Insurance Information Program

Address: Henry County Health Center

Phone: **319-385-6774**

Website: shiip.iowa.gov

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

Phone: **515-332-1928**

Website: sistersentrees.com

Ready to heat meals delivered right to your door.

Social Security Administration

Address: 3920 Division St., Burlington

Phone: **800-772-1213**

Website: ssa.gov

Call to make an appointment.

Senior Care Facilities

Addington Place of Mount Pleasant

Address: 1406 E. Linden Dr., Mt. Pleasant

Phone: **319-385-7227**

Website: addingtonplaceofmtpleasant.seniorlivingnearme.com

Arbor Court

Address: 701 E. Mapleleaf Dr., Mt. Pleasant

Phone: **319-385-1400**

Website: mgmhealthcare.com/facility/arborcourt

New London Specialty Care

Address: 100 Care Circle, New London

Phone: **319-367-5753**

Website: careinitiatives.org

Park Place

Address: 401 S. Van Buren St., Mt. Pleasant

Phone: **319-385-6192**

Website: henrycountysoldiersandsailors.com

Parkview Home

Address: 102 N. Jackson St., Wayland

Phone: **319-256-3525**

Website: parkviewwayland.com

Savannah Heights

Address: 601 S. Prairie Ave., Mt. Pleasant

Phone: **319-385-8095**

Website: thesavannahheights.com

Silver Palms

Address: 126 W. Stonebrook Dr., Mt. Pleasant

Phone: **319-385-9145**

Website: silverpalmsmp.com

Sunrise Terrace Nursing & Rehabilitation Center

Address: 706 W. Central Ave., Winfield

Phone: **319-257-3303**

Website: sunriseterracecc.com

Van Vorhies Haus

Address: 601 W. Monroe St., Mt. Pleasant

Phone: **319-385-3935**

Boarding home for senior citizens

SUBSTANCE ABUSE

Alcohol & Drug Dependency Services (ADDS)

Address: 122 N. Main St., Mt. Pleasant

Phone: **319-385-2216**

Website: addsiowa.org

Office Hours: Mon–Fri 8 am–12 pm; 1–5 pm

UA Screening Hours: Mon–Fri 8–11 am, 1–4 pm, call to schedule if observation is needed

Walk-in Evaluation Hours: Thu 8–11 am, 1–4 pm, Fri 8–11 am, first come first served

Substance abuse and problem gambling screening and outpatient treatment, education and prevention services, consultation, crisis intervention, OWI screenings and classes, peer recovery coaching, and juvenile diversion program. Narcan is available. Accepts BCBS & Medicaid, cannot accept Medicare.

Main Office Address: 1340 Mt. Pleasant St, Burlington
Phone: **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

Address: 300 Southgate Ave., Iowa City

Phone: **319-688-8000**

Website: guidelinkcenter.org

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

Life Connections Peer Recovery Services

Phone: **563-659-1171**

Website: lifeconnectionsrecovery.org

Rhonda's House - peer run respite in DeWitt, IA 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

Phone: **855-891-9989**

Text: **"Start my Quit" to 36072**

Website: ia.mylifemyquit.org

Call, text, or enroll online. Free, confidential counseling and support to help youth age 18 & under quit vaping, smoking or chewing.

Problem Gambling Hotline

Phone: **800-BETS-OFF (800-238-7633)**

Website: yourlifeiowa.org/learn/gambling

If you or a loved one are having a problem with gambling, reach out for free, confidential support.

Quitline Iowa

Phone: **800-QUIT-NOW (800-784-8669)**

Website: quitlineiowa.org

Free coaching, medication, and 24/7 support to help you quit tobacco.

Your Life Iowa

Phone: **855-581-8111**

Text: **855-895-8398**

Website: yourlifeiowa.org

Find 24/7 support for problems with alcohol, drugs, gambling, mental health, and suicidal thoughts. Chat live, get reliable information and treatment options, and find help near you.

Behavioral Health System Navigation

Request this non-crisis service for free, confidential support providing information & education, referrals to behavioral health providers, & connections to other community resources.

SUPPORT GROUPS

Alcoholics Anonymous

Address: Brave Heart Sober Living, 905 S. Iris St., Mt. Pleasant (former Christamore House)

Phone: **641-919-2510**

Meets Saturdays at 7 pm. Find other area meetings at aaseiowa.org or download the Meeting Guide app.

Alzheimer's Association

Phone (24/7): **800-272-3900**

Website: alzconnected.org

A free online community designed for people living with dementia and those who care for them. Members can post questions about dementia-related issues, offer support, and create public and private groups around specific topics. Discussions are available in English and Spanish.

ASK Each Other Support Group

Phone: **800-450-8667**

Website: askresource.org/events

Virtual support group for Iowa families of individuals with disabilities.

Celebrate Recovery

Address: The City Hope Foundation - 1101 N. Lucas St., Mt. Pleasant

Phone: **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 pm, large group meeting starts at 6:30 pm, child care provided.

Grief Support Groups

GriefShare

Find local GriefShare support groups and resources at griefshare.org

EveryStep Grief Support Group

Address: 118 N. Main St., Mt. Pleasant

Phone: **319-385-4472**

Narcotics Anonymous

Phone: **800-897-6242**

Website: iowa-na.org/seiana

Brave Heart Sober Living

Address: 905 S. Iris St., Mt. Pleasant (former Christamore House)

Phone: **641-919-2510**

Meets Mondays at Noon

St. Michael's Episcopal Church

Address: 202 E. Washington St., Mt. Pleasant

Meets Wednesdays at 6 pm, use door to the basement

PFLAG Mount Pleasant

Address: 107 W. Broad St., Mt. Pleasant

Website: pflagmp.org

Email: pflagmountpleasant@gmail.com

Provides confidential peer support, education, and advocacy for LGBTQ+ people, family, and friends.

Understanding Moms & 24/7 Dads

Phone: **641-799-9081** (Sara Persons)

Website: facebook.com/twentyfoursevendads

Free 12-week virtual community support groups that focus on weekly curriculum-led conversations for any mom, dad, stepparent, foster parent, etc. Call or visit the Facebook page for the zoom link.

TRANSPORTATION

AmeriCorps Seniors RSVP (Retired Seniors Volunteer Program)

Address: 203 N. Jefferson St., Mt. Pleasant

Phone: **319-385-3242**

Cell: **319-201-6334**

Website: thefellowshipcup.org/rsvp

Provides medical transportation for seniors & those with disabilities. Call at least 48 hours in advance.

Amtrak Train Station

Address: 418 N. Adams St., Mt. Pleasant

Phone: **800-872-7245**

Website: amtrak.com/stations/mtp

Greyhound Bus

Address: Mt Pleasant BP, 2120 E. Washington St.

Phone: **800-231-2222**

Website: greyhound.com

Jefferson Lines Bus

Address: Heidleburg Motel, 2005 E. Washington St., Mt. Pleasant

Phone: **319-385-8968**

Website: jeffersonlines.com

Non-Emergency Medical Transportation (NEMT) - MTM Health

Website: mtm.mtmlink.net

Iowa Medicaid members with full benefits may be able to get rides to routine medical appointments at no cost, or reimbursement for travel expenses. Call ahead to schedule a ride based on your MCO -

Iowa Total Care: 877-271-4819

Molina: 866-849-2062

Wellpoint: 844-544-1389

SEIBUS (Southeast Iowa BUS)

Phone: **866-753-5107**

Website: seibus.org

Transportation provided county-wide Monday - Friday 9 am-3 pm. Call for appointment by 2 pm the business day before for best results. Available to the general public and is wheelchair accessible. Medical shuttle to Iowa City hospitals on Tuesdays, excluding holidays.

VETERAN SERVICES

Henry County Veterans Affairs Office

Address: 106 E. Clay St., Ste 103, Mt. Pleasant

Phone: **319-385-0792**

Website: henrycounty.iowa.gov/veterans-affairs

Hours: Mon–Fri 8 am–4 pm

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

Home Base Iowa

Website: workforce.iowa.gov/hbi-community-henry-county

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 Eligibility and Enrollment Office

Phone: **319-338-0581 ext 637141**

Iowa City VA Health Care System

Address: 601 Hwy 6 West, Iowa City

Phone: **319-338-0581**

Website: va.gov/iowa-city-health-care

Burlington Outpatient Clinic

Address: 1000 N. Roosevelt Ave, Burlington (Moving late 2026 to 415 W. Division, West Burlington)

Phone: **319-752-3722**

Primary care, mental health care, telehealth & more.

Iowa City VA Health Care Transportation

Phone: **319-752-7171**

Burlington Veteran Van - picks up in Henry County
Need 3 business days advance notice.

Mt. Pleasant Veterans Hall

Address: 300 W. Monroe St., Mt. Pleasant

Phone: **319-385-8521**

Participates in many community events. Veterans breakfast 3rd Friday of each month at 8:30.

New London VFW

Address: 802 E. McKinley St., New London

Phone: **319-367-5009**

Taco night on Wednesdays September–May, Dinner meals the 2nd & 4th Saturday, Veterans Day program at the memorial. Warm, welcoming environment.

VA Homeless Programs

Phone (24/7): **877-424-3838 (877-4AID-VET)**

Website: va.gov/homeless

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

Veterans Crisis Line

Phone (24/7): **988, press 1**

Text: **838255**

Website: veteranscrisisline.net

Call, text, or chat for 24/7 confidential support for veterans and their loved ones.

VICTIM SERVICES

Child or Dependent Adult Abuse Reporting

Phone (24/7): **800-362-2178**

DVIP/RVAP: Domestic Violence and Sexual Assault Crisis Services

Phone (24/7): **800-373-1043**

Alternate Phone (24/7): **800-228-1625**

Website: dvipiowa.org

Provides comprehensive support services to victims of domestic and sexual abuse, dating violence, stalking, and human trafficking, focusing on immediate and long-term safety, empowerment, dignity, and hope.

Iowa Victim Service Call Center

Phone (24/7): **800-770-1650**

Text : **“IOWAHELP” to 20121**

Website: survivorshelpline.org

A free and confidential resource for Iowans impacted by crime or trauma.

Meals by Nutrinos

Address: First Presbyterian Church - 902 S. Walnut St., Mt. Pleasant

Phone: **319-986-5851**

Website: iowawins.net/meals-by-nutrinos

Meals by Nutrinos is a meal ministry that provides nutritious, delicious, sizeable frozen meals. We help disabled and low-income individuals learn new skills and earn extra money. We also provide a path to independence for victims of domestic violence.

Mississippi Valley Child Protection Center

Phone: **563-264-0580**

Website: foreverychild.org/child-protection-center

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 HHS and/or law enforcement. Community medical providers can make referrals for potential abuse victims to be seen by specialized MVCPC medical provider.

WELLNESS

Anytime Fitness

Address: 700 N. Grand Ave., Mt. Pleasant

Phone: **319-385-2033**

Website: anytimefitness.com

24 hour adult fitness center

Crossfit Teo

Address: 2555 Lexington Ave., Mt. Pleasant

Phone: **319-217-9368**

Website: teomp.com

Fitness center with coaching.

East Lake Park

Address: 1722 Lexington Ave., Mt. Pleasant

Phone: **319-385-1475**

Playgrounds, softball diamonds, soccer fields, sand volleyball courts, tennis courts, horseshoe courts, dog park, outdoor fitness equipment, disc golf course, paved trail around 6.5 acre pond, fishing, driving range.

Geode State Park

Address: 3333 Racine Ave., Danville

Phone: **319-392-4601**

Scenic park encompassing Lake Geode with picnic areas, hiking, fishing, swimming, boating, & more.

Henry County Health Center

Programs may require physician referral

Cardiac & Pulmonary Rehab Phase III outpatient exercise program

Phone: **319-385-6504**

Diabetes Education

Phone: **319-385-6518**

Offers several diabetes-related programs and classes

Kaufman Fitness Center, Wayland

Phone: **319-256-6201**

Contact WACO Central Office for memberships

MPCSD Central Campus - Indoor Walking Track

Available for public use Monday–Friday 5–8 am from September 1 - May 31. \$25 fee per school year. Background check required. Apply at the Mt. Pleasant Community School District Central Office.

Mt. Pleasant Aquatic Center (open seasonally)

Address: Saunders Park, behind Henry County Health Center

Phone: **319-385-1475**

Website: cityofmountpleasantiowa.org

Outdoor pool with water slides and zero depth entry. Swim lessons available.

Mt. Pleasant Farmers Market

Website: facebook.com/mtpfarmersmarket

Wright Pavilion at McMillan Park; May–October
Wednesdays 4–6 pm; Saturdays 8:30–11 am

Mt. Pleasant Outdoor Pickleball Courts

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

Mt. Pleasant Parks & Recreation

Address: 307 E. Monroe St., Mt. Pleasant

Phone: **319-385-1475**

Website: cityofmountpleasantiowa.org

Offers a variety of preschool, youth & adult programs. Contact to rent shelter houses at city parks.

Oakland Mills Park & Nature Center

Address: 2591 Nature Center Dr, Mt. Pleasant

Phone: **319-986-5067**

Website: tinyurl.com/HenryCCD

Spend a day in nature! Activities include the Skunk River Water Trail, nature trails, story walk, fishing, disc golf, a swinging bridge, live animal displays, and much more. Cabin & campsite rentals are available on our website.

Recreation Areas with Hiking Trails

Website: tinyurl.com/HenryCCD

Gibson Recreation Area

Address: 1259 260th St., Mt. Pleasant

Hoaglin Woods

Address: 3189 Benton Ave., Hillsboro

Spend Smart Eat Smart

Website: 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

Address: 200 E. Monroe St., Mt. Pleasant

Phone: **319-385-2960**

Website: mpreccenter.com

Family recreation and fitness center with indoor track, pool and gymnasium. Offering programs such as swim lessons and group exercise classes. Check website for more details.

Wayland Fitness

Address: 508 W. Main, Apt. 112, Wayland

Phone: **319-256-7200**

Wayland West Park Wetlands

Address: West Main Street, Wayland

Phone: **319-256-3276**

Splashpad, half-mile concrete walking trail loop, full basketball court, all-inclusive playground equipment.

Winfield Activity Park

Address: 110 N. Olive St., Winfield

Phone: **319-257-6661**

Features a sand volleyball court, horseshoes, a trail map, gaga ball pit (behind library), and a shelter house.

Winfield Rick Rodgers Community Pool

Address: 407 N. Clark St., Winfield

Phone: **319-257-6878**

Find more parks, playgrounds, and physical activity opportunities at:

HealthyHenryCounty.org/where-to-be-active-in-henry-county