

What do you need? How can we help?

This health crisis brings stress for everyone. Maybe things were going okay before this happened. Or, maybe you were facing struggles and needed support before the virus was affecting our state. Either way, your school counselors want to make sure your family's needs are met. Here is a list of Cedar Valley resources that may be helpful. If you need additional support, please call your school counseling office or email your counselor (contact information is below). We will reach back as soon as we can, but it may not be the same day. **If you are experiencing an emergency, including a mental health emergency, please dial 911 or utilize a crisis line/chat.**

Iowa Crisis Line: #855-325-4296

Iowa Crisis Chat: [IowaCrisisChat.org](https://www.IowaCrisisChat.org)

Iowa Victim Service Call Center: #800-770-1650

Disaster Distress Helpline: #800-985-5990

Health Services

Community Info. & CDC Public Hotline #	211 or 1-800-244-7431	For questions/concerns re: COVID-19
People's Clinic	319-874-3000	Free and low cost routine healthcare
Black Hawk Grundy Mental Health Center	319-234-2893	Free and low cost mental healthcare
Pathways Behavioral Health Services	319-235-6571	Substance abuse treatment
Horizons Family Centered Treatment Program	319-272-8560	Substance abuse treatment
Riverview Center	319-939-9599	Domestic violence & sexual assault assistance
Waypoint Services	800-208-0388	Domestic violence support
Cedar Valley Hospice	319-272-2002	Free grief support for youth & adults

*Housing & Financial Assistance (Also see the *CV Emergency Food & Shelter* page.)*

Cedar Valley Community Support Services	319-233-1288	Assistance for homelessness
BH County Department of Community Service	319-292-2261	Some rent assistance
Operation Threshold	319-291-2065	Some utility, auto, & housing expenses
Iowa Workforce Development	319-235-1471	Employment or unemployment

Department of Human Services 319-291-2441
CFU for those in Cedar Falls for Internet Janelle Darst 319-553-2426
janelle.darst@cfschools.org

Mediacom 1-855-904-2225

Various types of assistance
Must have a student in grades 7-12 in the district who are in the Free and reduced program. Monthly cost depends on technology need in your home.
Mediacom has a couple of programs they are offering at this time. One is for students who are enrolled in the free and reduced lunch program. The other is for students who are not enrolled in the free and reduced lunch program but who need assistance with this monthly expense

*Food (Also see the *CV Emergency Food & Shelter* page.)*

School lunch/breakfast (ALL youth)

Backpack Food Program

NE Iowa Food Bank/Cedar Valley Food Pantry 1605 Lafayette St., W'loo

Daily 11:30-1:00 at Holmes, North Cedar, Orchard Hill)

Fridays at 11:30-1:00 from your school (3/27/2020)

Open Mon-Thur. 9-3 & Fri. 9-12 (no produce pantry at this time)

Cedar Falls School Counselor Contact Information?

Aldrich Elementary Dave Berns dave.berns@cfschools.org 319-553-3023	Holmes Jr. High Julie Rouse (A-K) julie.rouse@cfschools.org 319-553-2696	Cedar Falls High School Carrie Dieken carrie.dieken@cfschools.org 319-553-2634
Cedar Heights Elementary Jeni Barry jeni.barry@cfschools.org 319-553-2873	Holmes Jr. High Angela Wittmer (L-Z), Food Contact angela.wittmer@cfschools.org 319-553-2697	Cedar Falls High School Andrew Eisenmann andrew.eisenman@cfschools.org 319-553-2637
Hansen Elementary Jen Alexander jen.alexander@cfschools.org 319-553-2793	Peet Jr. High Rebecca Lins (A-K) rebecca.lins@cfschools.org 319-553-2767	Cedar Falls High School Erin Gardner erin.gardner@cfschools.org 319-553-2633
Lincoln Elementary Jennifer Jacobsen jennifer.jacobsen@cfschools.org 319-553-2977	Peet Jr. High Theresa Kenser (L-Z) theresa.kenser@cfschools.org 319-553-2766	Cedar Falls High School Susan Langan susan.langan@cfschools.org 319-553-2632
North Cedar Elementary Heidi Guse heidi.guse@cfschools.org 319-553-2824		Cedar Falls High School Chris Wood
Orchard Hill Elementary Kelly Moeller kelly.moeller@cfschools.org 319-553-2472		Cedar Falls Alternative School Dan Weichers dan.weichers@cfschools.org
Southdale Elementary Emily Thilges emily.thilges@cfschools.org 319-553-2922		