

IOWA COUNTY PARENTING RESOURCES

FAMILY RESOURCE CENTER OF IOWA COUNTY (935-7300) (frc@mhtc.net): Parenting classes and workshops; playgroup and family activities; infant massage class; car seat inspections by appointment; home visits to parents of infants and referrals to area resources/organizations; family literacy programs, English as a second language, and GED classes.

IOWA COUNTY HEALTH DEPARTMENT (930-9870). Free home visits to families before and after birth, immunizations, fluoride, water kits, and information. Also call for the Recommended Childhood and Adolescent Immunization schedule and information.

UPLAND HILLS BIRTHING SUITES (930-8000): Birthing classes, CPR for infants, breastfeeding support and information.

WIC (Call 935-2326 or 1-800-704-8555 and *ask for WIC*) (agraber@swcap.org). Provides nutrition information and counseling and food vouchers for women, infants, and children to age five.

BIRTH TO THREE PROGRAM (935-2776). Services for children 0-3 who have growth and/or development concerns.

SOCIAL SERVICES OF IOWA COUNTY (930-9801). Health insurance/Badger Care, Healthy Start or Medical Assistance. Help with finances, parenting, resource for licensed day care centers.

IOWA COUNTY EXTENSION OFFICE (930-9850) (ruth.schriefer@ces.uwex.edu) **Ruth Schriefer**. Information on children, parenting, growth and development. (donna.peterson@ces.uwex.edu) **Donna Peterson**. Nutrition information and resources.

HEAD START (935-5422) (swcaphs@mhtc.net). A comprehensive pre-school program providing a variety of educational, health and social services to children ages 3-5 and their families.

ACCESS COMMUNITY DENTAL CLINIC (935-5550) www.accesscommunityhealthcenters.org. Full-range of dental services for Iowa County residents with BadgerCare and Medicaid and uninsured people with low incomes.

FAMILY CONNECTIONS (1-800-267-1018 or 608-348-2846) (www.familyconnectionsswwi.org). Information on choosing safe, affordable and appropriate child care for children of all ages and needs, and respite care.

NEIGHBORHOOD HEALTH PARTNERS (1-877-449-7422) (rhcc@rhccenter.org). Located in Dodgeville at 930-7720 and Platteville at 348-9766. Health care that includes physical exams, screening and treatment services; contraception and pregnancy testing.

COMMUNITY CONNECTIONS FREE CLINIC (930-2232). Free medical services for those without health insurance on Tuesday and Thursday from 5:30 to 8:00 p.m. located in Dodgeville.

