



Parenting is hard enough.

Let Parent Pals help you carry the load.

From potty training and soothing temper tantrums to finding energy after your little ones sleepless night, parents like you are doing it all.

Parent Pals' free and voluntary services focus on ensuring your child's healthy development and building your parenting skills.

You will be matched with a professional who can:

- Regularly visit your home
- Share helpful parenting tips, strategies, and information
- Help you track immunizations and wellness checks for your child
- Help you with navigating community resources
- Be a listening ear when you need to talk



**Get started
with us today!**

Visit www.bemypal.org or
call us toll-free at 855.BemYPal

Scott County Resources

Apply for FIP, Foodstamps, Medicaid or Child Care Assistance

www.oasis.iowa.gov

Adult Probation/Parole Office-Scott County (563) 322-7986

After School Programs

Boys and Girls Club of the Mississippi Valley
Center for Alcohol & Drug Services (CADS)
Davenport Schools
Friendly House
Hope at the BRICK House
Lutheran East Side Mission
Martin Luther King Center
Project Renewal
Scott County Family Y
Stepping Stones - Davenport Schools

(309) 757-5777
(563) 326-4116
(563) 336-3808
(563) 323-1821
(563) 322-0382
(563) 323-6812
(309) 732-2999
(563) 324-0800
(563) 322-7171
(563) 528-0973

Birth to age 5

Child Care & Preschool Referrals
Child Care Resource & Referral
Community Action of Eastern Iowa-Head Start
Screening & Child Development
Children's Therapy Center
Early ACCESS (Birth to age 3)
Friendly House
Genesis Speech and Hearing
Mississippi Bend AEA
Parent Pals
Scott County Kids

(855) 244-5301
(563) 324-3236
(309) 762-9552
(563) 344-6271
(563) 323-1821
(563) 421-3497
(563) 344-6271
(563) 271-6966
(563) 326-8221

Bully Prevention Programs

Pete the Purple Bull (855) 485-4445

Clothing - please call for hours and availability

Bethany for Children and Families
Coats for Kids
Dress for Success Quad Cities
Family Services, Friendly House
Grace United Methodist Church
Pregnancy Resources
maternity, and baby through 3T
Sacred Heart Cathedral
Salvation Army of the Quad Cities
St. Matthew Clothing Closet
Temple Baptist Church Clothing Giveaway

(563) 324-9169
(563) 359-1371
(563) 322-1010
(563) 323-1821
(563) 326-5631
(563) 386-3737
(309) 797-3636
(563) 324-3257
(563) 324-4808
(563) 391-2802
(563) 326-5966

College Prep

Degree Experience (563) 650-9175

Counseling & Mental Health

Bethany for Children and Families
Butterfly Beginnings Counseling
Catholic Charities
Center for Alcohol & Drug Services (CADS)
Child Abuse Council - Safe From the Start
Child Health Specialty Clinics
Community Centered Counseling Services
Community Health Care - Davenport
Eagle View Behavioral Health Hospital children/adolescent
Inpatient/outpatient; 24-hr assessment and referral
Family Care Solutions - Bettendorf
Families First Counseling Services
Families, Inc.
Family Counseling & Psych Center
Family Empowerment Services
Family Resources, Inc.
Genesis Psychology Associates
Gilda's Club
Healing Heart Center
Integrated Health Home
Family Resources
Vera French Mental Health Center
Leaders of Tomorrow
Life Connections
Life Line Resources, LLC
Lutheran Services in Iowa
Marriage and Family Counseling Services
Mid-Iowa Family Therapy Clinic
National Alliance on Mental Illness
of the Greater Mississippi Valley (NAMI GMV)
New Life Outpatient Center
Project of the Quad Cities
Psychology Health Group
Rick's House of Hope
Robert Young Center (Adult and Youth)
Robert Young Center Community Support Program
Robert Young Center Partial Hospital Program (PHP)
Robert Young Center Psychiatry services
Family Resources' Survivor Services Department
Salvation Army - Drug Addiction Services
Scott County Mental Health Advocate
Scott County Children's Mental Health
System of Care
Vera French Community Mental Health Center

Crisis Numbers/Assistance
Alcoholics Anonymous 24-hour hotline
American Cancer Society
American Forces Emergency Services

(563) 324-9169
(563) 349-9595
(563) 788-9581
(563) 322-2667
(309) 736-7170
(563) 421-3030
(563) 388-1039
(563) 336-3000
(563) 396-2100
(563) 332-0520
(888) 316-3025
(319) 643-2532
(563) 355-1611
(563) 579-7790
(563) 445-0557
(563) 355-2577
(563) 326-7419
(563) 370-7995
(855) 277-0430
(563) 383-1900
(563) 323-0478
(563) 359-6750
(563) 322-8080
(563) 322-7419
(309) 786-4491
(563) 355-0635
(563) 386-7477
ext. 266
(563) 355-0055
(309) 762-5433
(563) 359-4049
(563) 888-6229
(309) 779-3000
(309) 779-2094
(309) 779-3000
(309) 779-3000
(309) 779-3000
(866) 921-3354
(563) 323-2748
(563) 326-8741
(563) 326-8221
(563) 383-1900
(309) 764-1016
(309) 794-0601
(309) 743-2166

American Red Cross 24-hour hotline
Child Abuse Hotline - reporting
Child Abuse Council
Child Protection Response Center
Child Support Recovery Unit
Churches United
Community Action of Eastern Iowa
Crime Stoppers of the Quad Cities
Crime Victim Compensation
Davenport Civil Rights Commission
Dependent Adult Abuse - reporting
Domestic Violence/Sexual Assault 24-hours
Eastern Iowa Mental Health And Disability Services Region
24-hour Crisis Line
Clinton, Jackson, Scott, Cedar, Muscatine

(309) 743-2166
(800) 326-2178
(309) 736-7170
(563) 200-1102
(888) 229-9223
(309) 764-9466
(563) 324-3236
(309) 762-9500
(800) 373-5044
(563) 326-7888
(800) 326-2178
(866) 921-3354
(844) 430-0375

Esperanza Center
Friendly House
Gamblers ADDS Treatment Service
Global Communities
HELP Legal Aid Services
Hope at the BRICK House
Humane Society
Iowa Department of Human Services
Iowa Gambling Treatment Program
Mississippi Valley Child Protection Center
Open Door Crisis Program
Poison Control
Pregnancy Resources
Project of the Quad Cities
Promise Jobs
Rick's House of Hope
Robert Young Center Access Center
Safe Families for Children
Scott County Bar Association
Scott County Community Services
Scott County Extension
Scott County Humane Society
Suicide Prevention Lifeline
Violent Crimes
Your Life Iowa

(309) 732-0026
(563) 323-1821
(563) 322-1036
(309) 207-1327
(563) 322-6216
(563) 322-0382
(563) 388-6655
(563) 326-8794
(800) BETSOFF
(563) 264-0580
(563) 265-5500
(800) 222-1222
(563) 386-3737
(309) 797-3636
(309) 762-5433
(563) 336-3484
(309) 779-3000
(563) 949-9803
(563) 326-4491
(563) 326-8723
(563) 359-7577
(563) 388-6655
(800) 273-8255
(866) 921-3354
(855) 581-8111

Driver's License
Department of Motor Vehicles
Drug Court - Scott County

(563) 386-1050
(563) 484-5844

Employment
Experience Works
Goodwill Employment Services

(563) 391-0497
(563) 327-0150

Iowa Vocational Rehabilitation Services
helping disabled individuals find employment
 IowaWORKS
 Job Corps
 Promise Jobs
 Proteus - help with job placement and education
Family Wellness Court
 (563) 386-1200
 (563) 445-3200
 (563) 445-0656
 (563) 445-3200
 (800) 372-6031
 (563) 322-2667

Food Assistance
 Central Community Circle
 Churches United
 Department of Human Services
 Metropolitan Community Church QC Mini-Pantry
 S.H.A.R.E. Iowa - Sacred Heart
 (563) 322-8253
 (563) 332-5002
 (563) 326-8680
 (563) 528-0973
 (563) 324-3257

Holiday Food Programs
 Friendly House
 Salvation Army
 Women, Infants & Children (WIC)
 CHC River Drive
 CHC Edgerton
 ext. 11
 (563) 323-1821
 (563) 391-5325
 (563) 336-3000

Hot Meal Sites
 Cafe on the Vine
 Churches United
 St. Anthony's Church
 (563) 324-4472
 (563) 332-5002
 (563) 322-3303

Foster Care / Adoption
 Four Oaks Family Connections
 (844) 380-2533

Healthcare
Childhood Lead Screening (6-72 months)
 Scott County Health Department
 (563) 326-8618

Dental
 Bethany for Children and Families
 Community Health Care, Inc. - Davenport
 I-Smile™ Program
 (563) 324-9169
 (563) 336-3000
 (563) 326-8645

Immunizations
 Scott County Health Department
 (563) 326-8618

Medical
 Care For Kids, Scott County Health Department
 Community Health Care, Inc. - Davenport
 CHC River Drive
 CHC Edgerton's
 (563) 328-4114
 (563) 336-3000
 (563) 326-8645

Concentra Urgent Care
 Eagle View Behavioral Health Hospital children/adolescent
 Inpatient/outpatient; 24-hr assessment and referral
 (563) 359-1170
 (563) 396-2100

Genesis Medical Center - Davenport
 Genesis Outpatient Pediatric Therapy Center
 Genesis Urgent Care - Bettendorf
 Genesis Urgent Care - Davenport
 (563) 421-1000
 (563) 421-3497
 (563) 421-3700
 (563) 421-3800

Genesis Visiting Nurse
 Hawki
 Medicaid
 AmeriGroup
 Iowa Total Care
 Proteus (mobile health clinics for Migrant and Seasonal Workers)
 Select Hospital
 Trinity at Terrace Park - Bettendorf
 Trinity Medical Center - Moline
 Trinity Express Care
 Unity Point Health Trinity - Rock Island
 Robert Young Center Psychiatry Services
 (563) 421-5500
 (800) 257-8563
 (855) 889-7985
 (800) 600-4441
 (800) 464-9484
 (800) 372-6031
 (563) 468-2000
 (563) 742-5000
 (309) 779-5000
 (563) 742-4350
 (309) 779-3000
 (309) 779-3000

Gambling Prevention & Treatment
 Robert Young Center
 (563) 823-4500

Housing
 180 Zone - rehab program
 Bethany for Children and Families
 Family Resources Emergency Youth Shelter Services
 Humility Homes and Services, Inc.
 Kings Harvest
 Kinsman Youth Shelter
 Safe Families for Children - children only
 Family Resources' Survivor Services Department
 Salvation Army of the Quad Cities
 Vera French Homeless Outreach Program
 (563) 424-4589
 (309) 797-7700
 (563) 326-6431
 (563) 322-8065
 (563) 570-4539
 (844) 364-0259 #8
 (563) 949-9803
 (866) 921-3354
 (563) 324-4808
 (563) 322-5276

Immigration & Refugee Services
 Casa Guanaquato Quad Cities
 Educational programs, interpretation and advocacy (Spanish)
 Immigration Program
 Iowan Center
 Scott Community College
 English as a Second Language (ESL)
 U.S. Citizen and Immigration Services
 World Relief
 (309) 736-7727
 (563) 324-1911
 (877) 891-5283
 (563) 326-5319
 (800) 243-8237
 (309) 764-2279

Libraries - computer access
 Augustana Library
 Bettendorf Public Library
 Davenport Public Library
 Scott Community College Library
 Scott County Library System
 St. Ambrose Library
 (309) 794-7206
 (563) 344-4175
 (563) 326-7832
 (563) 441-4150
 (563) 285-4794
 (563) 333-6246

Mental Health Court - Scott County
 (309) 230-6579

Mentoring
 Big Brothers Big Sisters of the Mississippi Valley
 *check with your child's school for more mentoring programs
 (563) 323-8006

Military Family Support

Army Community Service (309) 782-0829
 School Liaison Officer (309) 782-6515

Parenting Services

Bethany for Children and Families (563) 324-9169
 Bright Beginnings - Genesis VNA (563) 421-5070
 Casa Guanajuato Quad Cities (309) 736-7727
 Child Abuse Council Doula Home Visiting (309) 736-7170
 Child Care Resource and Referral (855) 244-5301
 Children in the Middle (Scott Comm. College) (563) 441-4100
 Family Development (FADSS) (563) 324-3236
 Family Resources, Inc. (563) 445-0557
 Father Advocate Program (Lutheran Services in Ia (563) 322-7419
 Genesis Family Connects (563) 421-5070
 HISET - Lutheran Services in Iowa (563) 271-6966
 Iowa State University Extension - Scott County (563) 359-7577
 Nurse Family Partnership - Scott & Clinton (563) 244-4922
 Parent Pals (855) 271-6966
 Parent Partners (262) 617-1095
 Pregnancy Resources (563) 386-3737
 Davenport (309) 797-3636
 Moline

Robert Young Center at Trinity (309) 779-3000
 Parent & Caregiver Support Group (563) 421-5070
 Scott County Kids Nest

Respite

Hand in Hand (563) 332-8010
 Handicapped Development Center (563) 344-8688
 New Choices (563) 355-5502
 Safe Families for Children (563) 949-9803

School Districts

Bettendorf Community Schools (563) 359-3681
 Davenport Community Schools (563) 445-5000
 Diocese of Davenport (563) 324-1911
 Mississippi Bend AEA (563) 359-1371
 Moline School District (309) 743-1600
 Morning Star Academy (563) 359-5700
 North Scott Community Schools (563) 285-4819
 Parent & Educator Connection Program (563) 344-6287
 Pleasant Valley Community Schools (563) 332-5550
 Quad City Montessori (563) 355-1289
 Rivermont Collegiate (563) 953-1366
 Rock Island/Milan School District (309) 793-5900
 Trinity Lutheran Church and School (563) 322-5224

Senior Services

CASI Center for Active Seniors, Inc. (563) 386-7477

Social Security Administration

(855) 420-8556

Substance Abuse

At-Anon Family Groups (563) 323-1521
 Alcoholics Anonymous (309) 764-1016
 CADS - East Locust Outreach (563) 326-4116
 Center for Alcohol & Drug Services (CADS) (563) 322-2667
 Genesis Health Multiple Addictions Recovery Ctr. (563) 421-2900
 Riverside Alcohol & Drug Treatment (309) 793-3000
 Rosecrance New Life Outpatient Center (563) 355-0055
 Salvation Army ARC (563) 323-2748
 The Abbey (800) 438-7535

Transportation

Bettendorf Transit System (563) 344-4085
 City of Davenport Public Transportation (563) 888-2151
 Medicaid Insurance Recipients call your MCO
 AmeriGroup
 Iowa Total Care (800) 321-4441
 Metrolink (833) 428-6825
 River Bend Transit (309) 788-3360
 (563) 386-7484

Utilities

Community Action of Eastern Iowa (563) 324-3236

Veterans

Commission of Veterans Affairs-Scott County (563) 326-8723
 Goodwill Veterans Services (563) 327-0150
 Quad Cities Vet Center - Moline (309) 762-6955
 Rock Island County Veteran's Assistance (309) 558-3545

Youth Support

Achieving Maximum Potential (AMP) (563) 920-6041
 Arrowhead Ranch (309) 799-7044
 Bethany for Children and Families (563) 324-9169
 Big Brothers Big Sisters (563) 323-8006
 Casa Guanajuato Quad Cities (309) 736-7727
 Family Resources' Survivor Services Department (866) 921-3354
 HALO Mentoring Program (563) 381-3741
 Iowa Aftercare Services-foster care transition (563) 468-2188
 Juvenile Court Services (563) 326-8612
 Lutheran Services in Iowa (563) 322-7419
 Place2b (309) 786-2030
 Project of the Quad Cities (309) 762-5433
 Rick's House of Hope (563) 888-6229
 Robert Young Center - Enrichment Center (309) 779-3000
 Safer Foundation
 Youth Empowerment Program YEP (563) 322-7002
 IMPACT (563) 424-1976
 Scott County Kids Family Support Panel (563) 326-8221
 The Center (563) 323-5295
 Treasure Box U-S (Beverly Woods) (563) 940-8222
 Youth Law Hotline (800) 728-1172