

Monona County Community Directory



Family and Parenting:

Be There Iowa – Your Guide to Better Parenting

Iowa Attorney General

1305 E. Walnut St.

Des Moines, IA 50319

Phone: 515-281-5164

Website: <http://www.bethere.iowa.gov/>

“The links provided on the site will take you to a variety of parenting websites from all over the country. We hope that you will find information that will help you with the challenges of parenthood.

BeThere.Iowa.Gov is sponsored by the Iowa Attorney General’s Office and the Iowa Department of Human Services, Child Support Recovery Unit.”

Department of Human Services (DHS)

Harrison County DHS (Also serves Monona County)

204 East Sixth St, P.O. Box 189

Logan, IA 51546

Phone: 1-800-326-7732

Statewide Abuse Hotline: 1-800-362-2178

Website: http://dhs.ia.gov/Consumers/Find_Help/County_Offices/monona.html

Offers children and family services, financial support, medical assistance, food stamps, mental health & disability services.

Learning for Life Parenting Program

Monona County Public Health

610 Iowa Ave.

Onawa, IA. 51040

Phone: 712-433-1773

Website: http://mononacountypublichealth.org/Learning_for_Life.html

This is the only parenting home visiting program in the county for parents and their children from birth through age 5. This is a free program to help give your child the best start in life and prepares your child/children for a positive school experience. This program helps your child develop physically, emotionally and socially in the comfort of your own home at a time that is convenient for you.

Family and Parenting: (continued)

Learning for Life Parenting Program (continued)

The Learning for Life program is presented to Monona County residents by certified Parents as Teachers (P.A.T.) educators. Our certified public health staff uses the P.A.T. curriculum, which is an internationally recognized program that promotes school readiness. This program is funded by Early Childhood Iowa grant funds.

Important aspects of the Learning for Life (LFL) Program:

- Home visits to help you learn about child development, how your child's brain is developing, talk about concerns, ask questions, and share the joys and frustrations of parenting.
- Developmental screenings to reassure you of your child's progress and to help identify potential problems.
- Parenting groups to help learn from one another and to support one another.
- A resource network that can help parents find services in their community, if needed.

Why join?

- Free early learning program services.
- To learn more about your child's growth and development.
- To turn your child's every day experiences into fun-filled learning opportunities.
- To receive research-based, practical answers to your parenting questions.
- To create an eager learner who is ready for school.
- To learn ways to build a stronger relationship with your child.
- To get a "pat on the back" for the things you are doing well as a parent.

Monona County Extension Service

119 Iowa Ave.

Onawa, IA. 51040

Phone: 712-423-2175

Website: <http://www.womenshealthiowa.info/parenting.htm>

Provides many educational publications regarding child care, parenting, food safety, nutrition and health, consumer decision, financial management, housing choices and more.

- **Family Storyteller Time** - Family literacy program for parents and children ages 3-6 years to help parents prepare their children to succeed in school, watch their children grow in independence, get a special time with their children and have fun enjoying books with their children. During the six workshops on Thursday evenings at the Onawa Public Library, families will receive a free book each week, will practice parent/child reading techniques, learn about activities that enhance the value of reading, and receive materials for additional activities to do at home.
<http://www.extension.iastate.edu/calendar/ShowEventDetail.asp?programID=171790&sessionID=222688>

Family and Parenting: (continued)

Monona County Extension Service (continued)

- **Strengthening Families Program** – For parents and youth age 10-14. This is a parent, youth and family skills-building program designed to:
 - Prevent teen substance abuse and other behavior problems
 - Strengthen parenting skills
 - Build family strengths

Click the following link for more information or call the Monona County Extension Service at 712-423-2175: <https://www.extension.iastate.edu/sfp/>

Parent-Child Interaction Therapy (PCIT)

Facilitated by therapists from Burgess Mental Health

1600 Diamond St.

Onawa, IA 51040

Phone: 712-423-9160

Website: <http://www.pcit.org/>

Parent-Child Interaction Therapy (PCIT) is an empirically-supported treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. PCIT International was created to promote fidelity in the practice of Parent-Child Interaction Therapy through well-conducted research, training, and continuing education of therapists and trainers. By creating an interface between the scholarly activities of PCIT researchers and the expertise of front-line clinicians, PCIT International promotes healthy family functioning.

The goals of PCIT International are to:

- Foster the growth and expertise of the network of local, regional, national, and international PCIT therapists
- Highlight the research activities and clinical innovations developed by the PCIT community
- Empower parents to make changes that will lead to a nurturing and secure relationship with their children
- Improve the lives of children and families worldwide through the provision of sound, empirically-based assessment and treatment.