

Welcome to the East Central Region (ECR)!

We want to let you know about some important services provided FREE to you.

Wellness Center, Drop-in, or Peer Recovery Zone:

They all serve as a peer recovery community center that exists to advocate for and support individuals seeking to initiate or maintain recovery from behavioral health and/or substance abuse issues. By its very existence, it makes real the belief that recovery from mental illness and substance abuse is possible.

To request transportation to the center in your area, contact your local ECR office.

Find a center near you:

Benton, Buchanan, and Delaware Counties

Plugged-In Iowa – Peer Recovery Zones Contact Jason Orent 319-432-4748

Benton County

E.C.H.O. Ministries

109 W 4th St. Vinton

Fri. 12:00 noon to 4:00 p.m.

Facebook page - **Peer Recovery Zone - Vinton Iowa**

Buchanan County Senior Center

400 5th Ave. NE, Independence

Tues & Thurs. 2:00 to 6:00 p.m.

Facebook page – **Peer Recovery Zone – Independence Iowa**

Delaware County Community Services

601 Grant St., Manchester

Mon. & Wed. 11:00 a.m. – 3:00 p.m.

Friday 11:30 a.m. – 3:30 p.m.

Facebook page – **Peer Recovery Zone – Manchester Iowa**

Bremer County

Cedar Valley Community Support Services 319-233-1288

CVCSS Club

3121 Brockway Rd., Waterloo

Club hours are 8:00am – 4:00pm Monday through Friday with some additional weekend and evening hours offered each month.

Find the current calendar of activities on Facebook at **CVCSS Club**

Dubuque County

Hillcrest Family Services Contact Kayla Nemmers 563-690-1239 ext. 2259

Hillcrest Wellness Center

225 W 6th St., Dubuque

Mon. – Fri. 11 a.m. to 4:00 p.m.

Facebook page – **Hillcrest Wellness Center**

Johnson County

NAMI Johnson County Contact Jenn Day 319-354-3455

R Place Peer Center

10 East Benton St., Iowa City

Mon – Fri. 1:00 – 5:00 p.m.

Sat. 10:30 – 2:30

Find them on Facebook **R Place Peer Center**

Together Not Alone (Abbe Center)

1039 Arthur St., Iowa City

Tues. & Thurs. 9:30 – 12:30

Shamielle or Jessie 319-338-7884

Linn County

Abbe Center for Community Mental Health Contact Cheryl Schatzle 319-398-3562

Club 520

520 11th St. NW, Cedar Rapids

Tues. 1:00 to 4:00 p.m.

Thurs. 1:00 – 3:45 p.m.

Coffee groups:

520 11th St. NW, Cedar Rapids

Mon. 9:00 a.m. to 12:00 noon

Tues. 9:00 a.m. to 10:00 a.m.

Thurs: 9:00 a.m. to 10:00 a.m.

Benton

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Bremer

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Waverly, IA 50677
319-352-2993
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Buchanan

210 5th Ave NE
Independence, IA 50644
319-334-7450
Julie Davison
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Delaware

601 Grant St
Manchester, IA 52057
563-927-5116
Peggy Petton
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Dubuque

Dubuque Co Courthouse
720 Central
Dubuque, IA 52001
563-589-7870
Jody Jansen
jjansen@ecriowa.us

Iowa

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Conroy, IA 52220
319-662-4245
Marilyn Austin - Liaison

Johnson

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Or go to <https://ecriowa.org/contact/>