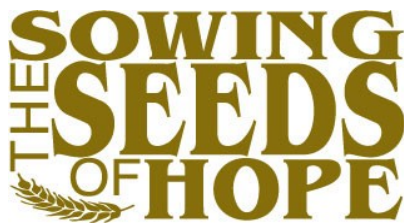


IOWA STATE UNIVERSITY

University Extension

Available Programs & Resources



Sowing the Seeds of Hope 1-800-447-1985

- Sowing the Seeds of Hope provides up to five free visits to speak to a professional counselor who can assist you with: Marital Conflict, Family Conflict, Financial Concerns, Stress, Crisis
- <http://www.extension.iastate.edu/iowaconcern/seedsofhope.html>
- For free brochures, call toll free number



TEEN Line 1-800-443-8336

- Toll-free line Iowa teenagers can call to discuss issues they are facing 24/7
- Personal and health related information and referral
- <http://www.extension.iastate.edu/teenline/>

Available Publications:

- Brochure (EDC 51)



Iowa 211 2-1-1

- Iowa's Information & Referral database for Health & Human Services
- <http://www.211iowa.org>



Iowa Concern Hotline 1-800-447-1985

- Financial questions, legal issues, family transitions
- Phones are answered all hours, all days
- <http://www.extension.iastate.edu/iowaconcern>

Available publications are:

- Hotline numbers card (PD071)
- Business card (ICH 2)
- Stress Testing card (ICH7)
- Magnet (ICH6)
- Large Poster (ICH 1)
- Small Poster (ICH 3)
- Hotline numbers (PDO 71)
- Websites (SP214)



Iowa Healthy Families Line 1-800-369-2229

- Health information and referral for pregnancy, immunizations, breast & cervical cancer, and others women's health issues
- <http://www.womenshealthiowa.info>



Bets Off 1-800-BETS-OFF

- Call to be connected to a treatment program.
- Concerned about a family member or friend? Call for information.
- <http://www.1800betsoff.org/>



Beginning Farmer Center 1-877-BFC-1999

- Farm On—A service that matches existing farmers with an unrelated person who wants to enter farming.
- Ag Link—A four-day workshop for students and their families who will be entering a multiple generation farm business.
- <http://www.extension.iastate.edu/bfc/>