

COUNSELING & THERAPY AVAILABLE IN JONES COUNTY

***ABBE Center for Community Mental Health***  
**Jones Regional Medical Center - Anamosa**

Medication Management  
Carol Aunan, Nurse Practitioner  
(Monday & Thursday, 9:00 am - 4:30 pm)

Individual/Marriage and Family Therapy  
Jim Aspinall, LMFT, MSW  
Tuesday 9:00 am - 4:30 pm

Schedule Appointments with Abbe Center for Community Mental Health 319-398-3562  
**Request a Jones County Appointment**

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***Life Connections***  
**110 South Williams Street, Anamosa Community Schools**

Schedule Appointments, 319-313-5510

Services Provided:  
Mental Health Therapy  
Behavioral Health Intervention Services  
Family Centered Services for Juvenile Court Children & High Risk Children  
Mental Health Wrap Around Fund  
Jones County Volunteer Center

(Title XIX, Blue Cross & Blue Shield, Sliding Scale)  
Title XIX Families have the option to choose that the student receive services at school.

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***Jones Regional Counseling Center***  
**Jones Regional Medical Center - Anamosa**

Family Therapy  
Individual Therapy  
David Kleist, MA, LMFT  
Monday – Friday, Times Vary

Schedule appointments, 319-481-6386  
David.Kleist@unitypoint.org

***Sunrise Therapy & Counseling Services***  
**216 W. 1st Street, Monticello**

Specialize in children and adolescents and family therapy

Nicole Monk-Stoneking, LISW, PRT

319-481-2221

[www.sunrisetherapyandcounseling.com](http://www.sunrisetherapyandcounseling.com)

(Private Pay, Blue Cross / Blue Shield, Midland's Choice, Medicaide)

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***Hillcrest Family Services***

818 W. 1<sup>st</sup> Street, Suite 100, Monticello (John McDonald Building)

Mental health counseling and medication management

319-844-1119

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***Heart and Solutions***  
**Cedar Rapids**

Mental Health Therapy

Marriage and Family Therapy

Behavioral Health Intervention Services

Schedule Appointments – 800-531-4236

Some insurance companies allow students to receive services at school.

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***Area Substance Abuse Council (ASAC)***  
**405 East Main Street, Anamosa**

Substance Abuse Counseling

462-4327

Monday – Friday 8:00 am – 5:00 pm

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***Foundation 2 Crisis Line***  
**1-800-332-4224**

9/7/17