Effective 11/6/19, CFR’s Outpatient Clinic in Ames, located at 1619 S. High Ave., has adjusted their hours of Same Day Access Evaluations to the following:

**THURSDAY**  2:00 PM-6:00 PM  
**FRIDAY**  10:00 AM-3:00 PM  
**SATURDAY**  9:00 AM-12:00 PM

In order to streamline your visit, prior to your appointment you may access and complete the intake forms in the Client Portal found at:  
www.cfrhelps.org/patient-portal

Community & Family Resources is part of the IDPH Integrated Provider Network, with services funded by the Iowa Department of Public Health and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.