

Agency	Contact Name	Address	Phone number/ email	Website	Notes
A	Health Related Services				
1	Chronic Disease Management				
Better Choices/Better Health	Janet Buls	Northeast Iowa Area Agency on Aging	319-231-1551; jbulb@nei3a.org		
		Program site: Cedar Falls Healthy Lifestyle Center, 528 Main Street, Cedar Falls, IA 50613; (866) 468-7887			Cedar Falls, Black Hawk County
		Program site:Thunder Ridge Senior Apartments, 202 N. Magnolia Drive, Cedar Falls, IA 50613: (866) 468-7887			Cedar Falls, Black Hawk County
		Program site: Dunkerton Satellite Meal Program, 301 S. Washington, Dunkerton, IA 50626; (800) 423-2449			Dunkerton, Black Hawk County
		Program site: Waterloo Senior Center 2101 Kimball Ave, Waterloo, IA 50702; (866) 468-7887			Waterloo, Black Hawk County
		Program site: Waterloo Walnut Court, 315 Walnut St. Waterloo, IA 50703; (866) 468-7887			Waterloo, Black Hawk County
		Programt site: Buchanan Co. Sr. Ctr, 400 5th Ave NE, Independence, IA 50644; (866) 468-7887			Independence, Buchanan County
	Program				

Fresh Conversations	Coordinators - Anne Blocker, 564 568-1824; Janet Buls 319-231-1551 Northeast Iowa Area Agency on Aging	Program site: Lamont City Hall, 64 Bush Street, Lamont IA 50650; (319) 334-7011	Anne Blocker, 564 568-1824; Janet Buls 319-231-1551		Lamont, Buchanan County
		Program site: Veterans Memorial Community 308 Mill Ave Elgin, IA 52141; 866 468 7887			Elgin, Fayette County
		Program site: Oelwein Senior Dining Center 25 W. Charles Oelwein, IA 50662; 866 468 7887			Oelwein, Fayette County
		Program site: West Union Sr. Ctr 107 Armour St, West Union, IA 52175; (866) 468-7887			West Union, Fayette County
		Program site: Grundy Center Senior Center, 705 F Ave. Grundy Center, IA 50638; (866) 468-7887			Grundy Center, Grundy County
		Program site: Dorothy's Sr. Ctr, 1306 17th Ave, Eldora, IA 52627; (866) 468-7887			Eldora, Hardin County
		Program site: Iowa Falls Sr. Ctr, 216 S River St Iowa Falls, IA 50126; (866) 468-7887			Iowa Falls, Hardin County
		Program site: Toledo Senior Center, 103 S church Str. Toledo, IA 52342; (866) 468-7887			Toledo, Tama County
State-Certified		UP Spec Clin Diab/Endo P.Pky - 5100 Prairie Pkwy #202, Cedar Falls, IA 50613	(319) 222-2750	<a href="https://www.unityp
oint.org/waterloo/c
linic.aspx?id=38">https://www.unityp oint.org/waterloo/c linic.aspx?id=38	Cedar Falls, Black Hawk County.

Diabetes Self-Management Education Programs/Sites		UP Health Grundy County Mem Hosp - 201 E J Ave, Grundy Center, IA 50638	(319) 824-5421	https://www.unitypoint.org/grundycounty/default.aspx	Grundy Center, Grundy County
		Covenant Medical Center - 3421 W 9th St, Waterloo, IA 50702	(319) 272-8000	https://www.mercyone.org/northeastiowa/find-a-location/waterloo-medical-center/	Waterloo, Black Hawk County
Diabetes Prevention Program, Recognized Lifestyle Change Program		Grundy County Memorial Hospital, 201 East J Ave. Grundy Center, IA 50638	(319) 824-4161		Grundy Center, Grundy County
		Meskwaki Health Clinic, 1646 305th St. Tama, IA 52339	(641) 484-4094		Tama, Tama County
		Waterloo – Crossroads Hy-Vee, 1422 Flammang Dr. Waterloo, IA 50701	(319) 234-7523		Waterloo, Black Hawk County
Diabetes Prevention Program		Black Hawk County YMCA, 669 South Hackett Rd, Waterloo, IA 50701	(319) 233-3531	https://www.blackhawkymca.org/healthy-living/health-well-fitness/diabetes-	Waterloo, Black Hawk County
Medication Therapy Management	Amy Rueber	Peoples Community Health Clinic Pharmacy, 905 Franklin Street, Waterloo IA 50703	(319) 272-4300		
YMCA BPSM (Blood Pressure Self-Monitoring)		Black Hawk County YMCA, 669 S Hackett Rd, Waterloo, IA 50701	(319) 233-3531	https://www.blackhawkymca.org/blood-pressure-self-monitoring-program/	
2	Clinics				
Community Health Clinics / Free Clinics					
People's Community Health Clinic	Lanett Kane	905 Franklin Street, Waterloo, 50703	319-272-4300		

ACESAP (Allen Community Engagement Salvation Army Partnership) Free Clinic	Rus De Bonis	207 Logan Avenue, Waterloo, 50703	319-235-9358		Hours: Wednesdays, 9:00 a.m. - 5:00 p.m. No appointment necessary
IHOPE Free Clinic	Augusta Sires	722 S. Hackett, Waterloo, 50703	319-230-4856	http://www.freeclinicsofiowa.org/clinics/info/ihope-free-medical-clinic	
WISEWOMAN Clinics					
Allen Women's Health	Sandy Keller	1825 Logan Ave, Waterloo, IA, 50703	319-235-5095		
Allen Women's Health -Independence	Sandy Keller	1600 1st St. East, Independence, IA 50644	319-235-5096		
Peoples Community Health Clinic, Inc.	Lanett Kane	905 Franklin Street, Waterloo, 50703	319-874-3487		
Matthew J. Smith, M.D.	Lisa Knipp	212 W. Dale, Suite 303, Waterloo, IA 50703	319-235-3568		
3	Community Gardens				
Cedar Falls Community Gardens				http://cfcommunitygardens.org/	
Iowa State Extension Office	Justin Edwards		319-234-6811	http://www.extension.iastate.edu/blackhawk/news/cedar-valley-garden-locations	
4	Farmers' Market				

Cedar Falls Farmer's Market	Brandon Brown	3rd & Clay St - along Overman Park, Cedar Falls	319-984-5307 brandongardens1152@gmail.com		May 04, 2019 - Oct 26, 2019; Closed on : Jun 29, 2019 [Sat 08:30 AM - 12:00 PM]
Cedar Valley Farmers Market at Kimball Ridge	Mark Litteaur	inside the SE corner of Kimball Ave & Ridgeway Rd, behind Covenant Cancer Treatment Center, Waterloo	319-296-1840		May 07, 2019 - Oct 29, 2019 [Tue 03:30 PM - 06:00 PM]
Cedar Valley Farmers Mkt at Shiloh Baptist Church	Mark Litteaur	3525 Sager Ave, near the intersection of Katoski & Greenhill Rd, Waterloo	319-296-1840		May 02, 2019 - Oct 24, 2019, [Thu 03:00 PM - 06:00 PM]
College Hill Farmers Market	Jodie Huegerich	2205 College St, Corner of College St. and 22nd, Cedar Falls	319-273-7883, jodie.huegerich		Jun 06, 2019 - Oct 31, 2019 [Thu 04:00 PM - 06:00 PM] Closed on : Jul 04, 2019
Dunkerton Farmers Market	Tina Brown	114 W Main St, Gazebo Park, Dunkerton	319-822-4247		May 13, 2019 - Oct 28, 2019, [Mon 05:00 PM - 07:00 PM]
Kimball Ridge Family Market	Carolyn Adolphs	155 E Ridgeway Ave, NE corner Kimball Ave & Ridgeway Ave, Waterloo	319-478-8624, cadolphs@yahoo.com		May 04, 2019 - Oct 26, 2019 [Sat 08:00 AM - 12:00 PM]
Waterloo Urban Farmers Market - Saturdays	DaQuan Campbell	460 Jefferson Street, River Loop Expo Plaza, Waterloo	319-291-2038, urbanmarket@mainstreetwaterloo.org		May 04, 2019 - Oct 26, 2019 [Sat 08:00 AM - 12:00 PM]
Iowa Farmer's Markets				http://www.idalsdata.org/fmnp/index.cfm?fuseaction=main.formFarmersMarketDirectory	
5	Free Blood Pressure Screenings				
6	Fitness/Recreation				
Black Hawk County YMCA		Address: 669 S Hackett Rd, Waterloo, IA 50701	(319) 233-3531	https://www.blackhawkyymca.org/	Scholarships for membership available

YWCA		425 Lafayette St, Waterloo, IA 50703	(319) 234-7589	https://www.ywcabhc.org/	Scholarships for membership available
Grundy Family YMCA		102 East G Ave, Grundy Center, IA 50638	319-825-6210	https://www.blackhawkymca.org/grundy-center/grundy-branch/	
Cedar Falls Recreation Center		110 East 13th Street, Cedar Falls, IA 50613	319-273-8636	http://www.cedarfalls.com/302/Rec-Center	Very reasonable costs for Cedar Falls residents
Cedar Valley Sports Plex		300 Jefferson Street, Waterloo 50701	319-291-0165	http://www.cvsportsplex.org/	
7	Mental Health Resources				
Black Hawk Mental Health Center	Tom Eachus	3251 W. 9th Street, Waterloo IA 50702	319-234-2893	https://www.unitypoint.org/waterloo/mental-health.aspx	
Iowa Helpline	Julie Davison Juli Cameron		jdavison@co.buchanan.ia.us, jcameron@co.buchanan.ia.us (319) 334-7450.	https://iowahelpline.org/	Talk 24 hours/day: 1-855-800-1239 Chat: IowaHelpLine.org Text: 1-855-800-1239
Mental Health and Disability Services of the East Central Region. Serving Buchanan County	Julie Davison	210 5th Avenue NE, Independence IA 50644	319-334-7450	https://www.buchanancountyiowa.org/services/community_services/coordinators_of_disability_services.php; https://ecriowa.org/	
NAMI (National Alliance on Mental Illness) Iowa	Heather Strachan		515.254.0417 heather@namiia.org		
	Emily Berry (Iowa Office of Consumer Affairs)		515-254-0417 or emily@namiia.org		Iowa Office of Consumer Affairs is available Monday-Friday, 8:30AM—4:30PM and can be reached at 855-622-4692 or info@ocaiowa.org

Suicide Hotline (national)			1-800-273-8255		
Suicide Prevention (national) Hotline (Spanish)			1-888-628-9454		
Hope 4 Iowa			crisis call line 844 673 4469; hope4iowa@boystown.org	https://swiamhds.com/hope4iowa/	The HOPE 4 IOWA Crisis Call Line connects individuals in crisis to a helping hand and the resources to address and improve mental wellness. Available 24/7. Have a question? You can also email the Hope 4 Iowa Crisis Line at hope4iowa@boystown.org. One of our counselors will respond within 24 hours.
Lutheran Services of Iowa			(712) 323-1558		Licensed therapist provides counseling for children and adolescents. Expertise in trauma-informed care, adverse childhood experiences, sexual assault crisis advocacy, health promotion and education. Accepts both Medicaid and private insurance
Therapy Place, Inc.			(712) 254-9018		Licensed therapists and psychiatric nurse practitioners offering psychotherapy, psychiatric, state funded and other services.
Southwest Iowa Mental Health and Disability Services			(712) 328-5645; Hotline: (844) 673-4469	www.swiamhds.com	Serves adults in the region who have mental health or intellectual/developmental disabilities. Serves: Cass Fremont Harrison Mills Monona Montgomery Page Pottawattamie Shelby

Your Life Iowa			(855) 581-8111	www.yourlifeiowa.org	Confidential help for suicide prevention, problem gambling and substance abuse issues, including drugs and alcohol.
Basurto Behavioral Health	Shantel Basurto	3316 Cedar Heights Drive, Ste A Cedar falls, IA 50613	319-504-4593		Mental health resources for Spanish speakers. Available for ages 3-100. No one is turned away for inability to pay.
8	Nutrition Services				
HyVee on Ansborough Avenue	Beth Barber	2834 Ansborough Avenue, Waterloo	319-233-3266		Free grocery store tours
HyVee on University Avenue		4000 University Avenue, Waterloo	319-236-0580		Dietician services Free grocery store tours
HyVee at Crossroads	Tracey Sauke	1422 Flammang Drive, Waterloo	319-234-7523		Dietician services Free grocery store tours
HyVee on Logan Ave		2181 Logan Avenue, Waterloo	319-234-8627		Dietician services Free grocery store tours
9	Prescription Assistance				
SafeNet Rx	Dr Jaclyn Myers		515-276-0066 or pharmacy@safene trx.org		
10	Tobacco Cessation Programs				

Quitline Iowa			1-800-Quit-Now	https://www.quitlineiowa.org/en-US/	Free tobacco cessation program for Iowa resident. On going phone counseling available to assist tobacco users with quitting. Fax referrals.
11 Transportation Services					
Met Transit		1515 Black Hawk St. Waterloo, 50702	319-234-5713	http://metwaterloo.org/	
Cozy Van		1417 Falls Ave, Waterloo, IA 50701	(866) 322-9826	cozyvan.com	
Department-Transportation		1205 A Ave, Grundy Center, IA 50638	(319) 824-5259		
TMS (Iowa Non-Emergency Medical Transportation)		5800 Fleur Dr # 231, Des Moines, IA 50321	866-572-7662		
12 Walking Programs					
Crossroads Center		2060 Crossroads Blvd, Waterloo, IA 50702	319-234-1788		Opens at 6:30am for walking, Monday-Saturday
College Square Mall	Patsy Amnet	1 College Square Mall, Cedar Falls IA 50613	319-277-7184	https://www.collegesquare.com/	Opens at 7:00am for walking Monday-Saturday
Young Arena		125 Commercial Street, Waterloo	319-291-4300	http://www.waterlooleisureservices.org/ya	Free Walking Tracks
United Medical Park		1753 W. Ridgeway Avenue, Waterloo	(319) 833-5700		Blue Zones endorsed walking route inside building

Walk With a Doc, Waterloo, Iowa	Lead Physicians: Dr. Rosalie Cassidy, Dr. Cindy Huwe	Walk Location: West High School Public Walking Track- 425 E, Ridgeway Ave, Waterloo, IA 50702.	(319) 272-2112	https://walkwithadoc.org/our-locations/waterloo/	2019: Walking the last Wednesday of every month at 4:00 PM
Walk With a Doc, Grundy County, Iowa	Keely Harken GCMH, Community Outreach Manager		319-824-4152	https://walkwithadoc.org/our-locations/grundy-county-iowa/	Lead Physician: Dr. Eric Neverman, Pediatrics and Internal Medicine, UnityPoint Clinic; https://walkwithadoc.org/wp-content/uploads/WWADPrescriptionPad_2019Dates.pdf
Walk With Ease Program	Michelle Huenecke, RN, CNWC, CPT - Nurse Navigation Director		515-512-9225 x. 1008; michelle.huenecke @my-chp.com		Available across iowa
Walking/Biking Trails				http://www.waterlooeisureservices.org/parks/waterloo-trails-system; http://www.cedartrailpartnership.org/2015-Trail-Map-Paved-Trails.PDF	
Iowa Walking Trails				https://www.traillink.com/stateactivity/ia-walking-trails/	
Live Healthy Iowa Challenge				www.livehealthyiowa.org	
13	Weight Loss Programs				
	WW Studio Waterloo	715 Progress Ave, Waterloo IA 50701			

Weight Watchers	WW Studio @ First Presbyterian Church Jesup	643 6TH ST, Jesup, IA 50648		<a href="https://www.weightwatchers.com/us/fin
d-a-
meeting/1170710/w
aterloo-weight-
watchers-center-
waterloo-ia">https://www.weight watchers.com/us/fin d-a- meeting/1170710/w aterloo-weight- watchers-center- waterloo-ia	
	WW Studio @ Grace Baptist Church	1110 4TH ST SW, Waverly, IA 50677			
	WW Studio @ Amvets Post 30	102 E Greene St, Clarkesville, IA 50619			
	WW Studio @ Community Memorial Hospitalsumner	909 W 1ST St, Sumner, IA 50674			
	WW Studio @ Falcon Civic Center	1305 5th Ave NE, Independence, IA 50644.			
	WW Studio @ Northeast Iowa Community College	1400 Technology Dr. Oelwein, IA 50662.			
	WW Studio @ Bethlehem Lutheran Church Vinton	1206 C Avenue, Vinton, IA 52349.			
	WW Studio @ New Hampton Park and Recreation	112 East Spring St, New Hampton, IA 50659			
	WW Studio @ The Congregational Church	502 N Jackson St, Chalres City, IA 50616			
B	Other Services				
1	African American Community Leaders/Churches				
Jubilee United Methodist Church	Rev. Funchess	1621 E. 4th Street	234-5307		

Antioch Baptist	Tammy Barrett; Ms Ruth Cole	426 Sumner Street, Waterloo 50703	319-233-2587		
Payne AME	Pastor Thomas Flint	1044 Mobile Street, Waterloo, IA 50703	319-233-8189		
Mt. Carmel Baptist		805 Adams Street, Waterloo 50703	319-233-9482		
2	Computer Access				
Waterloo Public Library	Reference Desk	415 Commercial Street, Waterloo 50703	319-291-4476	www.waterloo.lib.ia. us	
Cedar Falls Public Library	Reference Desk	524 Main Street, Cedar Falls 50613	319-273-8643	www.cedar- falls.lib.ia.us	
3	Disability Services				
Full Circle Services, Inc.		1318 Ravenwood Rd, Waterloo, IA 50702			
DisABLEd Workers' LLC		2715 Terrace Dr, Cedar Falls, IA 50613	1-877-291-9806	https://www.disabledworkersusa.com/	
Disability Rights Iowa			800-779-2502	https://disabilityrightsowa.org/	
Easter Seals Rural Solutions			515-309-1783	https://www.easterseals.com/ia/our-programs/rural-solutions/	
Iowa Compass		Iowa Compass, Center for Disabilities & Development, 100 Hawkins Dr. #S295 Iowa City, IA 52242-1011	1-800-779-2001	https://iowacompass.org/	Iowa Compass connects people with disabilities and complex health-related needs to services and supports in their communities throughout Iowa.
Iowa Focus			+1-877-50-FOCUS; Derek@IowaFocus.com	http://iowafocus.com/	We serve persons diagnosed with an Intellectual Disability, a Brain Injury, or Chronic Mental Illness. We strive to meet your needs, in your home, and according to your schedule.

Iowa Vocational Rehabilitation Services	Waterloo Area Office	3420 University Ave. Suite D, Waterloo, IA 50701	(319) 234-0319	https://ivrs.iowa.gov/	
4	Domestic Abuse Services				
Amani Community Services	Lisa Ambrose, Executive Director	2315 Falls Avenue Suite 1; Waterloo, IA, United States 50701	Toll Free (888) 983-2533; (319) 232-5660; lisa@amani-cs.org	http://www.amani-cs.org	Amani Community Services is a culturally specific domestic violence and sexual assault agency serving African Americans in Black Hawk and Linn Counties. Hours of Operation Mon-Fri 9 am-5 pm
Cedar Valley Friends of the Family		Waterloo, IA, United States, 50701	(319) 234-0232	https://www.fofia.org/services/domestic-violence-sheltering	
Riverview Center			Waterloo Office: 319-939-9599	https://riverviewcenter.org/contact/	
CRISIS INTERVENTION SERVICE			Phone: (641) 424-9133; Crisis Line: (855) 424-9133	http://www.cishelp.org/	Counties Served: Butler, Cerro Gordo, Floyd, Franklin, Grundy , Hamilton, Hancock, Hardin , Humboldt, Kossuth, Mitchell, Webster, Winnebago, Worth and Wright Counties, Iowa.
RIVERVIEW CENTER, INC. - SEXUAL ABUSE COMPREHENSIVE SERVICES		Dubuque, IA	Phone: (563) 557-0310; Crisis Line: (888) 557-0310		Counties Served: Allamakee, Black Hawk , Benton, Bremer, Buchanan , Chickasaw, Clayton, Delaware, Dubuque, Fayette , Howard, Jones, Linn and Winneshiek Counties, Iowa.

DOMESTIC/SEXUAL ASSAULT OUTREACH CENTER - SHELTER-BASED SERVICES			Phone: (515) 955-2273; Crisis Line: (888) 356-2006; dsaoc@dsaoc.com	https://www.dsaoc.com/	Counties Served: Boone, Butler, Cerro Gordo, Floyd, Franklin, Grundy , Hamilton, Hancock, Hardin , Humboldt, Kossuth, Marshall, Mitchell, Story, Tama , Webster, Winnebago, Worth and Wright, Counties, Iowa.
DOMESTIC ABUSE COMPREHENSIVE - WAYPOINT- SERVICES FOR WOMEN, CHILDREN & FAMILIES		Cedar Rapids, IA	Phone: (319) 365-1458; Crisis Line: (800) 208-0388	http://www.survivorshelpline.org/shelters-and-programs.php	Counties Served: Black Hawk , Benton, Buchanan , Delaware, Dubuque, Jones and Linn Counties, Iowa.
CEDAR VALLEY FRIENDS OF THE FAMILY - Shelter Based Services		Waverly, IA	Phone: (319) 352-1108; Crisis Line: (800) 410-7233	http://www.cvfriendingsofthefamily.org/	Counties Served: Allamakee, Black Hawk , Benton, Bremer, Buchanan , Chickasaw, Clayton, Delaware, Dubuque, Fayette , Howard, Jones, Linn and Winneshiek Counties.
Friends of the Family		WATERLOO ADMINISTRATION & OUTREACH	(319) 234-0232	https://www.fofia.org/	24/7 CRISIS LINE1-800-410-SAFE
Statewide Services					
CRIME VICTIM ASSISTANCE DIVISION (CVAD)		Des Moines, IA 50319	Phone: (515) 281-5044; Crisis Line: (800) 373-5044	https://www.iowaattorneygeneral.gov/	
IOWA AFFIRMATION & RESOURCES CHAT				http://www.iowaarch.org/	Iowa Affirmation & Resources Chat (ARCh) is an online, text based service that victims can utilize for support. ARCh has advocates
IOWA COALITION AGAINST DOMESTIC VIOLENCE (ICADV)		Des Moines, IA 50310	Phone: (515) 244-8028; Crisis Line: (800) 942-0333; icadv@icadv.org	http://www.icadv.org/	

IOWA COALITION AGAINST SEXUAL ASSAULT (IOWACASA)		Des Moines, IA 50310	Phone: (515) 244-7424	http://www.iowacasaa.org/	
Iowa DHS Child and Dependent Adult Abuse Hotline			1 (800) 362-2178	www.dhs.iowa.gov/report-abuse-and-fraud	Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.
IOWA DOMESTIC VIOLENCE & CRIME VICTIM CALL CENTER		Sioux Center, IA	Crisis Line: (800) 770-1650		
State of Iowa Sexual Abuse Hotline			1 (800) 284-7821	https://isah.uiowa.edu/	Provides free, confidential, trauma-informed service for people in Iowa affected by sexual violence.
National Human Trafficking Hotline			1 (888) 373-7888; Text: 233733	www.humantraffickinghotline.org	If you or someone you know is a victim, call now to access support and services to get help and stay safe.
National Domestic Violence Hotline			1-800-799-7233 or TTY 1-800-787-3224 or local 556-1100		
RVAP- STATEWIDE SEXUAL ABUSE HOTLINE		Iowa City, IA	Phone: (319) 335-6001; Crisis Line: (800) 284-7821		
5	Financial Assistance				
Black Hawk County General Assistance	Bob Lincoln	1407 Independence Avenue, 2nd Floor Waterloo, IA 50703	319-292-2261	https://www.co.black-hawk.ia.us/246/General-Assistance	Hours Monday - Friday 8:00 a.m. - 4:30 p.m

Buchanan County General Assistance		210 5th Ave NE Independence, IA 50644	(319) 334-7450	https://www.buchanancountyiowa.org/services/community_services/general_assistance.php	
Fayette County General Assistance			563-382-8436; info@neicac.org	http://www.neicac.org/userfiles/documents/fayette_co_ga_policy.pdf ; http://www.neicac.org/general-assistance	
Grundy County General Assistance Office		706 H Avenue Suite 1, Grundy Center, IA 50638	319-824-6779	https://grundycounty.org/departments/general-relief	Normal business hours are from 8:00 AM to 4:00 PM, Monday through Friday
Hardin County General Assistance Office	Linn Adams	Hardin County Office Building, 1201 14th Avenue, Eldora, IA 50627	641-939-8167	http://www.co.hardin.ia.us/301/General-Assistance	Hours: Monday - Friday 8:00 AM - 4:30 PM
Tama County Relief Office		101 South Main Street Toledo, Iowa 52342	641-484-3160	http://www.tamacounty.org/genrelief.html	Office hours: Monday - Friday 8:00 AM to 4:30 PM
	Doreen Corley	1535 Lafayette St, Waterloo 50703	319-292-1819; (319) 291-2065		Office Hours: M-T: 8:00 am - 5:30 pm; F: 8:00 am - 12:00 pm. ; *WIC Hours: M-T: 8:00 am - 5:30 pm.* Weather Related Closings: Please note, if the Waterloo Schools are delayed or closed due to weather, the Waterloo office (including WIC) will open at 10:00am.

Operation Threshold	Buchanan County Office	1827 1st Street West, Independence, IA 50644	(319) 334-6081	www.operationthreshold.org	Office Hours: M-T: 8:00 am - 5:30 pm; F: 8:00 am - 12:00 pm. Weather Related Closings: Please note, if the Waterloo Schools are delayed or closed due to weather, the Waterloo office (including WIC) will open at 10:00am.
	Grundy County Office	1606 G Ave, Grundy Center, IA 50638	(319) 824-3460		Office Hours: M-Th: 8:00 am - 5:30 pm; Friday: 8:00 am - 12:00 pm
Consumer Credit Counseling Service of NE IA		1003 W. Fourth Street, Waterloo, Iowa 50702	319-234-0661 waterloo@cccsia.org	https://www.cccsia.org/our-offices/	Credit counseling and first time home buyer education Office hours are 9 am to 5 pm, Monday-Thursday and 9 am to 12 pm on Friday. Evening appointments are available.
Iowa Concern Line			1 (800) 447-1985	https://www.extension.iastate.edu/iowaconcern/finance.html	A free, confidential resource to Iowans who need financial, legal, stress or crisis assistance.
Waterloo IA Social Security Office		3121 Greyhound Drive, Waterloo, IA - 50701	888-456-9554		
6	Food Assistance				
Black Hawk County Food Stamps		1407 Independence Ave, Waterloo, IA 50703	(319) 291-2441		
NE Iowa Food Bank		1605 Lafayette Street, Waterloo 50703	319-235-0507	https://www.northeastiowafoodbank.org/	
New Life Christian Ministries Food Pantry		1510 Logan Ave, Waterloo, IA 50703	(319) 234-2221		Tuesday. and Thursday 5:00pm - 7:00pm

Calvary Cathedral Church Food Pantry		3929 Richland Drive, Waterloo, IA - 50701	(319) 235-7610		
Gift of Life Food Pantry		1651 Sycamore Street, Waterloo, IA - 50703	319-235-8027		
Fayette County Food Shelf		107 E Water Street, Fayette, IA - 52142	(563) 425-3399		Tuesday & Thursday, 2:00pm - 4:00pm
Grundy County Food Pantry		1606 G Avenue, Grundy Center, IA - 50638	319-824-3460		Hours of Operation: Monday - Friday 8:00am - 12:00pm & 12:30pm - 4:30pm
Northeast Iowa Community Action		114 North Vine, West Union, IA - 52175	563-422-3354		Hours of operation: M 8-11, 12-3:30, W & F 8-12
Community Kitchen Cupboard		31 First Avenue NE, Oelwein, IA - 50662	(319) 283-1760		
Fairbank Food Pantry - Immaculate Conception Church		201 Grove Street, Fairbank, IA - 50629	319-635-2045		Hours of operation: 8:30-10:00 Second and Fourth Wednesdays of every month
Independence Area Food Pantry		201 2nd Ave NE, Independence, IA - 50644	(319) 334-2451		Monday, Thursday, Friday 9:00am to 3:00pm; Wednesday 1:00pm to 7:00pm; Tuesday 11:00am to 3:00pm
South Tama Cty Food Pantry		511 McClellan Street, Tama, IA - 52339	(641) 484-4805		
Hardin County Food Shelf		1201 14 th Ave., Eldora, IA - 50624	641-939-8186		

7	Housing Assistance				
Center Associates Trasnotional Housing Program		1309 S. Broadway, Toledo, IA 52342	(641)484-5234		Office Hours: Mon-Fri 8:00am -4:30 pm
City of Waterloo TBRA	Billie		(319) 292-1815.		This program provides eligible participants with the full rental
Operation Threshold Tenant-Based Rental Assistance (TBRA)	Billie		(319) 292-1815.		This program provides eligible participants with up to 24 months of rental assistance for rental units located in Black Hawk, Buchanan or Grundy counties. All housing units must be inspected and meet set housing quality standards. The amount of assistance received per household (each month and the length of time assistance is received) is determined on a case- by-case basis. To be eligible for this program, households must be income eligible.
Waterloo Housing Authority	Julie Snider	620 Mulberry Street #102	319-233-0201	http://www.cityofwaterlooia.com/housingauthority	
8	Immigrant/Refugee Services				
Black Hawk County Health Department	Angie Graham	1407 Independence Avenue, 5th Floor	319-291-2413		
Cedar Valley Refugee Newcomer Services (CVRNS)		614 Randolph St. Waterloo, IA 50702	(319) 234-0843 agrove@OperationThreshold.org		

Lutheran Services in Iowa - Waterloo Office		904 West 4th St. Waterloo, IA 50702	319.233.3579		
The National Immigrant Women's Advocacy Project - Benefits Map				http://map.niwap.org/?utm_medium=email&utm_source=govdelivery	
League of United Latin American Citizens (Lulac) - Statewide	Mike Reyes, State Director		800-293-9576; Reyesmr1@mchsi.com	https://www.lulaciowa.org/	
Iowa Immigration Services Providers					
American Friends Service Committee	Erica Johnson, Director	4211 Grand Avenue, Des Moines, IA 50312	515-274-4851; EJohnson@afsc.org	https://www.afsc.org/program/iowa-immigrant-rights-program	
Diversity Service Center of Iowa		1514 Isett Ave., Muscatine, IA 52761	563-264-8883; dscimuscatine@gmail.com		Consultations on Immigration issues; Immigration case investigations; Provide and prepare all immigration forms; Give employer seminars, training and workshops on Immigrations documents and diversity
Immigration Attorneys -provided by the American Friends Service Committee.				https://humanrights.iowa.gov/sites/default/files/media/Immigration%20lawyers%20list%201-12-17_0.pdf	

Iowa Justice for Our Neighbors			515-255-9809, info@iowajfon.org	http://www.iowajfon.org/	Iowa Justice For Our Neighbors (JFON) is a faith-driven ministry, welcoming immigrants into our churches and communities by providing free, high-quality immigration legal services, education, and advocacy. Services are available to all without regard
Iowa Legal Aid		1111 9th St, Suite 230 Des Moines, IA 50314	800-532-1275		Assistance with T visas, U visas, Violence Against Women Act (VAWA) petitions.
Proteus - Iowa Programs		Home Office: Proteus, Inc. 1221 Center Street, Suite 16, Des Moines, Iowa 50309	800-372-6031; 515-271-5306	http://www.proteusinc.net/programs/iowa/	
U.S. Citizenship and Immigration Services (USCIS) - USCIS Des Moines Field Office		Federal Building, 210 Walnut Street, Room 215 or 101(Application Support Center) Des Moines, IA 50309		https://my.uscis.gov/en/appointment/v2 https://www.uscis.gov/es	This office serves counties: Blackhawk, Buchanan, Fayette, Grundy, Hardin and Tama. In order to visit this office or to speak with an Immigration Services Officer, you must have an appointment scheduled by USCIS, or you must schedule an INFOPASS appointment on the USCIS website.
9	Latino Community Resources Leaders/Churches				

Queen of Peace Parish	Deacon Rico Riehl		319-504-9093		
Centro Latino of Iowa		300 W Broadway Suite 40, Council Bluffs, IA 51503	(712) 256-6009	http://www.sucontrolatino.com/	
Iowa Latino Center c/o Grand View University		2811 East 14th Street, Box 403, Des Moines, IA 50316	1 (515) 635 4134	http://www.latinocenteroiowa.org/	
Latino Center of Iowa			(515) 635-4134	http://www.latinocenteroiowa.org	
Latinos Unidos of Iowa	Lena Robinson		(515)979-0770; iowalatina12@live.com	http://latinosunidosofiowa.org/	
Iowa Latinx Mental Health Providers				https://humanrights.iowa.gov/iowa-latinx-mental-	
League of United Latin American Citizens (Lulac) - Statewide	Mike Reyes, State Director		800-293-9576; Reyesmr1@mchsi.com	https://www.lulaciowa.org/	
10	Legal Assistance				
Legal Aid	Vivian Myer Betts	607 Sycamore Street, Waterloo 50703	319-235-7008	MyAttorneyHome.com/iowa	
Waterloo Commission on Human Rights	Abraham Funchess, Director	620 Mulberry, Suite 101, Waterloo, IA 50703	(319) 291-4441; Abraham.Funchess@waterloo-ia.org		
Iowa Concern Hotline			1-800-447-1985	https://www.extension.iastate.edu/iowaconcern/	
Iowa Legal aid			1-800-532-1275	https://www.iowalegalaid.org/	Free legal help with civil law problems for eligible low-income Iowans.

Iowa Mediation Services			515-331-8081	http://www.iowamediationservice.com/	
Legal Hotline for Older Iowans			1-800-992-8161	https://www.iowaaging.gov/legal-hotline-older-iowans	Free legal services to Iowans 60 and over
11	Minority Health Coalition Agencies				
12	Utility Assistance				
Assurance Wireless (Free phone for those who qualify)			1-888-898-4888 or Email: ourteam@assurancewireless.com		
Operation Threshold	Doreen Corley	1535 Lafayette St, Waterloo 50703	1535 Lafayette St, Waterloo 50703	www.operationthreshold.org	
13	General Resources				
Black Hawk County Iowa State Extension Office		3420 University Ave # B, Waterloo, IA 50701	(319) 234-6811	https://www.extension.iastate.edu/blackhawk/	Collaborating with communities to reduce poverty; helping farmers and consumers enhance energy efficiency; educating Iowans about food, feed and fuel issues; and helping companies develop strategies to improve their bottom line. Monday-Friday 8a-4p
Buchanan County Iowa State Extension Office		2600 Swan Lake Blvd # A, Independence, IA 50644	(319) 334-7161	https://www.extension.iastate.edu/buchanan/	
Fayette County Iowa State Extension Office		218 S Main St, Fayette, IA 52142	(563) 425-3331	https://www.extension.iastate.edu/fayette/	
Grundy County Iowa State Extension Office		703 F Ave, Grundy Center, IA 50638	(319) 824-6979	https://www.extension.iastate.edu/grundy/	
Hardin County Iowa State Extension Office		524 Lawler St # A, Iowa Falls, IA 50126	(641) 648-4850	https://www.extension.iastate.edu/hardin/	

Tama County Iowa State Extension Office		203 W High Street. PO Box 308. Toledo, IA 52342.	(641) 484-2703.	https://www.extension.iastate.edu/tama/	
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