

COMMUNITY RESOURCES REFERRAL GUIDE

Cass Program



AUGUST 31, 2019

IOWA DEPARTMENT OF PUBLIC HEALTH
Iowa WISEWOMAN Program

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Key

 Services paid by the WISEWOMAN Program

 Updated resources

Agency	Contact Name	Address	Phone number/ email	Website	Notes
A	Health Related Services				
1	Chronic Disease Management				
State-Certified Diabetes Self-Management Education Programs/Sites		Cass County Memorial Hospital - 1501 E 10th St, Atlantic, IA 50022	(712) 243-3250	https://www.casshealth.org/patients/our-services/cass-county-memorial-hospital/	Atlantic, Cass County
		Greater Regional Medical Center - 1700 W Townline St, Creston, IA 50801	(641) 782-7091	https://www.greaterregional.org/	Creston, Union County
		St. Anthony Reg Hospital - 1820 4th Ave S, Denison, IA 51442	(712) 263-6116	https://www.stanthonyhospital.org/	Denison, Crawford County
		Guthrie County Hospital - 710 N 12th St, Guthrie Center, IA 50115	(641) 332-2201	http://guthriecountyhospital.org/	Guthrie Center, Guthrie County
		CHI Health Mercy at YMCA - 235 Harmony St, Council Bluffs, IA 51503	(712) 322-6606	https://lakin.metroymca.org/	Council Bluffs, Pottawattamie County
		CHI Health Clinic West Broadway - 3135 W Broadway, Council Bluffs, IA 51501			(712) 328-9100
Medication Therapy Management	LuAnn Ihnken, RPh	Rex Pharmacy 507 Chestnut St, Atlantic IA 50222	712-243-2110		Atlantic, Cass County
	JoLynn Ahmann	All Care Health Center Pharmacy, 900 S. 6th Street, Council Bluffs IA 51501	713-325-1990 ext 262		Council Bluffs, Pottawattamie County

2	Clinics				
Community Health Clinics / Free Clinics					
All Care Health Center	Melyna Avalos	902 S 6th Street, Council Bluffs, Ia	712-325-1990	www.allcarehealthcenter.org	Pottawattamie County
New Visions Homeless Services (MOHM's Place)		1435 N. 15th St. Council Bluffs, IA 51501	(712) 256-3940		Pottawattamie County
Carter Lake Elementary School		1000 Willow Drive, Carter Lake, Iowa 51510	(712) 347-5876		Pottawattamie County
Greenfield United Methodist Church Free Clinic		United Methodist Church, 108 SW 5th St, Greenfield, Iowa 50849			Adair County. Hours: 6:00 - 8:00 p.m. on the 1st & 3rd Tuesdays of the month. 5:30 - 6:00 p.m. Patient Registration. No appointment necessary
WISEWOMAN Clinics					
All Care Health Center	Melyna Avalos	900 S. 6th Street, Council Bluffs IA 51501	712-325-1990		
Atlantic Medical Center	Beth Spieker	1501 East 10th Street, Atlantic IA 50022	712-250-8121		
Bluffs Family Health Care	Molly Rankin	3434 W Broadway, Council Bluffs IA 51501	712-325-0022		
Family Medicine Clinic	Jennifer Moore	1614 Diamond St. Place, Onawa IA 51040	712-423-1525		
Montgomery County Memorial Hospital	Staci Venteicher	2301 Eastern Avenue Red Oak IA 51566	712-623-7184		
Heartland Mobile Health -affiliated with Montgomery County Memorial Hospital	Staci Venteicher	1400 Senate Ave., Suite 108, Red Oak IA 51566	712-623-7184		

Villisca Medical Clinic - affiliated with Montgomery County Memorial Hospital	Staci Venteicher	301 E 4th Villisca, IA 50864	712-623-7184		
Medicine-affiliated with Montgomery County Memorial	Staci Venteicher	1400 Senate Ave., Suite 108, Red Oak IA 51566	712-623-7184		
Women's Health Center -affiliated with Montgomery County Memorial Hospital	Staci Venteicher	1400 Senate Ave., Ste 102, Red Oak IA 51566	712-623-7000		
Ridge Family Practice	Jenny Patrick	201 Ridge St., Suite 201 , Council Bluffs IA 51503	712-322-5899		
3 Community Gardens					
Creek Top Community Garden		1228 S Main St, Council Bluffs, IA 51503			
Hyvee Community Garden		101 S 24th St, Council Bluffs, IA 51501			
4 Farmers' Market					
Produce in the Park	Brigham Hoegh, Market Manager; Shayla Luke, Market Intern	Atlantic City Park 10 West 7th St Atlantic, Iowa 50022	712-249-5870; produceintheparkatlanticiowa@gmail.com	https://produceintheparkatlanticiowa.weebly.com/	Thursday from 4:30-6:30pm
Atlantic Farmers Market		Orscheln Farm Supply Parking Lot			Twice a week
Anita Produce in Park		Anita City Park, Hwy 83 , Anita Iowa 50020			Monday 4:30-6:30 pm

2019 Harvest Market		Cass County Community Building, 805 W 10th St, Atlantic, IA 50022			Monday, November 25th, 2019 3:30 – 6:30 pm
Farmers Market Council Bluffs		100 Pearl St, Council Bluffs, IA 51503	(712) 396-2494	https://www.facebook.com/FarmersMarketCB	Thursday 4.30pm
Red Oak Farmers Market	Lori Johnson 1066 260th Street Emerson, IA 51533	Historic Fountain Square Park, Red Oak	712-370-2907; dls3walnutcreek@gmail.com	https://www.redoakfarmersmarket.com/	Thursday 9.00am- noon; May to October
5 Free Blood Pressure Screenings					
Rex Pharmacy		507 Chestnut St, Atlantic IA 50222 Atlantic, Ia 50022			
Walmart		1905 E 7th St, Atlantic, Ia 50022			
Walmart		3201 Manawa Center Dr, Council Bluffs, Ia			
Walmart		1800 N 16th St, Council Bluffs, Ia			
Walgreens		535 E Broadway, Council Bluffs, Ia			
6 Fitness/Recreation					
Nishna Valley Family YMCA		1100 Maple St, Atlantic, IA 50022	(712) 243-3934	http://www.nishnavalleymca.com/	
Anytime Fitness		1520 E 7th St, Atlantic, IA 50022	(712) 243-8500	https://www.anytimefitness.com/gyms/2159/Atlantic-IA-50022/?utm_source=google&utm_medium=local&utm_campaign=localmaps&utm_content=2159	

Anita Health & Wellness Center		900 Victory Park Rd, Anita, Ia 50020	712-762-5000		
Council Bluffs Branch YMCA		235 Harmony St, Council Bluffs, IA 51503	(712) 322-6606	https://lakin.metroymca.org/	
Anytime Fitness		1137 N Broadway, Council Bluffs, IA 51503	(712) 323-1122	https://www.anytimefitness.com/gyms/524/Council-Bluffs-IA-51503/?utm_source=google&utm_medium=local&utm_campaign=localmaps&utm_content=524	
Montgomery County Family YMCA		101 E Cherry St, Red Oak, IA 51566	(712) 623-2161	http://www.mcyymca.com/	
Anytime Fitness		1207 S Locust St, Glenwood, IA 51534	(712) 527-9800	https://www.anytimefitness.com/gyms/1845/Glenwood-IA-51534/?utm_source=google&utm_medium=local&utm_campaign=localmaps&utm_content=1845	
Mills County YMCA/Community Center		110 Sivers Rd, Glenwood, IA 51534	(712) 527-4352	https://mills-county.metroymca.org/	
Recreation Cass County					
Cedar Park		204 Cedar St., Atlantic, IA 50022		http://www.atlanticiowa.com/atlantic/city-departments/parks-recreation/	
City Park		10 West 7th St., Atlantic, IA 50022			

East Ridge Park		1630 E. 22nd St. Atlantic, IA 50022 Just off of 22nd St. and Redwood Dr.			
Frank Chapman Pellett Memorial Woods		63066 Troublesome Creek Rd, Atlantic, Ia			
Harl-Holt Park		Corner of 16th Street and Olive Street, Atlantic, IA 50022			
Mollett Park		1020 3rd Street Place, Atlantic, IA 50022			
Nishna Park		1301 E. 14th St., Atlantic, IA 50022			
Pellet Park		1800 Chestnut St., Atlantic, IA 50022			
Schildberg Recreation Area		Corner of Iowa Ave. and Buck Creek Rd., Atlantic, IA 50022			
Sunnyside Park		1300 Sunnyside Lane, Atlantic, IA 50022 Boundrys are East side drive, Sunnyside lane, and 10th street			
Anita State Park/Lake		Highway 185 South of Anita, Ia		https://www.stateparks.com/lake_anita_state_park_in_iowa.html	Camping, Hiking, fishing, swimming, picnic & 6 miles walking/biking trail.
Cold Springs Park		57744 Lewis Rd # 1, Lewis, IA 51544	(712) 769-2587		
Hitchcock Recreation Area		63788 567th Ln, lewis, Ia	(712) 769-2323	http://hitchcockhouse.org/	
Nodaway Wildlife Area		71299 730th St, Massena			
Recreation Pottawattamie					
Council Bluffs City Parks				https://www.councilbluffs-ia.gov/2211/City-Parks	
Arrowhead Park		29357 310th Street, Neola IA 51559	(712) 485-2295		
Blackbird Marsh		Intersection of I-29th and 16th St., Council Bluffs IA 51501	(712) 328-5638		

Botna Bend Park		42926 Mahogany Road, Hancock, IA 51536	(712) 741-5465		
Farm Creek Public Wildlife Area		5 miles East of Carson, and 1 mile South of Hwy 92, Located along Chestnut Rd from 460th to 470th St. Carson, IA 51525	(712) 328-5638		
Hitchcock Nature Center		27792 Ski Hill Loop, Honey Creek, IA 51542	(712) 545-3283		
Narrows River Park, Mississippi River		2500 North 25th Street, Council Bluffs, IA 51501	(402) 490-1290		
Old Town Park, Nishnabotna River		12515 385th Street, Macedonia IA 51549	(712) 741-5465		
Pheasants Forever Habitat Area		Northwest Corner of I-29 and I-680 Interchange, Crescent, IA 51526	(712)328-5638		
Recreation Montgomery County					
Red Oak City Parks				http://www.city.redoakiowa.com/DocumentCenter/View/533/City-Park-Opportunities-PDF	
Bonds Landing Canoe Access		1940-1948 150 street, Red Oak IA 51566			
Erickson Prairie		040.959396 N -95.060458 W, Stanton IA 51573			
Franek Prairie		Highway 34 - Mile Marker ~43, Stanton IA 51573		https://www.mycountyparks.com/county/Montgomery/Parks.aspx	
Hacklebarney Woods Park		2220 V Ave, Villisca, IA 50864			
Pilot Grove Park		2785 110th St., Elliott, IA 51532			
Tenville Canoe Access		Just West of Tenville, Villisca, IA 50864			
7	Mental Health Resources				
Cass County					

Southwest Iowa Mental Health		1500 E 10th St, Atlantic, IA 50022	(712) 243-2606		Specialized areas of expertise include child and adolescent psychiatry, family therapy, psychological testing, psychotherapy and marital therapy. Fees for services depend upon family size, gross income and county of residence.
Mental Health Office	Cass County Community Services Director:Debbie Schuler	Cass County Courthouse 5 West 7th Street Atlantic, Iowa 50022	(712) 243-4424; Crisis Call Line (844) 673-4469		The Southwest Iowa Mental Health and Disability Services Region (SWIA MHDS) services a nine (9) county area in the southwest corner of Iowa. The geographic area includes the counties of Cass, Fremont, Harrison, Mills, Monona, Montgomery, Page, Pottawattamie, and Shelby in the State of Iowa. Business Hours: Monday – Friday, 8am – 4:30pm
Full Circle Therapy		808 East 7th St., Atlantic, IA 50022	(712) 352-0917	http://www.fullcircletherapyiowa.com/	Provides a variety of therapy services for children, adults, couples and families.
Transitional Services of Iowa		1207 Sunnyside Lane Suite D, Atlantic, IA 50022	712-243-7089	http://www.transitionalservicesofiowa.org/index.html	Services assisting children and families who are struggling with behavioral, substance abuse or other issues and needing support and assistance.
Zion Recovery Services		1500 E. 10th St., Atlantic, IA 50022	(712) 243-5091		Provides substance abuse intervention and recovery services for individuals and families
Cass County Memorial Hospital Behavioral Health Unit		1501 East 10th Street Atlantic, IA 50022			Mental Health Rehabilitation

Montgomery County

Healthy Homes Family Services		306 E Coolbaugh St, Red Oak, IA 51566	712-357-1182		
Waubonsie Mental Health Center		1000 N Broadway St. Suite A East; Red Oak, IA 51566	(712) 581-7900	http://www.waubonsiemhc.com/	Waubonsie MHC can provide services within the nine county region of the Southwest Iowa Mental Health/Disability Services Region, which includes Monona, Harrison, Shelby, Pottawattamie, Cass, Mills, Montgomery, Fremont, and Page Counties. The Center offers a sliding fee scale with a discounted fee for individuals who fall above 150% of poverty according to the Federal Poverty guidelines. We will assist individuals, if your income falls at or below 150% of the poverty level, with an application for Medicaid services. Waubonsie Mental Health Center offices are located in the towns of Clarinda, Shenandoah, and Red Oak, Iowa.
Pottawattamie County					
Transitional Services of Iowa		300 West Broadway Suite 29, Council Bluffs, IA 51503	712-323-1660		Services assisting children and families who are struggling with behavioral, substance abuse or other issues and needing support and assistance.
Catholic Charities		300 W Broadway, Ste 223 Council Bluffs, IA 51503	(712) 328-3086		The counseling program in Council Bluffs provides counseling services
Heartland Family Service		H. Lee Gendler Center, 515 E Broadway, Council Bluffs IA 51503	(712) 322-1407		Hours of Operation: Monday – Thursday: 8:00 am – 7:30 pm; Friday: 8:00 am – 2:30 pm
Statewide Resources					

NAMI (National Alliance on Mental Illness) Iowa	Heather Strachan		515.254.0417 heather@namiowa.org		
	Emily Berry (Iowa Office of Consumer Affairs)		515-254-0417 or emily@namiowa.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	www.suicidepreventionlifeline.org	Provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals.
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		515 5th Avenue Council bluffs IA 51503	(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.
8 Nutrition Services					
Hy-vee dietician, Atlantic	Danielle Groves	1630 East 7th Street, Atlantic, Iowa 50022	712-243-1278		
Hy-vee dietician, Council Bluffs	Kelsey Engels	Mall of the Bluffs, 1745 Madison Avenue, Council Bluffs, Iowa 51503	712-322-9260		
Hy-vee dietician, Council Bluffs	Leigh Healey	2323 W. Broadway, Council Bluffs, Iowa 51501	712-328-9792		
Hy-vee dietician, Council Bluffs	Rebecca Meade	757 West Broadway, Council Bluffs, Iowa 51501	712-328-3146		
Hy-vee dietician, Red Oak	Danielle Groves	1605 Broadway Street, Red Oak, Iowa 51566	712-623-4992		
Cass County Health Systems	Aubrey Molgard, diabetes coordinator; Emily Kregel, dietitian	1501 E 10th St, Atlantic, Ia	712-243-8280	www.casshealth.org	
Montgomery County Memorial Hospital Nutrition Services	Jennifer Bass, BS, RD, LD	2301 Eastern Ave Red Oak, IA 51566	(712)623-7182	http://www.mcmh.org/getpage.php?name=nutrition&sub=Services	Medical Nutrition Therapy Diabetic Education Cardiac Rehabilitation Pulmonary Rehabilitation Oncology Employee Wellness Population Health Weight Cooking Classes with Mobile Teaching Kitchen Mobile Meals
			(712)623-7286		


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.quitline iowa.org/en-US/	Free tobacco cessation program for Iowa resident. On going phone counseling available to assist tobacco users with quitting. Fax referrals.
Cass County Health Systems: Atlantic Medical Center, RHC		1501 East 10th Street, Atlantic, IA	712-243-2850	https://www.casshe alth.org/clinics/amc/	
11		Transportation Services			
Iowa DOT District 4 Office (Administrative and Engineering)		2210 E 7th St, Atlantic, IA 50022	(712) 243-3355	https://iowadot.gov/ districts/district- contacts#5707184- district-4	
Office of Public Transit, Atlantic	Mark Lander	1501 SW 7th Street Atlantic, IA 50022	712-243-4196; mark.lander@swi pco.org; Routes & Schedule Number:800-842- 8065		Service Area:Counties: Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie, Shelby
SWITA - Southwest Iowa Transit Agency		1501 SW 7th St., Atlantic, Iowa, 50022	1-800-842-8065. Individuals with hearing impairments are encouraged to contact SWITA via Relay Iowa by dialing 711 or 1- 800-735-2943.	http://www.swipco.o rg/transit-swita/	
Cass County Memorial Hospital	Carole Schuler	1501 E 10th St, Atlantic, Ia 50022	712-243-7545		

12 Walking Programs					
Cass County Walking Trails Maps				http://www.atlanticiowa.com/relocate/health-wellness-2/healthy-cass-county/	Walking Maps for : Anita, Atlantic, Cumberland, Griswold, Lewis, Marne, Messena, Wiota.
Pottwattamie County Walking Trails				https://pottcountyrails.com/existing-trails/	
Red Oak Walking trails				https://www.mapmywalk.com/us/red-oak-ia/	
Live Healthy Iowa Challenge				www.livehealthyiowa.org	
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
13 Weight Loss Programs					
Weight Watchers	WW Studio @ United Church of Christ Atlantic	1607 Hazel St, Atlatnic IA 50022			
	WW Studio @ Council Bluffs	1751 Madison Ave, Council Bluffs IA 51503			
	WW Studio @ Shenandoah Medical Center	1 Jack Foster Dr, Shenandoah, IA 51601			

B	Other Services				
1	African American Community				
Mt Zion Refuge Center	Pastors Jewel and Michele Sanford, Ms Vergarie Sanford	3031 7th Ave, Council Bluffs, Iowa 51501	712-323-3714		
2	Computer Access				
Anita Public Library		812 3rd St, Anita, Ia 50020	712-762-3639		Cass County
Atlantic Public Library		507 Poplar St, Atlantic, Ia 50022	712-243-3144		Cass County
Cumberland Library		119 Mail St, Cumberland, Ia	712-774-5334		Cass County
Exira Library		114 W Washington, Exira, Ia	712-268-5489		Audobon County
Council Bluffs Public Library		400 Willow Ave, Council Bluffs, Ia	712-323-7553		Pottawatamie County
Red Oak Public Library		400 N 2nd, Red Oak, Ia	712-623-6516		Montgomery County
Onaway		707 Iowa Ave, Onawa, Ia	712-423-1733		Harrison County
3	Disability Services				
Connections Area Agency on Aging		300 W. Broadway, Council Bluffs, IA 51503	1 (800) 432-9209	www.connectionsaa.org	Serves aging Iowans and 18 and older with disabilities and their caregivers through information, assistance, service coordination and resources for independence.
Crossroads of Western Services		2307 S. Olive St., Atlantic, Iowa 50022	(712) 243-2668	www.explorecrossr	Provides supported living, adult day services, and employment opportunities for adults with
	Administrative Headquarters	1851 Madison Ave, Suite 718, Council Bluffs, Iowa 51503	712.256.7888; info@cwiova.org		
	Employment, Residential and LINKS Dayhab	1800 W 22nd St, Atlantic, Iowa 50022	712.243.2668		

Iowa	Employment & Residential Services	1732 Madison Avenue, Council Bluffs, Iowa 51503	712.256.3956	oads.com	Opportunities for adults with disabilities and serious mental illness
	LINKS Adult Dayhab Services	1529 9th Avenue, Council Bluffs, Iowa 51501	712.309.0020		
	Employment, Residential and LINKS Dayhab Services	301 10th St., Onawa, Iowa 51040	712.423.1477		
League of Human Dignity		Southwest Iowa Center for Independent Living 1520 Avenue M Council Bluffs, IA 51501	712-323-6863; Cinfo@leagueofhumandignity.com	http://leagueofhumandignity.com/	
Nishna Productions Inc	Red Oak Vocational Training Center and Redemption Center	210 Broadway Street, Red Oak, Iowa 51566	712-623-4362	https://www.nishna.org/	Disability Services: Vocational Services; Employment Resources; Residential Services; Day Habilitation Services; Linens and Textiles Services
	Red Oak Day Services Center	207 South 3rd, Red Oak, IA 51566	712-623-4362		
	Linens & Textiles	210 Broadway Street, Red Oak, Iowa 51566	712-623-4362		
	Glenwood Office and Day Services Center	103 N Walnut, Glenwood, IA 51534	712-520-9277		
Disability Rights Iowa			800-779-2502	https://disabilityrights-iowa.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		501 Main Street, Suite 2B, Council Bluffs, IA 51503	712-323-4024	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	Council Bluffs Area Office	300 W. Broadway, Suite 33, Council Bluffs, IA 51503	(712) 328-3821	https://ivrs.iowa.gov/	
Southwest Iowa Region Mental Health and Disability Services		515 5th Ave Council Bluffs, IA 51503	712-328-5645	https://swiamhds.com/	Services: Cass Fremont Harrison Mills Monona Montgomery Page Pottawattamie Shelby
4	Domestic Abuse Services				
FCC- Family Crisis Centers			1-800-382-5603	www.familycrisiscenters.org	Domestic Abuse services in 17 counties of Region 1- Buena Vista, Calhoun, Carroll, Cherokee, Clay, Crawford, Dickinson, Emmet, Ida, Lyon, Monona, O'Brien, Osceola, Palo Alto, Pocahontas, Sac & Sioux Counties
Catholic Charities			hotline (712) 328-0266 (24/7); toll free 1 (888) 612-0266; Business 712-256-2059	http://www.survivorshelpline.org/shelter-services-and-programs.php	Comprehensive services to domestic violence and sexual assault survivors including individual and group counseling, 24/7 crisis response shelter. Counties Served: Audubon, Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie and Shelby Counties.

Phoenix House					SHELTER-BASED SERVICES - Counties Served: Adair, Adams, Audubon, Cass, Clarke, Dallas, Decatur, Fremont, Guthrie, Harrison, Madison, Mills, Montgomery, Page, Pottawattamie, Ringgold, Shelby, Taylor and Union Counties.
CRISIS INTERVENTION & ADVOCACY CENTER (CIAC) - 		Adel, IA	Phone: (515) 993-4095; Crisis Line: (800) 400-4884		Sexual abuse comprehensive services and domestic abuse comprehensive services. Counties Served: Adair, Adams, Clarke, Dallas, Decatur, Guthrie, Madison, Ringgold, Taylor and Union Counties.
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
IOWA COALITION AGAINST DOMESTIC VIOLENCE (ICADV)		Des Moines, IA 50310	Phone: (515) 244-8028; Crisis Line: (800) 942-0333;	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				
Cass County General Relief		5 W 7th St # F, Atlantic, IA 50022	(712) 243-4424	http://www.atlanticiowa.com/county/county-departments/general-relief-office/	
Cass County Department of Human Services		601 Walnut St., Atlantic, IA 50022	(712) 243-4401		

Montgomery County Emergency Management		105 E Coolbaugh St, PO Box 469 Red Oak, IA 51566	712-623-3749; emergencymanag ement@montgom erycoia.us	https://www.montg omerycountyiowa.co m/index.php/ema	
Montgomery county IA General Assistance Office	Sonia Jackson, Administrator	1109 Highland Ave, Red Oak, IA 51566	712-623-3848; generalassistance @montgomerycoi a.us	https://www.montg omerycountyiowa.co m/index.php/general- assistance	Hours of Operation: 8:00 am - 4:30 pm, Monday thru Friday. rograms offered through Montgomery County General Assistance are: emergency rent and utility assistance, emergency food assistance (works with local food pantries) and burial assistance for indigent clients. General Assistance also provides protective payee services through Social Security and Notary services.
Montgomery County Department of Human Services		1109 Highland Ave STE A Red Oak, IA 51566	712-623-4838		
Pottawattamie County General Assistance Office		227 S 6th St, Council Bluffs, IA 51501	(712) 328-5600		Appointments on Tue/Thurs from 8:30-3:30 p.m. Must meet eligibility qualifications. GA is a program of last resort and may be able to assist with medications and/or the current month's rent and utilities.
Pottawattamie County Department of Human Services		417 E Kanesville Blvd. Council Bluffs, IA 51503	712-328-5661		
New Opportunities Inc		400 State Street, Guthrie Center, Iowa 50115	641-747-3845	https://www.newo pp.org/services/we atherization/	Weatherization assistance. Eligibility: 200% of Poverty

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.
Consumer Credit Counseling Service of Nebraska			800-550-1961	https://www.greenpath.com/ccsne/	
Social Security Office Creston IA		906 E Taylor St Creston, IA 50801	1-866-613-2827		
Social Security Office Council Bluffs IA 51501		20 ARENA WAY STE 1 MID-AMERICA CENTER COUNCIL BLUFFS, IA 51501	1-866-331-9094		
6	Food Assistance				
Anita Food Pantry		208 Chestnut St, Anita, IA 50020	(712) 762-3645	https://www.foodbankiowa.org/agency/anita-food-pantry	Visits permitted: Twice per month, primarily serving individuals residing in the CAM school district, others served based on emergent needs. Documentation Required: Yearly income form. 1st & 3rd Saturday, 9:00am - 11:00am

Atlantic Food Pantry		19 W. 4th St., Atlantic, IA 50022	(712) 243-5019		Visits permitted: Seniors-once per month and All others-6 times per year or emergency exceptions. Documentation Required: Proof of residence. Thursdays, 1:00pm - 3:00pm
Care and Share Pantry		1808 5th Ave, Council Bluffs, IA - 51501	(712) 323-4889		Pantry hours: Monday and Thursday: 9:30am - 12pm
Christ Cupboard		4th street just off the square in Red Oak, IA		https://www.firstcovredoak.org/christ-cupboard-community-food-pantry.html	
Community of Christ		17 N. 2nd Street, Council Bluffs, IA - 51503	712-328-8122		Pantry hours: Mondays through Fridays 9 - 11am (By Appointment)
Cumberland Care & Share Food Pantry		500 Main St, Cumberland, IA 50843	(712) 774-5659		1st & 3rd Wednesday, 4:00pm-6:00pm

First Baptist Church		540 1st Avenue, Council Bluffs, IA - 51503	(712) 322-2569		Provides a food pantry. Must be at least thirty (30) days between the usage of this food pantry or any other food pantry. Must apply for food stamps. Documentation: Picture ID on all adults, Social Security cards of all household members, and Notice of Decision from Human Services. Pantry Hours: Monday and Tuesday 10:00am -12:00pm (Closed major holidays.)For more information, please call.
First Baptist Church Food Pantry-Red Oak					Food items for Individuals & Families. Fill out referral from General Assistance Director, Sonya Jackson, at 712-623-3848.
Lord's Cupboard of Griswold		100 Cass St., Griswold, IA 51535	(712) 778-2312		Amount of Food Provided: 1 week Visits permitted: As needed Documentation Required: None 2nd and 4th Tuesday, 1:00pm - 2:00pm
Meals on Wheels			(712) 250-0036		Fresh meal delivered daily around noon within Atlantic city limits. Offered Monday through Friday, cost of \$3.50 per meal.

Our Savior's Lutheran Food & Pet Food Pantry		313 Story Street, Council Bluffs, IA - 51503	(712) 322-6655		Hours:Thursday 11:00am - 3:00pm - by appointment. Please call between 9:30am and 11:00am for appointment time. 3rd and 4th Friday of the month 5:00pm to 7:00pm. Please call between 4pm and 5pm for appointment time. Requirements:We ask you to bring picture id, social security cards for everyone getting food, piece of mail with current address, and letter of decision on food stamps if applied. For more information, please call.
Southside Pantry		1919 S. 10th Street, Council Bluffs, IA - 51501	(712) 322-8122		
Villisca Food Pantry (ran by the Interchurch Council)		1142, 203 S 3rd Ave, Villisca, IA 50864	712-826-3132		
7	Housing Assistance				
Villisca Housing Authority		600 E 3rd St, Villisca, IA 50864	(712) 826-7602		
The Municipal Housing Agency - Council Bluffs	Carolyn Grieder, Executive Director	Municipal Housing Agency, 505 South 6th Street, Council Bluffs, Iowa 51501	712-322-1491; cgrieder@mhacb.org	http://mhacb.org/co	

The Municipal Housing Agency -MHA Staff – Section 8	Rhonda Coonce, Housing Choice Voucher Program Manager	Municipal Housing Agency, Office of Section 8, 300 West Broadway Suite 38, Council Bluffs, Iowa 51503	712-322-6931; rcoonce@mhacb.org	ntact-us/	
Healthy homes Family Services		306 E Coolbaugh St, Red Oak, IA 51566	712-357-1182	http://healthyhomesfs.com/	
Iowa FOCUS	Director: Derek Laney	501 Main Street, Suite 2B, Council Bluffs, IA 51503	(712)-323-4024; Toll Free: 1-877-50-FOCUS	www.iowafocus.com	Provides supported community and home-based living that helps with daily living needs for individuals with disabilities, chronic mental illness or brain injury.
SIRHA - Southern Iowa Regional Housing Authority			(641) 782-8585	www.sirha-ia.org	Provides rent assistance or rent subsidy to low income individuals, families, elderly or disabled who meet qualifying guidelines for a variety of programs offered.
West Central Community Action Cass County Location		304 Chestnut Street Atlantic, IA 50022	712-243-5421	http://westcentralca.org/index.php/outreach-centers/cass-county-outreach-center	The Cass County Outreach Center provides client intake, client assessment, client referrals, and coordinates with other community resources. Office Hours: Mon - Fri 8:00 - 4:30
Cass County - Income Based or Subsidized Housing					
Sundance Atlantic Apartments - Atlantic		1410 E 22nd St, Atlantic, IA 50022	(712) 243-6433	http://sundanceatlanticapt.com/	Sundance Atlantic Apartments is an income restricted property.
Midtown Apartments Phase II		1209 East 8th Street 17, Atlantic, IA - 50022	712-243-3691		Midtown Apartments Phase II is a HUD Apartment. HUD residents usually pay 30% of their gross income for rent.
Royal Oak II Apartments		501 E 5th St, Atlantic, IA - 50022	712-254-1471		Royal Oak II Apartments is a HUD Apartment. HUD residents usually pay 30% of their gross income for

Montgomery County - Income Based or Subsidized Housing					
Four H Manor		1803 E Summit St # 2, Red Oak, IA 51566	(712) 623-9784		
Acorn Acres		1805 N 8th St, Red Oak, IA 51566	(712) 623-4558		
City View Apartments		2400 N 8th St, Red Oak, IA 51566	(712) 623-9113		
Oak Creek Apartments		1660 E Summit St, Red Oak, IA 51566	(712) 623-2873	http://knudsoncompany.com/apartments/oak-creek-apartments	
Red Oak Manor		206 E Corning St, Red Oak, Iowa 51566	(712) 623-5348		
Pottawattamie County - Income Based or Subsidized Housing					
Municipal Housing Agency of Council Bluffs		Regal Towers, 505 South 6th Street, Council Bluffs, IA 51501.	712-322-1491	http://mhacb.org/	MHA Central Office Hours 8:00 – 4:30 Monday – Friday Closed Holidays and Week-Ends
		Dudley Court, 201 North 25th Street Council Bluffs, IA 51501.	712-322-1901		
8	Immigrant/Refugee Services				
Latino Resource Center	Jennifer Horner	Red Oak, Iowa	712-623-3591 or 712-310-1748		
Lutheran Services in Iowa - Council Bluffs Office		P.O. Box 679 Council Bluffs, IA 51502	712.263.9341	https://lsiowa.org/	Services for: Children and Youth; Therapy; People with disabilities; Refugee Community services; Foster Care and Adoption; Services for Adults.
Lutheran Services in Iowa - Denison Office		205 S. 7th St. Denison, IA 51442	712.263.9341		
The National Immigrant Women's Advocacy Project - Benefits Map				http://map.niwap.org/?utm_medium=email&utm_source=govdelivery	
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%20.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 to race, gender, or religion.
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: Adair and Guthrie. 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.
U.S. Citizenship and Immigration Services (USCIS) - USCIS Omaha Field Office		1717 Avenue H, Omaha, NE 68110		https://my.uscis.gov/en/appointment/v2	This office serves the following counties in Iowa: Cass, Crawford, Harrison, Mills, Monona, Montgomery, Pottawattamie and Shelby. 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. A kiosk is available in the lobby for making appointments.
9	Latino Community Resources Leaders/Churches				
SW Iowa Latino Resource Center		604 N 4th St, Red Oak, IA 51566	(712) 623-3591		
Centro Latino of Iowa		300 W Broadway Suite 40, Council Bluffs, IA 51503	(712) 256-6009	http://www.sucentrolatino.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.latinocenterofiowa.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-health-providers?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/	
10	Legal Assistance				
Cass County Attorney		5 West 7th Street, Atlantic, IA 50022	(712) 243-4504	http://www.atlanticiowa.com/county/county-departments/county-attorneys-office/	
Montgomery County Attorney		209 E Coolbaugh St, Red Oak, IA 51566	712-623-3011; swanlaw@mchsi.com	https://www.montgomerycountyiowa.com/index.php/attorney	
Pottawattamie County Attorney		227 South 6th Street, Council Bluffs, IA 51501- 4238	(712) 328-5649	https://pview.findlaw.com/view/2273796_1	
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
Legal Aid			877-564-2156, 24/7 Legal Help Line	MyAttorneyHome.com/iowa	
11	Minority Health Coalition Agencies				
Centro Latino of Iowa		300 W Broadway Suite 40, Council Bluffs, IA 51503	(712) 256-6009	http://www.sucentrolatino.com/	
SW Iowa Latino Resource Center		604 N 4th St, Red Oak, IA 51566	(712) 623-3591		
12	Utility Assistance				
13	General Resources				

Atlantic Area Ministerial Association			(712) 243-2927		A network of church ministers from local communities with access to resources to help those in need.
Cass County ISU Extension		805 W. 10th St., Atlantic, IA 50022	(712) 243-1132		Provides unbiased research based information for family, home, business, community or farm.
Lutheran Services in Iowa - Council Bluffs Office		P.O. Box 679 Council Bluffs, IA 51502	712.263.9341	https://lsiowa.org/	Services for: Children and Youth; Therapy; People with disabilities; Refugee Community services;
The Salvation Army of Council Bluffs, Iowa	Major Donna Miller	715 N 16th St, Council Bluffs, IA 51501	(712) 328-2088	donna.miller@usc.salvationarmy.org	
West Central Community Action		304 Chestnut St., Atlantic, IA 50022	(712) 243-5421	www.westcentralca.org	Assists low-income families in becoming self-sufficient. Provides services including WIC, heat assistance, childcare referral, head start, senior aide and more.
	Glenwood Office	302 ½ S Locust Street, Glenwood IA 51534	(712) 527-2177		The mission of Heartland Family Service is to strengthen individuals and families in our community through education, counseling, and support services; Tuesdays: 8:00 am – 3 pm, 4 pm – 7:30 pm
	Heartland Bridges	600 9th Ave, Council Bluffs, IA 51501	712-325-5650		

Heartland Family Services	Heartland Homes Charles E. Lakin Human Services Campus	1503 Ave J, Council Bluffs IA, 51501	(712) 435-5360	https://heartlandfamilyservice.org/	Facility-based permanent supportive housing for individuals and families. Case management and therapeutic and support services address the root causes of homelessness to help residents maintain permanent housing; Eligibility: Individuals must be literally homeless, have a disabling condition, and reside in Pottawattamie County, Iowa.
	H. Lee Gendler Center	515 E Broadway, Council Bluffs, IA 51503	(712) 322-1407		Monday – Thursday: 8:00 am – 7:30 pm; Friday: 8:00 am – 2:30 pm; Saturday: 8:00 am – 12:00 pm
	Iowa Family Works	1722 Avenue C, Council Bluffs, IA 51501	(712) 435-5380		Long-term (6-9 months) residential substance abuse and mental health programs in Iowa and Nebraska for women with children. The program preserves and strengthens the mother-child attachment while providing housing, treatment, therapy, and support for the women and their children.
	Peer Center	622 S. 4th Street, Council Bluffs, IA 51503	(712) 242-2500		Monday -Thursday: 10 am – 3 pm
Home & Family Hotline (Answerline)			800-262-3804		
Cass County Iowa State Extension Office		805 W 10th St, Atlantic, IA 50022	(712) 243-1132	https://www.extension.iastate.edu/cass/	Collaborating with communities to reduce poverty; helping farmers and consumers enhance energy
Montgomery Iowa State Extension Office		400 Bridge St #2, Red Oak, IA 51566	(712) 623-2592	https://www.extension.iastate.edu/montgomery/	

West Pottawattamie Iowa State Extension Office		1705 McPherson Ave # 200, Council Bluffs, IA 51503	(712) 366-7070	https://www.extension.iastate.edu/westpottawattamie/	efficiency; educating Iowans about food, feed and fuel issues; and helping companies develop strategies to improve their bottom line. Monday-Friday 8a-4p.
East Pottawattamie Iowa State Extension Office		406 Dr Van Zee Road, P. O. Box 187 Oakland, IA 51560	(712) 482-6449	https://www.extension.iastate.edu/eastpottawattamie/	