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# COMMUNITY RESOURCES REFERRAL GUIDE

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## Dubuque 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				
Fresh Conversations	Northeast Iowa Area Agency on Aging: Anne Blocker 564 - 568-1824 or Janet Buls 319-231-1551	Program site: Waukon Senior Center, 1220 3rd Ave, Waukon, IA 52172; (866) 468-7887	Anne Blocker 564 - 568-1824 or Janet Buls 319-231-1551		Wakon, Allamakee County
		Program site: Senior Center, 133 S Main St, Elkader , IA 52043; 866 468 7887			Elkader, Clayton County
		Program site: Guttenberg Senior Dining Center, 1315 Acre St, Guttenberg, IA 52052; (866) 468-7887			Guttenberg, Clayton County
		Program site: Monona Community Center, 104 E Center Street, Monona, IA 52159; 866 468 7887			Monona, Clayton County
		Program site: Alverno Towers, 3525 Windsor Ave, Dubuque, IA 52001			Dubuque, Dubuque County

		Program site: Applewood Apartments, 3125 Pennsylvania Avenue, Dubuque, IA 52001			Dubuque, Dubuque County
		Program site: Dyersville Social Center, 625 3rd Ave SE Dyersville, IA 52040; (866) 468-7887			Dyersville, Dubuque County
		Program site: Winneshiek County Senior Center, 806 River Street, Decorah, IA 52101; (866) 468-7887			Decorah, Winneshiek County
State-Certified Diabetes Self-Management Education Programs/Sites		Winneshiek Medical Center - 901 Montgomery St, Decorah, IA 52101	<a href="tel:5633822911">(563) 382-2911</a>	<a href="http://www.winmedical.org/">http://www.winmedical.org/</a>	Decorah, Winneshiek County
		Gundersen Lutheran Decorah - 1830 State Hwy. 9, Decorah, IA 52101	(563) 382-3140	<a href="https://www.gundersenhealth.org/locations/medical-clinics/decorah/">https://www.gundersenhealth.org/locations/medical-clinics/decorah/</a>	Decorah, Winneshiek County
		Mercy Family Pharmacy - 1920 Elm Street, Dubuque, Iowa 52001	(563) 583-7379	<a href="https://www.mercyone.org/dubuque/find-a-service-or-">https://www.mercyone.org/dubuque/find-a-service-or-</a>	Dubuque, Dubuque County
		Crescent Community Health Center - 1789 Elm St, Dubuque, IA 52001	(563) 690-2850	<a href="https://crescentchc.org/">https://crescentchc.org/</a>	Dubuque, Dubuque County
		UP Health Finley Hospital, Kehl Diabetes Center - 1560 University Ave, Dubuque, IA 52001	(563) 589-4899	<a href="https://www.unitedpoint.org/dubuque/clinic.aspx?id=1837">https://www.unitedpoint.org/dubuque/clinic.aspx?id=1837</a>	Dubuque, Dubuque County
		UP Health Guttenberg Municipal Hospital - 200 Main St, Guttenberg, IA 52052	(563) 252-1121	<a href="https://guttenberghospital.org/">https://guttenberghospital.org/</a>	Guttenberg, Clayton County
		Delaware County Memorial Hospital - 709 West Main Street, Manchester IA 52057	(563) 927-3232		Manchester, Delaware County
		Veterans Memorial Hospital - 40 1st St SE, Waukon, IA 52172	(563) 568-3411	<a href="http://veteransmemorialhospital.mobi/">http://veteransmemorialhospital.mobi/</a>	Waukon, Allamakee County

Diabetes Prevention Program, Recognized Lifestyle Change Program		Dubuque Community YMCA/YWCA, 35 N Booth St. Dubuque, IA 52001	(563) 556-3371		Dubuque, Dubuque County
Medication Therapy Management	Melissa Ernzen	MercyOne Dubuque Elm Pharmacy, 1920 Elm Street, Dubuque 52001	(563) 583-7379		Dubuque, Dubuque County
YMCA BPSM (Blood Pressure Self-Monitoring)		Dubuque Community YMCA/YWCA, 35 N Booth St. Dubuque, IA 52001	(563) 556-3371		Dubuque, Dubuque County. No contract with WISEWOMAN yet.
<b>2</b>	<b>Clinics</b>				
<b>Community Health Clinics / Free Clinics</b>					
Crescent Community Health Center		1789 Elm St, Dubuque, IA 52001	(563) 690-2850	<a href="https://crescentchc.org/">https://crescentchc.org/</a>	
Stonehill Dental Clinic		3485 Windsor Avenue, Dubuque, Iowa 52001	(563) 557-7180	<a href="https://www.stonehilldbg.com/">https://www.stonehilldbg.com/</a>	
Decorah Community Free Clinic		604 W. Broadway St, Decorah, Iowa 52101	<a href="tel:563-419-0962">563-419-0962</a>		Hours: 6:00 – 8:00 p.m. on Thursdays; 5:00 – 6:00 p.m. Patient Registration (all patients must arrive by 6:00 p.m.)
<b>WISEWOMAN Clinics</b>					
<u>Grand River Medical Group</u>	Emily Ludovissy	1515 Delhi Street, Ste. 100, Dubuque, IA 52001	563-557-9111		
<u>Medical Associates Clinic, P.C. - East</u>	Deb Renner	1000, East Campus, Langworthy St, Dubuque IA 52001.	563-584-3127		
<u>Medical Associates Clinic, P.C. - West</u>	Deb Renner	1500 Associates Drive, Dubuque IA 52001	563-584-3127		
<u>Medical Associates-Dyersville Family Practice</u>	Kathy Harris	1121 3rd St. SW, Dyersville, IA 52040	563-875-2776		
<u>Medical Associates-Cascade Family Health Center</u>	Kathy Harris	805 Johnson St. SW, Cascade IA 52033	563-584-3779		

<u>Crescent Community Health Center</u>	Angela Horaney	1789 Elm St. Dubuque, IA 52001	563-690-2872		
<u>Hillcrest Family Services</u>	LeAnne Sharkey	220 W 7th St., Dubuque, IA 52001	563-583-6431		
<b>3</b>	<b>Community Gardens</b>				
<b>Dubuque Community Garden Coalition</b>					
Dubuque Rescue Mission Garden		300 Iowa Street, Dubuque IA			<a href="https://dbqcommunitygardens.com/find_a_garden/">https://dbqcommunitygardens.com/find_a_garden/</a>
Westminster Presbyterian Church	Rich Henderson	2155 University Ave	563 580 6289 hs3eagles@gmail.com		
Convivium Urban Farmstead		2811, Jackson St, Dubuque, IA 52001	563-557-2990, info@convivium-dbq.com	<a href="https://www.convivium-dbq.com/">https://www.convivium-dbq.com/</a>	
Dem Greens	Lynn Sutton	Located at 360 E 13th St. Duqbuque IA	563 564 8865 suttonlynn@outlook.com		
Wading Pool Garden Project	<ul style="list-style-type: none"> <li>▪ Mary Purdy- mary_purdy@hotmail.com</li> <li>▪ Jennifer Crow- jjcrow24@aol.com</li> <li>▪ Jerelyn O'Connor- 563-589-4326</li> </ul>	Host Organization: St.Luke's United Methodist Church, 1199 Main St., Dubuque, Iowa 52001			
Four Mounds Community Garden	Jay Potter	4392 Peru Rd, Dubuque IA	563 543 0924		
<b>4</b>	<b>Farmers' Market</b>				
Dubuque Farmers Market		Iowa St Between 13th and 11th Streets Dubuque, IA 52001		dubuquefarmersmarket.org	7 a.m. to 12 p.m., every Saturday, May through September and 8 a.m. to 12 p.m. in October.

<b>5</b>	<b>Free Blood Pressure Screenings</b>				
<b>6</b>	<b>Fitness/Recreation</b>				
Signature Health & Fitness		2055 Holliday Dr Dubuque, IA 52002	563-587-8052	<a href="https://www.signatu&lt;br/&gt;rehealthandfitness.c&lt;br/&gt;om/home">https://www.signatu rehealthandfitness.c om/home</a>	
Anytime Fitness		2255 John F Kennedy Rd, Dubuque, IA 52002	(563) 845-7779	<a href="https://www.anytim&lt;br/&gt;efitness.com">https://www.anytim efitness.com</a>	
Farrell's eXTREME Bodyshaping		4099 McDonald Dr, Dubuque, IA 52003	(563) 564-7696	<a href="https://www.extrem&lt;br/&gt;ebodyshaping.com/">https://www.extrem ebodyshaping.com/</a>	
Body & Soul Wellness Center and Spa		2728 Asbury Rd #777, Dubuque, IA 52001	(563) 556-9642	<a href="https://www.relaxliv&lt;br/&gt;ewell.com/">https://www.relaxliv ewell.com/</a>	
The Gym		340 E 12th St Dubuque, IA 52001	563-556-6496	<a href="http://www.thegymdubuqu&lt;br/&gt;e.com">www.thegymdubuqu e.com</a>	
<b>7</b>	<b>Mental Health Resources</b>				
Hillcrest Supported Community Living (HSL)		220 West 7th St. Dubuque IA	563-588-0605	<a href="https://hillcrest-&lt;br/&gt;fs.org/supported-&lt;br/&gt;living/">https://hillcrest- fs.org/supported- living/</a>	Assist adults with metal illness, brain injury or intellectual disability with developing the skills and supports to live independently.
Wellness Center		255 West 6th St Dubuque IA	(563) 690-1239	<a href="https://hillcrest-&lt;br/&gt;fs.org/wellness-&lt;br/&gt;center/">https://hillcrest- fs.org/wellness- center/</a>	
Lutheran Social Services		2255 John F Kennedy Rd # 9 Dubuque IA	(563) 582-0044	<a href="https://lsiowa.org/o&lt;br/&gt;ur-services/">https://lsiowa.org/o ur-services/</a>	Provides a range of counseling and therapy options.
Mental Health and Disability Services of the East Central Region. Serving Dubuque and Delaware Counties	Dubuque County: Jody Jansen	720 Central Ave, Dubuque, Iowa 52001	563-589-7870		
	Delware County: Peggy Petlon	601 Grant St, Manchester, Iowa 52057	563-927-5116	<a href="https://ecriowa.org/">https://ecriowa.org/</a>	

NAMI (National Alliance on Mental Illness) Iowa	Heather Strachan		515.254.0417 heather@namiowa.org		
	Emily Berry (Iowa Office of Consumer Affairs)		<a href="tel:515-254-0417">515-254-0417</a> or <a href="mailto:emily@namiowa.org">emily@namiowa.org</a>		Iowa Office of Consumer Affairs is available Monday-Friday, 8:30AM—4:30PM and can be reached at 855-622-4692 or <a href="mailto:info@ocaiowa.org">info@ocaiowa.org</a>
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; <a href="mailto:hope4iowa@boystown.org">hope4iowa@boystown.org</a>	<a href="https://swiamhds.com/hope4iowa/">https://swiamhds.com/hope4iowa/</a>	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 <a href="mailto:hope4iowa@boystown.org">hope4iowa@boystown.org</a> . 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	<a href="http://www.swiamhds.com">www.swiamhds.com</a>	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	<a href="http://www.yourlifeiowa.org">www.yourlifeiowa.org</a>	Confidential help for suicide prevention, problem gambling and substance abuse issues, including drugs and alcohol.
<b>8</b>	<b>Nutrition Services</b>				
Wittman's Nutrition		2600 Dodge St, Suite B5 Dubuque, IA 52001	563-557-9067		
New Direction Weight Loss-Babka Center		1500 University Ave Dubuque, IA 52001	563-557-2729		
Hy-vee dietician Asbury Plaza Hy-Vee	Megan Horstman	2395 NW Arterial, Dubuque, Iowa 52002	563-583-2199		
Hy-vee dietician		3500 Dodge Street, Dubuque, Iowa 52003	563-583-5204		
Hy-vee dietician Locust Street Hy-Vee	Amy Cordingley	400 South Locust, Dubuque, Iowa 52003	563-583-6148		
MercyOne Nutrition		250 Mercy Dr, Dubuque, IA 52001	563-589-9655		
<b>9</b>	<b>Prescription Assistance</b>				
SafeNet Rx	Dr Jaclyn Myers		515-276-0066 or pharmacy@safenetrx.org		
<b>10</b>	<b>Tobacco Cessation Programs</b>				

Quitline Iowa			1-800-Quit-Now	<a href="https://www.quitlineiowa.org/en-US/">https://www.quitlineiowa.org/en-US/</a>	Free tobacco cessation program for Iowa resident. On going phone counseling available to assist tobacco users with quitting. Fax referrals.
<b>11</b>	<b>Transportation Services</b>				
Region 8 Regional Transit Authority		7600 Commerce Park Dubuque, IA 52002	563-588-4592	<a href="https://www.rta8.org/">https://www.rta8.org/</a>	
The Jule Public Transit		Intermodal Transportation Center, 3302, 950 Elm St, Dubuque, IA 52001	563.589.4196	<a href="https://www.cityofdubuque.org/274/Transit">https://www.cityofdubuque.org/274/Transit</a>	Office Hours, Monday - Friday 7:30 a.m. - 4:30 p.m.
<b>12</b>	<b>Walking Programs</b>				
Dubuque Walking Trails				<a href="https://www.mapmywalk.com/us/dubuque-ia/">https://www.mapmywalk.com/us/dubuque-ia/</a>	
Live Healthy Iowa Challenge				<a href="http://www.livehealthyiowa.org">www.livehealthyiowa.org</a>	
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
<b>13</b>	<b>Weight Loss Programs</b>				
Weight Watchers	WW Studio Dubuque	2728 Asbury Rd STE 305, Dubuque, IA 52001			
	WW Studio @ Dyersville Commercial Club	225 11TH ST, Dyersville, IA 52040			
New Direction Weight Loss		1550 University Ave Dubuque, IA 52001	563-557-2729		

<b>B</b>	<b>Other Services</b>			
<b>1</b>	<b>African American Community</b>			
<b>2</b>	<b>Computer Access</b>			
Carneige Stout Public Library		360 W 11th St Dubuque, IA 52001	563-589-4225	<a href="http://www.dubuque.lib.ia.us">www.dubuque.lib.ia.us</a>
<b>3</b>	<b>Disability Services</b>			
Disability Rights Iowa			800-779-2502	<a href="https://disabilityrightsowa.org/">https://disabilityrightsowa.org/</a>
Easter Seals Rural Solutions			515-309-1783	<a href="https://www.easterseals.com/ia/our-programs/rural-solutions/">https://www.easterseals.com/ia/our-programs/rural-solutions/</a>
Iowa Compass		Iowa Compass, Center for Disabilities & Development, 100 Hawkins Dr. #S295 Iowa City, IA 52242-1011	1-800-779-2001	<a href="https://iowacompass.org/">https://iowacompass.org/</a>
Iowa Focus			+1-877-50-FOCUS; Derek@IowaFocus.com	<a href="http://iowafocus.com/">http://iowafocus.com/</a>
Iowa Vocational Rehabilitation Services	Dubuque Area Office	2600 Dodge St. Suite NW2 Dubuque, IA 52003	(563) 588-4697	<a href="https://ivrs.iowa.gov/">https://ivrs.iowa.gov/</a>
<b>4</b>	<b>Domestic Abuse Services</b>			
Friends of the Family	Dubuque outreach Office	Dubuque, IA 52002	(563) 590-0537	<a href="https://www.fofia.org">https://www.fofia.org</a>
	Brittany - Human trafficking Specilaist		(563) 258-2220	
				24/7 CRISIS LINE 1-800-410-SAFE

FRIENDS OF THE FAMILY	Nicole - housing Support Specilaist		(319) 352-1108	<a href="#">/contact-us</a>	24/7 CRISIS LINE-800-410-SAFE
	DECORAH OUTREACH OFFICE	Decorah, IA 52101	563-387-7959		
Helping Services			563-387-1720 or 1-800-383-2988	<a href="https://www.helping-services.org/">https://www.helping-services.org/</a>	Hotline service, advocacy, housing (emergency and transitional). Serving serve Allamakee, Bremer, Chickasaw, Clayton, Delaware, Fayette, Howard, and Winneshiek counties in Iowa
Amani Community Services	Lisa Ambrose, Executive Director	2315 Falls Avenue Suite 1; Waterloo, IA, United States 50701	Toll Free (888) 983-2533; Dubuque office: (319) 504-1283	<a href="http://www.amani-cs.org">http://www.amani-cs.org</a>	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 8 am-5 pm
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 ABUSE COMPREHENSIVE - WAYPOINT- SERVICES FOR WOMEN, CHILDREN & FAMILIES		Cedar Rapids, IA	Phone: (319) 365-1458; Crisis Line: (800) 208-0388	<a href="http://www.survivorshelpline.org/shelters-and-programs.php">http://www.survivorshelpline.org/shelters-and-programs.php</a>	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	<a href="http://www.cvfriendsofthefamily.org/">http://www.cvfriendsofthefamily.org/</a>	Counties Served: Allamakee, Black Hawk, Benton, Bremer, Buchanan, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Howard, Jones, Linn and Winneshiek Counties.

Waypoint Services- Dubuque Area Tri- States	Brittany Appleton	452 W 4th Street Dubuque, IA 52002	1-319-365-1458 ext. 6118 bappleton@wayp ointservices.org	<a href="https://www.waypointservices.org/">https://www.waypointservices.org/</a>	Domestic Violence Victim Services Program. Services include 24-hour Resource & Support phone line, one-on-one peer counseling, medical, legal, housing, and criminal justice advocacy, and weekly support groups. Waypoint provides Domestic Violence Victim Services to the following counties: Benton, Black Hawk, Buchanan, Delaware, Dubuque, Jones, and Linn. Office Hours: Monday-Friday 8:00am-5:00pm
Dubuque Community YMCA/YWCA Victim Services Shelter			563-556-3371	<a href="https://dubuque.org/victim-services-shelter/">https://dubuque.org/victim-services-shelter/</a>	Domestic violence/ sexual assault/ sex trafficking Shelter with counseling services and rapid re-housing for residents.
<b>Statewide Services</b>					
CRIME VICTIM ASSISTANCE DIVISION		Des Moines, IA 50319	Phone: (515) 281- 5044; Crisis Line:	<a href="https://www.iowaattorneygeneral.gov/">https://www.iowaattorneygeneral.gov/</a>	
IOWA AFFIRMATION & RESOURCES CHAT				<a href="http://www.iowaarch.org/">http://www.iowaarch.org/</a>	Iowa Affirmation & Resources Chat (ARCh) is an online, text based service that victims can utilize for support. ARCh has advocates available each day from 9 am - 9 pm.
IOWA COALITION AGAINST DOMESTIC		Des Moines, IA 50310	Phone: (515) 244- 8028; Crisis Line:	<a href="http://www.icadv.org/">http://www.icadv.org/</a>	
IOWA COALITION AGAINST SEXUAL		Des Moines, IA 50310	Phone: (515) 244- 7424	<a href="http://www.iowacas.org/">http://www.iowacas.org/</a>	
Iowa DHS Child and Dependent Adult			1 (800) 362-2178	<a href="http://www.dhs.iowa.gov/report-abuse-and-">www.dhs.iowa.gov/ report-abuse-and-</a>	Confidential reporting and assessment of suspected abuse
IOWA DOMESTIC VIOLENCE & CRIME		Sioux Center, IA	Crisis Line: (800) 770-1650		

State of Iowa Sexual Abuse Hotline			1 (800) 284-7821	<a href="https://isah.uiowa.edu/">https://isah.uiowa.edu/</a>	Provides free, confidential, trauma-informed service for people in Iowa affected by sexual violence.
National Human Trafficking Hotline			1 (888) 373-7888; Text: 233733	<a href="http://www.humantraffickinghotline.org">www.humantraffickinghotline.org</a>	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		
<b>5</b>	<b>Financial Assistance</b>				
Allamakee County Relief Office	Rebecca Hawes – Director	12, 1st Avenue N.W. Waukon, IA 52172	563-568-3591	<a href="https://www.allamakee.us/relief">https://www.allamakee.us/relief</a>	Hours: 8:00 AM to 4:00 PM
Clayton County General Relief	Jean Gage	600 Gunder Rd #6, Elkader, IA 52043	(563) 245-1865	<a href="https://www.claytoncountyia.gov/211/General-Assistance">https://www.claytoncountyia.gov/211/General-Assistance</a>	Hours: 8:00 AM to noon; 12.30pm to 4.00pm. Monday, Tuesday, Wednesday, Friday
Delaware County, - General Assistance	General Assistance Director: Peggy Petlon; General Assistance Administrator: Nicole Recker	601 Grant Street Manchester, Iowa 52057	(563) 927-5116	<a href="http://co.delaware.iowa.us/offices/genassistance/index.htm">http://co.delaware.iowa.us/offices/genassistance/index.htm</a>	Hours Office is open: Monday - Friday 8:00 AM - 4:30 PM Please call for an appointment
General Assistance Dubuque County		36 E 8th St, Dubuque, IA 52001	(563) 589-7840		Make an appointment for rent, utilities, medical, burial expenses to eligible persons. Monday-Friday 8am-4:30pm

Winneshiek County General Assistance Program		EICAC Winneshiek County Family Service office, 305 Montgomery, Decorah, IA	(563) 382-8436	<a href="http://www.neicac.org/general-assistance">http://www.neicac.org/general-assistance</a>	Hours: Monday - Friday 8:00 - 4:30
American Red Cross of the Tri-States		2400 Asbury Rd, Dubuque, IA 52001	(563) 583-6451		Disaster Assistance Only. Relief to victims of natural disasters including house fire, flood, tornados, and helps prevents, prepare, and respond to emergencies.
Consumer Credit Counseling Service of NE IA		419 N. Grandview, Suite 500-B, Dubuque, Iowa 52001	563-582-3885 dubuque@cccsia.org	<a href="https://www.cccsia.org/our-offices/">https://www.cccsia.org/our-offices/</a>	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.
Dubuque County Human Services Department		799 Main St, 4th Floor Nesler Center, Dubuque, IA 52001	(563) 557-8251	<a href="http://dhs.iowa.gov/node/1907">http://dhs.iowa.gov/node/1907</a>	Family Investment Program, Food Stamps, Title 19, child care subsidy. Monday-Friday 8a-4:30p
Social Security Administration		1635 Associates Dr Ste 101, Dubuque, IA 52002	(877) 405-3650	<a href="https://www.ssa.gov/">https://www.ssa.gov/</a>	Social Security benefits, social security cards, office staff. Monday, Tuesday, Thursday, Friday 9a-4p Wednesday 9a-12p
Dubuque County Society For Special Needs Inc		475 Cedar Cross Road, Dubuque, IA 52003			Financial support to address the immediate needs for individuals with a variety of needs that can't be funded by other resources including: health care services and supplies, assistive devices, professional services, and a multitude of other special needs. <sup>SEP</sup>
Iowa Concern Line			1 (800) 447-1985	<a href="https://www.extension.iastate.edu/iowaconcern/finance.html">https://www.extension.iastate.edu/iowaconcern/finance.html</a>	A free, confidential resource to Iowans who need financial, legal, stress or crisis assistance.

Iowa Concern Line			1 (800) 447-1985	<a href="https://www.extension.iastate.edu/iowaconcern/finance.html">https://www.extension.iastate.edu/iowaconcern/finance.html</a>	A free, confidential resource to Iowans who need financial, legal, stress or crisis assistance.
Consumer Credit Counseling Service of Nebraska			800-550-1961	<a href="https://www.greenpath.com/ccsne/">https://www.greenpath.com/ccsne/</a>	
<b>6</b>	<b>Food Assistance</b>				
Dubuque Area Labor Harvest		423 W Locust St, Dubuque, IA 52001	563-583-3933		Once a month 7:30-9:30
Dubuque Catholic Worker Hope House		1592 Locust Street, Dubuque, IA	563-582-9079	<a href="https://www.catholicworker.org/communities/houses/ia-https://dubuquecounty.org/veterans-affairs/">https://www.catholicworker.org/communities/houses/ia-https://dubuquecounty.org/veterans-affairs/</a>	Food pantry from 3-4p and 7-8p Monday –Sunday. Free meals on Sunday and Monday at 6pm.
Dubuque County Commission on Veterans Affairs		36 East 8th St., Dubuque, IA	(563)589-7840		Provides food vouchers to veterans and their families.
Dubuque Food Pantry		1598 Jackson St, Dubuque IA	563-583-4440		Must be referred, can receive once every 2 months
Dubuque Rescue Mission		398 Main Street, Dubuque, IA 52001	563.583.1394	<a href="http://dbqrescue.org/">http://dbqrescue.org/</a>	
New Life Church Pantry		835 S. Grandview Heights, Dubuque, IA 52001	(563) 556-5090	<a href="https://www.newlifedbq.com/">https://www.newlifedbq.com/</a>	Food pantry items available on Thursdays
Salvation Army Food Pantry Dubuque		1099 Iowa Street, Dubuque, IA 52001	563-556-1573		Food voucher provided 4 times a year. Proof of residence and Social Security number is needed. Monday-Friday 9a-3p
St Stephens Food Bank	Kathy Hutton, Site Director	3145 Cedar Crest Ridge, Dubuque, IA 52003	(563) 557-7474 khutton@riverbendfoodbank.org	<a href="https://riverbendfoodbank.org/ststephens/">https://riverbendfoodbank.org/ststephens/</a>	
St Vincent De Paul Society Voucher Center & Food Pantry		1351 Iowa St, Dubuque, IA 52001	(563) 584-2225		



7	Housing Assistance			
City of Dubuque Housing & Community Development Department		350 W 6th St, Suite 312 Dubuque, IA 52001	563-589-4230	<a href="http://www.cityofdubuque.org/618/Housing-Community-Development">http://www.cityofdubuque.org/618/Housing-Community-Development</a> Federal subsidy program that allows people of limited means to rent housing, income guidelines for assistance. Monday-Friday 8a-5p
Coordinated Entry for Homeless	Amanda Hohmann	7600 Commerce Park, Dubuque, IA, United States, 52002	(833) 587-8322; ahohmann@ecia.org	<a href="http://www.ecia.org">http://www.ecia.org</a>
Continuum of Care - Special Needs Assistance Program (SNAP)		Amanda Hohmann, ECIA Employment & Training Specialist	563.258.9187, ahohmann@ecia.org.	<a href="http://www.cityofdubuque.org/839/Special-Needs-Assistance-Program">http://www.cityofdubuque.org/839/Special-Needs-Assistance-Program</a> Permanent supportive housing for those who are chronically homeless and also have either a substance abuse issue, mental health diagnosis and/or has been diagnosed with having HIV/AIDS.
Dubuque Rescue Mission		398 Main St. Dubuque, Iowa 52001	(563) 583-1394	<a href="http://dbqrescue.org/">http://dbqrescue.org/</a>
Hawkeye Area Community Action Program, Inc. (HACAP): Veteran Support, operation Home			(319) 393-7811 info@hacap.org.	Supportive Services for Veteran Families (SSVF) is funded by the department of Veteran Affairs to improve the housing stability of homeless Veterans and their families in Linn, Jones, Benton, Cedar, Iowa, Johnson, Washington, Dubuque, Black Hawk, Buchanan, and Delaware counties.
Hillcrest Family Services: Homelessness Prevention		220 West 7th St Dubuque, IA 52001	(563) 588-0605	<a href="https://hillcrestfs.org/services/homelessness/">https://hillcrestfs.org/services/homelessness/</a> Outreach and short term case management to individuals with a mental illness and/or substance abuse who are homeless or at risk for homelessness.
Hope House Dubuque Catholic Worker		1592 Locust St. Dubuque IA 52001	563-582-9079	<a href="https://www.catholicworker.org/communities/houses/ia-dubuque-hope-house.html">https://www.catholicworker.org/communities/houses/ia-dubuque-hope-house.html</a> Emergency shelter for single men

Manasseh House		2080 Elm St Dubuque, IA 52001	(563) 557-4450		
Mary's Inn Maternity Home	Life House Maternity Home	PO Box 3338, Dubuque, Iowa 52004-3338	563-552-6288 director@marysinmaternityhome.org	<a href="https://marysinmaternityhome.org/">https://marysinmaternityhome.org/</a>	Emergency shelter for pregnant women.
Opening Doors	Maria House	1561 Jackson St Dubuque, IA 52001	563-582-7480	<a href="https://www.openingdoorsdbq.org/maria-house/">https://www.openingdoorsdbq.org/maria-house/</a>	Maria House offers transitional housing and programs designed to encourage women to make choices that are appropriate for them, to develop personal responsibility, to live independently in permanent housing and to achieve their full potential.
	Teresa Shelter	1111 Bluff Street, Dubuque, Iowa 52001	563.690.0086	<a href="https://www.openingdoorsdbq.org/teresa-shelter/">https://www.openingdoorsdbq.org/teresa-shelter/</a>	Teresa Shelter provides a safe place for all women and children who find themselves homeless due to circumstances beyond their control. The shelter's staff work with each woman to meet short-term goals and objectives by connecting them to needed resources and services. 30 Day Emergency Shelter for women (18+), alone or with children. After 30 day emergency shelter, possibilities of referrals for 6 month extended stay program at Teresa Shelter or 2 year transitional program at Maria House.
	Francis Apartments				Permanent supportive housing option for graduates of Maria House and Teresa Shelter
<b>Income Based or Subsidized Housing</b>					
Davis Place Apartments		521 Garfield Ave, Dubuque, IA 52001	(563) 583-9111	<a href="https://www.davisplacedbq.com/">https://www.davisplacedbq.com/</a>	

Hillcrest Apartments		3290 Hillcrest Rd, Dubuque, IA 52001	563-556-9430	<a href="http://www.hillcrestapartmentsdbq.com/">http://www.hillcrestapartmentsdbq.com/</a>	1, 2, and 3 bedroom apartments that are income based.
Kennedy Manor Apartments		2671 Owen Ct # 74, Dubuque IA 52002	(563) 556-5125	<a href="https://www.publichousing.com/details/kennedy_manor">https://www.publichousing.com/details/kennedy_manor</a>	Affordable rental housing with 1-3 bedroom apartments
Mercy Housing		90 Main St. Dubuque IA	563-583-9653	<a href="https://www.mercyhousing.org/find-housing/">https://www.mercyhousing.org/find-housing/</a>	Rental housing for low income.
Sheridan Village		3260 Getty Terrace, Dubuque, IA 52001	(563) 557-7706	<a href="https://www.ymcorp.com/sheridan-village-apartments/">https://www.ymcorp.com/sheridan-village-apartments/</a>	Affordable rental housing with 2-4 bedroom units.
<b>8</b>	<b>Immigrant/Refugee Services</b>				
Lutheran Services in Iowa - Decorah Office		604 W. Broadway, Decorah, IA 52101	563.927.328	<a href="https://lsiowa.org">https://lsiowa.org</a>	
Lutheran Services in Iowa - Dubuque Office		2255 John F. Kennedy Rd Dubuque, IA 52002	563.582.0044	<a href="https://lsiowa.org">https://lsiowa.org</a>	
Lutheran Services in Iowa - Manchester Office		118 West Main St. Professional Park Building Manchester, IA 52057	563.927.3281	<a href="https://lsiowa.org">https://lsiowa.org</a>	
Catholic Charities of the Archdiocese of Dubuque-Immigration	Decorah office	St. Benedict Parish, 307 W. Main Street, Decorah, IA 52101	563.382.9631; y.vang@dbqarch.org	<a href="https://www.catholiccharitiesdubuque.org/wp-content/uploads/2012/01/ILS-Decorah-English-us">https://www.catholiccharitiesdubuque.org/wp-content/uploads/2012/01/ILS-Decorah-English-us</a>	Assists with paperwork for green card and citizenship applications, family and visitor visas, deferred action for childhood arrivals, temporary protected status, violence against women act, and other family based immigration

OutAeach Program	Dubuque office	Archdiocesan Pastoral Center, 1229 Mt. Loretta Avenue, Dubuque, IA 52003	319-651-4267 y.vang@dbqarch.org	brochure_english_w b.pdf?utm_medium= email&utm_source=g ovdelivery	Other family-based immigration legal services. Translation assistance for legal documents such as birth, marriage, and divorce certificates is also available.
The National Immigrant Women's Advocacy Project - Benbefits Map				<a href="http://map.niwap.org/?utm_medium=email&amp;utm_source=govdelivery">http://map.niwap.org/?utm_medium=email&amp;utm_source=govdelivery</a>	
<b>Iowa Immigration Services Providers</b>					
American Friends Service Committee	Erica Johnson, Director	4211 Grand Avenue, Des Moines, IA 50312	515-274-4851; EJohnson@afsc.org	<a href="https://www.afsc.org/program/iowa-immigrant-rights-program">https://www.afsc.org/program/iowa-immigrant-rights-program</a>	
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.				<a href="https://humanrights.iowa.gov/sites/default/files/media/Immigration%20lawyers%20list%201-12-17_0.pdf">https://humanrights.iowa.gov/sites/default/files/media/Immigration%20lawyers%20list%201-12-17_0.pdf</a>	

Iowa Justice for Our Neighbors			515-255-9809, info@iowajfon.org	<a href="http://www.iowajfon.org/">http://www.iowajfon.org/</a>	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	<a href="http://www.proteusinc.net/programs/iowa/">http://www.proteusinc.net/programs/iowa/</a>	
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		<a href="https://my.uscis.gov/en/appointment/v2">https://my.uscis.gov/en/appointment/v2</a> <a href="https://www.uscis.gov/es">https://www.uscis.gov/es</a>	This office serves counties: Allamakee, Clayton, Delaware, Dubuque and Winneshiek. 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.

<b>9</b>	<b>Latino Community Leaders/Churches</b>				
Centro Latino of Iowa		300 W Broadway Suite 40, Council Bluffs, IA 51503	(712) 256-6009	<a href="http://www.sucentrolatino.com/">http://www.sucentrolatino.com/</a>	
Iowa Latino Center c/o Grand View University		2811 East 14th Street, Box 403, Des Moines, IA 50316	1 (515) 635 4134	<a href="http://www.latinocenterofiowa.org/">http://www.latinocenterofiowa.org/</a>	
Latino Center of Iowa			(515) 635-4134	<a href="http://www.latinocenterofiowa.org/">http://www.latinocenterofiowa.org</a>	
Latinos Unidos of Iowa	Lena Robinson		(515)979-0770; iowalatina12@live.com	<a href="http://latinosunidosofiowa.org/">http://latinosunidosofiowa.org/</a>	
Iowa Latinx Mental Health Providers				<a href="https://humanrights.iowa.gov/iowa-latinx-mental-health-providers?utm_medium=email&amp;utm_source=govdelivery">https://humanrights.iowa.gov/iowa-latinx-mental-health-providers?utm_medium=email&amp;utm_source=govdelivery</a>	
St. Patrick's Church	Gabriela	1425 Iowa St Dubuque, IA 52001	563-584-0640	<a href="http://cathedralstpats.org">cathedralstpats.org</a>	
<b>10</b>	<b>Legal Assistance</b>				
Dubuque Child Support Recovery Unit		6709, 960 Main St, Dubuque, IA 52001	(563) 557-7113	<a href="https://dhs.iowa.gov/node/932">https://dhs.iowa.gov/node/932</a>	Locates noncustodial parents, establishes paternity, establishes and enforces support orders, modify orders when appropriate, collect and distribute child support payments, and refer parents to other social service programs.

Dubuque County Attorney's Office		Dubuque County Courthouse 720 Central Ave, Dubuque, IA 52004-5001	563-589-4470	<a href="http://dubuquecounty.org/county-attorney/">http://dubuquecounty.org/county-attorney/</a>	Represents county and county employees and prosecutes all state crime violations. Monday–Friday: 8:00 a.m. to 4:30 p.m.
The Dubuque Dispute Resolution Center (DDRC)		1300 Main St. Dubuque, IA 52001	563.589.4395	<a href="https://www.cityofdubuque.org/244/Neighborhood-Mediation">https://www.cityofdubuque.org/244/Neighborhood-Mediation</a>	Mediation program to solve tenant landlord issues, race related disputes, etc. Does not handle employment or private family matters. Disputes must originate in official city limits.
Dubuque Human Rights Department	Kelly Larson, Executive Director	1300 Main St, Dubuque, IA 52001	(563) 589-4190; kl Larson@cityofdubuque.org	<a href="https://www.cityofdubuque.org/215/Human-Rights">https://www.cityofdubuque.org/215/Human-Rights</a>	Handles civil rights violations or anything that causes concerns in terms of how people are being treated in the community. Monday-Friday 8a-5p
Iowa Legal Aid		799 Main St #280, Dubuque, IA 52001	(563) 588-4653	<a href="https://www.iowalegalaid.org/">https://www.iowalegalaid.org/</a>	Free legal help with civil law problems for eligible low-income Iowans. Monday-Friday 8:30a-4:30p
Legal Hotline for Older Adults			1-800-992-8161	<a href="https://www.iowalegalaid.org/organization/legal-hotline-for-older-iowans">https://www.iowalegalaid.org/organization/legal-hotline-for-older-iowans</a>	Free legal services to Iowans 60 and over
Iowa Concern Hotline			1-800-447-1985	<a href="https://www.extension.iastate.edu/iowaconcern/">https://www.extension.iastate.edu/iowaconcern/</a>	
Iowa Mediation Services			515-331-8081	<a href="http://www.iowamediatio nservice.com/">http://www.iowamediatio nservice.com/</a>	

Legal Aid			877-564-2156, 24/7 Legal Help Line	<a href="http://MyAttorneyHome.com/lowa">MyAttorneyHome.com/lowa</a>	
<b>11</b>	<b>Minority Health Coalition Agencies</b>				
Dubuque Human Rights Department		1300 Main St Dubuque, IA 52001	563-589-4190	<a href="https://www.cityofdubuque.org/215/Human-Rights">https://www.cityofdubuque.org/215/Human-Rights</a>	Handles civil rights violations or anything that causes concerns in terms of how people are being treated in the community. Monday-Friday 8a-5p
Multicultural Family Center		1157 Central Ave, Dubuque, IA 52001	563-582-3681	<a href="https://www.mfcdubq.org/">https://www.mfcdubq.org/</a>	
<b>12</b>	<b>Utility Assistance</b>				
Operation New View		1473 Central Ave, Dubuque, IA 52001	(563) 556-5130	<a href="https://www.operationnewview.org/">https://www.operationnewview.org/</a>	New View CAA is a public non-profit organization serving children and families in Dubuque, Delaware and Jackson Counties.
<b>13</b>	<b>General Resources</b>				
Habitat for Humanity		900 Jackson Street Suite LL5, #2E, Dubuque, IA 52001	(563) 556-2195	<a href="https://habitatdjc.org/">https://habitatdjc.org/</a>	Volunteers help build or renovate homes for purchase by families with limited income; family is expected to help with project and is responsible for house.



ISU Extension Office, Dubuque, Iowa.		14858 West Ridge Lane, Suite 2, Dubuque, IA 52003	(563) 583-6496	<a href="http://www.extension.iastate.edu/dubuque/">http://www.extension.iastate.edu/dubuque/</a>	Collaborating with communities to reduce poverty; helping farmers and consumers enhance energy efficiency; educating lowans about food, feed and fuel issues; and helping companies develop strategies to improve their bottom line. Monday-Friday 8a-4p
Operation New View		1473 Central Ave, Dubuque, IA 52001	(563) 556-5130	<a href="https://www.operationnewview.org/">https://www.operationnewview.org/</a>	New View CAA is a public non-profit organization serving children and families in Dubuque, Delaware and Jackson Counties.
Allamakee County Iowa State Extension Office		218 7th Ave SE Suite #102, Waukon, IA 52172	(563) 568-6345	<a href="https://www.extension.iastate.edu/allamakee/">https://www.extension.iastate.edu/allamakee/</a>	Collaborating with communities to reduce poverty; helping farmers and consumers enhance energy efficiency; educating lowans about food, feed and fuel issues; and helping companies develop strategies to improve their bottom line. Monday-Friday 8a-4p
Clayton County Iowa State Extension Office		120 S. Main Street, P.O. Box 357, Elkader, Iowa 52043	(563) 245-1451	<a href="https://www.extension.iastate.edu/clayton/">https://www.extension.iastate.edu/clayton/</a>	
Delaware County Iowa State Extension Office		1417 N Franklin St, Manchester, IA 52057	(563) 927-4201	<a href="https://www.extension.iastate.edu/delaware/">https://www.extension.iastate.edu/delaware/</a>	
Dubuque County Iowa State Extension Office		14858 W Ridge Ln suite 2, Dubuque, IA 52003	(563) 583-6496	<a href="https://www.extension.iastate.edu/dubuque/">https://www.extension.iastate.edu/dubuque/</a>	
Winneshiek County Iowa State Extension Office		325B Washington St, Decorah, IA 52101	(563) 382-2949	<a href="https://www.extension.iastate.edu/winneshiek/">https://www.extension.iastate.edu/winneshiek/</a>	