



COMMUNITY RESOURCES REFERRAL GUIDE

Polk 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				
Better Choices/Better Health	Corinn Hardy	VA Central Iowa Health Care System	515-699-5683; corinn.hardy@va.gov		Polk County
	Sarah Taylot Watts	Iowa Department of Public Health	515-242-6709; sarah.taylorwatts@idph.iowa.gov		
	Stacey Clough	MercyOne Medical Center- Des Moines	515-643-8632; sclough@mercydesmoines.org		
	Carrie Adams	Mary Greeley Medical Center	515-239-6780; adams@mngmc.com		Story County
	Sarah Haveman	Mary Greeley Medical Center	515-956-2882; haveman@mngmc.com		Story County
Aging Resources of Central Iowa: Stephanie Labenz		Program site: Boone Meal Site, 1112 Story St, Boone, IA 50036; (515) 681-1699	515-321-1624; labenzdiet@gmail.com		Boone, Boone County
		Program site: SAM Center, 237 S. State St, Madrid, IA 50156; (515) 681-1699			Madrid, Boone County
		Program site: Sugar Creek Apartments, 1600 SE La Grant Pky, Waukee, IA 50263; (515) 681-1699			Waukee, Dallas County
		Program site: Winterset Senior Center, 1006 N 1st St, Winterset, IA 50273; (515) 681-1699			Winterset, Madison County

Fresh Conversations	Northeast Iowa Area Agency on Aging: Anne Blocker 564 - 568-1824 or Janet Buls 319-231-1551	Program site: Marshall County Senior Center, 20 E State St, Marshalltown, IA 50158; (866) 468-7887	Anne Blocker 564 - 568-1824 or Janet Buls 319-231-1551		Marshalltown, Marshall County
	Aging Resources of Central Iowa: Stephanie Labenz	Program site: Grimes Senior Center, 410 SE Main St, Grimes, IA 50111	515-321-1624;labenzdiet@gmail.com		Grimes, Polk County
		Program site: Eastside Senior Center, 1231 E 26th St, Des Moines, IA 50317; (515) 681-1699			Des Moines, Polk County
		Program site: MLK meal site, 1650 Garfield Ave, Des Moines, IA 50316; (515) 681-1699			Des Moines, Polk County
		Program site: Northside Senior Center, 3010 6th Ave., Des Moines, IA 50313; (515) 288-1524			Des Moines, Polk County
		Program site: Northwest Community Center, 5110 Franklin Ave, Des Moines, IA 50310; (515) 681-1699			Des Moines, Polk County
		Program site: Norwoodville meal site, 3077 NE 46th Ave, Des Moines, IA 50317; (515) 681-1699			Des Moines, Polk County
		Program site: Scott Four Mile Community Center, 3711 Easton Blvd, Des Moines, IA 50317; (515) 681-1699			Des Moines, Polk County
		Program site: Southside Senior Center, 100 Payton Ave, Des Moines, IA 50315, (515) 681-1699			Des Moines, Polk County

		Program site: Westside Community Center, 217 5th St, West Des Moines, IA 50265; (515) 681-1699			West Des Moines, Polk County
	Northeast Iowa Area Agency on Aging: Anne Blocker 564 - 568-1824 or Janet Buls 319-231-1551	Program Site: Grinnell Senior Center, 927 4th Ave, Grinnell, IA 50112; (866) 468-7887	Anne Blocker 564 - 568-1824 or Janet Buls 319-231-1551		Grinnell, Poweshiek County
	Aging Resources of Central Iowa: Stephanie Labenz	Program site: Heartland Senior Services, 205 South Walnut, Ames, IA 50010; (515) 233-2906	515-321-1624;labenzdiet@gmail.com		Ames, Story County
		Mary Greeley Medical Center - Diabetes and Nutrition Education Center, 1111 Duff Ave. North Addition 3rd Floor, Ames, IA 50010	515-239-2011	https://www.mgmc.org/	Ames, Story County
		UnityPoint Clinic Family Medicine Ankeny Prairie Trail - 2515 SW State St #200, Ankeny, IA 50023	(515) 964-6999	https://www.unitypoint.org/desmoines/clinic.aspx?id=919	Ankeny, Polk County
		Boone County Hospital - 1015 Union St, Boone, IA 50036	(515) 432-3140	https://www.boonehospital.com/index.cfm	Boone, Boone County
		Mercy Clinics 411 Laurel, Suite 3320			Des Moines, Polk County
		Mercy Clinics, Inc. Mercy Campus Internal Medicine Clinic - 411 Laurel St Suite A120, Des Moines, IA 50314	(515) 643-5700	https://www.mercyone.org/desmoines/find-a-clinic/mercy-campus-internal-medical-clinic	Des Moines, Polk county
		UnityPoint Health - Blank Children's Hospital - 1212 Pleasant Street Suite 300, Des Moines IA 50309	(515) 241-6500	https://www.unitypoint.org/blankchildrens/default.aspx	Des Moines, Polk County

State-Certified Diabetes Self- Management Education Programs/Sites	UnityPoint Clinic Clinic Endocrinology at Methodist Plaza - 1221 Pleasant Stree, Ste 200, Des Moines Iowa 50309	515-241-6886	https://www.unitypoint.org/desmoines/clinic.aspx?id=3604	Des Moines, Polk County
	UnityPoint Clinic Family Medicine - Parks Area - 2301 E 14th St, Des Moines, IA 50316	(515) 262-0404	https://www.unitypoint.org/desmoines/clinic.aspx?id=108	Des Moines, Polk County
	UnityPoint Clinic Family Medicine - Parks Area - 101 SE Destination Dr, Grimes, IA 50111	515-986-4524	https://www.unitypoint.org/desmoines/clinic.aspx?id=107	Grimes, Polk County
	UnityPoint Health-Marshalltown - 3 S 4th Ave, Marshalltown, IA 50158	(641) 754-5151	https://marshalltown.unitypoint.org/	Marshalltown, Marshall County
	UnityPoint Clinic Family Medicine Urbandale - 2901 86th St, Urbandale, IA 50322	(515) 276-3406	https://www.unitypoint.org/desmoines/clinic.aspx?id=120	Urbandale, Polk County
	UnityPoint Clinic Family Medicine West Des Moines - 6010 Mills Civic Pkwy, Suite 200 West Des Moines, Iowa 50266	515-224-9666	https://www.unitypoint.org/clinic.aspx?id=122	West Des Moines, Polk County
	UnityPoint Clinic Internal Medicine Lakeview, 6000 University Avenue Suite 300, West Des Moines IA 50266	515-241-2400	https://www.unitypoint.org/desmoines/clinic.aspx?id=62	West Des Moines, Polk County
	Madison County Memorial Hospital, 2154, 300 W Hutchings St, Winterset, IA 50273	(515) 462-2373	https://www.madisonhealth.com/	Winterset, Madison County
Lincoln Center Hy-Vee Diabetes Prevention Program, 640 Lincoln Way, Ames, IA 50010	(515) 232-1961		Ames, Story County	

Diabetes Prevention Program, Recognized Lifestyle Change Program		Mary Greeley Medical Center - Diabetes and Nutrition Education Center, 1111 Duff Ave. North Addition 3rd Floor, Ames, IA 50010	(515) 956-2880		Ames, Story County
		West Ames Hy-Vee Club Room, 3800 Lincoln Way, Ames, IA 50014	(515) 292-5543		Ames, Story County
		Central Iowa Healthcare - Marshalltown YMCA / YWCA, 3 South 4th Ave. Marshalltown, IA 50158	(641) 752-8658		Marshalltown, Marshall County
		Marshalltown YMCA/YWCA, 108 Washington St. Marshalltown, IA 50158	(641) 752-8658		Marshalltown, Marshall County
Medication Therapy Management	Sally Haack	Primary Health Care Pharmacy, 1200 University Ave. Des Moines IA 50314	515.248.1556		Des Moines, Polk County
2	Clinics				
Community Health Clinics/ Free Clinics					
Boone County					
Free Clinic of Boone County	Clinic Manager: Jennifer Clubine, RN; Medical Director: Dr. Eric Peterson	First United Methodist Church, 703 Arden St, Boone, Iowa 50036		http://www.freeclinicsof iowa.org/clinics/info/fre e-clinic-boone-county	6:00 – 8:00 p.m. on the 1st & 3rd Tuesdays of the month; Doors Open at 5:00pm, first come-first served; No appointment necessary.
Dallas County					

Waukee Area Christian Services - Free Clinics		Westview Church 1155 SE Boone Dr. Waukee, IA 50263	515-987-5523	https://waukeechristianservices.org/free-clinic/	Now open every Monday of each month. Mondays: 5:30 pm – 7:00 pm; Chiropractic Services offered the 4th Monday of each month. No appointment necessary.
New Opportunities Inc		1212 2nd St, Perry, IA 50220	(515) 465-5185	https://www.newopp.org/	Outpatient Services; Sliding scale fees for individuals who have limited financial resources.
Polk County					
East Side Community Health Clinic		3509 East 29th Street, Des Moines, Iowa 50317	(515) 248-1600		
Youth Emergency Shelter Services Community Health Clinic		918 SE 11th Street, Des Moines, Iowa 50309	515-282-YESS (515-282-9377)		
Bery Engebretsen Clinic Community Health Clinic		2352 SE 14th Street Des Moines, Iowa 50320	(515) 248-1400		
PHC at Mercy Community Health Clinic		250 Laurel Street, Des Moines, Iowa 50314	(515) 643-4610	http://www.phciowa.org/mercy/	
PHC Pharmacy Community Health Clinic		1200 University Ave Ste 105, Des Moines, Iowa 50314	(515) 262-0854		
Proteus Des Moines Community Health Clinic		1221 Center Street, Ste 16, Des Moines, Iowa 50309	(515) 271-5306		

Eyerly Ball Community Health Clinic		1301 Center Street, Des Moines, Iowa 50309	(515) 241-0982		
Central Iowa Shelter Community Health Clinic		1420 Mulberry Street, Des Moines, Iowa 50309	(515) 284-5719	https://centraliowashelter.org/	
Scavo High School Community Health Clinic		1800 Grand Avenue, Des Moines, Iowa 50309	(515) 242-7589		
West Side Clinic Community Health Clinic		1601 NW 114th Street, Clive, Iowa 50325	(515) 225-7201		
Marshalltown Community Health Clinic		412 E Church Street, Marshalltown, Iowa 50158	(641) 753-4021	http://www.phciowa.org/mtmedical/	
Clive Community Services Free Clinic		2190 NW 82nd Street, Clive, Iowa 50325			Hours: 5:30 - 7:30 p.m. on Mondays. No appointment necessary.
Christ the King Free Clinic		5711 SW 9th St Des Moines, Iowa 50315			Hours: 7:00 - 9:00 p.m. on Mondays 7:00 - 9:00 p.m. on Wednesdays is Pediatric Clinic No appointment necessary.
Corinthian Family Health Free Clinic		814 School St, Des Moines, Iowa 50309			Hours: 9:00 a.m. – 12:00 p.m. on Saturdays. No appointment necessary.
Dr. Nick Palmer/Jim Ellefson Free Medical Clinic		1607 East 33rd St, Des Moines, Iowa 50317			Hours: 1:30 – 4:00 p.m. on Tuesdays; 5:30 – 8:00 p.m. on Thursdays No appointment necessary.

Grace United Methodist Church Free Clinic		3700 Cottage Grove, Des Moines, Iowa 50311		http://www.freeclinicsiowa.org/find-clinic	Hours: 5:30 - 7:30 p.m. on Tuesdays; 5:00 - 7:00 p.m. Patient Registration. No appointment necessary.
Margaret Cramer Clinic		First Assembly of God Church, 2725 Merle Hay Road Des Moines, Iowa 50310			Hours: 6:00 – 8:00 p.m. on Thursdays; 5:30 – 7:00 p.m - Patient Registration. Clinic will close at 7:30 p.m. if patient numbers are low. "Immunization Record" and "Physical Form" is required before a physical can be completed. No appointment necessary.
St. Luke's Clinic		Polk City United Methodist Church, 1421 West Broadway Polk City, Iowa 50226			Hours: 6:00 – 8:00 p.m. on the 1st & 3rd Wednesdays of the month. No appointment necessary.
Valley Junction Free Medical Clinic		West Des Moines Human Services, 139 6th Street, West Des Moines, Iowa 50265			Hours: 7:00 – 9:00 p.m. on Tuesdays. No appointment necessary.
Poweshiek County					
Grinnell Regional Community Care Clinic		306 4th Ave, Grinnell, Iowa 50112	641-236-2385	http://www.freeclinicsofiowa.org/find-clinic	Hours: 2:00 - 4:00 p.m. on the 1st Thursday of each month. Please call 641-236-2385 for an appointment. Appointment only.
Story County					
Ames Community Health Clinic		3510 Lincoln Way, Ames, Iowa 50014	(515) 232-0628	http://www.phciowa.org/ames/	
WISEWOMAN Clinics					

Polk County Health Department -Clinic Family Medicine at East Des Moines/ LaClinica de la Esperanza - Unity Point	Louanne Williams	1907 Carpenter Ave, Des Moines, IA, 50314	515-286-2095		
Primary Health Care - South/ Bery Engebretsen Clinic	Anesa Brown	840 E. University Avenue, Des Moines, IA 50316	515-564-1733		
Primary Health Care - East Side Clinic	Rachael Miller	2353 SE 14th St., Des Moines, IA 50320	515-248-1400		
Primary Health Care - University Clinic	Rachael Miller	3509 E. 29TH St., Des Moines, IA 50317	515-248-1600		
Primary Health Care - Mercy Clinic	Rachael Miller	1200 University Ave., Suite 120, Des Moines, 50314	515-248-1490		
Primary Health Care - Story County Clinic	Rachael Miller	250 Laurel St., Des Moines, IA 50314	515-248-1490		
Primary Health Care - Marshalltown Clinic	Rachael Miller	3510 Lincoln Way, Ames, IA 50014	515-248-1490		
Newton Clinic, P.C.	Mark Thayer	412 E. Church St., Marshalltown, IA 50518	515-248-1490		
		300 N. 4th Ave. E., Suite 200, Newton, IA 50208	641-792-2112		
3	Community Gardens				
Dallas County					
Opportunities Garden	Anna Fives		515-465-5185; afives@newopp.org		Perry
Waukee Area Christian Services - Community Garden		Westview Church 1155 SE Boone Dr. Waukee, IA 50263	515-987-5523	https://waukeechristianservices.org/community-garden/	The garden is funded entirely by donations and maintained by volunteers.

Dallas Center-Grimes Community School District Teaching Garden	Debra Cale		515-992-3838; debra.cale@dcschools.com		
Dallas County Public Health	Amy Short		amy.short@dallascountyia.gov		
Polk County					
Altoona Community Garden	Terri Henkels	Located in the far southwest corner of the park across from the weeball fields. Can be accessed from 15th Street SW.	healthyaltoona@gmail.com	https://healthyaltoona.com/community-garden/	
Community Youth Concepts		1446 Martin Luther King Jr Pkwy, Des Moines, IA 50313	(515) 243-4292	http://cyconcepts.org/	
Creative Visions Community Garden	Cynthia Hunafa	1343 13th St, Des Moines, IA 50314	cynthia.hunafa@cvonline.us or (515) 224-4003 ext. 117		
Des Moines: Dog Patch Urban Garden		5085 Meredith Dr, Des Moines, IA 50310		https://www.dogpatchurbangardens.com/	Weekly FarmStand hours: Tuesday & Thursday: 10 a.m. to 6 p.m.; Saturday & Sunday: 9 a.m. to 3 p.m.
Des moines Parks and Rec - Community Gardens	Jordan Hildreth, Recreation Program Coordinator	Downtown Community Garden Allen Park, 800 SE 6th Street, Des Moines	515-248-6383; communitygarden@dmgov.org	https://www.dsm.city/departments/parks_and_recreation-division/places/community_gardens.php	
		Franklin Community Garden 55th and Franklin Avenue, Des Moines			
		Woodlawn Community Garden Woodlawn Park, 3126 Twana Drive, Des Moines			
Drake Neighborhood Community Garden	Rose Scott or Eddie Robinson, Jr.	1101-1185 27th St, Des Moines, IA 50311	515-255-5630.		
East Side Community Garden Philadelphia Seventh-Day Adventist Church	Pastor Keith Hackle Jr.		office – 513-262-7467; Cell – 513-238-6257		

Forest Avenue Community Orchard		334 Forest Ave, Des Moines, IA 50314	(515) 988-1828		
Poweshiek County					
Imagine Grinnell Giving Garden		Imagine Grinnell, P.O. Box 284 1510 Penrose Street Grinnell, IA 50112	641-236-5518	https://imaginegrinnell.org/imagine-grinnell-garden-evening/	
Story County					
Food at First Community Garden	Patty Yoder Executive Director/Coordinator	Trinity Christian Reformed Church, 3626 Ontario St, Ames, IA 50014	515-344-HELP (4357); patty@foodatfirst.com foodatfirstgarden@gmail.com	https://foodatfirst.wordpress.com/garden/	
4 Farmers' Market					
Boone County					
Boone Farmers' Market		Papa Murphy's Parking Lot, 6th St & Story Street, Boone, IA 50036	(515) 432-9038	http://www.boonefarmersmarket.com/	3 pm, Thursdays. June to October.
Dallas County					
Dallas Center Farmers Market		Walnut and 14th Street, Dallas Center			June- September Fridays 4 pm-7pm
Perry		Josh Davis Plaza, downtown on Second Street, Perry.		https://www.catchdesmoines.com/events/farmers-markets/	4-7 p.m.; Thursdays, May - September
Waukee Downtown Farmers Market		Waukee's Downtown Triangle on 6th Street south of Hwy. 6			Wednesday 4pm-7pm; June - September.
Jasper County					
Newton Farmers Market		N 2nd Ave W, Newton, IA 50208 (northwest corner of Courthouse Square in Downtown Newton)	(641) 792-5545	http://www.newtonmarket.org/	Tuesdays 4:00pm to 6:30pm; June - September.

Madison County					
Madison County Farmers Market		112 N. John Wayne Dr. Winterset, Iowa		mcfarmersmarket@aol.com	Saturdays, 8.00am - 12.00pm; May-October.
Marshall County					
Cartwright Downtown Farmer's Market		108 N 2nd Ave, Marshalltown, Iowa	(641) 351-9181, cartwright.market@gmail.com	https://www.facebook.com/CartwrightDowntownFarmersMarket	Wednesdays 4pm-7pm; Saturdays 9 am - 12 pm.
Polk County					
Ankeny Farmers Market		Uptown Market, 715 W First Street, Ankeny.		https://www.catchdesmoines.com/events/farmers-markets/	8 a.m. - Noon; Saturday; May - September.
Bondurant		102 Lincoln Street NE, Bondurant			6-8 p.m.; monthly on the 2nd and 4th Wednesday, May - September
Des Moines, Beaverville		4100 Urbandale Avenue, Des Moines			4-7:30 p.m, Tuesday; June-September.
Des Moines: Capitol Complex Farmers Market		E 13th Street between E Walnut and E Grand Avenue, Des Moines.			11 a.m. - 1 p.m. Tuesdays, June - September
Des Moines, Downtown		7 a.m. - Noon Saturdays			7 a.m. - Noon Saturdays, May-October
Des Moines: Drake Neighborhood		24th Street & Cottage Grove Avenue, right next to Drake Park, Des Moines			Wednesdays from 4:30-7:30 p.m, June to September
Des Moines: Eastside		3200 Delaware Avenue, Des Moines			3-6 p.m. Tuesdays, May - September
Des Moines: LSI Global Greens		3200 University Avenue, Des Moines			9 a.m.-1 p.m. Saturdays, June - October,
Des Moines: VA Central		VA Central Iowa Health Care System, 3600 30th St, Des Moines, IA 50310			10 a.m. - 1 p.m.; Tuesdays, June - September,
Grimes		Main Street, Grimes.			4:30 - 7 p.m.; Wednesdays, June -

Johnston		at the corner of NW 62nd Avenue and Merle Hay Road			3:30-6:30 p.m.; Tuesdays, May - October
Pleasant Hill		Berean Church 5299 E University, Pleasant Hill.			4-7 p.m.; Mondays, June - September
Polk City		Town Square, Polk City.			4-7 p.m.; Thursdays, May - September
West Des Moines, Valley Junction		5th Street, Valley Junction, West Des Moines.			4-8 p.m.; Thursdays, May - September.
Poweshiek County					
Grinnell Farmers Market		corner of 4th and Broad Street in downtown Grinnell	marketing@getintogrinnell.com	https://www.grinnellchamber.org/en/events/farmers_market/	Thursday 3 pm - 6 pm and Saturdays 10 am-Noon; May - October; market accepts SNAP benefit cards.
Story County					
Ames Main Street Farmers Market		The 300 and 400 block of Main Street, including Tom Evans Plaza.		http://www.amesmainstreetfarmersmarket.com/	Saturdays; May - Sept: 8:00am - 12:30pm; October: 9:00am - 12:30pm
5	Free Blood Pressure Screenings				
6	Fitness/Recreation				
Boone County					
Boone County Family YMCA		608 Carroll St, Boone, IA 50036	(515) 432-5925	https://www.dmyymca.org/locations/boone-county-family-ymca	Boone

Boone Municipal Pool		1000 Francis Mason Dr, Boone, IA 50036	(515) 432-8650	https://www.boonegov.com/departments/division.php?structureid=34	Monday thru Thursday 1:00-8:30 PM - Open swimming; Friday thru Sunday 1:00-6:00 PM - Open swimming
Dallas County					
Waukee Family YMCA		210 N Warrior Ln, Waukee, IA 50263	(515) 987-9996	https://www.dmymca.org/locations/waukee-family-ymca	Waukee
Adult Coed Indoor Volleyball League				https://www.cityofames.org/government/departments-divisions-i-z/parks-recreation/adult-recreation-sports-leagues/indoor-volleyball-winter	\$150 per team, Registration in December. Play starts in January. Must have equal number of men and women on the team. There is a babysitter available for \$1 cost.
"Frozen Field" Softball Tournament		Kinnick-Feller Softball Field, Adel, IA			Deadline is early February with play mid-February You will play in any weather condition
Yoga Classes		Raccoon Valley Bank Community House, Adel, IA			\$60 for all or \$12 for a drop in session, Every 6 weeks at 5:45 Instructor: Stephanie Clemens (515)-993-4691
Disc Golf Tournament		Evans Park, Adel, IA			\$5 per person, A weekend in October, 9-holes with a two-person team
Adult Coed Slow-Pitch		Kinnick-Feller Park Softball Field, Adel, IA			people on a team, must have both men and women on team 8 games and a tournament

Adult Coed Sand Volleyball		Evans Park Sand Volleyball, Adel, IA			\$ 145 per teams, June Up to 12 people on a team, equal guys and girls
Lena Moser Memorial Swimming Pool- Dallas Center Pool		1108 Vine St, Dallas Center, IA 50063	(515) 992-3827	https://www.dallascenter.com/activities/pages/swimming-pool	Open daily Hours: 12:30-8:00 pm.
Jasper County					
YMCA of Newton Iowa Inc.		1701 S 8th Ave E #5098, Newton, IA 50208	(641) 792-4006	http://www.newtonymca.org/	Newton
Fred Maytag Pool		301 S South 11th Ave W, Newton, IA 50208	(641) 792-1009	https://www.newtongov.org/447/Maytag-Pool	Sunday 1 - 6:45 p.m; Monday 1 - 9 p.m; Tuesday 1 - 6:45 p.m; Wednesday 1 - 9 p.m.; Thursday 1 - 6:45 p.m.; Friday 1 - 6:45 p.m.; Saturday 1 - 6:45 p.m.
Madison County					
Winterset Aquatic Center		1201 W Jefferson St, Winterset, IA 50273	(515) 462-1114	https://cityofwinterset.org/aquatic-center/	Open Swimming Hours Monday – Friday: 12:30 – 5:00 pm and 6:00 – 8:30 pm Saturday & Sunday: 12:30 – 6:00 pm;
Marshall County					
Marshalltown YMCA-YWCA		108 Washington St, Marshalltown, IA 50158	(641) 752-8658	http://www.ymca-ywca.org/	Marshalltown
Marshalltown Family Aquatic Center		212 Washington St, Marshalltown, IA 50158	(641) 844-1515	https://www.marshalltown-ia.gov/233/Aquatic-Center	Open Swim Schedule Monday - Friday 1:00 - 7:00 pm Saturday & Sunday 1:00 - 6:00 pm
Polk County					

John R. Grubb Community YMCA		1611 11th Street Des Moines, IA 50314	515-246-0791	https://www.dmyymca.org/locations/john-r-grubb-community-ymca	Des Moines
South Suburban YMCA		401 East Army Post Road Des Moines, IA 50315	515-285-0444	https://www.dmyymca.org/locations/south-suburban-ymca	Des Moines
Wellmark YMCA		501 Grand Avenue, Des Moines, IA 50309	515-282-9622	https://www.dmyymca.org/locations/wellmark-ymca	Des Moines
Walnut Creek Family YMCA		948 73rd Street, Windsor Heights, IA 50324	515-224-1888	https://www.dmyymca.org/locations/walnut-creek-family-ymca	Windsor Heights
MercyOne Health & Fitness Center		12493 University Ave, Clive, IA 50325	(515) 226-9622	https://www.mercyhealthfitness.com/	Clive
Adult Coed 12" Slowpitch		Greater Des Moines Softball Complex, Des Moines, IA			\$100.00 Per team plus \$27 IASA fee, Registration in March, Play in April during the week.
Adult Summer Slowpitch Leagues		Greater Des Moines Softball Complex or Savage Softball Complex, Des Moines, IA			\$380.00 per team plus \$27 IASA Registration fee (if you have not previously paid it), Registration in April, Play begins in May, and you play for 14 weeks. There is a Coed and a Women's league. They each play at different times.
Adult Softball Leagues		Greater Des Moines Softball Complex, Des Moines, IA			\$190.00 per team plus \$27 IASA Registration fee (if you have not previously paid it), Registration August, Play begins September 2 for 7 games. There is a Coed and a Women's league. They each play at different times.

Adult Flag Football		Ashfield Park or Chesterfield, Des Moines, IA			\$200 per team, Registration in mid-August, Play begins in September for 7 games followed by a tournament Up to 20 players are allowed on a team.
Adult Basketball		Four Mile Community Center and Pioneer-Columbus Community Center, Des Moines, IA			\$330 per team, Registration Mid October-Mid November, Play begins beginning of December 10 game schedule Up to 10 people on a team
Adult Indoor Wiffle Ball		Pioneer-Columbus Community Center, Des Moines, IA			\$60.00 per team *includes Jersey, Registration Mid November to late December, Play begins January for 8 weeks on Sundays The team can have 6 people on it.
Adult Outdoor Wiffle Ball		Four Mile Community Center, Des Moines, IA			\$60.00 per team *includes Jersey, Registration in May, Play Begins in July The team can have 6 people on it.
Adult Tennis		McCollum- Waveland Tennis Complex, Des Moines, IA			Registration by May 16 for session 1 and June 20 for session 2. Session 1 is from mid-June to mid-July and session 2 is from Mid-July to August, 8-lessons per session. session 1 is a beginners course and session 2 is an intermediate course.

Adult Coed Kickball		Greater Des Moines Softball Complex, Des Moines, IA			\$190 per team, Registration in February. Play begins in May with a 7-week schedule 10-20 people per team, equal number of men and women.
Adult Bags League		Hub Spot, Court Ave and Water Streets, Des Moines, IA			\$25 per team, Registration August, Play begins mid-September through mid-October one a week , 2 people per team.
Sno-Ball Tournament		Softball fields around Des Moines, IA			\$105 per team, Registration Mid-January. Play end of January This is a Coed League. Free, Saturdays from 9am to 10 am beginning in June and ending in September Each class is taught by a different instructor. Bringing your own mat or towel is recommended.
Yoga in the Park		Grays Lake, Des Moines, IA			
Ashworth Swimming Pool		101 45th St, Des Moines, IA 50312	(515) 243-3567 ext. 1	https://www.dsm.city/departments/parks_and_recreation-division/ashworth_pool.php	Mon – Sat 1:00 PM - 6:30 PM Sun 1:00 PM - 5:00 PM
Birdland Pool		300 Holcomb Avenue, Des Moines		https://www.dsm.city/departments/parks_and_recreation-division/birdland_pool.php	Mon – Sat 1:00 PM - 6:30 PM; Sun 1:00 PM - 5:00 PM
Nahas Aquatic Center		1101 Porter Avenue, Des Moines	(515) 243-3567	https://www.dsm.city/departments/parks_and_recreation-division/nahas_aquatic_center.php	Mon – Sat 1:00 PM - 6:30pm Sun 1:00 PM - 5:00 PM

Northwest Aquatic Center		4915 Madison Avenue, Des Moines	(515) 243-3567	https://www.dsm.city/departments/parks_and_recreation-division/northwest_aquatic_center.php	Mon – Sat 1:00 PM - 6:30 PM, Sun 1:00 PM - 5:00 PM
Teachout Family Aquatic Center		2601 Hubbell Avenue, Des Moines	(515) 243-3567	https://www.dsm.city/departments/parks_and_recreation-division/teachout_aquatic_center.php	Mon – Sat 1:00 PM - 6:30 PM; Sun 1:00 PM - 5:00 PM
Adel Family Aquatic Center		1800 South 15th Street, Adel, IA 50003	(515) 993-5246	https://adeliowa.org/venue/adel-family-aquatic-center/	Daily from 12:30 p.m. - 8:30 p.m. Family Swim & Adult Lap Swimming 5:00 p.m. - 6:00 p.m.
Urbandale City Indoor Swimming Pool		7201 Aurora Ave, Urbandale, IA 50322	(515) 278-3959	http://www.urbandalepool.org/	Public Recreational Swimming: Monday - Thursday: 7PM - 8:30PM ; Saturday & Sunday: 1PM - 4PM
Clive Aquatic Center		1801 NW 114th St, Clive, IA 50325	(515) 440-0599	https://www.cityofclive.com/government/parks-and-recreation/aquatic-center	Mondays/Wednesdays 11:30 a.m. - 7:00 p.m.; Tuesdays/Thursdays 11:30 a.m. - 6:00 p.m.; Fridays 11:30 a.m. - 8:00 p.m.; Saturdays/Sundays 11:30 a.m. - 6:00 p.m.
Valley View Aquatic Center		255 S 81st St, West Des Moines, IA 50266	(515) 273-0700	http://www.wdm.iowa.gov/government/parks-recreation/aquatic-centers-spraygrounds	SUMMER - Open Swim Daily
Poweshiek County					
Grinnell Mutual Family Aquatic Center		120 8th Avenue West, Grinnell, IA 50112	(641) 236-2621	http://www.grinnelliowa.gov/161/Aquatic-Center	Open Swim Schedule 12 pm -7 pm Monday through Sunday
Story County					

Furman Aquatic Center		1635 13th St, Ames, IA 50010	(515) 232-7665	https://www.cityofames.org/Home/Components/FacilityDirectory/FacilityDirectory/54/471	SUMMER: Open swim 1 PM - 8 PM; SCHOOL IN SESSION: Open Swim weekdays 5 PM - 7 PM; Open Swim Weekends 1pm-8pm.
7 Mental Health Resources					
Central Iowa Community Services		Boone County: 900 W. 3rd St. Boone, Iowa 50036	515.433.0593	https://www.cicsmhds.org/	Boone County Office Hours: M-F 8:00AM-4:30PM
		Jasper County: 115 N. 2nd Ave. East, Newton, Iowa 50208	641.791.2304		Jasper County Office Hours: M-F 8:00AM-4:30PM
		Madison County 209 E. Madison Winterset, Iowa 50273	515.462.2931		Madiosn County Office Hours: M-F 8:00AM-4:30PM
		Marshall County 11 N. 1st Ave. Marshalltown, Iowa 50158	641.754.6390		Marshall County Office Hours: M-F 8:00AM-4:30PM
		Poweshiek County 200 4th Avenue West. Grinnell, Iowa 50112	641.236.9199		Poweshiek County Office Hours: M-F 8:00AM-4:30PM
		Story County 126 S. Kellogg Ave. Suite 001 Ames, Iowa 50010	515.663.2930		Story County Office Hours: M-F 8:00AM-4:30PM
Everly Ball Community Mental Health		401 E Court Ave #200, Des Moines, IA 50309	(515) 277-0630	http://www.eyerlyball.org/	
Children and Families of Iowa		1111 University Avenue Des Moines, IA 50314	515-288-1981; contactus@cfiowa.org ; Des Moines (Main): (515) 697-7916 or	https://cfiowa.org/programs/mental-health/	Children and Families of Iowa offers a Sliding Fee Discount Program to all who are unable to pay for behavioral health services.
Polk County Health Services		Polk County River Place, 2309 Euclid Avenue, Deas Moines	515.883.1776		
	Heaher Strachan		515.254.0417 heather@namiiowa.org		

NAMI (National Alliance on Mental Illness) Iowa	Emily Berry (Iowa Office of Consumer Affairs)		515-254-0417 or emily@namiiowa.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.
8 Nutrition Services					
Dallas County					
Hyyee Dietitian	Erin Good	1005 E. Hickman Road, Waukee, Iowa 50263	515-216-2760		
Jasper County					
Hyyee Dietitian	Jenny Thompson	1501 1st Avenue East, Newton, Iowa 50208	641-792-7030		
Madison County					
Hyyee Dietitian	Missy Anker	923 N. 1st Street, Winterset, Iowa 50273	515-462-4051		
Marshall County					
Hyyee Dietitian	Jennifer Scales	1706 South Center Street, Marshalltown, Iowa 50158	641-752-6711		
		802 South Center Street, Marshalltown, Iowa 50158	641-752-4525		
Polk County					

Hyee Dietitian	<u>Morgan Pavon</u>	108 8th Street SW, Altoona, Iowa 50009	515-967-7676		Altoona
	Anne Hytrek	Ankeny Prairie Trail, 2510 SW State Street, Ankeny, Iowa 50023	515-963-3130		Ankeny
	Jenny Norgaard	Ankeny North, 410 North Ankeny Boulevard, Ankeny, Iowa 50023	515-964-0900		
	<u>Anne Cundiff</u>	Hy-Vee on Fleur, 4605 Fleur Drive, Des Moines, Iowa 50321	515-285-7266		DesMoines
	Courtney Slater	4100 University Avenue, Des Moines, Iowa 50311	515-633-8603		
	Emily Ring	Southridge Hy-Vee, 1107 SE Army Post Road, Des Moines, Iowa 50315	515-285-6394		
	Nikki Stahr	East Euclid Hy-Vee, 2540 East Euclid Avenue, Des Moines, Iowa 50317	515-262-0640		
		Park Avenue Hy-Vee, 3221 Southeast 14th Street, Des Moines, Iowa 50320	515-243-7271		
		Harding Hills Hy-Vee, 3330 Martin Luther King Jr. Parkway, Des Moines, Iowa 50310	515-255-0007		
		420 Court Ave, Des Moines, Iowa 50309	515-697-0360		
		5750 Merle Hay Road, Johnston, Iowa 50131	515-270-9045		Johnston
	Elizabeth Pohlman	8701 Douglas Avenue, Urbandale, Iowa 50322	515-270-2572		Urbandale
	Ashley Danielson	375 S Jordan Creek Pkwy, West Des Moines, Iowa 50266	515-216-2795		
Courtney Slater	1010 60th Street, West Des Moines, Iowa 50266	515-440-1481			

	Jennifer Blaser	Valley West Hy-Vee, 1700 Valley West Drive, West Des Moines, Iowa 50266	515-223-4597		West Des Moines
	Julie Gieseeman	Mills Civic Hy-Vee, 555 S 51st St, West Des Moines, Iowa 50265	515-225-1193		
	Melissa Arnold	West Lakes Hy-Vee, 1725 Jordan Creek Pkwy, West Des Moines, Iowa 50266	515-226-8753		
	Paige Green	Grand Ave Hy-Vee, 1990 Grand Avenue, West Des Moines, Iowa 50265	515-223-8151		
	Paige Green	7101 University Avenue, Windsor Heights, Iowa 50324	515-279-4225		Windsor Heights
Poweshiek County					
Hyee Dietitian	Emily Barker	320 West St S, Grinnell, Iowa 50112	641-236-6584		
Story County					
Hyee Dietitian	Katie Squires	Lincoln Center Hy-Vee, 640 Lincoln Way, Ames, Iowa 50010	515-232-1961		
		500 Main Street, Ames, Iowa 50010	(515) 233-9855		
	Jolene O'Gorman	West Hy-Vee, 3800 Lincoln Way, Ames, Iowa 50014	515-292-5580		
9	Prescription Assistance				
SafeNet Rx	Dr Jaclyn Myers		515-276-0066 or pharmacy@safenet rx.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			
Good Neighbor Emergency Assistance, Inc. - Gas Vouchers		613 Clark Ave., Ames, Iowa 50010	(515) 296-1449	https://gnea.org/services/	Good Neighbor Emergency Assistance, Inc. has limited funding for Gasoline Vouchers and single CyRide Tickets. These vouchers and tickets are given to Story County residents up to once every 12 months. Gasoline Vouchers are reserved for emergency and crisis situations such as: Medical emergency travel Travel to a job interview Travel to funeral or to visit a seriously ill relative or friend Travel to help someone in crisis Mondays, 9:00 AM – 11:30 AM Tuesdays.
Des Moines Area Regional Transit (DART)		620 Cherry Street, Des Moines, IA 50309	CUSTOMER SERVICE	https://www.ridedart.com/	
Heart of Iowa Regional Transit Agency (HIRTA) Public Transit		2824 104th St, Urbandale, IA 50322	515-283-8100	http://www.hirtapublictransit.com/	Provides door to door transit services in the counties of Boone, Dallas, Jasper, Madison, Marion, Story and Warren.
12		Walking Programs			

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
Boone County Walking Trails				https://www.trailink.com/city/boone-ia-trails/	
Dallas County Walking Trails				https://www.dallascountyiowa.gov/services/conservation-and-recreation/conservation/trails-land-and-water	
Jasper County Walking Trails		1030 W 2nd Street S Newton, IA 50208	641-792-9780	https://www.co.jasper.ia.us/179/Hike-Bike-Trails	
Madison County Walking Trails		2273 Clark Tower Road Winterset IA 50273	515.462.3536	http://www.madisoncountyconservation.org/trails-park-maps/	
Marshall County - Marshalltown Walking Trails				https://www.marshalltown-ia.gov/630/Trails	
Polk County Walking Trails				https://www.polkcountyiowa.gov/conservation/parks-trails/	
Poweshiek County - Grinnell Walking Trails				https://www.mapmywalk.com/us/grinnell-ia/	
Story County Walking Trails		900 Sixth Street, Nevada, IA 50201	515-382-6581	https://www.storycountyiowa.gov/162/Parks-Trails	
13	Weight Loss Programs				
	WW Studio @ Maple Street Community Center	445 Maple Street, Waukee, IA 50263			Dallas County

Weight Watchers	WW Studio @ First United Methodist Church Newton	210 N 2ND AVE EAST, Newton IA 50208			Jasper County
	WW Studio @ First Congregational Church Marshalltown	312 W MAIN ST, Msrshalltown IA 50158			Marshall County
	WW Studio @ Wellmark Ymca	501 Grand Avenue, Des Moines, IA 50309			Polk County
	WW Studio Des Moines	5921 SE 14TH ST STE 1900, Des Moines IA 50320			
	WW Studio @ Eastwood Village	3330 E 33RD ST STE 11, Des Moines IA 50317			
	WW Studio @ St Marks Lutheran Church	12th and Grand Ave, West Des Moines IA 50265			
	WW Studio Urbandale	2809 100TH ST, URBANDALE, IA 50322			
	WW Studio Ankeny	2732 SE DELAWARE AVE STE 160, Ankeny, IA 50021			
	WW Studio @ Altoona Methodist Church	602 5TH AVE SW, altoona, IA 50009			
	WW Studio @ St Charles Parish	305 W MAIN ST, Saint Charles, IA 50240			
	WW Studio @ Country Inn and Suites	1710 WEST ST S, GRINNELL, IA 50112			Poweshiek County
	WW Studio @ First Christian Church Nevada	250 WEST E AVENUE, Nevada, IA 50201			Story County
	WW Studio @ Northminster Presbyterian Church Ames	1416 20TH ST, Ames IA 50010			

B	Other Services				
1	African American Community Leaders/Churches				
Pilgrim Baptist Church	Dr Carolyn King Cannon	1732 Walker Street, Des Moines.	(515) 262-6203		
2	Computer Access				
3	Disability Services				
Boone County DHS		900 West Third Street, Boone, IA 50036	515-292-2035 or 800-232-7347	https://dhs.iowa.gov/node/1884	By Appointment Only
Dallas County Community Services		25747 N Avenue, Suite D, Adel, IA 50003	Phone: 515-993-5869 or Toll-Free 877-286-3227	https://www.dallascountyiowa.gov/services/health-and-social-services/community-services	Hours: 8:00 AM -4:30 PM Monday through Friday
Jasper County Community Services		115 N 2nd Avenue E Newton, IA 50208	641-791-2609	https://www.co.jasper.iowa.us/169/Community-Services	
Madison County Community Services		209 East Madison, Winterset, IA 50273	(515) 462-2931	https://www.madisoncountyia.us/offices/comservices/index.htm	Hours Office is open: Monday - Friday 8:00a.m. to 4:30p.m.
Marshall County Community Services		101 E Main St, Marshalltown, IA 50158	(641) 754-6390	http://www.co.marshall.iowa.us/departments/communityservices	
Polk County Health Services - Disability Services Delivery				https://www.polkcountyia.gov/healthservices/disability-services/disability-service-delivery/	
Poweshiek County Community Services	Susan Hiner, Administrative Assistant/Poweshiek County General Assistance Director	200 4th Avenue West Grinnell, IA 50112	(641) 236-9199, shiner@poweshiekcounty.org or susan.hiner@cicsmhds.org	http://poweshiekcounty.org/central-point-of-coordination/	Office Hours 8:00-4:30 Mon-Fri

Story County Community Services	Karla Webb, Director	126 S. Kellogg Avenue, Suite 001, Ames, IA 50010	Ph: (515) 663-2930	https://www.storycountyiowa.gov/94/Community-Services	Monday - Friday 8 a.m. - 4:30 p.m
4 Domestic Abuse Services					
Access Assault Care Center		328 Cpl Roger Snedden Dr, Boone, IA 50036	(515) 432-3606	https://www.assaultcarecenter.org/	Boone
SEXUAL ABUSE COMPREHENSIVE SERVICES		Ames, IA	Phone: (515) 292-0500; Crisis Line: (800) 203-3488	http://www.survivorshelpline.org/shelters-and-programs.php	Counties Served: Boone, Greene, Jefferson, Marshall, Story, and Tama Counties.
DOMESTIC ABUSE COMPREHENSIVE		Ames, IA	Phone: (515) 292-0500; Crisis Line: (800) 203-3488	http://www.survivorshelpline.org/shelters-and-programs.php	Counties Served: Boone, Greene, Jefferson, Marshall, Story, and Tama Counties.
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.
Catholic Charities Phoenix House			hotline (712) 328-0266 (24/7); toll free 1 (888) 612-0266; Business 712-256-2059	http://www.survivorshelpline.org/shelters-and-programs.php	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.

<p>CRISIS INTERVENTION & ADVOCACY CENTER (CIAC) - ☒</p>		<p>Adel, IA</p>	<p>Phone: (515) 993-4095; Crisis Line: (800) 400-4884</p>		<p>Sexual abuse comprehensive services and domestic abuse comprehensive services. Counties Served: Adair, Adams, Clarke, Dallas, Decatur, Guthrie, Madison, Ringgold, Taylor and Union Counties.</p>
<p>Crisis Center & Women's Shelter in Ottumwa, IA</p>			<p>Hotline 800-464-8340 (24/7); Toll Free 800-464-8340; Business 641-683-1750</p>		<p>Counties Served: Appanoose, Davis, Jasper, Jefferson, Lucas, Mahaska, Marion, Monroe, Poweshiek, Wapello and Wayne Counties.</p>
<p>CRISIS INTERVENTION SERVICES - Sexual Abuse Comprehensive Services and Shelter Based Services</p>		<p>Oskaloosa, IA</p>	<p>Phone: (641) 673-0336; Crisis Line: (844) 673-5499</p>		<p>Counties Served: Appanoose, Davis, Jasper, Jefferson, Lucas, Mahaska, Marion, Monroe, Poweshiek, Wapello and Wayne Counties</p>

Children and Families of Iowa - Domestic Violence Services		1111 University Ave. Des Moines, IA 50314	Children & Families of Iowa's Local Crisis Hotline at (515) 243-6147 (available 24 hours a day, 7 days a week).	https://cfiowa.org/programs/domestic-violence/	Domestic violence Services Programs: Safe Shelter - Iowa's largest domestic violence shelter and only one in Polk County, offering a safe place to heal and begin building a life free from violence.; Individual counseling, support groups, medical advocacy, court advocacy and resource referrals for victims and their children living in Polk and Warren Counties.
Polk County Crisis & Advocacy Services		Des Moines, IA	515-286-3600; Crisis Line: (515) 286-3535	https://www.polkcountyia.gov/cfys/faq/crisis-advocacy-services/i-am-the-victim-of-domestic-violence-and-the-police-told-me-to-call-you-for-	Counties Served: Polk & Warren.
Helping Services			563-387-1720 or 1-800-383-2988	https://www.helpingservices.org/	Hotline service, advocacy, housing (emergency and transitional). Serving serve Allamakee, Bremer, Chickasaw, Clayton, Delaware, Fayette, Howard, and Winneshiek counties in Iowa
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 available each day from 9 am - 9 pm.
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.iowacasa.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				
Boone County General Assistance		900 W 3rd Street, Boone IA	515-433-0593 or 1-800-753-2136.	https://www.boonecounty.iowa.gov/government/boone-county-community-	
Dallas County General Relief	General Assistance Program Coordinator - Pam Danielson	Dallas County Community Services, 25747 N Avenue, Suite D, Adel, IA 50003	Phone: 515-993-1731 or Toll-Free 877-286-3227; dccc@dallascountyiowa.gov	https://www.dallascountyiowa.gov/services/health-and-social-services/community-services/general-relief	Hours: 8:00 AM -4:30 PM Monday through Friday (please call first for availability)
Jasper County General Relief		115 N 2nd Ave E, Newton, IA 50208	(641) 791-2609;	641-791-2609; https://www.co.jasper.ia.us/170/General-Assistance	Services: Rent; Utilities; Certain Medications; Referrals for Food, Clothing and Personal needs; Burial.
Madison County General Relief	Christy Christenson Service Coordinator; Susan Crowdes Primary Contact General Relief Worker	209 East Madison, Winterset, IA 50273	(515) 462-2931	https://www.madisoncountyia.us/offices/genassist/index.htm	Call for an Appointment. Services: Rent and Utility assistance; Medication assistance; Medical assistance. Hours Office is open:Monday - Friday 8:00a.m. to 4:30p.m.
Marshall County General Assistance		Couthouse Annex, 101 East Main Street, Marshalltown, IA 50158	(641) 754-6390; ga@co.marshall.ia.us	http://www.co.marshall.ia.us/departments/communityservices/ga/index.html	Office Hours: Monday through Friday. 8:00 AM to 4:00 PM
Polk County General Assistance		2309 Euclid Ave, Des Moines, IA 50310	(515) 286-2088	https://www.polkcountyia.gov/cfys/services/general-assistance-program/	Hours: Monday - Friday 7:30 AM – 4:30 PM
Poweshiek County General Assistance	Director: Susan Hiner	200 4th Avenue West Grinnell, IA 50112	641-236-9199; shiner@poweshiekcounty.org	http://poweshiekcounty.org/general-assistance/	Office Hours 8:00-4:30

Story County Community Services	Director: Karla Webb	126 S. Kellogg Avenue, Suite 001, Ames, IA 50010	(515) 663-2930.		CICS (Central Iowa Community Services) provides processing for determining eligibility for funding of mental health and disability services. Emergency rent and utilities (General Assistance) Monday - Friday 8 a.m. - 4:30 p.m.
New Opportunities Inc		1212 2nd St, Perry, IA 50220	(515) 465-5185	https://www.newopp.org/services/weatherization/	Weatherization assistance. Eligibility: 200% of Poverty
Mid-Iowa Community Action		Marshall County: 6 S. 2nd Street in Marshalltown.	641-753-5523		Marshall County
		Story County: 230 SE 16th Street in Ames.	515-956-3333		Story County
		Poweshiek County: 611 4th Avenue in Grinnell	641-236-3923		Poweshiek County
Caring Hands Outreach Center, Inc.		201 9th St NE Altoona IA 50009.	515.967.4533	https://caringhandsio.wa.org/	Caring Hands offers Southeast Polk and Bondurant residents with limited help with utilities or rent. Call 967-4533 for more information.

Cross Ministries - Cottage Grove Presbyterian Church, Des Moines		3226 University Avenue, Des Moines, Iowa 50311	515-279-9998; crossministriesdm @gmail.com	http://crossministriesdm.org/	Homelessness Prevention with financial assistance toward housing, electric and water bills; Basic Needs with access to personal hygiene products, bus tokens, and laundromat vouchers for low and no income households; Annual Back to School Giveaway event provides low-income families with much needed backpacks filled with school supplies for their children. Hours: Mon - Fri: 8.30 AM to 4.30 PM
6	Food Assistance				
Boone County					
RRACAP - Boone County Center		817 Keeler Street, Boone, IA - 50036	515-432-5052		Hours of operation: M-F 8- 4:30 pm Amount of Food Provided: 4-5 days Visits permitted: 3 times per year Documentation Required: None
Boone County Resource Center - Food Pantry		606 Greene Street, Boone, Iowa 50036	515.432.5052; boone@impactcap. org	https://www.impactcap.org/boone-county	Food pantry: Monday- Friday 8:30 - 12:00 and 1:00 - 4:30
Boone Open Bible Church - food Pantry		Boone Open Bible Church, 1224 Hancock Drive, Boone, IA 50036	(515) 432-9503; office@booneopen bible.com	http://www.booneopenbible.com/ministries.asp	Mondays: 9:00 a.m. - noon Wednesdays: 5:00 p.m. - 6:00 p.m.

The Salvation Army of Boone, Iowa	Lieutenant James Beardsley	509 Benton St, Boone, IA 50036	(515) 432-7700; James.Beardsley@usc.salvationarmy.org	https://centralusa.salvationarmy.org/boone/	Monday through Friday from 9 a.m. to 4 p.m.
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Dallas County

Good Samaritan Food Pantry		215 N. 11th St. PO Box 141 • Adel, IA 50003	Phone: (515) 478-3760	http://adelfoodpantry.com/	Adel Hours: Monday & Tuesday - 12 pm to 2 pm Or Call for an Appointment
Dallas Center Food Pantry		Dallas Center United Methodist Church - 1504 Walnut St, Dallas Center	(515) 478-6744		Serves: Dallas Center Open: Tuesdays, 4-6pm
Grimes Storehouse		Grimes United Methodist Church - 801 W. 1st St, Grimes	(515) 986-9765		Serves: Grimes Open: By appointment Tuesdays & Thursdays, 10am - 2pm
Waukee Area Christian Services - Food Pantry		Westview Church (lower level) 1155 SE Boone Dr. Waukee, IA 50263	515-987-5523	https://waukeechristianservices.org/food-pantry/	Applicants must live in the Waukee School District or Dallas County. Hours: Mondays: 2-6 pm; Wednesdays: 9 am – 1 pm; Thursdays: 9 am – 1 pm; 1st & 2nd Saturdays: 9-11 am
West Des Moines Human Services Campus		139 6th St, West Des Moines	(515) 222-3660		Open: Monday, Tuesday, Thursday: 8:30 a.m. – 3:00 p.m. Wednesday, Friday: 8:30 a.m. – 12:00 p.m. 2nd & 4th Tuesday evening of each month: 4:00 p.m. - 6:00 p.m.

For additional food pantries, mobile pantries and meal sites in Dallas County please visit: <http://www.hungerfreedallascounty.org/find-food.html>

Jasper County

Salvation Army Newton		301 N 2nd Ave E Newton IA 50208	(641)792-6131	https://www.foodbankiowa.org/agency/salvation-army-newton	
Grace Church Food Pantry		1620 N. 11th Ave E., Newton, IA	641-792-1793; dhayton@gracene wton.com	http://www.gracene.wton.com/get-connected.html	Monday, Hours: 9:00-11:00 AM
PCM Food Pantry	Pastor Ann Johnson – 641-330-0441; Pat Pendroy – 641-891-6763	Monroe Presbyterian Church at 113 S Main Street, Monroe, IA 50170.		http://www.monroeia.com/local-info/residential/pcm-food-pantry/	Hours: Monday 9:00am – Noon, 6:00pm-7:00pm; Thursday 9:00am-Noon
Colfax-Mingo Area Food Pantry		126 W State St, Colfax IA 50054	(515) 674-4335	https://www.foodbankiowa.org/agency/colfax-mingo-area-food-pantry	Hours: Monday - Saturday 8:00am - 8:00pm. By appointment only.
Monroe-Reasnor Food Pantry	Steven Friedman	106 N Commerce, Monroe, IA 50170	641-259-3238	https://www.co.jasper.ia.us/BusinessDirectoryii.aspx?ysnShowAll=0&lngNewPage=0&txtLetter=M&txtZipCode=&txtCity=&txtState=&txtBusinessName=&lngBusinessCategoryID=&txtCustomField1=&txtCustomField2=&tx	Hours of operation: anytime Amount of Food Provided: 1 - 3 days Visits permitted: once Documentation Required: Personal Information
Marshall County					
Emergency Food Box		109 S 3rd St, Marshalltown IA 50158	(641)753-0486	https://www.foodbankiowa.org/agency/emergency-food-box	
House of Compassion - Marshalltown, IA - Food Assistance		211 W. Church Street, Marshalltown, IA 50158	641-752-5999	https://www.houseofcompassion.net/service	Monday- Thursday 10-12AM and 1-4:15 PM; Free evening meal- 5 pm Sun.-Fri.

Polk County

<p>Polk County Resource Center - Personal Pantry</p>		<p>2701 S.E. Convenience Blvd, Suite 2, Ankeny, Iowa 50021</p>	<p>515.965.0433; ankeny@impactcap.org</p>	<p>https://www.impactcap.org/copy-of-utility-assistanc</p>	<p>Ankeny</p>
<p>Clive Community Services - Food Pantry</p>		<p>2190 NW 82nd Street Suite A, Clive, Iowa 50325</p>	<p>515-257-8550; director@clivecommunityservices.com</p>	<p>http://clivecommunityservices.com</p>	<p>Clive. Clients may shop the DMARC pantry once a month and receive a three-day supply of food and personal care items. Monday, 4:00-7:00 PM Friday, 9:00 AM to 12:00 PM In addition to the DMARC pantry, Clive Community Services offers an Anytime Room. This room is stocked entirely by donations. A client may shop from the Anytime Room on days when not receiving food from the DMARC pantry. No ID is needed to visit our Anytime Room.</p>
<p>Amazing Grace Ministries - Food Pantry</p>		<p>Amazing Grace Ministries, 1903 53rd St. Des Moines IA 50311</p>	<p>(515) 689-1307</p>	<p>https://www.foodbankiowa.org/agency/amazing-grace-ministries</p>	<p>Des Moines</p>

<p>Bidwell-Riverside Center - Food & Clothing Pantry</p>		<p>1203 Hartford Ave. Des Moines, IA 50315</p>	<p>515-244-6251</p>	<p>https://www.bidwellriverside.org/ourprograms</p>	<p>Des Moines Provides families with free food, clothing, household items and more. Part of the Des Moines Area Religious Council (DMARC) food pantry network. Pantry provides a 3-day supply of food, based on family size, once per calendar month. Mondays 10am-3pm Tuesdays 10am-7pm Wednesdays 10am-3pm Thursdays 10am-5pm Fridays 10am-3pm Saturdays 9am-1pm</p>
<p>CENTRAL IOWA SHELTER & SERVICES Food Pantry</p>	<p>Melissa Gradischnig</p>	<p>1420 Mulberry Street, Des Moines, IA 50309</p>	<p>(515) 564-5752; melissag@centraliowashelter.org.</p>	<p>https://centraliowashelter.org/what-we-do/clothing-closet-food-pantry.html</p>	<p>Tuesday: 11:00am – 1:30pm, 2:30pm – 5:00pm; Wednesday: 9:00am – 1:30pm, 2:30pm – 5:30pm; Thursday: 9:00am – 1:30pm, 2:30pm – 5:00pm; Friday: 9:00am – 12:00pm, 1:00pm – 3:00pm; Saturday: (2nd & 4th) 12:00pm – 3:00pm</p>

<p>Caring Hands Outreach Center, Inc.</p>		<p>201 9th St NE Altoona IA 50009.</p>	<p>515.967.4533</p>	<p>https://caringhandsio.wa.org/</p>	<p>Serving the Southeast Polk (SEP) community. Food Pantry is open Mondays and Wednesdays from 3 p.m. to 6 p.m. and 1st and 3rd Saturdays from 9 to 11 a.m. Our Daily Bread (Extra Food Available):Caring Hands is open from 11 AM to 1 PM on Tuesday, Thursday, and Fridays to distribute extra produce, can goods and bakery products.</p>
<p>CATHOLIC CHARITIES OUTREACH CENTER - Food Pantry</p>		<p>1815 Hubbell Avenue, Des Moines IA 50316</p>	<p>515-262-7290</p>	<p>https://www.catholiccharitiesdm.org/our-services/food-pantry/</p>	<p>Des moines Open to all Monday – Friday, 10:00 AM – 3:30 PM</p>
<p>Christ Apostolic Temple - Food Pantry</p>	<p>Karen Helmon – Team Lead; Cher Carroll – Assistant Team Lead</p>	<p>Christ Apostolic Temple 1230 E 17th Street Des Moines, IA 50316</p>	<p>800-420-3861; info@christapostolictemple.org</p>	<p>https://www.christapostolictemple.org/food-pantry/</p>	<p>Des Moines</p>

<p>DRAKE AREA FOOD PANTRY</p>		<p>3226 University Avenue, Des Moines, IA 50311</p>	<p>515-518-4770</p>		<p>Des Moines Monday 8:00 a.m. – 4:30 p.m. Tuesday 8:00 a.m. – 4:30 p.m. Wednesday 8:00 a.m. – 4:30 p.m. Thursday 8:00 a.m. – 4:30 p.m. Friday 8:00 a.m. – 4:30 p.m.</p>
<p>Des Moines Area Religious Council (DMARC) Food Pantries</p>				<p>https://www.dmarcunited.org/food/mobile/#MDART</p>	<p>DMARC Mobile Food Pantry Locations - link includes locations, dates and times</p>
<p>Eastside Church of the Nazarene - Food Pantry</p>	<p>Pastor Mark Doll; Pastor Shane Wilson; spiritandtruth40@gmail.com</p>	<p>1451 East 25th Street, Des Moines, Iowa 50317</p>	<p>515.265.6000</p>	<p>http://www.eastsidenazarene.org/food-pantry.html</p>	<p>Des Moines People who are currently living in the 50316 or 50317 zip code areas may receive assistance for emergency food. Food Pantry assistance is available on Tuesday and Thursday mornings only. Assistance is BY APPOINTMENT ONLY</p>
<p>First Assembly of God Pantry</p>		<p>2725 Merle Hay Rd, Des Moines IA 50310</p>	<p>(515) 279-9766</p>	<p>https://www.foodbankiowa.org/agency/first-assembly-of-god-pantry</p>	

<p>POLK COUNTY NORTHSIDE FOOD PANTRY</p>		<p>3010 6th Avenue, Des Moines Iowa 50313</p>	<p>(515) 286-2220</p>		<p>Monday 8:00 a.m. – 5:00 p.m.; Tuesday 8:00 a.m. – 5:00 p.m.; Wednesday 8:00 a.m. – 5:00 p.m.; Thursday 8:00 a.m. – 5:00 p.m.; Friday 8:00 a.m. – 5:00 p.m.</p>
<p>Polk County Resource Center - Food Pantry</p>		<p>Drake Neigborhood, 3226 University Ave Des moines, iowa 50311</p>	<p>515.518.4770; drake@impactcap. org</p>	<p>https://www.impactcap.org/city-of-des-moines</p>	<p>MONDAY - FRIDAY: 8:00 - 4:30</p>
		<p>South Side, 500 Army post Road, suite 17 des moines, iowa 50315</p>	<p>515.274.9496; southside@impactcap.org</p>		
<p>Polk County River Place Food Pantry</p>		<p>2309 Euclid Avenue, Des Moines, IA 50310</p>	<p>515-286-3695</p>		<p>OPERATING HOURS: Monday 8:00 a.m. – 5:00 p.m. Tuesday 8:00 a.m. – 5:00 p.m. Wednesday 8:00 a.m. – 5:00 p.m. Thursday 8:00 a.m. – 5:00 p.m. Friday 8:00 a.m. – 5:00 p.m.</p>
<p>Salvation Army Citadel (East) - Food Pantry</p>		<p>1216 East 25th Court, Des Moines, IA 50317</p>	<p>515-266-3156</p>		<p>Des Moines Monday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m. Tuesday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m. Wednesday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m. Thursday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m. Friday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m.</p>

<p>SALVATION ARMY TEMPLE (WEST) Food Pantry</p>		<p>1330 6th Avenue, Des Moines, IA 50314</p>	<p>515-282-3422</p>		<p>Des Moines Monday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m.; Tuesday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m.; Wednesday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m.; Thursday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m.; Friday 9:00 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m.</p>
<p>Grimes United Methodist Church - Grimes Community Food Pantry</p>		<p>112 NE Ewing Street, Suite B. , Grimes.</p>	<p>515-986-4191.</p>	<p>http://www.grimesumc.com/food-pantry/</p>	<p>Grimes Open Tuesdays and Thursdays from 9:30am – 11:30am and every first and second Tuesdays from 5:30-7pm</p>
<p>Johnston Partnership Place - Food Pantry</p>		<p>5870 Merle Hay Rd, Suite D, Johnston.</p>	<p>515-868-1357; andrea@johnstonpartnership.org</p>	<p>http://www.johnstonpartnership.org/</p>	<p>Johnston- Hours: Tuesdays 9am - Noon Thursdays 9am-Noon Saturdays 10am-2pm</p>
<p>Urbandale Food Pantry</p>		<p>7611 Douglas Ave, Suite 34/35, Urbandale, IA 50322</p>	<p>515.251.6688</p>	<p>http://www.urbandalefoodpantry.org/</p>	<p>Hours of Operation: Monday-Thursday: 9:30am–6:30pm Saturday: 8am–12noon</p>

Eddie Davis Community Center		1312 Maple St, West Des Moines IA 50265	(515) 277-1103	https://www.foodbankiowa.org/agency/eddie-davis-community-center	West Des Moines food pantry, meal site, clothing closet, assistance with rent and utility bills, on a limited basis (call first), free legal service on a limited basis and tutoring.
Poweshiek County					
Brooklyn Food Pantry	Betty Klein, Mary Carlson	St. Patrick's Catholic Church, 211 Jackson St.	641-522-7185, 641-522-9283		Wed. 2:00 – 6:00 pm.
Malcom Food Pantry		602 4th St., Malcom IA 50157	(641)236-8514	https://www.northeastiowafoodbank.org/store-page/malcom-food-pantry/	Emergency Pantry/Food Box
Malcom Mobile Food Pantry		Community Center/Auditorium- 212 Main Street, Malcom			1st Wednesday of each month– Malcom – 4:30pm-6:00pm
Mid Iowa Community Action Emergency Food Pantry		611 4th Ave, Grinnell, Poweshiek County	641-236-3923		Poweshiek County - Operates an emergency food pantry for those in need; distributes vouchers for milk and bread provided by local churches; distributes fresh produce from local farmers. Mon – Fri, 8:30 am – 4:30 pm

Montezuma Food Pantry	Ashley Wenke - Food Coordinator	106 Circle V Dr, Montezuma, IA 50171	(641) 623-3275; Cell Number 641-780-4695; kincadea1@gmail.Com	https://www.facebook.com/MontezumaFoodPantry/ ; https://www.monteu.com/food-pantry.html	Pantry Hours: Monday 10:00am-12:30pm Wednesday 2:00pm-4:30pm Thursday 4:30pm-6:00pm Friday 12.30 pm - 2.00pm
Story County					
Bethesda Lutheran Church Community Food Pantry	Joyce O'Donnell	Bethesda Lutheran Church 1517 Northwestern Ave. Ames, IA 50010-5299	(515) 232-6256; contact@BethesdaAmes.org	https://www.bethesdaames.org/food-pantry/	Monday: 9-11:00 am Tuesday: 1-3:00 pm, and 6:30-8 pm Wednesday: 10-11:30 am Thursday: 1-3:00 pm
Calvary United Methodist Church - Food Pantry		1403 24th St, Ames, IA 50010	(515) 232-6329; calvaryames@yahoo.com	https://www.amescalvarymethodist.org/	Every Tuesday afternoon from 2:00pm to 3:30pm
First Christian Church (Meals and Food Pantry)	Patty Yoder, Executive Director/Coordinator	611 Clark Ave, Ames.	Food At First Help Line: 515-344-HELP (4357); patty@foodatfirst.com	https://foodatfirst.wordpress.com/	Ames Lunch: Sat: 11:30am - 12:15pm; Dinner: Sun-Fri: 5:45pm - 6:15pm; Free Market: Mon & Thu 4:45pm - 5:30pm ; Sat: 10am - 10:30am

<p>Good Neighbor Emergency Assistance, Inc.</p>		<p>613 Clark Ave., Ames, Iowa 50010</p>	<p>(515) 296-1449</p>	<p>https://gnea.org/services/ /</p>	<p>Provides any household in Story County with vouchers that allow for the purchase of nutritious food in local grocery stores. Currently, vouchers are accepted at Fareway and HyVee stores in Ames, Nevada, and Huxley. They are also accepted at Story City Market in Story City and Town & Country Market in Slater. Mondays, 9:00 AM – 11:30 AM Tuesdays, 11:00 AM – 5:00 PM Wednesdays, 2:00 PM – 4:30 PM Thursdays, 9:00 AM – 11:30 AM</p>
<p>Mid Iowa Community Action Emergency Food Pantry</p>		<p>Story County</p>	<p>515-956-3333</p>		<p>Fridays closed</p>
<p>7</p>	<p>Housing Assistance</p>				
<p>Central Iowa Regional Housing Authority</p>		<p>1201 SE Gateway Drive, Grimes, IA 50111</p>	<p>(515) 986-1882; cirha@cirhahome.org</p>		<p>Section 8 Housing Choice Voucher Program; Public Housing Program; Family Self Sufficiency Program; Housing Choice Voucher Homeownership Option; CIRHA'S Home Ownership Program</p>

Homeless Shelters, Income Based or Subsidized Housing

Boone County

Crawford Hall Family Shelter		107 State Street, Boone, IA 50036	(515)432-5603		
Bn Linden, Llp		1015 Parkway Dr, Boone, Iowa 50036			Accepts Section 8 Housing Choice Vouchers (HCV)
Candleridge Apartments of Boone		1024 Parkway Drive - Boone, IA - 50036	(515) 432-2340		Low income housing tax credit apartment
Cirha Public Housing		305 Greene St, Boone, Iowa 50036	(515) 986-1882; cirha@cirhahome.org		

Dallas County

Domestic Abuse Services of Dallas		P.O. Box 192, Adel, IA - 50003	(800) 400-4884		
Quail Run Apartments		2902 Iowa St, Perry, IA 50220	(515) 465-5843	http://quailrunapthomes.com/	
Hamlin Bell Apartments		2023 Willis Ave, Perry, IA 50220	(515) 238-0271	https://www.hamlinbell.com/	Income restrictions apply to most but not all apartments.

Jasper County Iowa

Capstone Housing		1750 S 8th Ave E, Newton, IA 50208	(641) 792-5998		
Suncrest Village Newton, Iowa	Eva Harlan, Supportive Services Coordinator & Leasing Agent	1800 S 4th Ave. E, Newton, IA 50208	641-792-9720	https://newburyliving.com/properties/suncrest-village/	

Madison County

Low Rent Housing Agency of Winterset		415 N 2nd Street & Filmore Street, Winterset, Madison County, Iowa 50273	(515) 462-4340		Low Rent Housing Agency of Winterset is a Public Housing Agency in Winterset, Iowa that participates in the Public Housing program. Serves Winterset.
Marshall County					
Center Associates Transitional Living Program		9 North 4th Avenue, Marshalltown, IA 50158	(641) 752-1585	http://www.centerassoc.com/contact-us.html	Office Hours: Mon 8:00 am-7:00pm; Tues-Fri 8:00am - 4:30pm
Mid Iowa Community Action Housing Assistance Rent Assistance Program - HUD SECTION 8 PROGRAMS		6 S. 2nd Street in Marshalltown	641-753-5523	https://www.micaonline.org/housing	
		36 N Center St, Marshalltown, IA 50158	(641) 754-5756	https://www.marshalltown-ia.gov/187/HUD-Section-8-Programs	
Polk County					
Central Iowa Shelter & Services		1420 Mulberry St, Des Moines, IA 50309	(515) 284-5719		
Catholic Charities Emergency Family Shelter		1535 11th St, Des Moines, IA 50314	(515) 282-1235	https://www.catholiccharitiesdm.org/our-services/emergency-family-shelter/	
Beacon of Life		1717 Woodland Ave. Des Moines, IA 50309	515-244-4713	https://beaconoflifedm.org/	
Hawthorn Hill Homeless Shelter		3001 Grand Avenue, Des Moines, IA 50312	(515) 244-9748	https://www.hawthornhill.org/contact-us/	
Clive, IA Low Income Housing - National Affordable Housing Foundation		12289 Stratford Dr Clive, IA - 50325	(515)225-3500		

<p>Des Moines Public Housing Authority - SECTION 8 HOUSING CHOICE VOUCHER PROGRAM</p>		<p>3717 6th Ave, Des Moines, IA 50313</p>	<p>(515) 280-6726</p>	<p>https://www.dsm.city/departments/housing_services/public_housing_program.php; https://www.dsm.city/departments/housing_services/index.php</p>	
<p>The Des Moines Catholic Worker</p>		<p>1310 7th Street, Des Moines, IA 50314</p>	<p>(515) 243-0765; desmoinescatholicworker@gmail.com</p>		<p>Des Moines Catholic Worker offers daytime hospitality at a number of locations. There are no overnight guests allowed, but guests can use the shower, phone, newspaper, etc. This is on a space-available basis so must call first to see if space is available. No transportation is provided. Alcohol, or persons under the influence of alcohol, is not allowed in the house. Will distribute food, clothing and household goods (including diapers) when available. Evening meal served at 6pm to anyone. Hours: Sun, Tue, Thu, Fri 12 noon-7pm</p>
<p>Poweshiek County</p>					
<p>Grinnell Housing Authority Grinnell</p>		<p>927 4th Avenue, Grinnell, IA 50112</p>	<p>(641) 236-2611</p>		
<p>Mid Iowa Community Action Housing Assistance</p>		<p>611 4th Avenue in Grinnell</p>	<p>641-236-3923</p>	<p>https://www.micaonline.org/housing</p>	
<p>Story County</p>					

Mid Iowa Community Action Housing Assistance		230 SE 16th Street in Ames.	515-956-3333	https://www.micaonline.org/housing	
Emergency Residence Project		The Emergency Residence Project, 225 S. Kellogg Ave. Ames, IA 50010	515-232-8075; erp@amesshelter.org	http://www.amesshelter.org/services/	Emergency Shelter; Transitional Housing; Homelessness Prevention; Rapid Re-housing
8	Immigrant/Refugee Services				
Catholic Charities of the Archdiocese of Dubuque- Immigration OutAeach Program - Ames office		St. Thomas Aquinas Parish, 2210 Lincoln Way, Ames, IA 50014	515-296-2460; y.vang@dbqarch.org	https://www.catholiccharitiesdubuque.org/wp-content/uploads/2012/01/ILS-Brochure_English_web.pdf?utm_medium=email&utm_source=govdelivery	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 legal services. Translation assistance for legal documents such as birth, marriage, and divorce certificates is also available.
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_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 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: Boone, Dallas, Jasper, Madison, Marshall, Polk, Poweshiek and Story. 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				
Al Exito - Des Moines	Dawn Oropeza		(515) 480-0904; dawn@alexitoiowa.org	https://www.alexitoiowa.org/	Al Éxito provides programming that builds the leadership potential of Latino/a youth through college preparation, career development, civic engagement, family support, and celebration of culture.
Hispanic Educational Resources	Margarita Pizano		(515) 242-0225; mpizano@herdsm.org	https://www.facebook.com/conmigoeearlyed/	

Latina Leadership Initiative	Fabiola Schirrmeister		(515) 661-7122; latinaleadershipinitiativegdm@gmail.com	http://www.latinaleadershipinitiative.org/contact-us/	
Latino Center of Iowa			(515) 635-4134	http://www.latinocenterofiowa.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				
Iowa Legal Aid		799 Main St #280, Dubuque, IA 52001	(563) 588-4653	https://www.iowalegalaid.org/	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	https://www.iowalegalaid.org/organization/legal-hotline-for-older-iowans	Free legal services to Iowans 60 and over
11	Minority Health Coalition Agencies				

12	Utility Assistance				
Good Neighbor Emergency Assistance, Inc. - Gas Vouchers - Rent and Utility Assistance		613 Clark Ave., Ames, Iowa 50010	(515) 296-1449	https://gnea.org/services/	Apply at the Good Neighbor Emergency Assistance, Inc. office at these times: Tuesdays, 11:00 AM – 5:00 PM Wednesdays, 2:00 PM – 4:30 PM
13	General Resources				
Habitat for Humanity of Central Iowa		3504 Grand Ave, Ames, IA 50010	(515) 232-8815		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. Information and referrals for mental health services
Boone County Extension Office		1327 SE Marshall St, Boone, IA 50036	(515) 432-3882	https://www.extension.iastate.edu/boone/	
ISU Extension, Dallas County		28059 Fairground Rd, Adel, IA 50003	(515) 993-4281	https://www.extension.iastate.edu/dallas/	

ISU Extension and Outreach - Jasper County		550 N 2nd Ave W, Newton, IA 50208	(641) 792-6433	https://www.extension.iastate.edu/jasper/	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
Madison County ISU Extension Services		117 John Wayne Dr, Winterset, IA 50273	(515) 462-1001	https://www.extension.iastate.edu/	
Marshall County ISU Extension Office		2608 S 2nd St, Marshalltown, IA 50158	(641) 752-1551	https://www.extension.iastate.edu/marshall/	
ISU Extension and Outreach - Polk County		1625 Adventureland Dr A, Altoona, IA 50009	(515) 957-5760	https://www.extension.iastate.edu/polk/	
Poweshiek County ISU Extension Office		114 S.Third Street, P.O. Box 70, Montezuma, IA 50171	(641) 623-5188	https://www.extension.iastate.edu/poweshiek/	
Story County ISU Extension		220 H Ave, Nevada, IA 50201	(515) 382-6551	https://www.extension.iastate.edu/story/	
United Way of Story County		315 Clark Ave. Ames, IA 50010	515-268-5142	http://www.uwstory.org/	
United Way of Central Iowa		1111 9th St #100, Des Moines, IA 50314	(515) 246-6500	https://www.unitedwaydm.org/	
Eddie Davis Community Center		1312 Maple St, West Des Moines IA 50265	(515) 277-1103	https://www.foodbankiowa.org/agency/eddie-davis-community-center	West Des Moines food pantry, meal site, clothing closet, assistance with rent and utility bills, on a limited basis (call first), free legal service on a limited basis and tutoring.

Evelyn K. Davis Center For Working Families		801 University Ave #3, Des Moines, IA 50314	(515) 697-7700	https://www.evelynkdaviscenter.org/Pages/welcome.aspx	
West Des Moines Human Services		139 6th St, West Des Moines, IA 50265	(515) 222-3660	http://www.wdm.iowa.gov/government/human-services	