

REENTRY RESOURCES

Always Call First to Make Sure the Resource is Current

United Way - Iowa 211 (phone & web) - <http://65.166.193.134/IFTWSQL4/iowa/public.aspx>
Iowa COMPASS - http://www.uiowa.edu/homepage/resources/listings/i/IA_compass.html
Iowa centralized child abuse hotline 1-800-362-2178.

Addiction

ACCESS TO RECOVERY - **FREE**- Integrated Therapy: mental health, substance abuse, etc.
www.idph.state.ia.us/atr - select provider list; then select by county – 866-923-1085

BENJAMIN HOUSE, LISW
1119 Ravina Drive
Des Moines, Iowa 50313
515-288-4120
bhouse46@mchsi.com

Individual & family counseling
Trauma, addiction & mood disorders
Relationship concerns
Accept TXIX & most funding sources
Comfortable home based atmosphere

CENTER FOR BEHAVIORAL HEALTH
Mindy Williams
1200 University Avenue – Suite 106
Des Moines, IA 50314
515-244-9500
515-244-9502 – Fax
cbhiowa@centerforbehavioralhealth.com

FAMILY DIRECTIONS OF IOWA
Sue Renfrow
1211 Vine Street – Suite 2140
West Des Moines, IA 50265
515-255-9490
sue@familydirectionsiowa.org

FIRST STEP
(Substance Abuse/Dual Diagnosis)
1818 48th Street
Des Moines, IA 50310
515-271-6075
www.mercydesmoines.org

INTEGRATED TREATMENT SERVICES
Terry Sallis
1700 Keosauqua Way
Des Moines, IA 50314
641-275-7533
tkallis@mchsi.com

IOWA DEPARTMENT OF PUBLIC HEALTH
Kevin M. Gabbert, LISW, ACADC
Project Director
Lucas State Office Building
321 East 12th Street
Des Moines, IA 50319
515-281-7080
515-281-4535 – Fax
KGabbert@idph.state.ia.us

-Access to Recovery (ATR) is a three year grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment
-ATR is a presidential initiative which provides vouchers to clients for purchase of ATR covered services

NAMI IOWA
Margaret Stout, Executive Director
5911 Meredith Drive, Suite E
Des Moines, IA 50322-1903
515-254-0417
515-254-1103 – Fax
namiowa@mchsi.com

Classes for consumers in recovery, family members & others.

Mental health information, education & referral services.
namiowa.org

POWELL CHEMICAL DEPENDENCY CENTER

David Kaptain
Iowa Lutheran Hospital
700 E. University Ave
Des Moines, IA 50316
515-263-4007
kaptaidc@ihs.org

*Evaluation & Assessment
Detoxification
In- & Out-Patient Treatment
Family Program
Continuing Care
Book Store*

SPECTRUM RESOURCES, INC.

Ericka Wiley
1700 Keo Way
Des Moines, IA 50314
515-288-1023
ewiley.spectrum@yahoo.com

URBAN DREAMS
Reginald Phillips
1410 6th Avenue
Des Moines, IA 50314
515-288-4742
515-284-5886 - Fax
www.urbandreams.org

UNITED COMMUNITY SERVICES, INC.

Peer Recovery Support Services
Lauren Ziehr, Program Coordinator
401 SW 8th Street, Suite 409
Des Moines, IA 50309
515-280-4917
515-883-2683 – Fax
laurenziehr@ucdsm.org

United Community Services, Inc. is organized exclusively as a non-profit entity to provide substance abuse education, substance abuse treatment, information, and referral services

*Outpatient Treatment Services:
-Intensive & extended outpatient treatment
-Individual & group counseling
-Grief, men's, women's & other groups
-Continuing Care
-Relapse Prevention*

Addiction Support Groups

ALCOHOLICS ANONYMOUS

Central Office
1620 Pleasant – Suite 228
Des Moines, IA
800-207-2172 – Office Hours
515-282-8550 – 24 Hour Service
<http://aadesmoines.org>

White House
1400 Pennsylvania Avenue
Des Moines, IA 50316
515-266-9478

F&G
315 East 5th Street
Des Moines, IA
515-288-9963

<http://www.aa-iowa.org/index.php?id=88>

AL-ANON & ALATEEN FAMILY GROUPS

515-277-5059

NARCOTICS ANONYMOUS

Iowa Region of NA
PO Box 5164
Des Moines, IA 50306
515-244-2277
<http://www.iowa-na.org/>

South Central Area of NA
PO Box 743
Des Moines, IA 50306
515-244-2277
<http://www.southcentralareaofna.org/>

GAMBLERS ANONYMOUS

<http://www.gamblersanonymous.org/mtgdirIA.html>

800-BETS OFF (800-238-7633)

NICOTINE ANONYMOUS

https://www.nicotine-anonymous.org/standard_search_result.php?p_state=IA

Children - NEW Iowa centralized child abuse hotline 1-800-362-2178.

C.A.S.A. (COURT APPOINTED SPECIAL ADVOCATES)

SOUTH CENTRAL IOWA CASA

Lucas State Office Building
321 East 12th Street
Des Moines, IA 50319-0083
515-281-5960
515-281-7604 – Fax

Trained adult volunteers assisting children who are going through the court system due to child abuse or neglect.

Services are free – Polk County

COMMODITY SUPPLEMENTAL FOODS – POLK COUNTY RESIDENTS

1907 Carpenter Avenue
Des Moines, IA 50314
515-286-3655
877-288-3655

*Call for income guidelines
Not a food pantry
Pregnant – 6 yrs old; over 60 yrs old
Cannot be enrolled in WIC program*

DES MOINES CHILD & ADOLESCENT GUIDANCE CENTER, INC.

808 5th Avenue
Des Moines, IA 50309
515-244-2267
515-244-1922 – Fax

Education & counseling for child victims & their families.

Sliding fee for Polk & Warren counties

*Accepts DHS POS, Medicaid & insurance
Statewide*

DOMESTIC VIOLENCE SERVICES

Children & Families of Iowa
1111 University Avenue
Des Moines, IA 50314
515-471-8699 – Office
515-243-6147 – Crisis – V/TTY
www.domesticabusehelp.net
www.cfiowa.org

Domestic abuse shelter

Community services

Free & confidential

FREE STORE

Donate by mail:

The FreeStore
1020 24th Street
West Des Moines, IA 50266
515-282-3733

*Provides household items & furniture free to women when they leave the **Children & Families of Iowa's Domestic Violence Services** – nominal fee to other referrals*

Call to donate in person and volunteer.

EMERGENCY FOOD ASSISTANCE

211 or www.iowalegalaid.com

Provides free meals & food @ food pantries & soup kitchens

EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP)

www.extension.iastate.edu/efnep/

*How to buy & prepare healthy foods at low cost
Apply @ local extension office
Meet Income guidelines*

THE FAMILY REUNIFICATION PROGRAM

Creative Visions Human Development
Dawn Thomas, Program Coordinator
PO Box 326
Des Moines, IA 50302
515-244-4003 X 16
Dawn.thomas@creativevisionsia.org

*Vision: To break the chain of hopelessness
so that at-risk youth, young adults and adults
are empowered to make healthy choices,
become productive citizens and prosper.
- Wrap-around services six months prior to
release from prison*

FAMILY VIOLENCE CENTER

1111 University Avenue
Des Moines, IA 50314
515-471-8599
515-243-6147 – Local Crisis Line
800-942-0333 – Crisis Line
515-243-3404 – Fax

*Free 24 hour crisis line, crisis, follow-up
& group counseling, & information/referral for
domestic abuse – Polk & Warren counties*

*Shelter/Safe house
Personal & legal advocacy
Community education*

FOOD ASSISTANCE PROGRAM

877-YES-FOOD
www.yesfood.iowa.gov

*Provides EBT (Electronic Benefit Transfer) cards
Meet income guidelines
Citizen or legal immigrant
All children born in US*

FOOD ENTERPRISES

205 15th Street
Des Moines, IA
515-285-6245

*Free evening meals
Call for times & locations*

LIFE LINE RESOURCES – CHILDREN – TITLE XIX OR MEDICAID

Chris Villalobos, LPHA, Bilingual Remedial Counselor
100 East Euclid Avenue
Des Moines, IA 50313-4534
515-256-8001
515-979-2766 - Cell
chrisvillalobos@gmail.com

*Through community referrals:
ADHD, ADD, Conduct Disorders, Bi-Polar
Anger/behavior management
Communication
Conflict resolution
Healthy relationships
Problem-solving
Skills rehearsal
Social Skills*

ORCHARD PLACE – DES MOINES CHILDREN'S HOME

808 5th Avenue
Des Moines, IA 50315
515-244-2267
515-246-3599 – Fax
<http://www.orchardplace.org/>

*Statewide - psychiatric therapy:
Child physical, sexual & emotional abuse

Accepts DHS POS & Medicaid*

PARENT PARTNER PROGRAM

Roberta Cruz
Iowa Department of Human Services
Administrative Offices
Polk County River Place
2309 Euclid Avenue
Des Moines, IA 50310
515-725-2600
robertac@vnsdm.org

Parents empowering Parents to strengthen families, communities and systems thereby achieving safety, permanency and well-being for children

Children are safely maintained in their homes whenever possible and appropriate

PIONEER COLUMBUS

2100 SE 5th Street
Des Moines, IA
515-288-3734

Call for hours.

POLK COUNTY

Sarah Freilinger, Adult Services, Social Worker
1914 Carpenter Avenue
Des Moines, IA 50314
515-286-2088
www.co.polk.ia.us

Community, Family & Youth Services

SCHOOL FOOD PROGRAMS

Apply @ child's school
School Breakfast program
National School Lunch Program

Migrant, homeless or foster child

Free or reduced price – healthy breakfast
Free or reduced price – healthy Lunch

SUMMER FOOD SERVICE PROGRAM

Bureau of Nutrition, Health
& Transportation Services
515-281-5356

18 years old or younger
No application necessary
Free meals during summer months

VISITING NURSE SERVICES

Karen Walker
1211 Vine Street
West Des Moines, IA 50265
515-558-9605
karenw@vnsdm.org

'Getting it Together Project' provides wraparound services to families with youth who have been diagnosed with a Serious Emotional Disturbance (SED)

WOMEN, INFANTS & CHILDREN (WIC)

321 E 12th Street
Des Moines, IA 50319
515-281-7689
800-532-1579
www.idph.state.ia.us

Provides healthy foods, nutrition education referrals to other health care agencies

Supplemental nutrition program for babies, children under 5, pregnant women, breastfeeding, women with a baby under 6 months old.

WOMEN, INFANTS & CHILDREN (WIC)
River Plaza
2300 Euclid Avenue
Des Moines, IA
515-282-5800

Call for programs & required documentation

Clinics – Free & Low Cost

Always call first for current information

Dental

BROADLAWNS MEDICAL CENTER
1801 Hickman
Des Moines, IA 50314
515-282-2421

M-F – 8:00 to noon & 1:00 to 4:30

*Accepts adult walk in patients twice a day -
7:00 to noon only*

DENTAL CLINIC
2353 SE 14th Street
Des Moines, IA
515-248-1470

\$50 co-pay – financial assistance

PRIMARY HEALTH CARE, INC.
Broadlawns Medical Center
1801 Hickman Road
Des Moines, IA
515-282-2455

*Dental
Sliding scale according to income*

Medical

A VOLUNTEER HEALTHCARE NETWORK
3200 Grand Avenue
Des Moines, IA 50312-4198
515-271-1642
www.freeclinicsofiowa.org

BETHEL RESCUE MISSION
1310 6TH Avenue
Des Moines, IA 50309
515-244-5445

Th – 12:30-3:00

CENTRAL IOWA SHELTER & SERVICES
205 15th Street
Des Moines, IA 50309
515-284-5719

W – 4:30-6:30

CHRIST THE KING FREE CLINIC
5711 SW 9th Street
Des Moines, IA 50315
515-285-2888

Screenings – by appointment only

*M – 7-9:00 pm
W – 7-9 pm - Pediatric Clinic*

DOOR OF FAITH
1006 Grand Avenue
Des Moines, IA
515-282-0208

M – Noon-3:00

EAST SIDE CENTER
3509 E 29th Street
Des Moines, IA
515-248-1600

Sliding scale according to income

FIRST ASSEMBLY OF GOD
2725 Merle Hay Road
Des Moines, IA 50310
515-279-9766

*Free medical clinic –Th – 6-8:00
(must check in by 7:30)
Bring ID*

HOLY FAMILY SCHOOL FREE CLINIC
1265 E 9th Street
Des Moines, IA 50316
515-262-8025

1st M of every month – 7-9:00 pm

HOPE UNITED MEDICAL CLINIC
1709 10th Street
Des Moines, IA 50314
515-564-0800

T – 2-4:00

JIM ELLIFSON FREE MEDICAL CLINIC
1607 E 33rd Street
Des Moines, IA
515-266-7622

*Acute care only – no emergency services
First come – no appointments
T – 1:30-4:00 & Th – 5:30-8:30*

MAPLE STREET BAPTIST CHURCH
1552 Maple Street
Des Moines, IA 50316
515-262-1931

FREE CLINIC

*1st & 3rd T – 6:30-8:30
5th T (if applicable)*

MAPLE STREET BAPTIST CHURCH CLINIC
1552 Maple Street
Des Moines, IA 50316
515-262-1931

MARGARET CRAMER FREE MEDICAL CLINIC
First Assembly of God Church
2725 Merle Hay Road
Des Moines, IA 50310
515-279-9766 x 42

*Th – Patient Registration – 5:30-7:00 pm
Th – 6-8:00 pm*

MERCY CLARK STREET CLINIC
1409 Clark Street
Des Moines, IA 50314
515-643-6525

*M-F – 9:00-4:30
By appointment only*

NEW DIRECTIONS
3001 Grand Avenue
Des Moines, IA 50309
515-243-7456

W – 5-7:00 pm

OPTIMAE LIFESERVICES

Jake Salazar
Adult Community Support Team
511 East 6th Street
Des Moines, IA 50309
515-283-1230
515-283-2256 – Fax

POLK COUNTY HEALTH DEPARTMENT

1907 Carpenter Avenue
Des Moines, IA 50314
515-286-3798 Clinical Services
515-286-3798 Outreach

515-286-3895 Education
515-286-3926 Planning
515-286-3749 Laboratory
Sandy Scholten

Call for eligibility & guidelines
M,W,Th,F – 8:00 am - 5:00 pm
T – 8:00 am - 7:00 pm
Immunizations, STD testing & screening
Mammograms, cervical & cancer screening
Lead poisoning screening – children 0-6
RN addresses health related concerns
Disaster response & Emergency Preparedness
Communicable disease testing & Urinalysis
Non-emergency health issues:
appointment & walk-ins – Hardship Program

PRIMARY HEALTH CARE, INC.

Broadlawns Medical Center
1801 Hickman Road
Des Moines, IA
515-282-2455

Walk-in Clinic & full medical services

Apply for financial aid
Sliding scale according to income

RIVER PLAZA & TRAVELING CLINICS

2300 Euclid, Suite D
Des Moines, IA
515-282-5800

Serves all zip codes other than those served
by Lutheran Clinic
Serves women and children

SALVATION ARMY

133 E 2nd Avenue
Ds Moines, IA 50309
515-282-3227 – For all services & questions

T – 2-5:00

ST. LUKE'S CLINIC

Polk City United Methodist Church
1421 W Broadway
Polk City, IA 50226
515-984-6274

W – 6-8:00 pm

SOUTH SIDE CENTER
2353- SE 14th Street
Des Moines, IA
515-248-1400

Mon-Fri – 8-5
\$20 co-pay

Pharmacies

COMMUNITY ACRES PHARMACY
600 E 14th Street
Des Moines, IA
515-262-0854

Cheaper than other pharmacies

FREE PRESCRIPTION DRUG CARD

http://freemedicine.com/?gclid=CNGv85XLn6ECFO_xDAodyYHUaxg

PRIMARY HEALTH CARE, INC.
Broadlawns Medical Center
1801 Hickman Road
Des Moines, IA
515-282-2455

Sliding scale according to income
Apply for financial aid

WALMART

\$4 or less medication list

http://i.walmartimages.com/i/if/hmp/fusion/OTC_drug_List.pdf

Clothing Consignment, Thrift Stores & Vouchers

Ames

Duck Worth Wearing
233 Main Street
Ames, IA
515-233-4901

Ankeny

Me N Mommy to Be
103 E 1st Street
Ankeny, IA
515-964-3205

Clive

Once Upon a Child
1300 100th Street
Clive, IA
515-222-0774

Salvation Army Thrift Store
801 Ankeny Boulevard
Ankeny, IA
515-965-3184

Des Moines

Abundant Life Community Church Clothing Closet
3700 East Sheridan Avenue
Des Moines, IA 50317
515-237-0030
515-422-4054 – Jessica for donations

*To provide gently used, quality clothing to
Iowans in order to empower them as they
strive to create their best lives.*

AGAPE (M, W & Sat)
2550 ML King
Des Moines, IA
515-255-0243

Animal Lifeline Thrift Shop
3304 SW 9th Street
Des Moines, IA 50309
515-288-7197

American Family Thrift Store for the Blind
Southridge Mall *(by Sears)*
Des Moines, IA *(quality clothing)*
515-953-5641

American Family Thrift Store for the Blind
4611 SW 9th *(donations accepted –
no appliances)*
Des Moines, IA
515-953-7300

Barbara's Consignment Boutique
5601 Hickman Road - #1
Des Moines, IA
515-274-1935

Bargain Basket Thrift Shop
Junior League of Des Moines
520 East 6th Street
Des Moines, IA
515-246-8545

Bidwell Riverside *(call first)*
1203 Hartford
Des Moines, IA
515-243-6502

Catholic Charities *(free – call first)*
East Grand & Hubbell Avenue
Des Moines, IA
515-262-7290

Consignment Boutique
3720 6th Avenue
Des Moines, IA 50313
515-243-7895

Consignment World
East 9th & Hull *(by Grandview University)*
Des Moines, IA

Disabled American Veterans - *vouchers*
Federal Building – Room 1033B
210 Walnut Street
Des Moines, IA
515-323-7539

Disabled American Veterans - *store*
2627 East University
Des Moines, IA
515-262-3850
(Dave or Allen)

Fashion Junction
2625 Beaver Avenue
Des Moines, IA
515-255-5453

First Lutheran Church *(Sat 9:30-11:30)*
East 5th & Des Moines Streets
Des Moines, IA
515-244-8913 *(call first)*

Friendship Center *(free)*
1526 MLK Parkway
Des Moines, IA
515-244-1701

Found Treasures (Beacon of Life)
132 5th Street
West Des Moines, IA
515-490-5198

General Assistance - *vouchers*
Polk County Dept of Social Services
19th & Carpenter
Des Moines, IA
515-286-2088

Goodwill Industries of Central Iowa
3333 SE 14th Street
Des Moines, IA
515-287-5578

Goodwill Industries of Central Iowa
4900 NE 22nd Street
Des Moines, IA
515-265-5323

Goodwill Industries of Central Iowa
2550 E Euclid Avenue
Des Moines, IA
515-265-6650

Goodwill Industries of Central Iowa
3333 SE 14th Street
Des Moines, IA
515-287-5578

Highland Park Christian Church (*free – call first*)
6th Avenue & Aurora
Des Moines, IA
515-244-3182

The Not New Shop – Iowa Lutheran Hospital Auxiliary
705 E University (*next to the school on the south side of University & west of Pennsylvania*)
Des Moines, IA
515-266-7610

Medically Yours Medical Equipment
2212 Ingersoll Avenue
Des Moines, IA
515-270-0725 (*call first*)

Oakridge Neighborhood (*Thursday*
1236 Oakridge Drive – *nominal cost*)
Des Moines, IA
515-244-7702

Optimae Lifeservices
Trish Haynes, Adult Community Support Team
511 East 6th Street
Des Moines, IA 50309
515-283-1230
515-283-2256 – Fax
Thaynes77710@yahoo.com

Free & reduced prices

Park Avenue Christian Church
3219 SW 9th Street
Des Moines, IA 50315
515-288-1914

Free clothing
Call first
Tuesdays

Red Cross - *clothing vouchers*
2116 Grand Avenue (*natural disaster*)
Des Moines, IA
515-243-4054

Repeat Boutique
3913 Ingersoll Avenue
Des Moines, IA
515-255-9000

Salvation Army
105 E Euclid Avenue
Des Moines, IA
515-243-308

Salvation Army - *vouchers for homeless*
1826 6th Avenue
Des Moines, IA
515-282-3422

School Clothing Program - *children*
1111 – 9th Street
Des Moines, IA
515-246-6555 (*call first*)

Seventh Day Adventist – *free – call first*
Community Center (*Tues – 9:00 to noon*)
2317 Watrous
Des Moines, IA
515-285-6245

Smash
400 E Locust
Des Moines, IA
515-288-1323

St. Mary Family Center – *free – call first*
Catholic Charities
1814 Hubbell Avenue (E Grand & Hubbell)
Des Moines, IA
515-262-7290

St. Vincent De Paul - *nominal*
1426 6th Avenue
Des Moines, IA
515-282-8327

St. Vincent De Paul – *free*
1426 6th Avenue (*8:30 – sign in with*
Des Moines, IA (*social worker*)
515-282-8327

Style on a Shoestring
3720 6th Avenue
Des Moines, IA 50309
515-243-7895

United Community Services
401 SW 8th Street
Des Moines, IA
515-280-3860

Urban Belly
400 E Locust Street
Des Moines, IA
515-244-5000

Grimes

The Turtle Hut
200 Gateway Drive - #110
Grimes, IA
515-986-4250

West Des Moines

Charlie's Children's Shop
650 S Prairie View Drive - #103
West Des Moines, IA
515-224-7522

Eddie Davis Community Center
1312 Maple Street (*free – call first*)
West Des Moines, IA
515-277-1103

Plato's Closet
5465 Mills Civic Parkway
West Des Moines, IA
515-226-2323

Urbandale

Goodwill Industries of Central Iowa
4520 NW Urbandale Drive
Urbandale, IA
515-270-6631

Discovery Shop
American Cancer Society
2900 University
West Des Moines, IA
515-225-3366

Kidding Around
2900 University Avenue - #D1
West Des Moines, IA
515-225-6330

West Des Moines Human Services
318 5th Street (*free – call first*)
West Des Moines, IA
515-222-3660

Crisis

Call 911 – or – Des Moines Police @ 515-283-4811

NAMI IOWA – Iowa's Voice on Mental Illness – Mental Health Services of Polk County
http://www.nami.org/Content/Microsites217/NAMI_Greater_Des_Moines/Home205/Library_Resources_Links/PolkCoAdultMHServices.pdf

RAINN – Rape, Abuse and Incest National Network
<http://rainn.org>

THE COMPASSIONATE FRIENDS
<http://www.compassionatefriends.org/home.aspx>

Grief Support after the death of a child

Other parents whose children have died provide friendship, understanding, and hope to those going through the natural grieving process.

Central Iowa Chapter
Cathy – 515-993-4574
Hamilton's on Westown Parkway
3601 Westown Parkway
West Des Moines, Iowa 50266
515-224-0078

*Meets 1st Tues of the month @ 7:00 pm
in Butterfly Reception Room*

Disabilities

AARP

Iowa State Office
600 E Court Avenue – Suite C
Des Moines, IA 50309
515-244-7767
866-554-5378
iaaarp@aarp.org

*Driver Safety Program
Help with Taxes
Grief & Loss Programs
Grandparent Information Center
Volunteer Information
AARP Activities in Iowa*

*Caregiving
Reverse Mortgages
Predatory Lending
Stop Telemarketers
Legislation Information
Veterans Benefits*

ASSESSING DISABILITY BARRIERS

Bonnie L. Kern, MS CRC
4109 Oxford Street
Des Moines, IA 50313
515-279-6063
bonleek952@msn.com
<http://www.linkedin.com/in/bonniekern>

BENJAMIN HOUSE, LISW

1119 Ravina Drive
Des Moines, Iowa 50313
515-288-4120
bhouse46@mchsi.com

*Individual & family counseling
Trauma, addiction & mood disorders
Relationship concerns
Accept TXIX & most funding sources
Comfortable home based atmosphere*

BRAIN INJURY ASSOCIATION OF IOWA

Maggie Ferguson, MS, CRC, ATP
Neuro-Resource Facilitator
7025 Hickman Road, Suite 7
Urbandale, IA 50322
515-331-2244
800-444-6443
www.biaia.org

TOM BROWN CONSULTING, LLC

Thomas W. Brown, BS, CBIT
7504 NE University Avenue
Pleasant Hill, IA 50327
515-975-2252
safebrain@peoplepc.com

CLIENT ASSISTANCE PROGRAM (CAP)

Jackie Wipperman, MS CRC
Iowa Department of Human Services
Division of Persons with Disabilities
Lucas State Office Building
Des Moines, IA 50319
800-652-4298 – V/TTY
515-242-6119 - Fax
Jackie.wipperman@iowa.gov

DEAF SERVICES COMMISSION OF IOWA

Iowa Department of Human Services
Kathryn Baumann-Reese, Administrator
Lucas State Office Building
Des Moines, IA 50319
515-281-7121 – V/TTY
888-221-3724
515-242-6119 – Fax
kathryn.baumann-reese@iowa.gov

COUNSELING FOR GROWTH & CHANGE

6900 University Avenue – Suite 135
Windsor Heights, IA 50311
515-243-1020
515-883-1946 – Fax

Sexual assault victims (all ages)
Multiple personality

Accepts DHS POS
Statewide

DWIAA (Deaf Women of Iowa Against Abuse)

PO Box 1429
Ames, IA 50014
877-244-0875 – TTY Crisis Line
847-385-9011 – Relay Crisis Line
515-770-3063 – Cell to Cell
515-292-0505 – Fax

Counseling, outreach, information & referral
Medical & legal advocacy
Serves deaf, deaf-blind & hard of hearing
American Sign Language
Native language interpreter
Fee: none
Statewide

DISABILITY ATTORNEY

Max Schott & Associates, P.C.
6611 University Avenue, Suite 200
Des Moines, IA 50311
866-388-2068
info@msalaw.net

FILE FOR SOCIAL SECURITY & APPEAL

Central Iowa Center for Independent Living
655 Walnut, Suite 131
Des Moines, IA 50309
515-243-1742
www.centraliowacil.com

DISABILITY NAVIGATOR, REGION 11

Jade Hunt
Iowa Workforce Development
430 East Grand Avenue
Des Moines, IA 50309
515-281-7050/800-845-9013
Jade.hunt@iwd.iowa.gov

DISABILITY RIGHTS IOWA – Protection & Advocacy for Individuals with Disabilities

Sylvia Piper, Executive Director

400 East Court Avenue, Suite 300

Des Moines, IA 50309

515-278-2502

800-779-2502

515-278-0539 – Fax

866-483-3342 – TTY

E-mail – spiper@disabilityrightsiowa.org

info@ipna.org

www.disabilityrightsiowa.org

Supports people with disabilities to secure their rights and full participation as citizens through a program of self-advocacy, education, information and referral, non-legal advocacy, and legal and systems advocacy.

EMPLOYEE & FAMILY RESOURCES

	<u>Office</u>	<u>TTY</u>	<u>Email</u>
Amy Riemer		515-471-2372	ARIEMER@EFR.ORG
Peggy Chicoine	515-472-2337	515-288-9023	PCHICOINE@EFR.ORG
Jeff Reese	515-471-2377	515-288-9023	JREESE@EFR.ORG
Tammy Hoyman	515-471-2359		THOYMAN@EFR.ORG
Monica Wilke-Brown	515-471-2335		MWILKE-BROWN@EFR.ORG

1446 Martin Luther King Jr. Parkway
Des Moines, IA 50314
515-243-5879 – Fax
www.efr.org

FITTINGS UNLIMITED

Debra Bream, Owner

Linda Renze, Mgr.

2793 100th Street

Urbandale, IA 50322

515-727-1409 & 877-954-2765

If you know a woman who has had a mastectomy & no insurance – contact Debra, “I won’t see a woman go without a bra”.

GOODWILL INDUSTRIES OF CENTRAL IOWA

Charlie West, Ph.D., CVE

Skills Services Manager

4900 NE 22nd Street

Des Moines, IA 50313

515-265-5323 X 220

515-265-0645 – Fax

charlesw@dmgoodwill.org

IOWA 2-1-1

<http://www3.irissoft.com/iowa/>

Search by county & then by city.

IOWA ABLE FOUNDATION

Claudia Hollatz

307 North 13th Street, Suite 500

Centerville, IA 52544

888-222-8943 X 225

641-856-3101 – Fax

641-856-3350 – TTY

Helps Iowans with disabilities, their families, and older Iowans access adaptive devices/equipment, and home modifications through its loan programs

claudiahollatz@abilitiesfund.org

IOWA COMMISSION ON THE STATUS OF WOMEN – Resources & Tools for Women
http://www.women.iowa.gov/resources_tools/index.html

IOWA DEPARTMENT FOR THE BLIND
Julie Aufdenkamp, Rehabilitation Counselor
524 Fourth Street
Des Moines, IA 50309
800-362-2587
515-281-1355 – TTY
515-242-5781 – Fax
Aufdenkamp.julie@blind.state.ia.us

IOWA COMPASS
319-356-4463
319-353-8777
800-779-2001
877-686-0032 – TTY
Email: iowa-compass@uiowa.edu
URL: <http://www.iowacompass.org/>

A program of the Center for Disabilities and Development, their families, their service providers, and other members of the community. COMPASS maintains information on over 6,000 local, state, and national agencies and programs for people with disabilities. The information specialists are available via e-mail and telephone, Monday through Friday, 8 a.m.-5 p.m. Users can also search the on-line database.

IOWA'S DEVELOPMENTAL DISABILITIES COUNCIL

Becky Maddy Harker, Executive Director
617 E 2nd Street
Des Moines, IA 50309
515-281-9082 – V/TTY
800-452-1936
515-281-9087 – Fax

Assure that people with developmental disabilities and their families help design and have access to necessary services, supports, and other services.

Email: bharker@dhs.state.ia.us <http://www.idaction.org>

IOWA DEPARTMENT OF HUMAN RIGHTS: DIVISION OF PERSONS WITH DISABILITIES

Jill Fulitano-Avery, Administrator
Lucas State Office Building, Second Floor
Des Moines, IA 50319
888-219-0471 – V/TTY
515-242-6119 – Fax
Email: dhr.disabilities@iowa.gov

Rights for Persons: African American
Asian
Latino
Native American
Pacific Islander
U.S. Citizens

IOWA DEPARTMENT OF HUMAN SERVICES

Iowa Plan – Medicaid for Mental Health & Substance Abuse Services
DPH Funding for Substance Abuse Services

Administrative
2309 Euclid Avenue
Des Moines, IA 50310
515-725-2600
515-725-2899 – Fax

Carpenter
1900 Carpenter
Des Moines, IA 50314
515-286-3555
515-286-2132 – Fax

East Office
1740 Garfield
Des Moines, IA 50316
515-286-3270
515-286-3383 – Fax

IOWA PSYCHIATRIC SOCIETY
Karen Loihl, Executive Director
2643 Beaver Avenue
Des Moines, IA 50310-3909
515-633-0341
515-277-6030 – Fax
www.iowapsych.org

Started in 2005 to develop and carry out programs to enhance the practice of psychiatry and improve access to treatment of persons with mental illness in Iowa.

IOWA VOCATIONAL REHABILITATION SERVICES

510 East 12th Street
Des Moines, I A 50319-0240
515-281-4211 (V/TTY)
515-281-7645 (Fax)
1-800-735-2942 (Iowa Relay/TTY)
<http://www.ivrs.iowa.gov/index.html>

Work for and with individuals who have disabilities to achieve their employment, independence and economic goals.

IOWA WORK INCENTIVES PLANNING & ASSISTANCE (IOWA WIPA)

Suzie Paulson, MS, CRC
Community Work Incentive Coordinator (CWIC)
150 Des Moines Street
Des Moines, IA 50309
515-281-9009
515-281-9323 (TTY)
515-281-9096 (Fax)
866-528-4019 (V/TTY)
Suzanne.paulson@iwd.iowa.gov

Better enable SSA's beneficiaries with disabilities to make informed choices about work

Assistance in writing Plan to Achieve Self-Support (PASS)

LIFE LINE RESOURCES – CHILDREN – TITLE XIX OR MEDICAID

Chris Villalobos, LPHA, Bilingual Remedial Counselor
100 East Euclid Avenue
Des Moines, IA 50313-4534
515-256-8001
515-979-2766 - Cell
chrisvillalobos@gmail.com

Through community referrals:
ADHD, ADD, Conduct Disorders, Bi-Polar
Anger/behavior management
Communication
Conflict resolution
Healthy relationships
Problem-solving
Skills rehearsal
Social Skills

MIDWEST ACCESSIBILITY INIATIVE

5621 Walnut Hill Avenue
Des Moines, IA 50312-1430
515-244-2244

Universal Accessibility Consultants

NAMI GREATER DES MOINES

Teresa Bomhoff

2010 Iowa Mental Health Planning Council Chairperson

2010 NAMI Greater Des Moines President

Home phone: 515-274-6876

Work phone: 515-284-4447

NAMI GDM phone: 515-277-0672

E-mail: tbomhoff@mchsi.com

Join the "Brainiacs" team www.nami.org/namiwalks10/DES/Brainiacs

E-mail: namigdm@gmail.com

Website: www.nami.org/sites/NAMIGreaterDesMoines

NAMI GDM mission statement:

"Empowering individuals, families, and community by providing hope and education about brain disorders."

NAMI IOWA

Margaret Stout, Executive Director

5911 Meredith Drive, Suite E

Des Moines, IA 50322-1903

515-254-0417

515-254-1103 – Fax

namiowa@mchsi.com

*Classes for consumers in recovery,
family members & others.*

*Mental health information,
education & referral services.*

OPTIMAE LIFESERVICES

Trish Haynes, Adult Community Support Team

511 East 6th Street

Des Moines, IA 50309

515-283-1230

515-283-2256 – Fax

Thaynes77710@yahoo.com

*Offers comprehensive customer driven
services which encourage choice, empowerment
and community integration*

PASSAGEWAY

Linda Oleson-King, Executive Director

305 15th Street

Des Moines, IA 50309

515-243-6929

515-243-1747 – Fax

Previously – Rainbow Center, Inc

*Provides a safe, supportive environment
where individuals with mental illness can
find support and have the opportunity to
gain or improve work & social skills.*

info@passagewayiowa.org

THE SALVATION ARMY

PO Box 933

Des Moines, IA 50304

515-282-3599

<http://www.salvationarmy-desmoines.org/>

*Meeting human needs in Jesus' name
without discrimination...*

*The Salvation Army has been serving
Iowa's capital city since late 1887.*

SOCIAL SECURITY ADMINISTRATION

Federal Building, Room 293
210 Walnut Street
Des Moines, IA 50309
800-772-1213
515-284-0375 – Fax
<http://www.ssa.gov/>

Riverpoint Office Complex
455 SW 5th Street – Suite F
Des Moines, IA 50309
800-772-1213 (replace SS card)
800-3250778 – Fax

Dislocated Workers

IOWANS FOR SOCIAL AND ECONOMIC DEVELOPMENT (ISED)

Chuck Palmer, President

Toni R. Lampley, Director, Iowa Women’s Enterprise Center

1111 9th Street – Suite 380

Des Moines, IA 50314

515-283-0940 – Des Moines

319-235-0313 – Waterloo

www.isedventures.org

Microenterprise Training Curriculum

Financial education

Credit repair

Job placement

Small business class

IOWA WORKFORCE DEVELOPMENT

430 East Grand

Des Moines, IA 50309

(Job Search & Employment Skills Training are Simultaneous Until Employment is Found.)

Barb Ryan

515-281-9744 (Call for appt.)

WIA/ADULT & DISLOCATED WORKER CENTER (DWC) PROGRAMS

Diane Smith

515-242-5443 (Call to request an application)

PROTEUS

Sara Maduka

3850 Merle Hay Road, Suite 500

Des Moines, IA

515-271-5306 X 111

saram@proteusinc.net

Rent & utilities only

Call for an appointment

NO gas vouchers or bus tokens

Proteus is an Iowa based private not-for-profit corporation providing a variety of services for low income people, primarily farm workers.

Elder Care & Low-Income Assistance

ELDERCARE LOCATOR

Connecting to Community Services

<http://www.eldercare.gov/Eldercare.NET/Public/Home.aspx>

AARP FOUNDATION SENIOR PROGRAM

3311 SW 9th Street

Des Moines, IA

515-287-1555

www.aarpworksearch.org

Work Search Assessment System

Training Assistance Program (TAP)

Senior Community Service Employment

Program (SCSEP)

AGING RESOURCES OF CENTRAL IOWA

5835 Grand Avenue – Suite 106

Des Moines, IA 50312

515-255-1310 – Office & Information

800-747-5352

Counties: Boone, Dallas, Jasper, Madison

Marion, Polk, Story & Warren

BALL ELECTRIC INC.
Steve Ball
505 New York Avenue
Des Moines, IA 50313
515-280-7406 – Office
515-280-7426 - Fax

*Complete electrical installations
and repairs*

Fast, friendly service

FREE STORE
Donate by mail:
The FreeStore
1020 24th Street
West Des Moines, IA 50266
515-282-3733

*Provides household items & furniture free
to women when they leave the **Children &
Families of Iowa's Domestic Violence
Services** – nominal fee to other referrals*

Call to donate in person and volunteer.

HELPFUL HUGH
Hugh Balaski
515-664-4051

*-Plumbing, electrical, woodwork,
drywall & more
-Call for estimate*

THE HELPING HANDS CREW
Steve, Peter & Brittany
515-865-9457
Reasonable rates & references

*Tree trimming, yard clean-up & debris removal
Hedge trimming & garden prep for planting
Basement, garage & gutter clean-out
Hauling of all kinds*

IOWA DEPARTMENT OF ELDER AFFAIRS
Danika Welsch
510 East 12th Street – Suite 2
Des Moines, IA 50319
515-725-3333 – Office
866-468-7887 – Information
800-532-3213
danika.welsch@iowa.gov
<http://www.iowa.gov/elderaffairs>

Report elder abuse

IOWA DEPARTMENT ON AGING
Jessie M. Parker Building
510 E 12th Street, Suite 2
Des Moines, IA 50319
515-725-3333
515-725-3302 – TTY
800-532-3213 – **Complaint Line**
515-725-3327 – Long-term Care Ombudsman Program – *Advocates for Care Facility Residents*
Email: contactida@iowa.gov

*Provides advocacy, educational, prevention
and health promotion services for older
Iowans, their families and caregivers
through partnerships with Area Agencies on
Aging and other stakeholders.*

IOWA HOME CARE
12107 Stratford Drive
Clive, IA 50325
515-222-9995
www.iowahomecare.com

*Nursing & home health aide
Live-in and/or companion
Respite care
Medication reminder & hygiene assistance
Diet monitoring & meal preparation*

PEER ADVOCATE PROGRAM

Senior Services of Polk County
1914 Carpenter Avenue
Des Moines, IA 50314
515-286-2112

Services are free & confidential:

*Emergency meal delivery
Answers to questions
Help with problems
Information & referrals
Someone to talk to today*

POLK COUNTY

Generations Incorporated
Wesley Community Services
944 18th Street
Des Moines, IA
515-288-3334

HOME DELIVERED MEALS

*Meals on Wheels
Home Health Services*

Call to make arrangements

REBUILDING TOGETHER – GREATER DES MOINES- VOLUNTEER RENOVATIONS

Lori McCombs, Executive Director
1111 9th Street, Suite 265
Des Moines, IA 50314
515-284-7403
515-244-4439 – Fax

www.rebuildingtogetherdesmoines.org
rebuildingtog@msn.com

*Age & income requirements
Homeowner – low income, elderly, disabled
Ambulation aids, architectural adaptations
Augmentative communication devices
Blind/visual disability aids
Independent living aids
Therapeutic & transportation aids*

SUPPLEMENTAL FOOD

2309 Euclid
Des Moines, IA
515-286-3655

*9-5:00
Elderly 60+
Pregnant to 6 years old*

TELEPHONE NUMBERS

Adult Abuse Hotline	515-283-9222
Aging Resources of Central Iowa	515-255-1310
City of Des Moines – general/emergency repairs	515-283-4182
Community Services – energy assist	515-248-6241
Dart Bus Services	515-283-8111
Des Moines Public Housing – Section 8	515-323-8950
DHS – food, medical, rent assist	515-286-3555
Elderly Waiver	515-263-0122
Emergency Home Repairs	515-875-5566
Iowa Home Care	515-222-9995
Iowa Legal Aid	515-243-1193 or 515-280-3636
Meals on Wheels	515-288-3334
Para transit	515-283-8136 or 515-286-3484
Peer Advocacy Program	515-286-2112
Polk Co. General Relief – emergency repairs	515-875-5566
Rebuilding Together – repairs, handicap, renovations	515-284-7403
Senior Living Program – assistive technology	515-242-3303
Senior Services Administration Office	515-286-3679
Taxi Cabs: Capitol Cab	515-282-8111
Trans Iowa	515-266-4612
Yellow Cab	515-243-1111
Weatherization Services	515-286-3726

Financial Assistance

AMERICAN RED CROSS

2116 Grand Avenue
Des Moines, IA 50312
515-243-7681
800-887-2988

AMY'S COURAGE FUND

<http://nnedv.org/projects/amysfund.html>

Emergency assistance only:

Food, clothing, shelter

The fund gives emergency financial assistance to women trying to escape a domestic abuse situation. Grants are available for up to \$2,000.

BIDWELL RIVERSIDE CENTER

1203 Hartford
Des Moines, IA
515-243-6502

Utilities Only (must be family with children in their area – call first)

NO gas vouchers or bus tokens

CITY OF DES MOINES – COMMUNITY SERVICES DEPARTMENT

Zip Codes: 50009

Christian Community Food Pantry
Adventure Life Reformed Church
1700 8th Street SW
Altoona, IA 50009
515-967-5184

*Must live in SE Polk School District
Maximum is \$100 assist with rent & utilities
M & W – 4-6:00*

Zip Codes: 50310

Proteus - bilingual
3850 Merle Hay Road – Suite 500
Des Moines, IA
515-271-5303

*Will help undocumented persons and
former clients of Proteus.*

Zip Codes: 50311

Cross Ministries
Cottage Grove Presbyterian Church
1050 24th & Cottage Grove
Des Moines, IA 50311
515-279-9998

*Must live in Des Moines
Message has hours & documents to bring
Assist with rent & utilities*

Zip Codes: 50312

Forest Avenue Site Office
2011 Forest Avenue
Des Moines, IA
515-271-8769 Fax

Also Food Pantry

Zip Code: 50313

Central Community of Christ Church
1645 Pennsylvania Avenue
Des Moines, IA
515-282-0453 – Susie Groover
515-285-2313 – Mary Jane Carter

Share Food Program - Only

Zip Codes: 50314

Forest Avenue Site Office
2011 Forest Avenue
Des Moines, IA
515-271-8769 Fax

Also food pantry

Zip Code: 50315

PIONEER COLUMBUS SITE OFFICE
2100 XE 5th Street
Des Moines, IA

M-F – 9-3:00

Zip Code: 50316

LOGAN SITE OFFICE
1740 East Garfield Avenue, 2nd Floor
Des Moines, IA
515-248-6212

M-F – 8-5:00

Zip Code: 50317

FOUR MILE SITE OFFICE

2711 Easton Blvd.
Des Moines, IA
515-248-6211
515-263-8745 Fax

M, T & W – 8:30-12:30

COMMUNITY SERVICE DIVISION – CITY OF DES MOINES

602 Robert D. Ray Drive
Des Moines, IA 50309
515-283-4180 X 1

Works with low-income residents to provide crisis assistance and some tools to help regain personal and economic self-sufficiency

CREATIVE VISIONS

1323 13th Street
Des Moines, IA
515-244-4003

*Rent, utilities, food vouchers and gas vouchers
(must be people seeking employment)*

CROSS MINISTRIES

1050 24th Street
Des Moines, IA
515-279-9998

*Rent, Utilities and Misc.
(Des Moines residents only)
Only 30 appointments per month*

DES MOINES NEIGHBORHOOD RESOURCE OFFICE

Kimberly Hansen, Executive Director
1620 Pleasant Street – Suite 233
Des Moines, IA 50314
515-288-2785
www.dmneighborhoodresources.org

Committed to providing educational opportunities & technical assistance to residents and neighborhood associations within the City of Des Moines, Iowa

EDUCATION & JOB TRAINING ASSISTANCE FUND

nnedv.org/projects

National Network to End Domestic Violence

NNEDV has a range of projects that address the complex causes and far-reaching consequences of domestic violence. Through cross-sector collaborations at the state and national level, we're changing the way our society deals with domestic violence.

Grants from the Allstate Foundation help domestic violence victims enter and stay in the workforce. The money (up to \$1,000) can be used for classes, clothes, computers, and other resources.

FACE TO FACE – 800-842-4546

This program provides free plastic and reconstructive surgery to victims who have sustained injuries to the face, head or neck.

FOREST AVENUE COMMUNITY CENTER
2011 Forest Avenue
Des Moines, IA
515-248-6241

Emergency assistance only
Walk-ins
Program for reduced bus passes
NO bus tokens or gas vouchers

GENERAL RELIEF
19TH & Carpenter
Des Moines, IA
515-286-2088

Photo ID required

GIVE BACK A SMILE – 800-773-4227

Front teeth damaged by a violent partner or spouse are repaired pro bono.

LOGAN SITE OFFICE
1740 E Garfield
Des Moines, IA
515-248-6212

Emergency bills only
First come, first served
8:30 – 5:00 M - F

NATIONAL DOMESTIC VIOLENCE HOTLINE – 800-799-7233

Open 24 hours a day, 365 days a year. This line is a resource for safety information and can connect any caller with shelters and protection advocates in their area.

PIONEER COLUMBUS COMMUNITY CENTER
2100 SE 5th Street
Des Moines, IA
515-248-6214

Emergency assistance only
First come first served

PROTEUS
Sara Maduka
3850 Merle Hay Road, Suite 500
Des Moines, IA
515-271-5306 X 111
saram@proteusinc.net

Rent & utilities only
Call for an appointment
NO gas vouchers or bus tokens

Proteus is an Iowa based private not-for-profit corporation providing a variety of services for low income people, primarily farm workers.

SALVATION ARMY
1330 6th Avenue
Des Moines, IA 50314
515-282-3422

Assist with rent, utilities & misc.
Call ahead
M, W, Th, F – 9-11:00 & 1-3:00
(First 6 per day – line forms @ 6:00 am)
NO gas vouchers or bus tokens
Must bring paperwork from:
-Termination of services
-Energy Assistance
-General Assistance

ST BENEDICT'S MISSION – Bilingual
1224 MLK Pkwy
Des Moines, IA 50314
515-244-2986

Resident of DM or contiguous suburb
Food Pantry M-F – 2:30-3:30
Assist with Electric – W – 1:30-3:30
(call for appointment)

ST MARY'S FAMILY CENTER
1815 Hubbell Avenue
Des Moines, IA 50316
515-262-7290
515-262-7800

Call first to check fund status
Assist with rent, deposits, utilities,
& prescription medications
No boundaries for Hispanic families
(only 30 appointments per month)

ST VINCENT DE PAUL
1426 6th Avenue
Des Moines, IA 50314
515-282-8327

T&W – First Come – Line up @ 8:00
Assist with rent (not first or last month)
Photo ID & SS card for entire family
Proof of income & receipts for 30 days
Must be under \$500

URBAN DREAMS
1410 6th Avenue
Des Moines, IA 50314
515-288-4742

M-F – 9-6:00; Sat – 9-12:00
Referrals – shelters, housing, food
Ex-offenders program
Substance abuse counseling

WOMEN'S LAW
WomensLaw.org

This site has state-by-state legal information and
resources for victims, as well as advice on how
to leave an abusive situation, gather evidence of
abuse, and prepare for court.

Food Assistance Programs

COMMODITY SUPPLEMENTAL FOODS – POLK COUNTY RESIDENTS
1907 Carpenter Avenue
Des Moines, IA 50314
515-286-3655
877-288-3655

Call for income guidelines
Not a food pantry
Pregnant – 6 yrs old; over 60 yrs old
Cannot be enrolled in WIC program

EMERGENCY FOOD ASSISTANCE
211 or www.iowalegalaid.com

Provides free meals & food @ food
pantries & soup kitchens

EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP)
www.extension.iastate.edu/efnep/

How to buy & prepare healthy foods at low cost
Apply @ local extension office
Meet Income guidelines

FOOD ASSISTANCE PROGRAM
877-YES-FOOD
www.yesfood.iowa.gov

Provides EBT (Electronic Benefit Transfer) cards
Meet income guidelines
Citizen or legal immigrant
All children born in US

FOOD ENTERPRISES
205 15th Street
Des Moines, IA
515-285-6245

Free evening meals
Call for times & locations

PIONEER COLUMBUS
2100 SE 5th Street
Des Moines, IA
515-288-3734

Call for hours.

SCHOOL FOOD PROGRAMS
Apply @ child's school
School Breakfast program
National School Lunch Program

Migrant, homeless or foster child
Free or reduced price – healthy breakfast
Free or reduced price – healthy Lunch

SUMMER FOOD SERVICE PROGRAM
Bureau of Nutrition, Health
& Transportation Services
515-281-5356

18 years old or younger
No application necessary
Free meals during summer months

WOMEN, INFANTS & CHILDREN (WIC)
321 E 12th Street
Des Moines, IA 50319
515-281-7689
800-532-1579
www.idph.state.ia.us

Provides healthy foods, nutrition education
referrals to other health care agencies

Supplemental nutrition program for
babies, children under 5, pregnant
women, breastfeeding, women with
a baby under 6 months old.

Food Pantries & Community Meals

ALWAYS CALL FIRST – CONSTANT CHANGES

Requirements to visit the Food Pantry:

- Photo ID for adults
- Medical Cards, School ID or birth certificates for all children in household
- Current piece of mail or rent receipt
- Be in the boundary

701 GRAND
515-243-1381

DMARC – Downtown Food Pantry

M thru F; 10-2:00

Connection Café

MTWFS; 12-1:00

Community Kitchen

M thru F; 5:00

Senior Meal

Not the first Sunday of the Month; 11:30

Second Sunday of the Month – Open to the Public @ 4:00

Presented by Hope Lutheran Church, North Branch, Ankeny

Last Sunday of the Month – Open to the Public @ 4:00

Presented by St. Anne's Episcopal Church, Ankeny

ALTOONA – CHRISTIAN COMMUNITY FOOD PANTRY

201 9TH Street NE
515-967-4533

M, W – 4-6:00

1st & 3rd Saturdays – 9-11:00

BETHEL MISSION

1310 – 6th Avenue
515-244-5445

Breakfast, Lunch, Dinner

BIDWELL RIVERSIDE CENTER

1203 SE Hartford
515-244-6251

M-F – 10-12:00; 1-2:45

CATHOLIC WORKER HOUSE

1310 7th Street
Des Moines, IA 50314
515-243-0765

*No boundary
T, Th, F; Sun 3-7:00*

COMMERCE COMMUNITY CHURCH

4007 High Street
515-225-6654

M-F; 9-3:00

COMMODITY SUPPLEMENTAL FOODS

2309 Euclid Avenue
Des Moines, IA 50310
515-286-3655

*All Polk County Residents
Elderly – 60+
Women & children under 6*

COMMUNITY MEALS

Friendship Baptist Center
1526 Martin Luther King Pkwy
Des Moines, IA 50311
515-244-1701
(Last Saturday of the month)

Children & Families Urban Ministries
Trinity United Methodist Church
1548 8th Street
Des Moines, IA 50314
515-288-4056
*(Breakfast Club: Mornings before school)
(Supper Club: Monday-Saturday)*

Central Iowa Shelter & Services

515-284-5719

SE Des Moines:

23rd & Maury @ 4:30 pm

Downtown Des Moines:

8th & Grand @ 5:00 pm

Lighthouse:

16th & Capital @ 4:30 pm

18th & Forrest @ 5:00 pm

Creative Visions

1343 13th Street
Des Moines, IA 50314
515-244-4003
(Sundays 5-7 pm)

DES MOINES AREA RELIGIOUS COUNCIL (DMARC)

3816 36th Street
Des Moines, IA
515-277-6969

*8-4:30 M-F
Food pantry – drop off only
Food is sent to other food pantries*

DMARC – THE PANTRY SITES

Ankeny Food Pantry

406 SW School Street, #305
Ankeny, IA 50023
515-965-0433

Bidwell-Riverside

1203 Hubbell Avenue
Des Moines, IA 50315
515-244-6251

Community Services Site on 6th

1618 6th Avenue
Des Moines, IA 50311
515-248-6241

Downtown Food Pantry

701 Grand Avenue
Des Moines, IA 50309
515-243-1381

Salvation Army Citadel (East)

1216 East 25th Court
Des Moines, IA 50317
515-266-3156

Salvation Army (West)

1330 6th Avenue
Des Moines, IA 50314
515-282-3422

St. Mary Family Center

1815 Hubbell Avenue
Des Moines, IA 50316
515-262-7290

Urbandale Food Pantry

7611 Douglas Avenue, Suite 31
Urbandale, IA 50322
515-251-6688

West Des Moines Human Services

318 5th Street
West Des Moines, IA 50265
515-222-3660

CROSS MINISTRIES FOOD PANTRY

Cottage Grove Presbyterian Church
1050 24th Street
Des Moines, IA
515-279-8877

Provide valid ID & mail with address

DMARC Food Pantry – Once a month

W – 4:00-7:00 pm

Sat – 9:00 - noon

DES MOINES COMMUNITY SERVICES

Site Offices are located throughout the city.

Inquire and apply for the Community Action and Low-Income Assistance Programs:

Pioneer Columbus
2100 SE 5th
M-F 9-3:00
515-248-6214

Logan
1740 E Garfield
Tues 8-5:00
515-248-6212

Sixth Avenue
1618 6th Avenue
M-F 8-5:00
515-248-6216

EMERGENCY FOOD PANTRY

FIRST CALL FOR HELP - 211

FIRST ASSEMBLY OF GOD

2725 Merle Hay Road
Des Moines, IA 50310
515-279-9766

Food pantry - M, W – 11-12:00; Th – 6-7:00

No boundaries - Bring ID

I visit weekly – first arrivals are served

Free medical clinic –Th – 6-8:00

(must check in by 7:30)

FIRST FEDERATED CHURCH

4801 Franklin
Des Moines, IA 50310
515-255-2122

Food Pantry – T – 9-11:00

(no boundaries – 3 visits per year)

Clothes closet W – 12:30-2:00

(no boundaries or limits)

Some furniture

FOOD BANK OF IOWA

2220 E 17th Street
515-564-0330

Warehouse Only

Donations are welcome

HICKMAN ROAD CHURCH OF CHRIST

5209 Hickman Road
Des Moines, IA 50310
515-255-8055

T – 9-11:00; Th – 2-4:00; worship time on Sun

No boundaries

Need Social Security number

MT. OLIVE BAPTIST CHURCH

3100 2nd Ave
Des Moines, IA 50313
515-282-7947

4th Th @ 4:00

OPTIMAE LIFESERVICES

Jake Salazar, Adult Community Support Team
511 East 6th Street
Des Moines, IA 50309
515-283-1230
515-283-2256 – Fax
Thaynes77710@yahoo.com

Mental health provider

(food pantry for their clients only)

POLK COUNTY

Generations Incorporated
Wesley Community Services
944 18th Street
Des Moines, IA
515-288-3334

HOME DELIVERED MEALS

Meals on Wheels

Home Health Services

(Call to make arrangements)

POLK COUNTY SENIOR SERVICES

1914 Carpenter
Des Moines, IA 50314
515-286-3679

Pick up list of locations

RED ROCK COMMUNITY ACTION

406 SW School Street – Suite 305
Ankeny, IA 50023
515-965-0433

Food pantry

Must live within Polk County,

but not within Des Moines city limits

SALVATION ARMY CANTEEN
1326 – 6th Ave
Des Moines, IA 50314
515-282-3422

M-F; 9-11:00 – 1-3:30
Breakfast on the Streets & Food Pantry
(Call for boundaries & times)
Assistance – rent, utilities & clothing
Main site for baby formula & diapers

SALVATION ARMY
1216 E 25th Court
515-266-3156

M, W, Th, F – 9-2:50
T – 1-3:00

SHARE IOWA
800-344-1107
www.shareiowa.com

No income requirements
Each month a selected pkg. of groceries,
including meat & fresh produce @ low cost

ST. MARY'S FAMILY CENTER
1815 Hubbell @ Grand Avenue
Des Moines, IA 50316
515-262-7290

M-F; 10-3:30

ST. VINCENT DE PAUL SOCIETY
1426 6th Avenue
Des Moines, IA 50316
515-282-8327

Photo I.D. required
Food Pantry – M-F; 8-3:00
Financial assistance & clothing
Furniture

SUPPLEMENTAL FOOD
2309 Euclid
515-286-3655

9-5:00 - Pregnant to 6 years old; Elderly 60+
Photo ID; proof of residence & income

TRINITY UNITED METHODIST CHURCH
1548 8th Street @ College
Des Moines, IA
515-288-4056

Children & Family Urban Ministries
Breakfast: 7-8:00 & before school
Dinner: M thru S – 4:30;
2nds @ 5:15; take home @ 5:30

URBANDALE FOOD PANTRY
7611 Douglas Avenue
Urbandale, IA
515-251-6688

M, W, Th – 10-2:00

WAUKEE AREA CHRISTIAN FOOD PANTRY
1155 Boone Drive
Waukee, IA 50063
515-321-0894

M – 4-6:00
Th – 9-11:00
Waukee area residents

WEST DES MOINES HUMAN SERVICES FOOD PANTRY

318 – 5th Street

West Des Moines, IA 50265

515-222-3660

M, T, Th – 8-3:00 & W, F – 9-12:00

W.I.C. (WOMEN, INFANTS & CHILDREN)

River Plaza

2300 Euclid Avenue

Des Moines, IA

515-282-5800

Call for programs & required documentation

Housing

ACCESS TO RECOVERY

Kevin M. Gabbert, LISW, ACADC

Project Director

Division of Behavioral Health

Iowa Department of Public Health

321 E. 12th Street

Des Moines, Iowa 50319

515-281-7080

Fund individuals through a voucher program who may purchase housing at a structured transitional housing provider

ANGEL MINISTRIES

Novita Haygood, CEO

PO Box 482

Des Moines, IA 50302

515-419-1178

<http://angelministries.webs.com/>

Women's Residential & Transitional Housing

Clients referred by the courts, parole/probation officer, or United Way 211.

THE BEACON OF LIFE

Lorene Cosimo

Case Manager

1717 Woodland Avenue

Des Moines, IA 50309

515-244-4713, Ext. 13

515-244-4724 – Fax

beaconcasemgr@qwestoffice.net

www.beaconoflifedm.org

A Residential Center for Women:

Highly structured

Extensive rehabilitation services

Work with case managers from referring agencies & probation officers

Winner Circle Meetings

In-house programming

Classes

Weekly AA & NA meetings

CITY OF DES MOINES

Housing Services Department

100 E Euclid Avenue – Suite 101

Des Moines, IA 50313

515-323-8950

Community Investment Administration (CIA)

DM Municipal Housing Agency (DMMHA)

Leasing

Public Housing

Section 8

Maintenance

Family Self-Sufficiency (FSS)

Public Housing Board

<http://www.ci.des-moines.ia.us/departments/HS/>

CITY OF DES MOINES HOUSING

Brian S. Dennis
Family Self-Sufficiency Coordinator
City of Des Moines Housing
515-323-8969
515-242-2844 – Fax
bsdennis@dmgov.org

CITY OF DES MOINES, MUNICIPAL HOUSING AGENCY

Family Unification Program

Marcy Fisher
Leasing Administrator
Phone: 515-323-8950
515-323-8986
Fax: 515-242-2844

Families who lack adequate housing in the separation, or the threat of imminent separation, of children from their families; -be involved with Polk County DHS, Child Protective Services Unit -individuals 18-21 who left foster care at age 16 or older & lack adequate housing

THE HOME CONNECTION PROGRAM

Hawthorn Hill
Tim Shanahan, Executive Director
3001 Grand Avenue
Des Moines, IA 50312
515-283-1911
tim@hawthorn-hill.org
www.hawthorn-hill.org

Transitional housing for homeless families with children

THE HOMELESS NETWORK

info@homelessnetworkinc.com

IOWA FINANCE AUTHORITY

Carla Pope, Director
Affordable Rental Production
2015 Grand Avenue
Des Moines, IA 50312
515-725-4900
800-432-7230
515-725-4901 – Fax
www.iowafinanceauthority.gov

carla.pope@iowa.gov

515-725-4921

IOWA MORTGAGE HELP INITIATIVE - IOWA HOME OWNERSHIP EDUCATION PROJECT (IHOEP)

Stephanie Preusch, Executive Director
Jerri A. Scott, Foreclosure Intervention Counselor
PO Box 31028
Des Moines, IA 50310
515-278-1415
888-99IHOEP
888-241-3112 – Fax
www.ihoeep.com
www.iowamortgage.help.com

Partnership between the Iowa Finance Authority, Iowa Attorney General's Office, Iowa Home Ownership Education Project and Iowa Mediation Service.

The program has assisted more than 11,500 Iowans with free mortgage counseling.

LOCAL APARTMENTS & HOUSING

Des Moines, IA:
<http://www.local-apartment.com/IA-des-moines.htm>

*Low income apartments for rent
Income based & public housing rental*

Legal

CENTER FOR LAW AND SOCIAL POLICY
<http://www.clasp.org/>

CITIZENS' AIDE/OMBUDSMAN

William P. Angrick II, Ombudsman
Ola Babcock Miller Building
1112 East Grand
Des Moines, IA 50319
515-281-3592
888-426-6283
ombudsman@legis.state.ia.us

Rory E. Calloway, Assistant Citizens' Aide

rory.calloway@legis.state.ia.us

NATIONAL AMERICAN CIVIL LIBERTIES UNION

www.aclu.org

IOWA CIVIL RIGHTS COMMISSION

515-281-4121

IOWA LEGAL AID

1111 9TH Street, Suite 230
Des Moines, IA 50314
515-243-1193 & 515-243-2151
<http://www.iowalegalaid.org/ia/homepage.html>

IOWA PROTECTION & ADVOCACY SERVICES, INC.

Sylvia Piper, Director
950 Office Park Road, Suite 221
West Des Moines, IA 50265
515-278-2502
800-779-2502
515-278-0539 – Fax
515-278-0571 – TTY
866-483-3342 – TTY
info@ipna.org

Supports people with disabilities to secure their rights and full participation as citizens through a program of self-advocacy education, information and referral, non-legal advocacy, and legal and systems advocacy.

NATIONAL EQUAL EMPLOYMENT OPPORTUNITY COMMISSION

www.eeoc.gov

POLK COUNTRY ATTORNEY

515-286-3737

WOMEN'S LAW – WomensLaw.org

This site has state-by-state legal information & resources for victims, as well as advice on how to leave an abusive situation, gather evidence of abuse and prepare for court.

Reentry

AMERICAN INDIAN COUNSEL - INDIAN EMPLOYMENT & TRAINING PROGRAM

Raymond Slick, Employment Specialist
430 East Grand
Des Moines, IA 50309
515-281-9702
800-845-9013
515-281-9727 – Fax

Raymond Slick, Employment Specialist
3405 South Center Street
PO Box 497
Marshalltown, IA 50158
641-754-1400
800-284-4838
641-754-1443 – Fax

AMERICAN INDIAN OIC
1845 East Franklin Avenue
Minneapolis, MN 55404
612-341-3358
612-341-3766 – Fax
Email: infoWaioic.org
Web: <http://www.aioic.org/>

Empower American Indians to pursue career opportunities by providing individualized education, training, and employment services in a culturally rich environment.

MINNESOTA INDIAN WOMEN'S RESOURCE CENTER

Suzanne Koepplinger, Executive Director
2300 15th Avenue South
Minneapolis, MN 55404
612-728-2008
www.miwrc.org

The Minnesota Indian Women's Resource Center (MIWRC) is a non-profit organization that provides a comprehensive set of gender and culturally based services for American Indian women and their families.

AMERICORPS VISTA
Iowa Accountability Program
1111 E. Court Avenue
Des Moines, IA 50319
Phone: 515-281-6932
Fax: 515-725-8049

2010 Greater Iowa African American Resource Guide:
hundreds of amazing businesses, organizations, elected officials, listed consultants, services, and places of worship throughout African American communities in Iowa.

BENJAMIN HOUSE, LISW
1119 Ravina Drive
Des Moines, Iowa 50313
515-288-4120
bhouse46@mchsi.com

*Individual & family counseling
Trauma, addiction & mood disorders
Relationship concerns
Accept TXIX & most funding sources
Comfortable home based atmosphere*

BRIDGES OF IOWA, INC.
Chris Kenline, BA, CADC
Assistant Clinical Director
Fort Des Moines Complex
Bldg. 66, Gruber Street
Des Moines, IA 50315
515-287-8255 – Office
515-287-8818 – Fax
515-494-9181 – Cell
Email: ckenline@bridgesofiowa.org

All clients accepted into our program will be trained with the necessary skills to cope with current stresses, insecurities, inadequate work skills and low self-esteem.

Web: www.bridgesofiowa.org

BROADLAWNS MEDICAL CENTER - SOCIAL SERVICES - 515-282-2321

<i>Behavioral Problems</i>	<i>Foster Care Needs</i>
<i>Child Abuse/Neglect Issues</i>	<i>Guardianship/Conservator</i>
<i>Community Resources & Information</i>	<i>Homemaker Services</i>
<i>Dependent Adult Abuse</i>	<i>Housing Issues/Homelessness</i>
<i>Domestic/Spouse Abuse</i>	<i>Meals on Wheels</i>
<i>Emotional Problems & Distress</i>	<i>Nursing Home Placement</i>
<i>Elderly Services</i>	<i>Social Security Disability Questions</i>
<i>Financial Concerns</i>	<i>Transportation</i>
<i>Food Stamps/Food Pantries</i>	<i>Vocational Rehabilitation Referrals</i>

CENTRAL IOWA APPRENTICESHIP COORDINATOR

AFL-CIO Community Service
Bob Brown - bbrown@unitedwaydm.org
1111 9th Street – Suite 100
Des Moines, IA 50314
515-246-6570 – Office
515-246-6522 – Fax

CENTRAL IOWA REENTRY ADVISOR BOARD

Michael Wilkinson
Executive Director, Workforce Services
Iowa Employment Solutions/Iowa Workforce Development
430 East Grand Avenue
Des Moines, IA 50309
515-281-9643
515-281-9650 – Fax
Michael.wilkinson@iwd.iowa.gov

CREATIVE VISIONS

Dawn J. Thomas
1343 13TH Street
Des Moines, IA 50314
515-244-4003 X 16
Dawn.Thomas@creativevisionsia.org

A human development institute dedicated to creating productive citizens, viable neighborhoods, and a safe community.

Break the chain of hopelessness so that at-risk youth, young adults and adults are empowered to make healthy choices, become productive citizens and prosper.

CREDIT HISTORY

Annual Credit Report Request Service
PO Box 1058281
Atlanta, GA 30348-5281
877-322-8228
www.annualcreditreport.com

CRIMINAL HISTORY RECORD (IOWA)

Iowa Division of Criminal Investigation
215 E 7th Street
Des Moines, IA 50319
515-725-6066
www.dps.state.ia.us/DCI/Records_Ident/index.shtml

ELPIS MINISTRIES, INC.
2301 Forest Avenue
Des Moines, IA 50311
515-237-8000

Restoring hope & transforming lives
Resource Navigation System
Work readiness program
Family restoration/integration

FATHERHOOD INITIATIVE – Improving the connection between father and child

YMCA of Greater Des Moines
John R. Grubb Community YMCA
Morgan Streeter
Fatherhood Initiative Coordinator
morgan.streeter@dmymca.org
1611 11th Street
Des Moines, IA 50314
515-558-0762
515-246-0828 – Fax
www.dmymca.org

Nikolle Ross
Fatherhood Advocate
nikolle.ross@dmymca.org

FIDELITY BONDING PROGRAM

John Williams
Bonding Services Coordinator
Iowa Workforce Development
150 Des Moines Street
Des Moines, IA 50309
515-281-9097
515-281-9096 – Fax

-Ex-offenders
-Substance Abusers
-Poor Credit Record
-Dishonorably Discharged From the Military
-Persons Lacking a Work History

FREE CREDIT REPORT - <http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre34.shtm>

IOWA CAREER READINESS CERTIFICATE FOR JOB SEEKERS

Education & Employment Resources
Craig Immerfall
Business Service Representative
Iowa Workforce Development
430 East Grand Avenue
Des Moines, IA 50309
515-281-5985
Craig.Immerfall@iwd.iowa.gov

DMACC's Workforce Training Academy
Kay Maher-Sharp
Employment Training Specialist
Des Moines Area Community College
1100 7th Street, Building 3
Des Moines, IA 50314
515-697-7710
klmahre-sharp@dmacc.edu
www.dmacc.edu/outreach

IOWANS FOR SOCIAL AND ECONOMIC DEVELOPMENT (ISED)

Chuck Palmer, President
Claudia L Hawkins, Program Manager, Financial Education
Toni R. Lampley, Director, Iowa Women's Enterprise Center
Otis Henderson, Service Navigator
1111 9th Street – Suite 380
Des Moines, IA 50314
515-283-0940 – Des Moines
319-235-0313 – Waterloo
www.isedventures.org

Microenterprise Training Curriculum
Financial education
Credit repair
Job placement
Small business class

IOWA COALITION AGAINST DOMESTIC VIOLENCE

515 28th Street – Suite 104
Des Moines, IA 50312
515-244-8028
<http://www.icadv.org>

IOWA COALITION AGAINST SEXUAL ASSAULT

515 28th Street – Suite 107
Des Moines, IA 50312
515-244-7424
<http://www.iawacasa.org>

IOWA STATEWIDE DOMESTIC ABUSE HOTLINE – 800-942-0333

IOWA STATEWIDE SEXUAL ABUSE HOTLINE – 800-284-7821

IOWA WORKFORCE DEVELOPMENT

430 East Grand Avenue
Des Moines, IA 50319
515-281-5387
800-JOB-IOWA
Relay 711 – TTY
<http://www.iowaworkforce.org>

Workforce Manager

Stephen McCann
PH: (515) 242-5027
stephen.mccann@iwd.iowa.gov

Career Readiness Testing

Craig Immerfall
Business Service Representative
515-281-5985
Craig.immerfall@iwd.iowa.gov

Disability Navigator

Jade Hunt – 515-281-7050

Veterans

Ted Hall – 515-281-9629
Jeff Johnson – 515-281-9692
Brent Camery – 515-281-9711

LICENSE REINSTATEMENT PROGRAM

John P. Sarcone, Polk County Attorney
Polk County Attorney's Office
206 6th Avenue
Des Moines, IA 50309
515-286-3057
<http://www.polkcountyiowa.gov/attorney/>

AARP Foundation

Agency Calendars

Business Service Center

Dislocated Workers Program

DMACC – GED Classes

DMACC – Workforce Training Academy

Employment Services – Iowa Jobs – Job Bank

Ex-Offenders

Iowa Advantage

Iowa Registered Apprenticeship Site

JOB Central – National Labor Exchange

Job Corps

Job Fairs – List of Job Fairs in Iowa

Labor Market & Workforce

News Releases

New Iowan Center – Specific Populations

POETS – Providing Opportunity for Ex-offenders To Succeed

Promise Jobs

Resource Center – Resume Computer Program

Smart Career Move

Spot Labor

Unemployment Insurance

WIA Services – have barriers to employment

Workers' Compensation

Veterans Employment Services

Vocational Rehabilitation

MECCA SERVICES

Anne Izzolena, BA, CADAC
Substance Abuse Counselor
Winners Circle Facilitator (ICIW Volunteer)
aizzolena@meccaia.com
515-262-0349 ex. 5863
515-277-3771

MENTORING RESOURCE FOR REENTRY

<http://www.nationalreentryresourcecenter.org/publications/mentoring-former-prisoners-a-guide-for-reentry-programs>

MID-IOWA CREDIT COUNSELING

Park Fair Mall
100 East Euclid Avenue, Suite 157
Des Moines, IA 50313
515-279-4118
888-272-4118
midiacc.org

OPPORTUNITIES THRU TRANSIT - (OTT Pass/Token Distributors)

Logan Community Services
1740 East Garfield

Pioneer Columbus Community Services
2100 SE 5th Street

Forest Avenue Community Services
2111 Forest Avenue

CICIL
655 Walnut

PARDON

Iowa

James C. Larew, General Counsel
Governor's Office
State Capitol Building
Des Moines, IA 50319
515-281-5211

Federal

Office of the Pardon Attorney
US Department of Justice
500 First Street, NW, Suite 400
Washington, DC 20530
<http://www.justice.gov/pardon/>

PROTEUS, INC. – Des Moines, Fort Dodge & Iowa City

3850 Merle Hay Road
Des Moines, IA 50310
515-271-5303

*Wrap-around services for farm workers,
Iowa's refugee, immigrant & minority
populations*

[Http://www.proteusinc.net/](http://www.proteusinc.net/)

RESTORATIVE JUSTICE & RE-ENTRY RESOURCES

Mary P. Roche, LMHC
Director of Victim & Restorative Justice Programs
Iowa Department of Corrections
510 E. 12th Street - Jessie Parker Bldg.
Des Moines, IA 50319
515-725-5742 or 800-778-1182
mary.roche@iowa.gov

*Provide information to victims/families
Explain legal process
Encourage victim/family input
Victim compensation, restitution & refer
Sensitivity to victim needs & issues
Restorative justice training
Volunteer training
Enhance awareness*

SPECTRUM RESOURCES

Ericka Wiley, VP of Operations
1700 Keosauqua Way
Des Moines, IA 50314
515-281-9630
515-281-9720
515-288-1751 Fax

Ewiley.spectrum@yahoo.com
www.spectrumresourcesdsm.com

Iowa Workforce Development
430 East Grand Avenue
Des Moines, IA
515-281-5387
800-JOB-IOWA
Relay 711 – TTY

<http://www.iowaworkforce.org>

SOCIAL SECURITY ADMINISTRATION

Riverpoint Office Complex
455 SW 5th Street – Suite F
Des Moines, IA 50309
800-772-1213
800-3250778 – Fax

<http://www.ssa.gov/>

Replace Social Security cards

Info – SSI & SSDI

Past employment dates & wages

TAX BENEFITS FOR IOWA EMPLOYERS WHEN HIRING EX-OFFENDERS

Iowa 1040 Tax Return – “other adjustments”

Iowa Corporation Income Tax Return – “other reductions”

VICTIM SERVICES

Iowa CASA – <http://www.iowacasa.org/asp/news/news.asp?t=1&m=39&i=2>

Iowa Coalition Against Domestic Violence – www.icadv.org

Iowa Coalition Against Sexual Assault – www.iowacasa.org

Iowa DOC Restorative Justice & Re-entry Resources - mary.roche@iowa.gov

RAINN - Rape, Abuse & Incest National Network - <http://www.rainn.org/>

List of Victim Services in Your Area – <http://www.iowa.gov/government/ag/map/map.html>

VINE - <http://nnev.org/projects/amysfund.html>

VineLink.com allows women to search for an offender in custody by name or identification number, then register to be alerted if the offender has been released, transferred or escaped.

VOCATIONAL RESOURCES, PLUS LLC

Amy E. Botkin, M.S., CRC, Vocational Consultant
PO Box 4336
Des Moines, IA 50333
515-282-7753

vocresources@msn.com

<http://www.linkedin.com/in/amybotkin>

Matching People with the World of Work

WEBSITES

After Prison: Roadblocks to Re-entry www.lac.org
Des Moines Employment <http://www.jobsllocally.net/des-moines-employment.htm>
Des Moines Register <http://www.desmoinesregister.com/>
Eastbay Works <http://www.eastbayworks.org/categories.php?id=343>
Ex-Offenders Job Search in the USA http://www.cvtips.com/job_search_ex_offender.html
Family and Corrections Network www.fcnetwork.org
Federal Bureau of Prisons http://www.bop.gov/inmate_programs/itb/refereces.isp
Getting back to work <http://www.cicic.org/Library/016727>
How to do good after prison www.joinfx.com
Iowa State & Local Jobs <http://www.statelocalgov.net/state-ia.cfm>
National Hire Network www.hirenetwork.org
National Reentry Resource Center <http://www.nationalreentryresourcecenter.org/>

careerbuilder.com centraliowahelpwanted.com desmoines.employmentguide.com
desmoineshelpwanted.com employmentspot.com facebook.com
helpwanteddesmoines.com hotjobs.com indeed.com iowajobnetwork.com
iowajobs.org jobdig.com job-hunt.org/jobs/iowa.shtml jobs.com jobsonline.com
linkedin.com monster.com myspace.com

America's Job Bank - www.ajb.dni.us

Lists thousands of jobs and refers candidates to job-sites maintained by individual employers.

Arbor Springs (West Des Moines) – www.arborsprings.org

Career Builder - www.careerbuilder.com

CareerPath - www.careerpath.com

Children & Families of Iowa (Des Moines) – www.cfiowa.org

City of Des Moines – www.jobs@dmgov.org

Department of Administrative Services (DAS – Des Moines) – www.das.hre.iowa.gov

Des Moines Help Wanted – www.desmoineshelpwanted.com

Federal Jobs – www.usajobs.com

Indeed One Search -- www.indeed.com

Iowa Department of Economic Development - www.smartcareermove.com

Iowa Health Systems (Des Moines) – www.ihsdesmoines.com

Iowa Health of Des Moines - www.iowahealth.org

Iowa State University (Ames) – www.iastatejobs.com

Job Search – www.indeed.com and www.simlyhired.com

Living History Farms (Des Moines) – www.livinghistoryfarms.org

Mediacom (Des Moines) - www.mediacomcc.com

Nation Job - www.nationjob.com

O*Net – <http://online.onetcenter.org/skills/> - essential & transferrable skills, etc.

Tech Staff - www.techstaff.com

Workforce Development Center - www.iowajobs.org

WOMEN'S ADVOCACY

Iowa Commission for the Status of Women (ICSW)

Rachel Scott, Division Administrator
321 East 12th Street

Lucas State Office Building, 2nd Floor
Des Moines, IA 50319

515-281-4461

800-558-4427

515-242-6119 – Fax

Email: women@iowa.gov

Website: www.women.iowa.gov

Joanne Parker, Administrative Assistant

- Provide referrals for female offenders.

-Wants input about women's issues
for annual legislative agenda

Shelters

ANAWIM HOUSING

921 6th Avenue – Suite B

Des Moines, IA 50309-1227

515-244-8308

515-244-7977 Fax

Low rent family housing

8:30-5:00

BEACON OF LIFE

1717 Woodland

Des Moines, IA

515-244-4713

Women only

BETHEL MISSION

1310 6th Avenue

Des Moines, IA

515-244-5445

BUCHANAN TRANSITIONAL LIVING

1219 Buchanan

Des Moines, IA

515-265-1222

Young men & women

CENTRAL IOWA SHELTER & SERVICES

205 15th Street

Des Moines, IA 50309

515-284-5719

515-883-1692 – Fax

Was Churches United

CATHOLIC WORKER HOUSE - SHELTER

1310 7th Street

Des Moines, IA

515-243-0765

CATHOLIC CHARITIES - SHELTER

1535 11th Street

Des Moines, IA

515-282-1235

CATHOLIC CHARITIES

601 Grand Avenue
Des Moines, IA 50309
515-244-3761
515-237-5070 – Fax

Family & individual counseling, emergency family shelter & legal assistance.

Adult & child sexual assault & domestic violence victims, homicide survivors, families in need of emergency shelter.

Limited assistance for food, clothing, etc.

Sliding fee scale based on income & specific financial needs of the individual or family.

DOOR OF FAITH

6701 SW 9th Street
Des Moines, IA
515-974-0545

Men only

FAMILY VIOLENCE CENTER

515-243-6147

Women only

FREEDOM FOR YOUTH MINISTRIES

2301 Hickman Road
Des Moines, IA
515-282-4822

GOOD SAMARITAN

1353 9th Street
Des Moines, IA
515-282-3541

Women & children

HANSEN HOUSE OF HOSPITALITY

1521 6th Avenue
Des Moines, IA
515-282-0549

Men only

HARBOR OF HOPE MISSION

1617 Oakland Street
Des Moines, IA
515-244-0370

Men only

HOME CONNECTION

3001 Grand Avenue
Des Moines, IA
515-244-9748

Transitional housing for families with children under eighteen

Neighborhood living

HOME INC.

1111 9th Street – Suite 210
Des Moines, IA
515-243-1277

Private non-profit corporation provides housing counseling & information, confidential financial counseling, mediation, education & client advocacy.

HOPE FAMILY CENTER
Hope Ministries – *women without children*
JoAnne Russell, BS/BA, MHP
515-264-0144 ext: 104
515-264-0284 Fax www.hopeiowa.org

HOPE MINISTRIES
1310 6th Avenue
PO Box 862
Des Moines, IA 50304
515-265-7272 & 515-244-5445

HOUSE OF MERCY
1409 Clark Street
Des Moines, IA
515-643-6500

Women with children

IOWA FINANCE AUTHORITY
Iowa Homelessness Prevention & Rapid Re-Housing Program (HPRP)
Amber Lewis – Homeless Programs Coordinator
2015 Grand Avenue
Des Moines, IA 50312
515-725-4942
amber.lewis@iowa.gov

<http://www.iowafinanceauthority.gov>

IOWA HOMELESS YOUTH CENTERS
Toni Nicol, Volunteer Coordinator
1219 Buchanan Street
Des Moines, IA 50316
515-265-1222

Works to eliminate homelessness among children, youth and young mothers in Polk County Iowa

NEW DIRECTIONS SHELTER
Hawthorn Hill
Tim Shanahan, Executive Director
3001 Grand Avenue
Des Moines, IA 50312
515-283-1911
tim@hawthorn-hill.org
www.hawthorn-hill.org

Emergency shelter & case management for homeless mothers with children - up to 30 days

Must have children with mother

POLK COUNTRY SOCIAL SERVICES
1900 Carpenter
Des Moines, IA
515-286-3702

M-F – 8-4:30

PORT OF ENTRY
803 Lyon Street
Des Moines, IA
515-244-1838

Men only

RUTH HARBOR
534 42nd Street
Des Moines, IA
515-277-4669

A Christ-centered home for young women alone & facing unplanned pregnancies.

SALVATION ARMY *Men only*
211 E Court Avenue & 133 E 2nd
Des Moines, IA
515-243-4277

ST JOSEPHS SHELTER *Families*
1535 11th Street
Des Moines, IA
515-282-1235

YMCA OF GREATER DES MOINES *Men only*
101 Locust Street
Des Moines, IA 50309
515-282-YMCA (2424)

YOUTH EMERGENCY SERVICES *Young women & men*
918 SE 11th Street
Des Moines, IA
515-282-9377

Support Groups

DES MOINES CURE/VOICES OF THE UNHEARD SUPPORT GROUP

Jean Basinger 515-277-6296
Melissa Nelson 515-280-9027 *Have loved ones in prison*

FRIENDS OF IOWA WOMEN PRISONERS

Wesley United Methodist Church *Meets 3rd Tuesday of the month*
800 East 12th Street

Des Moines, IA 50316
Jean Basinger jabwab@msn.com 515-277-6296
Betty Christensen bettychris@juno.com
Deb Theeler Deb4tc@yahoo.com 515-402-6909
Vi Darsee vddarsee@q.com 515-225-8349
Dianne Fagner 515-277-5406
Teresa Burriola TeresaBurriola@davisbrownlaw.com 515-288-2500
Jane Newlin jane_newlin_44@q.com
Roemary Jungmann jungmannr@gmail.com 515-987-1807
John Zeitler 515-710-7785

HERIZONS

Mary Popma: popmam@gmail.com

Previously – Circle of Support

*OFFENDER REENTRY MENTOR /CIRCLES of SUPPORT
AND ACCOUNTABILITY PROGRAMS*

Catholic Charities of the Archdiocese of Dubuque
Deacon Bill Hickson, Jail & Prison Ministry Coordinator
1229 Mt. Loretta Avenue - PO Box 479
Dubuque, IA 52004-1309
563-588-0558
800-772-2758 X 237
563-557-3140 - Fax
dbqcccjpm@arch.pvt.k12.ia.us

REENTRY SUPPORT TEAMS

Pastor Arnette Pint
Women at the Well – Prison Congregation
2305 East 12th Street
Des Moines, IA 50316
515-266-0805 – Office
515-265-9173 – Fax
515-822-4599 – Cell
Email: womenatthewell@iaumc.org

UNITED COMMUNITY SERVICES, INC

Peer Recovery Support Services
Lauren Ziehr, Program Coordinator
401 SW 8th Street, Suite 409
Des Moines, IA 50309
515-280-4917
515-883-2683 – Fax
laurenziehr@ucsdsm.org

United Community Services, Inc. is organized exclusively as a non-profit entity to provide substance abuse education, substance abuse treatment, information, and referral services

Outpatient Treatment Services:

- Intensive & extended outpatient treatment*
- Continuing Care*
- Relapse Prevention*
- Individual & group counseling*
- Grief group*

WINNER'S CIRCLE

Deb Theeler, Winner's Circle Facilitator
Therapeutic Community Liaison
515-402-6909
deb4tc@yahoo.com

Veterans

FIDELITY BONDING PROGRAM

John Williams
Bonding Services Coordinator
Iowa Workforce Development
150 Des Moines Street
Des Moines, IA 50309
515-281-9097
515-281-9096 – Fax

*Ex-offenders
Substance Abusers
Poor Credit Record
Dishonorably Discharged From the Military
Persons Lacking a Work History*

HEALTH CARE FOR RE-ENTRY VETERANS PROGRAM (HCRV)

Brian Brooks, LISW
VA Medical Center
3600 30th Street
Des Moines, IA 50310
515-577-8068

brian.brooks@va.gov
<http://www1.va.gov/homeless/page.cfm?pg=38>

Eligible: Those who are currently incarcerated by the DOC – Fort Des Moines and prison (not in jail or released from prison)

Length of service and status of discharge determines eligibility.

IOWA WORKFORCE DEVELOPMENT

430 East Grand Avenue
Des Moines, IA 50309
515-281-9629 – Ted Hall
515-281-9692 – Jeff Johnson
515-281-9711 – Brent Camery
515-281-9640 (Fax)

www.iowaworkforce.org/reagion11

Disclaimer: This list is not meant to be all inclusive of the resources available to DOC & DCS clients, but is provided for their convenience in locating services to meet some of their reentry needs. (Revised 12/01/2010) Please send corrections and/or additions to: bonleek952@msn.com