

# Iowa Reentry Support Resources

Compiled by **Living Beyond the Bars** and **Inside Out Reentry Community**

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## Northeast Iowa (including Waterloo)

STATEWIDE RESOURCES:

Gambling Anonymous: 1-800-BETS OFF  
 Narcotics Anonymous: 1-800-897-6242 or www.iowa-na.org  
 www.211.org - list of area resources online

Name	Contact Information	Services	Notes
<p style="text-align: center;">DUBUQUE, WATERLOO and AREA</p> <p><b>Jail &amp; Prison Ministry (Catholic Charities of the Archdiocese of Dubuque)</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>1229 Mount Loretta Ave. Dubuque, IA 52003 (563) 588-0558 (800) 772-2758</p> <p>Deacon Bill Hickson (563) 495-5947 DBQCCCJPM@dbqarch.org</p> <p>(319) 272-2080 DBQCCCJPM1@dbqarch.org (Waterloo area, Ames area, Marshalltown area, Mason City area)</p>	<p>Support and mentoring (in prison and after release)</p> <ul style="list-style-type: none"> <li>• Connecting with community resources</li> <li>• Aid in finding work, housing, etc.</li> <li>• Establishing positive relationships</li> <li>• Healthy social activities</li> </ul>	<p>Catholic affiliation, but you don't have to be Catholic to work with them.</p>
<p style="text-align: center;">WATERLOO</p> <p><b>Salvation Army</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>89 Franklin Street, Waterloo, IA 50703</p> <p>By Mail: PO Box 867, Waterloo, IA 50704</p> <p>By Phone: 319-235-9358</p> <p>By Fax: 319-235-0310</p> <p>By Email: sawaterloocf@gmail.com</p>	<ul style="list-style-type: none"> <li>• Emergency assistance including meals, medical care and housing.</li> <li>• Help connect with community resources</li> <li>• Men's Shelter</li> <li>• Women's Shelter</li> <li>• Case management</li> <li>• Pastoral care and religious services</li> </ul>	
<p style="text-align: center;">WATERLOO</p> <p><b>Hospitality House</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>1003 Mulberry St. Waterloo, IA 50704  (319) 234-1311</p>	<p>Offer a light breakfast, access to shower and laundry facilities, free clothing, backpacks, coats, cold weather attire, sleeping bags, tents, blankets, food sacks, an address for mail, telephone messaging, local bus tickets for appointments, connect with resources and a listening ear and compassionate hearts.</p>	<p>Located in a house.</p>
<p style="text-align: center;">DUBUQUE</p> <p><b>Manasseh House/Operation Empower</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>2080 Elm St. #103 Dubuque, IA 52001 Main: (563) 557-4450</p> <p>contact person: kimberlyterry.manasseh@yahoo.com (563) 599-2980</p>	<p>Emergency and Transitional Housing for Women</p> <ul style="list-style-type: none"> <li>• employment help</li> <li>• education assistance</li> <li>• aid in setting goals for success</li> </ul>	<p>Women only</p>

<p>WATERLOO</p> <p><b>People's Clinic</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>905 Franklin St. Waterloo, IA 50703</p> <p>319-874-3000</p>	<ul style="list-style-type: none"> <li>• They have social workers to help connect with community resources including housing.</li> <li>• Provide a variety of medical services.</li> </ul>	
<p>WATERLOO</p> <p><b>Goodwill of Northeast Iowa</b></p>	<p>2640 Falls Ave Waterloo, IA 50701</p> <p>319-234-4626</p>	<p>Reentry Program: Individual assessment, develops a care plan, arranges employment and monitors progress. The prime goal of this program is competitive employment, independent living, and life's enjoyment.</p>	
<p>WATERLOO</p> <p><b>Catholic Worker House</b></p>	<p>321 E 8th St Waterloo, IA 50703</p> <p>Phone: 319-232-2116</p>	<p>Provide temporary housing (10 days)</p>	<p>You do not have to be Catholic to stay here.</p>
<p>DUBUQUE</p> <p><b>Fountain of Youth Program</b> (United Way of Dubuque Area Tri-States)</p>	<p>1199 Main St. Dubuque, IA 52001 Main: (563) 650-8949</p> <p><a href="http://www.thefountainofyouthprogram.org">www.thefountainofyouthprogram.org</a></p> <p>contact person: Caprice Jones capricejones14@gmail.com (773) 440-2228</p>	<ul style="list-style-type: none"> <li>• aim to provide gainful and sustainable employment to youth 16-24 in Dubuque</li> <li>• provide advocacy and support to youth in poverty</li> <li>• Curriculum called "Real Talk" aimed toward reducing the recidivism rate and also providing living tools</li> </ul>	<p>Housed in/near St. Luke's UMC</p>
<p>WATERLOO</p> <p><b>Pathways Behavioral Services</b></p>	<p>W3362 University Avenue Waterloo, Iowa 50701</p> <p>Phone: 319-235-6571</p>	<ul style="list-style-type: none"> <li>• Out-patient Substance Abuse Treatment</li> <li>• Out-patient Mental Health Treatment</li> <li>• In-patient/residential also available</li> <li>• Prevention</li> </ul>	
<p>WATERLOO</p> <p><b>Junkman/Knobel Sober-Living Unit</b></p>	<p>1014 West 4th Street Waterloo, IA 50702</p> <p>Phone: 319-235-8855</p>	<p>Transitional Housing for those dealing with addiction issues.</p>	<p>For men only</p> <p>Connected to Pathways Behavioral Services</p>
<p>WATERLOO and DUBUQUE</p> <p><b>AA</b></p>	<p>1668 Asbury Road Dubuque, IA 52001</p> <p>(563) 557-9196</p> <p>Waterloo area: <b>319-291-3627</b></p>	<p>Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.</p>	

<p>WATERLOO</p> <p><b>Celebrate Recovery</b></p>	<p>319-486-8431</p> <p>cr@hvchuch.org</p> <p>Contact: Jake Shepard</p>	<p>Christ-centered 12-step recovery program.</p>	<p>Very supportive of people leaving incarceration.</p>
<p>WATERLOO</p> <p>IowaWORKS Center</p>	<p>3420 University Ave. Zip: 50701</p> <p>319) 235-2123</p> <p>Email:</p> <p>Region7.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	
<p>DUBUQUE</p> <p>IowaWORKS Center</p>	<p>680 Main St. Zip: 52001</p> <p>(563)556-5800 or (866)227-9874</p> <p>Email:</p> <p>Region1.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	
<p>DECORAH</p> <p>IowaWORKS Center</p>	<p>312 Winnebago Zip: 52101</p> <p>(563)382-0457 or (866)520-8986</p> <p>Email:</p> <p>Region1.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	

## Eastern Iowa

### STATEWIDE RESOURCES:

Gambling Anonymous: 1-800-BETS OFF  
Narcotics Anonymous: 1-800-897-6242 or [www.iowa-na.org](http://www.iowa-na.org)  
[www.211.org](http://www.211.org) - list of area resources online

Name	Contact Information	Services	Notes
<p>DAVENPORT</p> <p><b>One Eighty</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>601 Marquette St. Davenport, Ia 52802 phone: 563-424-4589</p> <p><a href="http://www.oneeighty.org">www.oneeighty.org</a> contact person: Rusty Boruff or Chad Williams</p>	<p>Houses men and women who are coming out of incarceration, domestic abuse, sex trafficking, homelessness or addiction. Teaches Christian principals, assign mentors and help with furthering education.</p>	<ul style="list-style-type: none"> <li>• 14-month program.</li> <li>• Home-like setting</li> <li>• Parole location</li> <li>• Not available for SO's</li> </ul>
<p>IOWA CITY</p> <p><b>Inside Out Reentry</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>500 N. Clinton Street Iowa City, IA 52245 Main: (319) 338-7996 Cell: (319) 621-6263</p> <p><a href="http://www.insideoutreentry.com/">http://www.insideoutreentry.com/</a> Contact person: Michelle Heinz <a href="mailto:insideoutreentry@gmail.com">insideoutreentry@gmail.com</a></p>	<p>Drop-in &amp; Resource Center</p> <ul style="list-style-type: none"> <li>• tutoring</li> <li>• life skills classes</li> <li>• employment readiness</li> <li>• housing</li> <li>• resource information</li> </ul>	
<p>CEDAR RAPIDS</p> <p><b>Living Beyond the Bars</b></p>	<p>Reentry Organizer: Mike Cervantes</p> <p>319-321-9450</p> <p><a href="mailto:mhcervantes@gmail.com">mhcervantes@gmail.com</a></p>	<ul style="list-style-type: none"> <li>• Provide information on resources across the state..</li> <li>• Will assist and provide information via Corrlinks</li> </ul>	<ul style="list-style-type: none"> <li>• In Cedar Rapids and Iowa City, they hold support meetings for family/friends.</li> <li>•</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>RISE program</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>1700 B Ave NE Cedar Rapids, IA 52402 Main: (319) 200-4130</p> <p><a href="http://riseprogramcr.org/">http://riseprogramcr.org/</a></p> <p>Contact person: Mary Crandall <a href="mailto:Mgc@imonmail.com">Mgc@imonmail.com</a></p>	<p>Guidance on:</p> <ul style="list-style-type: none"> <li>• finding a job</li> <li>• finding housing</li> <li>• food</li> <li>• transportation</li> <li>• creating plans &amp; goals</li> </ul>	<p>Can be contacted through Facebook</p> <p>Housed near Mission of Hope</p>
<p>CLINTON</p> <p><b>Victory Center Ministries</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>516 9th Ave. S. Zip: 52732</p> <p>563-242-9016</p> <p>Email: <a href="mailto:victorycenter@qwestoffice.net">victorycenter@qwestoffice.net</a></p>	<p>Transitional housing for men (up to 3 year stay). Shelter for women and children. Recovery program and other support.</p>	<p>Faith based.</p>
<p>DAVENPORT</p> <p><b>Unity House</b></p>	<p>2341 E. Pleasant St. Zip: 52083</p> <p>(563) 676-5488 or (563) 210-1513</p> <p><a href="mailto:dennis.haut@unityhouseofdavenport.org">dennis.haut@unityhouseofdavenport.org</a></p>	<p>Transitional housing. Semi-structured sober living.</p>	<p>They have six houses. Rent is \$365/month. Online application can be printed off and mailed in.</p>
<p>DAVENPORT</p> <p>Freedom Homes</p>	<p>720 E. Locust St. Zip: 52803</p> <p>(563) 326-4056</p>	<p>Transitional housing. No time limit. Semi-structured.</p>	

ROCK ISLAND  Project Now	418 19th St. Zip: 61201  (309) 793-6391  www.projectnow.org	Housing lists Basic needs assistance	Will meet with you even if not an Illinois resident. Call to make appointment.
DAVENPORT  <b>Community Action</b>	500 East 59th Street, Davenport IA - (866) 324-3236	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Job assistance</li> <li>• General assistance</li> </ul>	
MUSCATINE  <b>Community Action</b>  *RECOMMENDED FIRST STOP	Muscatine Mall Muscatine IA (866) 263-9290	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Resource guide</li> <li>• General assistance</li> </ul>	
CLINTON  <b>Community Action</b>  *RECOMMENDED FIRST STOP	240 N Bluff Blvd, Clinton IA (866) 243-5220	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Resource guide</li> <li>• General assistance</li> </ul>	
TIPTON  <b>Community Action</b>  *RECOMMENDED FIRST STOP	101 Lynn Street Tipton IA  (800) 920-3191	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Resource guide</li> <li>• General assistance</li> </ul>	
DAVENPORT  <b>Safer Foundation</b>	1702 N. Main St. Davenport, IA 52803  (563) 322-7002  Contact: Sue Davison Sue.Davison@saferfoundation.org www.saferfoundation.org	Employment: • Orientation, intake, and retention for employment  ACE program for those 25 or older looking for a career.	
WAPELLO  <b>Alcohol and Drug Dependency Services (ADDS)</b>	304 Highway 61 North Wapello, IA 52653 Main: (319) 523-8436  <a href="http://www.addsiowa.org/index.php/about-us/">http://www.addsiowa.org/index.php/about-us/</a>	Chemical dependency services	
SIGOURNEY  <b>First Resources Corp.</b>	102 South Main St. Sigourney, IA 52591 Main: (641) 622-2543	Mental health services; Individual/family therapy; drop in centers	Disability Services: 641-622-2120
WASHINGTON  <b>First Resources Corp.</b>	114 West 2nd St. Washington, IA 52353 Main: (319) 591-8176  <a href="http://www.firstresources.us/">http://www.firstresources.us/</a>	Mental health services; Individual/family therapy; drop in centers	

WASHINGTON <b>Optimae</b>	1415 West 5th St. Suite C Washington, IA 52353 Main: (319) 653-6571  <a href="http://www.optimaelifeservices.com/">http://www.optimaelifeservices.com/</a>  contact person: Cokie Ikerd cikerd@optimaelifeservices.com	Supported community living, supported employment, career connections, intensive psychiatric rehabilitation, habilitation, home- and community-based services	<ul style="list-style-type: none"> <li>• Need funding to qualify. Most participants have SSI Disability.</li> </ul>
CEDAR RAPIDS <b>Optimae Cedar Valley Region</b>	2750 1st Ave. NE Suite 420 Cedar Rapids, IA 52402 Main: (319) 364-4803  <a href="http://www.optimaelifeservices.com/">http://www.optimaelifeservices.com/</a>	Habilitation community/site homes, intellectual disability waiver	<ul style="list-style-type: none"> <li>• Need funding to qualify. Most participants have SSI Disability.</li> </ul>
MUSCATINE <b>Optimae Mississippi Bend Region</b>	1409 Wisconsin St. Muscatine, IA 52761 Main: (563) 263-5585  <a href="http://www.optimaelifeservices.com/">http://www.optimaelifeservices.com/</a>	Home- and community-based services, habilitation services, supported community living, community integration, mental health outreach	<ul style="list-style-type: none"> <li>• Need funding to qualify. Most participants have SSI Disability.</li> </ul>
KALONA <b>Retrograde Ministries</b>	507 3rd St Kalona, IA 52247 Main: (319) 779-1024  <a href="http://www.retrogradeministries.com">http://www.retrogradeministries.com</a>  contact person: Michael Evans m.evansretro@gmail.com	Men's program for men 18+. They house, care for, and train around 30 students a year.  This is a six month in-house program, followed by six months' supervised placement in the community.	Faith-based
CEDAR RAPIDS <b>The Safe Place Foundation</b>	527 6th Avenue SE Cedar Rapids, IA 52401 Main: (319) 366-3430  <a href="http://www.safeplacefoundation.org/">http://www.safeplacefoundation.org/</a>  contact person: Tony Ashby or Ross Hauser - office@safeplacefoundation.org	A drug- and alcohol-free living environment with ongoing staff support, community volunteer involvement and peer-to-peer mentorship. (40 bed program: 6 Phase One beds and 34 Phase Two beds)	
MUSCATINE <b>Jesus Mission Church and Pearl City Outreach</b>	509 Mulberry Ave. Muscatine, IA 52761 (563)264-5430  Sharon Phillips 563-264-3805	Pearl City Outreach: helps with jobs, rides to work, sack lunches, laundry, showers all free. Emergency shelter available.	
MUSCATINE <b>Jessica Faye's Closet</b>	908 E 9th St. Muscatine, IA 52761 (563)263-0800	Free clothing, furniture, bedding, etc. M-Th 10am-2pm	
CEDAR RAPIDS and AREA <b>AA</b>	(319) 365-5955	Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.	<ul style="list-style-type: none"> <li>• Call # to find location of meetings in your area (even if not in Cedar Rapids).</li> </ul>



<p>DAVENPORT</p> <p><b>IowaWORKS Center</b></p>	<p>902 W Kimberly Rd., Ste. 51 Zip: 52806</p> <p>(563) 445-3200</p> <p>Email: Region9.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	
<p>IOWA CITY</p> <p><b>IowaWORKS Center</b></p>	<p>1700 S 1st Ave. Zip: 52240</p> <p>(319) 351-1035</p> <p>Email: Region10.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	
<p>CEDAR RAPIDS</p> <p><b>IowaWORKS Center</b></p>	<p>4444 1st Ave. NE Zip: 52402</p> <p>(319) 365-9474</p> <p>Email: Region10.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	

## Southeast Iowa (including Ottumwa)

STATEWIDE RESOURCES:

Gambling Anonymous: 1-800-BETS OFF

Narcotics Anonymous: 1-800-897-6242 or [www.iowa-na.org](http://www.iowa-na.org)

[www.211.org](http://www.211.org) - list of area resources online

Name	Contact Information	Services	Notes
<p>BURLINGTON</p> <p><b>Alcohol and Drug Dependency Services (ADDS)</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>1340 Mt. Pleasant St. Burlington, IA 52601 (319) 753-6567</p> <p><a href="http://www.addsiowa.org/index.php/about-us/">http://www.addsiowa.org/index.php/about-us/</a></p>	<ul style="list-style-type: none"> <li>• Will help you connect to area resources</li> <li>• Outpatient and residential treatment for substance abuse, prevention work, distance support services, gambling treatment</li> </ul>	<p>-Even if you do not have any substance use issues, they will help you connect to area services/organizations</p>
<p>BURLINGTON</p> <p><b>Community Action</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>700 Jefferson St. Burlington, IA 52601 319-753-2893</p>	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Resource guide</li> <li>• Housing assistance</li> </ul>	<p>They also have list of possible apartments to rent.</p>
<p><b>FT. MADISON</b></p> <p><b>Eichacker Community Action Center</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>3433 Avenue O Ft. Madison, IA 52627 319-372-4471</p>	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Resource guide</li> <li>• Housing assistance</li> </ul>	
<p><b>KEOKUK</b></p> <p><b>Tallarico Community Action Center</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>220 S. 22nd St. Keokuk, IA 52632 319-524-6383</p>	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Resource guide</li> <li>• Housing assistance</li> </ul>	
<p>MT. PLEASANT</p> <p><b>Tolson Community Action Center</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>1303 W. Washington Mt. Pleasant, IA 52641 319-385-2310</p>	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Resource guide</li> <li>• Housing assistance</li> </ul>	

<p>BURLINGTON, MOUNT PLEASANT, KEOKUK</p> <p><b>Young House Family Services</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>400 S. Broadway St. Burlington, Iowa 52601 (319) 752-4000 Toll Free: (844) 870-8046</p> <p>Keokuk Office: 629 Blondeau St., Suite #201 Keokuk, IA 52532 (319) 524-2386 Jriter@younghouse.org <a href="http://www.younghouse.org">http://www.younghouse.org</a></p>	<ul style="list-style-type: none"> <li>• Crisis hotlines</li> <li>• Counseling</li> <li>• Family services</li> <li>• Substance abuse program</li> <li>• Community Closet stocked with basic needs items</li> </ul>	
<p>MOUNT PLEASANT</p> <p><b>Fellowship Cup</b></p> <p>*RECOMMENDED FIRST STOP</p>	<p>203 North Jefferson Street Mt Pleasant, IA 52641-2018 Office (319) 385-3242</p> <p><a href="mailto:director@thefellowshipcup.org">director@thefellowshipcup.org</a></p> <p>See facebook for more information.</p>	<ul style="list-style-type: none"> <li>• Will assist with connecting to area services/resources</li> <li>• Have food, clothing, vouchers and other supports</li> </ul>	<p>Their mission is to provide food, shelter and clothing to those in Henry County.</p>
<p>MOUNT PLEASANT</p> <p><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>122 N. Main St. Mt. Pleasant, IA 52641 (319) 385-2216</p> <p><a href="http://www.addsiowa.org/index.php/about-us/">http://www.addsiowa.org/index.php/about-us/</a></p>	<p>Outpatient and residential treatment for substance abuse, prevention work, distance support services.</p>	
<p>KEOKUK</p> <p><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>928 Main St. Keokuk, IA 52632 (319) 524-4397</p>	<p>Outpatient and residential treatment for substance abuse, prevention work, distance support services.</p>	
<p>OTTUMWA</p> <p><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>SEIDA 310 W. Main Street Ottumwa, IA 52501</p> <p>641-683-6747 Ext. 201</p>	<p>Outpatient and residential treatment for substance abuse, prevention work, distance support services</p>	
<p>BURLINGTON</p> <p><b>Building Bridges: A Southeast Iowa Initiative</b></p>	<p><a href="http://www.younghouse.org">www.younghouse.org</a></p> <p>Email: <a href="mailto:info@younghouse.org">info@younghouse.org</a></p> <p>Contact: Mona Ash (319) 572-6533 <a href="mailto:mash@younghouse.org">mash@younghouse.org</a></p>	<p>16-week "Getting Ahead in a Just Getting By World" curriculum designed to help those living in poverty move to a sustainable future</p>	<p>-Will help with connecting with area services and organizations, including church/faith communities.</p>
<p>BURLINGTON</p> <p>Effie Sue House</p>	<p>909 Court St. Burlington IA 52601; (319) 208-1521</p> <p>Contact: Tammy Maison (Landlord with apartment on-site)</p>	<p>Transitional (3/4) housing; landlord can help apply for medicaid and referrals to local resources for substance abuse, employment, etc.</p>	
<p>BURLINGTON</p> <p><b>Family Behavioral</b></p>	<p>218 N. 3rd Street, Ste 600 Burlington, IA 52601 (319) 752-7300</p> <p><a href="http://www.familybehavioralhealthcareofia.com/">http://www.familybehavioralhealthcareofia.com/</a></p>		<p>Insurance will often cover mental health care. Check with insurance company for coverage.</p>

<b>Healthcare of Iowa</b>	Email: familybehavioral@familybehavioralhealthcareofia.com	Parenting Support, Work and Career issues, Stress Management	
<b>OTTUMWA</b> <b>First Resources Corp. Ottumwa</b>  *RECOMMENDED FIRST STOP	102 North Hancock St. Ottumwa, IA 52501 (641) 682-2800  <a href="http://www.firstresources.us/">http://www.firstresources.us/</a>	<ul style="list-style-type: none"> <li>• Mental health services; Individual/family therapy; drop in centers</li> <li>• Have list of area resources including housing.</li> </ul>	Substance Abuse Support Groups are offered in Ottumwa to enhance continued success of sobriety and prevent relapse.
<b>BURLINGTON</b> <b>First Resources Corp. Burlington</b>	407 N. 4th St. Burlington, IA 52601 (319) 752-4399 <a href="http://www.firstresources.us/">http://www.firstresources.us/</a>	Mental health services; Individual/family therapy; drop in centers	
<b>FAIRFIELD</b> <b>First Resources Corp.</b>	#1 Lower Level 605B South 23rd St. Fairfield, IA 52556 (641) 472-4106  <a href="http://www.firstresources.us/">http://www.firstresources.us/</a>	Mental health services; Individual/family therapy; drop in centers	
<b>KEOKUK</b> <b>First Resources Corp.</b>	3437 Main St. Keokuk, IA 52632 (319) 313-8463  <a href="http://www.firstresources.us/">http://www.firstresources.us/</a>	Mental health services; Individual/family therapy; drop in centers	
<b>MOUNT PLEASANT</b> <b>First Resources Corp.</b>	211 W. Monroe Mount Pleasant, IA 52641 (319) 201-1064  <a href="http://www.firstresources.us/">http://www.firstresources.us/</a>	Mental health services; Individual/family therapy; drop in centers	
<b>BURLINGTON</b> <b>Burlington Shelter</b>	123 N. Marshall St. Burlington, IA 52601 319-754-6791	<ul style="list-style-type: none"> <li>• Shelter for extended or short-term stay</li> <li>• Sober house</li> </ul>	<ul style="list-style-type: none"> <li>• Need Iowa ID</li> <li>• Not available for SO's</li> </ul>
<b>OTTUMWA</b> <b>Optimae Southern Prairie</b>	226 West Main St. Suite 201 Ottumwa, IA 52501 (641) 799-2341  Contact: Joanna Smith jsmith@optimaelifeservices.com	Behavioral health, community services, jail diversion, recovery center, intensive psychiatric rehabilitation, crisis assessments, behavioral health, peer support, community integration, recovery center, supported employment	<ul style="list-style-type: none"> <li>• Need funding to qualify. Most participants have SSI Disability.</li> </ul>

<p>FT. MADISON</p> <p><b>Optimae Great River Region</b></p>	<p>509 Avenue F Fort Madison, IA 52627</p> <p>Contact: Angie Torres atorres1@optimaeliveservices.com</p> <p>319-470-4692</p>	<p>Community services, behavioral health, crisis assessment, behavioral health intervention, home health, intensive psychiatric rehabilitation, day habilitation, community integration</p>	<ul style="list-style-type: none"> <li>• Need funding to qualify. Most participants have SSI Disability.</li> </ul>
<p>BURLINGTON</p> <p><b>Therapy Group, Inc. Counseling Services</b></p>	<p>506 Jefferson St. Burlington, IA 52601 (319) 209-2084</p> <p><a href="http://www.therapygroupinc.com/">http://www.therapygroupinc.com/</a></p> <p>Email: info@therapygroupinc.com</p>	<p>Mental health services including:</p> <ul style="list-style-type: none"> <li>-Therapy and psychological testing.</li> <li>-Treatment for depression, anxiety, stress, anger management, life changes and transitions.</li> </ul>	
<p>BURLINGTON</p> <p><b>Transitions DMC</b></p>	<p>515 S. Main St. Burlington, IA 52602 319-209-2217</p>	<ul style="list-style-type: none"> <li>• Assist with household goods</li> <li>• Will help connect to other area services</li> </ul>	<p>This is a faith-based organization. They are in the process of opening a shelter and will offer more services.</p>
<p>BURLINGTON</p> <p><b>Daily Bread Recovery Center</b></p>	<p>1204 Virginia Ave Burlington, IA 52601 (319) 208-1666</p>	<ul style="list-style-type: none"> <li>• Drug treatment</li> <li>• Counseling</li> </ul>	<p>This is a faith-based organization.</p>
<p>BURLINGTON and FT. MADISON</p> <p><b>Celebrate Recovery</b></p>	<p>550 Division St. Burlington, IA 319-237-8400 Ext. 201</p> <p>1602 Ave. F Ft. Madison, IA 319-237-8400 Ext. 301</p>	<p>Celebrate Recovery meets every week and provides a healing, healthy environment for adults affected by hurts, hang-ups, and habits.</p>	<p><b>Christian-based recovery program.</b></p>
<p>BURLINGTON</p> <p><b>IowaWORKS Center</b></p>	<p>1000 N. Roosevelt Zip: 52601</p> <p>(319) 753-1674</p> <p>Email:</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	
<p>FT. MADISON</p> <p><b>IowaWORKS Center</b></p>	<p>933 Ave. H Zip: 52627</p> <p>(319) 372-4412</p> <p>Email:</p> <p>Burlington.WFC@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals</p>	

		who have criminal histories for employment.	
OTTUMWA  <b>IowaWORKS Center</b>	15260 Truman St. Zip: 52501  (641) 684-5401  Email:  Region15.Web@iwd.iowa.gov	IWD (IowaWORKS) provides a help with resumes, job applications and more.  The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.	

## Central Iowa

### STATEWIDE RESOURCES:

Gambling Anonymous: 1-800-BETS OFF

Narcotics Anonymous: 1-800-897-6242 or [www.iowa-na.org](http://www.iowa-na.org)

211.org - list of area resources online

Name	Contact Information	Services	Notes
DES MOINES  <b>Society of St. Vincent de Paul</b>  <b>*RECOMMENDED FIRST STOP</b>	1426 Sixth Ave Des Moines, IA 50314 (515) 282-8327  <a href="http://svdpdsm.org">http://svdpdsm.org</a>  Randi Seib Radosevich <a href="mailto:resourcedirector@svdpdsm.org">resourcedirector@svdpdsm.org</a>	<ul style="list-style-type: none"> <li>• Reentry resources</li> <li>• Food pantry, clothing, and furniture</li> <li>• Financial assistance for those who have fallen behind on their bills or rent under \$700</li> </ul>	
DES MOINES  <b>Joppa</b>  <b>*RECOMMENDED FIRST STOP</b>	Toll free: 886-288-5699  Kelli Overbey 515-288-5699 ext. 729	<ul style="list-style-type: none"> <li>• Connect with resources in community</li> <li>• Housing assistance</li> </ul>	Joppa works with those struggling to find housing.
DES MOINES  Hope Ministries  <b>*RECOMMENDED FIRST STOP</b>	Hope Ministries P.O. Box 862 Des Moines, IA 50304 (515) 265-7272  Email: <a href="mailto:info@hopeiowa.org">info@hopeiowa.org</a>  <a href="https://www.hopeiowa.org/">https://www.hopeiowa.org/</a>  Services for women and children: 515-264-0144  Services for men: 515-244-5445	<ul style="list-style-type: none"> <li>• meals</li> <li>• shelter (both crisis and long-term)</li> <li>• low-cost, good-quality clothing, household goods, shoes, furniture</li> </ul> <p>Recovery programs:</p> <ul style="list-style-type: none"> <li>• substance abuse counseling</li> <li>• life skills classes</li> <li>• educational assistance towards GED</li> <li>• nutrition &amp; health counseling</li> <li>• work skills training and business practicum</li> </ul>	<p>Bethel Mission: emergency shelter for men 1310 6th Avenue in Des Moines</p> <p>Door of Faith: long-term recovery center for men 6701 SW 9th Avenue -Can <b>parole</b> to this location. Need to work with counselor in prison.</p> <p>Hope Center for Women and Children: short-term shelter and long-term life recovery. 3333 E. University in Des Moines</p>
DES MOINES  <b>Primary Health Care</b>  <b>*RECOMMENDED FIRST STOP</b>	2353 SE 14th St. (515) 248-1400  250 Laurel St. (515) 643-4610  3509 E 29th St. (515) 248-1600  1200 University Ave. (515) 248-1850	<ul style="list-style-type: none"> <li>• Health care services including mental health and substance use.</li> <li>• Also, they can help with finding apartments.</li> </ul>	A variety of locations and services.
DES MOINES  <b>Children and Families of Iowa</b>	1111 University Avenue 515-288-1981  <a href="mailto:contactus@cfiowa.org">contactus@cfiowa.org</a>	mental Health and Substance Use services. Also help with financial management.	

DES MOINES <b>Annie's House</b>	1136 Martin Luther King Jr. Parkway Des Moines, IA 50314 (515) 779-4599	Transitional housing	\$325 month, women w/o children only
DES MOINES <b>Beacon of Life</b>  Keisha Meisser - Director	1717 Woodland Ave. Des Moines, IA 50309 (515) 244-4713  Email: beaconsocialmedia@gmail.com  <a href="http://beaconoflifedm.org">http://beaconoflifedm.org</a>	6-12 month program: <ul style="list-style-type: none"> <li>• health &amp; wellness</li> <li>• financial empowerment</li> <li>• employment</li> <li>• recovery</li> </ul>	Women only
DES MOINES <b>Bernie Lorenz Recovery</b>	4014 Kingman Boulevard Des Moines, IA 50311 (515) 262-0349 Email: info@bernielorenzrecovery.org  <a href="http://www.preludeiowa.org/our-services/bernie-lorenz-recovery/">http://www.preludeiowa.org/our-services/bernie-lorenz-recovery/</a>	Residential substance abuse treatment; 60-90 day program, vocational training, education, developing budget, meal planning, parenting, counseling services, assistance in finding employment	<b>Women only</b>
DES MOINES <b>Freedom Houses</b>	<b>Deb Theeler</b> <b>(515) 402--6909</b>	Transitional housing for men and women (two houses for men, two houses for women)	*Can parole to this location.
DES MOINES <b>Polk County Community and Family Resources</b>	<b>2309 Euclid Avenue</b> <b>Des Moines, IA 50310</b> <b>515-286-3434</b>	General assistance including food, rental, utility, household. To apply over the phone call: 515-286-2088	
DES MOINES <b>Bridges of Iowa</b>	1211 Vine St West Des Moines, IA 50265 515-414-8049  <a href="http://bridgesofiowa.org/">http://bridgesofiowa.org/</a>  Pat Coughlin pcoughlin@bridgesofia.org	<ul style="list-style-type: none"> <li>• Phase 1: substance- abuse treatment</li> <li>• Phase 2: employment readiness and job search</li> <li>• Phase 3: transitional living</li> </ul>	- 6 Week Program - One-year outpatient services available
NEWTON and GRINNELL  <b>Capstone Behavioral Healthcare</b>	<b>306 N. 3rd Avenue East</b> <b>Newton, Iowa 50208</b> <b>(641) 792-4012 1214</b>  <b>200 4th Ave. W</b> <b>Grinnell, IA 50112</b> <b>641-260-8270</b>  <a href="http://www.capstonebh.com/">http://www.capstonebh.com/</a>	Psychiatric services, mental health services, substance abuse services, employment assistance,	
DES MOINES <b>Alcoholics Anonymous</b>	1620 Pleasant Street Suite 228  515-282-8550 (24-Hour Service) Toll free 1-800-207-2172	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.	



DES MOINES <b>Central Iowa Works</b> (Community Organization Partnerships)	1111 9th St., Ste 260 Des Moines, IA 50314 (515) 243-2130  <a href="http://centraliowaworks.org/">http://centraliowaworks.org/</a>	Connects applicants with organizations who support the efforts of individuals with barriers to employment to secure jobs.	
DES MOINES <b>Central Iowa Shelter and Services</b>	1420 Mulberry Street Des Moines, IA 50309 (515) 284-5719 (515) 883-1692  Email: <a href="mailto:director@centraliowashelter.org">director@centraliowashelter.org</a>  <a href="http://centraliowashelter.org/">http://centraliowashelter.org/</a>	<ul style="list-style-type: none"> <li>• AA</li> <li>• Job training</li> <li>• Kitchen</li> </ul>	
PRAIRIE CITY <b>Clearview Recovery</b>	501 North Sherman Prairie City, Iowa 50228 (515) 994-3562  <a href="http://www.clearviewrecoveryinc.org">http://www.clearviewrecoveryinc.org</a>	Substance abuse treatment, parenting classes, counseling, job training, self-esteem improvement	Women, pregnant women, women with children only
COLFAX  Teen Challenge	900 N. League Road Zip: 50054  (800) 718-8804  <a href="http://www.tcmid.org">www.tcmid.org</a>	Year long faith-based residential program.  Includes mentoring and classes.	Open to both men and women. (over 18-yrs)
DES MOINES <b>Creative Visions</b> (Ex-Offender & Family Reunification Program)  Ako Abdul-Samad - dir.	1343 13th St Des Moines, IA 50314  (515) 244-4003  <a href="http://cvonline.us/">http://cvonline.us/</a>	Provides employment support for people who have been to prison and others.	Also have food pantry, education programs and other assistance.
DES MOINES <b>Des Moines Catholic Worker</b>	Bishop Dingman House (Drop-In Center) 1310 7th St. Des Moines, IA 50314  Mailing Address: Des Moines Catholic Worker PO Box 4551 Des Moines, IA 50305 (515) 214-1030  Email: <a href="mailto:dmcatholicworker@gmail.com">dmcatholicworker@gmail.com</a>  <a href="http://dmcatholicworker.org/">http://dmcatholicworker.org/</a>	Dingman House: <ul style="list-style-type: none"> <li>• Showers are available the first two hours the house is open</li> <li>• Free clothing</li> <li>• A phone is available for use by guests</li> <li>• Guests can receive their mail at our house</li> <li>• Canned goods and toiletries are available upon request</li> <li>• Free groceries are distributed at Dingman House on Tuesdays and Fridays at 3 p.m.</li> </ul>	Free Food Store: We give away donated produce on Saturday at 10am at Trinity United Methodist church at 8th and College.  Alcoholics Anonymous meets every Friday at 4pm at the Phil Berrigan House, located at 713 Indiana.  You don't have to be Catholic.
DES MOINES <b>Evelyn K. Davis Center for Working Families</b>	801 University Avenue, Unit 3 Des Moines, IA 50314 (515) 697-1476  Email: <a href="mailto:mdejar@evelyndaviscenter.org">mdejar@evelyndaviscenter.org</a>	<ul style="list-style-type: none"> <li>• Education and Employment services including job search assistance, job interview prep, short-term</li> </ul>	Offers fatherhood course geared (in part) toward formerly incarcerated fathers.

Marvin DeJear - Dir.	<a href="http://www.evelynkdaviscenter.org">http://www.evelynkdaviscenter.org</a>	<p>certificate training, creating employment plans, resume prep assistance, job placement, job prep, Adult Based Education classes (referral), digital literacy, basic literacy and career assessments.</p> <ul style="list-style-type: none"> <li>• Financial Services/Asset Building including financial literacy, FASFA, credit repair programs, debt reduction plans and EITC.</li> </ul>	
CENTERVILLE <b>First Resources Corp.</b>	<p>310 West Washington, Suite 2 Centerville, IA 52544 (641) 856-5382</p> <p><a href="http://www.firstresources.us/">http://www.firstresources.us/</a></p>	Mental health services; Individual/family therapy; drop in centers	
NEWTON <b>First Resources Corp.</b>	<p>709 1st Avenue West, Suite 4 Newton, IA 50208 (641) 787-0310</p> <p><a href="http://www.firstresources.us/">http://www.firstresources.us/</a></p>	Mental health services; Individual/family therapy; drop in centers	
OSKALOOSA <b>First Resources Corp.</b>	<p>1907 17th Avenue East Oskaloosa, IA 52577 (641) 673-1421</p> <p><a href="http://www.firstresources.us/">http://www.firstresources.us/</a></p>	Mental health services; Individual/family therapy; drop in centers	
DES MOINES <b>Fresh Start Women's Center</b>	<p>1917 Hickman Road Des Moines, IA 50314 (515) 242-6325</p> <p><a href="http://fifthdcs.com/addresses.cfm?location=womens">http://fifthdcs.com/addresses.cfm?location=womens</a></p>	Transitional housing, support groups, financial skills, case management,	Women only
DES MOINES <b>Harbor of Hope Recovery Alcohol &amp; Substance Abuse Recovery House</b>	<p>803 Lyon Street Des Moines, IA 50309 (515) 244-0370</p> <p><a href="http://harborofhopeiowa.com/">http://harborofhopeiowa.com/</a></p> <p>Tom Pontow, executive director harborofhopeia@gmail.com</p>	<p>Recovery assistance:</p> <ul style="list-style-type: none"> <li>• Education</li> <li>• Employment</li> <li>• Financial training</li> <li>• Reconnecting to family and friends</li> <li>• Physical and mental health</li> </ul>	Residents are required to stay a minimum of six months and allowed to stay a maximum of two years. All residents are required to pay \$500/a month rent. Does not take people with sex offenses.
DES MOINES <b>House of Mercy</b>	<p>1409 Clark St. Des Moines, IA 50314 (515) 643-6500</p> <p><a href="http://www.houseofmercydesmoines.org/">http://www.houseofmercydesmoines.org/</a></p> <p>Rebecca Peterson, rpeterson@mercydesmoines.org</p>	Residential substance abuse and mental health treatment, housing, childcare, transportation, behavioral therapy, family therapy, outpatient counseling, relapse prevention, support groups, education, employment, skill training for communication/parenting/anger management/nutrition.	Women and families only

<p>DES MOINES</p> <p><b>Mainstream Living, Inc.</b></p>	<p>2012 E. 13th St. Ames, IA 50010 (515) 232-8405</p> <p>333 SW 9th Street Des Moines, IA 50309 (515) 243-8115</p>	<p>Community housing, community integration, supported living, employment services, psychosocial rehabilitation, education, financial skills, crisis management,</p>	<p>Only serve adults with disabilities, adults with brain injuries, adults with psychiatric disabilities, medically fragile adults, young adults with mental health disabilities</p>
<p>DES MOINES</p> <p><b>Prelude Services Central Iowa</b></p>	<p>5525 Meredith Street Suite C Des Moines, Iowa 50311 (515) 262-0349</p> <p>Email: info@meccaia.com</p>	<p>Prevention services, problem gambling services, 12-hour OWI course, transitional housing, packing for treatment, fees for services, and pay your bill online</p>	<p>Have Spanish-speaking staff</p>
<p>DES MOINES</p> <p><b>Optimae Central Iowa</b></p>	<p>513 East 6th St. Des Moines, IA 50309 (515) 283-1230 Ext. 301</p> <p><a href="http://www.optimaelifeservices.com/">http://www.optimaelifeservices.com/</a></p>	<p>Supported community living, residential treatment, behavioral health, community integration, job coaching, transitional housing, jail diversion, peer groups</p>	<ul style="list-style-type: none"> <li>• Need funding to qualify. Most participants have SSI Disability.</li> </ul>
<p>DES MOINES</p> <p><b>Project IOWA</b> (Iowa Opportunities for Workforce Advancement)</p> <p>Julie Fugenschuh - Dir</p>	<p>1111 9th St., Suite 290 Des Moines, Iowa 50314 (515) 280-1274</p> <p>Email: office@projectiowa.org</p> <p><a href="http://www.projectiowa.org/">http://www.projectiowa.org/</a></p>	<p>The purpose of Project IOWA, Inc. is to train unemployed and underemployed central Iowans with skills necessary to advance to career track, high wage jobs with full benefits.</p>	<p>Des Moines Informational Sessions are held on Tuesdays at 10:30am at the Evelyn K. Davis Center and Thursdays at 11:00 am at the United Way Building.</p>
<p>JOHNSTON</p> <p><b>Goodwill of Central Iowa</b></p>	<p>5355 NW 86th St. Johnston, Iowa 50131 Phone: (515) 265-5323</p>	<p>Provides job training opportunities for those with barriers to employment.</p>	
<p>DES MOINES</p> <p><b>Recovery in Action</b></p>	<p>Recovery in Action PO Box 13342 Des Moines, IA 50310</p> <p>Street address: 3312 Fourth St. Des Moines, IA 50313 (515) 421-8742</p>	<p>Sober, safe, and permanent housing for those striving for sobriety, accountability and independence.</p>	<p>Must have legal employment.</p>
<p>DES MOINES</p> <p><b>The Salvation Army in Des Moines</b> (Adult Rehabilitation Center)</p>	<p>The Salvation Army Adult Rehabilitation Center 133 E. 2nd Street Des Moines, IA 50309 (515) 243-4277</p> <p><a href="http://arcdesmoines.wixsite.com/the-sal-army-dm-arc">http://arcdesmoines.wixsite.com/the-sal-army-dm-arc</a></p> <p>Email: James_Porterfield@usc.salvationarmy.org</p>	<p>Long-term residential program for men:</p> <ul style="list-style-type: none"> <li>• 5-level recovery system requiring a minimum of six months to complete</li> <li>• Individual and Group Counseling with licensed counselors</li> <li>• Chemical Dependency Education</li> <li>• Relapse Prevention Classes</li> <li>• Alcoholics Anonymous</li> <li>• Narcotics Anonymous</li> </ul>	<p>This program does not have the ability to treat anyone who is a registered sex offender or convicted of arson.</p>

		<ul style="list-style-type: none"> <li>• In-House Step Studies</li> <li>• Anger Management</li> <li>• Job Training</li> <li>• Employment</li> </ul>	
MARSHALLTOWN  <b>Van Orman House</b>	1909 Summit St. Marshalltown, IA 50158 (641) 752-4157  <a href="https://vanormanhouse.wordpress.com/about/">https://vanormanhouse.wordpress.com/about/</a>	Not a reentry-specific program, but a supportive ministry for women in crisis. They provide: residency, parenting classes, financial planning, budgeting, job training, drug and addiction help, counseling	Women only
DES MOINES  <b>Voices to Be Heard</b>	Union Park Methodist Church 2305 E. 12th St. Des Moines, IA 50316 (515) 280-9027  Melissa Gradischnig-Nelson mel@cfpciowa.org	Support group for loved ones of persons in the corrections system	
MITCHELLVILLE  <b>Women at the Well UMC</b> (Mission Congregation)	420 Mill St. Mitchellville, IA 50169 (515) 313-6916  Email: womenatthewell@IAUMC.org <a href="http://www.womenatthewellumc.org/">http://www.womenatthewellumc.org/</a>  Brenda Hobson Reentry Coordinator wellreentry@iaumc.org	Faith-based reentry teams help with: <ul style="list-style-type: none"> <li>• mentorship</li> <li>• accountability</li> <li>• goal setting</li> <li>• faith formation</li> </ul>	Congregation inside Mitchellville, reentry teams
DES MOINES  <b>YMCA Supportive Housing</b>	2 SW 9th Street Des Moines, IA 50309 (515) 288-2424  Email: supportivehousing@dymymca.org	Transportation, laundry, library, computer lab, food/clothing,	Has to qualify under Low Income Housing Tax Credit restrictions, do a background check
DES MOINES  <b>Des Moines IowaWORKS Center</b>	200 Army Post Rd. Zip: 50315  Phone: 515-281-9619  Email:  Region11.Web@iwd.iowa.gov	IWD (IowaWORKS) provides a variety of help for finding employment. Also: The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.	
MARSHALLTOWN  <b>IowaWORKS Center</b>	3405 S. Center Zip: 50158  (641) 754-1400  Email:  Region6.Web@iwd.iowa.gov	IWD (IowaWORKS) provides a help with resumes, job applications and more.  The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.	

## North Central Iowa

STATEWIDE RESOURCES:

Gambling Anonymous: 1-800-BETS OFF  
 Narcotics Anonymous: 1-800-897-6242 or [www.iowa-na.org](http://www.iowa-na.org)  
[www.211.org](http://www.211.org) - list of area resources online

Name	Contact Information	Services	Notes
FT. DODGE and ROCKWELL CITY  <b>The Church of the            Damascus Road</b>  <b>*RECOMMENDED            FIRST STOP</b>	239 North 11th St. Fort Dodge, IA 50501 Office: (515) 955-3579 Cell: (515) 689-3100 Fax: (515) 955-3583  Contact: Paul Stone  PaulEStone@aol.com	Support: <ul style="list-style-type: none"> <li>• Team of 3-7 commits to a returning citizen for up to a year to assist with transition</li> </ul>	<ul style="list-style-type: none"> <li>• Write or call them before your release. They prefer to start while you are incarcerated.</li> </ul> Religious Affiliation: <ul style="list-style-type: none"> <li>• Western Iowa synod of the Evangelical Lutheran Church in America</li> </ul>
FT. DODGE  <b>Beacon of Hope            Shelter</b>  <b>*RECOMMENDED            FIRST STOP</b>	1021 1st Ave. N. Fort Dodge, IA 50501  Phone: 515-955-3366	Beacon of Hope provides a safe and secure emergency shelter to homeless adult men: offering shelter, clothing and food, for temporary assistance to create opportunities and programs in working towards self-sufficiency.	<ul style="list-style-type: none"> <li>• Christ-centered faith-based ministry</li> </ul>
FT. DODGE  <b>Community and            Family Resources</b>	726 S. 17th St. Fort Dodge, IA 50501  <a href="http://www.cfrhelps.org">http://www.cfrhelps.org</a>	Counseling & Therapy Substance abuse treatment: <ul style="list-style-type: none"> <li>• Inpatient</li> <li>• Outpatient</li> </ul>	
HUMBOLDT COUNTY  <b>North Central            AfterCare</b>	Facebook: <a href="http://www.facebook.com/pg/northcentralaftercare">http://www.facebook.com/pg/northcentralaftercare</a>  515-890-1601  Jim Sayers (515) 890-1101	Support: <ul style="list-style-type: none"> <li>• Housing/furnishings</li> <li>• Clothing/food</li> <li>• Transportation</li> <li>• Spiritual needs</li> <li>• Counseling</li> <li>• Social activities</li> <li>• Integration into the community</li> <li>• Probation requirements</li> <li>• Drug/alcohol rehab</li> <li>• Financial/legal</li> <li>• Education</li> <li>• Skill training</li> </ul>	Religious Association: Humboldt County Ministerial Association

<p>SPIRIT LAKE</p> <p><b>Discovery House</b></p>	<p>1411 Hill Ave. P.O. Box 163 Spirit Lake, IA 51360 (712) 336-5340</p> <p><a href="http://mydiscoveryhouse.com/index.php">http://mydiscoveryhouse.com/index.php</a></p>	<p>Transitional housing (up to 6 months) for:</p> <ul style="list-style-type: none"> <li>• Men and women who struggle with substance abuse</li> <li>• Parolees</li> <li>• Those experiencing homelessness</li> </ul>	<p>Christian affiliation</p>
<p>FT. DODGE</p> <p><b>UnityPoint Health: Berryhill Center</b></p>	<p>720 Kenyon Road Fort Dodge, IA 50501</p> <p>(515) 955-7171 (800) 482-8305</p> <p><a href="https://www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx">https://www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx</a></p> <p>Open: Mon-Fri; 8:00am-5:00pm</p>	<p>Not a reentry-specific program</p> <p>Outpatient services:</p> <ul style="list-style-type: none"> <li>• Mental health clinic</li> <li>• Outpatient counseling</li> <li>• Medication management</li> <li>• Primary care</li> <li>• Community-based services</li> </ul>	
<p>FT. DODGE</p> <p><b>Gateway to Discovery</b></p>	<p>PO Box 432 Fort Dodge, IA 50501 (515) 302-8162</p> <p><a href="https://hopesweethope.org">https://hopesweethope.org</a></p> <p>Angela Fisher: <a href="mailto:Angela@hopesweethope.org">Angela@hopesweethope.org</a></p>	<p>Two year residential program for women struggling with addiction and trauma.</p> <p>Provides:</p> <ul style="list-style-type: none"> <li>• Housing</li> <li>• Food</li> <li>• Therapy</li> <li>• Healthcare</li> <li>• Job training</li> <li>• Opportunities for education</li> </ul>	<p>Faith-based Women only</p>
<p>FT. DODGE</p> <p><b>Hope Sweet Hope</b> (Gateway to Discovery)</p>	<p>1900 5th Ave. South Fort Dodge, IA 50501 515-302-8016</p>	<ul style="list-style-type: none"> <li>• Help women earn a wage</li> <li>• Support for recovery</li> </ul>	<p>Women only</p>
<p>AMES and MORE</p> <p><b>AA</b></p>		<p>Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.</p>	<ul style="list-style-type: none"> <li>• Call # to find location of meetings in your area (even if not in Ames))</li> </ul>
<p>MASON CITY, ALGONA FOREST CITY, CHARLES CITY, HAMPTON</p> <p><b>Prairie Ridge Integrated</b></p>	<p>320 N. Eisenhower Ave. P.O. Box 1338 Mason City, IA 50402</p> <p>Toll free: 866-429-2391</p> <p><a href="http://www.prairieridge.net">www.prairieridge.net</a></p>	<ul style="list-style-type: none"> <li>• Mental health and substance abuse treatment.</li> <li>• Both residential and out-patient services.</li> <li>• Walk-in hours available.</li> </ul>	

<b>Behavioral Healthcare</b>			
MASON CITY  <b>Living Free</b>	P.O. Box 393 Mason City, IA 50402  641-423-6793	<ul style="list-style-type: none"> <li>• Residential facility</li> <li>• Connect with area resources</li> <li>• Faith-based</li> </ul>	Women only.
MASON CITY  <b>IowaWORKS Center</b>	600 S. Pierce Ave Zip: 50401  (641) 422-1524  Email:  Region2.Web@iwd.iowa.gov	IWD (IowaWORKS) provides a help with resumes, job applications and more.  The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.	
MASON CITY  <b>Kingdom Living</b>	763 S. 60th Ave E Newton, IA 50208  www.kingdomlivingia.com	Safe, structured, peaceful, happy sober living  Homes in Mason City and Des Moines	Not available if on SO registry  Faith-based
FT. DODGE  <b>IowaWORKS Center</b>	3 Triton Circle Zip: 50501  (515) 576-3131  Email:  Region5.Web@iwd.iowa.gov	IWD (IowaWORKS) provides a help with resumes, job applications and more.  The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.	

## Western Iowa

### STATEWIDE RESOURCES:

Gambling Anonymous: 1-800-BETS OFF  
 Narcotics Anonymous: 1-800-897-6242 or [www.iowa-na.org](http://www.iowa-na.org)  
[www.211.org](http://www.211.org) - list of area resources online

Name	Contact Information	Services	Notes
SIOUX CITY  <b>Community Action of Siouxland</b>  *RECOMMENDED FIRST STOP	MAIN OFFICE: 2700 Leech Ave Sioux City, IA 51106  712-274-1610 or 800-352-3725  SLOAN OFFICE: 2711 S. Helen Sioux City, IA 51106  712-274-9940	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Resource guide</li> <li>• Welcome Home Program to help with finding housing</li> </ul>	
OMAHA, NE  <b>Open Door Mission</b>  *RECOMMENDED FIRST STOP	2828 North 23rd Street East St. Omaha, NE 68110  (402)- 422-1111  <a href="http://www.opendoormission.org/">http://www.opendoormission.org/</a>  ODM@OpenDoorMission.org	<ul style="list-style-type: none"> <li>• Shelters</li> <li>• Day programs</li> <li>• Substance abuse treatment</li> <li>• Educational programs</li> <li>• Money management</li> <li>• Job training</li> <li>• Mental health counseling</li> <li>• Permanent supportive housing</li> <li>• Free GED/ESL classes</li> </ul>	Christian Affiliation
COUNCIL BLUFFS  <b>Hope Net</b>  *RECOMMENDED FIRST STOP	313 Storey St. Council Bluffs, IA 51503 420 - 321-1313  <a href="http://hopenetministries.org">hopenetministries.org</a> <a href="mailto:jstephenshopeaftercare@gmail.com">jstephenshopeaftercare@gmail.com</a>	<ul style="list-style-type: none"> <li>• Reentry services</li> </ul>	Women only
SIOUX CITY  <b>Dismas Charities</b>  *RECOMMENDED FIRST STOP	420 Chambers St Sioux City, IA 51101  712-252-6000/712-252-6995	<ul style="list-style-type: none"> <li>• Support for reentry</li> <li>• Employment and training assistance</li> <li>• Community involvement</li> </ul>	<ul style="list-style-type: none"> <li>• This is a faith-based organization</li> </ul>



<p>CASS, CRAWFORD, FREMONT, MILLS, HARRISON, MONONA, MONTGOMERY, PAGE, SHELBY &amp; POTTAWA- TTOMIE counties</p> <p><b>West Central Community Action</b></p> <p>*RECOMMENDE D FIRST STOP</p>	<p>1408 Highway 44 Harlan, Iowa</p> <p>Call (712) 755-5135</p>	<ul style="list-style-type: none"> <li>• Food pantry</li> <li>• Assist with connecting to area resources</li> </ul>	<ul style="list-style-type: none"> <li>• They have offices in most counties in South/Cent ral Western Iowa</li> <li>• Contact central office to find location in your county</li> </ul>
<p>OMAHA, NE</p> <p><b>Heartland Family Service</b></p>	<p>2101 South 42nd St. Omaha, NE 68105 (402) 553-3000</p> <p><a href="http://heartlandfamilyservice.org/info@HeartlandFamilyService.org">http://heartlandfamilyservice.org/ info@HeartlandFamilyService.org</a></p>	<ul style="list-style-type: none"> <li>• Substance abuse treatment</li> <li>• Financial counseling</li> <li>• Nutrition education</li> <li>• Day events</li> <li>• Juvenile delinquency</li> <li>• Mental health services</li> </ul>	
<p>SIOUX CITY</p> <p><b>Clare Guest House</b></p>	<p>1918 Douglas Street Sioux City, IA 51104 (712) 255-1916</p> <p><a href="http://clareguesthouse.org/">http://clareguesthouse.org/</a></p> <p>Sister Gwen Hennessey glhennessey@hotmail.com</p>	<p>Services for returning women:</p> <ul style="list-style-type: none"> <li>• 7 temporary housing beds</li> <li>• Support during transition</li> <li>• Mentoring</li> <li>• Assistance in finding housing and employment</li> </ul>	<p>For women only Institutional Affiliation:</p> <ul style="list-style-type: none"> <li>• Iowa Correctional Institution for Women</li> </ul> <p>Religious Affiliation:</p> <ul style="list-style-type: none"> <li>• Sisters of St. Francis Ministry</li> </ul>
<p>SIOUX CITY</p> <p><b>AA Siouxland</b></p>	<p>614 Cook St. 712-252-1333</p> <p>24 hour: 712-252-1333</p>	<p>Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.</p>	<ul style="list-style-type: none"> <li>• Call # to find location of meetings in your area (even if not in Sioux City)</li> </ul>
<p>OMAHA, NE</p> <p><b>Santa Monica House</b></p>	<p>130 N. 39th Street. Omaha NE 68130 (402) 558-7088</p> <p><a href="http://santamonicahouse.org/">http://santamonicahouse.org/</a></p>	<p>Services:</p> <ul style="list-style-type: none"> <li>• 12-step program</li> <li>• Therapy</li> <li>• Life skills</li> <li>• Substance abuse treatment</li> <li>• Behavioral therapy</li> <li>• Medical/psychiatric care</li> </ul>	<p>Women only Christian Affiliation</p>

		<ul style="list-style-type: none"> <li>• Relapse prevention</li> <li>• Educational programs</li> <li>• Transitional housing</li> </ul>	
<p>OMAHA, NE</p> <p><b>Siena/Francis House</b></p>	<p>1702 Nicholas St. Omaha NE, 68102 (402) 341-1821</p> <p><a href="http://www.sienafrancis.org/information@sienafrancis.org">http://www.sienafrancis.org/information@sienafrancis.org</a></p>	<ul style="list-style-type: none"> <li>• Homeless shelter</li> <li>• Substance abuse treatment</li> <li>• Healthcare clinic</li> <li>• Educational services</li> <li>• Supportive apartment living</li> </ul>	
<p>CRESTON, WINTERSET, OSCEOLA</p> <p><b>Crossroads Behavioral Health Services</b></p>	<p>Creston, Greenfield, Corning, Lamoni, Or Lenox, offices, (641)-782-8457 Creston office: 1003 Cottonwood Rd. Creston, IA 50801</p> <p>Winterset office: 102 W. Summit, Winterset, Iowa 50273, (515)-462-3105</p> <p>Osceola office: 405 E. McLane, Osceola, Iowa 50213, (641)-342-4888</p> <p><a href="http://crossroadscreston.com/">http://crossroadscreston.com/</a></p>	<ul style="list-style-type: none"> <li>• Group and Intensive Outpatient Treatment</li> <li>• Co-Occurring Disorders</li> <li>• Substance Abuse Groups</li> <li>• Community Support Groups</li> <li>• Evaluations</li> <li>• Pre-Screening</li> <li>• Marriage Counseling</li> <li>• Psychiatry/Medication Management</li> <li>• Psychological Testing</li> <li>• OWI Screening, parenting skills</li> </ul>	
<p>SIoux CITY, CHEROKEE, DENISON, HARLAN, LE MARS, ONAWA</p> <p><b>Jackson Recovery Centers</b></p>	<p>800 5th St. Sioux City, IA 51101 (712) 234-2300</p> <p><a href="https://www.jacksonrecovery.com/">https://www.jacksonrecovery.com/</a></p>	<p>Walk-in appointments, assessments, consultation</p> <ul style="list-style-type: none"> <li>• Women's Center and Sanctuary Apartments</li> <li>• Inpatient/outpatient</li> <li>• Substance abuse and mental health services</li> <li>• Adolescent resources</li> </ul>	
<p>COUNCIL BLUFFS</p> <p><b>Micah House</b></p>	<p>1415 Avenue J Council Bluffs, IA 51501 (712) 323-4416</p> <p><a href="http://www.themicahhouse.org/">http://www.themicahhouse.org/</a></p>	<p>Emergency shelter, credit issues, transitional housing, counseling, parenting skills, health services, computer access, financial classes, legal advice</p>	
<p>COUNCIL BLUFFS</p> <p><b>Oxford House Loess Hills</b></p>	<p>200 S. 1st St. Council Bluffs, IA 51503 (712) 256-1954</p> <p><a href="https://www.transitionalhousing.org/li/oxfordhouseloesshills">https://www.transitionalhousing.org/li/oxfordhouseloesshills</a></p>	<p>Transitional housing, 10 beds</p> <p>Rent is \$420/month, Women and children only, required to attend three support meetings per month</p>	

<p>COUNCIL BLUFFS</p> <p><b>Mohm's Place (Timothy House, Joshua House and David's House)</b></p> <p><b>*RECOMMENDED FIRST STOP</b></p>	<p>1435 N. 15 th St. Council Bluffs, IA 51501 (712) 322-7570</p> <p>www.mohmsplace.org</p>	<p>Men's shelter, 2-year transitional living program, long-term housing, support meetings, counseling staff</p>	<p>Faith-based program</p> <p>Must apply and be accepted in order to be part of the program</p>
<p>COUNCIL BLUFFS</p> <p><b>Church of Freedom</b></p>	<p>701 S. 4th St. Zip: 51503</p> <p>719-256-5558</p> <p>Pastor Bob and Pastor Chad</p>	<p>Housing option for re-entry.</p>	<p>Faith-based</p>
<p>SIOUX CITY</p> <p><b>Goodwill of the Great Plains</b></p>	<p>3100 W. 4th St. Sioux City, IA 51103 877-608-7775 712-258-4511</p>	<p>Our programs support individuals with disabilities, veterans, elderly, homeless, immigrants, those <b>exiting the justice system</b>, and many others.</p>	
<p>SPENCER</p> <p><b>IowaWORKS Center</b></p>	<p>217 W Fifth St. Zip: 51301</p> <p>(712) 262-1971</p> <p>Email:</p> <p>Region3and4.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	
<p>COUNCIL BLUFFS</p> <p><b>IowaWORKS Center</b></p>	<p>300 W Broadway Zip: 51503</p> <p>(712) 352-3480</p> <p>Email:</p> <p>Region13.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a help with resumes, job applications and more.</p> <p>The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	
<p>SIOUX CITY</p> <p><b>IowaWORKS Center</b></p>	<p>2508 4th St. Zip: 51101</p> <p>(712) 233-9030</p> <p>Email:</p> <p>Region12.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides a variety of help for finding employment.</p> <p>Also: The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.</p>	
<p>CRESTON</p>	<p>215 N Elm St Zip: 50801</p>	<p>IWD (IowaWORKS) provides a help with</p>	<p>IowaWORKS Center – Creston.</p>

<b>IowaWORKS Center</b>	(641) 782-2119  Email: <a href="mailto:Region14.Web@iwd.iowa.gov">Region14.Web@iwd.iowa.gov</a>	resumes, job applications and more.  The majority of the offices across the state also offer a workshop that prepares individuals who have criminal histories for employment.	
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