

Greater Des Moines Area Community Resources Book



Provided By



313 6th ST

West Des Moines, IA 50265

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Download additional copies @ www.destinychurchia.com

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HOTLINES

☐ **Primary Health Care Homeless Outreach (www.phcmc.net)**

1200 University Avenue, Suite 120 (515)248-1500

Monday – Friday 8 am – 4 pm

-provides outreach, information & referral, and case management services to assist individuals and families in obtaining housing and necessary services.

☐ **Red Cross (www.redcross.org/ia/desmoines)**

Just dial 211

Seven days a week – 24 hours

-provides referrals to human services providers in the area over the phone.

☐ **Iowa Sexual Abuse Hotline**

1-800-284-7821

-Free 24-hour support, information and referral for survivors of sexual assault.

☐ **Runaway Hotline**

1-800-621-4000

Seven days a week – 24 hours

-Hotline providing crisis intervention, information, and messaging for youth and their families.

-Can also provide a free bus ride home through Greyhound's Home Free Program

☐ **Iowa Concern Hotline**

1-800-447-1985

-Iowa Concern provides legal information over the phone at no cost.

☐ **Family Violence Center**

Location Confidential (515)243-6147

-7 days a week, 24 hours

-Offers safe shelter for victims of domestic violence and their children

-Services include individual and support groups, counseling, court advocacy, child advocacy, case management, outreach, emergency clothing, and

personal items **-NO COST**

FOOD – MEAL SITES

Zip code 50265

☐ **Eddie Davis Community Center**

1312 Maple Street (515)277-1103

www.eddiedaviscenter.org

-Lunch: 11:00 am – 1:00 pm Monday – Friday

Zip code 50309

☐ **Central Iowa Shelter & Services**

1420 Mulberry Street (515)284-5719

www.centraliowashelter.org

-Lunch: 11:30 am – 12:30 pm Monday thru Friday

☐ **Iowa Homeless Youth Centers**

701 Grand Avenue (515)883-2379

www.iowahomelessyouth.org

-Lunch: 12:00 pm Monday, Wednesday, Friday & Saturday
(Connection Café)

-Dinner: 4:30 pm Monday thru Friday (Community Kitchen)

Zip Code 50310

☐ **WIC (Women, Infant & Children)**

2300 Euclid Avenue, Suite D (515)282-5800

-Monday thru Friday: 8:00 am – 4:30 pm

-Provides women who are pregnant or parenting young children with nutrition education, and monthly assistance in purchasing supplemental foods

Zip Code 50311

☐ **Polk County Senior Center**

2008 Forest Avenue (515)286-3677

-Dinner: 4:30 pm Monday thru Friday

Zip code 50314

☐ **Des Moines Catholic Worker House – Bishop Dingman House**

1310 Seventh Street (515)243-0765

www.desmoinescatholicworker.org

-Food Pantry & Bread Giveaway: 12:00 pm – 7:00 pm Sun, Tues – Sat.

-Lunch: 12:00 pm – 2:00 pm Sun, Tues, Thurs-Sat.

-Dinner: 6:00 pm Sun, Tues, Thurs-Sat.

-Also Daytime Drop-In Hospitality (Bathroom, Shower, Phone & Toiletries)

☐ **Children & Family Urban Ministries**

www.cfum.org

1548 Eighth Street (515)282-3242

-Breakfast: 6:15 am – 8:00 am Monday thru Friday

-Dinner: 4:45 pm – 5:30 pm Monday thru Saturday

-Fall, Spring & Summer Breaks: Breakfast: 6:15 am – 8:05 am

☐ **Hope Ministries – Hope Café**

1310 Sixth Avenue (515)244-5445

www.hopeiowa.org

-Open every day; year-round free to men, women and children

-Breakfast: 7:00 am -Lunch: 12:00 pm -Dinner: 5:00 pm

-Sunday: Breakfast: 8:00 am, Lunch: 1:30 pm

☐ **Salvation Army**

1326 6th Avenue (515)282-3599

-Breakfast: 5:00 am – 7:30 am Tuesday and Friday

FOOD PANTRIES

Zip Code 50131

☐ **Johnston Food Pantry (Partnership Place)***

5870 NW Merle Hay Road, Suite D

-Serves Johnston School District geographic area

-Tuesday & Saturday: 10:00 am – 2:00 pm

-Closed Holidays & Holiday Weekend

Zip Code 50263

☐ **Waukee Area Christian Services Food Pantry**

1155 SE Boone Dr. (515) 987-5523

Waukee, IA 50263

Mondays 4-6 pm

Thursdays: 9-11 am

Zip Code 50265

☐ **Commerce Community Church Food Pantry**

4007 High Street, WDM (515)225-6651

-Monday thru Friday: 9:00 am – 4:30 pm

-Proof of Income

☐ **Eddie Davis Community Center**

1312 Maple Street (515)277-1103

www.eddiedaviscenter.org

-Lunch: 11:00 am – 1:00 pm Monday – Friday

☐ **West Des Moines Human Services ***

318 Fifth Street (515)222-3660

www.wdm-ia.com

-Monday, Tuesday, & Thursday: 9:00 am – 12:30 pm & 1:30 pm – 3:00 pm

-Wednesday & Friday: 9:00 am – 12:00 pm

Zip Code 50309

☐ **Iowa Homeless Youth Centers (Downtown Emergency Food Pantry)***

701 Grand Avenue (515)243-1381

-Monday, Wednesday & Friday: 10:00 am – 2 pm

Zip Code 50310

☐ **DM Area Religious Council**

3816 36th Street (515)277-6969

www.dmreligious.org

-Monday thru Friday (for Donations and Food Pantry Boundaries)

DMARC Food Pantry Sites (Must live within food pantry boundaries)

☐ **First Assembly of God**

2725 Merle Hay Road (515)327-0171

-Monday, Wednesday & Friday: 11:00 am – 12:00 pm

-Thursdays: 6:00 – 8:00 pm

☐ **First Federated Church**

4801 Franklin Avenue (515)255-2122

-Tuesday: 9:00 am – 11:00 am

☐ **Hickman Road Church of Christ**

5217 Hickman Road (515)282-3505

-By Appointment -Social Security Needed

☐ **Polk County Supplemental Food Program**

2309 Euclid Avenue (515)286-3655

☐ **Proteus, Inc.**

3115 Douglas Avenue (515)271-5306 ext. 122

www.proteusinc.net

-Monday thru Friday: 8:00 am – 5:00 pm

Zip Code 50311

☐ **Cross Ministries / Cottage Grove Food Pantry ***

1050 24th Street (515)279-8877

-Wednesday: 3:30 pm – 6:30 pm -Saturday: 9:00 am – 12:00 pm

☐ **Forest Avenue Community Services Site Office**

2011 Forest Avenue (515)248-6216

-Monday – Friday: 9:00 am – 12:00 pm & 1:00 pm – 3:00 pm

-Thursday: 1:00 pm – 3:00 pm

-Required Documentation: Proof of Residence & Photo ID for each family Member

☐ **Polk County Food Stamp Program**

1200 University Avenue (515)283-9238

-Monday thru Friday: 8:00 am – 4:30 pm

-Must come before 4:00 pm for application

Zip Code 50314

☐ **Community Services Site on 6th (Des Moines Community Action Agency)***

1618 6th Avenue (515)248-6241

-Monday, Wednesday & Friday: 11:00 am – 12:45 pm & 3:00 pm – 4:45 pm

-Tuesday & Thursday: 11:00 am – 12:45 pm & 3:00 pm – 6:45 pm

☐ **Friendship Baptist Church**

1526 Martin Luther King Parkway (515)244-1701

-Last Thursday of the Month: 4:30 pm – 5:30 pm

-Proof of Residence & Photo ID

☐ **St. Benedict Mission**

1224 MLK Jr. Parkway (515)244-2986

-Monday & Friday: 2:30 pm – 4:30 pm

☐ **Salvation Army Temple (West) ***

1330 Sixth Avenue (515)282-3422

-Monday: 9:30 am – 12:00 pm & 1:00 pm – 3:30 pm

-Tuesday & Friday: 9:00 am – 12:00 pm & 1:00 pm – 3:30 pm

Zip Code 50315

☐ **Bidwell-Riverside Center ***

1203 Hartford (515)244-6251 ext. 213

-Monday-Wednesday & Friday 10:00 am – 12:00 pm and 1:00 pm – 3:00 pm

-Thursday: 1:00 pm – 7:00 pm

Zip Code 50316

☐ **Christ Apostolic Temple**

1235 Sampson (515)265-2417

-Tuesday and Thursday: 10:00 am – 2:00 pm

☐ **Christian Life Assembly**

2200 Rittenhouse, Suite 190 (515)953-0322

-Monday thru Friday: 8:30 am – 5:00 pm

☐ **St. Mary's Family Center ***

1815 Hubbell Avenue (515)262-7290

-Monday thru Friday: 10:00 am – 3:30 pm

Zip Code 50317

☐ **Lee Town Assembly of God Church**

2720 State (515)265-3784

-Monday thru Friday: 8:00 am – 5:00 pm

-Thursday Walk-Ins: 8:00 am – 4:00 pm

-Proof of Residence

Zip Code 50322

☐ **Urbandale Food Pantry**

7611 Douglas Avenue, Ste 34/35, Urbandale (515)251-6688

-Monday, Wednesday & Thursday: 10:00 am – 2:00 pm

-Monday: 5:30 pm – 7:30 pm

EMERGENCY SHELTER

Zip code 50309

☐ **Central Iowa Shelter & Services**

1420 Mulberry Street (515)284-5719

www.centraliowashelter.org

-Men and Women Only

-7 days a week: 4:00 pm – 8:00 am Daily

-Provides shelter for men and women ages 18 and over.-Provides meals, laundry, transportation and health clinic

Zip Code 50310

☐ **Des Moines Area Interfaith Hospitality Network (Families)**

4114 Allison Avenue (515)277-7051

www.dmihn.org

-Day Center Open: Sunday thru Friday: 7:00 am – 5:00 pm

& Saturday: 10:00 am – 5:00 pm

-Provides shelter, meals, and case management to homeless families with minor children

☐ **Freedom for Youth Ministries (Youth)**

2301 Hickman Road (515)282-4822

-Monday thru Friday (by phone): 9:00 am – 5:00 pm

-Program: Tuesday & Thursday: 3:00 pm – 7:00 pm

Saturdays: 12:00 pm - 4:00 pm

-Training programs, meals, and recreation for at risk youth ages 13 to 17

-No overnight stays allowed **-NO COST**

☐ **Polk County General Assistance (Families)**

2309 Euclid Avenue (515)286-2088

-Monday thru Friday: 8:00 am – 4:30 pm

-Can offer emergency assistance to families in need of shelter or housing

-Workers stop interviewing at 3:45 pm.

Zip Code 50312

☐ **New Directions Shelter (Women and Children Only)**

3001 Grand Avenue (515)243-7456

-7 days a week, 24 hours

-Provides shelter, food and services for women with children only

-30 Day maximum stay. Does not accept families in a domestic violence situation. **-NO COST**

Zip Code 50314

☐ **Hope Ministries Bethel Mission (Men Only)**

1310 Sixth Avenue (515)244-5445

www.hopeiowa.org

-7 days a week, 24 hours:

-Phones answered 24 hours a day

-108 Bed Emergency Shelter providing three meals a day, clothing, shelter, laundry, health clinic, counseling, case management, street outreach and support services for men ages 18 and older

☐ **Harbor of Hope Mission (Men Only)**

1617 Oakland Street (515)244-0370

-7 days a week, 24 hours

-Provides shelter to adult men who are non-violent and alcohol/drug free

-COST: First Night: No Cost

☐ **St. Joseph Emergency Family Shelter (Families)**

1535 11th Street (515)282-1235

-7 days a week, 24 hours

-Provides emergency shelter, 3 meals, laundry and case management to homeless families with minor children.

-There is a maximum stay of 30 days-**NO COST**

Zip 50316

☐ **Iowa Homeless Youth Centers (Youth)**

1219 Buchanan Street (515)265-1222

-7 days a week, 24 hours

-Provides shelter, food, case management, street outreach and health care for males and females ages 16-21 at the Buchanan Center.

-Provides transitional housing for parenting or pregnant women ages 16 to 25 at the Lighthouse Host Home. **-NO COST**

TEMPORARY HOUSING

Zip 50265

☐ **Four Oaks Family Living Center (Families)**

2150 Vine Street #1211 (515)261-3719

-Monday thru Friday: 8:00 am – 5:00 pm

-Offers 10 transitional housing apartment units for families with minor children

☐ **West Des Moines Human Services (Families)**

318 5th Street (515)222-3660

-Monday thru Friday: 8:00 am – 4:00 pm

-Transitional housing program for families **-COST:** Based on income

Zip 50309

☐ **Beacon of Life (Women Only)**

1717 Woodland Avenue (515)244-4713 ext. 13

-Provides transitional housing, meals and support services to women ages 18 and over.

-Must obey rules, curfew, no drugs and must look for work

☐ **YMCA Central IA Supportive Housing**

2 SW 9th Street (515)288-2424

-Monday thru Thursday: 7:00 am – 7:00 pm

-Friday: 7:00 am – 12:00 pm

-Transitional housing for men ages 18 and over -**COST:** Based on 30% of income

Zip 50312

☐ **Home Connection**

3001 Grand Avenue (515)244-9748

www.thehomeconnection.org

-Monday thru Friday: 8:00 am – 5:00 pm

-Provides housing to homeless families with minor children for periods up to two years. Helps families obtain resources and permanent living situations.

-**COST:** Varies

Zip 50313

☐ **Promise House (Freedom for Youth)**

3100 6th Avenue (515)282-4822

www.freedomforyouth.org

-Transitional Housing for young men 18-22 years

Zip 50314

☐ **Annie's House (Women Only)**

1136 Martin Luther King (515)243-1903

-7 days a week, 24 hours

-Offers transitional housing for women only. Mostly ex-offenders

-**COST:** \$75.00 per week

☐ **House of Mercy (Families)**

1409 Clark Street (515)643-6500

www.houseofmercydesmoines.org

-7 days a week, 24 hours

-Provides transitional housing and support for women and women with children. Programs are available for homeless women with substance abuse issues. Counseling, medical care, employment preparation and child care are all available to residents.

☐ **Lighthouse Host Home (Youth)**

1216 Martin Luther King (515)288-7884

-Monday thru Friday: 8:00 am – 5:00 pm

-Provides housing for 6 homeless pregnant or parenting young women (ages 16 to 25) and their children for up to 2 years. Support services include

employment skills, education, parenting skills, and case management. -**NO COST**

Zip 50315

☐ **Hope Ministries Door of Faith (Men Only)**

6701 SW 9th Street (515)974-0545

www.hopeiowa.org

-Phone answered 24 hours a day

-A 102 bed long-term recovery center for homeless and displaced men. Two programs offered – Men’s Residence and the STAR program. Continuum of Care offering life-skills, recovery and spiritual growth classes, 3 meals a day, free clothing, laundry, case management, dental & eye care, transitional housing and support services for men ages 18 and over.

Zip 50316

☐ **Buchanan Transitional Living Center (Youth)**

1219 Buchanan Street (515)265-1222

-7 days a week, 24 hours

-Transitional housing program for youth ages 16 to 21. Offer supportive services to assist youth in employment, health and moving into permanent housing. **-NO COST**

RENTAL HOUSING

Zip 50309

☐ **Anawim Housing**

921 6th Avenue, Suite B (515)244-8308

www.anawimhousing.org

-Monday thru Friday: 8:30 am – 5:00 pm

-Offers a rental program for individuals and families.

-Also offers a shelter plus care program that serves homeless individuals/families with disabilities (including mental illness, substance abuse or HIV/AIDS).

-Supportive services are available to help residents obtain resources and meet long term housing needs. **-COST:** Varies based on income

Zip 50111

☐ **Central Iowa Regional Housing Authority (Serves Boone, Dallas, Jasper, Madison, Marion and Story Counties)**

1201 Gateway Drive (515)986-1882

www.cirhahome.org

-Monday thru Friday: 8:00 am – 4:30 pm

-Assists qualified low income families with rental assistance through public housing program and the housing choice voucher program.

-COST: Based on income. The family/individual pays between 30 & 40 percent of their monthly income toward rent.

Zip 50314

☐ **Oakridge Neighborhood**

1236 Oakridge Drive (515)244-7702

-Monday thru Friday: 8:30 am – 5:00 pm

-Provides subsidized housing for families

-Support services are available to help residents obtain services, find employment and education

-COSTS: Based on income

HEALTH CARE

Zip 50263

☐ **Waukee Area Christian Services Free Clinic**

1155 SE Boone Dr. (515) 987-5523

Waukee, IA 50263

Mondays 5:30pm-7pm

Zip 50265

☐ **Mae E Davis Medical Center**

131 9th Street, West Des Moines (515)284-8808

-Tuesday: 7:00 pm – 9:00 pm

-Walk in or call **-NO COST**

Zip 50309

☐ **Corinthian Church Medical Clinic**

814 School Street (515)243-4073

-3rd Tuesday of the Month: 4:00 pm – 6:00 pm -Walk In **-NO COST**

☐ **La Clinica de la Esperanza**

828 Scott Avenue (515)244-6162

☐ **Central Iowa Shelter & Services**

1420 Mulberry Street

-Wednesday: 4:00 pm – 8:00 pm

Zip 50310

☐ **First Assembly of God**

2725 Merle Hay Road (515)279-9766

-Thursday: 6:00 pm – 8:00 pm

-Must be checked in by 7:30 pm

-Free Medical Clinic

Zip 50313

☐ **Heart and Hands Health Center**

321 Euclid Avenue (515)243-6408

-Monday thru Friday: 9:00 am – 6:00 pm

-Call for appointment -**COST**: Varies

-Monday: 6:00 pm – 8:00 pm -Tuesday: 1:00 pm – 5:00 pm

-Thursday: 8:00 am – 12:00 pm

-Walk in or call -Donations Accepted

Zip 50314

☐ **Broadlawns Family Health Care**

1801 Hickman Road (515)282-2334

-Monday thru Friday: 8:00 am – 5:00 pm

-Call for appointment -**COST**: Varies

☐ **Polk County Health Department**

1907 Carpenter Street (515)286-3798

-Monday, Wednesday, Thursday & Friday: 8:00 am – 5:00 pm

-Tuesday: 8:00 am – 7:00 pm -Call for an appointment -**COST**: Varies

☐ **House of Mercy Medical Clinic**

1409 Clark Street (515)643-6525

-Monday thru Friday: 9:00 am – 11:45 am & 12:30 pm – 4:30 pm

-Call for an appointment -**NO COST -CO-PAY for medications**

The Outreach Project:

1200 University Avenue, Suite 120

(515)248-1500

☐ **Primary Health Care continued**

Community Access Pharmacy:

1200 University Avenue

(515)262-0854

*Monday – Friday: 8:00 am – 5:00 pm

☐ **Hope Ministries Bethel Mission Facility**

1310 6th Avenue

-Thursday: 1:00 pm – 4:00 pm

MENTAL HEALTH/ SUBSTANCE ABUSE

Zip 50309

☐ **Eyerly-Ball Community Mental Health Center**

1301 Center Street (515)243-5181

-Individual, Group, Couple & Family Therapy

-17 & Older residing in Polk & Warren Counties

-COST: Fee for Service Program

Zip 50310

☐ **United Community Services (515)280-3860**

Zip 50314

☐ **Broadlawns Medical Center** Mental Health Services (515)282-2200

☐ **Assessment** –EFR -Substance Abuse (515)243-4200

☐ **Broadlawns Medical Center**-Substance Abuse Services (515)282-2200

☐ **Primary Health Care** (515)248-1500 -Substance abuse services for persons experiencing homelessness

Zip 50316

☐ **Powell** -Inpatient substance abuse services (515)263-2424

FINANCIAL ASSISTANCE

Zip 50265

☐ **West Des Moines Human Services**

318 5th Street (515)222-3660

-Mon- Thurs: 8:00 am – 3:00 pm

-Wed 8am-12pm -Provides emergency financial services

Zip 50309

☐ **Veterans Affairs**

120 2nd Avenue, Room 236 (515)286-3670

-Monday thru Friday: 8:00 am – 4:00 pm

-Provides temporary assistance for basic services (including rent and utility assistance)

-Must have served in Military during wartime

****FOR RENT AND UTILITY ASSISTANCE, FIRST APPLY FOR ASSISTANCE THROUGH GENERAL ASSISTANCE OR VETERANS AFFAIRS**

Zip 50310

☐ **Polk County General Assistance (General Relief)**

2309 Euclid Avenue (515)286-2088

-Monday thru Friday: 8:30 am – 4:30 pm

-Provides temporary financial assistance for basic services such as rent and utility assistance

☐ **Proteus, Inc.**

3850 Merle Hay Road (515)271-5303 & 1-800-372-6031

-Tuesday 8am-4:30pm

-Assists with emergency financial assistance to mainly non-English speaking individuals/families. Can assist English speaking individuals/families in emergency situations

Zip 50311

☐ **Cross Ministries**

1050 24th Street (515)279-9998

-call for hours

-Can assist with rent, deposit, utility bills, vouchers for laundry and storage

-Personal hygiene pantry for toilet paper, shampoo, diapers, soap, etc.

Zip 50314

☐ **Creative Vision Human Development Institute**

1343 13th Street (515)244-4003

-Tuesday 9am-8pm

-Can provide financial assistance for rent or utility bills

-Must go through General Assistance first

☐ **St. Benedict Mission**

1224 Martin Luther King (515)244-2986

-Wednesday: 2:30 pm – 4:30 pm

-Provides rent and utility assistance. Does not help with rental deposit

☐ **Salvation Army**

1326 6th Avenue (515)282-3422

-Monday thru Friday: 9:00 am – 12:00 am & 1:00 pm – 4:00 pm

-Hours vary for financial assistance. Call first.

-Provides temporary financial assistance with rent and utility bills

COMMUNITY CENTERS

***The following 4 providing Energy Assistance, Weatherization, Housing Rehabilitation Programs, and Payment Planning Specialists:**

Zip 50309

☐ **City of Des Moines Community Development**

602 Robert D. Ray Drive (515)283-4180

-Monday thru Friday: 8:00 am – 4:30 pm

-Administration office for the city's community site offices

-Does not provide direct services to individuals

Zip 50310

☐ **Polk County Crisis and Advocacy Services**

2309 Euclid Avenue (515)286-3600

-Monday thru Friday: 8:00 am – 4:30 pm

-Phone answered 7 days a week, 24 hours

-Provides victim assistance to victims of sexual assaults

-Also assists families of homicide and suicide victims

☐ **WIC (Women, Infant & Children)**

2300 Euclid Avenue, Suite D (515)282-5800

- Monday thru Friday: 8:00 am – 4:30 pm
- Provides women who are pregnant or parenting young children with nutrition education, and monthly assistance in purchasing supplemental foods

Zip 50311

☐ **Forest Avenue Community Services Site Office**

2011 Forest Avenue (515)248-6216

- Monday thru Friday: 8:00 am – 5:00 pm

Zip 50314

☐ **Urban Dreams**

1410 6th Avenue (515)288-4742

- Monday thru Friday: 9:00 am – 11:00 pm
- Saturday: 9:00 am – 2:00 pm
- Offers assistance and support for ex-offenders and their families
- Also has programs to address high risk youth and young adults, provide outpatient substance abuse, and offers parent education

GENERAL SERVICES

Zip 50265

☐ **Family Directions of Iowa Services**

1211 Vine Street #2140, West Des Moines (515)255-9490

- Monday thru Friday: 9:00 am – 5:00 pm

Parents Anonymous

*Community Family Support Programs

-The Parenting Way *Ten Week Parent Education Classes

-Parents as Teachers *In-Home Parent Education Children 0-5

-Teens & Teen Parent Programs -Reentry & Recovery Programs

☐ **West Des Moines Human Service**

318 5th Street, West Des Moines (515)222-3660

- Monday thru Friday: 8:00 am – 4:00 pm
- Transportation for West Des Moines Residents

Zip 50309

☐ **Des Moines Regional Transit Authority (DART)**

1100 Dart Way (515)283-8100

- Office Hours:** Monday thru Friday: 8:00 am – 5:00 pm
- Bus Service:** Hours vary by route – runs 7 days a week

-Phones Answered: Monday thru Friday: 6:00 am – 7:00 pm

Saturdays: 7:00 am – 5:00 pm

Sundays: 8:00 am – 4:00 pm

-Provides public transportation services to residents of the Greater Des Moines Area.

-OTT (Opportunities Through Transit): Discounted bus pass for low-income households

-Paratransit – provides transportation for disabled/elderly persons

-Senior and Disabled Reduced Fare ID Cards available

☐ **Hispanic Educational Resources, Inc.**

828 Scott Avenue (515)282-6542

-Monday thru Friday: 6:30 am – 5:30 pm

-Offers services specifically to the Hispanic/Latino community

-Services include ESL, Children’s Center and case management

☐ **PEER Advocacy Program**

1914 Carpenter Street (515)286-2112

-Monday thru Friday: 8:00 am – 5:00 pm

-Connections Senior Citizens to available resources in the community

-Provides advocacy, meals, transportation and some assistance filling out forms for seniors

Zip 50310

☐ **Iowa Department of Human Services – Polk County**

2309 Euclid Avenue (515)283-9238

-Monday thru Friday: 8:00 am – 4:30 pm

-Administers entitlement programs, including FIP, Food Stamps, day care assistance, child and dependent adult abuse reporting, caretaker waiver programs, and Medicaid

Zip 50312

☐ **American Red Cross (Central Iowa Chapter)**

2116 Grand Avenue (515)243-7681

-Monday thru Friday: 8:00 am – 5:00 pm

-Phone answered 7 days a week, 24 hours

-Provides emergency assistance for victims of fires or natural disasters.

-Financial Assistance, food, shelter and clothing available for these individual Families

ADVOCACY

Zip 50309

☐ **Central Iowa Center for Independent Living**

655 Walnut Street (515)243-1742

-Monday thru Friday: 8:00 am – 4:30 pm

-Offers information and referral, counseling, and advocacy for persons with disabilities

Zip 50311

☐ **Citizens for Community Improvement**

2005 Forest Avenue (515)255-0800

-Monday thru Friday: 9:00 am – 5:00 pm

-Provides counseling for home buyers, credit counseling, and budgeting

-Money Management Counseling

-Homeownership Classes

-Money Management Classes

Zip 50312

☐ **Iowa Coalition Against Domestic Violence**

515 28th Street, Suite 104 (515)244-8028

-Provides support services for victims of domestic violence, including education

☐ **MUNA**

515 28th Street, Suite 109 (515)244-2117

Crisis Line: (866)256-7668

-Monday thru Friday: 8:00 am – 5:00 pm

-Advocates for Hispanic/Latina women

-Provides personal and legal advocacy, counseling, and a 24-hour crisis line

Zip 50314

☐ **Home, Inc.**

1111 9th Street, Suite 210 (515)243-1277

-Monday thru Friday: 8:00 am – 12:00 pm & 1:00 pm – 4:00 pm

-Provides information, referral and counseling for persons dealing with housing issues including landlord/tenant issues, terminations and evictions, and home purchase

LEGAL

Zip 50302

☐ **United States Citizenship & Immigration Services**

210 Walnut Street, Room 369 Federal Bldg. (515)323-2050

-Monday thru Friday: 8:00 am – 4:00 pm

-Provides information regarding aliens, naturalization, work authorization permits, Visa petitions and immigrant status

Zip 50309

☐ **Youth Law Center**

300 Walnut Street #295 (800)728-1172

www.youthlawcenter.org

-Monday thru Friday: 8:00 am – 4:30 pm

-Provides free juvenile court representation to Polk County youth and free legal advice to youth across the State of Iowa

Zip 50311

☐ **Drake Law School Legal Clinic (Neal & Bea Smith Law Center)**

2400 University Avenue (515)271-3851

-Monday thru Friday: 8:00 am – 4:30 pm

-Provides legal assistance in Elderly Law, Civil Law, Children's Rights, and Criminal Law at a low cost

Zip 50314

☐ **Iowa Legal Aid**

1111 9th Street, Suite 230 (800)532-1275

-Offices are open to the public Monday – Friday 8:30 am - 4:30 pm

-Applications for assistance are taken:

* Monday thru Friday: 9:00 am – 11:00 am

* Monday, Tuesday, Wednesday and Friday: 1:30 pm – 3:30 pm

-Emergency applications are taken anytime during regular office hours

Iowa Legal Aid provides free legal assistance with civil legal problems for clients who meet income and asset guidelines, based on the size of their household. Some Iowans in need of assistance, including those who are 60 and older, may be exempt from financial guidelines. The help provided ranges from counsel and advice to representation before various agencies and courts. The types of cases handled include obtaining protective orders for victims of domestic violence and assisting with other family law issues, assisting with eviction actions and public housing issues, securing income support such as disability or unemployment benefits, food stamps and Medicaid/Medicare, and protecting clients with consumer issues

CLOTHING VOUCHERS

Zip 50265

☐ **Veterans Affairs**

120 2nd Avenue #236 (515)286-3670

-Monday thru Friday: 8:00 am – 4:00 pm

-Clothing vouchers are offered for eligible Veterans

Zip 50309

☐ **Capitol Hill Lutheran Church**

511 Des Moines Street (515)244-8913

-Wednesday: 3:00 pm – 5:00 pm

-Saturday: 9:30 am – 11:30 am

-Must live in Altoona and/or the Southeast Polk School District

Zip 50310

☐ **Agape Pregnancy Center**

2550 Martin Luther King (515)255-0243

-Monday thru Friday: 8:30 am – 4:30 pm

-Must call first for assistance with clothing

☐ **Polk County General Assistance**

2309 Euclid Avenue (515)286-2088

-Monday thru Friday: 8:00 am – 4:30 pm

-Provides clothing vouchers for qualifying low-income persons

☐ **First Federated Church**

4801 Franklin Avenue (515)255-2122 ext. 122

-Wednesday: 12:30 pm – 2:00 pm

Zip 50311

☐ **Amazing Grace Ministries & Outreach**

1409 23rd Street (515)277-9062

-Saturday: 11:00 am – 12:30 pm

-Serves anyone in need, including undocumented individuals

Zip 50312

☐ **American Red Cross Central Iowa Chapter**

2116 Grand Avenue (515)243-7681

-Monday thru Thursday: 8:00 am – 4:30 pm

-Friday: 8:00 am – 3:00 pm

-Provides clothing vouchers to those affected by fires or natural disasters

Zip 50313

☐ **Highland Park Christian Church**

4260 NW 6th Drive (515)244-3182

-Monday & Friday: 9:30 am – 11:30 am

-Call to confirm hours as they may vary

Zip 50314

☐ **Friendship Baptist Center**

1526 Martin Luther King (515)244-1701

-Tuesday thru Thursday: 9:30 am – 12:00 pm

-Open to anyone living in the area

Zip 50315

☐ **School Clothing Programs (Des Moines Public Schools)**

1001 Amos Avenue #450 (515)242-7890

-Monday thru Friday: 8:00 am – 4:00 pm

-Offers a \$50 clothing voucher per child to lower income families with children in the Des Moines Public School system

-Must speak with school social worker or counselor to apply

☐ **Veterans Affairs**

120 2nd Avenue #236 (515)286-3670

-Monday thru Friday: 8:00 am – 4:00 pm

-Clothing vouchers are offered for eligible Veterans

THRIFT STORES

Zip 50263

☐ **Goodwill Industries**

170 SE Laurel St (515) 987-1131
Waukee, IA 50263
Mon - Fri 10:00 am - 7:00 pm
Sat 9:00 am - 5:00 pm

Zip 50265

☐ **Found Treasures**

132 5th St (515) 277-6828
West Des Moines, IA 50265
Sun-Mon 1pm-5pm
Tus-Sat 10am-5pm

Zip 50266

☐ **Goodwill Industries**

1600 Valley West DR, WDM (515)225-1908
-Monday - Friday: 9:00 am – 9:00 pm
-Saturday: 9:00 am – 6:00 pm
-Sunday: 12:00 pm – 5:00 pm

☐ **Goodwill Industries**

6630 Mills Civic Pkwy
-Monday - Friday: 9:00 am – 9:00 pm
Saturday: 9:00 am – 6:00 pm
-Sunday: 12:00 pm – 5:00 pm

Zip 50310

☐ **Goodwill Industries**

4520 NW Urbandale Avenue (515)270-6631
-Monday - Friday: 9:00 am – 9:00 pm
Saturday: 9:00 am – 6:00 pm
-Sunday: 12:00 pm – 5:00 pm

Zip 50316

Not New Shop

1140 Pennsylvania Ave. (515)266-7610

Des Moines, IA 50316

Mon-Sat 10:00am-3:00pm

Thu 10:00am-6:00pm

Zip 50322

ENCORE Thrift Store

4640 Merle Hay Rd. (515)262-0876

Urbandale, IA 50322

Mon-Fri 10:00am-6:00pm

Sat 9:00am-5:00pm

HCI Giving Tree

3330 100th St. (515)270-2414

Urbandale, IA 50322

Mon-Thurs 10am- 5:30pm

Fri-Sat 10am-4pm