

**DMACC Area Resource Guide**

**Counseling Referral Resource**



Community Resource Guide  
Developed by  
DMACC Counselors for  
Student Success

**DMACC**  
DES MOINES AREA  
COMMUNITY COLLEGE  
**Life's Calling**

Des Moines Area Community College Counseling Staff developed the following resource guide. This resource was developed to provide our students with contact information for various agencies in the Des Moines area. Phone numbers are provided in order for you to access these agencies and determine if the resource provides the assistance you desire. Please feel free to contact any of the DMACC counselors should you need additional guidance. The last page of the resource guide is a Financial Planner Worksheet to use at your convenience. This document can assist you to view your income and liabilities and allow a better understanding of where you stand financially.

Thank you!

**Ankeny Campus Counselors**

Sheila Aukes  
515-964-6294  
[sraukes@dmacc.edu](mailto:sraukes@dmacc.edu)  
Building One

Mindy Graham-Hinners  
515-964-6268  
[mkgrahamhinners@dmacc.edu](mailto:mkgrahamhinners@dmacc.edu)  
Building One

Mary M. McClure  
515-964-6436  
[mmmcclure@dmacc.edu](mailto:mmmcclure@dmacc.edu)  
Building 24-209A

Landi A. Smith  
515-964-6442  
[lasmith19@dmacc.edu](mailto:lasmith19@dmacc.edu)  
Building One

Thomas Tweedy  
515-964-6846  
[tntweedy@dmacc.edu](mailto:tntweedy@dmacc.edu)  
Building One

Michelle Vaccaro  
515-965-7153  
[mmvaccaro@dmacc.edu](mailto:mmvaccaro@dmacc.edu)  
Building One

**Boone Campus Counselor**

Rita Davenport  
515-433-5030  
[rldavenport@dmacc.edu](mailto:rldavenport@dmacc.edu)

**Carroll Campus Counselor**

Jen Wollesen  
712-792-8501  
[jswollesen@dmacc.edu](mailto:jswollesen@dmacc.edu)

**Urban Campus Counselors**

Dale Chell  
515-697-7727  
[dchell@dmacc.edu](mailto:dchell@dmacc.edu)

Pamela Parker  
515-697-7791  
[pjparker@dmacc.edu](mailto:pjparker@dmacc.edu)

<b>DMACC Area Resource Guide</b>	Child Care	Clothing	Financial	Food Assist.	Housing Asst.	Hot Line	Legal	Medical	Mental Health	Shelters	Substance Abuse/Addiction	Parent & Family Resources
<b>AGAPE Pregnancy Center</b> 2550 Martin Luther King Jr. Pkwy., Des Moines, IA #515-255-0243 <a href="http://www.agapepregnancycenter.com">www.agapepregnancycenter.com</a>		√						√				√
<b>Alcoholics Anonymous</b> 1620 Pleasant St., Des Moines, IA #515-282-8550 <a href="http://www.aa.org">www.aa.org</a>											√	
<b>Anawim Housing</b> 2024 Forest Ave., Suite 101, Des Moines, IA #515-244-8308 <a href="http://www.anawimhousing.org">www.anawimhousing.org</a> <b>Requirements:</b> Eff. \$12,000/yr, 1BR \$16,000/yr, 2BR \$19,000/yr; Full-time students must have an income, Work Study accepted					√							√
<b>Ankeny Food Pantry</b> <i>Other: Women's resource</i> 406 SW School St, Suite 201, Ankeny, IA #515-965-0433 <a href="http://iowacommunityaction.org">http://iowacommunityaction.org</a>				√						√		√
<b>The Ankeny Clothing Exchange (TAKE)</b> 406 SW School St, Suite 310, Ankeny, IA <b>Hours:</b> Mo-Fr 9:30-11:30am; 2 <sup>nd</sup> Sa of month 9:30-11:30am		√										√
<b>Ankeny Substance Abuse Project</b> 406 SW School St., Suite 219 Ankeny, IA #515-964-4357 <a href="http://www.ankenyasap.org">www.ankenyasap.org</a>								√			√	
<b>Beacon of Life</b> <i>(Women only)</i> 1717 Woodland Ave., Des Moines, IA #515-244-4713 <a href="http://www.beaconoflifedm.org">www.beaconoflifedm.org</a>			√	√	√			√		√	√	
<b>Bernie Lorenz Recovery Inc.</b> <i>(Women only)</i> 4018 Kingman Blvd., Des Moines, IA #515-255-3373 <a href="http://www.bernielorenzrecovery.org">www.bernielorenzrecovery.org</a>								√	√	√	√	
<b>Bethel Mission</b> <i>(Men only)</i> 1310 6 <sup>th</sup> Ave., Des Moines, IA #515-244-5445 <a href="http://www.hopeiowa.org">www.hopeiowa.org</a>		√		√				√	√	√	√	
<b>Bidwell Riverside Center</b> 1203 SE Hartford, Des Moines, IA #515-244-6251 <a href="http://www.bidwellriverside.org">www.bidwellriverside.org</a>	√	√	√	√						√		√
<b>Big Brothers/Big Sisters of DSM</b> 9051 Swanson Blvd, Clive, IA # 515-288-9025 <a href="http://www.bbbsia.org">www.bbbsia.org</a>	√											√
<b>Birthright</b> 5806 Hickman Rd, Des Moines, IA #515-633-2133 <a href="http://www.birthright.org">www.birthright.org</a> Hotline: 1-800-550-4900	√	√		√	√	√	√	√		√		√
<b>Boys and Girls Club – DSM</b> 1031 Office park Rd, Suite 1, West DSM, IA # 515-262-5695 <a href="http://www.bgcci.org">www.bgcci.org</a> <b>Clubs:</b> Education/Career Dev, Health/Life Skills, Sports/Fitness/Recreation. <b>Other:</b> After school club for children ages 5-18; no child turned away												√
<b>Broadlawns Medical Center</b> 1801 Hickman Rd, Des Moines, IA Outpatient #515-282-2200 <a href="http://www.broadlawns.org">www.broadlawns.org</a> Crisis (hotline): #515-282-5752		√	√			√		√	√		√	√

<b>DMACC Area Resource Guide</b>	Child Care	Clothing	Financial	Food Assist.	Housing Asst.	Hot Line	Legal	Medical	Mental Health	Shelters	Substance Abuse/Addiction	Parent & Family Resources
<b>Buchanan Transitional Living Center</b> 1219 Buchanan , Des Moines, IA #515-265-1222 <a href="http://www.yss.ames.ia.us">www.yss.ames.ia.us</a> Family Development & Self Sufficiency (FaDSS)	√		√	√	√		√	√	√	√	√	√
<b>Bureau of Refugee Services</b> 2309 Euclid Ave, Des Moines, IA #515-725-2600 <a href="http://www.dhs.state.ia.us/refugee-services">www.dhs.state.ia.us/refugee-services</a>	√		√	√	√		√	√	√			√
<b>Capitol Hill Lutheran</b> 511 Des Moines St, Des Moines, IA #515-244-8913 <a href="http://www.chlcdesmoines.org">www.chlcdesmoines.org</a>		√										√
<b>Catholic Charities Outreach Center</b> 1815 Hubbell Ave., Des Moines, IA #515-262-7290 <a href="http://www.dmdiocese.org/st-mary-family-center.cfm">www.dmdiocese.org/st-mary-family-center.cfm</a>		√	√		√							
<b>Center for Behavioral Health</b> 1200 University Ave, Suite 106, Des Moines, IA #515-244-9500 <a href="http://www.centerforbehavioralhealth.com">www.centerforbehavioralhealth.com</a>									√		√	
<b>Central Iowa Regional Housing Authority</b> 1201 Gateway Dr, Grimes, IA #515-986-1882 <a href="http://www.cirhahome.org">www.cirhahome.org</a>					√							√
<b>Central Iowa Shelters and Services/ Churches United Shelter</b> 1420 Mulberry St., Des Moines, IA #515-284-5719 <a href="http://www.centraliowashelter.org">www.centraliowashelter.org</a> Clothing Closet, Alcoholics Anonymous, Community Kitchen, Job Training, Veterans per Diem Program		√		√	√		√	√	√	√	√	√
<b>Child Abuse and Neglect Hotline</b> # 1-800-422-4453 <a href="http://www.childhelp.org">www.childhelp.org</a>						√		√	√	√		√
<b>Child Abuse &amp; Neglect (CAN) Prevention Classes</b> Unity Point hospital; parenting program <a href="http://www.unitypoint.org/blackchildrens/can-prevention.aspx">www.unitypoint.org/blackchildrens/can-prevention.aspx</a>												√
<b>Child Abuse Prevention Council</b> 2309 Euclid Ave., Des Moines, IA # 515-720-2682 <b>Hours:</b> Mo-Th 9am-3pm								√				√
<b>Child and Adult Care Food Program (CACFP)</b> 1914 Carpenter Ave., Des Moines, IA #515-286-2136 or 515-286-3703 <a href="http://www.cms.polkcountyiowa.gov">www.cms.polkcountyiowa.gov</a> // <a href="http://www.educateiowa.gov">www.educateiowa.gov</a> food distribution; school meals; milk program; summer food service program			√	√					√	√		√
<b>Children &amp; Families of Iowa</b> #515-243-6147 <a href="http://www.cfiowa.org">www.cfiowa.org</a> <b>*24-48 hour response line</b>						√						√
<b>Children in the Middle</b> Unity Point Health 1200 Pleasant Street, DSM, IA #515-241-6212 <a href="http://www.unitypoint.org">www.unitypoint.org</a> – under classes & events							√					√
<b>City of Des Moines Dept. of Housing/ Community Action Agency</b> <b>Other:</b> Park Fair Mall lower level 100 E Euclid Ave., Suite 101, Des Moines, IA #515-323-8950, <a href="http://www.gosection8.com">www.gosection8.com</a> or # 515-283-4180, <a href="http://www.dmgov.org/departments/housingservices">www.dmgov.org/departments/housingservices</a>					√							√





<b>DMACC Area Resource Guide</b>	Child Care	Clothing	Financial	Food Assist.	Housing Asst.	Hot Line	Legal	Medical	Mental Health	Shelters	Substance Abuse/Addiction	Parent & Family Resources
<b>Iowa Department of Public Health</b> Early Childhood Iowa; <a href="http://www.state.ia.us/earlychildhood/FamilyHealth/Planning">http://www.state.ia.us/earlychildhood/FamilyHealth/Planning</a> ; <a href="http://idph.iowa.gov/family-health">http://idph.iowa.gov/family-health</a> Healthy Child Care Iowa; <a href="https://idph.iowa.gov/hcci">https://idph.iowa.gov/hcci</a> Healthy Families Iowa; <a href="https://www.idph.iowa.gov/hopes">https://www.idph.iowa.gov/hopes</a> Home Visiting; <a href="http://idph.iowa.gov/family-health/family-support">idph.iowa.gov/family-health/family-support</a> Immunizations; <a href="http://idph.iowa.gov/immtb/immunization">idph.iowa.gov/immtb/immunization</a> WIC; <a href="https://www.idph.iowa.gov/WIC">https://www.idph.iowa.gov/WIC</a>	√			√				√				√
<b>Iowa Family Support Network; Early ACCESS</b> 1111 – 9 <sup>th</sup> St, Suite 320; Des Moines #1-888-425-4371 or #515-558-9986 <a href="http://www.iafamilysupportnetwork.org">www.iafamilysupportnetwork.org</a> or <a href="http://www.earlyaccessiowa.org">www.earlyaccessiowa.org</a>												√
<b>Iowa Homeless Youth Centers (IHYC)</b> 1219 Buchanan St., Des Moines, IA #515-265-1222 <a href="http://www.thriveiniowa.org">www.thriveiniowa.org</a>												
<b>Iowa Legal Aid</b> 1111 9 <sup>th</sup> St., Suite 230, Des Moines, IA #515-243-1193 <a href="http://www.iowalegalaid.org">www.iowalegalaid.org</a>							√					
<b>Iowa Lutheran Hospital (Powell)</b> 700 E University Ave, Des Moines, IA #515-263-5612 <a href="http://www.unitypoint.org/desmoines/iowa-lutheran-hospital">www.unitypoint.org/desmoines/iowa-lutheran-hospital</a>								√	√		√	√
<b>Iowa New Choices</b> DMACC Urban Campus: 515-248-7520 DMACC Carroll Campus: 712-792-8304 DMACC Boone Campus: 515-432-7203	√											√
<b>Iowa Workforce Development Center</b> 430 E Grand Ave., Des Moines, IA #515-281-9616												
<b>Jeannette Rankin Foundation</b> Women's scholarship fund for age 35+ <a href="http://www.rankinfoundation.org">www.rankinfoundation.org</a>			√									
<b>Lutheran Family Services</b> #515-251-4900 <a href="http://www.lfsiowa.org">www.lfsiowa.org</a>								√				√
<b>Lutheran Services Iowa</b> 3116 University Ave, Des Moines, IA #515-271-7411 <a href="http://lsiowa.org">http://lsiowa.org</a>								√				
<b>MADD (Mothers Against Drunk Driving)</b> 515-279-2205 <a href="http://www.madd.org">www.madd.org</a>								√		√		
<b>Mercy Franklin Help Center</b> 1818 48 <sup>th</sup> St., Des Moines, IA #515-271-6000 <a href="http://www.mercydesmoines.org">www.mercydesmoines.org</a>								√		√		
<b>Mercy North</b> 800 E 1 <sup>st</sup> St., Suite 1700, Ankeny, IA #515-643-8755 Hotline: 515-271-6111 <a href="http://www.mercydesmoines.org">www.mercydesmoines.org</a>					√					√		
<b>Mitchell Early Learning Center</b> 1801 16 <sup>th</sup> St., Des Moines, IA #515-323-8644 or 515-323-8603 <a href="http://www.dmschools.org">www.dmschools.org</a>												√
<b>Narcotics Anonymous</b> 3500 Kingman Blvd., Des Moines, IA #515-244-2277; 515-244-9748 or 800-897-6242 <a href="http://www.southcentralareaofna.org">www.southcentralareaofna.org</a>					√					√		

<b>DMACC Area Resource Guide</b>	Child Care	Clothing	Financial	Food Assit.	Housing Asst.	Hot Line	Legal	Medical	Mental Health	Shelters	Substance Abuse/Addiction	Parent & Family Resources
<b>National Alliance for Mental Illness (NAMI)</b> 5911 Meredith Dr., Des Moines, IA #515-254-0417; 1-800-417-0417; <b>Hotline:</b> 1-800-950-6264 <a href="http://www.namiiowa.com">www.namiiowa.com</a> or <a href="http://www.nami.org">www.nami.org</a>						√			√			
<b>National Suicide Prevention Lifeline</b> # 1-800-273-8255 <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>						√						
<b>New Directions Shelter; The Home Connection</b> 3001 Grand Ave., Des Moines, IA #515-244-9748 <a href="http://hawthorn-hill.org">http://hawthorn-hill.org</a>	√	√			√					√		√
<b>Oakridge Neighborhood</b> 1236 Oakridge Dr., Des Moines, IA # 515-244-7702 <a href="http://www.oakridgeneighborhood.org">www.oakridgeneighborhood.org</a>	√	√	√		√							
<b>Parents Anonymous of Iowa</b> 1211 Vine St., Suite 2140, West Des Moines, IA # 515-255-9490 <a href="http://www.parentsanonymousofiowa.org">www.parentsanonymousofiowa.org</a>	√										√	√
<b>Parents as Teachers Urbandale Comm. Schools</b> 7110 Prairie Ave., Urbandale, IA #515-457-5855 <a href="http://www.urbandaleschools.com">www.urbandaleschools.com</a>	√	√		√								√
<b>Parenting Way</b> (parenting classes) <a href="http://www.parentingway.org">www.parentingway.org</a>												√
<b>Planned Parenthood of Greater Iowa</b> 815 5 <sup>th</sup> Ave., Des Moines, IA #515-362-8000 <a href="http://www.ppheartland.org">www.ppheartland.org</a>								√				√
<b>Poison Information Center</b> # 1-800-222-1222						√					√	√
<b>Polk County</b> <a href="http://cms.polkcountyiowa.gov">http://cms.polkcountyiowa.gov</a> 2309 Euclid Ave., Des Moines, IA <b>Crisis and Advocacy Services</b> #515-286-3600 <b>Family Enrichment Center</b> #515-286-3406 (only for people in the program) <b>General Assistance</b> #515-286-2088 <b>Supplemental Food</b> #515-286-3655		√	√	√	√		√	√	√	√	√	√
<b>Polk County Network of Care, Directory</b> <a href="http://www.polk.ia.networkofcare.org/mh/services">www.polk.ia.networkofcare.org/mh/services</a>	√		√		√		√		√		√	√
<b>Prevent Child Abuse Iowa</b> 505 5 <sup>th</sup> Ave., Des Moines, IA #515-244-2200 or 1-800-362-2178 <a href="http://www.pcaiowa.org">www.pcaiowa.org</a>						√						
<b>Proteus</b> 3850 Merle Hay Rd., Ste. 500, Des Moines, IA # 1-800-372-6031 <a href="http://proteusinc.net">http://proteusinc.net</a>		√	√	√	√						√	
<b>Red Cross</b> 2116 Grand Ave., Des Moines, IA # 515-243-7681 <a href="http://www.redcross.org">www.redcross.org</a>								√			√	
<b>Red Rock Area Community Action Program</b> 406 SW School St., Suite 305, Ankeny, IA # 515-965-0433 <a href="http://iowacomunityaction.org">http://iowacomunityaction.org</a>		√	√	√	√							
<b>Ruth Harbor</b> <b>other:</b> Christian housing/support for pregnant women 534 42 <sup>nd</sup> St., Des Moines, IA # 515-279-4661 or 1-866-900-4661 <a href="http://ruthharbor.org">http://ruthharbor.org</a>				√				√	√	√		√



<b>DMACC Area Resource Guide</b>	Child Care	Clothing	Financial	Food Assit.	Housing Asst.	Hot Line	Legal	Medical	Mental Health	Shelters	Substance Abuse/Addiction	Parent & Family Resources
<b>St. Joseph's Emergency Family Shelter</b> 1535 11 <sup>th</sup> St., Des Moines, IA # 515-282-1235 <a href="http://www.dmdiocese.org/st-joseph-emergency-family-shelter.cfm">www.dmdiocese.org/st-joseph-emergency-family-shelter.cfm</a>		√		√						√		√
<b>St. Vincent DePaul</b> (Thrift Store) 1426 6 <sup>th</sup> Ave., Des Moines, IA # 515-282-8327 <a href="http://www.svdpsdm.org">www.svdpsdm.org</a>		√	√	√	√							√
<b>Salvation Army Adult Rehabilitation Ctr.</b> <i>Men Only</i> 133 E. 2 <sup>nd</sup> and Court St., Des Moines, IA # 515-243-4277 <a href="http://www.satruck.org">www.satruck.org</a>		√	√	√						√	√	
<b>Salvation Army Social Services</b> <i>Women Only</i> 1326-30 6 <sup>th</sup> , Des Moines, IA 515-282-3227 <a href="http://www.satruck.org">www.satruck.org</a>				√	√						√	
<b>Sunshine Lady Foundation</b> 4900 Randall Pkwy., Suite H, Wilmington, NC # 910-397-7742 <a href="http://www.sunshineladyfdn.org">www.sunshineladyfdn.org</a>			√									
<b>Primary Health Care</b> 1200 University Ave., Suite 120, Des Moines, IA #515-248-1500 <a href="http://www.phciowa.org">www.phciowa.org</a> Des Moines - 2353 SE 14th St; #515-248-1400 East Side Medical – 3509 E 29 <sup>th</sup> St; #515-248-1600 At Mercy – 250 Laurel St; #515 643-4610 Ames – 3510 Lincoln Way; #515-232-0628 + Dental & Pharmacy Services + Homeless Support Services								√	√	√		√
<b>Trinity United Methodist Church</b> 1548 8 <sup>th</sup> St., Des Moines, IA # 515-288-4056 <a href="http://trinityumcdm.org">http://trinityumcdm.org</a>				√								
<b>Urban Dreams</b> 1410 6 <sup>th</sup> Ave., Des Moines, IA # 515-288-4742 <a href="http://urbandreams.org">http://urbandreams.org</a>									√			√
<b>Visiting Nurse Services</b> 1111 9 <sup>th</sup> St., Suite 320, Des Moines, IA # 515-288-1516 <a href="http://www.vnsdm.org">www.vnsdm.org</a>								√			√	√
<b>West Des Moines Human Services</b> 318 5 <sup>th</sup> St., West Des Moines, IA #515-222-3660 <a href="http://www.wdm.iowa.gov">www.wdm.iowa.gov</a>		√	√	√	√						√	
<b>Woman's Christian Temperance Union of IA</b> 4425 University Ave., Des Moines, IA # 515-274-4199										√		√
<b>YMCA</b> <i>Men Only</i> 101 Locust, Des Moines, IA # 515-288-9622 <a href="http://www.dmyymca.org">www.dmyymca.org</a>		√	√	√	√		√	√	√	√	√	
<b>Young Women's Resource Center</b> 818 5 <sup>th</sup> Ave., Des Moines, IA <b>Other:</b> Women only, young mothers # 515-244-4901 <a href="http://www.ywrc.org">www.ywrc.org</a>								√	√		√	
<b>Youth Emergency Services and Safe Shelter</b> 918 SE 11 <sup>th</sup> St., Des Moines, IA <a href="http://www.yessiowa.org">www.yessiowa.org</a> #515-282-9377 or 1-877-553-9377 <b>Iowa Homeless Youth Shelter (IHYS)</b> 1216 Martin Luther King Jr. Pkwy., Des Moines, IA # 515-288-7884 or 211								√	√	√		√



## Free and Subsidized Des Moines Area Medical Clinics

<b>Resource:</b>	<b>Appointment Needed?</b>	<b>NO</b>	<b>YES</b>
<b>Calvary Lutheran (Deaf Site)</b> 3909 E 42 <sup>nd</sup> , Des Moines, IA      Phone # 515-262-3420			✓
<b>Christ the King Free Clinic</b> 5711 SW 9 <sup>th</sup> St., Des Moines, IA      Phone # 515-285-2888		✓	
<b>Corinthian Clinic</b> 814 School St., Des Moines, IA      Phone # 515-243-4073		✓	
<b>Douglas Avenue Presbyterian</b> 4601 Douglas, Des Moines, IA      Phone # 515-276-4289			✓
<b>East Side Senior Center</b> 1231 E 26 <sup>th</sup> , Des Moines, IA      Phone # 515-265-8461			✓
<b>Evangelical Covenant Church</b> 2625 Hubbell Ave, Des Moines, IA      Phone # 515-266-1732		✓	
<b>Evelyn Davis Early Learning Center</b> 1409 Clark St, Des Moines, IA      Phone # 515-243-4212			✓
<b>Four-Mile Community Center</b> 3711 Easton, Des Moines, IA      Phone # 515-248-6211			✓
<b>Good Samaritan Clinic</b> 1709 10 <sup>th</sup> St., Des Moines, IA      Phone # 515-241-3222		✓	
<b>Grandview Health Center</b> 1500 Morton Ave., Des Moines, IA      Phone # 515-263-6035		✓	
<b>Hispanic Education Resource</b> 828 SE Scott Ave., Des Moines, IA      Phone # 515-242-0225		✓	
<b>House of Mercy Medical Clinic</b> 1409 Clark St., Des Moines, IA      Phone # 515-643-6500			✓
<b>Logan Community Center</b> 1740 and Garfield, Des Moines, IA      Phone # 515-248-6212			✓
<b>Mae Davis Free Medical Clinic</b> Eddie Davis Community Center, 312 Maple St., West Des Moines, IA      Phone # 515-277-1103		✓	
<b>Maple Street Baptist Church Free</b> 1522 Maple St., Des Moines, IA      Phone # 515-262-1931		✓	
<b>Margaret Cramer Free Medical Clinic</b> 2725 Merle Hay Rd., Des Moines, IA      Phone # 515-279-9766			✓
<b>Northside Center</b> Park Fair Mall, 100 E Euclid, Des Moines, IA      Phone # 515-244-3070			✓
<b>Norwoodville Community</b> 3077 NE 46 <sup>th</sup> Ave., Des Moines, IA      Phone # 515-266-5794			✓
<b>Pioneer Columbus</b> 2100 SE 5 <sup>th</sup> St., Des Moines, IA      Phone # 515-248-6312			✓
<b>Polk County Health Center</b> 1907 Carpenter Ave., Des Moines, IA      Phone # 515-286-3798			✓
<b>Primary Health Care</b> Phone # 515-288-4900		✓	
<b>Southeast Scott Community Center</b> 2501 Maury, Des Moines, IA      Phone # 515-266-8494			✓
<b>Southside Senior Center</b> 100 Payton, Des Moines, IA      Phone # 515-287-0092			✓

# Parent and Family Resources

<b>Child Care</b>	<p><b>Child Care Resource and Referral</b>              808 5<sup>th</sup> Ave., Des Moines, IA    <b>Hours:</b> Mo-Fr 8am-5pm              #515-246-3560    <a href="http://www.iowaccrr.org">www.iowaccrr.org</a></p>
	<p><b>Drake University Head Start &amp; Parent Child Center</b>              3206 University Ave., Des Moines, IA              #515-271-1854    <a href="http://www.drakeheadstart.org">www.drakeheadstart.org</a>    <b>Other:</b> Preschool</p>
	<p><b>Iowa Child Care Resource and Referral</b>  <b>Central Iowa Region:</b> 808 5<sup>th</sup> Ave., Des Moines, IA              # 515-246-3560    <a href="http://iowaccrr.org">http://iowaccrr.org</a>  <b>Other:</b> Listing of all local parenting classes and resources</p>
<b>Food Assistance</b>	<p><b>Child and Adult Care Food Program (CACFP)</b>              1914 Carpenter Ave., Des Moines, IA              #515-286-2136 or 515-286-3703  <a href="http://www.cms.polkcountyiowa.gov">www.cms.polkcountyiowa.gov</a> // <a href="http://www.educateiowa.gov">www.educateiowa.gov</a>              food distribution; school meals; milk program; summer food service program</p>
	<p><b>IMPACT Community Action Partnership</b>  <b>Ankeny Center #2</b>              2701 SE Convenience Blvd; Ankeny              # 515- 965-0433    <a href="http://www.impactcap.org/polk-county">www.impactcap.org/polk-county</a>  <b>Des Moines Center</b>              500 Army Post Rd Suite 17; Des Moines              # 515-274-9496  <b>Drake Area Center</b>              3226 University; Des Moines              #515- 518-4770</p>
<b>Health &amp; Mental Wellness and Crisis Services</b>	<p><b>Broadlawns Medical Center</b>              1801 Hickman Rd, Des Moines, IA              Outpatient #515-282-2200    <a href="http://www.broadlawns.org">www.broadlawns.org</a>              Crisis (hotline): #515-282-5752</p>
	<p><b>Employee and Family Resources</b>  <b>Community Service:</b> # 515-244-2297    <a href="http://www.efr.org">www.efr.org</a>              1446 Martin Luther King Jr. Pkwy., Des Moines, IA  <b>Substance Abuse:</b> # 515-243-4200</p>
	<p><b>Eyerly-Ball Community Mental Health</b>              945 19<sup>th</sup> St., Des Moines, IA              #515-243-0982    <a href="http://www.eyerlyball.org">www.eyerlyball.org</a></p>
	<p><b>Children &amp; Families of Iowa</b>              #515-243-6147    <a href="http://www.cfiowa.org">www.cfiowa.org</a>  <b>Domestic Violence Services</b>    *24-48 hour response line</p>
<b>Housing Assistance</b>	<p><b>Anawim Housing</b>              2024 Forest Ave., Suite 101, Des Moines, IA              #515-244-8308    <a href="http://www.anawimhousing.org">www.anawimhousing.org</a>  <b>Requirements:</b> Eff. \$12,000/yr, 1BR \$16,000/yr, 2BR \$19,000/yr; Full-time students must have an income, Work Study accepted</p>
	<p><b>Central Iowa Regional Housing Authority</b>              1201 Gateway Dr, Grimes, IA              #515-986-1882    <a href="http://www.cirhahome.org">www.cirhahome.org</a></p>
<b>Parenting Classes</b>	<p><b>Unity Point</b> Health 1200 Pleasant Street, DSM, IA              #515-241-6212    <a href="http://www.unitypoint.org">www.unitypoint.org</a> (under classes &amp; events)              → Children in the Middle, Breastfeeding, Baby Safety, Comfort Techniques, New Dad's Class &amp; more</p>
<b>Pregnancy and Care</b>	<p><b>AGAPE Pregnancy Center</b>              2550 Martin Luther King Jr. Pkwy., Des Moines, IA              #515-255-0243    <a href="http://www.agapepregnancycenter.com">www.agapepregnancycenter.com</a></p>
	<p><b>Birthright</b>              5806 Hickman Rd, Des Moines, IA              #515-633-2133    <a href="http://www.birthright.org">www.birthright.org</a>              Hotline: 1-800-550-4900</p>

<p><b>CAMPUS RESOURCES</b></p>	<p><b>DMACC ANKENY CAMPUS</b> <a href="http://www.dmacc.edu">www.dmacc.edu</a>  Food &amp; Family Pantry, Building Six Room 10B  Health Services, Building Twenty-four #515-964-6352  Student Assistance Programs, Counseling –  Counseling Services, Bldg One #515-964-6200  Compass Clinical Associates, Urbandale #515-412-5112</p>
<p><b>COMMUNITY RESOURCES</b></p>	<p><b>IOWA DEPARTMENT OF PUBLIC HEALTH</b> <a href="http://www.idph.iowa.gov">www.idph.iowa.gov</a></p> <ul style="list-style-type: none"> <li>➤ Iowa Family Support Programming Maternal, Infant and Early Childhood Home Visiting (MIECHV) Program Early Childhood Iowa (ECI); Parentivity (<a href="http://www.parentivity.org">www.parentivity.org</a>)</li> <li>➤ I-Smile Dental Home Initiative Visiting Nurse Services (central), region coordinator Sue Winker; # 515-557-9023, <a href="mailto:suew@vnsia.org">suew@vnsia.org</a></li> <li>➤ Maternal and Child &amp; Adolescent Health Services – Visiting Nurse Services of Iowa, #515-558-9618</li> <li>➤ Title X Family Planning Partner Provider: Primary Health Care, Inc (East Side Medical, #515-248-1600) Healthy Families Line 1-800-369-2229; TEEN Line 1-800-443-8336</li> <li>➤ WIC – Iowa; <a href="http://www.edph.iowa.gov/wic">www.edph.iowa.gov/wic</a> # 515-281-6650, 1-800-532-1579</li> </ul>
	<p><b>Polk County; Community, Family &amp; Youth Services</b>  Community &amp; Family Division 515-286-3434  <a href="https://www.polkcountyiowa.gov/CFYS/">https://www.polkcountyiowa.gov/CFYS/</a></p>
	<p><b>Polk County Network of Care, Directory</b>  <a href="http://www.polk.ia.networkofcare.org/mh/services">www.polk.ia.networkofcare.org/mh/services</a></p>
	<p><b>United Way of Central Iowa #211 – for Assistance 24/7</b>  Help with Food, Rent, Utilities, Legal services, Crisis intervention, Disability services, Family support, Employment, Physical and mental health care, Natural disaster preparation and recovery, and MORE</p>

---

# Counseling/Therapy Referrals

---

## Ames area

### **Barclay and Associates**

1525 Airport Rd., Suite 101  
Ames, IA 50010  
515-292-3023

[www.drbarclay.com](http://www.drbarclay.com)

**Hours:** Mo-Fr 8:30am-5pm

**Appointments and Emergency:** Appointment required; Evening appointments available until 8:30pm Mo-Fri with a \$25 surcharge (insurance may or may not pay this fee)

**Services:** Nutrition and health coaching, medication management, eating disorders, drug and substance abuse, child and teen behavior problems, Depression (child, teen and adult), adult relationship (couples and marriage and family), anger management, psychiatric evaluation

**Fees and Insurance\*:** Referred providers for Wellmark BCBS, United Healthcare, Cigna, Aetna, First Administrators, HAMP, and Midlands Choice.

### **Central Iowa Psychological Services**

223 S Walnut  
Ames, IA 50010  
515-233-1122 or 1-888-277-9246

[www.iowacounseling.com](http://www.iowacounseling.com)

**Hours:** Mo-Fr 8am-5pm, evening appointments may be arranged

**Appointments and Emergency:** Appointment required; Emergencies call Crisis Hotline at 515-232-5811

**Services:** Therapy (child/adolescent, couples, adult, older adult and family), psychological testing

**Fees and Insurance\*:** Accepts most major insurance; insurance may cover part or all of therapy; \$100 no-show/cancellation fee if less than 24 hour notice

**Other:** ages 2+

## Des Moines area

### **360° Therapy and Consulting, LLC**

**Myke Selha, LISW, MSW**  
3408 Woodland Ave., Suite 305M  
West Des Moines, IA 50266  
515-996-0360

[www.360degreestherapy.com](http://www.360degreestherapy.com)

**Services:** Adult ADHD, sexual and/or gender identity, anxiety, living with chronic pain or illness, life transitions, and relationship counseling, individuals, couples, families, and groups.

**Fees and Insurance\*:** check with your insurance

**Other:** Therapy is based in psychodynamic theory as well as mindfulness therapy

### **Central Iowa Psychological Services**

3737 Woodland Avenue, Suite 415  
West Des Moines, IA 50266  
515-222-1999 or 1-888-277-9246

[www.iowacounseling.com](http://www.iowacounseling.com)

**Hours:** Mo-Fr 8am-5pm, evening appointments may be arranged

**Appointments and Emergency:** Appointment required; Emergencies call Crisis Hotline at 211 or 515-244-1010

**Services:** Therapy (child/adolescent, couples, adult, older adult and family), psychological testing

**Fees and Insurance\*:** Accepts most major insurance; insurance may cover part or all of therapy; \$100 no-show/cancellation fee if less than 24 hour notice

**Other:** ages 2+

### **Center for Interpersonal Effectiveness**

2525 N. Ankeny Blvd. Suite 113; Ankeny, IA 50023  
Phone # 515- 289-9136  
OR 106 2nd St. SE; Altoona, Iowa 50009  
Phone # 515-967-1997

[www.cie-ankeny.com](http://www.cie-ankeny.com)

**Hours:** Mo-Fr 8am-5pm; appointment times vary by therapist

**Appointments and Emergency:** Appointment required

**Services:** Individual adult, adolescent and child, marital/couple, and family therapy, substance abuse assessment, psychiatric care referrals, professional consultation, mood disorders, Anxiety, stress management, anger management, life transitions, job stress, marital/relationship problems, separation/divorce issues, Bereavement, grief and loss, chronic pain, domestic violence, self-esteem problems, childhood/adolescent emotional and behavioral issues

**Fees and Insurance\*:** Accepts most major insurance

**Other:** offices also in Newton and Grinnell

### **Child Psychiatry Associates**

**Sheila Pottebaum, PhD**

939 Office Park Rd., Suite 200  
West Des Moines, IA 50265-2538  
515-288-5570

**Hours:** Mo-Th 7:30am-5:30pm; Fr 7:30am-3:30pm  
**Appointments and Emergency:** Appointment required  
**Services:** Child/adolescent, couples, adult, and family therapy  
**Fees and Insurance\*:** Accepts most major insurance

## Eyerly Ball

1301 Center St.  
Des Moines, IA 50309  
515-243-5181

<http://eyerlyball.org>

**Hours:** Mo-Fr 8am-4:30pm; Tu 11:30am-8pm  
**Appointment and Emergency:** Appointment required; Emergency services available  
**Services:** Assessment, Psychiatric treatment, Therapy (individual, group, couple, and family), Medication evaluation and management, Community consultation and education, Co-occurring disorders services (substance abuse and mental health)  
**Fees and Insurance\*:** All major insurance accepted; co-pay and deductibles due at time of service  
**Other:** ages 17 and above

## Hearthstone Counseling

950 Office Park Rd., Suite 321  
West Des Moines, IA 50265  
515-279-2834

<http://hearthstoneplc.com>

**Hours:** Mo-Fr 7:45am-4:30pm  
**Appointment and Emergency:** Each therapist is responsible for their own scheduling, see website for therapist contact information  
**Services:** Anxiety, depression, stress management, meditation, counseling and therapy (children/adolescent, individual, couples, marital, life transitions, grief and loss, women's issues), relaxation and anxiety management techniques, marital, sexual, and intimacy issues, family conflict  
**Fees and Insurance\*:** accept most major insurance

## Legacy Family Counseling

5415 NW 88<sup>th</sup> St., Suite 100  
Johnston, IA 50131  
515-727-1338

<http://familylegacycounseling.com>

**Hours:** Mo-Th 8am-5pm; Fr 8am-3pm  
**Appointment and Emergency:** Appointment required  
**Services:** Child Therapy, Couples Therapy, Individual Therapy  
**Fees and Insurance\*:** Payment due at time of service; fee range \$90-\$200; check with your insurance plan for individual therapist participation

## Lifeworks Counseling

600 42<sup>nd</sup> Street  
Des Moines, IA 50312  
515-255-8399

[www.lifeworksdm.com](http://www.lifeworksdm.com)

**Hours:** Mo-Th 8:30am-8pm; Fr 9am-5pm  
**Appointment and Emergency:** Appointment required; evening appointments available  
**Services:** Marriage and family counseling, depression, bipolar, PTSD, panic attacks, ADHD, anger management, anxiety, behavioral health intervention services, child custody evaluations, children's mental health (waiver services), parenting classes  
**Fees and Insurance\*:** accepts Title XIX/Medicaid and most private insurances; pro bono therapy available

## Mercy Behavioral Health Clinic

1111 6th Ave., West Entrance  
Des Moines, Iowa 50314  
515-271-6111

[www.mercydesmoines.org/behavioralhealth](http://www.mercydesmoines.org/behavioralhealth)

**Hours:** Mo-Th 8am-5pm; Fr 8am-3pm  
**Appointment and Emergency:** appointment required; after hours call Mercy Help Center at 515-271-6111 or 866-595-4959  
**Services:** Child/adolescent therapy including teen suicide and ADHD; adult therapy including depression, anxiety, stress, and Bipolar Disorder; First Step Recovery Program; Transcranial Magnetic Stimulation (TMS) Therapy, classes  
**Fees and Insurance\*:** accepts most major insurances

## New Life Counseling

225 NW School St.

Ankeny, IA 50023  
515-964-5003

OR

Colony Park  
3737 Woodland Ave., Suite 515  
West Des Moines, IA 50265  
515-225-4006

[www.newlife-counseling.com](http://www.newlife-counseling.com)

**Hours:** Mo-Fr, appointments vary by therapist

**Appointment and Emergency:** appointment required

**Services:** counseling for adolescents, adults, couples and families, marital and premarital counseling, personal and professional life coaching, consulting for businesses, churches and organizations, mental health counseling, marriage and family therapy, and social work

**Fees and Insurance\*:** accepts most major insurances

**Other:** Faith-based Christian counseling, coaching and consulting services

## Wadle and Associates, PC

2500 82<sup>nd</sup> Pl.  
Urbandale, IA 50322  
515-270-1344

[www.wadleadassociates.com](http://www.wadleadassociates.com)

**Hours:** Mo-Th 8:30am-8pm; Fr 8:30am-4pm

**Appointment and Emergency:** appointment required; some clinicians make their own appointments for outside normal business hours.

**Services:** ADHD, Anxiety, Depression, desensitization, loss and grief, mood disorders, phobias, PTSD, psychiatric medication, substance abuse, workers compensation

**Fees and Insurance\*:** accepts most major insurances

## Newton area

### Arlene Van Voorhis, MS, LMHC

421 W. 3<sup>rd</sup> St. S  
Newton, IA 50208  
641-791-7194

**Services:** marriage and family counseling

**Fees and Insurance\*:** contact your insurance

### Capstone Behavioral Health

306 N. 3<sup>rd</sup> Ave. E  
Newton, IA 50208  
641-792-4012

[www.capstonebh.com](http://www.capstonebh.com)

**Hours:** Mo, We-Th 8am-5pm; Tu 8am-7pm; Fr 8am-3pm

**Appointment and Emergency:** appointment required; emergency services available 24/7 by calling main phone number

**Services:** psychopharmacological consultation, assessment, and treatment; mental health and substance abuse treatment; psychiatric and medication management (full list available on website)

**Fees and Insurance\*:** accepts most major insurance, does not accept United Healthcare

**Other:** ages 5 years and over; Jasper and Marion counties

### Center for Interpersonal Effectiveness

501 W. 3rd St. N. Ste. A5  
Newton, Iowa 50208  
641-791-9425

OR

821 5th Ave. Ste. 203  
Grinnell, Iowa 50112  
641-236-0946

[www.cie-ankeny.com](http://www.cie-ankeny.com)

**Hours:** Mo-Fr 8am-5pm; appointment times vary by therapist

**Appointments and Emergency:** appointments required

**Services:** Individual adult, adolescent and child, marital/couple, and family therapy, substance abuse assessment, psychiatric care referrals, professional consultation, mood disorders, Anxiety, stress management, anger management, life transitions, job stress, marital/relationship problems, separation/divorce issues, Bereavement, grief and loss, chronic pain, domestic violence, self-esteem problems, childhood/adolescent emotional and behavioral issues

**Fees and Insurance\*:** Accepts most major insurance

**Other:** offices also in Ankeny and Altoona

\*Always check with your insurance carrier to verify therapist participation, referral/pre-authorization/deduction requirements, and/or available benefits.

---

## Educational Testing

---



**Eva Christiansen, PhD.**  
1922 Ingersoll Ave., Suite 112  
Des Moines, IA 50309  
515-471-5071

---

## Family Respite/Caregiver Support

---

### **ChildServe**

5406 Merle hay Road  
Johnston, Iowa  
515-727-8750  
www.childserve.org

### **Respite Connection**

2469 106<sup>th</sup> Street  
Urbandale, Iowa  
515-277-1050  
www.respiteconnection.com

---

## Financial Literacy Resources

---

### **Iowa Rental Help**

### **Iowa Finance Authority**

2015 Grand Ave.  
Des Moines, Iowa 50312  
515-725-4900 or 1-800-432-7230  
<http://IowaRentalHelp.com>

---

## Veterans Benefits

---

### **Department of Veteran Affairs**

VA Central Iowa Health Care System  
3600 30<sup>th</sup> Street, Suite 116B  
Des Moines, IA 50310

**PTSD Program Coordinator/Director of Psychology Training:** John Wallace, Ph.D. (Licensed Clinical Psychologist); 515-699-5999, ext. 4905; [John.wallace4@va.gov](mailto:John.wallace4@va.gov)

**Other:** Does not require the PTSD diagnosis to receive treatment. Uses a history-based/targeted approach.

**Veterans Case Manager:** Melissa Steenhoven, LISW; 515-699-5586

### **National Call Center for Homeless Veterans**

1-877-4AID VET (877-424-3838)

### **OEF/OIF/OND Program (Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn)**

VA Central Iowa Health Care System  
3600 30<sup>th</sup> Street  
Des Moines, IA 50310  
515-699-5888 Eligibility office  
515-699-5415 New Patient Scheduling  
[www.centraliowa.va.gov](http://www.centraliowa.va.gov)

**Services:** Medical, dental and mental health care to veterans who recently served on active duty in OEF, OIF, OND or Global War on Terrorism theaters of combat

**Other:** Community based outpatient clinics also located in Mason City, Fort Dodge, Knoxville, Marshalltown, and Carroll

### **Prevention Response Resilience Outreach (PRRO)**

IANG Resource Line 515-252-4776

### **Suicide Prevention**

**Veterans Crisis Line:** 1-800-273-TALK (8255)

**IA National Guard Suicide Prevention Program Manager:** Major Amy Price (OIC); 515-252-4184; [amy.j.price4@mail.mil](mailto:amy.j.price4@mail.mil)

**Prevention, Resilience, Response and Outreach NCOIC:** SFC David Letcher; 515-252-4368; [david.a.lecher2@mail.mil](mailto:david.a.lecher2@mail.mil)

**Prevention, Resilience, Response and Outreach & SHARP NCO:** SSG Jeremiah Chase; 515-252-4988;

[jeremiah.l.chase2@mail.mil](mailto:jeremiah.l.chase2@mail.mil)

**Sexual Assault Prevention 1-877-995-5247 (DOD Safe Health Line)**

**IANG Sexual Assault Response Coordinator:** 1LT Joel Sage; 515-252-4405 (office); 515-473-4355 (cell); [joel.d.sage.mil@mail.mil](mailto:joel.d.sage.mil@mail.mil) (to report a sexual assault or for information on the program)

**Iowa National Guard Victim Advocate:** SGT Maggie Passer; 515-252-4580; [maggie.m.passer.mil@mail.mil](mailto:maggie.m.passer.mil@mail.mil) (to speak with a victim advocate)

### Substance Abuse Prevention

**Poison Control:** 1-800-272-6477

**Joint Substance Abuse Prevention Coordinator:** SSG Shaun Meyers; 515-252-4029 (office); 641-230-0977 (cell); [shaun.a.meyers4.mil@mail.mil](mailto:shaun.a.meyers4.mil@mail.mil) (for help with locating rehab centers, self-help or FAQ for the program)

**Joint Substance Abuse Prevention Coordinator:** SSG Eric Pugh; 515-252-4503 (office); 515-783-7850 (cell); [eric.e.pugh.mil@mail.mil](mailto:eric.e.pugh.mil@mail.mil)

**Certified Alcohol and Drug Counselor:** Eric Marquart; 515-252-4769; [eric.a.marquardt3.ctr@mail.mil](mailto:eric.a.marquardt3.ctr@mail.mil)

**BS and Certified Alcohol and Drug Counselor:** Sara Blaser; 515-252-4741; [sarah.l.blaser.ctr@mail.mil](mailto:sarah.l.blaser.ctr@mail.mil)

### **Vet Center**

1821 22nd St., Suite 115  
West Des Moines, IA 50026  
515-284-4929

[www.va.gov/rccs](http://www.va.gov/rccs)

**Services:** Individual readjustment, group readjustment, marital and family and bereavement counseling, referral for benefits assistance, liaison with community agencies, substance abuse information and referral, community education, job counseling and referral.

**Other:** Services are free to eligible veterans and their families. Centers also located in Cedar Rapids, Quad Cities area, and Sioux City.

### **Veterans Crisis Line**

1-800-273-TALK (8255); Press 1

### **Veterans Justice Outreach Program**

VA Central Iowa Health Care System  
3600 30<sup>th</sup> Street  
Des Moines, IA 50310  
515-577-8892

**Veterans Justice Outreach Specialist:** Jennifer Miner, LISW, ACSW, CADC;

**Services:** "designed to collaborate with local justice system partners to identify Veterans that enter the criminal justice system and are in need of treatment services, rather than incarceration."

**Hours:** Mo-Fr 8am-4:30pm

### **Veterans Online Mental Health Resources**

[www.giveanhour.org](http://www.giveanhour.org) (excellent website for veterans mental wellness care)

---

## Depression/Anxiety

---

### **Candles in the Dark**

St. Boniface Catholic Church  
1200 Warrior Ln.  
Waukee, IA 50263  
515-710-1487 (Julie) or 515-315-6184 (Dana)

### **Recovery, Inc.**

Central IA Center for Independent Living  
655 Walnut St., Suite 131  
Des Moines, IA 50309  
515-243-1742

### **New Light Support Group**

Westkirk Presbyterian Church  
2700 Colby Woods Dr.  
Urbandale, IA 50322  
515-253-0330

---

## Eating Disorders

---

### **Dr. Dianne Sylvia Alber Ed.D.**

1215 Pleasant St, 506  
Des Moines, IA - 50309  
515-241-4280

### **Lynne Vestal, MA, LMHC**

12495 University Avenue, Suite 100  
Clive, IA 50325  
515-267-8899  
<http://www.lynnevestalcounseling.com/>

---

## Grief

---

**Alzheimer's Association Mid-Iowa Chapter**

Iowa Lutheran Hospital  
700 University Ave.  
Des Moines, IA 50316  
1-800-738-8071

**Green Valley Hospice Grief Support Group**

Creston and Mt. Ayr, IA  
515-782-3528

**Grief Support/Loss of Child**

**Kale Funeral Home**  
301 S Main St.  
Osceola, IA 50213  
641-447-2131 (Rita)

**Grief Support Group**

**Pastoral Care Center, Mercy Hospital Med. Ctr.**  
1111 6<sup>th</sup> Ave.  
Des Moines, IA 50314  
515-247-3238 (Loretta Miller)

**Grief Share**

**Ankeny First United Methodist Church**  
206 SW Walnut St.  
Ankeny, IA 50023  
515-964-4249 (Rev. Martha Ward)

**Growing through Grief Workshop**

401 Railroad Pl.  
West Des Moines, IA 50265  
515-274-3400 (David Manders)

**Hamilton's Funeral Home**

605 Lyon Street  
Des Moines, IA 50309  
515-243-5221  
Fax 515-243-0422  
[www.hamiltonsfuneralhome.com/events/](http://www.hamiltonsfuneralhome.com/events/)

**Life after Death of a Spouse**

515-964-1819 (Duane Anderson)

**MADD (Mothers Against Drunk Driving)**

Des Moines, IA  
515-279-2205  
[www.madd.org](http://www.madd.org)

**Mercy Grief Support Group (Cancer related Death)**

515-643-8206 (Lynne Kinseth)

**Parents without Partners**

P.O. Box 4156  
Des Moines, IA 50333  
515-267-8637 (Karen Witham)

**Touching Our Grief**

Hospice  
515-274-3400 (Dee Malena)

**Widowed Persons Service**

6786 Sunset Terrace  
Des Moines, IA 50311  
515-274-0708 (Jan Minarisch)

---

# Sexual Abuse Survivors Resources

---

## Ames Area

### **Assault Care Center Extending Shelter and Support (ACCESS)**

P.O. Box 1429  
Ames, IA 50014  
515-292-0500  
Boone Office: 515-432-3606  
**Crisis Line:** 515-292-5378 or 800-203-3488 (toll free, in-state only)  
Fax: 515-292-0505  
[www.assaultcarecenter.org/](http://www.assaultcarecenter.org/)  
**Serves:** Story, Boone, and Greene Counties

### **Outreach:**

### **Deaf Iowans Against Abuse (DIAA)**

P.O. Box 1429  
Ames, IA 50014  
1-877-244-0875 (TTY only)  
**Relay:** 711 (for hearing callers calling the office)  
[www.dwiaa.org](http://www.dwiaa.org)

## Carroll Area

### **Domestic Abuse Prevention Center**

P.O. Box 451  
Carroll, IA 51401  
712-792-6722  
**Crisis Line:** 800-383-9744  
Fax: 712-792-1818  
**Serves:** Carroll, Crawford counties

## Des Moines Area

### **Rape and Sexual Assault Outreach Center Polk Co. Crisis and Advocacy Services**

525 SW 5<sup>th</sup>, Suite H  
Des Moines, IA 50309  
515-286-3600  
**Crisis line:** 515-286-3535  
**Serves:** Polk Co. and any victims that go to the agency

### **Iowa Sexual Abuse Hotline Rape Victim Advocacy Program**

320 South Linn Street  
Iowa City, IA 52240  
319-335-6015  
**Hotline:** 1-800-284-7821  
**Serves:** All 99 counties in Iowa

---

# Substance Abuse

---

## Alcoholics Anonymous

800-258-7780  
[www.aa.org](http://www.aa.org)

## Ankeny Substance Abuse Project

406 SW School St., Suite 219  
Ankeny, IA  
515-964-4357

## Beacon of Life

1717 Woodland Ave.  
Des Moines, IA  
515-244-4713  
[www.volunteer.united-c-wav.org](http://www.volunteer.united-c-wav.org)  
Serves: women only

## Bernie Lorenz Recovery, Inc.

4018 Kingman Blvd.  
Des Moines, IA  
515-255-3373  
[www.bernielorenzrecovery.org](http://www.bernielorenzrecovery.org)

## Broadlawns Medical Center

1801 Hickman Rd.  
Des Moines, IA  
**Crisis Line:** 515-282-5752  
**Outpatient Line:** 515-282-6610  
[www.broadlawns.org](http://www.broadlawns.org)

## Families of Alcoholism; Al-Anon

[www.al-anon.org](http://www.al-anon.org)  
→ For Teens: Alateen

## Harbor of Hope

1617 Oakland  
Des Moines, IA  
515-244-0370  
[www.harborofhope.net](http://www.harborofhope.net)

## Human Services Hotline

211

## Iowa Commission on Status of Women

Lucas State Office Building  
321 E. 12<sup>th</sup> St.  
Des Moines, IA  
515-281-4461  
[www.iowa.gov](http://www.iowa.gov)

## Iowa Lutheran Hospital (Powell)

700 E. University Ave.  
Des Moines, IA  
515-263-5612  
[www.iowahealth.org](http://www.iowahealth.org)

## MADD (Mothers Against Drunk Driving)

8345 University Blvd., Suite F1  
Clive, IA  
515-223-8144  
[www.madd.org](http://www.madd.org)

## Iowa Protection and Advocacy Services, Inc.

950 Office Park Road, Ste. 221  
West Des Moines, IA  
515-278-2502  
[www.ipna.org](http://www.ipna.org)

## Mercy Franklin Help Center

1818 48<sup>th</sup> St.  
Des Moines, IA  
515-271-6111

## Mercy North

1750 48<sup>th</sup> St., Suite 2  
Des Moines, IA  
515-271-6300  
**Hotline:** (515)-271-6111

## Narcotics Anonymous

1011 Locust, Room 308  
Des Moines, IA  
515-244-2277  
[www.southcentralareaofna.org](http://www.southcentralareaofna.org)

## Parents Anonymous of Iowa

1211 Vine St.  
West Des Moines, IA  
515-255-9490  
[www.parentsanonymousofiowa.org](http://www.parentsanonymousofiowa.org)

## Poison Information Center

1-800-222-1222

## Polk County Crisis and Advocacy Services

2309 Euclid Ave.  
Des Moines, IA  
515-286-3600

**Polk County Family Enrichment Center**

2309 Euclid Ave.  
Des Moines, IA  
515-286-3406

**Proteus**

3115 Douglas  
Des Moines, IA  
515-271-5306, ext. 126

**Red Cross**

11216 Grand Ave.  
Des Moines, IA  
515-243-4054  
[www.redcross.org](http://www.redcross.org)

**Salvation Army Adult Rehabilitation Center**

133 E. 2<sup>nd</sup> St.  
Des Moines, IA  
515-243-4277  
[www.choosehelp.com](http://www.choosehelp.com)  
**Serves:** men only

**SMART Recovery and Moderation Management**

<http://blog.smartrecovery.org/2012/07/17/5-alternatives-to-12-step-meetings/>

**The Outreach Project -Primary Healthcare**

979 Oakridge Dr.  
Des Moines, IA  
515-248-1500  
[www.phcinc.net](http://www.phcinc.net)

**Visiting Nurse Services**

1111 9<sup>th</sup> St.  
Des Moines, IA  
515-288-1516  
[www.vnsdm.org](http://www.vnsdm.org)

# Financial Planning Worksheet

<b>Income/month</b> Work-- _____ Wk. Comp.-- _____ Unemployment-- _____ Alimony-- _____ Child Support-- _____ SSI/SSDI-- _____ Food Stamps-- _____ Other-- _____	<b>Financial Aid/semester</b> Pell Grant-- _____ SEOG-- _____ IVT-- _____ DMACC-- _____ Other Grants-- _____ Loans-- _____
--	--

<b>Monthly Expenses</b> Rent-- _____ Gas and Elect.-- _____ Phone (cell?)-- _____ Water-- _____ Food-- _____ Laundry-- _____ Credit Cards-- _____ Insurance-- _____ Car Payment-- _____ Gas for car-- _____ Car Upkeep-- _____ Child Support-- _____ Personal-- _____ Overdue bills-- _____ Child Care-- _____ Cable TV-- _____ Medications-- _____ Other-- _____	<b>College Related Expenses/Semester</b>  Tuition-- _____ Books-- _____ Tools-- _____ Supplies-- _____ Other-- _____  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">                     Total Fin. Aid-- _____                      Total Coll. Exp.-- _____                      Remainder-- _____  <p style="text-align: center;">* <u>Divide Remainder by 4</u></p>                     Monthly Resources = _____                      (Add to "Total Resources")                      *Note - If Fin. Aid is for summer, Divide                      the Remainder by 2.                 </div>
---	--

Total Income -- _____ + F.A. Resources-- _____ Minus Expenses-- _____ Remainder-- _____	Name _____ SS# _____ Date _____
--	---------------------------------------