

# DMACC Area Resource Guide

## Counseling Referral Resource



Community Resource  
Guide Developed by  
DMACC Counselors  
for Student Success

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!

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### **Carroll Campus Counselor**

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### **Newton Campus Counselor**

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### **Urban Campus Counselors**

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<b>DMACC Area Resource Guide</b>	<b>Child Care</b>	<b>Clothing</b>	<b>Financial</b>	<b>Food Assistance</b>	<b>Housing Asst.</b>	<b>Hot Line</b>	<b>Legal</b>	<b>Medical</b>	<b>Mental Health</b>	<b>Shelters</b>	<b>Substance Abuse</b>	<b>Parent &amp; Family Resources</b>
<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> 1421 Walker St. Des Moines, IA # 515-242-8531 <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>Buchanan Transitional Living Center</b> 1914 Carpenter Ave. Des Moines 50314 515-875-5600  Family Development & Self Sufficiency (FaDSS)	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓
<b>Bureau of Refugee Services</b> 2309 Euclid Ave, Des Moines, IA #515-725-2600 <a href="https://dhs.iowa.gov/refugee-services">https://dhs.iowa.gov/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 #515-244-3761 <a href="http://www.catholiccharitiesdm.org">www.catholiccharitiesdm.org</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>DMACC Area Resource Guide</b>	Child Care	Clothing	Financial	Food Assistance	Housing Asst.	Hot Line	Legal	Medical	Mental Health	Shelters	Substance Abuse	Parent & Family Resources
<b>Harbor of Hope</b> <i>Men Only</i> 1617 Oakland, Des Moines, IA # 515-244-0370 <a href="http://www.harborofhopeiowa.com">www.harborofhopeiowa.com</a> <i>Conmigo</i> <i>Early Education Center</i> <a href="http://conmigoearlyed.org">conmigoearlyed.org</a>										✓		✓
<b>Hispanic Educational Resource Inc</b> 828 SE Scott Ave., Des Moines, IA #515-282-6542 <a href="http://www.herdsm.org">www.herdsm.org</a>	✓				✓							
<b>Highland Park Christian Church</b> 4260 NW 6 <sup>th</sup> Dr., Des Moines, IA #515-244-3182 Hours: Mo and Fr 9:30-11:30am		✓										
<b>HOME Inc. Community Housing Program</b> 1618 6 <sup>th</sup> Ave, Des Moines, IA #515-243-1277 <a href="http://www.homeincdsm.org">www.homeincdsm.org</a>					✓							✓
<b>Hope Ministries; Encore Thrift Store</b> 500 E Army Post Rd. Des Moines IA 50315 #515-777-7394 4640 Merle Hay Rd. Urbandale IA 50322 #515-262-0876 <a href="http://www.hopeiowa.org">www.hopeiowa.org</a>		✓										✓
<b>House of Mercy</b> 1409 Clark St., Suite 1, Des Moines, IA # 515-643-6500 <a href="http://www.houseofmercydesmoines.org/index.cfm">www.houseofmercydesmoines.org/index.cfm</a>								✓	✓	✓	✓	
<b>Human Services Hotline</b> Phone: 211 <a href="http://www.211iowa.org">www.211iowa.org</a>						✓		✓			✓	✓
<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				✓								✓
<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	✓											✓
<b>Iowa Department of Human Services</b> Eligibility for DHS services including Child Care Assistance 2309 Euclid Avenue. Des Moines IA 50310 <a href="http://www.dhs.iowa.gov/child-care">www.dhs.iowa.gov/child-care</a>	✓		✓	✓	✓			✓				✓

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<b>Iowa Department of Public Health</b> Early Childhood Iowa; <a href="http://www.state.ia.us/earlychildhood/">http://www.state.ia.us/earlychildhood/</a> Family Health/Planning; <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/immmtb/immunization">idph.iowa.gov/immmtb/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 #515-243-1193/800-532-1275 <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 Carroll Campus: 712-792-8304 DMACC Boone Campus: 515-432-7203	✓											✓
<b>Iowa Workforce Development Center</b> 200 Army Post Rd. Des Moines, IA 50315 #515-281-9619 <a href="http://www.iowaworkforcedevelopment.gov/des-moines">www.iowaworkforcedevelopment.gov/des-moines</a>												
<b>Jeannette Rankin Foundation</b> Women's scholarship fund for age 35+ #706-208-1211 <a href="http://www.rankinfoundation.org">www.rankinfoundation.org</a>			✓									
<b>Lutheran Family Services</b> 6200 Aurora Ave #410W, Urbandale IA 50322 #515-251-4900 <a href="http://www.lutheranfamilyservices.org/">www.lutheranfamilyservices.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> #563-872-4474 <a href="mailto:dubuque-jackson.ia@madd.org">dubuque-jackson.ia@madd.org</a> <a href="http://www.madd.org">www.madd.org</a>								✓		✓		



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<b>Mercy First Steps Program</b> 1818 48 <sup>th</sup> St. Des Moines, IA #515-271-6075 <a href="http://www.mercydesmoines.org">www.mercydesmoines.org</a>								✓	✓		✓	
<b>Mercy Help Center for Mental Health</b> 1111 6 <sup>th</sup> Ave. Des Moines, IA 50316 #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 #515-643-8100 <a href="http://www.mercydesmoines.org">www.mercydesmoines.org</a>						✓					✓	
<b>Mitchell Early Learning Center</b> 111 Porter Ave. Des Moines, IA 50315 <a href="tel:515-242-8424">#515-242-8424</a> <a href="https://preschool.dmschools.org/mitchell/">https://preschool.dmschools.org/mitchell/</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>National Alliance for Mental Illness (NAMI)</b> 3839 Merle Hay Rd. Des Moines, IA 50310 #515-254-0417 <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>Parenting Way Inc.</b> 1211 Vine St., Suite 2140, West Des Moines, IA # 515-255-9490 <a href="http://www.parentingway.org">www.parentingway.org</a>	✓										✓	✓
<b>Planned Parenthood of Greater Iowa</b> 2304 University Ave, Des Moines IA 50311 1000 E. Army Post Road, Des Moines IA 50315 3303 109th St. Urbandale IA 50322 2530 Chamberlain St. Ames IA 50014 #1-877-811-7526 <a href="http://www.ppheartland.org">www.ppheartland.org</a> - can schedule appointments online								✓				✓

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<b>Poison Information Center</b> 401 Douglas St. #501 Sioux City, IA 51101 # 1-800-222-1222 <a href="http://www.iowapoison.org/">http://www.iowapoison.org/</a>						✓					✓	✓
<b>Polk County</b> <a href="http://cms.polkcountyia.gov">http://cms.polkcountyia.gov</a> 2309 Euclid Ave., Des Moines, IA <b>Crisis and Advocacy Services</b> #515-286-3600 <b>Family</b> <b>Enrichment Center</b> #515-286-3406 <i>(only for people in the program)</i> <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> 501 SW 7 <sup>th</sup> St. Suite G1., Des Moines, IA 50309 #515-244-2200 or 1-800-362-2178 <a href="http://www.pcaiowa.org">www.pcaiowa.org</a>						✓						
<b>Proteus</b> 1221 Center Street #16, Des Moines, IA 50309 # 1-800-372-6031 <a href="http://proteusinc.net">http://proteusinc.net</a>		✓	✓	✓	✓						✓	
<b>Primary Healthcare</b> Homeless support 515-248-1850 The Project 515-248-1595 1200 University Ave., Suite 120, Des Moines, IA #515-248-1500 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 and Homeless Support Services <a href="http://www.phciowa.org">www.phciowa.org</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>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>St. Joseph's Emergency Family Shelter</b> (Must contact Primary Health Homeless support for eligibility at 515-248-1850) 1535 11 <sup>th</sup> St., Des Moines, IA # 515-282-1235 <a href="http://www.catholiccharitiesdm.org/our-services/emergency-family-shelter/">www.catholiccharitiesdm.org/our-services/emergency-family-shelter/</a>		✓		✓						✓		✓

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<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>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>Urbandale School District – Food/Clothing assistance</b> 11152 Aurora Ave. Urbandale IA 50322 #515-457-5018 <a href="http://www.urbandaleschools.com/community-2/clothing-closet/">www.urbandaleschools.com/community-2/clothing-closet/</a>		✓		✓								
<b>West Des Moines Human Services</b> 139 6 <sup>th</sup> St., West Des Moines, IA #515-222-3660 <a href="http://www.wdm.iowa.gov/government/human-services">www.wdm.iowa.gov/government/human-services</a>		✓	✓	✓	✓						✓	
<b>Woman’s Christian Temperance Union of IA</b> 4425 University Ave., Des Moines, IA # 515-274-4911										✓		✓
<b>YMCA</b> <i>Men Only</i> 101 Locust, Des Moines, IA # 515-288-9622 <a href="http://www.dymymca.org">www.dymymca.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>								✓	✓		✓	

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<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								✓	✓	✓		✓
<b>Youth Law Center</b> 300 Walnut St., Suite 295, Des Moines, IA # 515-244-1172 <b>Hotline:</b> 1-800-728-1172						✓	✓					

<b>Resource: Free Medical Clinics</b> <a href="http://www.freeclinicsofiowa.org/find-clinic">http://www.freeclinicsofiowa.org/find-clinic</a>	<b>Hours and appointment information</b>
Boone; Free Clinic of Boone County  First United Methodist Church  703 Arden St, Boone, Iowa 50036  #515-432-6-4660	6:00 –8:00 p.m. on the 1st & 3rd Tuesdays of the month. Doors Open at 5:00pm, first come-first served.  An evening meal will be served. No appointment necessary
Carroll Community and New Opportunities Free Medical Clinic  23751 Highway 30 East, Carroll, Iowa 51401  #515-954-7508	4:30 –8:30 p.m. on Thursdays. All patients must be registered by 7:00 p.m. No appointment necessary
Christ the King Free Clinic  5711 SW 9th St, Des Moines, Iowa 50315  #515-285-2888	7:00 -9:00 p.m. on Mondays; 7:00 -9:00 p.m. on Wednesdays is Pediatric Clinic; No appointment necessary
Clive Community Services Free Clinic  2190 NW 82nd Street, Clive, Iowa 50325  #515-257-8550	5:30 -7:30 p.m. on Mondays, No appointment necessary
Corinthian Family Health Free Clinic  814 School St, Des Moines, Iowa 50309  #515-243-4073	9:00 a.m. –12:00 p.m. on Saturdays. No appointment necessary
Dr. Nick Palmer/Jim Ellefson Free Medical Clinic  1607 East 33rd St, Des Moines, Iowa 50317  #515-266-7622	1:30 –4:00 p.m. on Tuesdays; 5:30 –8:00 p.m. on Thursdays. No appointment necessary
Grace United Methodist Church Free Clinic  3700 Cottage Grove, Des Moines, Iowa 50311  #515-255-2131	5:30 -7:30 p.m. on Tuesdays; 5:00 -7:00 p.m. Patient Registration. No appointment necessary
Healthy Choices Free Clinic of Iowa  Highland Park Presbyterian Church  321 Euclid, Des Moines, Iowa 50313  #515-288-5703	4:00 -7:00 p.m. on the 1st & 3rd Mondays of the month. Encourage Patients to call #712-292-9749 to make an appointment. Walk-Ins are welcome if registered before 5:30 p.m.

<p>Margaret Cramer Clinic</p> <p>First Assembly of God Church</p> <p>2725 Merle Hay Road, Des Moines, Iowa 50310</p> <p>#515-279-9766</p>	<p>6:00 – 8:00 p.m. on Thursdays; 5:30 – 7:00 p.m. Patient Registration.</p> <p>Clinic will close at 7:30 p.m. if patient numbers are low.</p> <p>"Immunization Record" and "Physical Form" is required before a physical can be completed</p> <p>No appointment necessary</p>
<p>Norwalk Free Medical Clinic</p> <p>Crossroads Church</p> <p>2601 Border St, Norwalk, Iowa 50211</p> <p>#515-287-8580</p>	<p>6:00 - 8:00 p.m. on the 1st &amp; 3rd Thursdays of the month.</p> <p>Registration begins at 5:45 p.m. No appointment necessary</p>
<p>St. Luke's Clinic</p> <p>Polk City United Methodist Church</p> <p>1421 West Broadway, Polk City, Iowa 50226</p> <p>#515-984-6274</p>	<p>6:00 – 8:00 p.m. on the 1st &amp; 3rd Wednesdays of the month.</p> <p>No appointment necessary</p>
<p>Waukee Area Christian Free Clinic</p> <p>1155 SE Boone Drive, Waukee, Iowa 50263</p> <p>#515-987-5523</p>	<p>5:30 – 7:00 p.m. on Mondays</p> <p>Chiropractic Services offered the 4th Monday of each month.</p> <p>No appointment necessary</p>

# Parent and Family Resources

<b>Child Care</b>	<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>
	<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>
<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="https://educateiowa.gov/pk-12/nutrition-programs/child-and-adult-care-food-program">https://educateiowa.gov/pk-12/nutrition-programs/child-and-adult-care-food-program</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>                  1171 7<sup>th</sup> St., Suite 1, 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>	<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 & events) Breastfeeding support group, Beyond Birth: The First Year
	<b>Parenting Way Inc.</b> 515-255-9490 1211 Vine St. Suite2140 West Des Moines <a href="http://www.parentingway.org">www.parentingway.org</a>
<b>Pregnancy and Care</b>	<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>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>CAMPUS RESOURCES</b>	<b>DMACC ANKENY CAMPUS</b> <a href="http://www.dmacc.edu">www.dmacc.edu</a> Food & 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
<b>COMMUNITY RESOURCES</b>	<b>IOWA DEPARTMENT OF PUBLIC HEALTH</b> <a href="http://www.idph.iowa.gov">www.idph.iowa.gov</a> <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>
	<b>Polk County; Community, Family &amp; Youth Services</b> Community & Family Division 515-286-3434 <a href="https://www.polkcountyia.gov/CFYS/">https://www.polkcountyia.gov/CFYS/</a>
	<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>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



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# Counseling/Therapy Referrals

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## 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/cancelation fee if less than 24 hour notice

Other: ages 2+

## Des Moines area

### 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/cancelation fee if less than 24 hour notice

Other: ages 2+

### 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

## 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

## 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

## Ankeny Area

### 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-](http://www.cie-ankeney.com)

[ankeney.com](http://www.cie-ankeney.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

## 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

## 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.

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## Educational Testing

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

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## Family Respite/Caregiver Support

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ChildServe  
5406 Merle hay Road  
Johnston, Iowa  
515-727-8750  
[www.childserve.org](http://www.childserve.org)

Respite Connection  
2469 106<sup>th</sup> Street  
Urbandale, Iowa 515-277-  
1050  
[www.respiteconnection.com](http://www.respiteconnection.com)

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## Financial Literacy Resources

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Finance Authority  
1963 Bell Ave., Suite 200  
Des Moines Ia 50315  
515-725-4900  
800-432-7230  
[www.iowafinanceauthority.gov](http://www.iowafinanceauthority.gov)

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## Veterans Benefits

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### 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); 641-754-6714; [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 Manager: Jessica Lamotte; (515) 252-4898 email: [Jessica.l.lamotte.ctr@mail.mil](mailto:Jessica.l.lamotte.ctr@mail.mil)

Risk Reduction, Resiliency, Suicide Program Coordinator: Mr. Shaun Myers; 515-252-4723 email: [shaun.a.myers4.mil@mail.mil](mailto:shaun.a.myers4.mil@mail.mil)

Risk Reduction, Resiliency NCO: SSG Mark Thoma; 515-252-4988; email: [mark.j.thoma.mil@mail.mil](mailto:mark.j.thoma.mil@mail.mil)

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

IANG Sexual Assault Response Coordinator: CPT Erin Doyle 515-252-4405 (office); 515-473-4355 (cell); [erin.k.doyle.mil@mail.mil](mailto:erin.k.doyle.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

Alcohol & Drug Control Officer (ADCO) Emily Sovath (515-252-4470) [Emily.e.sovath.ctr@mail.mil](mailto:Emily.e.sovath.ctr@mail.mil)

Substance Abuse Prevention Coordinator (SAPC) Robert Long (515-252-4029)

SBIRT(Screening Brief Intervention Referral to Treatment) Eric Marquardt (CADC) (515-252-4769) [eric.a.marquardt3.ctr@mail.mil](mailto:eric.a.marquardt3.ctr@mail.mil)

### **Veteran's Center**

1821 22nd St., Suite 115

West Des Moines, IA 50026

515-284-4929

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

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)

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## Depression/Anxiety

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### Candles in the Dark

Heartland Presbyterian Church  
14300 Hickman Rd.  
Clive, IA 50325  
515-710-1487 (Julie)  
Meets 2<sup>nd</sup> and 4<sup>th</sup> Monday at 7pm

### Recovery, Inc.

St. Mark's Episcopal Church  
3120 E. 24<sup>th</sup> St.  
Des Moines Ia,  
515-266-2346 (Marty)  
Meets every Tuesday at 8pm

### Depression and Bipolar Alliance

Iowa Lutheran Hospital, Level B  
700 E. University Ave.  
Des Moines, IA  
Meets every Sunday at 2pm

### NAMI Greater Des Moines

Additional groups found at  
[www.namigdm.org/en/get\\_help/support\\_groups/](http://www.namigdm.org/en/get_help/support_groups/)

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## Eating Disorders

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### 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.lynnestalcounseling.com/>

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## Grief

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### Alzheimer's Association Mid-Iowa Chapter

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

### Growing through Grief Workshop

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

### Green Valley Hospice Grief Support Group

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

### Life after Death of a Spouse

515-964-1819 (Duane Anderson)

### Grief Support/Loss of Child

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

### MADD (Mothers Against Drunk Driving)

Dubuque Chapter  
563-872-4474  
[www.madd.org](http://www.madd.org)

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

515-643-8206 (Lynne Kinseth)

### 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)

### Parents without Partners

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

### Grief Share

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

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# Sexual Abuse Survivors Resources

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## 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, instate only)  
Fax: 515-292-0505  
[www.assaultcarecenter.org/](http://www.assaultcarecenter.org/)  
Serves: Story, Boone, and Greene Counties

### 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

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## Substance Abuse

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### 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-e-way.org](http://www.volunteer.united-e-way.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

939 Office Park Rd #113

West Des Moines IA

515-277-5059

### Harbor of Hope

1617 Oakland

Des Moines, IA 515-244-0370

[www.harborofhope.net](http://www.harborofhope.net)

### Human Services Hotline

211

### Iowa Lutheran Hospital (Powell)

### Polk County Family Enrichment Center

2309 Euclid Ave.

Des Moines, IA

515-286-3406

700 E. University Ave.

Des Moines, IA 515-263-

5621 [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)

### Mercy First Steps Recovery Center

1750 48<sup>th</sup> St. #2

Des Moines IA 50310

515-271-6075

### 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)

### Parenting Way Inc.

Parenting Anonymous groups

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



## 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.co](http://www.choosehelp.com)  
[m](#) 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-- _____
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<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: 10px; margin-top: 10px;">                     Total Fin. Aid-- _____                      Total Coll. Exp.-- _____                      Remainder-- _____                      * <u>Divide Remainder by 4</u>                      Monthly Resources = _____                      (Add to "Total Resources")                      *Note – If Fin. Aid is for summer, Divide the Remainder by 2.                 </div>
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Total Income -- _____ + F.A. Resources-- _____ Minus Expenses-- _____ Remainder-- _____	Name _____ SS# _____ Date _____
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