

Quick Guide to Community Resources

Revised February 2021

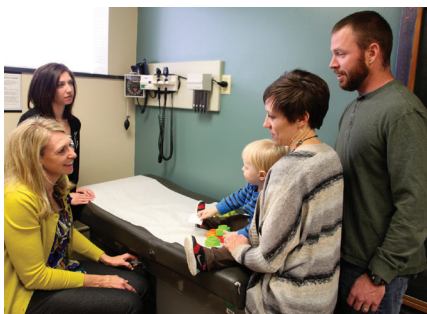


Published by

EveryStep 

care & support services

Formerly Visiting Nurse Services of Iowa



Get Connected • Get Help



United Way
of Central Iowa

EveryStep
1111 9th St., Suite 320, Des Moines, IA
(515) 558-9946 | everystep.org







As you walk through our doors, we want to support you and your family by connecting you to resources within EveryStep and other resources available to you within the community.

Our Mission

We empower individuals, support families and strengthen communities.

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EveryStep Programs

Do you need help and don't know which services best fit your needs? We can help!

Call us today at 558-9946

1ST FIVE

1st Five outreach specialists arrange services for families with children 0 – 5 years of age. 1st Five staff understand that the health and well-being of family members directly impacts the health of an infant or young child. Please request a referral to 1st Five through your local health care provider.

COMMUNITY HEALTH

EveryStep Community Health offers a variety of screenings and immunizations. Services offered include:

- On-site flu clinics for businesses, organizations and child care centers
- On-site employee wellness/biometric screenings. Blood profiles and physical values are provided, which employees can use to identify their risk factors for disease. Employers receive aggregate reports to help enhance their wellness program.
- TB tests
- Paternity tests
- Other immunizations as requested

COMMUNITY HOME VISITING PROGRAM

The Community Home Visiting Program provides nursing visits to pregnant and parenting women living in Polk County. Registered nurses and dietitians provide: Prenatal and postpartum health education, child development screening and education, prenatal depression screening and referral, referrals to community resources, nutrition counseling, family planning counseling, interpretation services available upon request.

EveryStep Programs (continued)

EARLY AND PERIODIC SCREENING, DIAGNOSIS AND TREATMENT (EPSDT)/CARE FOR KIDS PROGRAM

The Care for Kids Program serves all Medicaid/Title 19 individuals under the age of 21. The focus is to link individuals to medical, dental, vision and other medical services while connecting families to community resources that help improve the health and well being of individuals in the Care for Kids program.

HEALTHY HOMES IOWA

Healthy Homes Iowa is an EveryStep program focused on working with families to identify and reduce triggers related to pediatric asthma. Our goal is to support improved asthma control and reduce emergency room visits and hospitalizations related to pediatric asthma in Iowa.

Through this program, families with children suffering from asthma and reactive airway disease receive home assessments to identify asthma triggers and families receive education to self-manage asthma and maintain a healthy home.

EveryStep provides outreach and health education, as well as care coordination for children with asthma.

To learn more, visit healthyhomesiowa.org

HEALTHY START & EMPOWERMENT FAMILY SUPPORT PROJECTS

Healthy Start & Empowerment provides case management to families in need in Polk County who are pregnant or have a child up to the age of six. Services include: home visits, prenatal, postpartum and parenting education, child development screening and education, prenatal depression screening and referral, support groups, referrals to community resources and support in accessing services. Referrals can be made by a physician, social worker, family member, friend, or as a self-referral.

INTERPRETATION

EveryStep Interpretation specializes in interpretation and translation. Our interpreters speak more than 30 languages, including Spanish, Nepali, Burmese, Chin, Karen, Swahili and Arabic. Our interpreters serve as a gateway for non-English speaking clients, helping them access available services and resources. Our staff also work with other organizations and businesses to improve client satisfaction, workflow efficiencies and billing opportunities as they work with clients who have communication barriers.

IOWA FAMILY SUPPORT NETWORK (IFSN)

Iowa Family Support Network provides a statewide coordinated intake and referral system to assist families, child healthcare providers, and other professionals. IFSN serves families with a variety of parenting and developmental needs and provides links to resources. IFSN also manages the Children at Home program which provides financial assistance to parents of children with disabilities.

Families, child healthcare providers, and other professionals can make referrals and obtain information about family support services, group based services, Children at Home, IDEA Part C early intervention known as Early ACCESS, and other community support in Iowa.

I-SMILE™

I-Smile™ provides oral health screenings; oral health education; nutrition education relating to oral health; fluoride varnish application; and a referral to a dentist for comprehensive dental needs for pregnant woman and children under the age of 21.

MATERNAL CHILD HEALTH OUTREACH

Maternal Child Health Outreach has outreach specialists who assist uninsured families, children and pregnant women in obtaining hawk-i, Medicaid or other health care coverage and finding a doctor and dentist. Outreach specialists speak Spanish and English.

EveryStep Programs (continued)

NINE2THRIVE

EveryStep's Nine2Thrive program helps support the healthy development of babies during pregnancy. Nine2Thrive connects pregnant individuals to medical providers and community-based services to help provide support, reduce stress and provide a greater chance for a healthy baby. Referrals can be made by a physician, community based programs, or as a self-referral.

NURSE FAMILY PARTNERSHIP

The Nurse Family Partnership matches first-time parents with a nurse home visitor who provides education and support beginning during the mother's pregnancy and continuing until the child turns two years old.

PLAY AND LEARN

Play and Learn designs free activities for caregivers to play and learn with their children ages 0 to 8 years old, while connecting with other caregivers. Play ideas are given to caregivers to help get kids ready and stay ready for school. Every child receives a book and a healthy snack at each session.

SENIOR COMPANION PROGRAM

The Senior Companion Program provides service to adults who would benefit from extra social/emotional support or those needing local transportation or respite care on a regular weekly basis.

The program recruits seniors aged 55 or older to serve people in their neighborhood/community while earning a tax-free hourly stipend, mileage reimbursement, paid holidays and other benefits. This extra income does not decrease any benefits the Senior Companion may be receiving including social security disability, food stamps or any other assistance program. Senior Companions serve between 15 and 40 hours a week.

STORK'S NEST

Stork's Nest is an educational incentive program. Pregnant women who live in Polk County and who meet program income guidelines may enroll in the Stork's Nest. Participants earn points for healthy behaviors such as keeping medical appointments, WIC participation,

breast feeding, and school attendance. These points are redeemed for needed baby items such as diapers, clothing, strollers, cribs and car seats. Parenting and prenatal classes are available.

STORYBOOK PROJECT OF IOWA

The Storybook Project keeps incarcerated parents and their children connected through reading. Once a month, parents and grandmothers select one book per child and read to their children/grandchildren through a digital voice recorder with the assistance of a trained volunteer. The stories are burnt onto a CD and mailed, along with the book, to the child. The mission is to strengthen the bond between parent and child during incarceration while promoting reading and literacy.

Partner Programs and Organizations

UNITED WAY OF CENTRAL IOWA 2-1-1

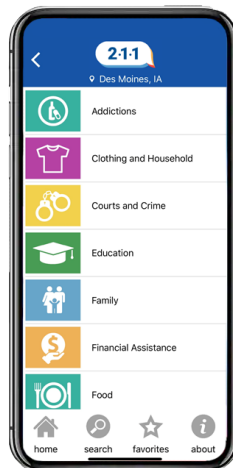
The 2-1-1 Iowa app is a new, FREE resource to easily find local resources when you need help. Use the app to connect with services for things like food, housing, financial assistance, employment services, health care, and much more.

The app is easy to use and confidential. You can download the 2-1-1 Iowa app on an iPhone or Android smartphone. To get started, search 211 Iowa in your smartphone app store and download it for FREE! When you open your app, select "Use Current Location" or enter your ZIP code or city.

Then choose from various categories or search for a specific service you need help with. You will find a variety of local service providers and organizations that are ready to assist you. Tap on an organization to find out more and to view contact information.



Get Connected • Get Help



Financial Assistance

General Assistance

Polk County residents: Please complete the Polk County General Assistance Application **before reaching out to the other agencies.**

Polk County General Assistance

2309 Euclid Ave
Des Moines
286-2088

MONDAY - FRIDAY
7:30 a.m. - 4:30 p.m.

NOTE:
You will receive a “Notice of Decision.”
If denied, other agencies may require
this document before assisting you.

Cross Outreach
**Located inside IMPACT
Community Action Partnership**
3226 University Ave, Des Moines
279-9998

*Must call Thursday mornings, starting at
9:45 a.m., to make an appointment.*

Dallas County General Relief
25747 N Avenue, Suite D, Adel
993-1731

MONDAY - FRIDAY
8 a.m. - 4:30 p.m.

Please call first for availability

**Please call to verify
current hours and
COVID-19 protocols.**



FIP (Family Investment Program) Iowa Dept. of Human Services

Complete and submit an application online at **www.oasis.iowa.gov** or download an application at **www.dhs.iowa.gov/how-to-apply** and return to:

Polk County River Place
2309 Euclid Ave, Des Moines
725-2600

*FIP recipients are also part of
PROMISE JOBS, a job training and
employment assistance program.*

IMPACT Community Action Partnership

500 Army Post Rd, Suite 17,
Des Moines
274-9496

MONDAY – FRIDAY
8:30 a.m. – 4:30 p.m.

3226 University Ave, Des Moines
518-4770

MONDAY – FRIDAY
8 a.m. – 4:30 p.m.

2701 SE Convenience Blvd, Suite 2,
Ankeny
965-0433

MONDAY – FRIDAY
8:30 a.m. – 4:30 p.m.

New Opportunities

1212 Second Street, Perry
465-5185

MONDAY - FRIDAY
9 a.m. - 3 p.m.

Serves residents of Dallas county

Salvation Army Temple (West)

1326 6th Ave, Des Moines
282-3422

MONDAY - FRIDAY
9 a.m. - 12 noon and 1 - 4 p.m.

*Must call Monday mornings, starting at 8:30 a.m.,
to make an appointment. Please do not leave a
message.*

Personal Pantries & Baby Supplies

Hours and supplies may change. Please call before you visit.

EveryStep's Stork's Nest

1111 9th Street,
Suite 320
Des Moines
558-9950

STORE HOURS

WEDNESDAY
12 noon - 4 p.m.

FRIDAY
9 a.m. - 12 noon



Alpha Women's Center (DM)

3605 SE 14th St, Des Moines
285-5700

MONDAY & TUESDAY
9 a.m. - 5 p.m.

THURSDAY
12 noon - 7 p.m.

Alpha Women's Center (Ankeny)

114 SW State St, Ankeny
965-7885

MONDAY & WEDNESDAY
9 a.m. - 5 p.m.

Bethany Christian Services

316 E 6th St, Des Moines
270-0824

LAST FRIDAY OF EVERY MONTH
9 - 11 a.m.

Bidwell Riverside Distribution Center

1203 Hartford Ave, Des Moines
244-6251

MONDAY, WEDNESDAY, FRIDAY
10 a.m. - 4 p.m.

TUESDAY & THURSDAY
10 a.m. - 6 p.m.

*Text WAIT to 515-218-7480 for pantry wait times
and to see if they are open.*

Birthright Des Moines

5806 Hickman Rd, Des Moines
633-2133
(800) 550-4900 - 24/7 Helpline

MONDAY, TUESDAY, WEDNESDAY
11 a.m. - 5 p.m.

THURSDAY
1 - 7 p.m.

FRIDAY
11 a.m. - 3 p.m.

**Please call to verify
current hours and
COVID-19 protocols.**



Catholic Charities Outreach Center

1815 Hubbell Ave, Des Moines
262-7290

MONDAY - THURSDAY

10 a.m. – 3:30 p.m.

FRIDAY

9:30 – 1:30 a.m.

IMPACT Community Action Partnership

3226 University Ave, Des Moines
518-4770

MONDAY – FRIDAY

8 a.m. – 4:30 p.m.

Johnston Partnership Place

5870 Merle Hay Rd, Suite D, Johnston
868-1357

TUESDAY, THURSDAY, SATURDAY

9 a.m. – 1 p.m.

*Residents of Johnston and Johnston
School District.*

Salvation Army Temple (West)

1330 6th Ave, Des Moines
282-3422

MONDAY - FRIDAY

9 a.m. – 12 noon and 1 – 4 p.m.

*Appointments for the week are made by phone
starting at 8:30 a.m. Monday morning.
Please do not leave a message.*

Urbandale Community Action Network (UCAN)

7509 Douglas Ave, Ste 5
Urbandale
278-3936

MONDAY

2 – 6 p.m.

TUESDAY

9 a.m. – 1 p.m.

THURSDAY

9 a.m. – 1 p.m. and 2 – 6 p.m.

3RD SATURDAY OF THE MONTH

9 a.m. – 1 p.m.

Serves residents of Urbandale.

West Des Moines Human Services

139 6th St, West Des Moines
222-3660

MONDAY, TUESDAY, THURSDAY

8:30 a.m. – 3 p.m.

WEDNESDAY & FRIDAY

8:30 a.m. – 12 noon

Serves residents of West Des Moines.

Clothing Closets

Hours may change. Please call before you visit.

Amazing Grace Ministries and Outreach

1903 53rd St, Des Moines
277-9062

SATURDAY

9:30 – 10:45 a.m.

Bidwell Riverside Distribution Center

1203 Hartford Ave, Des Moines
244-6251

MONDAY, WEDNESDAY, FRIDAY

10 a.m. – 4 p.m.

TUESDAY & THURSDAY

10 a.m. – 6 p.m.

Text WAIT to 515-218-7480 for pantry wait times and to see if they are open.

Capitol Hill Lutheran Church

511 Des Moines St, Des Moines
(Lowest level of church)
244-8913

WEDNESDAY

3 – 5 p.m.

SATURDAY

9:30 – 11:30 a.m.

Caring Hands Food Pantry & Clothes Hanger

201 9th St NE, Altoona
967-4533

MONDAY & WEDNESDAY

3 – 6 p.m.

1ST & 3RD SATURDAY OF THE MONTH

9 – 11 a.m.

Must live in Southeast Polk School District

Central Iowa Shelter & Services

1420 Mulberry St, Des Moines
284-5719

Call for daily schedule.

Clive Community Services

2190 NW 82nd St, Suite A, Clive
257-8550

MONDAY

4 – 7 p.m.

FRIDAY

9 a.m. – 12 noon

Eddie Davis Community Center

1312 Maple St, West Des Moines
277-1103

MONDAY – THURSDAY

10 a.m. – 4 p.m.

FRIDAY

10 a.m. – 2 p.m.

Call for hours for clothing

**Please call to verify
current hours and
COVID-19 protocols.**



Highland Park Christian Church

4260 NW 6th Dr, Des Moines
244-3182

MONDAY, WEDNESDAY, FRIDAY

9 – 11 a.m.

Johnston Partnership Place

5870 Merle Hay Rd, Suite D, Johnston
868-1357

TUESDAY, THURSDAY, SATURDAY

9 a.m. – 1 p.m.

*Residents of Johnston and Johnston
School District*

St. Vincent de Paul

- 1426 6th Ave, Des Moines
282-8327 (Press 140)
- 520 Army Post Rd, Des Moines
282-8327 (Press 230)

MONDAY – FRIDAY

9 a.m. – 5p.m.

TAKE - The Ankeny KlothingExchange

Neveln Community Center
406 SW School St, Suite 310
Ankeny
www.Takeankeny.org

**MONDAY, WEDNESDAY, FRIDAY,
2ND SATURDAY OF THE MONTH**

8:30 – 10:30 a.m.

Urbandale Community Action Network (UCAN)

7509 Douglas Ave, Ste 5
Urbandale
278-3936

MONDAY

2 – 6 p.m.

TUESDAY

9 a.m. – 1 p.m.

THURSDAY

9 a.m. – 1 p.m. and 2 – 6 p.m.

3RD SATURDAY OF THE MONTH

9 a.m. – 1 p.m.

Serves residents of Urbandale.

West Des Moines Human Services

139 6th St, West Des Moines
222-3660

MONDAY, TUESDAY, THURSDAY

8:30 a.m. – 3 p.m.

WEDNESDAY & FRIDAY

8:30 a.m. – 12 noon

*Serves residents of West Des Moines, Clive and
Windsor Heights.*

Food Pantries

Hours may change. Please call for eligibility requirements before you visit.

**indicates a DMARC Food Pantry. DMARC pantries serve families or individuals once per month.*

Adel Good Samaritan Food Pantry

215 N 11th St, Adel
478-3760

MONDAY & TUESDAY

12 noon – 2 p.m.

4TH MONDAY OF THE MONTH

5 – 6 p.m.

Serves residents of Dexter, Linden, Redfield, and ADM & Van Meter School Districts

Amazing Grace Ministries and Outreach

1903 53rd St, Des Moines
277-9062

SATURDAY

9:30 a.m. – 10:45 a.m.

***Bidwell Riverside**

Distribution Center

1203 Hartford Ave, Des Moines
244-6251 (Option 7)

MONDAY, WEDNESDAY, FRIDAY

10 a.m. – 4 p.m.

TUESDAY & THURSDAY

10 a.m. – 6 p.m.

Text WAIT to 515-218-7480 for pantry wait times and to see if they are open. An additional non-DMARC pantry is available.

Caring Hands Food Pantry & Clothes Hanger

- 201 9th St NE, Altoona
967-4533

MONDAY & WEDNESDAY

3 – 5 p.m.

SATURDAY

9 – 11 a.m.

Our Daily Bread

TUESDAY, THURSDAY, AND FRIDAY

11 a.m. – 1 p.m.

Must live in Southeast Polk School District or within the city limits of Bondurant and Pleasant Hill.

- Eastview Community Center
4101 E 42nd St, Des Moines
809-2356

TUESDAY & WEDNESDAY

3 – 5 p.m.

FRIDAY

10 a.m. – 2p.m.

Must live in Polk County

***Catholic Charities Outreach Center**

1815 Hubbell Ave, Des Moines
262-7290

MONDAY – THURSDAY

10 a.m. – 3:30 p.m.

FRIDAY

9:30 a.m. – 11:30 a.m.

**Please call to verify
current hours and
COVID-19 protocols.**



***Central Iowa Shelter & Services**

1420 Mulberry St, Des Moines
284-5719

*Hours change often. Please call to
determine hours.*

Christ Apostolic Temple

1230 E. 17th St, Des Moines
265-2417

*By appointment only on
Tuesday & Thursday*

***Clive Community Services**

2190 NW 82nd St, Suite A, Clive
257-8550

MONDAY

4 – 7 p.m.

FRIDAY

9 a.m. – 12 noon

An additional non-DMARC pantry is available.

Commerce Community Church

4007 High St, West Des Moines
225-6651

THURSDAY

10 a.m. – 2 p.m.

Creative Visions

1343 13th St, Des Moines
244-4003

MONDAY – THURSDAY

9 a.m. – 6 p.m.

SATURDAY

10 a.m. – 2 p.m.

DMARC Mobile Food Pantry

dmarcunited.org/food/mobile

DSM First Food Pantry

2725 Merle Hay Rd, Des Moines
279-9766

WEDNESDAY

10 a.m. – 12 noon

Eastside Church of the Nazarene

1451 E. 25th St, Des Moines
265-6000

*Call at 9 a.m. on Tuesdays or Thursdays to make
an appointment. Serves residents in the 50316
and 50317 zip codes.*

Eddie Davis Community Center

1312 Maple St, West Des Moines
277-1103

MONDAY – THURSDAY

10 a.m. – 4 p.m.

FRIDAY

10 a.m. – 2 p.m.

(continued on next page)

Food Pantries

Hours may change. Please call for eligibility requirements before you visit.

**indicates a DMARC Food Pantry. DMARC pantries serve families or individuals once per month.*

Food Bank of Iowa Mobile Food Pantry

[www.foodbankiowa.org/partners/
programs/mobile-pantry-program](http://www.foodbankiowa.org/partners/programs/mobile-pantry-program)

***IMPACT Community Action Partnership**

- Ankeny Resource Center
2701 SE Convenience Blvd, Suite 2
Ankeny
965-0433

MONDAY – FRIDAY

8 a.m. – 4 p.m.

- Drake Resource Center
3226 University Ave, Des Moines
518-4770

MONDAY – FRIDAY

8 a.m. – 4:30 p.m.

*Anytime Shelves available in addition to the
DMARC pantry*

Lee Town Assembly Church

2720 State Ave, Des Moines
265-3784

FRIDAY

8 a.m. – 4 p.m.

Serves residents in the 50317 ZIP code

***Johnston Partnership Place**

5870 Merle Hay Rd, Suite D
Johnston
868-1357

TUESDAY, THURSDAY, SATURDAY

9 a.m. – 1 p.m.

*Residents of Johnston and Johnston
School District*

***Polk County River Place Food Pantry**

2309 Euclid Ave, Des Moines
286-3695

MONDAY – FRIDAY

8 a.m. – 5 p.m.

***Salvation Army Citadel (East)**

1216 East 25th Court, Des Moines
266-3156

MONDAY, WEDNESDAY THURSDAY, FRIDAY

9 a.m. – 12 noon and 1 – 4 p.m.

TUESDAY

1 – 4 p.m.

***Salvation Army Temple (West)**

1330 6th Ave, Des Moines
282-3422

MONDAY – FRIDAY

9 a.m. – 12 noon and 1 – 4 p.m.

***Please call to verify
current hours and
COVID-19 protocols.***



St. Theresa Food Pantry

1230 Merle Hay Rd, Des Moines
279-4654 ext. 300

MONDAY – WEDNESDAY

10 a.m. – 2 p.m.

St. Vincent de Paul

- 1426 6th Ave, Des Moines
282-8327 (Press 140)
- 520 Army Post Rd, Des Moines
282-8327 (Press 230)

MONDAY – FRIDAY

9 a.m. – 5 p.m.

*Available by appointment only. Call at 9 a.m.
to schedule appointment for the day.*

***Urbandale Food Pantry**

7611 Douglas Ave, Suites 34/35
Urbandale
251-6688

MONDAY – THURSDAY

9:30 a.m. – 6:30 p.m.

SATURDAY

8 a.m. – 12 noon

Waukee Area Christian Services

Westview Church (lower level)
1155 SE Boone Dr, Waukee
987-5523

MONDAY

2 – 6 p.m.

WEDNESDAY & THURSDAY

9 a.m. – 1 p.m.

1ST & 2ND SATURDAY OF THE MONTH

9 – 11 a.m.

Must reside in Waukee School District.

***West Des Moines**

Human Services

139 6th St, West Des Moines
222-3660

MONDAY, TUESDAY & THURSDAY

8:30 a.m. – 3 p.m.

WEDNESDAY & FRIDAY

8:30 a.m. – 12 noon

Serves residents of West Des Moines and Clive.

Community Meals

For assistance locating additional community meals please call 2-1-1.

Central Iowa Shelter & Services

1420 Mulberry St, Des Moines
284-5719

SERVING LUNCH DAILY

11:30 a.m. – 12:30 p.m.

Children & Family Urban Movement

Located at Trinity United Methodist Church
1548 8th St, Des Moines
282-3242

BREAKFAST SERVED FOR CHILDREN MONDAY - FRIDAY

6 – 8 a.m.

SUPPER CLUB SERVED FOR ALL AGES MONDAY - SATURDAY

4:45 - 5:30 p.m.

The Connection Café

815 High St, Des Moines
771-1481

MONDAY - FRIDAY

12 noon – 1 p.m.

Creative Visions

1343 13th St, Des Moines
244-4003

SUNDAY

10 a.m. - 2 p.m.

Forest Ave Senior Center

2008 Forest Ave, Des Moines
286-3677

SERVING DINNER

MONDAY WEDNESDAY, FRIDAY

Please arrive between 4 – 4:30 p.m.

Friendship Baptist Center

1526 Martin Luther King Jr. Pkwy
Des Moines
244-1701

LAST SATURDAY OF THE MONTH

4 – 6 p.m.

Call for schedule of meals being served.

Hope Café

1310 6th Ave, Des Moines
244-5445

MONDAY - SATURDAY

Breakfast - 7 a.m.

Lunch - 12 noon

Dinner - 5 p.m.

SUNDAY

Breakfast - 8 a.m.

Lunch - 1:30 p.m.

Dinner - 5 p.m.

Iowa Homeless Youth Center Outreach

612 Locust St, Des Moines
883-2379

DAILY

12 noon – 1 p.m.

5 – 6 p.m.

Serves individuals ages 16 – 22 who are at risk or homeless.

*Please call to verify
current hours and
COVID-19 protocols.*



La Iglesia Apostlica Church

2561 Onawa St, Des Moines
401-8562

SERVING DINNER DAILY

4:30 – 6:30 p.m.

Norwoodville Community Center

3077 NE 46th Ave, Des Moines
266-5794

SERVING LUNCH MONDAY - FRIDAY

11:30 a.m. – 12:15 p.m.

SERVING DINNER

MONDAY, WEDNESDAY, FRIDAY

Please arrive between 4 – 4:30 p.m.

The Welcome Table

Highland Park Christian Church
4260 NW 6th Dr, Des Moines
244-3182

THURSDAY

5 – 6 p.m.

Food Assistance Programs

Food Assistance

Iowa Dept. of Human Services

Complete and submit an application
online at **www.oasis.iowa.gov**

or download an application at
www.dhs.iowa.gov/how-to-apply

and return to:

Polk County River Place
2309 Euclid Ave, Des Moines
725-2600

*Recipients are eligible to participate in the
Double Up Food Bucks program.*

WIC (Women, Infants & Children)

2300 Euclid Ave, Suite D, Des Moines
800-532-1579

MONDAY - FRIDAY

8 a.m. - 4:30 p.m.

*Women who are pregnant or with children up to
age 5. Call to find the agency closest to you.*

Employment Assistance

EMPLOYMENT AGENCIES

Central Iowa Works

1111 9th St, Suite 260, Des Moines
243-2130
www.centraliowaworks.org

Evelyn K. Davis Center for Working Families

1171 7th St
Des Moines
697-7700
www.evelynkdaviscenter.org

Goodwill Career Connection Centers

- **GCCC Des Moines**
Stoney Point Plaza
5921 SE 14th St, Suite 2300,
Des Moines
953-6456
- **GCCC Johnston**
5355 NW 86th St, Johnston
265-5323

Iowa Workforce Development IowaWORKS Center

200 Army Post Rd, Des Moines
281-9619
www.iowaworkforcedevelopment.gov

Proteus National Farmworker Jobs Program

1212 Center St, Suite 16, Des Moines
800-372-6031
www.proteusinc.net

STAFFING AGENCIES

DES Employment Group

1300 Cummins Rd, Des Moines
(866) 740-JOBS (5627)
www.desemploymentgroup.com
Call for an appointment.

Kelly Services

3725 86th St, Suite 3725, Urbandale
282-0264
www.kellyservices.us

People Ready

5525 Merle Hay Rd, Suite 145
Des Moines
246-0780
www.peopleready.com

QPS Employment Group

3629 Beaver Ave, Des Moines
266-6700
www.qpsemployment.com

Emergency Family Shelters

Primary Health Care Outreach

Primary Health Care Outreach is a centralized intake program for local shelters. **Please call here first when looking for emergency shelter.**

1200 University Avenue, Suite 110A, Des Moines

248-1850

Other Emergency Shelters

You do not need to go through Primary Care Outreach to check in to the following shelters:

Central Iowa Shelter & Services

1420 Mulberry St, Des Moines
284-5719

OPEN 24 HOURS, 7 DAYS A WEEK

For any homeless person over the age of 18.

Children and Families of Iowa – Domestic Violence Shelter and Services

Confidential location
243-6147 (local)
800-942-0333 (toll-free)

OPEN 24 HOURS, 7 DAYS A WEEK

For victims of domestic abuse and their children.

Hope Ministries Bethel Mission

1310 6th Ave, Des Moines
244-5445

OPEN 24 HOURS, 7 DAYS A WEEK

For homeless men.

Iowa Homeless Youth Centers

612 Locust St, Des Moines
883-2379

For homeless youth ages 18-22

Youth Emergency Shelter & Services (YESS)

918 SE 11th St, Des Moines
282-9377

OPEN 24 HOURS, 7 DAYS A WEEK

For children up to age 18.

Transitional Housing

Hope Ministries Door of Faith

6701 SW 9th St, Des Moines
287-7414

Transitional and long-term shelter for homeless men.

Hope Ministries Hope Center for Women & Children

3333 E University Ave, Des Moines
264-0144

Short-term and long-term residential programming for single women and mothers with children.

The Home Connection, Hawthorn Hill

3001 Grand Ave, Des Moines
244-9748

Serves homeless families with children.

House of Mercy

1409 Clark St, Des Moines
643-6500

Serves women and women with children with substance use disorders in need of residential treatment.

Iowa Homeless Youth Centers

883-2379

Lighthouse

901 E Douglas Ave, Des Moines

Serves pregnant and parenting women ages 16-25.

Ruth Harbor

534 42nd St, Des Moines
279-4661

For young, pregnant and parenting women.

Housing Resources

*Please call to verify
current hours and
COVID-19 protocols.*



24/7 Housing Interpretation Hotline

- Landlord and tenant call (515) 282-8269
- Dial extension 5
- Say the language needed
- Say the company code: 7092

Anawim Housing

1535 Linden St, Des Moines
244-8308
www.anawimhousing.org

MONDAY - FRIDAY

8 a.m. - 4:30 p.m.

Affordable housing with supportive services

Des Moines Municipal Housing Agency

Polk County River Place
2309 Euclid Ave, Des Moines
323-8950

MONDAY - FRIDAY

8 a.m. - 5 p.m.

Public housing, Section 8

Habitat For Humanity – House Iowa

www.houseiowa.org

Statewide housing resource database

HOME, Inc.

1618 6th Ave, Des Moines
243-1277

MONDAY - FRIDAY

8:30 a.m. – 12 noon and 1 – 3:30 p.m.

Resources for homeowners, tenants, and landlords

Iowa Housing Search

IowaHousingSearch.org
1-877-428-8844 *Bilingual call center*

MONDAY - FRIDAY

8 a.m. – 7 p.m.

Child Care

Child Care Assistance Iowa Dept. of Human Services

Complete and submit an application online at **www.oasis.iowa.gov** or download an application at **www.dhs.iowa.gov/how-to-apply** and return to:

Polk County River Place
2309 Euclid Ave, Des Moines
725-2600

Child Care Resource & Referral

855-244-5301
www.lowaccrr.org

MONDAY - FRIDAY

8 a.m. – 4:30 p.m.

Free assistance in locating child care.

Refugee & Immigrant Services

Please call to verify current hours and COVID-19 protocols.



American Friends Service Committee

4211 Grand Ave, Des Moines
274-4851

MONDAY – FRIDAY
9 a.m. – 4:30 p.m.

Catholic Charities Refugee Resettlement

601 Grand Ave, Des Moines
237-5095

MONDAY – FRIDAY
8:30 a.m. – 4:30 p.m.

Iowa Bureau of Refugee Services

1914 Carpenter Ave, Des Moines
875-5600

MONDAY – FRIDAY
8 a.m. – 4:30 p.m.

Lutheran Services in Iowa

3200 University Ave, Des Moines
271-7335

MONDAY – FRIDAY
8:30 a.m. – 4:30 p.m.

Justice for Our Neighbors

2024 Forest Ave, Suite 101,
Des Moines
255-9809

MONDAY – FRIDAY
9 a.m. – 4:30 p.m.

Proteus, Inc.

1212 Center St, Suite 16, Des Moines
271-5303

MONDAY – FRIDAY
9 a.m. – 4:30 p.m.

United States Citizenship and Immigration Services

Neal Smith Federal Building
210 Walnut St, Des Moines
564-4700

MONDAY – THURSDAY
8 a.m. – 4 p.m.

FRIDAY
8 a.m. – 12 noon

US Committee for Refugees and Immigrants

1200 University Ave, Suite 205
Des Moines
528-7525

MONDAY – FRIDAY
8:30 a.m. – 4:30 p.m.

Interpretation Services

EveryStep Interpretation

*Formerly Community Voices –
VNS of Iowa*

1111 9th St, Suite 320

Des Moines

interpretation@everystep.org

558-9597

Broadlawns Medical Center Interpreting & Translation Services

1801 Hickman Rd, Des Moines

282-3366

TTY: 282-4290

interpretersgroup@broadlawns.org

EMBARC Interpretation Services

2309 Euclid Ave, Des Moines

286-3783

Fax: 286-3502

interpreting@embarciowa.org

International Translation Services, Inc.

897-7628

Fax: 630-566-1174

ITS@translatorsiowa.com

Iowa International Center

3839 Merle Hay Rd, Suite 259

Des Moines

282-8269

Fax: 282-0454

translation@iowainternationalcenter.org

LANGUAGE tech, Inc.

PO Box 41190, Des Moines

277-6058

interpreting@langtechinc.com

Mercy Interpretation Services

1111 6th Ave, Des Moines

247-8255

TTY: 643-7446

interpreter@mercydesmoines.org

Voices Interpreting, LLC

7528-B Hickman Rd

Windsor Heights, Iowa

612-6011

d.lopez@voicesinterpreting.com



In-person Interpretation



Telephone Interpretation

Questions? Call us at (515) 558-9946

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Health Services

In an emergency, call 911

Broadlawns Medical Center

1801 Hickman Rd, Des Moines
282-2200
www.broadlawns.org

The Iowa Clinic

875-9000
www.iowaclinic.com

Mercy

247-3121
www.mercydesmoines.org

Planned Parenthood of The Heartland

Free birth control available

(877) 811-7526

- 1000 E Army Post Rd, Des Moines
- 2304 University Ave, Des Moines
- 3303 109th St, Urbandale

Hours vary. Call for an appointment.

Polk County Health Department

1907 Carpenter Ave, Des Moines
286-3798

MONDAY, WEDNESDAY - FRIDAY

8 a.m. - 5 p.m.

TUESDAY

8 a.m. to 7 p.m.

Many services are free or at low cost.

Primary Health Care

• **Engbretsen Medical Clinic**

2353 SE 14th St, Des Moines
248-1400

• **University Clinic**

1200 University Ave, Suite 120
Des Moines
248-1500

• **East Side Medical**

3509 E. 29th St, Des Moines
248-1600

• **Primary Health Care at Mercy**

250 Laurel St, Des Moines
643-4610

• **West Side Walk-in Clinic**

7555 Hickman Rd, Urbandale
225-7201

Hours vary. Call for an appointment.

UnityPoint Clinic

Family Medicine –

East Des Moines/

La Clinica de la Esperanza

840 E University Ave, Des Moines
265-4211

UnityPoint Health

241-6212

www.unitypoint.org

Free Medical Clinics

*Please call to verify
current hours and
COVID-19 protocols.*



Christ the King Clinic

5711 SW 9th St,
Des Moines
285-2888

MONDAY (ADULTS)
7 – 9 p.m.

**WEDNESDAY (CHILDREN 17
AND UNDER)** 7 – 9 p.m.

Enter through south door.

Clive Community Services

2190 NW 82nd St,
Suite A, Clive
257-8550

MONDAY
5:30 – 7:30 p.m.

Corinthian Family Health Free Clinic

814 School St,
Des Moines
243-4073

SATURDAY
9 – 11:30 a.m.

Creative Visions

1343 13th St,
Des Moines
244-4003

SATURDAY
10 a.m. – 2 p.m.

Grace United Methodist Church Free Medical Clinic

3700 Cottage Grove Ave,
Des Moines
255-2131

TUESDAY
5:30 – 7:30 p.m.

Free hot meal provided 5 – 7 p.m.

Margaret Cramer Clinic – DSM First Church

2725 Merle Hay Rd,
Des Moines
279-9766 ext 42

THURSDAY
Patient registration:
5:30 – 7 p.m.
Appointments: 6 – 8 p.m.

Dr. Nick Palmer/ Jim Ellefson Free Medical Clinic

1607 E 33rd St,
Des Moines
266-7622

TUESDAY
1:30 – 4 p.m.

THURSDAY
5:30 – 8 p.m.

St. Luke's Clinic – Polk City United Methodist Church

1421 W Broadway St,
Polk City
984-6274

**1ST AND 3RD WEDNESDAY
OF THE MONTH**
6 – 8 p.m.

A \$5 donation is appreciated

Waukee Area Christian Services

Westview Church
(lower level)
1155 SE Boone Drive
Waukee
987-5523

MONDAY
5:30 – 7 p.m.

*Chiropractic Services offered
4th Monday of each month*

Valley Junction Free Medical Clinic

West Des Moines
Human Services
139 6th Street
West Des Moines
222-3660

TUESDAY
7 – 9 p.m.
(must check in by 7:30)

*3rd Tuesday of the month
also open 3 – 5 p.m. (must check
in by 3:30)*

Counseling & Mental Health Providers

Broadlawns Medical Center

1801 Hickman Rd, Des Moines
282-5695

- Psychiatric Urgent Care Center

MONDAY – FRIDAY

9 a.m. – 7 p.m.

- Crisis Observation Center
564-5742

OPEN 24/7

Catholic Charities

Counseling Program

601 Grand Ave, Des Moines
237-5045

En Español: 237-5018

**Sliding fee scale available*

Central Iowa

Psychological Services

3737 Woodland Ave, Suite 415
West Des Moines
222-1999

Child Guidance Center

808 5th Ave, Des Moines
244-2267

Children and Families of Iowa

- 501 SW Ankeny Rd, Ankeny
289-2272
- 1111 University Ave, Des Moines
697-7916
- 2331 E 8th Street, Des Moines
266-6338

Clinical Assessment & Treatment Services

4313 University Ave, Des Moines
255-4211

Compass Clinical Associates

2500 82nd Pl, Urbandale
412-5112

Counseling for Growth & Change

1248 8th St, Suite 201,
West Des Moines
243-1020

Des Moines Pastoral

Counseling Center

8553 Urbandale Ave, Urbandale
274-4006

Employee and Family Resources

- 505 5th Ave, Suite 600, Des Moines
288-9020
- 1001 Office Park Rd, Suite 205
West Des Moines
471-2357

Integrative Counseling Solutions

1200 Valley West Dr, Suite 508
West Des Moines
267-1340

LifeWorks Inc.

600 42nd St, Des Moines
255-8399

EveryStep can help make referrals to counselors and mental health providers. For assistance, please call (515) 558-9946.

Please confirm the provider you choose participates with your Medicaid Managed Care Organization (MCO) or private insurance.

Lutheran Family Services

6200 Aurora Ave, Suite 410W
Urbandale
251-4900

MercyOne Behavioral Health

1111 6th Ave, Des Moines
(West Entrance)
271-6111

OPEN 24/7

Mid-Iowa Family Therapy Clinic

6900 University Ave, Suite 115
Windsor Heights
254-1556

MOSAIC FAMILY

Counseling Center Inc.

724-8920

- 6200 Aurora Ave, Suite 305E
Urbandale
- 5550 Wildrose Ln, Suite 400
West Des Moines

New Beginnings

Counseling Service

6200 Aurora Ave, Suite 103 E
Urbandale
401-6886

Sampson Family Therapy Services

309 Court Ave, Suite 241, Des Moines
901-2974

**Sliding fee scale available*

Stepping Stone Family Services

1308 8th St, Suite 5, West Des Moines
276-6338

Woodward Community Based Services

6200 Aurora Ave, Suite 400W, Urbandale
274-9607

UnityPoint Health – Behavioral Health Urgent Care

1250 E 9th St, Des Moines
263-2632

MONDAY – THURSDAY

9 a.m. – 7 p.m.

FRIDAY

9 a.m. – 5 p.m.

UnityPoint Health – Des Moines Counseling & Psychiatry Clinic

6000 University Ave, Suite 200
West Des Moines
241-2300

Unity Point Health – Eyerly Ball

- 241-0982
- 1301 Center St, Des Moines
 - 401 E. Court Ave, Ste 100, Des Moines
 - 945 19th Street, Des Moines

**If you have a mental health emergency,
call 911. Tell dispatch there is a mental
health crisis and explain the situation.**

**Suicide Prevention Lifeline:
800-273-TALK (8255)**

**Ayuda En Español:
888-628-9454**

Dental Providers

All dental providers listed on pages 30-31 accept Medicaid. Please confirm the provider you choose participates with your dental carrier.

Do you need helping finding a dentist to best fit the needs of your family?

Call the I-Smile™ Program at EveryStep at (515) 288-1516.



Ankeny Children's Dental

800 E 1st St, Suite E250, Ankeny
963-9600

Only accepts new Medicaid patients who are age 8 and under.

Ankeny Smiles

225 SE Oralabor Rd, Suite 3
Ankeny
630-1816

Broadlawns Dental Clinic

1761 Hickman Rd, Des Moines
282-2421

Only accepts new patients on Monday mornings. Call at 8 a.m.

Dental Connections

1111 9th St, Suite 190, Des Moines
244-9136

Sliding fee scale available.

Des Moines Children's Dentistry

5950 Village View Dr, Suite 200
West Des Moines
225-1677

Only accepts new Medicaid patients who are under age 12.

Des Moines Pediatric Dental Center

4949 Westown Pkwy, Suite 150
West Des Moines
225-0066

Only accepts new Medicaid patients who are age 6 and under.

Fort Des Moines Dental

6100 SW 9th St, Des Moines
287-5400

Iowa Dental Clinic, PC

5601 Hickman Rd, Suite 5, Des Moines
277-1199

Park Avenue Family Dental

1004 E Park Ave, Des Moines
244-7428

Only accepts new Medicaid patients who are over the age of 18.

*Call to make an
appointment today!*

Pediatric Dentistry of Greater Des Moines

7600 Fleur Dr, Des Moines
650-4441

Primary Health Care

- 2353 SE 14th St, Des Moines
248-1470
- 1200 University Ave, Suite 100
Des Moines
248-1888

Sliding fee scale available.

Shadow Creek Pediatric Dentistry

822 NE Alice's Rd, Waukee
264-2772

Westgate Dental

1000 73rd St, Suite 1, Windsor Heights
223-5001

Limited to ages 16 and older

Health Insurance

hawk-i and Medicaid

**Call EveryStep at 558-6243
for Medicaid and Hawki
assistance.**

Apply

Visit www.dhs.iowa.gov/how-to-apply

- Use the online DHS benefits portal or
- Download the paper DHS application.

ACA Marketplace Enrollment

First Choice Services

515-978-9570 or 1-877-474-NAVI (6284)

*Open enrollment November 1 – December 15
for 2021. Individuals with Qualifying Events can
enroll outside these dates.*

Iowa Medicaid Enterprise Member Services

- (800) 338-8366 (toll free)
- (515) 256-4606 (Des Moines area)

Hawki

- www.dhs.iowa.gov/hawki
- (800) 257-8563

Managed Care Organizations (MCOs)

- Amerigroup Iowa, Inc.
(800) 600-4441
- Iowa Total Care
(833) 404-1061

For more information on
Iowa Medicaid Services, visit
www.dhs.iowa.gov/ime/members

English as a Second Language (ESL) Classes

An ESL program is coursework designed to help individuals who are looking to learn English as an additional language.

Clive Community Services

2190 NW 82nd St, Suite A, Clive
257-8550

Des Moines Area

Community College –

Ankeny Campus

Ankeny Campus
2006 S Ankeny Blvd, Ankeny
697-7764

Des Moines Area

Community College –

Des Moines First Christian Church

2500 University Ave, Des Moines
287-8723

Des Moines Area

Community College –

Southridge Center

1111 E Army Post Rd, Des Moines
287-8723

Des Moines Area

Community College –

Urban Campus

1100 7th Street, Des Moines
697-7764

Offers credit and non-credit courses

Friendship Baptist Center

1526 Martin Luther King Jr. Pkwy
Des Moines
244-1701

Lutheran Services in Iowa

3200 University Ave, Des Moines
271-7335

WDMCS Community Education

Learning Resource Center

3550 Mills Civic Pkwy
West Des Moines
633-5009

West Des Moines

Human Services

139 6th St, West Des Moines
222-3663

Classes are offered at various times throughout the year. Please call locations to determine class schedule.

High School Equivalency Test (HiSET) Classes

The HiSET is an assessment of skills and knowledge comparable to those of a high school graduate. It is an alternative for those who, for a variety of reasons, are unable to finish high school. The HiSET test is a series of five tests covering writing, science, math, literature and the arts, and social studies. Passing the HiSET test series allows students to earn their High School Equivalency Diploma (HSED).

**Des Moines Area
Community College –
Urban Campus**

1100 7th Street, Building 1, Room 101
Des Moines
244-4226

St. Vincent de Paul Society

1426 6th Ave, Des Moines
282-8327

**Des Moines Area
Community College –
Southridge Center**

1111 E Army Post Road, Suite 2004
Des Moines
287-8700
En Español: 697-1812

Legal Assistance

For all resources below, please call for eligibility requirements

American Friends

Service Committee

4211 Grand Ave, Des Moines
274-4851

MONDAY – FRIDAY

9 a.m. – 4:30 p.m.

Disability Rights Iowa: Law Center for Protection and Advocacy

400 E Court Ave, Suite 300, Des Moines
278-2502
www.disabilityrightsiaowa.org

Drake Legal Clinic

2400 University Ave, Des Moines
271-3851

Iowa Concern Hotline (Iowa State Extension)

1-800-447-1985

Iowa Legal Aid

1111 9th St, Suite 230, Des Moines
800-532-1275
www.iowalegalaid.org

Justice for Our Neighbors

2024 Forest Ave, Suite 101,
Des Moines
255-9809

MONDAY – FRIDAY

9 a.m. – 4:30 p.m.

Proteus HOLA Program

1212 Center St, Suite 16, Des Moines
800-372-6031

Youth Law Center

300 Walnut St, Suite 295, Des Moines
244-1172 or 1-800-728-1172

Free legal advice to youth. State-wide hotline.

Important and Emergency Numbers

24-Hour assistance unless otherwise noted.
In an emergency, call 911.

Broadlawns Crisis Team 24-hour assistance	282-5752
Boys Town National Hotline	1-800-448-3000
<i>Short-term counseling and crisis intervention to children and families</i>	
Child & Adult Abuse Hotline	1-800-362-2178
Child Support Recovery Unit	1-888-229-9223
Children and Families of Iowa Domestic Violence Services	1-800-942-0333
Crime Victim Compensation	281-5044 or 1-800-373-5044
<i>For anyone who has been a victim of a violent crime</i>	
Iowa Poison Control Center	1-800-222-1222
Iowa Sexual Abuse Line	1-800-284-7821
Iowa Teen Line	1-800-443-8336
<i>Personal and health related information and referral for teens</i>	
Iowa Victim Call Center	800-770-1650 or text “iowahelp” to 20121
L.U.N.A.	1-866-256-7668
<i>For Latino and Spanish-speaking individuals who need assistance from abuse.</i>	
Monsoon United Asian Women of Iowa	1-866-881-4641
<i>For Asian/Pacific Islander individuals who need assistance from abuse.</i>	
National Human Trafficking Hotline	1-888-373-7888
	or text INFO or HELP to 233733
NISAA African Family Services	1-866-881-4641
<i>For African immigrants and refugee individuals who need assistance from abuse.</i>	
Polk County Crisis & Advocacy Services	286-3535
United Way of Central Iowa 2-1-1	211
<i>Call 211, visit 211iowa.org, or text your Zip Code to 898211</i>	



Care & Support Services | Home Care | Hospice
Interpretation | Community Health | Grief & Loss Services
EveryStep Giving Tree Thrift Store

EveryStep is a family of non-profit services providing health care and support to our communities.

Everystep
Care & Support Services
(Formerly Visiting Nurse Services of Iowa)

Founded in 1908, EveryStep provides medical and social services for women, children, families, adults and seniors. Our staff provide family support, home visits, parent education and connections to community resources to ensure the health of children and families in our community. Additional services include senior support, home care, mental health therapy, interpretation services and much more.

(515) 558-9946



EveryStep Home Care *(Formerly VNS Home Care)*

The experts at EveryStep can provide the support and coordinated care you need to continue living independently following an illness, injury or medical condition. Our staff will individualize your recovery plan, coordinate your care with your other health care professionals and partner with your physician to follow your physician-ordered plan of care.

(855) 867-4692



EveryStep Hospice *(Formerly HCI Hospice Care Services)*

Since 1978, EveryStep Hospice has provided comfort, dignity and peace of mind to patients with a life-limiting illness. Hospice care provides holistic support for patients and their families in the place they live, whether that it is in their home, a long-term care facility, a hospital or in one of our residential hospice homes.

(800) 806-9934



EveryStep Interpretation *(Formerly Community Voices)*

Our staff speak more than 20 languages and serve as a gateway for non-English speaking clients, helping them access available resources. Our staff also work with other organizations and businesses to improve client satisfaction, workflow efficiencies and billing processes as they work with clients who have communication barriers.

(515) 558-9597



EveryStep Community Health

EveryStep Community Health offers a variety of screenings and immunizations. Services offered include:

- On-site flu clinics for businesses, organizations and child care centers
- On-site employee wellness/biometric screenings
- TB tests
- Paternity tests
- Other immunizations as requested

(515) 288-1516



EveryStep Grief & Loss Services/ Amanda the Panda

Death touches us all at some point in our lives. It might be the death of a spouse, a parent or grandparent, a child or sibling, or a beloved friend. The journey from grief to healing can be difficult. EveryStep offers free grief support to whoever needs it.



Amanda the Panda is special program within EveryStep's family of grief and loss services. The program helps restore grieving children, families and individuals understand how they can manage their grief and find hope and healing. Services include Grief & Loss Camp, support groups, family nights, school visits and support during the holidays — all provided at no cost.

(515) 223-4847



EveryStep Giving Tree Thrift Store

EveryStep Giving Tree thrift store sells and accepts donations of gently used furniture, decor, home goods, collectibles and clothing. All proceeds support EveryStep's non-profit programs, including hospice care, grief support and services for children and families.

3330 100th Street, Urbandale
(515) 270-2414
everystepgivingtree.org

EveryStep 
Giving Tree
Thrift Store



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