



CEDAR FALLS 2016

RESOURCE BOOKLET

ASSISTANCE PROGRAMS IN BLACK HAWK COUNTY AREA

This Resource Guide was compiled by the CARE Ministry at Prairie Lakes Church as a helpful resource for those seeking assistance for their individual needs. It offers easy access to a listing of agencies, their area of assistance and contact information.

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AREAS OF ASSISTANCE

Cash Assistance

- Black Hawk Community Services
- Black Hawk County Department of Human Services
- Eastside Ministerial Alliance
- Jesse Cosby Center
- St. Vincent de Paul, Inc.
- Veterans Affairs

Clothing Assistance

- American Red Cross Hawkeye Chapter
- Black Hawk Community Services
- Eye of the Needle
- Hospitality House
- House of Hope
- Love INC
- Salvation Army
- St. Vincent de Paul, Inc.

Counseling & Mental Health Services

For counseling resources to meet your specific concerns, please contact care@prairielakeschurch.org

- Black Hawk-Grundy Mental Health Center
- Bremwood Residential Treatment Center
- Catholic Charities
- Lutheran Services in Iowa
- Operation Threshold
- Quakerdale Waterloo Campus
- Waypoint

Crisis Assistance

- Black Hawk Community Services
- Cedar Valley Community Support Systems
- Cedar Valley United Way
- Eastside Ministerial Alliance Inc. (EMA)
- Jesse Cosby Center
- Love INC
- Lutheran Services in Iowa
- Operation Threshold
- St. Vincent de Paul, Inc.

Disability Assistance

- ARC of Black Hawk County
- Cedar Valley Community Support Systems
- Exceptional Persons Inc. (EPI)
- Iowa Vocational Rehabilitation Services
- Lutheran Services in Iowa
- Newel Post Adult Day and Respite Care
- Northeast Area Agency on Aging
- North Star Community Services, Inc.
- Waterloo Housing Authority

Disaster Relief

- American Red Cross Hawkeye Chapter
- Catholic Charities
- Iowa Workforce Development
- Operation Threshold

Elderly Services

- Jesse Cosby Center
- LifeLong Links
- Northeast Iowa Area Agency on Aging
- Retired Seniors Volunteer Program
- Senior Community Service Employment Program

Family Services

- Alternatives Pregnancy Center
- American Red Cross Hawkeye Chapter
- ARC of Black Hawk County
- Black Hawk County Department of Human Services
- Bremwood Residential Treatment Center
- Exceptional Persons, Inc.
- Family Children's Council
- Horizons Family-Centered Recovery Program
- Lutheran Services in Iowa
- Love INC
- Operation Threshold
- Quakerdale Waterloo Campus
- Salvation Army
- Tri County Child & Family Development Council, Inc.
- Waypoint

Financial

- Cedar Valley Community Support Systems
- Consumer Credit Counseling
- Family Management Financial Solutions

Food Assistance

- American Red Cross Hawkeye Chapter
- Black Hawk Community Services
- Catholic Charities
- Catholic Worker House
- Hospitality House
- Jesse Cosby Center
- Northeast Iowa Food Bank
- Operation Threshold
- Salvation Army
- Veterans Affairs
- WIC

Grief

- Cancer in Iowa
- Cedar Valley Hospice
- Compassionate Friends

Health Care Service

- Allen Community Engagement Salvation Army Partnership
- Allen Women's Health
- Alternatives Pregnancy Center
- ARC of Black Hawk County
- Black Hawk-Grundy Mental Health Center
- Cancer in Iowa
- Cedar Valley Hospice
- Eastside Ministerial Alliance Inc. (EMA)
- iHope
- Lutheran Services in Iowa
- Patient Engagement
- Peoples Community Health Clinic
- Saints Shuttle
- Veterans Affairs

Housing Assistance

- Black Hawk Community Services
- Catholic Charities
- Cedar Falls Housing Assistance
- Cedar Square Apartments
- Community Housing Initiative
- Hospitality House
- House of Hope
- Iowa Heartland Habitat for Humanity
- Jesse Cosby Center
- Operation Threshold
- Peoples Community Health Clinic
- Quakerdale Waterloo Campus
- Salvation Army
- St. Vincent de Paul, Inc.
- Waterloo Housing Authority
- Waterloo HUD subsidized apartments

Job Assistance

- Black Hawk County Department of Human Services
- Iowa Vocational Rehabilitation Services
- Iowa Workforce Development

Legal Assistance

- Iowa Legal Aid

Rehabilitation Services

- Alcoholics Anonymous
- Bremwood Residential Treatment Center
- Horizons Family Centered Recovery Program
- Pathways Behavioral Services

Women's Resources

- Allen Women's Health
- Alternatives Pregnancy Center
- Amani Community Service
- Covenant Prenatal and Women's Clinic
- House of Hope
- Salvation Army
- Seeds of Hope
- Waypoint

AGENCY SUMMARIES

Alcoholics Anonymous

Various locations throughout the Cedar Valley can be found at aa-iowa.org/index.php?id=85.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Allen Community Engagement Salvation Army Partnership (ACE-SAP Clinic)

207 Logan Ave.

Waterloo, IA

319.235.9358

freeclinicsofiowa.org/clinics/info/allen-community-engagement-salvation-army-partnership-ace-sap-clinic

Services include illness and minor injury care, well child exams, adult immunizations, physicals, TB testing, chronic disease management, diabetes/blood glucose testing, high blood pressure testing, cholesterol testing. Social workers are on site and language translation is available in Spanish and Bosnian. Hours are 9 a.m.-5 p.m. on Thursdays, 1-5 p.m. on alternating Wednesdays. No appointment necessary.

Allen Women's Health

233 Vold Dr.

Waterloo, IA

319.235.5090

allenwomenshealth.org

Provides a variety of women's health services including pregnancy testing, the latest birth control methods (including reversible long-term methods), emergency contraception, STD testing and treatment and management of minor GYN ailments. Most of these services are offered at low or no cost to the uninsured patient.

Alternatives Pregnancy Center

1006 Decathlon Dr.
Waterloo, IA
319.535.2720
info@alternativescenter.org
alternativescenter.org

The Caring Connection program offers mentoring and material support for women who are pregnant or have an infant less than 12 months of age, pregnancy testing, support for parenting, adoption, abstinence education, information on STD health risks and post-abortion support.

Amani Community Service

2051 Kimball Ave. Suite 10
Waterloo, Iowa
319.232.5660

Amani Community Services is a culturally-specific domestic violence and sexual assault agency serving African Americans in Black Hawk and Linn counties.

American Red Cross Hawkeye Chapter

2530 University Ave. Suite 4
Waterloo, IA
319.234.6831/866.GETINFO
hawkeyechapter.org

Provides disaster relief, offering families and individuals emergency social services, warm meals, a place to sleep and clothing.

ARC of Black Hawk County

760 Ansborough Ave.
Waterloo, IA
319.232.0437

Support services for individuals and children with disabilities and their families.

Black Hawk Community Services

1407 Independence Ave.
Waterloo, IA
319.292.2261

co.black-hawk.ia.us/depts/community.html
Crisis assistance for those who need help with rent, food, clothing, utilities and burial assistance. The assistance program is designed to provide short-term emergency assistance to meet basic needs, not to provide on-going, long-term aid.

Black Hawk County Department of Human Services

1407 Independence Ave.
Waterloo, IA
319.291.2441

dhs.state.ia.us/consumers/find_help/county_/Blackhawk.html
This agency offers assistance to individuals and families through various programs. Check online or call for information regarding individual services and funding to fit specific needs.

Black Hawk-Grundy Mental Health Center

3251 W 9th St.
Waterloo, IA
319.234.2893/800.583.1526

unitypoint.org/waterloo/mental-health.aspx
Black Hawk-Grundy Mental Health Center provides a variety of outpatient, emergency, consultation and outreach services for a wide range of ages.

Bremwood Residential Treatment Center

106 16th St. SW
Waverly, IA
319.352.2630

lsiowa.org/index.php/services/children-youth-family/residential-treatment/bremwood/
Psychiatric treatment to help children and teens overcome emotional and behavioral disorders. Bremwood offers a range of specialized programs and rehabilitative treatment.

Cancer in Iowa

canceriowa.org

Website gives up-to-date information on support groups, hospitals, hospice care and financial assistance.

Catholic Charities

2101 Kimball Ave. Suite 138

Waterloo, IA

319.272.2080

catholiccharitiesdubuque.org

Food assistance, temporary housing and various community based services are offered to individuals, regardless of their religious, social or economic background. Catholic Charities offers options for affordable housing, counseling services, disaster services, outreach programs and post-adoption search.

Catholic Worker House

321 East 8th St.

Waterloo, IA

319.232.2116

catholicworker.org

Check-in 4-8:30 p.m. Meals served weekday evenings—call to be sure.

Cedar Falls Housing Assistance

City of Cedar Falls

220 Clay St.

Cedar Falls, IA

319.273.8669

Section 8 housing Assisted Housing Program—apply for Section 8 low-income housing.

Cedar Square Apartments

1813 W 8th St.

Cedar Falls, IA

319.277.1441

Low-income housing (2-3 bedroom apartments and duplexes)

Cedar Valley Community Support Systems

3121 Brockway Rd.

Waterloo, IA

319.233.1288

cvcss.com

Helping those with disabilities live normal fulfilling lives by providing living skills education, support services, self-care education, transportation, 24-hour emergency assistance, service coordination and evaluation, medical management and financial management.

Cedar Valley Hospice

2101 Kimball Ave. Suite 401

Waterloo, IA

319.272.2002/800.617.1972

cvhospice.org

Provides home care services to those with a life-threatening illness, hospice services to those with a six month or less prognosis, grief support services and case management services for those living with HIV or AIDS and their families.

Cedar Valley United Way

425 Cedar St. Suite 300

Waterloo, IA

319.235.6211

cedarvalleyunitedway.org

They sponsor *211, a referral service to help people know where to go for help in Black Hawk and surrounding counties.

Community Housing Initiatives, Inc. (CHI)

9154 West 4th St.

Waterloo, IA

319.235.3000

Transitional and permanent, affordable housing opportunities. Various programs meet a wide array of needs through this Iowa-based organization.

Compassionate Friends

1300 4th Ave. SW
Waverly, IA
Redeemer Lutheran Church
2001 W Bremer Ave.
Waverly, IA
319.269.5385
compassionatefriends.org

Assists families toward positive resolution of grief following the death of a child. Provides emotional information, understanding and hope to bereaved families. Meetings are the first Thursday of each month at 6:30 p.m.

Covenant Prenatal and Women's Clinic

432 King Dr.
Waterloo, IA
319.272.8200

The clinic offers a variety of services including pregnancy and post-delivery care, gynecological services, exams and more.

Consumer Credit Counseling

1003 West 4th St.
Waterloo, IA
319.234.0661

Provides free counseling on more effective money management. HUD-certified counselors assist with financial counseling, debt management, credit report reviews, housing counseling.

Eastside Ministerial Alliance, Inc. (EMA)

205 Adams St. Suite 1
Waterloo, IA
319.235.5580
emacenter.qwestoffice.net

Assists low-income individuals and families with resources and agencies that can best serve their most urgent needs of rent, medicine and utilities. Help through Volunteer Income Tax Assistance (V.I.T.A.) program gives assistance with tax preparation services.

Exceptional Persons, Inc. (EPI)

760 Ansborough Ave.
Waterloo, IA
319.232.6671
episervice.org

Services to individuals with disabilities and families with childcare needs. Programs include child and adult food care, Early ACCESS, children respite care, community living adults and employment services for adults with disabilities.

Eye of the Needle

522 Mulberry St.
Waterloo, IA
319.215.6151
eyeoftheneedleia.com

Distributes clothing, household items, blankets, school and work uniforms, furniture, diapers, car seats, school supplies, hygiene products, coats and laundry machines. Eye of the Needle is open Monday, Wednesday, Thursday and Friday from 9 a.m.-4 p.m. and Tuesdays 1:30 - 4 p.m.

Family Management Financial Solutions

359 Rock Island Ave.
Waterloo, IA
319.234.6695 - credit counseling
877.622.4866 - housing counseling
Individual credit counseling. Hours: Monday-Thursday 9a.m.-12 p.m., 1-5 p.m.; Friday 9a.m.-12p.m.

Family & Children's Council (FCC)

2051 Kimball Ave.
Waterloo, IA
319.234.7600
fccouncil.net
info@fccouncil.net

Programs include Community Education, Community Meal, Effective Black Parenting, Parent to Parent/Healthy Babies, Parent Connection, Living Apart Parenting Together, Young Parenting, Empowering Dads, Women's Empowerment.

Horizons Family-Centered Recovery Program

2101 Kimball Ave. Suite 200
Waterloo, IA
319.272.2873
covhealth.com

Recovery program for drug, alcohol and substance abusers and their families. Program also addresses the physical, emotional and spiritual toll taken by drug, alcohol and substance abuse.

Hospitality House

1003 Mulberry St.
Waterloo, IA
319.234.1311
waterloocatholics.org

Provides daytime shelter, coffee, showers, clean clothes, computer access and local telephone access to the homeless and those in need. Light meals provided on the weekends.

House of Hope

306 Walnut St.
Waterloo, IA
319.232.3823
houseofhopeccd.org

A two-year transitional housing program for homeless, single mothers and their children.

iHope

722 Hackett Rd.
Waterloo, IA (Behind U-Haul on University Ave.)
319.830.5400
ihopemissionsbase.com/free-medical-clinic

Medical services provided to the poor, uninsured and underinsured without cost or obligation. Hours are Tuesdays 6-8 p.m. (general medical care), 1st and 2nd Wednesday 6-8 p.m. (chiropractor) and 2nd Tuesday 6-8 p.m. (podiatry).

Iowa Heartland Habitat for Humanity

803 W 5th St.
Waterloo, IA
319.235.9946
heartlandhfh.org

A nonprofit, Christian housing organization that builds simple, decent, affordable housing in partnership with people in need.

Iowa Legal Aid

607 Sycamore St. Suite 708
Waterloo, IA
319.235.7008/800.772.0039/800.532.1275
iowalegalaid.org

Provides legal aid to low-income persons in the state. Attorneys assist clients after an intake for financial eligibility. Monday-Friday 9-11 a.m. or 1:30-3:30 p.m., except Thursday.

Iowa Vocational Rehabilitation Services

3420 University Ave. Suite D
Waterloo, IA
319.234.0319
ivrs.iowa.gov/index.html

Assist with job placement for individuals who are disabled and/or can't find a job or maintain employment.

Iowa Workforce Development

3420 University Ave. Suite G
Waterloo, IA
319.235.9864
iowaworkforce.org/region7/waterloo.html

Provides a variety of services to meet the workforce and workplace needs of job seekers, dislocated workers and unemployed persons. They also provide job counseling, training and placement. Assistance to special need individuals. Website application available.

Jesse Cosby Center

1112 Mobile St.
Waterloo, IA
319.234.1793
jessecosby.org
info@jessecosby.org

Assists with utility, rent or transportation expenses for qualifying individuals. Their food pantry and voucher program offer food assistance. Empowerment programs and senior support are also available.

LifeLong Links

866.468.7887
lifelonglinks.org

Assists older individuals, persons with disabilities, veterans and caregivers by providing resources and information needed to help plan for long-term independent living. Call toll free.

Love INC

4807 University Ave. Suite 202
Cedar Falls, IA
319.266.1264

Provides furniture, appliances, bedding, clothing and many other needs. Also provides mentoring, goal setting, skill training and spiritual and emotional support. Office hours are Monday, Wednesday and Friday, 9 a.m.- 5 p.m.

Lutheran Services in Iowa (LSI)

904 W 4th St.
Waterloo, IA
319.233.3579
lsiowa.org

Adoption and foster care services, crisis care and family support, parenting education, counseling, disabilities services and respite care.

Newel Post Adult Day and Respite Care

1108 Tiffany Pl.
Waterloo, IA
319.234.1391
northstarcs.org

Adult day services available to help older adults and those with disabilities maintain independence and avoid nursing home placement. Services are provided during the day and provide a structured meaningful environment for seniors.

Northeast Iowa Food Bank

1605 Lafayette St.
Waterloo, IA
319.235.0507
northeastiowafoodbank.org

Provides nutritious food and grocery products to non-profit organizations and individuals in need in Iowa.

Northeast Iowa Area Agency on Aging

2101 Kimball Ave. Suite 320
Waterloo, IA
1.866.468.7887
nei3a.org

Provides programs and services to empower older people to remain independent in their homes. For persons aged 60+ and their spouse or caregiver. Connects older adults, caregivers and persons with disabilities to the services they need to remain independent.

North Star Community Services, Inc.

3420 University Ave. Suite 100
Waterloo, IA
319.236.0901/1.888.879.1365
northstarcs.org

A rehabilitative services organization serving adults with disabilities. They provide a variety of services and support including adult day and respite care, employment services and supported community living.

Operation Threshold

1535 Lafayette St.

Waterloo, IA

319.291.2065

operationthreshold.org

Programs include housing, crisis counseling, low-income energy assistance, family development, affordable housing, weatherization and the WIC program.

Patient Engagement

Wheaton Franciscan Healthcare

319.272.2600.

wheatoniowa.org/services/full-listing/patient-engagement.aspx

Free answers to your healthcare questions from a registered nurse.

Pathways Behavioral Services

3362 University Ave.

Waterloo, IA

319.235.6571

pathwaysb.org

Programs offer substance abuse and mental health prevention and treatment services to individuals in Black Hawk and five surrounding counties.

People's Community Health Clinic

905 Franklin St.

Waterloo, IA

319.272.4300

Provides affordable health and dental care using a sliding fee scale.

Urgent Care Clinic

319.272.4100

Walk-in Clinic

Sliding fee—minimum \$20

Quakerdale Waterloo Campus

140 S. Barclay St.

Waterloo, IA

319.233.2554

quakerdale.org

Programs and services include adoption services, assessment services, community-based day treatment, family counseling, community groups, family foster care, transitional living, residential treatment, counseling, assessment services, enhanced family services, youth shelter, transitional living, community groups, behavioral health intervention services and the McKinstry after school program.

Retired Seniors Volunteer Program (RSVP)

2101 Kimball Ave. Suite 121

Waterloo, IA

319.272.2250

The program is a point of coordination for volunteers 55+ and nonprofit organizations in need of volunteers. RSVP projects are local and nationwide.

Salvation Army

218 Logan Ave.

Waterloo, IA

319.232.6336

salvationarmyusa.org

Provides emergency housing, food and clothing, women and children's shelter, thrift store and the men's emergency lodge. The community center provides daily lunches.

St. Vincent dePaul, Inc.

320 Broadway St.

Waterloo, IA

319.232.3366

svdpusa.org

Crisis assistance available for rent, utilities, clothing and household items.

Seeds of Hope

2055 Kimball Ave. Suite 355

Waterloo, IA

888.746.4673/319.272.1400

Domestic violence and sexual assault assistance

Saints Shuttle Service

Provides transportation to University of Iowa Hospitals in Iowa City. Board the shuttle in Waverly on south side of Walmart parking lot and in Waterloo at 416 Sycamore Street. The shuttle is \$10 one way or \$20 round trip. Enrollees in Iowa Care can ride for \$1 one way or \$2 round trip. The shuttle will arrive in Iowa City in time for 10 a.m. appointments and leaves Iowa City at 4 p.m. Services are offered on Wednesday and Thursday. (Reservations are required and must be scheduled at least one day in advance by calling 641.423.2262.)

Tri-County Child & Family Development Council, Inc.

205 Adams St.

Waterloo, IA

Phone: 319.235.0383

tricountychildandfamily.org

Head Start is a national program that promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services to enrolled children and families.

Veterans Affairs

1407 Independence Ave.

Waterloo, IA

319.291.2512

veteransaffairs@co.black-hawk.ia.us

Offers monetary assistance with emergency needs such as food, shelter, utilities, dental, eye glasses, medication, burial, transportation. An application needs to be completed.

Waterloo Housing Authority

620 Mulberry St. Suite 102

Waterloo, IA

319.233.0201

Call for appointment. Apply for Section 8, low-income and handicap housing.

Waterloo HUD-Subsidized Apartments

207 Logan Ave.

Waterloo, IA

319.235.1919

Low-income housing:

[Camelot Apartments](#)

1650 Camelot Dr.

Waterloo, IA

319.233.7771

[Crossroads Square](#)

1820 East Ridgeway Ave.

Waterloo, IA

319.233.7771

[Greenridge Family Apartments](#)

1641 Camelot Dr.

Waterloo, IA

319.233.7771

[Heritage Apartments](#)

1306 W Donald St. Suite 400

Waterloo, IA

319.234.4004

[Park Towers Apartments](#)

500 Sycamore St.

Waterloo, IA

319.235.7754

[Renaissance Park Apartments](#)

610 East 4th St.

Waterloo, IA

319.234.1411

[Ridge Village West](#)

1262 Downing Court

Waterloo, IA

319.233.3585

Women, Infants and Children (WIC) Supplemental Food Program

800.532.1579

ldph.iowa.gov/wic

The WIC Program strives to improve nutritional status of low income pregnant women and children less than five years old. The program provides nutritional education and vouchers for milk, cheese, peanut butter, eggs, cereal, beans, juice and infant formula. The program also provides manual breast pumps and loans electric breast pumps.

Waypoint

Domestic Violence Victim Services Program

24 hour crisis help line:

319.363.2093/800.208.0388

waypointservices.org

Emotional support, counseling, medical advocacy, support for parenting (domestic violence) and tips for supporting family and friends.

INTERESTED IN LEARNING MORE ABOUT PRAIRIE LAKES CHURCH?

Attend a Service

Cedar Falls Campus:
1907 Viking Road
Cedar Falls, IA 50613

Service Times:

Saturdays @ 5:30 p.m.
Sundays @ 9 & 11 a.m.

Call or Visit our Office

Cedar Falls Campus:
1907 Viking road
Cedar Falls, IA 50613
319.266.2655



prairielakeschurch.org