



CEDAR RAPIDS 2018

RESOURCE BOOKLET

ASSISTANCE PROGRAMS IN LINN 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.

AREAS OF ASSISTANCE..... 2

AGENCY SUMMARIES..... 6

AREAS OF ASSISTANCE

Cash Assistance

- Crossroads Mission
- Harambee House
- Helping Hands
- Linn County Veteran Affairs Office
- Metro Catholic Outreach
- Salvation Army
- St. Vincent de Paul

Clothing Assistance

- Crossroads Mission
- First Presbyterian Church
- Harambee House
- Mission of Hope
- Olivet Neighborhood Mission
- Salvation Army Thrift Store
- St. Mark's United Methodist Church
- St. Vincent de Paul

Counseling & Mental Health Services

- Abbe Center Medical Health Clinic
- Catholic Charities
- Foundation 2
- Horizons, A Family Service Alliance
- Riverview Center
- Tanager Place
- Waypoint Services

Disability Assistance

- CompuPlace
- GiGi's Playhouse
- Heritage Agency on Aging
- Iowa Vocational Rehabilitation Services
- The Arc of East Central Iowa

Disaster Relief

- American Red Cross Emergency Services
- Catholic Charities
- Salvation Army

Elderly Services

- Aging Services, Inc.
- Heritage Agency on Aging
- Horizons, A Family Service Alliance
- Salvation Army

Family Services

- Bethany Christian Services
- Birthright of Cedar Rapids
- Bridgehaven Pregnancy Support Center
- Family Promise
- Four Oaks
- Horizons, A Family Service Alliance
- Jane Boyd
- Olivet Neighborhood Mission
- Salvation Army
- Tanager Place
- Waypoint Services
- YMCA
- Young Parents Network

Financial

- Crossroads Mission
- Helping Hands
- Horizons, A Family Service Alliance

Food Assistance

- Cedar Hill Community Church
- Crossroads Mission
- First Church of the Open Bible
- First Lutheran Church
- First Presbyterian Church
- Green Square Meals
- Horizons, A Family Service Alliance
- Linn Community Food Bank
- Linn County Veteran Affairs Office
- Mission of Hope
- Metro Catholic Outreach
- Olivet Neighborhood Mission
- River of Life Church
- Salvation Army
- St. Vincent de Paul

Grief

- Abbe Center Medical Health Clinic
- Care Initiatives Hospice
- Hospice Compassus

Health Care Service

- Abbe Center Medical Health Clinic
- American Cancer Society Road to Recovery
- Bethany Christian Services
- Birthright of Cedar Rapids
- Bridgehaven Pregnancy Support Center
- Care Initiatives Hospice
- Community Health Free Clinic
- His Hands Free Clinic
- Hospice Compassus
- Olivet Neighborhood Mission

Housing Assistance

- Affordable Housing Network
- Catherine McAuley Center
- Cedar Rapids Housing Services/ROOTS Program
- Cedar Valley Habitat for Humanity
- Cedar Valley Habitat for Humanity ReStore
- Family Promise
- Foundation 2
- Glenbrook Apartments
- Harambee House
- Hawthorne Hills
- House of Hope
- Mission of Hope
- St. John of the Cross Catholic Worker House
- Waypoint Services
- Willis Dady Emergency Shelter, Inc

Job Assistance

- Harambee House
- Iowa Vocational Rehabilitation Services
- IowaWORKS Center

Legal Assistance

- Kids First Law Center

Rehabilitation Services

- Alcoholics Anonymous
- Four Oaks
- Tanager Place

Transportation Resources

- Aging Services, Inc.
- American Cancer Society Road to Recovery
- Cedar Rapids Transit Ground Transportation Center
- Horizons & Neighborhood Transportation Services (NTS)
- LIFTS

Women's Resources

- Bethany Christian Services
- Birthright of Cedar Rapids
- Bridgehaven Pregnancy Support Center
- Catherine McAuley Center
- Catholic Charities
- His Hands Free Clinic
- House of Hope
- Salvation Army
- Waypoint Services
- Young Parents Network

Youth Services

- Big Brothers Big Sisters of Cedar Rapids and East Central Iowa
- Boys and Girls Club of Cedar Rapids
- Foundation 2
- Four Oaks
- Jane Boyd
- Salvation Army
- Tanager Place
- Waypoint Services
- YMCA

AGENCY SUMMARIES

Abbe Center Medical Health Clinic

520 11th St NW Cedar Rapids, IA 52405

319-398-3562

<http://www.abbemhc.org/>

An outpatient treatment center that recognizes the importance of being emotionally, physically, and socially healthy. They provide integrated health home, adult outpatient, and child and adolescent services.

Affordable Housing Network

3000 J St. SW Cedar Rapids, IA 52404

319-363-1403

www.affordablehousingnetwork.org

Provides decent, safe, and sustainable housing which promotes stability for families and individuals, and creates community. Inquires accepted Monday through Friday from 8 am - 5 pm (closed 12 pm - 1 pm). Affordable housing located in Cedar Rapids area. Accepts Section 8 subsidy. 4 bedroom apartments and houses available.

Aging Services, Inc.

317 7th Avenue SE Suite 302B Cedar Rapids, IA 52401

319-398-3644

www.abbehealth.org

Volunteers provide transportation for non-emergency medical appointments, grocery shopping, farmer's markets, food banks, and a few other essential errands. Five work days notice is appreciated, but can schedule rides with less notice. No cost. Must be 60 years of age or older. Must be able to enter/exit vehicle independently. Cane or walker okay. Transportation available between 8 am - 4 pm. To schedule rides, call transportation coordinator on Monday through Friday from 8 am - 12 pm.

Alcoholics Anonymous

Iowa 8th District Box 10722 Cedar Rapids, IA 52410

319-365-5955 (24-hour hotline)

www.aa-cedarrapids.org

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. Their various meeting times and locations can be found at www.aa-cedarrapids.org/meetings

American Cancer Society Road to Recovery

319-227-6333

www.cancer.org

Volunteers provide transportation for cancer patients to get to treatment and medical appointments, as available. Patient services: 8 am through 6 pm, seven days per week. Cancer patient must place request. Four working days notice is required. Must be able to enter/exit vehicle independently. Cane or walker okay.

American Red Cross Emergency Services

6300 Rockwell Drive NE Cedar Rapids, IA 52402

319-393-3500

www.redcross.org

Clothing and food for victims of fire and natural disasters based on damage assessment. Office hours: Monday from 8:30 am - 4:30 pm; Tuesday, Wednesday, and Thursday: 9:00 am to 3:00 pm; Closed Fridays. Helpline (Toll Free): 1-800-982-2438 can be used 24 hours a day for victims of fire and natural disasters.

Bethany Christian Services

1860 1st Ave NE Cedar Rapids, IA 52402

319-832-2321

www.bethany.org/cedar-rapids

Provides free, confidential pregnancy support with counselors who will walk you through options and help you make a choice that is uniquely right for you and your child. They also provide services to those who are interested in infant adoption, international adoption, and/or post adoption support. Their ADOPTS program offers family and individual therapy, parent groups, and child and adolescent groups which address trauma-focused treatment for adopted children with or without PTSD symptoms.

Big Brothers Big Sisters of Cedar Rapids and East Central Iowa

3150 E Ave. NW Suite 103 Cedar Rapids, IA 52405

319-377-8993

www.beabigcr.org

Provides children ages 6 through 18 facing adversity with strong and enduring, professionally supported one-to-one mentor relationships. The Little and Big get together for a few hours a month to provide advice and inspiration and play games and sport, read books, get ice cream, go to a museum, etc.

Birthright of Cedar Rapids

374 Collins Rd. NE Suite 107 Cedar Rapids, IA 52402

319-393-3251; Helpline (Toll Free): 1-800-550-4900

www.birthright.org

Completely free and confidential assistance for pregnant women including professional referrals, maternity clothing vouchers, and a welcome baby basket. Free pregnancy tests with no appointment needed. Monday and Tuesday: 10:00 am to 6:00 pm; Thursday and Friday: 10:00 am to 4:00 pm. Closed Wednesday. Please call their office first before arriving.

Bridgehaven Pregnancy Support Center

701 Center Point Rd NE Cedar Rapids, IA 52402

319-364-8967

bridgehavencr.org

Services for pregnant women, pregnant couples, and men and women with children under 18. Free pregnancy testing and counseling. Prenatal, parenting, and life skills classes available. Benefits provided to weekly class attendees. Benefits are clothes, food and formula for men, women, and children. Need to interview to register. One time emergency assistance to non-clients. One free ultrasound. Post-abortion classes for men and women. Monday and Thursday: 10:00 am to 7:00 pm; Tuesday, Wednesday, and Friday: 10:00 am to 5:00 pm.

Boys and Girls Club of Cedar Rapids

420 6th St SE Suite 240 Cedar Rapids, IA 52401

319-363-5766

www.bgccr.org

Provides a safe place, fun and diverse programs dedicated to youth development, and one hot meal each day for all boys and girls ages 5 to 18 years old. Their five core program areas include: education, career development, and technology; character and leadership; the arts; health and life skills; and sports, recreation, and fitness. Provides a summer program, an after school program during the school year, and are also open during most holiday breaks. The cost for an annual membership is \$12 per year.

Care Initiatives Hospice

3720 Queen Ct. SW Suite #9 Cedar Rapids, IA 52404

877-577-2999

www.careinitiatives.org

Works closely with family members and caregivers to respect the wishes and needs of our patients and their loved ones in the final stages of an individual's life. Our approach addresses the physical, emotional, and spiritual needs of those facing life limiting illness for themselves and their families. Works with the family and current caregivers to provide care in a home, hospital, nursing facility, assisted living center, or another location. We also offer bereavement services for the family and friends of those who pass away under our care.

Catherine McAuley Center

866 Fourth Avenue SE Cedar Rapids, IA 52403
319-363-4993 (main) or 319-731-0444 (education)
www.cmc-cr.org

Transitional Housing Program for unaccompanied women over age 18 with a safe place to live, along with guidance and education to help them stabilize their lives. Their Admission depends on availability. After the initial 30 days in the program, residents may be eligible for advancement into one of the two housing units that are part of the Transitional Housing Program. Residents may remain in the program for up to two years. Adult Basic Education Program (ABEP) provides individual tutoring for adult immigrant and refugee English Language Learners. The ABEP also serves adults whose goal is to pass Iowa's high school equivalency test by offering basic math, reading, and writing instruction. CMC also offers tutoring and group classes to those who wish to pass the U.S. Citizenship Interview/Test. The ABEP is completely free.

The CMC has an in-house food and hygiene pantry filled with nonperishable foods, personal care products, and furniture.

Catholic Charities

Sister Mary Lawrence Community Center
420 6th Street SE Suite 220 Cedar Rapids, IA 52401
319-364-7121

www.catholiccharitiesdubuque.org

Provides mental health counseling, immigration legal services, refugee resettlement, disaster services, post-abortion counseling and reconciliation, crisis pregnancy counseling, jail and prison ministry, and post-adoption search assistance.

Cedar Hill Community Church

6455 E Ave. NW Cedar Rapids, IA 52405
319-396-6608
<http://cedarhillscr.org/>

Provides pre-packaged food to families in need. Must bring ID or Driver's License. Can access once per month. Monday from 5 pm - 6 pm, and Wednesday/Friday from 10 am - 1 pm.

Cedar Rapids Housing Services/ROOTS Program

101 1st St. SE Cedar Rapids, IA 52401

319-286-5872

www.rootsincr.com

Cedar Rapids Housing Services Section 8 Rental Assistance Program provides monthly rent subsidy for eligible individuals and families. Housing rehabilitation program provides financial assistance to home owner and landlords for rehabilitation to property. Must apply at www.cedar-rapids.org. ROOTS Program offers down payment assistance up to 25% of the purchase price (on a new construction single-family home) to qualified applicants.

Cedar Rapids Transit Ground Transportation Center

450 1st St SE Cedar Rapids, IA 52401

319-286-5573

www.cedar-rapids.org/transit

Bus transportation throughout Cedar Rapids, Marion, Hiawatha. Monday through Friday from 5:20 am to 6:20 pm; Saturday from 7:55 am to 4:15 pm. Adult full fare cost is \$1.50. Reduced fare cost of 75 cents for students, seniors, persons with disabilities (with ID or Medicare card), and income-based program. Children ages 0-5 ride free, but must be accompanied by a passenger age 13 or older. 31-day passes: adult \$40; student, seniors, disabled, and income-based program \$20. 10 ride cards: adult \$15; students, seniors, disabled, and income-based program \$7.50.

Cedar Valley Habitat for Humanity

350 6th Ave. SE Cedar Rapids, IA 52401

319-366-4485

www.cvhabitat.org

Offers safe, decent, and affordable housing to families in need. Homes are affordable through the use of volunteer labor and zero-interest mortgages, allowing them to serve first-time homeowners who wouldn't typically qualify for conventional financing. Qualified applicants become full partners in the work of building their future homes with Habitat sponsors and volunteers. Operation hours are Monday through Friday 9 am - 5 pm.

Cedar Valley Habitat for Humanity ReStore

350 6th Ave SE Cedar Rapids, IA 52401

319-294-1500

www.cvhabitat.org/restore

ReStore sells new and gently used building materials and home improvement supplies, furniture, appliance, and general home furnishings for bargain prices. Operation hours are Tuesday through Saturday 9 am - 5 pm; Closed on Sunday and Monday.

Community Health Free Clinic

Medical Clinic and Prescription Services:

947 14th Ave SE Cedar Rapids, IA 52403

319-363-0416

www.communityhfc.org

Walk-in Medical Clinic sees uninsured and underserved patients on a first come, first served basis free of charge. No appointment needed. Dental Clinic provides urgent dental care to uninsured patients. By appointment only. Eye Clinic provides diagnostic exams and treatments for individuals dealing with eye disease or poor vision. By appointment only. If you cannot afford the medication prescribed to you, Prescription Services and Prescription Assistance Program may be able to help. No appointment needed. These clinics are open Monday: 8 am - 2 pm; Tuesday through Friday: 8 am - 10:30 am; Closed Saturday and Sunday.

Prescription Assistance Program (PAP):

715 10th Ave SE Cedar Rapids, IA 52401

319-221-1585

www.communityhfc.org/our-services/prescription-services

For individuals with chronic disease who have long-term medication needs, the Prescription Assistance Program may be able to assist. Staff and volunteers work with patients to apply for and receive medications through Pharmaceutical Company donation programs. Operating hours are Monday through Thursday from 9 am - 1 pm.

CompuPlace

Ecumenical Community Center:

601 Second Ave SE #3 Cedar Rapids, IA 52401

319-362-4284

www.ecc-cr.net/compuplace.php

Unique and specialized learning center which provides abilities-based computer access and training to people with disabilities. Primary focus is on Cedar Rapids area adults over the age of 21 with intellectual disabilities who are working on basic skills, and who are likely to benefit from Assistive Technology. By appointment only. Operating hours are Monday through Friday 10 am - 4 pm.

Crossroads Mission

1006 2nd St SW Cedar Rapids, IA 52404

319-365-0707

www.crmide.com

Guests are welcome to food from their pantry, shop in the free clothing closet, access to showering facilities, and/or counseling services upon request. Financial assistance is dependent on need and funds available. Individuals will undergo an eligibility process to receive financial assistance. New guests are required to present a picture ID in order to receive any services. Operating hours are Tuesday through Friday from 10 am - 4 pm.

Family Promise

Office and Day Center located at First Presbyterian Church
310 5th St. SE Cedar Rapids, IA 52401
319-640-0339

www.familypromiseoflynncounty.org

Host Congregations provide overnight lodging, meals, and hospitality from 6:00 pm to 7:00 am the next morning. The Day Center provides guests with a mailing address and a home base room in which to conduct their housing and employment searches. Operates from 8 am to 5 pm for guests to shower and care for preschool children. Host Congregations in Cedar Rapids include: St. Paul's United Methodist Church, Temple Judah, First Lutheran Church, St. Wenceslaus Church, First Presbyterian Church, Mount Zion Missionary Baptist, Westminster Presbyterian, Gloria Dei Lutheran Church, St. Stephen's Lutheran Church, King of King's Lutheran Church, and Church of Northland.

First Church of the Open Bible

1911 E Ave NW Cedar Rapids, IA 52405
319-389-4681

www.firstopenbible.com/missions

Food pantry available for community members. If you are in need of a box, call the church on Mondays from 9 am - 11 am. You can pick up your box of food and supplies the following Thursday from 9 am - 11 am. Must call to make an appointment.

First Lutheran Church

1000 3rd Ave SE Cedar Rapids, IA 52403
319-365-1494

www.firstlutherancr.org

Saturday Evening Meal Program (S.E.M.P.) provides warm, nutritious meal every Saturday from 4:30-5:30 pm. Seconds as available. No limitations or qualifications for service. Personal toiletries available on the 4th Saturday of the month.

First Presbyterian Church

310 5th St. SE Cedar Rapids, IA 52401

319-364-6148

www.firstpresbyterianchurchcr.com

Sunday Evening Meal Plan (S.E.M.P.) provides warm, nutritious meals available every Sunday from 4:30-5:30 pm. Seating is available. No limitations or qualifications for service. Winter season coats available from Thrift Shop on limited basis.

Occasionally sample sizes of personal toiletries available.

New to You Shoppe provides household items, clothing for men, women, and children, jewelry, and seasonal items. The thrift shop is located on the church's lower level and is open Wednesdays 9:30 am - 1:30 pm during the months of September through May.

Foundation 2

Administrative Office:

1714 Johnson Ave NW Cedar Rapids, IA 52405

319-362-1170

319-362-2174 or 1-800-332-4224 (hotlines)

www.foundation2.org

Suicide prevention is one of the highest priorities at Foundation 2.

There are support groups for suicide survivors bereavement, depressive and anxiety disorder, and suicide attempt survivors.

They provide both immediate crisis counseling and ongoing therapy services for youth, individuals, and families. Foundation 2

Youth Shelter is an emergency shelter for youth between ages 11-

17 who are experiencing a personal or family crisis and need to temporarily live away from home. Foundation 2 hosts Achieving

Maximum Potential (AMP) group for youth ages 13 and up who have been involved in foster care or adoption. AMP offers

leadership opportunities, service learning projects, speaking opportunities, and educational/vocational assistance. The

various services provided by Foundation 2 are held at several

different locations. Contact the administrative office or go to their website under the "location contact information" to get

connected to the right place for your needs.

Four Oaks

5400 Kirkwood Blvd. SW Cedar Rapids, IA 52404

Cedar Rapids, IA 52404

319-364-0259

www.fouroaks.org

Offers a variety of services to help children and families be successful. They focus on family services which provide practical information about child development, build parenting techniques, assist in financial literacy and housing, and offer support navigating child mental health. Also provides behavioral healthy therapy and skill-building programs.

GiGi's Playhouse

4330 Czech Ln NE Cedar Rapids, IA 52402

319-200-4821

www.gigisplayhouse.org/cedar-rapids

Offers foundational learning opportunities for individuals with Down syndrome and their families. Their programming is tailored to provide specific, therapeutic, or educational learning opportunities to support development of speech-language, social, and motor skills. They also create opportunities for parent networking and support.

Glenbrook Apartments

4821 1st Ave SW Apt. A Cedar Rapids, IA 52405

319-396-3899

HUD subsidized; low income families. 30% of adjusted gross income. Garages and storage available. Tenant is responsible for all utilities, owner pays water and trash. 1-2 bedroom apartments and 3-4 bedroom townhouses. Monday through Friday from 8:00 am to 12:00 pm and 12:30 to 3:30 pm. Closed during noon hour.

Green Square Meals

605 2nd Ave SE Cedar Rapids, IA 52403

319-365-6652

www.greensquaremeals.org

Provide a hot meal to anyone in need Monday through Friday 4:30 - 5:30 pm. Seconds as available. No limitations or qualifications for service. Doors open at 3:00 pm for social hour when individuals can have a cup of coffee, chat with others, or watch an episode of "Walker" on TV.

Hawthorne Hills

2283 C St SW Cedar Rapids, IA 52404

319-365-1497

www.affordablehousingnetwork.org

HUD subsidized; low income families and individuals; 30% of adjusted gross income. Family unit (2-3 bedroom) have central air and washer/dryer hook up. All utilities provided except telephone and cable. Priority given to homeless and disabled. Efficiency and 1-bedroom units available. Office hours: Monday through Friday from 8:00 am to 12:00 pm and 1:00 pm to 5:00 pm.

Helping Hands

Ecumenical Community Center:

601 Second Ave SE #2 Cedar Rapids, IA 52401

319-366-2651

www.ecc-cr.net/hhm.php

Serves people with limited material assistance on an emergency basis by helping with rent, utilities, and/or supportive services and advocacy. Helps the client to prioritize needs and work with community agencies and funding sources to meet those needs. Anyone living in Linn County in need of emergency help is eligible to apply free of charge. By appointment only. Office hours: Monday through Friday 10 am - 4 pm.

Heritage Agency on Aging

6301 Kirkwood Blvd. SW Cedar Rapids, IA 52404

319-398-5559

www.heritageaaa.org

Helps older adults, persons with disabilities, their caregivers, and families address questions about aging in our community.

Services are designed to support informed decision making and to empower independent living and access to long-term services and support. Services include: caregiver support and education; options counseling; older worker employment program; case management; elder abuse prevention and intervention; senior health insurance information program; evidence-based health activities; and senior nutrition programming and education.

His Hands Free Clinic

400 12th St SE Cedar Rapids, IA 52403

319-862-1107

www.hishandsclinic.org

Offers a wide variety of services designed to best fit the needs of their community. Provide medical, chiropractic, dental, prescription assistance, spiritual support, and women's health. All services are by appointment only.

Horizons, A Family Service Alliance

819 5th Street SE PO Box 667 Cedar Rapids, IA 52401

319-398-3574 or 877-653-3123

www.horizonsfamily.org/

Serves hot meals (home delivery) seven days a week. A hot noon meal is delivered to clients who are 60 years of age and older, homebound, and unable to prepare a meal by themselves.

Other meal options (breakfast bag, liquid resources, etc.) are available to those enrolled in the program. Nutrition program available in Linn County; noon meals served.

Horizons & Neighborhood Transportation Services (NTS)

319-363-1321

www.horizonsfamily.org/how-we-help/transportation

Transportation provided to work and school in Cedar Rapids, Marion, and Hiawatha. Rides must be scheduled at least 24 hours in advance. Weekend and Monday morning rides must be scheduled by 10 am on Friday. Cost is \$5.00 per ride. Office hours are Monday through Friday from 9 am - 4 pm. Transportation available Monday through Thursday from 6:30 pm to 5:30 am. Weekend transportation available Friday 6:30 pm to Saturday 8:00 am, and Saturday 5:00 pm to Monday 6:00 am. Transportation available all day Sunday.

Hospice Compassus

610 32nd Ave SW Suite F Cedar Rapids, IA 52404

319-213-9513

www.compassus.com/cedar-rapids

Serves terminally ill patients and their families with compassion, integrity, and excellence. The following are services they provide: bereavement counseling, day-to-day medical care, pain and symptom management, spiritual outreach, music therapy, and massage therapy. Open 24 hours.

House of Hope

1744 2nd Ave SE Cedar Rapids, IA 52403

319-366-4673

www.houseofhopecr.org

Serves women who know they are not living to their full potential. They offer a wide variety of classes that create a place to gather together with other women and learn about God's truth for their lives. They provide professional counseling sessions for women, couples, and families. By appointment only. House of Hope also offer a variety of guest stay opportunities for the duration of one day to three months. Office hours are Monday through Friday from 9:30 am to 4 pm.

Iowa Vocational Rehabilitation Services

4444 1st Ave NE Suite 436 Cedar Rapids, IA 52402

319-294-9308

www.ivrs.iowa.gov/index.html

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

IowaWORKS Center

4444 1st Ave NE Suite 436 Cedar Rapids, IA 52402

319-365-9474

www.iowaworkforcedevelopment.gov/cedar-rapids-iowa-city

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.

Jane Boyd

943 14th Ave SE Cedar Rapids, IA 52401

319-366-0431

www.janeboyd.org

Seeks to enhance the academic, emotional, and social well-being of children and families with programs focused on developing successful and productive adults. They help dozens of families who are homeless, having trouble staying in a home or need a safe home. Works with families to improve their parenting skills and family income. Family Support Workers can assist families as they talk with Department of Human Services or Juvenile Court Services.

Harambee House

404 17th St. SE Cedar Rapids, IA 52403

319-366-1408

www.janeboyd.org/programs/harambee-house

Free used clothing for adults and children. Free use of computer for job or housing searches. Bread available Tuesday through Friday. Monday through Thursday from 8:00 am to 7:00 pm; Friday from 8:00 am to 5:00 pm.

Kids First Law Center

420 6th St SE Ste 160 Cedar Rapids, IA 52401

319-365-52401

www.kidsfirstiowa.org

Gives children a voice in divorce, custody, and other conflicts by providing focused legal representation and services for kids. Kids First's overall goals are to create stability for children of divorce, lessen the effect of family conflict on children, connect families to support systems and needed resources, and make children's voices heard.

LIFTS

625 31st Ave SW Cedar Rapids, IA 52404

319-892-5170

www.linncountry.org/142/lifts

Bus transportation for the elderly and persons with disabilities in the Cedar Rapids metro area and the general public in rural Linn County for work, school, doctor appointments, grocery shopping, etc. Cost is \$3.00 each way. Transportation available Monday through Friday from 6:30 am to 6:30 pm, and Saturday from 8 am to 5 pm. To make a reservation, call Monday through Friday from 7 am to 5 pm. Reservations can be made up to seven days in advance.

Linn Community Food Bank

Location in the lower level of First Presbyterian Church

310 5th St. SE Cedar Rapids, IA 52401 (alley entrance)

319-364-3543

www.linncommunityfoodbank.org

Provides a 3-day emergency supply of food to families in need on a first come/first served basis. A family may visit the Food Bank up to twelve times a year. Registration and food order pick-up from the lower-level of First Presbyterian Church Monday through Friday from 1:00-3:30 pm. Proof of Social Security Number for every member of the household is required at registration. Photo ID is required to place an order.

Linn County Veteran Affairs Office

1240 26th Ave Court SW Cedar Rapids, IA 52404

319-892-5160

www.linncounty.org/188/Food-Pantry

Provides temporary emergency assistance for food and non-food items for veterans who served a minimum of 90 days of active duty beyond training and received an honorable discharge.

Must provide a copy of your DD214.

www.linncounty.org/187/Relief-Program

Linn County can provide up to three months of assistance/funds to Linn County veterans and their immediate families for basic needs, including: rent/interest on original mortgage, food/nonfood, utilities, and burial. The veteran must be discharged under honorable or general under conditions and served at least 90 days of federal active duty. The veteran must also meet the following requirements: be a Linn County resident for at least 30 days; meet income guidelines; register with the Iowa Workforce Center or apply for Veteran Affairs compensation/pension programs. To learn more about the Lynn County Veteran Relief Program, call and schedule an appointment.

Mission of Hope

1700 B Ave NE Cedar Rapids, IA 52402

319-365-1782

www.missionofhopecr.org

Free, hot and homemade meal served Monday through Friday from 12 pm - 1 pm. Clothing closet is available by appointment only.

Mission of Hope Shelter

211 Park Ct. SE Cedar Rapids, IA 52403

Adult men and women are welcomed to a warm shower, clean bed, and hot meal for individuals who are in recovery, homeless, formerly incarcerated, and others in need of emergency shelter. Living is free for the first three days.

Metro Catholic Outreach

420 6th St. SE Suite 120 Cedar Rapids, IA 52401

319-739-5490

metrocatholicoutreach.org

Food pantry which distributes food baskets every week. An individual may pick up one basket per month. Food basket pick up is: Wednesdays 1 pm -3 pm; Thursdays 10 am - Noon; Thursday 5:30 pm - 6 pm. An individual may request financial assistance for current month and past due amounts. Requests can be made on the last Friday of each month starting at 9 am until appointment times are filled (usually fill within an hour). Does not accept walk-ins to schedule an appointment. You can get financial help a maximum of three times. Offers referrals to several other forms of community assistance. Their office hours are Monday through Thursday 9 am - 3 pm.

Olivet Neighborhood Mission

237 10th Street NW Cedar Rapids, IA 52405

319-364-7946

www.olivetmission.org

A clothing closet allows individuals to visit once per week and select several items for free or low cost. Once a month, families may visit the Mission and shop for food free of charge. There is a Registered Nurse from Mercy Hospital available to receive healthcare support and information on Tuesdays, Thursdays, and Fridays from 8:30-11:30 am. Provides a Head Start comprehensive child development program for 3-to-5-year-old children from low-income families. Business hours: Tuesday through Friday from 8:30-11:30 am and Saturdays from 9-11:30 am.

River of Life Church

3801 Blairs Ferry Rd NE Cedar Rapids, IA 52402

319-393-3709

www.riveroflife.org

Food pantry is available to help meet physical needs, as well as to provide an opportunity for prayer support. Each family may receive food once per month. Photo ID required. Please enter through the food pantry entrance on the South side of the building. The food pantry is open every Wednesday 8 am - 10 am.

Salvation Army

1000 C NW Cedar Rapids, IA 52405

319-364-9131

www.tsacedarrapids.org

Warm, nutritious meals served Monday through Friday from 8 am - 9 am (breakfast) and 12 pm to 1 pm (lunch), except for major holidays. No limitations or qualifications for service. Provides rent and utility assistance in emergency situations. Activities for seniors include: crafts and chat group on Mondays from 1-3:00 pm; exercise group and a Bible study every Monday and Thursday at 9 am; pot luck and Bingo every first Tuesday of the month at noon; and day trips to area attractions and lunch groups to local restaurants. Women's Bible Study every 2nd and 4th Wednesday of the month at 7:00 pm. They also provide several character building programs and summer day camp programs for children ages 4-18.

Salvation Army Thrift Store

717 3rd Avenue SE Cedar Rapids, IA 52403

319-365-9333

Variety of used clothing and household items at reasonable prices. Open Monday through Saturday 9 am - 6 pm.

St. John of the Cross Catholic Worker House

1027 5th Ave SE Cedar Rapids, IA 52403

www.catholicworkerhouse.org

Provides temporary emergency shelter to women and married couples, with or without children. Residents can stay between 30-90 days. There is a hot meal served each night and a warm bed to sleep in. Basic hygiene needs and supplies are also supplied as available. Call Shelter Services at 319-366-7999. Call during the hours of 9 am - 5 pm.

Breakfast and dinner are provided daily at their facility. In partnership with Metro Catholic Outreach, we coordinate the delivery of food baskets to over 50 home-bound individuals each month. If you wish to get on the delivery list, call Larissa or Millie at 319-362-9041.

St. Mark's United Methodist Church

162 Jacolyn Drive NW Cedar Rapids, IA 52405

319-396-6361

www.stmarksumccr.com

Year-round clothes closet which provides free clothing, shoes, coats, small toys, books, kitchen items, towels, blankets, etc.

Open Tuesday 9:00 am to 11:00 am and Saturday 8:30 am to 11:30 am to anyone in the community.

St. Vincent de Paul

928 7th St SE Cedar Rapids, IA 52403

(319) 365-5091

www.crsvdp.org

Variety of used clothing and household items at reasonable prices. For those who cannot afford to buy, must fill out an application and be approved. Applications for food assistance accepted Monday through Saturday from 9 am - 2 pm.

Applications for rent and utilities assistance accepted Monday through Thursday from 10 am - 2 pm. Applications for assistance can be attained at above address or by emailing help@crsvdp.org with contact information and address.

Tanager Place

Clinic:

1030 5th Ave SE Cedar Rapids, IA 52403

319-286-4545

Main Office:

2309 C St. SW Cedar Rapids, IA 52404

319-365-9164

www.tanagerplace.org

Creates a positive impact on thousands of children and families who cope with mental and behavioral health challenges each year. Children from birth to age 18 can participate in early detection and treatment programs that address disruptive actions and emotional disorders to significantly improve a child's behavior.

The Arc of East Central Iowa

680 2nd St. SE Suite 200 Cedar Rapids, IA 52401

319-365-0487

www.arceci.org

Provide services and supports that reduce barriers, provide resources and referrals, and promote access to community-based life for individuals with intellectual disabilities. These services include: respite, supported community living (SCL), consumer directed attendant care (CDAC), intermittent medical monitoring and treatment (IMMT), habilitation and community integration programs, daycare/after work enrichment program, and supported employment services.

Waypoint Services

318 5th Street SE Cedar Rapids, IA 52401

(319) 365-1458

319-363-2093 or 1-800-208-0388 (hotlines)

www.waypointservices.org

Seeks to strengthen and empower individuals who are homeless, living in poverty, or victims of domestic violence. The Madge Phillips Center Shelter (MPC) provides emergency overnight shelter for homeless women and children with free drop-in child care services available Monday through Friday from 9 am - 12 pm. They also provide a Daytime Resource Program which distributes hygiene and diaper kits on Wednesdays, Thursdays, and Fridays from 12 pm- 5 pm. Referrals and job board services available. Domestic violence victim services include: 24/7 hotline, individual counseling, advocacy, and support groups. They also provide quality child care at their learning centers, preschools, before/after school sites, and summer day camps. Business hours are Monday through Friday from 9 am - 5 pm.

Willis Dady Emergency Shelter, Inc

1247 4th Ave SE Cedar Rapids, IA 52403

319-362-7555

www.willisdady.org

We work to empower individuals and families to break the cycle of homelessness and become self-sufficient through emergency shelter, case management, services for veterans, and prevention services.

YMCA

The YMCA provides a wide variety of services to fulfill their mission of youth development, healthy living, and social responsibility. Their programs include youth and adult sports; swimming; taekwon do; school age child care; health, well-being, and fitness; older adult health and wellness; and youth and family programs. Register by contacting or visiting any of the below locations. Learn more at: <http://www.crmetroymca.org/>

Cedar Rapids Metropolitan Area:

207 7th Ave SE Cedar Rapids, IA 52401
319-366-6421

Monday through Thursday: 5 am - 10 pm; Friday: 5 am - 9 pm;
Saturday: 7 am - 5 pm; Sunday: 10 am - 4 pm

Stoney Point:

300 Stoney Point Rd. SW Cedar Rapids, IA 52404
319-390-3488

Oct-Apr: Monday through Friday: 5:30 am - 9 pm;
Friday: 7 am - 4 pm; Saturday: Noon - 4 pm

May-Sept: Monday through Thursday: 5:30 am - 9 pm;
Friday: 5:30 am - 7 pm; Saturday: 7 am - 3 pm

Mercy Health Plaza:

5264 Council St NE Cedar Rapids, IA 52402
319-378-5955

Monday through Friday: 5:30 am - 9 pm;
Saturday: 7 am - 4 pm; Sunday: 10 am - 2 pm

Young Parents Network

420 6th St SE Suite 260 Cedar Rapids, IA 52401

319-364-8909

www.youngparentsnetwork.org

Services are available for parents who are ages 13-27 who have children ages 0-5 years old. These services focus on having a healthy pregnancy, raising a healthy baby, and focus on early childhood growth and development. Young Parents Network support healthy families through the following services: prenatal, parenting, and fatherhood education groups; pregnancy prevention programming; in-home based programs; youth development; and sexual abuse prevention programming. On-site childcare, a meal, and transportation to and from group (if needed) are provided for all prenatal, parenting, and fatherhood education groups. All services are free.

Business hours are Monday through Friday 8 am to 4 pm.

INTERESTED IN LEARNING MORE ABOUT PRAIRIE LAKES CHURCH?

Attend a Service

Cedar Rapids Campus:
621 Edgewood Road NW
Cedar Rapids, IA 52405

Service Time:

Sundays @ 10:00 am

Call or Visit our Office

Cedar Falls Campus:
621 Edgewood Road NW
Cedar Rapids, IA 52405
319.396.8222



prairie lakes
CHURCH

prairielakeschurch.org