



# New Hampton Resource Booklet

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## And Surrounding Communities

MercyOne New Hampton Medical Center in cooperation with Families Making Connections, Prairie Lakes Church, the Department of Public Health, MercyOne New Hampton Family Medicine, Fredericksburg Clinic, Colonial Manor, Linn Haven, and New Hampton Nursing and Rehab Center constructed this resource booklet for the purpose of community and staff use. The information in this book was the best available information at the time of release. For an online booklet with links visit: [www.mercyone.org/newhampton](http://www.mercyone.org/newhampton) and enter "Community Resource Guide" in the search function.

To make additions/corrections please contact: MercyOne New Hampton Medical Center Administrative Assistants at 641-394-1659 or 641-394-1660



**MERCYONE**<sup>SM</sup>

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## **ABUSE/NEGLECT**

### **CHILD ABUSE/NEGLECT REPORTING**

Phone: 800-362-2178

Address: 1206 S. Main Street, Charles City, IA 50616

If you suspect a child under the age of 18 or a dependent adult is being abused or neglected, please call to report the abuse. Please be ready to provide identifying information and the whereabouts of the child. You may remain anonymous.

### **CEDAR VALLEY FRIENDS OF THE FAMILY**

Website <https://www.fofia.org/>

Crisis Line: 800-410-7233 (SAFE) or 319-352-0037

Address: PO Box 784 Waverly, IA 50677

Cedar Valley Friends of the Family provides free confidential services for persons affected by domestic violence and sexual abuse. Some of the services include a 24-hour crisis line, emergency shelter and transportation, crisis counseling, medical advocacy, legal advocacy, support groups, and transitional housing.

### **CHILD ABUSE PREVENTION COUNCIL**

Chickasaw County:

Phone: 641-394-2252

Floyd County:

Website: <http://childabuseprevfloyd.wix.com/home>

Phone: 641-228-8030

Address: Meetings – Trinity Lutheran Church, 223 South Water St, New Hampton, IA 50659

First Thursday of the month at 9:00 am

Child Abuse Prevention Councils in Chickasaw and Floyd are associated with Prevent Child Abuse Iowa. Our goal is to increase awareness of and combine efforts to reduce/prevent child abuse. Through the council, PCA Iowa partially funds programs such as Families Together, which provides in-home services for families with children 0-18 years of age.

Website: <http://cishelps.org/>

Domestic Violence Crisis Line: 866-424-9133

Sexual Assault Crisis Line: 800-479-9071

Floyd:

Phone: 641-228-0015

Address: 208 N. Main Street, Charles City, IA 50616

Mitchell:

Phone: 641-832-8456

Address: 415 Pleasant Street, Osage, IA 50461

The mission of Crisis Intervention Services is to provide victims of domestic abuse and sexual assault in North Central Iowa with confidential 24 hour services including shelter, safety, support, and education with the assistance of professional staff and trained volunteers. Their services include legal and medical advocacy, shelter, support groups, a 24-hour crisis hotline, counseling and community education.

### **DEPARTMENT OF HUMAN SERVICES**

Phone: 641-228-5713

Address: 1206 S. Main Street, Charles City, IA 50616

**HELPING SERVICES FOR YOUTH AND FAMILY**

<https://www.helpingservices.org/>

563-387-1720

PO Box 372

Decorah, IA 52101

**IOWA COALITION AGAINST DOMESTIC VIOLENCE**

Website: <http://icadv.org/>

Domestic Violence Hotline: 800-942-0333

The Iowa Coalition against Domestic Violence is comprised of people dealing with the concerns of battered women and their families. We represent both rural and urban areas. Our programs support and involve battered women of all racial, social, religious, and economic groups, ages, and lifestyles.

**IOWA COALITION AGAINST SEXUAL ASSAULT**

Website: <http://www.iowacasa.org/>

Iowa Hotline: 800-284-7821

Chickasaw

Phone: 641-394-6287

Floyd

Phone: 641-228-0015

Iowa CASA's mission is to unite people and organizations to promote a society free from sexual violence and to meet the diverse needs of survivors.

**NATIONAL DOMESTIC VIOLENCE HOTLINE**

Website: <http://www.thehotline.org/>

Crisis Line: 800-799-7233 (SAFE)

The national Domestic Violence Hotline believes that every caller deserves to be treated with dignity and respect and that every family deserves to live in a world free from violence. They believe that safe homes and safe families are the foundation of a safe society.

**SHELTERS FOR ABUSED WOMEN**

Chickasaw

Cedar Valley Friends of the Family

Phone: 880-410-7233 (SAFE) or 319-352-0037

Floyd and Mitchell

Crisis Intervention Service

Phone: 800-479-9071

## ADULT SERVICES

### **CEDAR VALLEY FRIENDS OF THE FAMILY**

Cedar Valley Friends of the Family provides free confidential services for persons affected by domestic violence and sexual abuse. Some of the services include a 24-hour crisis line, emergency shelter and transportation, crisis counseling, medical advocacy, legal advocacy, support groups, and transitional housing.

Website: <https://www.fofia.org/>

Crisis Line: 800-410-7233 (SAFE) or 319-352-0037

Address: PO Box 784 Waverly, IA 50677

### **DEPARTMENT OF HUMAN SERVICES**

Phone: 641-228-5713

Address: 1206 S. Main Street, Charles City, IA 50616

### **HOPE HOUSE**

805 Wisconsin Street

Charles City, IA 50616

Hope House provides services based on AA principles. Meetings include Alcoholics Anonymous, Narcotics Anonymous, Co-dependency support group, and Emotions Anonymous.

### **MIGRANT AND MINORITY ADVOCACY**

800-532-1275

<http://iowalegalaid.org/>

Iowa legal Aid is a non-profit organization providing critical legal assistance to low-income and vulnerable Iowans who have nowhere else to turn. Along with volunteer lawyers throughout the state, Iowa Legal Aid helps the legal system work for those who cannot afford help with legal issues.

### ALZHEIMER'S/MEMORY CARE UNITS

Asse Haugen Home, Decorah (VA approved).....	563-382-6281
Cedar Health, Charles City .....	641-228-1612
Chautauqua 11 <sup>th</sup> Street, Charles City .....	641-228-2353
Good Samaritan Nursing Center, West Union .....	563-422-3814
Lexington Place, Keokuk .....	319-524-2456
Patty Elwood Center, Cresco .....	563-547-4393
Traditions, West Union .....	563-422-9200
Whispering Willows, Fredericksburg .....	563-237-5075

**ASSISTED LIVING**

Cerro Gordo (Mason City)		
	Willow Point .....	641-423-7722
	Homestead .....	641-423-4809
Bremer (Sumner)		
	Hillcrest .....	563-578-8591
Chickasaw		
	Cedar Vale (Nashua) .....	641-435-4040
	Kensington Place (New Hampton) .....	641-394-3316
	Whispering Willows (Fredericksburg) .....	563-237-5075
Fayette		
	The Maple Crest Assisted Living (Fayette) .....	563-425-4160
	Traditions (West Union) .....	563-422-9200
	Good Samaritan Society .....	563-422-3814
Floyd (Charles City)		
	Port Charles .....	641-257-3003
	Cedar Health .....	641-228-1612
Howard		
	ABCM Afton Oaks Independent and Assisted Living (Elma) .....	641-393-2134
	Howard Residential (Cresco) .....	563-547-2398
	Patty Elwood Center (Cresco) (Dementia Specialty) .....	563-547-4393
Winneshiek County		
	Wellington Place .....	563-382-2292

## **CASH ASSISTANCE**

### **CHICKASAW COUNTY ASSISTANCE**

910 E Main Street  
New Hampton, IA 50659  
641-394-3426

Provides financial assistance to those in immediate need with restrictions. Assistance may include rent, food, clothing, utilities, medical care, and referrals to other assistance programs.

### **NORTHEAST IOWA COMMUNITY ACTION CORPORATION (NEICAC)**

910 East Main Street  
New Hampton, IA 50659  
641-394-2007

NEICAC provides LIHEAP (Low Income Home Energy Assistance Program) which offers assistance with heating bills during the winter months, emergency fuel deliveries and assistance with repairs or replacement of furnaces.

### **SALVATION ARMY**

115 North Broadway Ave  
New Hampton, IA 50659  
641-394-4331

Provides emergency financial assistance (up to \$40), emergency shelter and food and nutrition programs.

## **CHILDREN AND FAMILIES**

### **BIG BROTHERS, BIG SISTERS OF NORTHEAST IOWA**

25 ½ E Main Street, New Hampton, IA 50613  
641-394-2414

### **BRIDGES MENTORING PROGRAM**

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

641-732-3566  
PO Box 131, Osage, IA 50461

Community based mentoring program serving the Osage, Riceville and St. Ansgar school districts.

### **CARING CONNECTIONS MENTORING PROGRAM**

**(Combined with Big Brothers Big Sisters)**

<http://caringconnections-mac.yolasite.com/>

641-257-6160  
500 North Grand Avenue, Charles City, IA 50616

Community based mentoring program serving the Charles City, RRMR and Nora Springs school districts.

### **CATHOLIC CHARITIES**

<http://www.catholiccharitiesdubuque.org>

641-424-9683

Services include mental health counseling for individuals, families and couples, adoption services, pregnancy counseling, refugee resettlement, post-abortion counseling and disaster relief.

### **CEDAR RIVER COMPLEX**

<http://www.cedarrivercomplex.com/>

641-832-3600  
809 Sawyer Drive, Osage, IA 50461

Located in Mitchell County, Iowa, the Cedar River Complex is a multi-faceted recreation facility which includes an events center, a wellness center, the Mitchell County Historical Museum and an auditorium.

### **CHICKASAW COUNTY ASSISTANCE**

641-394-3426  
910 East Main Street, New Hampton, IA 50659

Provides financial assistance to those in immediate need with restrictions. Assistance may include rent, food, clothing, utilities, medical care and referrals to other assistance programs.

### **CHICKASAW WELLNESS COMPLEX**

<http://www.wellnesscomplex.com/>

641-394-5433  
1050 West Hamilton, New Hampton, IA 50659

The CWC offers a variety of classes and programs for all ages at their wellness and recreational facility.



## **CHILD CARE RESOURCE AND REFERRAL**

<http://iowaccrr.org/>

Providers: 641-394-4894

Parents: 855-299-0499

910 East Main Street, New Hampton, IA 50659

Child Care resource and referral (CCR&R) is a community based organization that provides resources, advocacy, and education to the community to provide accessible and affordable child care services. Services are available to parents, child care providers, employers, and the community.

## **CHILD SUPPORT RECOVERY UNIT**

<https://secureapp.dhs.state.ia.us/CustomWeb/>

888-229-9223 or 641-424-1147

22 North Georgia, Mason City, IA 50401

Child Support Recovery Unit provides information about state assistance while enforcing child support payments. Be prepared to wait on hold for a short period as high volumes of calls are received each day.

## **CHILDREN AT HOME**

888-IAKIDS1

The Children-At-Home program is designed to assist you and your family in securing the services and supports that you identify as necessary in helping your child to remain at home. An underlying principle of the Children-At-Home program is that you and your family retain control of decision, which affect your child and family. Financial assistance is intended to enable you to obtain those services and supports, which are not met by other services programs.

## **CONNECTING FAMILIES**

641-228-5713

112 East Spring Street, New Hampton, IA 50659

A parent and child interaction group offered in the community for the parents of children ages 0-10. The group is held on the second Monday of the month 5:30-7:00 pm. A meal is provided at each meeting at no cost to participants.

## **COURT APPOINTED SPECIAL ADVOCATE PROGRAM (CASA)**

<http://childadvocacy.iowa.gov/>

Chickasaw: 800-242-5100 [Kerry.Brennan@ida.iowa.gov](mailto:Kerry.Brennan@ida.iowa.gov)

Floyd and Mitchell: 866-295-5262

The Court Appointed Special Advocate Program (CASA) commissions trained community volunteers to serve as an effective voice in court for abused and neglected children, strengthening efforts to ensure that each child is living in a safe, permanent, and nurturing home. CASA volunteers are appointed by a judge to assess all aspects of the assigned child's life, prepare detailed reports to the Court and monitor the Court's orders.

## **EARLY ACCESS (0-36 MONTHS)**

<http://www.aea267.k12.ia.us/>

800-542-8375

3712 Cedar Heights Drive, Cedar Falls, IA 50613

Early Access is a partnership for families and children ages 0-3 to provide a working relationship between staff and parents to help identify, coordinate, and recognize necessary services for children to grow and develop. The family and providers work together to identify and address specific family concerns and priorities as they relate to the child's overall growth and development.

## **FADSS (FAMILY DEVELOPMENT AND SELF-SUFFICIENCY PROGRAM)**

<http://www.nicao-online.org/>

Chickasaw: 641-394-2007 or 563-32-8436  
910 East Main Street, New Hampton, IA 50659  
Floyd and Mitchell: 800-873-1899  
603 Beck Street, Charles City, IA 50616

FADSS is a voluntary support program for families who are enrolled in FIP (Family Investment Program) and who are working with PROMISE JOBS. The program includes home visits, family goal planning, family advocacy, and special needs.

## **FAMILIES FIRST COUNSELING SERVICES**

<http://www.families-first.net>

319-433-0395  
111 Plaza Circle, Waterloo, IA 50701

A family-centered service provider in north central Iowa. Services include individual services, family counseling, crisis intervention, and psychological testing.

## **FAMILY INVESTMENT PROGRAM**

800-532-1275

Provides cash assistance to needy families as they become self-supporting so that children may be cared for in their own homes or in the homes of relatives.

## **FAMILIES TOGETHER/LSI**

641-228-8030  
PO Box 661, 705 3<sup>rd</sup> Avenue, Charles City, IA 50616

Families Together is an in-home visitation program dedicated to strengthening and preserving the family. Families Together staff can help with skill development to help cope with family demands, referrals to community resources, creative ways to interact with your child, guidance and support, and other services that are useful to area families. This is a voluntary and free service.

## **FAMILY PLANNING SERVICES**

Chickasaw: 563-382-8436 305 Montgomery Street, Decorah, IA 52101  
Floyd and Mitchell: 800-657-5856 200 Hardwood Drive, Charles City, IA 50616

Family planning services include birth control counseling and exams, pregnancy testing and counseling, pap smears, sexually transmitted disease treatment, and genetic counseling referrals.

## **FMC FAMILY SUPPORT**

641-228-3853  
603 Beck Street, Charles City, IA 50616

FMC Family Support is a home visitation program serving pregnant women and children age 0-3. Home visitors provide parent education, age appropriate toys and activities, guidance and support.

## **FOUR OAKS COMMUNITY BASED**

641-423-3222 x 4803  
980 South Iowa Avenue, Mason City, IA 50401

No Insurance? Hawk-I? Private Insurance? We can work with you and your child ages 5-18. Total Child/Systems of Care Wrap Around Services / Aggression Replacement Training / Certified Advanced Nurtured Heart Approach Trainer / IEP Support and advocacy.

**FRANCIS LAUER – A YSS ORGANIZATION**

641-423-7362

50 North Eisenhower Avenue, Mason City, IA 50401

Francis Lauer provides services to children and families including:

Child Welfare Emergency Services/Shelter

Boys Day Program/Girls Day Program

Community Services

Outpatient Services

**HEAD START**

641-394-4512

201 North Locust Ave, New Hampton, IA 50659

Aims to provide comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and their families.

**IFAPA (IOWA FOSTER AND ADOPTIVE PARENTS ASSOCIATION)**

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

800-277-8145

6864 N.E. 14<sup>th</sup> Street, Suite 5, Ankeny, IA 50023

IFAPA empowers, supports, and advocates for foster, adoptive and kinship families in Iowa. IFAPA provides training, peer support and resources to promote safety, permanency, and well-being for Iowa's children.

**INTEGRATED RESPONSE**

641-228-0113

Integrated Response provides an intensive service option for community schools and the general public when responding to crisis contracts involving children who are at risk of out-of-home placement. The goal of this program is to decrease the number of family foster or shelter placements for youth, to prevent families from entering the traditional DHS/JCS services, and to be a potential referral source for those families whose abuse is not confirmed but have moderate to high risk for abuse.

**IOWA FATHERS**

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

Iowa Fathers offer on-going support and parental education regarding child custody, child support, child visitation, dissolution of marriage, and other community resources including access to legal consultation.

**IOWA KIDSNET**

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

800-243-0756

Iowa KidsNet is a statewide partnership of six Iowa agencies dedicated to the safety and permanency of children and families through foster care, adoption and reunification with birth families. We offer free support services to foster and adoptive families.

## **LEARNING CONNECTION**

641-390-1890

Various locations in Charles City, Osage, and St. Ansgar

The Learning Connection is a program that recognizes and supports parents as their child's first and most important teacher. Weekly classes are offered in the Charles City, Osage, and St. Ansgar Community School Districts that enhance children's development during the early years of life while strengthening families through the education and support of all parents by encouraging the healthy growth and development of their children and preventing child abuse and neglect.

## **MATERNAL AND CHILD HEALTH PROGRAM**

800-657-5856 for an appointment

1010 South Grand, Suite 1, Charles City, IA 50616

Chickasaw Maternal and Child Health Allen Women's Health Clinic

1-800-435-2640

The maternal and Child Health program includes a variety of services focused on promoting healthy children, healthy families, and healthy communities by promoting early prenatal care that will continue throughout pregnancy and through childhood, focusing on any special needs identified.

## **PARENT PARTNERS**

641-420-8706

Parent Partners program matches parent mentors who have previously been involved with the child welfare system with a birth parent who is currently involved with the system. Parent partners are role models, mentors, resources, and support.

## **OUR KIDS COUNT**

<http://www.fmc4change.wix.com/home>

641-228-5713 or 641-330-7833

Our Kids Count is a parent support and education group offered in the community for parents of children ages 0-10. The group is possible through generous community partnerships including host site Trinity United Methodist Church, ISU Extension and Outreach, and many others. Sessions may include a family meal and interaction, or childcare and featured speaker, all at no cost to participants. Call for information or to reserve your spot.

## **SAFE HAVEN FOR NEWBORNS**

<http://safehaven.tv/states/iowa/>

888-510-2229

The Safe Haven Act allows parents or someone else who has the parent's permission to leave a newborn up to the age of 14 days at a hospital or healthcare facility, which includes residential care setting, nursing facilities, and places for persons with mental illness or mental retardation, without any fear of prosecution.

## **WIC-CHICKASAW (WOMEN, INFANTS, AND CHILDREN)**

Operation Threshold, Waterloo, IA

319-291-2065

Chickasaw County-3<sup>rd</sup> Thursday of the month

260 East Prospect Street

New Hampton, IA 50659

**WIC (WOMEN, INFANTS AND CHILDREN) SUPPLEMENTAL FOOD PROGRAM**

<http://idph.iowa.gov/wic>

800-657-5856

100 1<sup>st</sup> Street N.W. Suite 200, Mason City, IA 50401

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 assists mothers who are breast-feeding by providing manual breast pumps and loaning electric breast pumps.

**YMCA**

<http://www.charlescityymca.com/>

641-228-2254

800 Hulin Street, Charles City, IA 50616

## **COUNSELING AND MENTAL HEALTH SERVICES**

### **CATHOLIC CHARITIES**

<http://www.catholiccharitiesdubuque.org>

641-424-9683

Services include mental health counseling for individuals, families and couples, adoption services, pregnancy counseling, refugee resettlement, post-abortion counseling and disaster relief.

### **CEDAR VALLEY MENTAL HEALTH CENTER**

319-352-2064

111 10<sup>th</sup> Street, Waverly, IA 50677

Provides services to all ages including individual, family, and group counseling as well as psychiatric counseling.

### **COUNTY SOCIAL SERVICES**

Chickasaw 641-394-3426

Floyd 641-257-6363

Mitchell 641-832-2615 x 30

24 North Chestnut Street, New Hampton, IA 50659

Provides financial support for mental health and disability services programs to individuals in North Central and Northeastern Iowa.

### **COUNSELING AND FAMILY CENTERED SERVICES**

641-394-2505

951 N. Linn Ave. Suite 3

New Hampton, IA 50659

A mental health agency within the community that serves a large part of northeast Iowa. Services include evaluations, therapy, conflict resolution, play therapy, Behavioral Health Intervention Services (BHIS) for children (including crisis) and Children's Mental Health Waiver (CMHW).

### **FAMILIES FIRST COUSELING SERVICES**

<http://www.families-first.net>

319-433-0395

111 Plaza Circle, Waterloo, IA 50701

A family-centered service provider in north central Iowa. Services include individual services, family counseling, crisis intervention, and psychological testing.

### **FRANCIS LAUER – A YSS ORGANIZATION**

641-423-7362

50 North Eisenhower Avenue, Mason City, IA 50401

Francis Lauer provides services to children and families including:

Child Welfare Emergency Services/Shelter

Boys Day Program/Girls Day Program

Community Services

Outpatient Services

**MENTAL HEALTH AMERICA**

<http://mentalhealthamerica.net>

800-969-6642

Programs help prevent mental and substance use conditions and achieve victory over mental illnesses and addictions through advocacy, education, research, and services.

**NORTHEAST IOWA FAMILY COUNSELING**

641-229-5002

New Hampton, IA 50659

**PATHWAYS BEHAVIORAL AND MENTAL HEALTH SERVICES**

602 S. Washington Ave

Fredericksburg, IA 50630

563-237-5300

**SENIOR LIFE SOLUTIONS**

308 North Maple Ave

New Hampton, IA 50659

641-394-1627

Mercy Medical Center - New Hampton's Senior Life Solutions program is an intensive outpatient program designed to meet the unique needs of older adults age 65 and up who are struggling with symptoms of depression and anxiety, or difficult life transitions often related to aging. For more information or to make a referral call today.

**THEIN THERAPY LLC**

Laurie Thein LMHC, EMDR, LMT

Phone: 563-237-5157

Cell: 319-404-0553

[theintherapy@gmail.com](mailto:theintherapy@gmail.com)

123 East Main Street, PO Box 155, Fredericksburg, IA 50630

Provides mental health counseling for most disorders including anxiety, depression, PTSD, ADHD. Trauma specialty using EMDR and Cognitive Behavior techniques. Alternative healing techniques such as meditation, Reiki, and Healing Touch. Licensed massage therapist for relaxation, stress management, health and injury issues, and pain management.

## **DISABILITY ASSISTANCE**

### **CHILDREN AT HOME**

641-228-5713

1206 South Main Street, Charles City, IA 50616

A program dedicated to assisting families with support and services they need, including adapted clothing and equipment, counseling, home modification, parent education, recreation, respite and child care, special foods, transportation and emergency services.

### **PRAIRIE VIEW INC**

641-394-2391

2275 South Linn Ave, New Hampton, IA 50659

Provides high quality services to persons with disabilities to support choice, growth, communication, and community participation. Services include residential treatment, supported community living and home and community-based care for individuals with intellectual disability and illness.

### **COMPREHENSIVE SYSTEMS**

641-228-4842

1700 Clark Street, Charles City, IA 50616

An accredited, community-based, private, non-profit Iowa corporation providing residential and employment services to individuals with special needs. Services include residential, vocational, and volunteer experiences.

### **COUNTY SOCIAL SERVICES**

Chickasaw 641-394-3426

Floyd 641-257-6363

Mitchell 641-832-2615 x 30

260 East Prospect Street, New Hampton, IA 50659

Provides financial support for mental health and disability services programs to individuals in North Central and Northeastern Iowa.

### **IOWA VOCATIONAL REHABILITATION SERVICES (IVRS)**

641-422-1551

600 South Pierce Ave, Mason City, IA 50402

IVRS provides counseling and guidance, training and job placement assistance for persons identified as having a diagnosed disability.

### **NORTH STAR COMMUNITY SERVICES**

Chickasaw: 641-394-4535

Floyd: 641-228-2837

951 North Linn, Suite 8, New Hampton, IA 50659

Provides Supported Community Living (SCL) that addresses the desires, goals, strengths, abilities, needs health, safety and life span issues of persons living in their own homes or apartments.



**DURABLE MEDICAL EQUIPMENT**

**CHARLES CITY**

Home Care Medical Supply ..... 641-228-7537

**CRESCO**

Home Medical Equipment (Community Health Services)..... 563-547-2101

Home Care Helping Hand ..... 800-632-0056

**DECORAH**

American Home Patient ..... 563-382-8477

**MASON CITY**

American Home Patient ..... 641-423-7500

MercyOne Home Care ..... 641-422-6444

**NEW HAMPTON**

Bennett Pharmacy ..... 641-394-4156

Shopko ..... 641-394-4748

**WATERLOO**

Allen Medical Equipment ..... 319-833-6050

American Home Patient ..... 319-234-1705

Aprea Health Care ..... 319-232-1525

Kimball Ave. Drug ..... 319-234-6673

Lincare ..... 319-232-1770

HyVee Home Medical/NuCara Home Medical Services..... 319-287-8087

## **EDUCATION**

### ***SCHOOL DISTRICTS***

#### **CENTRAL SPRINGS**

<http://www.centalsprings.net/>

641-749-5309

509 N. Iowa Street, Nora Springs, IA 50458

#### **CHARLES CITY**

Public Schools

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

641-257-6500

500 North Grand Ave, Charles City, IA 50616

Carrie Lane Alternative School

641-426-5975

502 North Jackson Street, Charles City, IA 50616

#### **FREDERICKSBURG**

Sumner/Fredericksburg Middle and Elementary Schools

<http://www.sfcougars.k12.ia.us/>

563-237-5364

401 East High Street, Fredericksburg, IA 50630

#### **NASHUA-PLAINFIELD**

<http://www.nashua-plainfield.k12.ia.us/>

641-435-4835

612 Greeley Street, Nashua, IA 50658

#### **NEW HAMPTON**

<http://www.new-hampton.k12.ia.us/>

641-394-2134

710 West Main Street, New Hampton, IA 50659

St. Joseph Community School

641-394-2865

216 N. Broadway Ave, New Hampton, IA 50659

#### **OSAGE**

<https://www.osageschools.com/>

641-732-5381

820 Sawyer Drive, Osage, IA 50461

#### **RICEVILLE**

641-985-2288

912 Woodland Ave, Riceville, IA 50466

#### **SAINT ANSGAR**

<http://www.st-ansgar.k12.ia.us/>

641-713-4681

206 East 8<sup>th</sup> Street, St. Ansgar, IA 50472

## ***EARLY HEAD START, HEADSTART AND PRESCHOOL***

### **CHILD CARE RESOURCE AND REFERRAL**

<http://iowaccrr.org/>

Providers: 641-394-4894

Parents: 855-299-0499

910 East Main Street, New Hampton, IA 50659

### **HEAD START**

Charles City

641-228-4515

603 Beck Street, Charles City, IA 50616

New Hampton

641-394-4512

201 North Locust, New Hampton, IA 50659

Osage

641-494-1891

515 Chase, Osage, IA 50461

### **PRESCHOOL**

Central Preschool- Charles City

<https://www.facebook.com/Central-Preschool-124186424280779/>

641-228-6803

601 Milwaukee Street Suite 1, Charles City, IA 50616

New Hampton-The Learning Center

641-394-2517

206 West Main St, New Hampton, IA 50659

Rockford Preschool

<http://www.rockford.k12.ia.us/>

641-756-3508

1460 Highway 147, Rockford, IA 50468

St. John Christina Preschool-Charles City

<http://sjcpreschool.org/>

641-228-7274

200 South Main Street, Charles City, IA 50616

## ***AEA EDUCATION AGENCIES***

### **AEA 267**

319-352-5991

106 16<sup>TH</sup> Street S.W., Waverly, IA 50677

### **EARLY ACCESS (0-36 MONTHS)**

800-542-8375

3706 Cedar Heights Drive, Cedar Falls, IA 50613

### **KEYSTONE AEA-NEW HAMPTON FIELD OFFICE**

641-394-2162

805 North Canty Avenue, New Hampton, IA 50659

## ***COLLEGES AND CONTINUING EDUCATION***

### **BUENA VISTA UNIVERSITY**

800-383-2821

610 West 4<sup>th</sup> Street, Storm Lake, IA 50588

800-798-8764

500 College Drive, Mason City, IA 50401 (Located in the Activity Center)

### **HAWKEYE COMMUNITY COLLEGE**

[www.hawkeyecollege.edu](http://www.hawkeyecollege.edu)

319-296-2320

1501 E. Orange Rd

Waterloo, IA 50704-8015

### **ISU EXTENSION AND OUTREACH**

Chickasaw 641-394-2174

104 East Main Street, New Hampton, IA 50659

Floyd 641-228-1453

112 North Main Street, Charles City, IA 50616

Mitchell 641-732-5574

315 Main Street, Osage, IA 50461

### **PURDUE UNIVERSITY GLOBAL**

641-423-2530

2570 4<sup>th</sup> St S.W., Mason City, IA 50401

### **NIACC GED PROGRAM**

888-466-4222

500 College Drive, Mason City, IA 50401

641-228-4634

200 Harwood, Charles City, IA 50616

### **NICC-NORTHEAST IOWA COMMUNITY COLLEGE**

563-562-3263

1625 Hwy 150

Calmar, IA 52132

### **NORTH IOWA AREA COMMUNITY COLLEGE**

641-423-1264 or 888-466-4222

500 College Drive, Mason City, IA 50401

### **WARTBURG**

800-772-2085

100 Wartburg Ave, Waverly, IA 50677

### **EDUCATIONAL OPPORTUNITY CENTER PROGRAM (EOC)**

319-273-2311

Our mission is to expand awareness about educational opportunities and to assist eligible students to enroll in a GED program or post-secondary institution. The UNI EOC program strives to assist individuals with overcoming educational barriers.

## ***LIBRARIES***

### **ALTA VISTA PUBLIC LIBRARY**

<https://www.altavista.lib.ia.us/>

641-364-6009

203 S White Ave, Alta Vista, IA 50603

### **CHARLES CITY PUBLIC LIBRARY**

<http://www.charles-city.lib.ia.us/>

641-257-6319

106 Milwaukee Mall, Charles City, IA 50616

### **ELMA PUBLIC LIBRARY**

<https://www.elma.lib.ia.us/>

641-393-8100

710 Busti Ave, Elma, IA 50628

### **FREDERICKSBURG PUBLIC LIBRARY**

<https://www.fredericksburg.lib.ia.us/>

563-237-6498

138 W Main St, Fredericksburg, IA 50630

### **NASHUA PUBLIC LIBRARY**

<http://www.nashua.lib.ia.us/>

641-435-4635

220 Brasher Street, Nashua, IA 50659

### **NEW HAMPTON PUBLIC LIBRARY**

<http://www.newhampton.lib.ia.us/>

641-394-2184

20 West Spring Street, New Hampton, IA 50659

### **NORA SPRINGS PUBLIC LIBRARY**

<http://www.youseemore.com/nilc/NoraSprings/>

641-749-5569

45 North Hawkeye Ave, Nora Springs, IA 50458

### **OSAGE PUBLIC LIBRARY**

<https://sites.google.com/site/osagepl/>

641-732-3323

406 East Main Street, Osage, IA 50461

### **ROCKFORD PUBLIC LIBRARY**

<http://www.rockford.lib.ia.us/>

641-756-3725

202 West Main Ave, Rockford, IA 50468

### **RUDD PUBLIC LIBRARY**

<http://www.rudd.lib.ia.us/>

641-395-2385

308 Chickasaw Street, Rudd, IA 50471

## **ELDERLY SERVICES**

### **ABCM HEALTHY LIVING HOME CARE, A SERVICE OF COLONIAL MANOR OF ELMA**

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

641-430-6653

407 9<sup>th</sup> St. Elma, IA 50628

Providing a variety of services as needed for families and other caregivers in the Elma area and surrounding communities. Services include but not limited to homemaker, companionship, and personal care. Respite and transportation services are also available for clients.

### **ADULT ABUSE HOTLINE**

[http://dhs.iowa.gov/dependent\\_adult\\_abuse](http://dhs.iowa.gov/dependent_adult_abuse)

800-362-2178

Available 24 hours a day, 7 days a week. The Dependent Adult Abuse program provides evaluations and assessments of alleged abused dependent adults. The program endeavors to provide services and makes referrals to assist abused dependent adults acquire safe living arrangements. "Dependent adult" means a person eighteen years of age or older who is unable to protect the person's own interests or unable to adequately perform or obtain services necessary to meet essential human needs, as a result of a physical or mental condition which requires assistance from another, or as defined by department rule.

### **ALZHEIMERS ASSOCIATION-GREATER IOWA CHAPTER**

800-738-8071

24-Hour Telephone for support services, safe return, care consultation, outreach, referrals, community education, lending library, research support, speaker's bureau, The Alzheimer's Association 24/7 Helpline operates 24 hours a day, seven days a week, in 140 languages. Our staff is highly trained and knowledgeable about all aspects of Alzheimer's disease. You can also call us for emotional support-as often as you need.

### **CHARLES CITY FOSTER GRANDPARENT PROGRAM**

<http://www.cityofcharlescity.org/index.aspx?nid=124>

641-257-6327

624 North Main Street, Charles City, IA 50401

The mission of the Foster Grandparent Program is to bring together an elderly person and a young child in specific ways that help each to grow in giving, caring, and learning. The Charles City Foster Grandparent Program (FGP) has been in existence in North Central Iowa for the past 40 years and sponsored by the City of Charles City for the past 22 years. They focus on helping children meet their developmental and educational needs in reading, spelling, mathematics, writing, and social skills. Foster grandparents volunteering in day care centers promote infant and toddler development in the area of trusting relationships with adults. This enables the children to grow up to believe in themselves and become confident learners. To be eligible for the Foster Grandparent Program you must be at least 55 years of age, meet an income guideline, and like being with and helping children.

### **CHICKASAW COUNTY PUBLIC HEALTH AND HOME CARE SERVICES**

<http://www.chickasawcoica.org/nursing>

260 East Prospect St, New Hampton, IA 50659

Provides a variety of nursing services to citizens living in Chickasaw County. Chickasaw Public health believes that each client, family and the community have the right to high quality, safe and efficient home health care provided by competent nursing professionals within the constraints of available resources.

## **ELDERBRIDGE AGENCY ON AGING**

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

641-424-0678 or 800-243-0678

22 North Georgia Suite 216, Mason City, IA 50401

Elderbridge Agency on Aging provides free, one-on-one assistance to people with Medicare and their families via telephone and face-to-face sessions, public education presentations and other programs.

## **EXTENDED CARE FACILITIES**

### Chickasaw County

Linn Haven Rehab and Health Care (New Hampton Care Center)..... 641-394-3151

New Hampton Nursing and Rehabilitation Center ..... 641-394-4153

### Floyd County

Cedar Health (Charles City) Alzheimer's Unit ..... 641-228-1612

Chautauqua Nursing (Charles City)

Skilled Nursing Facility/Alzheimer's Unit (11<sup>th</sup> Street)..... 641-228-2583

Skilled Nursing Facility (9<sup>th</sup> Street)..... 641-228-5351

### Mitchell County

Faith Lutheran Home Inc. (Osage) ..... 641-732-5511

Good Samaritan Society (Osage) ..... 641-713-4912

Osage Rehab ..... 641-732-5520

Riceville Community Rest Home ..... 641-985-2606

## **HOSPICE OF NORTH IOWA**

641-428-6208

232 2<sup>nd</sup> Street S.E., Mason City, IA 50401

Hospice of North Iowa provides compassionate care for all those affected by end of life. Services include medical and nursing care, emotion and spiritual counseling, hospice aide service, volunteer services and bereavement follow-up. Hospice of North Iowa is a health care program that supports patients and their families in caring for their loved ones. Hospice care does not cure the disease, but provides comfort and relief from pain and other symptoms. People of all ages in the last months of life and with any disease may receive hospice care.

## **LEGAL HOTLINE FOR OLDER IOWANS**

<https://www.iowaaging.gov/legal-hotline-older-iowans>

800-992-8161

The Legal Hotline provides legal advice and other services to Iowans who are 60 or older. You can get legal information and advice about most non-criminal issues, including: Consumer and Finance (home repairs, debt problems, telephone and utility issues), housing, family law, grandparent visitation and other issues, individual rights (guardianships, privacy, elder abuse), wills and life planning, health care (Medicaid, prescriptions, health care directives, and insurance), public benefits (social security, Medicaid, elderly property tax credit, energy assistance), nursing home and long term care (resident rights, paying for care). The Hotline's services are free and confidential.

## **LIFELONG LINKS**

<https://lifelonglinks.org/>

866-468-7887

Iowa's resource for older adults, adults with disabilities, veterans and their caregivers who are planning for long-term independent living. The goal is to connect people to local service providers who can help maintain independence at home or in the community of patient's choice.

**MEALS ON WHEELS**

Charles City .....	641-228-6830
New Hampton .....	641-394-3173
MOMS Meals <a href="http://www.momsmeals.com">http://www.momsmeals.com</a>	866-971-6667
Naomi's Kitchen <a href="http://www.naomiskitchen.com">http://www.naomiskitchen.com</a>	319-665-4707
Sister's Home Style Entrees <a href="http://www.sisterentrees.com">www.sisterentrees.com</a>	515-332-1928

Noon meals are available Monday through Friday for elderly or homebound individuals. The meals are prepared by Floyd County Medical Center and delivered by local volunteers.

**MEDICARE**

Social Security Administration  
 General Information and Services  
 317 Washington Street, Decorah, IA 52101  
 319-382-2924 or 800-772-1213

For general Medicare information, ordering Medicare booklets, and information about health plans, you may contact the helpline 24 hours, 7 days a week for assistance.

800-633-4227

Medicare B Hotline 800-712-3000

<https://www.medicare.gov/forms-help-and-resources/contact/contact-medicare.html>

**NORTHEAST IOWA AGENCY ON AGING**

<http://www.nei3a.org/>

Decorah 563-382-2941 or 800-233-4603

Waterloo 319-272-2244 or 800-779-8707

NEI3A coordinates services for individuals to help them maintain the independence they desire. Services we provide include option counseling, case management, meal programs, caregiver support, respite services, consumer protection, evidence base health programs, and advocacy. The mission of HVAAA is to empower older persons to live safe and independent lives with dignity, purpose, and self-determination.

**PUBLIC HEALTH/HOME HEALTH CARE****Chickasaw**

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

641-394-4053

260 East Prospect Street, New Hampton, IA 50659

**Floyd**

641-257-6111

1003 Gilbert Street, Charles City, IA 50616

**Mitchell**

<http://www.mchhcph.com/>

641-832-3500

415 Pleasant Street, Suite 100, Osage, IA 50461

Home Health is dedicated to enabling people to be self-supporting and self-sufficient, stabilization of families, preventing inappropriate institutionalization, and protecting vulnerable children and adults. The Home Health Care Aide program provides a full range of supportive services in your home so you can go about your activities of daily living.



**SENIOR CITIZEN'S CENTER**

641-228-3114

900 Hulin Street, Charles City, IA 50616

The Charles City Senior Center provide a number of resources and activities for senior citizens, including blood pressure clinics, fitness classes, income tax counseling, congregate meals, holiday gatherings and a number of other programs.

**SOCIAL SECURITY ADMINISTRATION**

Social Security Administration

800-772-1213 or 866-365-6708

625 Village Green Drive, Mason City, IA 50401

The Social Security Administration pays retirement, disability and survivors' benefits to workers and their families and administers the Supplemental Security Income program. They also issue Social Security numbers.

## **EMPLOYMENT**

### **AARP-SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM**

641-423-6827

600 South Pierce Ave, Mason City, IA 50401

Employment program through Iowa Workforce Development.

### **AMERICAN INDUSTRIAL STAFFING**

[www.ai-staffing.com](http://www.ai-staffing.com)

641-424-5277

610 South Washington Ave, Mason City, IA 50401

American Industrial Staffing is a temporary staffing agency that specializes in industrial staffing.

### **EXPRESS EMPLOYMENT PROFESSIONALS**

[www.expresspros.com/masoncityia](http://www.expresspros.com/masoncityia)

641-423-5613

1411 4<sup>th</sup> Street S.W. Mason City, IA 50401

### **IOWA VOCATIONAL REHABILITATION SERVICES (IVRS)**

<http://www.ivrs.iowa.gov/index.html>

641-422-1551

600 South Pierce, Mason City, IA 50401

The Iowa Vocational Rehabilitation Services (IVRS) is a Partner agency with the Iowa Workforce Development Office One-Stop Center. IVRS provides counseling and guidance, training, and job placement assistance for persons identified as having a diagnosed disability.

### **IOWA WORKS CENTER**

[www.iowaworkforce.org](http://www.iowaworkforce.org)

641-424-1524

60 South Pierce Ave, Mason City, IA 50401

### **KELLY SERVICES**

[www.kellyservices.us](http://www.kellyservices.us)

641-421-7430

1314 4<sup>th</sup> Street S.W. Suite 105, Mason City, IA 50401

### **MANPOWER INC. JOBS**

[www.manpower.us](http://www.manpower.us)

641-421-7430

1314 4<sup>th</sup> Street S.W. Suite 105, Mason City, IA 50401

### **MASTERTON STAFFING SOLUTIONS**

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

641-423-1830

202 1<sup>st</sup> St. S.E. #112, Mason City, IA 50401

**PROMISE JOBS**

<https://www.iowaworkforcedevelopment.gov/promise-jobs>

800-392-2230 or 641-422-1528

600 South Pierce Avenue, Mason City, IA 50401

Promise Jobs provides work and training services for people in families qualified for FIP. Services include: assessment of job readiness, basic education, post-secondary education, parenting classes, life skills training, and mentoring and family development. The program also pays childcare expenses for people involved in these activities and transportation for participants in activities other than paid work. A co-payment may be charged for childcare assistance provided when someone works.

**UNEMPLOYMENT INSURANCE SERVICE CENTER**

<https://www.iowaworkforcedevelopment.gov/file-claim-unemployment-insurance-benefits>

877-891-5344

The Unemployment Insurance Service Center is a division of the Iowa Workforce Development. They provide services to businesses, workers, and the citizens of Iowa by gathering unemployment insurance taxes, sustaining the Iowa Unemployment Compensating Trust Fund and making payments to eligible jobless workers.

## **FAITH COMMUNITY**

### **BETHANY ALLIANCE CHURCH**

<http://www.bethanyalliance.com/>

641-228-1318

1100 Clinton, Charles City, IA 50616

### **CALVARY BAPTIST CHURCH**

<http://bytheblood.org/>

641-228-5362

703 Milwaukee Street, Charles City, IA 50616

### **COLWELL UNITED OF CHRIST CHURCH**

641-257-1119

### **CONGREGATIONAL CHURCH**

641-228-5310

502 North Jackson, Charles City, IA 50616

### **CROSS EVANGELICAL LUTHERAN CHURCH**

641-228-5379

312 1<sup>st</sup> Ave, Charles City, IA 50616

### **FIRST BAPTIST CHURCH**

641-228-1906

105 Chapel Lane, Charles City, IA 50616

### **FIRST CHRISTIAN CHURCH**

641-228-4479

807 S. Main, Charles City, IA 50616

### **FIRST WESLEYAN CHURCH**

641-228-3182

913 South Main Street, Charles City, IA 50616

### **GOOD SHEPHERD CATHOLIC CLUSTER**

641-394-2105

313 West Court Street, New Hampton, IA 50659

### **GRACE EPISCOPAL CHURCH**

641-228-4519

902 5<sup>th</sup> Avenue, Charles City, IA 50616

### **HARVEST CHURCH**

641-394-4380

481 South Linn Avenue, New Hampton, IA 50659

### **JORDAN RIVER CHURCH**

641-257-1119

102 North Main Street, Charles City, IA 50616

### **MESSIAH LUTHERAN CHURCH**

641-228-6772

705 3<sup>rd</sup> Avenue, Charles City, IA 50616

### **NEW HAMPTON UNITED METHODIST CHURCH**

641-394-2893

201 North Locust Avenue, New Hampton, IA 50659

**NEW LIFE COMMUNITY CHURCH**

<http://www.newlifecharlescity.com/>

641-257-2000

1930 Gilbert Street, Charles City, IA 50616

**PRAIRIE LAKES BAPTIST CHURCH**

641-456-6880

234 South Linn Avenue, New Hampton, IA 50659

**REDEEMER LUTHERAN CHURCH**

641-394-2296

611 West Court Street, New Hampton, IA 50659

**SAUDE JERICO LUTHERAN**

<https://saudejerico.com/>

563) 569-8602

2949 Stevens Trl, Lawler, IA 52154

**ST. JOHN'S LUTHERAN CHURCH**

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

641-228-3397

200 South Main Street, Charles City, IA 50616

**TEMPLE BAPTIST CHURCH**

<http://www.templebaptistcc.com/>

641-228-4964

101 L, Charles City, IA 50616

**TRINITY LUTHERAN CHURCH**

<http://trinitylutherannewhampton.org/home.aspx>

641-394-2552

223 South Water Avenue, New Hampton, IA 50659

**TRINITY UNITED METHODIST CHURCH**

<http://www.trinity50616.com/>

641-228-5368

601 Milwaukee Street, Charles City, IA 50616

**WEST ST. CHARLES UNITED METHODIST CHURCH**

641-228-5723

2068 March Avenue, Charles City, IA 50616

**ZION LUTHERAN CHURCH**

641-364-2115

200 S. White Ave, Alta Vista, IA 50603

**FINANCIAL ASSISTANCE**

**BETS OFF**

<http://www.1800betsoff.org/>  
800-BETS-OFF (800-238-7633)

Bets Off is a hotline for help and treatment for those addicted to gambling and their families. Call to get help for someone who has a gambling addiction and to find out where treatment programs are available.

**CHICKASAW COUNTY VETERANS AFFAIRS**

641-394-3232  
910 East Main Street, New Hampton, IA 50659

**COMMUNITY ACTION** ..... 641-394-2007

**CONSUMER CREDIT COUNSELING SERVICES OF NORTHEASTERN IOWA, INC**

<http://cccsia.org/>  
800-714-4388  
23 3<sup>rd</sup> Street, N.W. Suite 100, Mason City, IA 50401

Consumer Credit Counseling provides information and advice on financial situations and concerns.

**DEPARTMENT OF HUMAN SERVICES (MEDICAID)**

641-228-5713  
1206 South Main Street, Charles City, IA 50616

DHS provides support and information on many topics with assistance for finances such as food assistance, job training, cash assistance, child support, childcare, medical insurance assistance, as well as mental health and disability services. There is no cost for information; however, individual service fees will vary.

**FLOYD COUNTY GENERAL ASSISTANCE**

641-257-6363  
1206 South Main Street, Charles City, IA 50616

County relief provides financial assistance to those in immediate need including rent, deposits, and utilities. Must meet income guidelines and be 18 years of age.

**FREE BANKRUPTCY ADVICE** ..... 800-379-0985

**FREE FINANCIAL COUNSELING**

[Schmitt@iastate.edu](mailto:Schmitt@iastate.edu)  
641-512-0650

For more information, contact: ISU Extension Family Resource Management Program Specialist.

**INDIVIDUAL HOSPITAL COUNTY RELIEF**

641-394-3426 or 641-394-3556  
24 North Chestnut, New Hampton, IA 50659

**IOWA LEGAL AID AND MIGRANT AND MINORITY ADVOCACY**

<http://www.iowalegalaid.org/about-us>  
800-532-1275  
22 North Georgia Avenue, Suite 2, Mason City, IA 50401

**JUSTICE FOR OUR NEIGHBORS (A LEGAL DIVISION OF LEGAL AID)**

515-255-9809

1001 Office Park Road, #121, West Des Moines, IA 50265

Justice for Our Neighbors is a non-profit program to help low income immigrants.

**MITCHELL COUNTY GENERAL ASSISTANCE**

641-832-2615 x 30

415 Pleasant Street, Osage, IA 50461

General assistance provides financial assistance to those in need with income restrictions.

**NORTHEAST IOWA COMMUNITY ACTION**

641-394-2007

910 East Main Street, New Hampton, IA 50659

**NORTH IOWA COMMUNITY ACTION ORGANIZATION**

641-423-7766 or 800-873-1899

1190 Briarstone Drive, Mason City, IA 50401

**SHIPP** ..... 641-394-1626

**SMALL BUSINESS DEVELOPMENT**

<http://www.niacc.edu/pappajohn/>

641-422-4342

500 College Drive, Mason City, IA 50401

The Small Business Development provides information and support for small business owners. Services include one-on-one counseling, workshops, online support, and other resources.

**SOCIAL SECURITY OFFICE (Decorah)** ..... 563-382-2924

**STUDENT LOAN RELIEF** ..... 855-693-3356

**UNEMPLOYMENT COMPENSATION**

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

641-422-1524

600 South Pierce Avenue, Mason City, IA 50401

Unemployment insurance replaces part of the income workers lose when they become unemployed through no fault of their own. Anyone who is no longer working, or is working substantially fewer hours, and has worked and earned wages in work covered by unemployment insurance (this determination is made by Iowa Workforce Development) in the last 15-18 months may file an application for unemployment insurance benefits.

**UNIVERSITY OF IOWA LEGAL CLINIC**

319-335-9023

The clinic offers free advice on immigration matters and other issues.

**USDA RURAL DEVELOPMENT** ..... 319-352-1715

**VOCATIONAL REHAB** ..... 712-262-9585

## **FOOD ASSISTANCE**

### **CHICKASAW COUNTY FOOD PANTRY**

641-394-5454

417 North Sherman Road, New Hampton, IA 50659

Provides services to all ages including individual, family, and group counseling as well as psychiatric counseling.

### **CHICKASAW COUNTY RELIEF**

641-394-3426

910 East Main Street, New Hampton, IA 50659

Provides financial assistance to those in immediate need with restrictions. Assistance may include rent, food, clothing, utilities, medical care and referrals to other assistance programs.

### **MEALS ON WHEELS**

641-228-6830

Noon meals are available Monday through Friday for elderly or homebound individuals. The meals are prepared by Floyd County Medical Center and delivered by local volunteers.

### **SALVATION ARMY**

641-228-3397

200 South Main Street

Charles City, IA 50616

Provides emergency financial assistance (up to \$40), emergency shelter, and food and nutrition programs.

### **SHARE IOWA PROGRAM**

<http://www.shareiowa.com>

641-394-5906

112 East Spring Street, New Hampton, IA 50659

Share Iowa Program provides quality food packages at a reduced cost for those who join and volunteer their time. By volunteering at least two hours a month, you are eligible to purchase food packages provided. Food stamps are accepted. Orders need to be pre-purchased. Call or go online for delivery dates and times.

### **WOMEN, INFANTS, AND CHILDREN (WIC) SUPPLEMENTAL FOOD PROGRAM**

<http://www.Idph.state.ia.us/wic/families.asp>

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 assists mothers who are breast-feeding by providing manual breast pumps and loaning electric breast pumps.



## **HEALTHCARE**

### **ABCM HEALTHY LIVING HOME CARE, A SERVICE OF COLONIAL MANOR OF ELMA**

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

641-430-6653

407 9<sup>th</sup> St. Elma, IA 50628

Providing a variety of services as needed for families and other caregivers in the Elma area and surrounding communities. Services include but not limited to homemaker, companionship, and personal care. Respite and transportation services are also available for clients.

### **ALLEN WOMEN'S HEALTH-UNITY POINT HEALTH**

<https://www.unitypoint.org/waterloo/clinic.aspx?id=399>

319-235-3941

1825 Logan Avenue, Waterloo, IA 50703

Allen Women's Health provides family planning including birth control and prenatal care, gynecological services, education, and many other services. If you have no insurances or a limited income, you can apply for the Iowa Medicaid Family Planning Waiver. If approved, you can get your exam and a year worth of supplies for free as well as actual Medicaid Insurance coverage for all your Family Planning related services.

### **AMERICAN CANCER SOCIETY**

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

800-227-2345

The American Cancer Society (ACS) is committed to fighting cancer through balanced programs of research, education, patient service, advocacy, and rehabilitation. The ACS provides information and advocacy along with community programs of prevention and cancer control.

### **AMERICAN DIABETES ASSOCIATION**

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

800-342-2383

The mission of the association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. To fulfill this mission, the American Diabetes Association funds research, publishes scientific findings, provides information and other services to people with diabetes, their families, health professionals and the public.

### **CARING PREGNANCY CENTER**

<http://www.cpcmasoncity.org>

641-424-2237

830 15<sup>th</sup> St SW, Mason City, IA 50401

A Christ-centered response to the needs of women confronted with crisis pregnancies. Services include pregnancy testing, abstinence education, post-abortion counseling, clothing, diapers and information about options and ongoing friendships throughout pregnancy.

### **CHARLES CITY FAMILY HEALTH CENTER**

641-228-5151

1501 South Main Street, Suite 1, Charles City, IA 50616

## **CHICKASAW COUNTY PUBLIC HEALTH HOME CARE SERVICES**

<http://www.chickasawcoia.org/nursing/>

641-394-4053

260 East Prospect Street, New Hampton, IA 50659

Chickasaw County Public Health Nursing provides a variety of nursing services to citizens living in Chickasaw County. Chickasaw Public Health believes that each client, family, and the community have the right to high-quality, safe, and efficient home health care provided by competent nursing professionals within the constraints of available resources.

## **DENTAL SERVICE FOR CHILDREN (I-SMILE)**

Chickasaw

319-415-5908

1407 Independence Ave, 5<sup>th</sup> Floor, Waterloo, IA 50703

Floyd/Mitchell

800-657-5856

100 1<sup>st</sup> Street N.W. Suite 200, Mason City, IA 50401

Provides care coordination and support to families with children who need dental care. The I-Smile Coordinator can help with setting up dental appointments, providing reminders of when the dental appointment is, arranging for transportation to the dental appointment, and providing education on oral health care.

## **FAMILY PLANNING SERVICES**

Chickasaw

641-394-2007 or 563-382-8436

910 East Main Street, New Hampton, IA 50659

Floyd and Mitchell

800-657-5856

100 1<sup>st</sup> Street N.W. Mason City, IA 50401

Family planning services include birth control counseling and exams, pregnancy testing and counseling, pap smears, sexually transmitted disease treatment, and genetic counseling referrals.

## **FLOYD COUNTY AREA FAMILY PRACTICE**

641-257-1184

1501 South Main Street, Suite 6, Charles City, IA 50616

## **FLOYD COUNTY MEDICAL CENTER**

<http://www.fcmc.us.com/>

641-228-6830

800 11<sup>th</sup> Street, Charles City, IA 50616

FCMC provides inpatient and skilled nursing care, as well as numerous outpatient services, including diabetic education, nutritional therapy, enterostomal therapy, physical therapy, speech and occupational therapy, laboratory, and radiology services. FCMC outpatient specialty clinic offers cardiology, endocrinology, ENT, nephrology, orthopedics, podiatry, and urology services.

## **FREDERICKSBURG FAMILY HEALTH CLINIC**

Dr. Lucas Brinkman

563-237-5316

115 Schult Ridge Road, Fredericksburg, IA 50630

Fredericksburg Family Health Clinic is committed to providing patients with convenient access to high-quality health care.

## **HAWK-I HEALTH CARE COVERAGE FOR KIDS PROGRAM**

<http://www.hawk-i.org/>

800-257-8563

Hawk-I (Healthy and Well kids in Iowa) is a health insurance program for children of limited income families. Children under the age of 19 can qualify for low or no cost health insurance. Call or go online for an application and list of income guidelines.

## **HIV/AIDS HELPLINE**

888-232-4636

24/7. Current information about organizations that provide HIV/AIDS, Viral Hepatitis, STI and TB services, education materials, and funding resources.

## **HOSPICE OF NORTH IOWA**

800-297-4719 or 641-428-6208

232 2<sup>nd</sup> Street, S.E., Mason City, IA 50401

Hospice of North Iowa provides compassionate care for all those affected by end of life. Services include medical and nursing care, emotion and spiritual counseling, hospice aide service, volunteer services and bereavement follow-up. Hospice of North Iowa is a health care program that supports patients and their families in caring for their loved ones. Hospice care does not cure the disease, but provides comfort and relief from pain and other symptoms. People of all ages in the last months of life and with any disease may receive hospice care.

## **IOWA HEALTHY FAMILIES LINE**

800-369-2229

24/7 Hotline to assist families with finding resources for childcare, birth control, domestic abuse, maternal and prenatal care, postpartum depression and STI.

## **IMMUNIZATION CLINIC**

Chickasaw

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

641-394-4053

260 East Prospect Street, New Hampton, IA 50659

Floyd

641-257-6111

1003 Gilbert Street, Charles City, IA 50616

Mitchell

<http://www.mchhcph.com/>

641-832-3500

415 Pleasant Street, Suite 100, Osage, IA 50461

Immunizations are medicines children get when they are very young. They protect children from getting many serious diseases and are administered by shots. The clinics provide necessary immunizations at a low cost. Please bring previous immunization records to clinics.

## **LIVING WITH HIV PROGRAM**

800-657-5856

100 1<sup>st</sup> Street N.W. Suite 200, Mason City, IA 50401

The Living with HIV Program provides free support and information services to individuals diagnosed with HIV or AIDS, or those needing general information about HIV/AIDS. Consultations are confidential and vary depending on the needs of the individual.

**MATERNAL HEALTH PROGRAM**

800-657-5856 for an appointment  
1010 South Grand, Suite 1, Charles City, IA 50616

The Maternal and Child Health program includes a variety of services focused on promoting healthy children, health families, and healthy communities by promoting early prenatal care that will continue throughout pregnancy and through childhood, focusing on any special needs identified.

**MEDICAID/TITLE XIX**

641-228-5713  
1206 South Main Street, Charles City, IA 50616

Medicaid is a program that pays for covered medical and health care costs of people who qualify. The Medicaid program is funded by federal and state governments and is managed by the Iowa Department of Human Services. A wide range of medical and health care services are available through the Medicaid program. These services are covered only if they are medically necessary.

**MERCYONE FAMILY HEALTH LINE**

<http://www.mercynorthiowa.com/mercy-family-health.line>  
800-468-0050 or 641-428-7777

Mercy Family Health Line provides registered nurses on the line, day or night. Our nurses bring years of practical experience to you problems. The registered nurses at mercy Family Health Line are available to help with many health questions including physician referral, triage of symptoms, referrals to services within the hospital and the community and other general health questions.

**MERCYONE NEW HAMPTON FAMILY MEDICINE**

[www.mercyone.org/newhampton](http://www.mercyone.org/newhampton)  
641-394-2151  
308 North Maple Avenue, New Hampton, IA 50659  
Rockford  
<http://www.mercynorthiowa.com/rockford>  
641-756-3303  
702 East Main, Rockford, IA 50468

**MERCYONE NEW HAMPTON MEDICAL CENTER**

<http://www.mercyone.org/newhampton>  
641-394-4121  
308 North Maple Avenue, New Hampton, IA 50659

**MERCYONE WATERLOO FAMILY MEDICINE**

319-352-9500  
217 20<sup>th</sup> Street N.W., Waverly IA, 50677  
  
319-272-5000  
2710 St. Francis Drive, Waterloo, IA 50702

Covenant Clinics are available in most metropolitan areas with clinics in other outlying areas. Services include anesthesiology, cardiology, Convenient Care, family practice, pain management, counseling, gastroenterology, geriatrics, gynecology, endocrinology, internal medicine, nephrology, occupational health, oncology/hematology, orthopedics, otolaryngology, pediatric, podiatry, surgery, urology and women's health.

## **MITCHELL COUNTY REGIONAL HEALTH CENTER**

Main Location:

<http://www.mcrhc.com/>

641-732-6000

616 North 8<sup>th</sup> Street, Osage, IA 50461

Osage

<http://www.mcrhc.com/osage-clinic>

866-627-4280 or 641-732-6100

620 North 8<sup>th</sup> Street, Osage, IA 50461

Riceville

<http://www.mcrhc.com/riceville-clinic>

641-985-2122

109 Westward Drive, Riceville, IA 50466 (located at the Senior Living Complex)

St. Ansgar

<http://www.mcrhc.com/st-ansgar-clinic>

866-627-4281 or 641-736-4401

140 West 4<sup>th</sup> Street, Suite 1, St. Ansgar, IA 50472

Stacyville

<http://www.mcrhc.com/stacyville-clinic>

641-737-2406

411 South Broad Street, Stacyville, IA 50476

## **NASHUA CLINIC**

<http://www.waverlyhealthcenter.org/services/nashua.asp>

641-435-4133

80 Amherst Boulevard, Suite 400, Nashua, IA 50658

## **NASHUA AREA MEDICAL CENTER**

641-435-4181

109 Woodbridge Street, Nashua, IA 50658

## **NORTH IOWA DENTAL CLINIC FOR THE UNINSURED AND UNDERINSURED**

<http://www.freeclinicsofiowa.org/clinics/info/north-iowa-dental-clinic-uninsured-and-underinsured>

641-428-7887 for appointments only

Mercy Medical Center-North Iowa 10000 4<sup>th</sup> Street S.W., Mason City, IA 50401

## **POISON CONTROL CENTER**

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

800-222-1222

Services include 24-hour telephone guidance for poison emergencies, poison prevention education, hazard detection and elimination, and health care cost containment. Call immediately for assistance. If a victim is not breathing or is unconscious, call 911 immediately.

## **PUBLIC HEALTH/HOME HEALTH CARE**

Chickasaw

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

641-394-4053

260 East Prospect Street, New Hampton, IA 50659

Floyd

641-257-6111

1003 Gilbert Street, Charles City, IA 50616

Mitchell

<http://www.mchhceph.com/>

641-832-3500

415 Pleasant Street, Suite 100, Osage, IA 50461

Home health care services are dedicated to enabling people to be self-supporting and self-sufficient, the stabilization of families, preventing inappropriate institutionalization and protecting vulnerable children and adults. Home health care provides a range of services including things such as assistance with daily needs, household duties, meals, money management, and skilled nursing.

## **REGIONAL HEALTH SERVICES OF HOWARD COUNTY**

563-547-2101

235 Eighth Avenue West

Cresco, IA 52136

## **SU FAMILIA**

866-783-2645

Su Familia offers Hispanic consumers free reliable and confidential health information in Spanish and English and helps navigate callers through the health system.

## **VETERANS CLINIC**

800-351-4671

520 South Pierce, Suite 150, Mason City, IA 50401

319-235-1230

945 Tower Park Drive, Waterloo, IA 50701

Provides primary ambulatory care, tele-mental health and routine prescriptions processed through the mail for all qualified Veterans.

## **WIC (WOMEN, INFANTS, AND CHILDREN) SUPPLEMENTAL FOOD PROGRAM**

<http://idph.iowa.gov/wic>

800-657-5856

100 1<sup>st</sup> Street N.W. Suite 200, Mason City, IA 50401

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 assists mothers who are breast feeding by providing manual breast pumps and loaning electric breast pumps.

## HOSPICES

<b>CEDAR VALLEY HOSPICE</b> .....	319-352-1274 877-485-7081
<b>HOSPICE OF NORTH IOWA (NASHUA ONLY)</b> .....	877-574-4788
<b>HOWARD COUNTY COMMUNITY HOSPICE</b> .....	563-547-2989
<b>PALMER HOME CARE SERVICES/HEART OF IOWA, WEST UNION</b> .....	563-422-6267
<b>WINNESHIEK MEDICAL HOME HEALTH AND HOSPICE</b> .....	563-387-3024
<b>ST CROIX HOSPICE</b> .....	641-394-2700 855-278-2764

## HOUSING ASSISTANCE

### **CHARLES CITY HOUSING AUTHORITY**

641-228-6661

501 Cedar Terrace South, Charles City, IA 50616

The Charles City Housing and Redevelopment Authority's (CCHRA) goal is to improve the quality of life for clients by providing affordable housing and building community partnerships with other agencies to provide needed services. The Housing Authority is designed to administer housing assistance programs throughout the city including Section 8 housing.

### **CEDAR CREST APARTMENTS**

641-228-7679

910 13<sup>th</sup> Street, Charles, City, IA 50616

### **CLARKVIEW APARTMENTS**

641-228-6319

2106 Clarkview Drive, Charles City, IA 50616

### **HIGHLAND TERRACE APARTMENTS**

641-228-6319

2105 Clarkview Drive, Charles City, IA 50616

### **IOWA FORECLOSURE HOTLINE**

877-622-4866

The Attorney General's Office urges Iowans to call the Iowa Mortgage Foreclosure Hotline if they are at risk of losing their home to foreclosure. The Hotline may be able to help some Iowa borrowers find a way to avoid losing their homes. The Foreclosure Hotline is a toll-free number to the Iowa Mediation Service, an independent third party that will explore if borrowers and their lenders might be able to agree on some approach to avoid foreclosure. The Hotline is voluntary for all parties, and it does NOT offer funds or payments to borrowers.

### **IOWA HOUSING SEARCH.ORG**

<http://www.iowahousingsearch.org>

877-428-8844

### **IOWA RENTAL HELP/HOMELESS PREVENTION AND RAPID RE-HOUSING (HPRP)**

Chickasaw 641-394-2007

Floyd and Mitchell 641-424-4155 or 866-599-3155

305 Montgomery Street, Decorah, IA 52101

Provides temporary financial assistance and other services to either prevent households from becoming homeless or to help those experiencing homelessness to be re-housed and stabilized. HPRP is focused on housing for the homeless and households at risk of homelessness. Not everyone qualifies for assistance, and household must meet income guidelines and other program requirements in order to qualify for temporary assistance. Home visits are required.

**NEW BEGINNINGS OF HOPE FOR WOMEN AND CHILDREN**

<http://northernlightsshelters.org/>

641-423-5920

2 South Adams, Mason City, IA 50401

**NORTH IOWA COMMUNITY ACTION (NICA)**

641-423-9028

218 5<sup>th</sup> Street, S.W., Mason City, IA 50401

**FLOYD COUNTY OUTREACH**

641-228-2893

603 Beck Street, Charles City, IA 50616

Low Income Home Energy Assistance Program provides assistance with heating bills during the winter months, emergency fuel deliveries, and assistance with repairs or replacements of furnaces.

**NORTHEAST IOWA COMMUNITY ACTION CORPORATION (NEICAC)**

641-394-2007

910 East Main Street, New Hampton, IA 50659

**NORTHERN LIGHTS HOMELESS SHELTER FOR MEN**

<http://northernlightsshelters.org/>

641-380-0047

307 North Monroe Avenue, Mason City, IA 50401

**NORTH IOWA REGIONAL HOUSING AUTHORITY**

<http://nirha.com/>

641-423-0897

202 1<sup>st</sup> Street, S.E. Suite 203, Mason City, IA 50401

The North Iowa Regional Housing Authority (NIRHA) assists low-income families, seniors, and individuals with disabilities across our eight county jurisdiction in northern Iowa. NIRHA offers two programs: the Section 8 Housing Choice Voucher (HCV) and Public Housing. All programs are handicap accessible. Our staff will consider requests for reasonable accommodation.

**OUR BROTHER'S KEEPER**

<http://www.trinity50616.com/our-missions.html>

641-228-5368

601 Milwaukee Street, Charles City, IA 50626

Our Brother's Keeper is a Ministry of Trinity United Methodist Church. This ministry is completely funded by donations. Offer assistance with rent or utility bills to those who are in need in our Charles City Community. Clients are seen by appointment only. No deposits or phone bills. May only receive assistance one time per 12-month period. Must be a Charles City resident for a minimum of 6 months.

**RURAL DEVELOPMENT HOUSING**

641-435-4788

PO Box 129, 36 Chestnut Street, Nashua, IA 50658

For elderly and disabled people, Connor Management provides the latest technology in government housing management. They provide electronic transmission, complete accounting and yearly budgeting, scheduled preventative maintenance, tenant certification and re-certification, completion of all paperwork required by USDA, personal visits to project, and close contact with local boards and residents.



**SALVATION ARMY**

641-424-5574

3551 Frontage Road, Mason City, IA 50401

The Salvation Army provides emergency shelter, food, transportation and assistance for people in need.

**SOCIAL CONCERNS COUNCIL**

641-394-2604

1571 Pembroke Ave

New Hampton, IA 50659

Provides rent assistance.

**TRANSIENTS-CHARLES CITY POLICE STATION**

641-228-3366

105 Milwaukee Mall, Charles City, IA 50616

Contact the Police Station for information regarding temporary stay.

**TURNING POINT RURAL HOUSING PROJECT**

Cedar Valley Friends of the Family

<https://www.fofia.org/>

800-410-7233 or 319-352-1108

PO Box 784, Waverly, IA 50677

Transitional housing is provided to individuals experiencing domestic violence. The program services Chickasaw County and provides assistance finding permanent housing, employment assistance, child care services, mental health counseling, substance abuse counseling, outpatient health care, life skills counseling, and transportation assistance.

## **JOB ASSISTANCE**

### **IOWA VOCATIONAL REHABILITATION SERVICES (IVRS)**

641-422-1551

600 South Pierce Ave, Mason City, IA 50401

IVRS provides counseling and guidance, training and job placement assistance for persons identified as having a diagnosed disability.

### **IOWA WORKS**

641-422-1524

600 South Pierce Ave, Mason City, IA 50401

The Workforce Development Center staff will direct you to computer software, publications and Internet sites that can help you research careers, schools and communities and obtain information regarding current workforce trends. Services include job information, resume service, typing tutorial, job placement assistance, and unemployment insurance.

### **PROMISE JOBS**

800-392-2230 or 641-422-1524

600 South Pierce Ave, Mason City, IA 50401

Provides work and training services for people in families qualified for Family Investment Program. Services include assessment for job readiness, basic education, post-secondary education, parenting classes, life-skills training, mentoring and family development. The program also pays childcare expenses for people involved in these activities and transportation for participants in activities other than paid work.

**LAW ENFORCEMENT**

**FOR ALL EMERGENCY CALLS, CALL 911.  
ALL NON-EMERGENCY NUMBERS ARE LISTED BELOW.**

***FLOYD***

**FLOYD COUNTY SHERIFF**

641-228-1821

101 South Main Street, Suite 501, Charles City, IA 50616

**CHARLES CITY POLICE**

641-228-3366

105 Milwaukee Mall, Charles City, IA 50616

**NORA SPRINGS POLICE**

641-756-2335

45 North Hawkeye Avenue, Nora Springs, IA 50458

**ROCKFORD POLICE**

641-756-2335

206 West Main Avenue, Rockford, IA 50468

***MITCHELL***

**MITCHELL COUNTY SHERIFF**

641-732-4740

211 South 6<sup>th</sup> Street, Osage, IA 50461

**OSAGE POLICE**

<http://osagepd.org/>

641-732-3777

432 Main Street, Osage, IA 50461

**ST. ANSGAR POLICE**

641-713-4767

111 South Mitchell Street, St. Ansgar, IA 50472

***CHICKASAW***

**CHICKASAW COUNTY SHERIFF**

641-394-3121

116 North Chestnut, New Hampton, IA 50659

**NEW HAMPTON POLICE**

641-394-3241

22 South Locust Ave, New Hampton, IA 50659

**NASHUA POLICE**

641-435-2068

402 Main Street, Nashua, IA 50658

## **LEGAL RESOURCE**

### **IOWA CHILD ADVOCACY BOARD**

641-421-3080

220 North Washington Ave, Mason City, IA 50401

Court appointed Special Advocates are trained volunteers helping abused and neglected children have a voice in court.

### **IOWA CONCERN HOTLINE**

800-447-1985

By calling Iowa Concern, one has access to an attorney for legal education, stress counselors, and information and referral services for a wide variety of topics.

### **IOWA FORECLOSURE HOTLINE**

877-622-4866

The Attorney General's Office urges Iowans to call the Iowa Mortgage Foreclosure Hotline if they are at risk of losing their home to foreclosure. The Hotline may be able to help some Iowa borrowers find a way to avoid losing their homes. The Foreclosure Hotline is a toll-free number to the Iowa Mediation Service, an independent third party that will explore if borrowers and their lenders might be able to agree on some approach to avoid foreclosure. The Hotline is voluntary for all parties, and it does NOT offer funds or payments to borrowers.

### **IOWA LEGAL AID AND MIGRANT AND MINORITY ADVOCACY**

[www.iowalegalaid.org](http://www.iowalegalaid.org)

800-532-1275

Iowa Legal Aid is a non-profit organization providing legal assistance to low income and vulnerable Iowans.

### **IOWA PROTECTION AND ADVOCACY SERVICES**

515-278-2502

400 East Court Avenue, Suite 300, Des Moines, IA 50310

### **JUSTICE FOR OUR NEIGHBORS (A LEGAL DIVISION OF LEGAL AID)**

515-255-9809

1001 Office Park Road, 3121, West Des Moines, IA 50265

Justice for Our Neighbors is a non-profit program to help low-income immigrants.

### **LEGAL HOTLINE FOR OLDER IOWANS**

**800-992-8161**

Legal Hotline provides free and confidential service for Iowans 60 years and older who have questions about non-criminal legal matters.

### **MADD-MOTHERS AGAINST DRUNK DRIVING**

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

877-MADD-HELP

MADD is a non-profit grass roots organization. Founded by a mother whose daughter was killed by a drunk driver, Mothers Against Drunk Driving (MADD) is the nation's largest nonprofit working to protect families from drunk driving, drugged driving and underage drinking. MADD also supports drunk and drugged driving victims and survivors at no charge through local MADD victim advocates and our 24-hour Victim Helpline.

**MASON CITY HUMAN RIGHTS**

641-421-3618

10 1<sup>st</sup> Street NE, Mason City, IA 50401

The purpose of the Human Rights Commission is to provide outreach information to the public and contact information pertaining to housing and civil rights complaints.

**NORTH IOWA DISPUTE SETTLEMENT CENTER**

800-773-8710

Cerro Gordo County Courthouse, 220 North Washington, Mason City, IA 50401

**VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA)**

<http://www.extension.iastate.edu/humansciences/vita>

800-906-9887

The volunteer Income Tax Assistance Program (TITA) offers free tax help to low-to-moderate income (generally, \$50,000.00 and below) people who cannot prepare their own tax returns. Certified volunteers sponsored by various organizations receive training to help prepare basic tax returns in communities across the country. Call to find closest office.

## LGBTQ RESOURCES

### **GLBTQ NATIONAL HELP CENTER**

[www.glbnationalhelpcenter.org](http://www.glbnationalhelpcenter.org)

888-843-4564

The Gay, Lesbian, Bisexual, Transgender, and Questioning (GLBTQ) National Help Center, founded in 1996, is a non-profit, tax-exempt organization that provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.

### **GLBTQ NATIONAL YOUTH TALKLINE**

[help@GLBThotline.org](mailto:help@GLBThotline.org)

800-246-7743

The oldest and most comprehensive national organization of its type and scope in the United States, providing this critically needed service regardless of age or geographic location. The people who turn to us for help often live in rural and conservative parts of the country and are frequently feeling severely isolated, closeted and despairing, with literally no one else safe to talk to. We provide a safe environment on the phone or internet for people of all ages to discuss issues that they do not feel comfortable talking about anywhere else.

### **THE PARENTS PROJECT**

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

Is a first-of-its-kind digital presence, inclusive of videos, advice, and resources, dedicated exclusively toward helping parents understand their LGBTQ kids.

### **THE TREVOR PROJECT**

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

866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 14-24. Counselors are available 24/7 on this helpline.

### **PFLAG NORTH IOWA**

[www.pflagnorthiowa.org](http://www.pflagnorthiowa.org)

Visiting a local PFLAG chapter is the best way for parents, family members, friends, or lesbian, gay, bisexual, transgender, and questioning (LGBTQ) people to get support, receive educational materials, and learn about PFLAG's advocacy efforts.

## LIFE LINES

<b>ALLAMAKEE/CLAYTON COUNTY RURAL ELECTRIC</b> .....	888-788-1551
<b>BLACK HAWK COUNTY GOLDEN CARE LIFE LINE (ALLEN HOSPITAL)</b> .....	319-235-3590
<b>BREMER COUNTY CEDAR VALLEY MONITORING</b> .....	800-712-6600
<b>HOWARD COUNTY HAWKEYE TR-COUNTY ELECTRIC FIRST CALL PROGRAM</b>	563-547-3801
	800-658-2243
<b>PHILLIPS LIFE LINE</b> .....	800-242-1306
	Ext. 4695

**REHABILITATION SERVICES**

**HOPE HOUSE**

805 Wisconsin Street, Charles City, IA 50616

Hope House provides services based on AA principles. Meetings include Alcoholics Anonymous, Narcotics Anonymous, Co-dependency support group, and Emotions Anonymous.

**MAYO REHAB (ROCHESTER)** ..... 507-255-4613

**MENTAL HEALTH AMERICA**

<http://mentalhealthamerica.net>

800-969-6642

Programs help prevent mental and substance use conditions and achieve victory over mental illnesses and addictions through advocacy, education, research and services.

**MERCYONE NORTH IOWA ACUTE REHAB UNIT**..... 641-422-5600

**MERCYONE WATERLOO HORIZONS**

319-272-2873

2101 Kimball Ave, Suite 200

Waterloo, IA 50702

A family-centered recovery program for drug, alcohol and substance abusers and their families. A wide variety of trained professionals work together to facilitate the treatment program and coordinated approach that addresses the physical, emotional, and spiritual toll taken by drug, alcohol, and substance abuse.

**MERCYONE WATERLOO REHAB**..... 319-272-7200

**PATHWAYS BEHAVIORAL SERVICES-COUNSELING**

563-237-5300

602 Washington Ave, Fredericksburg, IA 50630

Provides substance abuse treatment programs including inpatient and outpatient, support groups, weekly meetings, substance abuse evaluations and other treatment programs.

**PRAIRIE RIDGE ADDICTION TREATMENT SERVICES**

641-228-1477

703 North Main Street, Suite 1, Charles City, IA 50616

A private, non-profit corporation offering substance abuse prevention and treatment services in North Central Iowa, as well as providing residential care to a statewide population.

**UNITY POINT HEALTH WATERLOO** ..... 319-235-3941

**SHARPS DISPOSAL**

**MERCYONE NEW HAMPTON MEDICAL CENTER**

641-394-4121

308 North Maple Ave, New Hampton, IA 50659

## **SOCIAL ORGANIZATION**

### **AMERICAN LEGION POST 174**

641-228-2936

PO Box 174, 1108 5<sup>th</sup> Street, Charles City, IA 50616

### **AMERICAN LEGION-NEW HAMPTON**

641-394-3423

### **CARNEGIE CULTURAL CENTER**

641-394-2354

7 North Water Street, New Hampton, IA 50659

### **CARRIE CHAPMAN CATT CHILDHOOD HOME – NATIONAL 19<sup>TH</sup> AMEND SOCIETY**

[www.catt.org](http://www.catt.org)

641-228-3336

### **CHARLES CITY ARTS CENTER**

641-228-6284

301 North Jackson Street, Charles City, IA 50616

### **CHARLES CITY AREA CHAMBER OF COMMERCE**

<http://www.charlescitychamber.com/>

641-228-4234

401 North Main Street, Charles City, IA 50616

### **CHARLES CITY AREA DEVELOPMENT CORPORATION**

641-228-3020

401 North Main Street, Charles City, IA 50616

### **CHARLES CITY AREA DOLLARS FOR SCHOLARS**

[www.charlescity.dollarsforscholars.org](http://www.charlescity.dollarsforscholars.org)

641-228-4237

PO Box 684, Charles City, IA 50616

### **CHARLES CITY AREA FARMERS MARKET**

641-228-4234

### **CHARLES CITY COMMUNITY REVITALIZATION**

641-228-2335

401 North Main Street, Charles City, IA 50616

### **CHARLES CITY ELKS LODGE #418**

641-228-1257

2111 Clark Street, Charles City, IA 50616

### **CHARLES CITY LIONS CLUB**

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

641-527-5683

### **CHARLES CITY ROTARY CLUB**

Club meets Mondays 12:00 pm at the Elks Lodge 2111 Clark Street, Charles City



**CHARLES THEATRE/STONY POINT PLAYERS**

641-228-3281

405 North Main Street, Charles City, IA 50616

**CHICKASAW ATHLETIC BOOSTER CLUB**

641-394-5065

710 West Main Street, New Hampton, IA 50659

**CHICKASAW COUNTY 4-H**

641-394-2174

104 East Main Street, New Hampton, IA 50659

**CHICKASAW COUNTY HISTORICAL SOCIETY**

Lynn Edson 3009 Gilmore Ave, Ionia, IA 50645

**FLOYD COUNTY CHILD ABUSE PREVENTION COUNCIL**

<http://childabuseprevfloyd.wix.com/home>

641-228-8030

Meetings-Messiah Lutheran Church, 705 3<sup>rd</sup> Ave, Charles City, IA 50616

First Wednesday of the month 11:30-12:30 pm.

**FLOYD COUNTY HISTORICAL MUSEUM**

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

641-228-1099

500 Gilbert Street, Charles City, IA 50616

**FLOYD COUNTY IZAAK WALTON LEAGUE**

641-228-6378

**FOSTER GRANDPARENTS, FLOYD COUNTY**

641-257-6327

**KNIGHTS OF COLUMBUS HALL**

641-228-5296

502 Clark Street, Charles City, IA 50616

**NEW HAMPTON ECONOMIC DEVELOPMENT**

641-394-2437

112 East Spring Street, New Hampton, IA 50659

**NEW HAMPTON KNIGHTS OF COLUMBUS**

Holy Family Parish

641-394-2105

**NEW HAMPTON LIONS CLUB**

Club Meets 2<sup>nd</sup> and 4<sup>th</sup> Thursday each month at 6:30 pm

Pinicon Restaurant, New Hampton

**NEW HAMPTON NEW HORIZONS**

641-394-2021

15 West Main Street

New Hampton IA 50659

**NEW HAMPTON ROTARY**

Club meets Thursdays at Pinicon Restaurant, New Hampton at 12:00 pm.

**OSAGE ROTARY CLUB**

Club meets Wednesdays at 12:00 pm at the Kountry Kupboard in Osage

**PAWS FLOYD COUNTY HUMANE SOCIETY**

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

641-257-0766

303 Shaw Ave, Charles City, IA 50616

**RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)**

[www.niacc.edu/rsvp/](http://www.niacc.edu/rsvp/)

641-422-4303

**ST. CHARLES (RIVERSIDE) CEMETERY ASSOCIATION**

641-228-7011

59 Riverside Avenue, Charles City, IA 50616

**UNITED WAY OF NORTH CENTRAL IOWA**

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

641-423-1774

2911 4<sup>th</sup> Street S.E. Mason City, IA 50401

**VFW CHARLES CITY**

641-228-4335

1505 North Grand Ave. Charles City, IA 50616

**VFW ALTA VISTA**

(641) 394-4094

206 S White Ave, Alta Vista, IA 50603

**VFW CHICKASAW COUNTY**

Contact person-Derwin Robinson 641-394-3718

## **SPECIAL NEEDS**

### **ACCESS FOR SPECIAL KIDS**

<http://askresource.org/>

800-450-8667

ASK (Access for Special Kids) Resource Center is a parent training, information, and advocacy center for families of children with special needs across the state of Iowa. We are a family-drive, 501 (c) (3) non-profit organization whose mission is to empower individuals with disabilities and their family members.

### **ADULT ABUSE HOTLINE**

[http://dhs.iowa.gov/dependent\\_adult\\_abuse](http://dhs.iowa.gov/dependent_adult_abuse)

800-362-2178

Available 24 hours a day, 7 days a week. The Dependent Adult Abuse program provides evaluations and assessments of alleged abused dependent adults. The program endeavors to provide services and makes referrals to assist abused dependent adults acquire safe living arrangements. "Dependent adult" means a person eighteen years of age or older who is unable to protect the person's own interests or unable to adequately perform or obtain services necessary to meet essential human needs, as a result of a physical or mental condition which requires assistance from another, or as defined by department rule.

### **AEA 267 RIVER HILLS**

800-542-8375

2700 Grand Boulevard, Cedar Falls, IA 50613

River Hills School is a public sponsored special school for students with moderate, severe, and profound developmental disabilities. The school serves students from age 3 through age 21.

### **AMERICANS WITH DISABILITIES ACT**

<http://www.gpadacenter.org>

800-949-4232

The Americans with Disabilities Act prohibits private employers, state and local governments, employment agencies, and labor unions from discriminating against qualified individuals with disabilities in job application procedures, hiring, firing, advancement, compensation, job training, and other terms, conditions, and privileges of employment.

### **AUTISM ASSISTANCE PROGRAM**

<http://www.chsciowa.org/regional-autism-assistance-program.asp>

641-424-0030

The Regional Autism Assistance Program (RAP) connects individuals and families suspecting or diagnosed with ASD to ASD resources and family-to-family support. Our team of Advanced Registered Nurse Practitioners, Registered Nurses and Family Navigators helps families navigate insurance, education, and medical options.

### **CAPTION CALL**

<https://captioncall.com/>

877-557-2227

Caption Call uses advanced technology and a communications assistant to quickly provide written captions of what callers say on a large, easy-to-read screen. It works like a regular telephone—simply dial and answer calls as usual—speak and listen using a phone handset like always.

## **CHILDREN AND ADULTS WITH ATTENTION DEFICIT DISORDER OF IOWA (CHADD)**

<http://www.chadd.org>

563-263-8476

CHADD is a national organization that offers support, education, and advocacy to individuals with attention deficit disorder and their parents.

## **CHILDREN AT HOME PROGRAM**

888-IAKIDS1

The Children-At-Home program is designed to assist you and your family in securing the services and supports that you identify as necessary in helping your child to remain at home. An underlying principle of the Children-At-Home program is that you and your family retain control of decisions, which affect your child and family. Financial assistance is intended to enable you to obtain those services and supports, which are not met by other services programs.

## **COMPREHENSIVE SYSTEMS**

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

641-228-4842

1700 Clark Street, Charles City, IA 50616

Comprehensive Systems is an accredited, community-based, private, non-profit Iowa corporation providing residential and employment services to individuals with special needs. Services include residential, vocational, and volunteer experiences.

## **COUNTY SOCIAL SERVICES**

Chickasaw

641-394-3426

260 East Prospect, New Hampton, IA 50659

Floyd

641-257-6140

1206 South Main Street, Charles City, IA 50616

Mitchell

641-832-2615

415 Pleasant Street, Osage, IA 50461

County Social Services provides financial support for mental health and disability services programs to individuals in North Central and Northeastern Iowa.

## **DISABILITY RIGHTS EDUCATION AND DEFENSE FUND**

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

510-644-2555

Disability Rights Education and Defense Fund, Inc. (DREDF) is national law and policy center dedicated to protecting and advancing the civil rights of people with disabilities through legislation, litigation, advocacy, technical assistance, and education and training of attorneys, advocates, persons with disabilities, and parents of children with disabilities.

**EASTER SEAL SOCIETY**

<http://ia.easterseals.com/>

515-289-1933

401 N.E. 66<sup>th</sup> Ave, Des Moines, IA 50313

Easter Seals mission is to provide exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities. There is also Camp Sunnyside that is open for recreation to all members.

**EQUAL EMPLOYMENT OPPORTUNITY COMMISSION**

<http://www.eeoc.gov/>

800-669-4000

The Equal Employment Opportunity Commission (EEOC) provides legislation and advocacy to those experiencing, discrimination in the workplace due to race, national origin, color, religion, ethnicity, or disability.

**IOWA COMPASS**

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

800-779-2001

Iowa COMPASS is Iowa's free, statewide information and referral service for people with disabilities, their families, service providers, and other members of the community. They maintain information on over 5,500 local, state, and national agencies and programs.

**IOWA DEPARTMENT FOR THE BLIND**

[www.idponline.org](http://www.idponline.org)

800-362-2587

Services for people who are legally blind or visually impaired. Works with families and organizations to provide support and general referrals. Vocational Rehabilitation Program, Independent living services, library for the blind and physically handicapped, aids and devices store. Most services can be brought to local communities.

**IOWA VOCATIONAL REHABILITATION SERVICES (IVRS)**

[www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)

641-422-1551

A partner agency with Iowa Workforce Development who provides counseling, training and job placement assistance for individuals having a diagnosed disability.

**JOB ACCOMMODATION NETWORK**

<http://askjan.org/>

800-526-7234

The Job Accommodation Network's (JAN) mission is to facilitate the employment and retention of workers with disabilities by providing employers, employment providers, people with disabilities, their family members, and other interested parties with information on job accommodations, self-employment and small business opportunities, and related subjects.

## **LEARNING DISABILTY ASSOCIATION OF AMERICA**

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

888-300-6710

The Learning Disability Association of America is a non-profit organization advocating for individuals with learning disabilities. The group is composed of educators, parents, family members, and individuals with learning disabilities. Support for parents, legislation, referrals and information, and adult issues are some of the services provided.

## **LIFELONG LINKS**

[www.lifelonglinks.org](http://www.lifelonglinks.org)

866-468-7887

Resource for older adults, adults with disabilities, veterans and their caregivers who are planning for long-term independent living.

## **MENTAL HEALTH AMERICA**

<http://www.mentalhealthamerica.net/>

800-969-6642

Mental Health America, formerly known as National Mental Health Association, is the country's oldest and largest non-profit organization addressing all aspects of mental health and mental illness. Programs help to fulfill its mission of "promoting mental health, preventing mental and substance use conditions and achieving victory over mental illnesses and addictions.

## **NATIONAL ALLIANCE ON MENTAL ILLNESS**

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

800-950-6264

The National Alliance is dedicated to the eradication of mental illness and the improvement of the lives of those with a mental illness. Services include support, advocacy, education, and research.

## **NATIONAL CALL CENTER FOR HOMELESS VETERANS**

<https://www.va.gov/HOMELESS/index.asp>

877-24-3838

Hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community. Available 24/7. Free and confidential. The hotline and online chat are free and neither VA registration nor enrollment in VA healthcare is required to use either service.

## **NEW HAMPTON MINISTERIAL ASSOCIATION TRANSIENT FUND**

641-394-3121

116 North Chestnut, New Hampton, IA 50659

The Chickasaw County Sheriff's Department administrates a voucher system by which the Association assists traveling persons with special needs. The vouchers are distributed only at the Sheriff's Department.

Note: Transient persons may access funds twice only per year.

## **NORTH STAR COMMUNITY SERVICES**

Chickasaw

641-394-4535

951 North Linn, Suite 8, New Hampton, IA 50659

Floyd

641-228-2837

1110 North Grand Avenue, Charles City, IA 50616

Supported Community Living (SCL) services address the desires, goals, strengths, abilities, needs, health, safety, and life span issues of persons living in their own homes or apartments. SCL services are provided in the home and community of the persons served and is designed to support their choice to live as independently as possible in the community.

## **OPPORTUNITY VILLAGE**

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

641-357-5277

1200 North 9<sup>th</sup> Street West, Clear Lake, IA 50428

The organization is dedicated to serving people with intellectual disability and other disabilities. Some of the services that are provided include residential services and vocational services.

## **OUTPATIENT VA CLINIC**

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

## **SPECIAL OLYMPICS OF NORTHEAST IOWA**

319-266-3613

2718 Ryan Drive, Cedar Falls, IA 50613

Special Olympics Iowa (SOIA) is a statewide, non-profit, organization that offers year round sports training and athletic competition in a mixture of Olympic type sports for children and adults with intellectual disabilities. This gives them ongoing opportunities to develop physical fitness, exemplify courage, experience joy and engage in a sharing of gifts, talents and friendship with their families, other Special Olympic athletes and the community.

## **VETERAN'S CRISIS LINE**

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

800-273-8255

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

## SUBSTANCE ABUSE

### **ACCESS TO RECOVERY SERVICES**

641-257-1119

Christian based substance recovery services for individuals meeting governmental poverty guidelines.

### **AL-ANON/ALA-TEEN**

<http://www.al-anon.alateen.org/>

888-4AL-ANON (888-425-2666)

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Al-Anon believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon has but one purpose: to help families of alcoholics. This is done by practicing the 12 Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

### **ALCOHOL/DRUG ABUSE HOTLINE**

800-ALCOHOL (800-252-6465)

The hotline is available 24 hours a day and is useful to find a treatment facility in your area. They provide help and referrals for people with concerns of drug and alcohol abuse.

### **ALLEN COUNSELING CENTER**

<https://www.unitypoint.org/waterloo/employee-assistance-program.aspx>

800-303-9996 or 319-235-3550

1825 Logan Avenue, Waterloo, IA 50703

Allen recovery Center offers confidential evaluation services to assess an adolescent's alcohol and/or substance abuse issues. If a problem is identified, certified addiction counselors make recommendations and referrals for educational and/or treatment options. There are limited openings available.

### **BETS OFF**

<http://www.1800betsoff.org/>

800-BETS-OFF (800-238-7633)

Bets Off is a hotline for help and treatment for those addicted to gambling and their families. Call to get help for someone who has a gambling addiction and to find out where treatment programs are available.

### **CHICKASAW CONNECTIONS, INC**

[www.chickasawconnections.org](http://www.chickasawconnections.org)

[chickasawconnections@gmail.com](mailto:chickasawconnections@gmail.com)

Chickasaw Connections coalition is a group of community members who have the common goal and belief to promote activities that support sage and healthy lifestyles in Chickasaw County. A key focus of the coalition involves preventing the consequences associated with alcohol and other drug use. All are welcome to join this initiative.

### **MERCYONE WATERLOO HORIZONS**

<https://www.wheatoniowa.org/locations/covenant-medical-center/>

319-272-2873

3421 West 9<sup>th</sup> Street, Waterloo, IA 50702

MercyOne Waterloo Horizons is a family-centered recovery program for drug, alcohol, and substance abusers and their families. A wide variety of trained professionals work together to facilitate the treatment program and coordinated approach that addresses the physical, emotional, and spiritual toll taken by drug, alcohol, and substance abuse.



## **HAZELDEN FOUNDATION**

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

800-257-7810

For individuals, families, and communities struggling with addiction to alcohol and other drugs, Hazelden (a non-profit organization) helps people transform their lives by providing the highest quality treatment and continuing care services, education, research, and publishing products available today. Services include treatment and continuing care, professional education and training programs, addiction research, and public advocacy.

## **HOPE HOUSE**

641-228-7453

805 Wisconsin Street, Charles City, IA 50616

Hope House provides services based on AA principles. Meetings include Alcoholics Anonymous, Narcotics Anonymous, Co-dependency support group, and Emotions Anonymous.

## **PATHWAYS BEHAVIORAL SERVICES**

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

563-237-5300

602 Washington Ave, Fredericksburg, IA 50630

Pathways Behavior Services provide substance abuse treatment programs including patient and outpatient, support groups, weekly meetings, substance abuse evaluations, and other treatment programs.

## **PRAIRIE RIDGE INTEGRATED BEHAVIORAL HEALTHCARE**

<http://prairieridge.net/>

641-228-1477

703 North Main Street, Suite 1, Charles City, IA 50616

866-429-2391 or 641-424-2391

320 North Eisenhower, Mason City, IA 50401

Prairie Ridge Integrated Behavioral Healthcare is a private, not-for-profit corporation providing quality substance abuse and gambling addiction treatment and prevention services to individuals and families throughout the Midwest. Our services are organized around individualized assessments in partnership with our customers to best meet the needs and wants of those seeking our services. A full range of evidence-based prevention and treatment options are available at multiple levels of care. Our mission is to prevent and reduce behavior health symptoms and associated stigma.

## **SAMHSA'S NATIONAL HELPLINE**

<https://findtreatment.samhsa.gov/locator/home>

800-662-HELP (4357)

Also known as the Treatment referral routing Service is a confidential, free, 24-hour-a-day, 356-days-a-year, information service, in English and Spanish, for individuals and family members facing mental health and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

## **QUITLINE**

<https://www.quitnow.net/iowa/>

800-784-8669

The Iowa Department of Public Health (IDPH) is offering counseling to Iowa smokers who choose to make a quit attempt with Quitline. The program offers access to a trained Quit Coach who will help develop a quitting plan.

**TRANSPORTATION/AMBULANCE**

**CHARLES CITY**

Ambulance .....	641-228-4772
	(non-emergency) 641-228-4072
Taxi .....	641-228-6846

**CRESCO**

Ambulance .....	563-547-2101
Northeast Iowa Transit .....	866-382-4259

**NEW HAMPTON**

Ambulance .....	641-394-3121
Chickasaw Chassis .....	641-394-3173

As of September 10, 2018, the Chickasaw Event Center Chassis no longer has the ability to transport persons either to a care facility or from a care facility which involves an Emergency Room admission or discharge.

Cozy Van .....	866-322-9826
Northeast Iowa EMS (Jeremy McGrath) .....	641-229-1636

**OTHERS**

Adult Stabilizing Crisis Center (Secure Car) .....	319-291-2455 ext. 1
Curt's Cab .....	641-228-3345
Dolly's Taxi .....	319-242-2011
EARL Public Transit .....	319-233-5213
INRCOG-Iowa Northland Regional Council of Government.....	319-235-0311
Midwest Medical .....	641-201-8885

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