



▶ Greater Des Moines Area



Shelter & Services Book

Iowa Institute for Community Alliances

1111 9th Street, Suite 245
Des Moines, IA 50314

Phone: 515-246-6643
Fax: 515-246-6637
E-mail: iainstit@aol.com

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Services

- Food
- Shelter/Housing
- Health Care
- General Assistance
- Legal/Advocacy
- Clothing

Primary Health Care Homeless Outreach**979 Oakridge Drive —248-1500**

Monday—Friday 8 am - 4 pm

-provides outreach, information & referral, and case management services to assist individuals and families in obtaining housing and necessary services.

Red Cross**Just dial 211**

Seven days a week, 24 hours

-provides referrals to human services providers in the area over the phone

Iowa Sexual Abuse Hotline**1-800-284-7821**

-Free 24-hour support, information & referral for survivors of sexual assault

Bargain Basket, Junior League of Des Moines**520 E. 6th Street****246-8545**

10 am—4:30 pm Mon-Sat.

Disabled American Veterans Thrift Store**2627 East University Ave****262-3850**

8am-7:30pm Mon-Sat

Bon Marche, Luther Park Care Services (formerly Discovery Shop)**University Park****8801 University, Clive****225-3366**

10am-5pm Mon-Fri

10am-4pm Sat

12pm-3pm Sun

Hope Ministries Bargain & Community Outreach Center**4950 Old East University Ave in Pleasant Hill****262-0876****www.hopeiowa.org**

Hours 9 am—5 pm Mon-Sat

-thrift store, donation & recycling center. Offer free clothes thru King's Closet program

Goodwill Industries**3251 E. Euclid****265-6650**

9 am—9 pm M-F

9 am—6 pm Sat

12 pm—5 pm Sun

3333 SE 4th St**287-5578**

9 am—9 pm M-F

9 am—6 pm Sat

12 pm—5 pm Sun

8621 Douglas**270-6631**

Same Hours As Above

Not New Too, Iowa Lutheran Hospital**1140 Pennsylvania Ave****266-7610**

10am-3pm Mon-Wed, Fri-Sat

10am-6pm Thur

Furniture:

11am-3pm Mon-Fri

St. Vincent de Paul**1426 6th Ave 282-8327**

8:30am-5pm Mon-Sat

Salvation Army Thrift Store**211 E. Court Avenue****243-4277**

9am-6pm Mon-Thu

9am-8pm Fri-Sat

**American Red Cross
Central Iowa Chapter
2116 Grand Ave
243-7681**

8am-5pm Mon-Fri
-Provides clothing vouchers to those affected by fires or natural disasters.

**Hope Ministries
265-7272**

www..hopeiowa.org
8 am—4:30 pm Mon-Fri
-referrals for free clothing only through their King's Closet member agencies.

**Polk County
General Assistance
1900 Carpenter Ave
286-2088**

8am-4:30pm Mon-Fri
-Provides clothing vouchers for qualifying low-income persons

**School Clothing Program,
Des Moines Schools
1001 Amos Ave #450
242-7890**

8am-4pm Mon-Fri
-Offers a \$50 clothing voucher per child to lower income families with children in the Des Moines Public School system. Must speak with school social worker or counselor to apply.

**Veterans Affairs
120 2nd Ave # 236
286-3670**

8am-4pm Mon-Fri
-Clothing vouchers are offered for eligible Veterans.

Runaway Hotline

800-621-4000

Seven days a week, 24 hours
-hotline for youth and their families providing crisis intervention, information, and messaging.
-Can also provide a free bus ride home through Greyhound's Home Free program

Iowa Concern Hotline

800-447-1985

-Iowa Concern provides legal information over the phone at no cost.

**Children & Family
Urban Ministries**

1548 Eighth Street 282-3242

Breakfast—6:15 am-8:00 am

Monday-Friday

Dinner—4:45 pm-5:30 pm

Monday-Saturday

Fall, Spring & Summer Breaks

Breakfast—6:15 am-8:05 am

Central IA Shelter & Services

205 15th Street 284-5719

Lunch—11:30 am-12:30 pm

Monday-Friday

**Des Moines Catholic
Worker House**

Bishop Dingman House

www.DesMoinesCatholicWorker.org

1310Seventh Street 243-0765

Food Pantry & Bread Giveaway

12pm-7pm Sun, Tues-Sat.

Lunch—12 pm—2 pm

Sun, Tue, Thurs-Sat.

Dinner—6 pm

Sun., Tue, Thurs-Sat.

**Also Daytime Drop-In

Hospitality (Bathroom, shower,
phone & toiletries)

**Eddie Davis Community
Center**

1312 Maple Street 277-1103

Lunch—11 am-1 pm

Monday-Friday (Sept.-June)

**Hope Ministries—Hope
Cafe**

1310 Sixth Avenue 244-5445

www.hopeiowa.org

- Open every day—year-round free to men, women and children

- Breakfast - 7:00 a.m.

- Lunch—12:00 p.m.

- Dinner—5:00 p.m.

- **Sunday**

Breakfast—8:00 a.m.

Lunch—1:30 p.m.

**Iowa Homeless Youth
Centers**

701 Grand Avenue 883-2379

Lunch—12 pm

Mon, Wed, Fri, Sat.

(Connection Café)

Dinner—4:30 pm

Monday-Friday

(Community Kitchen)

Lighthouse Baptist

1600 E. Capitol Ave.

262-3800

Dinner—4 pm-6 pm

Monday-Friday

**Norwoodville Community
Center**

3077 NE 46th Ave.

266-5794

Dinner—3:30 pm

Monday-Friday

Agape Pregnancy Center
2550 Martin Luther King
255-0243

8:30am-4:30pm Mon-Fri

-Must call first for assistance
with clothing.

**Amazing Grace Ministries
and Outreach**

1409 23rd St 277-9062

11am-12:30pm Sat

-Serves anyone in need,
including undocumented
individuals.

Bidwell-Riverside Center
1203 Hartford Ave 244-6251

10am-12pm, 1pm-3pm

Mon-Fri

-Open to anyone living on the
south side of Des Moines.

**Capitol Hill Lutheran
Church**

511 Des Moines St 244-8913

3pm-5pm Wed

9:30am-11:30am Sat

Clothes Hanger

113 2nd St SE, Altoona

967-5147

9am-11am 1st & 3rd Sat

1 pm-3pm 2nd & 4th Tues

-Must live in Altoona and/or
the Southeast Polk School
District

First Federated Church
4801 Franklin Avenue 255-
2122 ext 122

12:30pm-2pm Wed.

Friendship Baptist Center
1526 Martin Luther King
244-1701

9:30am-12pm Tue-Th

-Open to anyone living in the
area.

**Highland Park Christian
Church**

4260 NW 6th Dr

244-3182

9:30-11:30am Mon, Fri

**TAKE (The Ankeny
Klothing Exchange)**

406 SW School St, Ankeny

St #306 965-9606

9am-2pm 2nd & 4th Wed

9am-12pm 2nd Sat

**West Des Moines Human
Services Center**

318 5th St WDM 222-3660

9am-3pm Mon, Tue, Th

-Serves WDM, Windsor Heights,
Clive, Urbandale and rural west
Polk County



Central Iowa Center for Independent Living
655 Walnut St 243-1742
 8am-4:30pm Mon-Fri
 -Offers information and referral, counseling, and advocacy for persons with disabilities.

Citizens for Community Improvement
2005 Forest Ave
255-0800
 9am-5pm Mon-Fri
 -Provides counseling for home buyers, credit counseling, and budgeting.
 -Money Management Counseling
 -Homeownership Classes
 -Money Management Classes

Home, Inc.
1111 9th St, Suite 210
243-1277
 8am-12pm & 1 pm & 4 pm
 Mon-Fri
 -Provides information, referral and counseling for persons dealing with housing issues including landlord/tenant issues, terminations and evictions, and home purchase.

Iowa Coalition Against Domestic Violence
515 28th St, Suite 104
244-8028
 -Provides support services for victims of domestic violence, including education,

Iowa Protection and Advocacy Services
950 Office Park Road, WDM
278-2502
 8am-5pm Mon-Fri
 -Provides advocacy to persons with physical or mental disabilities in the areas of abuse, neglect, housing, employment, education, and denial of services.

Latinas Unidas Por un Nuevo (LUNA)
515 28th St, Ste 105
271-5060
Crisis Line 866-256-7668
 8am-5pm Mon-Fri
 -Advocates for Hispanic/Latina women. Provides personal and legal advocacy, counseling, and a 24-hour crisis line.

Polk County Senior Center
2008 Forest Avenue
286-3677
Dinner: 4:30 pm Mon-Fri

Salvation Army
1326 6th Avenue 282-3599
Breakfast—5 am-7:30 am
 Tuesday and Friday

Southeast Center
2501 SE Maury 265-6414
 Dinner—4:00 pm Mon-Fri

DM Area Religious Council
3816 36th Street 277-6969
 8 am-4:30 pm
 Monday through Friday
For donations and Food Pantry Boundaries

DMARC Food Pantry Sites:
(must live within food pantry boundaries):

Ankeny Food Pantry
406 SW School Str, Suite 305
Ankeny—965-0433
 9 am-12 pm and 1 pm-4 pm
 Monday through Friday

Bidwell-Riverside Center
1203 Hartford 244-6251
 10 am-12 pm & 1 pm-2:45 pm
 Monday through Friday

Christ Apostolic Temple
1230 E 17th Street 265-2417
 10 am-2 pm Tuesday, Thursday

Christian Community Food Pantry
1700 Eighth St, Altoona
967-5184
Must live in the SE Polk School District
 4 pm-6 pm
 Monday, Wednesday

First Assembly of God
2725 Merle Hay Rd 279-9766
 11 am-12 pm Mon, Wed
 6 pm-7:30 pm Thurs

First Federated Church
4801 Franklin Ave 255-2122
 9 am-11 am Tuesday

Forest Ave. Community Services Site Office
2011 Forest Ave. 248-6216
 9 am-12 pm & 1 pm-3 pm
 Monday—Wednesday, Friday
 1 pm-3 pm Thursday

Iowa Homeless Youth Centers
701 Grand Ave 243-1381
 8 am-11 am Tuesday-Friday
 Closed Monday

Polk County Food Stamp Program
1200 University 283-9238
 8 am-4:30 pm
 Monday through Friday

-Must come before 4 pm for application

Drake Law School Legal Clinic
(Neal & Bea Smith Law Center)
2400 University Ave
271-3851
 8am-4:30pm Mon-Fri
 -Provides legal assistance in Elderly Law, Civil Law, Children's Rights, and Criminal Law at a low cost.

Iowa Coalition Against Sexual Assault
Iowa Sexual Abuse Hotline
1-800-284-7821 (free 24-hour support, information & referral for survivors of sexual assault)
 8:30am-4pm Mon-Fri
 - The Iowa Coalition Against Sexual Abuse Legal Assistance to Victims program provides information and referrals for legal issues related to sexual assault. We also provide legal representation to sexual assault survivors in some cases, dependent upon the facts of the case and resources available. Representation is limited to civil cases and has included family, juvenile and immigration matters.

Iowa Legal Aid
1111 9th St, Suite 230
243-2151
 8:30am-5pm Mon-Fri
 -Provides free legal counseling and representation to qualified low-income Iowans with civil legal programs.

Lawyer Referral Service
www.iowabar.org
625 E. Court Avenue
243-3179
 8:30am-4pm Mon-Fri
 -Offers assistance in referring to an appropriate lawyer.
 Charges \$25 dollars for the first half an hour.

United States Citizenship and Immigration Services
210 Walnut St, Room 369
Federal Building
323-2050
 8am-4pm Mon-Fri
 -Provides information regarding aliens, naturalization, work authorization permits, Visa petitions and immigrant status

Youth Law Center
300 Walnut St #295
1-800-728-1172
info@youthlawcenter.org
 8am-4:30pm Mon-Fri
 -Provides free juvenile court representation to Polk County youth and free legal advice to youth across the state of Iowa

PEER Advocacy Program
1914 Carpenter St
286-3679

8am-5pm Mon-Fri
 -Connections Senior Citizens to available resources in the community. Provides advocacy, meals, transportation and some assistance filling out forms for seniors.

West Des Moines Human Services
318 5th Street
West Des Moines
222-3660

8am-4pm Mon-Fri
 -Transportation for West Des Moines Residents

Polk Co Supplemental Food Program
1907 Carpenter St 286-3659

9 am-4:30 pm
 Monday through Friday
 (9 am-5pm 1st 2 Mondays)

Closed on last 2 working days of the month, weekends & holidays

-supply of canned juices, meats, vegetables, fruits, cheese, peanut butter, beans, pasta, canned & powdered milk, hot and cold cereals, infant formula and other supplies

-for persons 60 and older OR pregnant or parenting women with children under age 6

St. Benedict Mission
1224 MLK Jr. Pkwy 244-2986

2:30 pm-4:30 pm
 Monday, Friday

St. Mary's Family Center
1815 Hubbell Ave 262-7290
 10 am-3:30 pm
 Monday through Friday

Salvation Army
1330 Sixth Ave 282-3422
 9 am-11:30 am & 1 pm-3:30 pm
 Monday through Friday

Salvation Army Citadel (East)
1216 E 25th Court 266-3156
 11 am-3pm Monday through Friday
 *Closed Tuesday Morning

Salvation Army Temple (West)
1330 6th Ave 282-3422
 9 am-11:30 am & 1 pm-3:30 pm
 Monday through Friday

WDSM Human Services
318 Fifth Street 222-3660
West Des Moines
 9 am-3 pm Monday, Tuesday & Thursday
 9 am-12pm Wednesday & Friday

YWCA Community Center
701 Grand Ave 243-1381
 9am-11:45am Mon-Fri

**Hope Ministries
Bethel Mission (Men Only)
1310 Sixth Ave 244-5445
www.hopeiowa.org**

7 days a week, 24 hours
-phones answered 24 hours a day

- 108 bed emergency shelter providing three meals a day, clothing, shelter, laundry, health clinic, counseling, case management, street outreach and support services for men ages 18 and older.

COST

First 30 Days—NO Cost
*Continues to be free if enrolled in the Journey of Hope (Continuum of Care) Recovery Program
After 30 Days—\$6 per night
After 60 Days—\$7 per night
After 90 Days—\$8 per night

**Central Iowa Shelters & Services (formerly Churches United)
(Men and Women Only)
205 15th Street 284-5719**

7 days a week 4pm—8 am Daily
-provides shelter for men and women ages 18 and over.
-provides meals, laundry, transportation and health clinic.

**Des Moines Area Interfaith Hospitality Network (Families)
4114 Allison Avenue
277-7051**

-provides shelter, meals, and case management to homeless families with minor children.

No Cost

**Family Violence Center
Location Confidential
243-6147**

7 days a week, 24 hours
-offers safe shelter for victims of domestic violence and their children

-services include individual and support groups, counseling, court advocacy, child advocacy, case management, outreach, emerg. clothing, and personal items

No Cost

**Freedom for Youth Ministries (Youth)
2301 Hickman Road
282-4822**

9 am-5pm Mon-Fri (by phone) Program:

Tues & Thrs 3pm-7pm
Saturdays 12pm-4pm

*Training programs, meals, and recreation for at risk youth ages 13 to 17.

No overnight stays allowed.

No Cost

**American Red Cross
Central Iowa Chapter
2116 Grand Ave
243-7681**

8am-5pm Mon-Fri
-Phone answered 7 days a week, 24 hours.
-Provides emergency assistance for victims of fires or natural disasters. Financial assistance, food, shelter and clothing available for these individuals/families.

**Des Moines Regional Transit Authority (DART)
1100 Dart Way
283-8100**

Office Hours: 8am-5pm M-F
Bus Service: Hours vary by route—runs 7 days a week
Phones Answered:
6am-7pm Mon-Fri,
7am-5pm Saturdays &
8am-4pm Sundays
Provides public transportation services to residents of the Greater Des Moines area.
OTT (Opportunities Through Transit) - discounted bus pass for low income households.
Paratransit—provides transportation for disabled/elderly persons.
Senior and Disabled Reduced Fare ID cards available

**Family Directions of Iowa Services
1211 Vine St, #2140 WDM
255-9490**

9am-5pm Mon-Fri
-Parents Anonymous
*Community Family Support Programs
-The Parenting Way *Ten Week Parent Education Classes
-Parents as Teachers *In-Home Parent Education Children 0-5
-Teens & Teen Parent Programs
-Reentry & Recovery Programs
*Parents in Transition

Hispanic Educational Resources, Inc.

828 Scott Ave 282-6542
6:30am-5:30pm Mon-Fri
-Offers services specifically to the Hispanic/Latino community. Services include ESL, Children's Center, and case management.

**Iowa Department of Human Services, Polk Cty
1200 University Ave
283-9238**

8am-4:30pm Mon-Fri
-Administers entitlement programs, including FIP, Food Stamps, day care assistance, child and dependent adult abuse reporting, caretaker waiver programs, and Medicaid.

WIC (Women, Infant and Children)**2300 Euclid Ave, Suite D
282-5800**

8 am—4:30 pm Monday-Friday

-Provides women who are pregnant or parenting young children with nutrition education, and monthly assistance in purchasing supplemental foods.

**Hansen House of Hospitality (Men Only)
1521 Sixth Ave 282-0549**

7 days a week

-provides shelter and meals for ten men 18 and older who were recently released from prison

-residents are required to actively seek employment be alcohol/drug free and avoid violent behavior.

No Cost**Harbor of Hope Mission (Men Only)
1617 Oakland St
244-0370**

Seven days a week, 24 hours

-provides shelter to adult men who are non-violent and alcohol/drug free

Cost

First Night: No cost

After First Night: \$6 per night

**New Directions Shelter (Women with Children Only)
3001 Grand Ave.
243-7456**

7 days a week, 24 hours

-provides shelter, food and services for women with children only.

-30 day maximum stay. Does not accept families in a domestic violence situation.

No cost**Iowa Homeless Youth Centers (Youth)
1219 Buchanan St
265-1222**

7 days a week, 24 hours

-provides shelter, food, case management, street outreach and health care for males and females ages 16-21 at the Buchanan Center

-provides transitional housing for parenting or pregnant women ages 16 to 25 at the Lighthouse Host Home.

No Cost**Polk County General Assistance (Families)
1900 Carpenter Str.
286-2088**

8 am-4:30 pm Mon-Fri

-can offer emergency assistance to families in need of shelter or housing.

Workers stop interviewing at 3:45 pm.

**St. Joseph Emergency Family Shelter (Families)
1535 11th Street 282-1235**

7 days a week, 24 hours

-provides emergency shelter, 3 meals, laundry and case management to homeless families with minor children.

-there is a maximum stay of 30 days

No Cost

Youth Emergency Services and Shelter (Youth)

**918 SE 11th St
282-9377**

7 days a week, 24 hours
-provides emergency shelter, respite, counseling, and family crisis mediation to youth ages 0 to 17

No Cost

*The following 6 providing Energy Assist., Weatherization, Housing Rehabilitation programs, and payment planning specialists:

**City of Des Moines
Community Development
602 Robert D. Ray Dr
283-4180**

8am-4:30 pm Mon-Fri
-Administration office for the city's community site offices. Does not provide direct services to individuals.

**Archie Brooks (Pioneer
Columbus) Site Office
2100 SE 5th St 248-6214**
9am-3pm Mon-Fri

**Forest Avenue Community
Services Site Office
2011 Forest Ave
248-6216**
8am-5pm Mon-Fri

**Logan Community
Services Site Office
1740 East Garfield
248-6212**
8am-5pm Mon-Fri

**Red Rock Community
Action Program
406 SW School St, Ankeny
965-0433**
8am-4:30 pm Mon-Fri

***Other Community Centers:**

**Polk County Crisis and
Advocacy Services
525 SW 5th St, Suite H
286-3600**

8am-4:30pm Mon-Fri
Phone answered 7 days a week, 24 hours
-Provides victim assistance to victims of sexual assaults.
-Also assists families of homicide and suicide victims.

**Urban Dreams
1410 6th Ave 288-4742**

9am-11pm Mon-Fri
9am-2pm Sat
-Offers assistance and support for ex-offenders and their families.
-Also has programs to address high risk youth and young adults, provide outpatient substance abuse, and offers parent education.

**Young Women's
Resource Center
705 East 2nd St 244-4901**

8am-5pm Mon-Th
8am-12pm Fri
-Offers programs to young women, ages 11 to 21. Support group for young moms, information and referral services, baby items, case management, support for teens, and health pregnancy programs.

**St. Mary's Family Center
(Catholic Charities)**
1815 Hubbell Ave 262-7290
 10am—3:30pm Mon-Fri
 -Provides emergency financial assistance, personal care items, baby items (diapers, formula, etc.) and clothing.

St. Vincent de Paul
1426 6th Ave 282-8327
 8:30am—5pm Mon-Fri
 -Provides financial assistance.
 Does not assist in first month's rent or deposits.

Salvation Army
1326 6th Ave 282-3599
 8 am—11:30 am, 1pm—3:30pm
 Mon-Fri
 -Hours vary for financial assistance. Call first.
 -Provides temporary financial assistance with rent and utility bills.

Veterans Affairs
120 2nd Ave, Room 236
286-3670
 8 am—4pm Mon-Fri
 -Provides temporary financial assistance for basic services (including Rent and Utility assistance). Must have served in Military during wartime.

***FOR RENT AND UTILITY ASSISTANCE, FIRST APPLY FOR ASSISTANCE THROUGH GENERAL ASSISTANCE OR VETERANS AFFAIRS**

**West Des Moines
Human Services**
318 5th Street
222-3660
 8 am—4pm Mon-Fri
 -Provides emergency financial services

**Annie's House
(Women Only)**
1136 Martin Luther King
243-1903
 Seven days a week, 24 hours
 -Offers transitional housing for women only. Mostly ex-offenders.
Cost: \$75 per week

**Beacon of Life
(Women Only)**
1717 Woodland Ave
244-4713 ext. 13
 -Provides transitional housing, meals and support services to women ages 18 and over. Must obey rules, curfew. No drugs and must look for work.
Cost
 \$10 per night

**Buchanan Transitional
Living Center (Youth)**
1219 Buchanan St 265-1222
 Seven days a week, 24 hours
 -Transitional housing program for youth ages 16 to 21. Offer supportive services to assist youth in employment, health, and moving into permanent housing.
No cost

**Four Oaks Family Living
Center (Families)**
2150 Vine St #1211
261-3719
 8 am—5 pm Mon-Fri
 -Offers 10 transitional housing apartment units for families with minor
Cost

**Good Samaritan Urban
Ministries (Families)**
1353 9th St 283-0818
ext 126
 8:30 am—5 pm Mon—Fri
 -Provides a one to two year transitional housing program for homeless or at risk single mothers with minor children. Case management and other supportive services are available. Church attendance and Bible study are part of the program.
Cost: Vary based on income

Home Connection (Families)

3001 Grand Ave 244-9748

8 am—5pm Mon—Fri

-Provides housing to homeless families with minor children for periods up to two years. Helps families obtain resources and permanent living situations.

Cost: Varies

Hope Ministries Family Center (Families)

3333 East University Ave
264-0144

www.hopeiowa.org

7:30 am –4 pm Mon-Fri

- a Christ-centered long-term residential and life recovery program for single homeless or displaced mothers and their children for up to 24 months. Provides 24 hour care and the H.E.A.R.T. program offering case management, counseling, life-skill training, recovery classes, transitional housing, free clothes, free meals, laundry and other support services

NO Cost:

Hope Ministries

Door of Faith (Men Only)

6701 SW 9th St. 974-0545

WWW.HOPEIOWA.ORG

Phone answered 24 hours a day

- *a 102 bed long-term recovery center for homeless and displaced men. Two programs offered—Men's Residence and the STAR program. Continuum of Care offering life-skills, recovery and spiritual growth classes, 3 meals a day, free clothing, laundry, case management, dental & eye care, transitional housing and support services for men ages 18 and over.*

STAR RECOVERY PROGRAM

COST

-No cost for men in the STAR Recovery Program

MEN'S RESIDENT PROGRAM

COST

1st 30 Days: \$8/night
2nd 30 Days: \$9/night
3rd 30 Days: \$10/night

Central Place Family Resource Center 8325 NE University Ave 967-7806

8 am—4:30 pm Mon-Fri

-Provides on-site General Assistance for rent, mortgage, food, utility assistance and basic furniture items to families in the SE Polk Area.

Creative Visions Human Development Institute 1343 13th St 244-4003

9 am—8 pm Mon-Thurs

9 am-5 pm Friday

-Can provide financial assistance for rent or utility bills. Must go through General Assistance first.

Cross Ministries 1050 24th St 279-9998

9 am—12pm, 1:30pm-4:30 pm
Tue-Fri

-Can assist with rent, deposit, utility bills, vouchers for laundry, and storage costs.
-Personal Hygiene Pantry for toilet paper, shampoo, diapers, soap, etc.
Restricted to the Greater Des Moines Area.

Polk County General Assistance (General Relief) 1900 Carpenter St 286-2088

8:30 am—4:30 pm Mon-Fri

-Provides temporary financial assistance for basic services such as Rent and Utility assistance.

Proteus, Inc. 3850 Merle Hay Road 271-5303

8 am—4:30 pm Mon-Fri

-Assists with emergency financial assistance to mainly non-English speaking individuals/families. Can assist English speaking individuals/families in emergency situations.

St. Benedict Mission 1224 Martin Luther King 244-2986

2:30 pm—4:30 pm Wed

-Provides rent and utility assistance. Does not help with rental deposit.

Hope Ministries
Bethel Mission Facility
1310 6th Ave
-1 pm—4 pm Thursday

House of Mercy
1409 Clark Street
-8:30am-4:30pm Mon-Fri
-4:00pm-7:30pm Tuesday

Iowa Shelter & Services
205 15th St
-4pm—8pm Wed

The Outreach Project
979 Oakridge Dr
-9am-6:30pm
Monday-Friday

YESS
918 SE 11th St
-3:30 pm—7:30 pm
Monday & Thursday

House of Mercy (Families)
1409 Clark Street
643-6500

Seven days a week—24 hours
 -Provides transitional housing and support for women and women with children. Programs available for homeless women with substance abuse issues. Counseling, medical care, employment preparation and child care are all available to residents.

Lighthouse Host Home (Youth)
1216 Martin Luther King
288-7884

8 am—5pm Mon-Fri
 -Provides housing for 6 homeless pregnant or parenting young women (ages 16 to 25) and their children for up to 2 years. Support services include employment skills, education, parenting skills, and case management.

No cost

Promise House (Freedom for Youth)
3100 6th Avenue
282-4822

—Transitional Housing for young men 18-22 years.

West Des Moines Human Services (Families)
318 5th St 222-3660

8 am—4 pm Mon thru Friday
 -transitional housing program for families.

Cost
 Based on income

YMCA (Men Only)
101 Locust St. 288-2424

7 am—7 pm Mon—Thu
 7 am—12 pm Fri
 -Transitional housing for men ages 18 and over.

Cost
 Based on 30% of income

YWCA Emergency & Transitional Housing (Women Only)
717 Grand Ave 244-8961 ext. 427 or mental health ext. 430

Offers emergency, temporary and on-going housing for women. Must be non-violent, non-disruptive, sober behavior required. Also need valid ID. Emergency shelter requires agency referral.

Cost Varies

YWCA (Families)
717 Grand Ave 244-8961 Ext. 431

Offers temporary and on-going housing for women and women with children. Must be non-violent, non-disruptive,

YWCA (Families)

**717 Grand Ave 244-8961
Ext. 431**

Offers temporary and on-going housing for women and women with children. Must be non-violent, non-disruptive, sober behavior required. Also need valid ID.

Cost: Varies

**Eyerly-Ball Community
Mental Health Center
1301 Center St
243-5181**

-Individual, Group, Couple & Family Therapy
-17 & older residing in Polk & Warren Counties
-Fee for Service Program

**Broadlawns Medical Center
282-2200**

-Mental Health Services

Assessment

EFR—243-4200

-Substance Abuse

**Broadlawns Medical Center
282-2200**

- Substance Abuse Services

**House of Mercy
643-6500**

-Outpatient Substance Abuse Services for women

**MECCA
262-0349**

-Outpatient Substance Abuse Services

**MECCA
262-0349**

—Inpatient Substance Abuse Services

**Powell
263-2424**

-Inpatient Substance Abuse Services

**Primary Health Care
248-1500**

-Substance Abuse Services for persons experiencing homelessness

**United Community Services
280-3860**

-Substance Abuse Services

Mae E Davis Medical Center
131 9th Street WDM
284-8808
 7 pm—9pm Tue
 -Walk in or call
No cost

Margaret Cramer Free Medical Clinic
2725 Merle Hay Rd
279-9766 ext. 42
 6 pm—8 pm Thursday
 -Walk in or call
Donations Accepted

Polk County Health Department
1907 Carpenter St 286-3798
 8 am—5pm Mon, Wed, Th, Fri
 8 am—7pm Tue
 -Call for appointment
Costs Vary

Planned Parenthood of Greater Iowa
2304 University Avenue
1-877-811-7526
 9 am—5pm Mon, Tue, Fri
 11 am—7pm Wed
 10 am-1 pm 4th Saturday of the month
 -Provides reproductive care and general health care.
 Call for appointment
Costs Vary

Primary Health Care
979 Oakridge Dr
South Side Center
2353 SE 14th Street
248-1400 Health
248-1470 Dental
248-1465 HIV Services

East Side Center
3509 E. 29th Street
248-1600

The Outreach Project
979 Oakridge Dr
248-1500

Grand View Center
1500 Morton Avenue
263-6035

Community Access Pharmacy
600 East 14th
262-0854

8 am—5pm Mon-Fri
 Hours vary by clinic location
 -Call for appointment
Cost:
 1st Visit \$10 Co-Pay
 Sliding Scale Fee based on income for additional visits

Many different clinic locations available.

Anawim Housing
921 6th Avenue Ste. B
244-8308
 8:30 am—5pm Mon-Fri
 -Offers a rental program for families with minor children. Some efficiencies and one unit apartments are available for single individuals.
 -Also offers a shelter plus care program that serves homeless individuals/families with disabilities (including mental illness, substance abuse or HIV/AIDS).
 -Supportive services are available to help residents obtain resources and meet long term housing needs.
Cost:
 Varies based on income

Central Iowa Regional Housing Authority (Serves Boone, Dallas, Jasper, Madison, Marion and Story Counties)
1201 Gateway Dr 986-1882
 8 am—4:30 pm Mon-Fri
 -Assists qualified low income families with rental assistance through public housing program and the housing choice voucher program.
Cost:
 Based on income. The family/individual pays between 30 and 40 percent of their monthly income toward rent.

Des Moines Municipal Housing Agency
100 East Euclid Ave
323-8950
 8 am—5pm Mon-Fri
 -Provides rental assistance to qualified low income individuals and families with funding provided by HUD.
 -Public Housing and Section 8 Housing are available.
 -An affordable home ownership program is available to the eligible individuals and families.
Cost
 Based on income and program

HIV Housing Assistance Program
711 East 2nd St 284-0245
 8 am—4:30 pm Mon-Fri
 -Provides ongoing housing assistance, rent subsidies and support services to persons living with HIV/AIDS.
No cost

Oakridge Neighborhood
1236 Oakridge Dr 244-7702
 8:30 am—5 pm Mon-Fri
 -Provides subsidized housing for families.
 -Support services are available to help residents obtain services, find employment and education.
Cost: Based on Income

River Hills Apartments**700 East 5th St****288-6075**

8 am—5pm Mon-Fri

-Provides subsidized housing for the elderly or families with children.

Cost

Based on income

Broadlawns Family Health Care**1801 Hickman Road****282-2334**

8 am—5pm Mon-Fri

-Call for appointment

Costs Vary**Corinthian Church Medical Clinic****814 School St 243—4073**

4 pm—6:00 pm

3rd Tuesday of the Month

-Walk in

No cost**Ellefson Medical Clinic****1607 East 33rd St****266-7622**

9:30 am—12 pm Monday

1:30 pm-4:30 pm Tuesday

6:00 pm—9:00 pm Thursday

-Walk in

Costs Vary**First Assembly of God****2725 Merle Hay Road****279-9766**

6 pm—8 pm Thursday

**must be checked in by

7:30 pm

*-Free Medical Clinic***Heart and Hands Health Center****321 Euclid Ave 243-6408**

9 am—6pm Mon-Fri

-Call for appointment

Costs Vary**HOLA Center****618 East St 299-4652**

8 am—5 pm Mon-Fri

-Call for appointment

Costs Vary**House of Mercy Medical Clinic****1409 Clark St 643-6525**

9 am—11:45 am

& 12:30 pm –4:30 pm Mon-Fri

-Call for appointment

No costCo-pay for medications**La Clinica de la Esperanza****828 Scott Avenue 244-6162**

6 pm-8 pm Monday

1 pm-5 pm Tuesday

8 am-12 pm Thursday

-Walk in or call

Donations Accepted