



# LOCAL RESOURCE DIRECTORY

## Contents

Child Care Services & Resources and After School Programs .....	2
Clothing.....	2
Crisis/Emergency Information.....	3
Disability Services.....	3
Employment Services .....	4
Family Services .....	4
Financial Assistance.....	6
Financial Counseling.....	6
Food.....	7
Food Pantries .....	7
Health Services .....	8
Housing & Shelter .....	9
Legal Aid.....	10
Mental Health Services .....	11
Military Assistance .....	13
Senior Citizens.....	13
Small Business Counseling.....	13
Substance Abuse Services .....	14
Transportation .....	14
Youth Counseling Services .....	16

## CHILD CARE SERVICES & RESOURCES AND AFTER SCHOOL PROGRAMS

### **Athletes for Education and Success (AFES)**

712 3rd St NW, Fort Dodge (former Hillcrest Elementary School)

515.955.2969

[www.AFES4kids.org](http://www.AFES4kids.org)

*After school and summer programs for youth. Licensed child care provider. Day, evening and weekend hours.*

### **BLAST After School Program - Butler Elementary School**

945 S 18th St, Fort Dodge

515.574.5863

[www.fort-](http://www.fort-dodge.k12.ia.us/en/schools/butler_elementary/blast)

[dodge.k12.ia.us/en/schools/butler\\_elementary/blast](http://www.fort-dodge.k12.ia.us/en/schools/butler_elementary/blast)

*Provides after-school care for school-age children until 6 p.m.*

### **Community Early Childhood Center**

1315 S 24th St, Fort Dodge

515.573.5461

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

*Sliding scale daycare.*

### **Iowa Child Care Resource & Referral - NW IA (Region 1)**

800.859.2025

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

*Assists families in finding quality child care providers. Provides resources, education and advocacy to support quality child care.*

### **Iowa Dept. of Human Services - Webster County**

330 1st Ave N, Fort Dodge

515.955.6353 or 877.529.6873

[www.dhs.state.ia.us](http://www.dhs.state.ia.us)

*Counseling services.*

### **Rabiner Treatment Center**

1760 Johnson Ave, Fort Dodge

515.576.7388

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

*Rabiner Treatment Center provides a full continuum of services for the youth they serve. Their programming, which includes residential and non-residential care, is geared to meet a wide variety of client needs. Core services include on-campus education; individual, family and group counseling; skill development; vocational training; community volunteerism and community service and restitution.*

### **Webster County Health Department**

723 1st Ave S, Fort Dodge

515.573.4107

[www.webstercountya.org/HealthDept.html](http://www.webstercountya.org/HealthDept.html)

*Provides public health programs, home health services, nursing care, health counseling & immunizations. Call the Health Department with questions Monday through Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.*

### **Y.O.U.R. Inc. Head Start 0-5**

214 S 13th St, Fort Dodge

515.573.2453

*Serves pregnant women and children (birth to three years) in a home visitor program. Services are designed to help parents with parenting skills and support them in their efforts.*

## CLOTHING

### **First Baptist Church Clothing Closet**

28 N 10th St, Fort Dodge

*Hours: Monday - Friday: 9 a.m. - 12 p.m. Free clothing for anyone in need. Donations also accepted.*

### **Goodwill Industries**

2735 5th Ave S, Fort Dodge

515.955.4688

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

*Retail for used clothing, household items.*

### **Key on Central**

1036 Central Ave, Fort Dodge

515.573.4331

*Hours: Tuesday - Friday: 10 a.m. - 5 p.m., Saturday: 10 a.m. - 2 p.m. Retail for used clothing, household items*

### **Proteus, Inc.**

107 N 7th St, Fort Dodge

515.573.8225 or 800.798.8225

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

*Clothing closet for farm/agricultural workers. Proteus serves individuals who have been employed in seasonal farm work in the past two years. They offer services to help with tuition for two year programs, emergency services and job training. Call to see if you qualify.*

### **Village General Store**

12 N 25th St, Fort Dodge

515.573.2272

[www.oppvill.org/village-store.php](http://www.oppvill.org/village-store.php)

*Retail for used/new clothing, household and furniture items. Provides job training for special needs individuals. Volunteers welcome to apply.*

## CRISIS/EMERGENCY INFORMATION

### American Red Cross, Brushy Creek Chapter

877.576.8448

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

Meets the emergency needs of disaster victims. Offers CPR and First Aid classes.

### ASHASTD Hotline

800.227.8922

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

National STD and AIDS support hotline.

### Beacon of Hope Men's Shelter

1021 1st Ave N, Fort Dodge

515.955.3366

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

A Christ-centered faith-based ministry working cooperatively with the community to eliminate homelessness.

### Child Abuse Neglect Reporting

800.362.2178

Available 24/7.

### Crisis Intervention Service

Domestic Assault Hotline: 855.424.9133

Sexual Assault Hotline: 800.479.9071

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

Provides victims of domestic abuse and sexual assault in North Central Iowa with confidential, 24-hour services, including emergency shelter, safety, support and education with the assistance of professional staff and trained volunteers.

### Domestic/Sexual Assault Outreach Center (D/SAOC)

PO Box 773, Fort Dodge

Crisis Line: 888.356.2006

Main Line: 515.955.2273

[www.facebook.com/pages/DomesticSexual-Assault-Outreach-Center/89329294294](http://www.facebook.com/pages/DomesticSexual-Assault-Outreach-Center/89329294294)

Offers safety, support and hope to adult and child victims of sexual assault and domestic violence, violent crimes and loved ones of homicide victims. Call for services or contact Connie Harris, Executive Director, by email at [connieh@dsaoc.com](mailto:connieh@dsaoc.com).

### Juvenile Court Services

702 1st Ave S, Fort Dodge

515.573.1449

Services include but are not limited to the following for families and children: Functional Family Therapy, Aggression Replacement Training (ART) and Family Intervention. Note: complaint must be filed by Law Enforcement Agency.

### Unity Point - Berryhill Center

720 Kenyon Rd, Fort Dodge

515.955.7171 or 800.482.8305

[www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx](http://www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx)

Offers a variety of mental health, counseling and therapy services to individuals, families and couples, and for all age groups.

### Webster County Health Department

723 1st Ave S, Fort Dodge

515.573.4107

[www.webstercountya.org/HealthDept.html](http://www.webstercountya.org/HealthDept.html)

Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday through Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.

### Youth Shelter Care of North Central Iowa, Inc.

301 Avenue M West, Fort Dodge

515.955.4222

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

Crisis intervention for youth and families.

## DISABILITY SERVICES

### Friendship Center

723 1st Ave S, Fort Dodge (Second floor)

515.573.4687

[www.webstercountya.org/CPC/friendshipcenter.htm](http://www.webstercountya.org/CPC/friendshipcenter.htm)

Socialization, recreation and education for people with mental illness.

### Lifeworks Community Services

1303 A St West, Fort Dodge

515.576.2126

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

Vocational, residential and community support services for persons with mental illness, intellectual or other disabilities.

### Opportunity Village

1470 21st Ave N, Fort Dodge

515.573.8243

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

Providing a variety of services for adults with disabilities.

### Webster County Community Services

723 1st Ave S, Fort Dodge

515.573.1485

[www.webstercountya.org/CPC.htm](http://www.webstercountya.org/CPC.htm)

Services for persons with disabilities.

## Webster County Health Department

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountya.org/HealthDept.html](http://www.webstercountya.org/HealthDept.html)

*Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday - Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions.*

## EMPLOYMENT SERVICES

### Experience Works

Three Triton Circle, Fort Dodge  
515.576.3131 Ext. 224

[www.iowaworkforce.org/region5/owservices.htm](http://www.iowaworkforce.org/region5/owservices.htm)

*Senior citizen employment program.*

### Elderbridge Agency on Aging

308 Central Ave, Fort Dodge  
515.955.5244

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

*Resources including care coordination, insurance and benefits counseling and support services for seniors and caregivers.*

### Greater Fort Dodge Growth Alliance

24 N 9th St, Fort Dodge  
515.955.5500

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

*Resources including career opportunities, job training, economic development, business opportunities and more.*

### Iowa Vocational Rehabilitation Services

Two Triton Circle, Fort Dodge

515.573.8175

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

*Individual career counseling, academic and vocational training, job placement, assistive technology. To be eligible, one must have a condition that causes barriers in employment.*

### Iowa Workforce Development - IowaWORKS Center (Region 5)

Three Triton Circle, Fort Dodge  
515.576.3131

[www.iowaworkforce.org/region5/fortdodge.htm](http://www.iowaworkforce.org/region5/fortdodge.htm)

*Job information and assistance in finding employment.*

### Proteus, Inc.

107 N 7th St, Fort Dodge  
515.573.8225 or 800.798.8225

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

*Proteus serves individuals who have been employed in seasonal farm work in the past two years. They offer services to help with tuition for two year programs, emergency services and job training. Call to see if you qualify.*

## FAMILY SERVICES

### Catholic Social Services

1200 3rd Ave NW, Ste 1, Fort Dodge  
515.576.4156

*Marriage counseling, sexual and physical abuse therapy, play therapy, family therapy, child/parent therapy, mediation, premarital counseling, pregnancy counseling and adoption. Work with people from all faiths.*

### Children & Families of Iowa (CFI)

111 Ave O West, Fort Dodge  
515.573.2193

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

*Individual and family counseling services, behavioral health intervention services, child psychiatric services, crisis childcare, crisis intervention, youth employment program, 24/7 Dads, domestic and international adoption services, pediatric integrated health homes case management, Girls Circle and Boys Council*

*adolescent groups, Community Partnerships for the Protection of Children coordination.*

### Domestic/Sexual Assault Outreach Center (D/SAOC)

PO Box 773, Fort Dodge  
Crisis Line: 888.356.2006  
Main Line: 515.955.2273

[www.facebook.com/pages/DomesticSexual-Assault-Outreach-Center/89329294294](https://www.facebook.com/pages/DomesticSexual-Assault-Outreach-Center/89329294294)

*Offers safety, support and hope to adult and child victims of sexual assault and domestic violence, violent crimes and loved ones of homicide victims. Call for services or contact Connie Harris, Executive Director, by email at [connieh@dsaoc.com](mailto:connieh@dsaoc.com).*

### **Families First**

1520 1st Ave S, Fort Dodge  
888.316.3025

[www.families-first.net](http://www.families-first.net)

*In-home counseling (DHS contracted), counseling (Juvenile Court Services contracted) and behavioral health intervention services.*

### **Family Foundations (Webster Co. Health Dept.)**

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountyaia.org/HealthDept.html](http://www.webstercountyaia.org/HealthDept.html)

*Provides public health programs and home health services. Offers guidance to parents of small children on appropriate care, nutrition & milestones. Suggests resources available to needy families.*

### **Iowa Dept. of Human Services - Webster County**

330 1st Ave N, Fort Dodge  
515.955.6353 or 877.529.6873

[www.dhs.state.ia.us](http://www.dhs.state.ia.us)

*Counseling services.*

### **Iowa Legal Aid**

308 Central Ave, Fort Dodge  
800.532.1275

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

*Available the first Thursday of each month. Legal assistance in domestic abuse survivors.*

### **Juvenile Court Services**

702 1st Ave S, Fort Dodge  
515.573.1449

*Services include but are not limited to the following for families and children: Functional Family Therapy, Aggression Replacement Training (ART) and Family Intervention. Note: complaint must be filed by Law Enforcement Agency.*

### **Linking Families and Communities**

822 Central Ave, Ste 340, Fort Dodge  
515.955.5437

[www.linking-families.com](http://www.linking-families.com)

*Early childhood education and services.*

### **Lutheran Family Service**

409 Kenyon Rd, Ste C, Fort Dodge  
515.573.3138

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

*Individual, couple, family and pregnancy counseling. Adoption services.*

### **Lutheran Services In Iowa**

900 Central Ave, Ste 21, Fort Dodge  
515.955.2199

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

*Home health care, BHIS, FSRP.*

### **Rabiner Treatment Center**

1760 Johnson Ave, Fort Dodge  
515.576.7388

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

*Rabiner Treatment Center provides a full continuum of services for the youth they serve. Their programming, which includes residential and non-residential care, is geared to meet a wide variety of client needs. Core services include on-campus education; individual, family and group counseling; skill development; vocational training; community volunteerism and community service and restitution.*

### **Strengthening Families Program: For Parents and Youth 10-14 (Iowa State University Extension & Outreach - Webster County)**

217 S 25th St, Ste C12, Fort Dodge  
515.576.2119

[www.extension.iastate.edu/webster](http://www.extension.iastate.edu/webster)

*An evidence-based parent, youth and family skills building curriculum proven to delay the onset of adolescent substance use, lower levels of aggression in youth, increase the resistance to peer pressure in youth, reduce youth conduct problems in school and improve parent skills, including building a positive relationship with their youth, setting appropriate limits and following through on consequences while showing love and support for their children. Voluntary enrollment. Fall and winter sessions.*

### **Teen Pregnancy Prevention Program (Webster County Health Department)**

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountyaia.org/HealthDept/HDTeenPregnancy.html](http://www.webstercountyaia.org/HealthDept/HDTeenPregnancy.html)

*Pregnancy prevention programs for teens.*

### **Upper Des Moines Opportunity, Inc. (UDMO)**

900 Central Ave, Ste 11, Fort Dodge (Trolley Center)  
515.576.7774

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

*Family Development and Self-Sufficiency Program and in-home counseling. Call to make an appointment. Hours: Monday - Friday: 8 a.m. - 4 p.m.*

### **Youth Shelter Care of North Central Iowa, Inc.**

301 Avenue M West, Fort Dodge  
515.955.4222

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

*Crisis intervention for youth and families and family counseling.*

## FINANCIAL ASSISTANCE

### Iowa Dept. of Human Services - Webster County

330 1st Ave N, Fort Dodge  
515.955.6353 or 877.529.6873

[www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Cash benefits for low income individuals/families.

### Proteus, Inc.

107 N 7th St, Fort Dodge  
515.573.8225 or 800.798.8225

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

Proteus serves individuals who have been employed in seasonal farm work in the past two years. They offer services to help with tuition for two year programs, emergency services and job training. Call to see if you qualify.

### Social Security Office

2315 2nd Ave N, Fort Dodge  
866.839.6193 or 800.772.1213  
2315 2nd Ave N Fort Dodge, IA 50501

[www.ssa.gov](http://www.ssa.gov)

Open Monday - Friday: 9 a.m. - 3 p.m. Cash benefits for retired, disabled and survivors. Cash benefits for people with low income and resources who are either blind, disabled or over age 65. Assistance filing for Medicare and extra assistance for prescription drugs.

### Upper Des Moines Opportunity, Inc. (UDMO)

900 Central Ave, Ste 11, Fort Dodge (Trolley Center)  
515.576.7774

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

Utility assistance programs. Call to make an appointment. Hours: Monday - Friday: 8 a.m. - 4 p.m.

### USDA Rural Development Area Office

1301 6th Ave N, Ste 1, Humboldt, Iowa  
515.332.4411

[www.rurdev.usda.gov](http://www.rurdev.usda.gov)

Loans and grants for rural areas.

### Webster Co. Commission on Veterans' Affairs

723 1st Ave S, Fort Dodge  
515.573.1479

[www.webstercountyia.org/va.htm](http://www.webstercountyia.org/va.htm)

Can provide financial aid/assistance to veterans and widows of veterans.

### Webster County Community Services

723 1st Ave S, Fort Dodge  
515.573.1485

[www.webstercountyia.org/CPC.htm](http://www.webstercountyia.org/CPC.htm)

Emergency financial assistance.

### Webster County Health Department

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountyia.org/HealthDept.html](http://www.webstercountyia.org/HealthDept.html)

Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday through Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.

## FINANCIAL COUNSELING

### Family Financial Education Foundation

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

Helps people regain control of their personal finances.

### Iowa Gambling Treatment Program

800.238.7633

[www.1800betsoff.org](http://www.1800betsoff.org)

Gambling addiction treatment services.

### Upper Des Moines Opportunity, Inc. (UDMO)

900 Central Ave, Ste 11, Fort Dodge (Trolley Center)  
515.576.7774

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

Family Development and Self-Sufficiency Program and in-home counseling. Call to make an appointment. Hours: Monday - Friday: 8 a.m. - 4 p.m.

### Volunteer Income Tax Assistance (VITA)

24 N 9th St, Fort Dodge  
515.573.3170

[www.fd-foundation.org/cms-view-page.php?page=free-tax-preparation](http://www.fd-foundation.org/cms-view-page.php?page=free-tax-preparation)

Free tax preparation for low/moderate income families.

## FOOD

### Family Nutrition Program (Iowa State University Extension & Outreach - Webster County)

217 S 25th St, Ste C12, Fort Dodge  
515.576.2119

[www.extension.iastate.edu/webster](http://www.extension.iastate.edu/webster)

*Food budgeting and low-cost meal education for families with children ages 10 and under.*

### Food Stamps Hotline

800.359.5802

*Provides general information, program guidelines, and food stamp benefit information.*

### Iowa Dept. of Human Services - Webster County

330 1st Ave N, Fort Dodge  
515.955.6353 or 877.529.6873

[www.dhs.state.ia.us](http://www.dhs.state.ia.us)

*Food stamps application.*

### Iowa Women, Infants & Children (WIC) Program - Webster County Health Department

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountyyia.org/HealthDept.html](http://www.webstercountyyia.org/HealthDept.html)

*A supplemental nutrition program for babies, children under the age of five, pregnant women, breastfeeding women and women who have had a baby in the last six months. WIC helps families by providing healthy foods, nutrition education and referrals to other health care agencies.*

### Salvation Army

126 N 7th St, Fort Dodge  
515.576.1281

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

*Offers food and nutrition programs.*

## FOOD PANTRIES

### Emmanuel Lutheran Church Food Pantry

208 2nd Ave NW, Dayton, Iowa  
515.547.2405

*Open the third Saturday each month to residents of the Southeast Webster-Grand School District.*

### Holy Trinity Parish Food Pantry

416 N 8th St, Fort Dodge

*Open Wednesday from 10 a.m. to 3 p.m.*

### Iowa Central Community College

One Triton Circle, Fort Dodge (Nurse's office)  
515.574.1047

[www.iccc.cc.ia.us](http://www.iccc.cc.ia.us)

*Free food/hygiene items for enrolled students.*

### Lord's Cupboard Food Pantry

127 N 10th St, Fort Dodge (At First United Methodist Church)

515.576.7586

[www.fumcfordodge.org/lordscupboard.htm](http://www.fumcfordodge.org/lordscupboard.htm)

*Open on Tuesdays from 9:30 to 11:30 a.m. and 4 to 6 p.m., Thursdays from 9:30 to 11:30 a.m. and Fridays from 1 to 3 p.m.*

### Proteus, Inc. Food Pantry

107 N 7th St, Fort Dodge  
515.573.8225 or 800.798.8225

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

*Open Monday through Friday from 8 a.m. to 5 p.m. Proteus serves individuals who have been employed in seasonal farm work in the past two years. They offer services to help with tuition for two year programs, emergency services and job training. Call to see if you qualify.*

### Salvation Army Food Pantry

126 N 7th St, Fort Dodge  
515.576.1281

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

*Open on Monday/Wednesday from 1 to 3 p.m. and Tuesday/Thursday from 9 to 11 a.m.*

### United Methodist Church Food Pantry

107 3rd St NW, Dayton, Iowa  
515.547.2225

*Provides food packages to families who meet income requirements.*

## HEALTH SERVICES

### American Cancer Society Local Area Office

905 Hwy 30 E, Carroll  
712.794.0100

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

*Supports research, patient services, early detection, treatment and education.*

### Community Health Center

126 N 10th St, Fort Dodge  
Medical: 515.576.6500  
Dental: 515.571.8667

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

*Sliding fee primary health care and dental services.*

### UnityPoint Trinity Regional Medical Center

802 Kenyon Rd, Fort Dodge  
515.574.6505

[www.unitypoint.org/fortdodge/health-screenings-tests.aspx](http://www.unitypoint.org/fortdodge/health-screenings-tests.aspx)

*Prevention, wellness services and health screenings.*

### Healthy Kids in Iowa (Hawk-I)

800.257.8563

[www.hawk-i.org](http://www.hawk-i.org)

*Free or low cost health/dental insurance for youth.*

### Healthy Living - UnityPoint Trinity Regional Medical Center

802 Kenyon Rd, Fort Dodge  
515.574.6505

[www.unitypoint.org/fortdodge/health-screenings-tests.aspx](http://www.unitypoint.org/fortdodge/health-screenings-tests.aspx)

*Prevention, wellness services and health screenings.*

### Iowa Dept. of Human Services - Webster County

330 1st Ave N, Fort Dodge  
515.955.6353 or 877.529.5873

[www.dhs.state.ia.us](http://www.dhs.state.ia.us)

*Free health care benefits for qualifying individuals and children.*

### Janice Link

2171 180th St, Fort Dodge (North of Boehringer  
Ingelheim/South of Willow Ridge Golf Course)  
515.571.0176 **(Please call first)**

*Offers medical assistive equipment (crutches, canes, walkers, commodes, shower chairs) on loan to people in need. Asks that you return items when finished.*

### Prescriptions for Kids (PFK)

515.576.5312 or 515.570.6799

*Emergency funding for prescribed medication for the needy.*

### Proteus, Inc.

107 N 7th St, Fort Dodge  
515.573.8225 or 800.798.8225

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

*Health services for migrant farm workers. Proteus serves individuals who have been employed in seasonal farm work in the past two years. They offer services to help with tuition for two year programs, emergency services and job training. Call to see if you qualify.*

### Rabiner Treatment Center

1760 Johnson Ave, Fort Dodge  
515.576.7388

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

*Rabiner Treatment Center provides a full continuum of services for the youth they serve. Their programming, which includes residential and non-residential care, is geared to meet a wide variety of client needs. Core services include on-campus education; individual, family and group counseling; skill development; vocational training; community volunteerism and community service and restitution.*

### UnityPoint Health - Trinity Regional Medical Center

802 Kenyon Rd, Fort Dodge  
515.573.3101

[www.unitypoint.org/fortdodge](http://www.unitypoint.org/fortdodge)

*A licensed 200 bed non-profit hospital that serves Fort Dodge and surrounding communities.*

### Webster County Health Department

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountyia.org/HealthDept.html](http://www.webstercountyia.org/HealthDept.html)

*Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday through Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.*



## HOUSING & SHELTER

### American Red Cross, Brushy Creek Chapter

877.576.8448

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

*Meets the emergency needs of disaster victims.*

### Beacon of Hope Men's Shelter

1021 1st Ave N, Fort Dodge

515.955.3366

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

*A Christ-centered faith-based ministry working cooperatively with the community to eliminate homelessness.*

### Bridging the Gap

24 N 9th St, Ste B, Fort Dodge

515.573.3170

[www.fd-foundation.org/cms-view-page.php?page=bridging-the-gap](http://www.fd-foundation.org/cms-view-page.php?page=bridging-the-gap)

*Provides household items, furniture, beds, etc. to low-income families. Delivery provided. Referral necessary.*

### Central Place Apartments

629 Central Ave, Fort Dodge

515.573.2120

*Senior apartments for age 55 & over. Income guidelines. Accepts HUD vouchers. Completely renovated in 2004. Secure building with elevator. Located next to senior citizens center.*

### Deercreek Apartments

700 S 17th St, Fort Dodge

515.573.7751

*Apartments for elderly residents.*

### Domestic/Sexual Assault Outreach Center (D/SAOC)

PO Box 773, Fort Dodge

Crisis Line: 888.356.2006

Main Line: 515.955.2273

[www.facebook.com/pages/DomesticSexual-Assault-Outreach-Center/89329294294](http://www.facebook.com/pages/DomesticSexual-Assault-Outreach-Center/89329294294)

*Offers shelter, safety, support and hope to adult and child victims of sexual assault and domestic violence, violent crimes and loved ones of homicide victims. Call for services or contact Connie Harris, Executive Director, by email at [connieh@dsaoc.com](mailto:connieh@dsaoc.com).*

### Fort Dodge Housing Agency

700 S 17th St, Fort Dodge

515.573.7751

[www.fd-housing.org](http://www.fd-housing.org)

*Low income rental assistance program, section 8, HUD housing.*

### Iowa Legal Aid

308 Central Ave, Fort Dodge

800.532.1275

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

*Available the first Thursday of each month. Legal assistance in landlord/tenant, section 8, foreclosure and real estate contract issues.*

### Mid Iowa Regional Housing Authority (MIRHA)

602 3rd Ave N, Fort Dodge

515.955.8344

[www.housingchoiceprogram.com/state/iowa](http://www.housingchoiceprogram.com/state/iowa)

*Low income rental assistance program.*

### Rabiner Treatment Center

1760 Johnson Ave, Fort Dodge

515.576.7388

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

*Rabiner Treatment Center provides a full continuum of services for the youth they serve. Their programming, which includes residential and non-residential care, is geared to meet a wide variety of client needs. Core services include on-campus education; individual, family and group counseling; skill development; vocational training; community volunteerism and community service and restitution.*

### Salvation Army

126 N 7th St, Fort Dodge

515.576.1281

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

*Emergency assistance.*

### Town Square Apartments

330 Central Ave, Fort Dodge

515.576.6615

*Offers one and two bedroom units for persons with disabilities and income below the 50% area median income. Some units reserved for those below the 40% area median income.*

### Upper Des Moines Opportunity, Inc. (UDMO)

900 Central Ave, Ste 11, Fort Dodge (Trolley Center)

515.576.7774

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

*Utility assistance. Call to make an appointment.*

*Hours: Monday - Friday: 8 a.m. - 4 p.m.*

### Wahkonsa Apartments

927 Central Ave, Fort Dodge

515.576.6755

*Income based housing for seniors ages 62 and over and persons with disabilities. Safe and secure building.*

### **Webster County Community Services**

723 1st Ave S, Fort Dodge  
515.573.1485

[www.webstercountya.org/CPC.htm](http://www.webstercountya.org/CPC.htm)

*Shelter and rent assistance.*

### **Webster County Habitat for Humanity & Restore**

118 N 12th St, Fort Dodge  
515.576.4316

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

*Retail store for gently used or repurposed household remodeling items.*

### **Westridge Townhomes**

122 Ave M West, Fort Dodge  
515.573.4961

*One, two and three bedroom apartments. Check for availability. Income based. Families and college students welcome.*

### **Youth Shelter Care of North Central Iowa, Inc.**

301 Avenue M West, Fort Dodge  
515.955.4222

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

*Emergency shelter for youth ages 10-18.*

### **YWCA Women's Center for Life Empowerment**

826 1st Ave N, Fort Dodge  
515.573.3931

[www.ywca.org/fortdodge](http://www.ywca.org/fortdodge)

*Full range of substance abuse services for women or women with children.*

## **LEGAL AID**

### **Fort Dodge Human Rights Commission**

819 1st Ave S, Fort Dodge  
515.576.2201

[www.fortdodgeiowa.org/department/board.php?fDD=8-96](http://www.fortdodgeiowa.org/department/board.php?fDD=8-96)

*Works to eliminate discrimination through law enforcement, education and community outreach. Designed to protect all people who live and work in the City of Fort Dodge from discrimination and sexual harassment in employment, public accommodations, education, housing and credit.*

### **Iowa Concern Hotline**

800.447.1985

[www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern)

*A source of help and information for Iowans in need.*

### **Iowa Legal Aid**

308 Central Ave, Fort Dodge  
800.532.1275

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

*Available the first Thursday of each month. Legal help on consumer issues, civil rights and education.*

### **Juvenile Court Services**

702 1st Ave S, Fort Dodge  
515.573.1449

*Services include but are not limited to the following for families and children: Functional Family Therapy, Aggression Replacement Training (ART) and Family Intervention. Note: complaint must be filed by Law Enforcement Agency.*

### **Legal Hotline for Older Iowans**

800.992.8161

[www.sites.lawhelp.org/Program/898](http://www.sites.lawhelp.org/Program/898)

*Free legal help for Iowans 60 and over.*

## MENTAL HEALTH SERVICES

### Catholic Social Services

1200 3rd Ave NW, Ste 1, Fort Dodge  
515.576.4156

*Marriage counseling, sexual and physical abuse therapy, play therapy, family therapy, child/parent therapy, mediation, premarital counseling, pregnancy counseling and adoption. Work with people from all faiths.*

### Children & Families of Iowa (CFI)

111 Ave O West, Fort Dodge  
515.573.2193

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

*Individual and family counseling services, behavioral health intervention services, child psychiatric services, crisis childcare, crisis intervention, youth employment program, 24/7 Dads, domestic and international adoption services, pediatric integrated health homes case management, Girls Circle and Boys Council adolescent groups, Community Partnerships for the Protection of Children coordination.*

### Child Health Specialty Clinic

804 Kenyon Rd, Ste L, Fort Dodge (Physicians Office Building West)  
515.955.8326

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

*Serving children and youth with chronic physical, emotional or developmental conditions or behavior problems. Medication management.*

### Community & Family Resources (CFR)

726 S 17th St, Fort Dodge  
515.576.7261

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

*Prevention and treatment for substance abuse and gambling addictions. Adolescent residential program for substance abuse (STARS). Individual, group and family therapy. Adolescent outpatient therapy.*

### Crossroads Counseling - William W. Page, M.A. (Christian Family Therapist)

900 Central Ave, Ste 8, Fort Dodge  
515.576.5134

*Individual therapy, couple therapy, family therapy, PTSD, trauma therapy, addictions.*

### Domestic/Sexual Assault Outreach Center (D/SAOC)

PO Box 773, Fort Dodge  
Crisis Line: 888.356.2006  
Main Line: 515.955.2273

[www.facebook.com/pages/DomesticSexual-Assault-Outreach-Center/89329294294](https://www.facebook.com/pages/DomesticSexual-Assault-Outreach-Center/89329294294)

*Offers safety, support and hope to adult and child victims of sexual assault and domestic violence, violent*

*crimes and loved ones of homicide victims. Call for services or contact Connie Harris, Executive Director, by email at [connieh@dsaoc.com](mailto:connieh@dsaoc.com).*

### Families First

1520 1<sup>st</sup> Ave S, Fort Dodge  
888.316.3025

[www.families-first.net](http://www.families-first.net)

*In-home counseling (DHS contracted), counseling (Juvenile Court Services contracted) and behavioral health intervention services.*

### Genesis Mental Health Associates LLC

1218 Central Ave, Fort Dodge  
515.576.6441

*Mental health assessments, therapy, medication management.*

### Cathy Huggins, LISW

805 Central Ave, Ste 500, Fort Dodge  
515.408.1495

[www.therapists.psychologytoday.com/rms/name/Cathy\\_Huggins\\_LISW\\_Fort+Dodge\\_Iowa\\_143736](http://www.therapists.psychologytoday.com/rms/name/Cathy_Huggins_LISW_Fort+Dodge_Iowa_143736)

*Individual therapy, couples therapy, family therapy, anxiety, depression, grief, marriage therapy, transition issues.*

### Juvenile Court Services

702 1st Ave S, Fort Dodge  
515.573.1449

*Services include but are not limited to the following for families and children: Functional Family Therapy, Aggression Replacement Training (ART) and Family Intervention. Note: complaint must be filed by Law Enforcement Agency.*

### Iowa Central Community College - Student Counseling Center

One Triton Circle, Fort Dodge  
515.574.1051

[www.iowacentral.edu/student\\_counselor/index.asp](http://www.iowacentral.edu/student_counselor/index.asp)

*Free confidential counseling for currently registered ICCC students. Mental health assessments, brief counseling, referrals, psycho-educational programming.*

### Timi Jordison, PhD Psychological Services, PC

1728 Central Ave, Ste 14, Fort Dodge  
515.573.3628

*Licensed psychologist, health service provider, school psychologist.*

### Lee & Associates

804 Kenyon Rd, Ste A, Fort Dodge  
515.574.6120

*Psychiatric evaluations and mental health services.*

### **Life-Line Resources, LLC**

900 Central Ave, Ste 22, Fort Dodge  
515.573.7374

[www.life-lineresources.com/#!ft-dodge/c2124](http://www.life-lineresources.com/#!ft-dodge/c2124)

*Individual, couple, family therapy.*

### **Lincoln Mental Health**

1728 Central Ave, Fort Dodge  
515.955.1836

*Psychiatric evaluations, therapy, medication management.*

### **Lutheran Family Service**

409 Kenyon Rd, Ste C, Fort Dodge  
515.573.3138

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

*Individual, couple, family and pregnancy counseling. Adoption services.*

### **Lutheran Services In Iowa**

900 Central Ave, Ste 21, Fort Dodge  
515.955.2199

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

*Home health care, BHIS, FSRP.*

### **McColley-Nicola Therapy Services, Inc.**

318 7th Ave N, Fort Dodge  
515.573.3382

*Individual, couple, family therapy.*

### **Mid-Iowa Family Therapy Clinic - Siobhan Daniels, LMSW**

900 Central Ave, Fort Dodge  
515.573.5128

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

*Behavioral Health Intervention Services (BHIS), webcam psychiatric services, evaluations, medication management.*

### **Miller Counseling Services, LLC**

805 Central Ave, Ste 200, Fort Dodge  
515.573.7682

*Adult, adolescent, child, couples and family therapy.*

### **Rabiner Treatment Center**

1760 Johnson Ave, Fort Dodge  
515.576.7388

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

*Rabiner Treatment Center provides a full continuum of services for the youth they serve. Their programming, which includes residential and non-residential care, is geared to meet a wide variety of client needs. Core services include on-campus education; individual, family and group counseling; skill development; vocational training; community volunteerism and community service and restitution.*

### **Cindy Schuman, LISW**

805 Central Ave, Ste 500, Fort Dodge  
515.570.8561

[www.cindyschumanlisw.vpweb.com](http://www.cindyschumanlisw.vpweb.com)

*Individual therapy, family therapy, group therapy, anxiety, depression, trauma, transition issues.*

### **Unity Point - Berryhill Center**

720 Kenyon Rd, Fort Dodge  
515.955.7171 or 800.482.8305

[www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx](http://www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx)

*Offers a variety of mental health, counseling and therapy services to individuals, families and couples, and for all age groups.*

### **Webster County Community Services**

723 1st Ave S, Fort Dodge  
515.573.1485

[www.webstercountya.org/CPC.htm](http://www.webstercountya.org/CPC.htm)

*Services for persons with mental illness, mental retardation or developmental disabilities.*

### **Webster County Health Department**

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountya.org/HealthDept.html](http://www.webstercountya.org/HealthDept.html)

*Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday through Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.*

### **Youth Shelter Care of North Central Iowa, Inc.**

301 Avenue M West, Fort Dodge  
515.955.4222

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

*Crisis intervention for youth and families and family counseling.*

## MILITARY ASSISTANCE

### American Red Cross, Brushy Creek Chapter

877.576.8448

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

*Meets the emergency needs of disaster victims.*

### Family Assistance - National Guard

1659 Nelson Ave, Fort Dodge

515.573.3851 Ext. 18435 or 515.408.1498

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

*Assistance with financial issues, coping with deployed soldiers, child care.*

## SENIOR CITIZENS

### Citizen's Central (Senior Citizen Center)

617 Central Ave, Fort Dodge

515.573.3429

[www.fortdodgeiowa.org/department/division.php?fDD=12-91](http://www.fortdodgeiowa.org/department/division.php?fDD=12-91)

*Citizen's Central offers active adults over the age of 55 an opportunity to enjoy a nutritious noon meal five days a week, participate in games and social opportunities, or enjoy a cup of coffee with a friend in their "sidewalk cafe". They also offer a Congregate Meal Program, activities, holiday parties and more. Weekly activity/meal schedule can be found in the Lifestyle section of Sunday's newspaper.*

### Elderbridge Agency on Aging

308 Central Ave, Fort Dodge

515.955.5244

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

*Resources including care coordination, insurance and benefits counseling and support services for seniors and caregivers.*

### Foster Grandparent Program

617 Central Ave, Fort Dodge

515.576.5401

[www.fortdodgeiowa.org/department/division.php?fDD=12-148](http://www.fortdodgeiowa.org/department/division.php?fDD=12-148)

*Must be at least 55 years of age, agree to pass background check. Experience working with or raising your own children is a plus. Training provided, free meals while working, assistance with travel costs to and from school each day. Paid vacations and holidays.*

*Minimal monthly stipend. An annual health screening provided.*

### Social Security Office

2315 2nd Ave N, Fort Dodge

866.836.6193 or 800.772.1213

[www.ssa.gov](http://www.ssa.gov)

*Open Monday through Friday 9 a.m. to 3 p.m. Cash benefits and resources for the retired, disabled, blind, over age 65 and survivors. Assistance filing for Medicare and extra assistance for prescription drugs.*

### Webster County Health Department

723 1st Ave S, Fort Dodge

515.573.4107

[www.webstercountyia.org/HealthDept.html](http://www.webstercountyia.org/HealthDept.html)

*Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday through Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.*

## SMALL BUSINESS COUNSELING

### North Central Iowa Small Business Development Center

217 S 25th St, Ste C-12, Fort Dodge

515.576.6242

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

*Professional business counseling for small businesses on planning, financing and more.*

### SCORE (America's Counselors to Business)

217 S 25th St, Ste C-12, Fort Dodge

515.955.2622

[www.fortdodge.score.org](http://www.fortdodge.score.org)

*Offers business management training, counseling services and local workshops.*

## SUBSTANCE ABUSE SERVICES

### **Alcoholics Anonymous**

12 N 7th St, Fort Dodge  
515.955.7723

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

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

### **Beacon of Hope Men's Shelter**

1021 1st Ave N, Fort Dodge  
515.955.3366

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

*A Christ-centered faith-based ministry working cooperatively with the community to eliminate homelessness.*

### **Community & Family Resources (CFR)**

726 S 17th St, Fort Dodge  
515.576.7261

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

*Prevention and treatment for substance abuse and gambling addictions. Adolescent residential program for substance abuse (STARS). Individual, group and family therapy. Adolescent outpatient therapy.*

### **Drug Abuse Hotline**

800.662.4357

[www.drug-rehab.org](http://www.drug-rehab.org)

*A non-profit drug and alcohol rehab referral and placement service.*

### **Rabiner Treatment Center**

1760 Johnson Ave, Fort Dodge  
515.576.7388

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

*Rabiner Treatment Center provides a full continuum of services for the youth they serve. Their programming, which includes residential and non-residential care, is geared to meet a wide variety of client needs. Core services include on-campus education; individual, family and group counseling; skill development; vocational training; community volunteerism and community service and restitution.*

### **Unity Point - Berryhill Center**

720 Kenyon Rd, Fort Dodge  
515.955.7171 or 800.482.8305

[www.unitypoint.org/fordodge/berryhill-center-of-mental-health.aspx](http://www.unitypoint.org/fordodge/berryhill-center-of-mental-health.aspx)

*Offers a variety of mental health, counseling and therapy services to individuals, families and couples, and for all age groups.*

### **Webster County Health Department**

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountya.org/HealthDept.html](http://www.webstercountya.org/HealthDept.html)

*Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday through Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.*

### **YWCA Women's Center for Life Empowerment**

826 1st Ave N, Fort Dodge  
515.573.3931

[www.ywca.org/fordodge](http://www.ywca.org/fordodge)

*Full range of substance abuse services for women or women with children.*

## TRANSPORTATION

### **MIDAS/DART**

530 1st Ave S, Fort Dodge  
515.573.8145 or 800.BUS.RIDE (800.287.7433)

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

*Bus transportation in Fort Dodge and Webster, Pocahontas, Humboldt, Wright, Calhoun and Hamilton Counties. Agent for Jefferson Lines, Interstate Travel, Demand Response and Para-Transit Services. Senior rate reduction in bus fare.*

### **Webster County Health Department**

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountya.org/HealthDept.html](http://www.webstercountya.org/HealthDept.html)

*Transportation for ages 0-21 and expectant mothers for medical appointments. Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday through Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.*

## YOUTH COUNSELING SERVICES

### Catholic Social Services

1200 3rd Ave NW, Ste 1, Fort Dodge  
515.576.4156

*Marriage counseling, sexual and physical abuse therapy, play therapy, family therapy, child/parent therapy, mediation, premarital counseling, pregnancy counseling and adoption. Work with people from all faiths.*

### Children & Families of Iowa (CFI)

111 Ave O West, Fort Dodge  
515.573.2193

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

*Individual and family counseling services, behavioral health intervention services, child psychiatric services, crisis childcare, crisis intervention, youth employment program, 24/7 Dads, domestic and international adoption services, pediatric integrated health homes case management, Girls Circle and Boys Council adolescent groups, Community Partnerships for the Protection of Children coordination.*

### Community & Family Resources (CFR)

726 S 17th St, Fort Dodge  
515.576.7261

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

*Prevention and treatment for substance abuse and gambling addictions. Adolescent residential program for substance abuse (STARS). Individual, group and family therapy. Adolescent outpatient therapy.*

### Families First

1520 1<sup>st</sup> Ave S, Fort Dodge  
888.316.3025

[www.families-first.net](http://www.families-first.net)

*In-home counseling (DHS contracted), counseling (Juvenile Court Services contracted) and behavioral health intervention services.*

### Juvenile Court Services

702 1st Ave S, Fort Dodge  
515.573.1449

*Services include but are not limited to the following for families and children: Functional Family Therapy, Aggression Replacement Training (ART) and Family Intervention. Note: complaint must be filed by Law Enforcement Agency.*

### Lee & Associates

804 Kenyon Rd, Ste A, Fort Dodge  
515.574.6120

*Psychiatric evaluations and mental health services.*

### Lutheran Family Service

409 Kenyon Rd, Ste C, Fort Dodge  
515.573.3138

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

*Individual, couple, family and pregnancy counseling. Adoption services.*

### Miller Counseling Services, LLC

805 Central Ave, Ste 200, Fort Dodge  
515.573.7682

*Adult, adolescent, child, couples and family therapy.*

### Rabiner Treatment Center

1760 Johnson Ave, Fort Dodge  
515.576.7388

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

*Rabiner Treatment Center provides a full continuum of services for the youth they serve. Their programming, which includes residential and non-residential care, is geared to meet a wide variety of client needs. Core services include on-campus education; individual, family and group counseling; skill development; vocational training; community volunteerism and community service and restitution.*

### Unity Point - Berryhill Center

720 Kenyon Rd, Fort Dodge  
515.955.7171 or 800.482.8305

[www.unitypoint.org/fordodge/berryhill-center-of-mental-health.aspx](http://www.unitypoint.org/fordodge/berryhill-center-of-mental-health.aspx)

*Offers a variety of mental health, counseling and therapy services to individuals, families and couples, and for all age groups.*

### Webster County Health Department

723 1st Ave S, Fort Dodge  
515.573.4107

[www.webstercountyyia.org/HealthDept.html](http://www.webstercountyyia.org/HealthDept.html)

*Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday through Friday from 8 a.m. to 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.*