

Career Counseling

IowaWORKS: 200 Army Post Rd #44 in DSM; (515) 281-9619
State agency providing employment services for job seekers.

Project IOWA: 4801 Franklin Ave Room 106 in DSM; (515) 280-1274
Free career training and employment placement services.

Proteus: 1-800-372-6031; Services to empower farm workers (career counsel-
ing, education services, job training, etc..)

Children & Families of Iowa: 1111 University Ave in DSM; cfiowa.org, (515)
205-9981. Help youth 14-24 find careers and education opportunities.

Creative Visions: 1343-13th St in DSM; (515) 244-4003
Job, GED, and computer classes; financial and food assistance.

Evelyn K. Davis Center for Working Families: 1171-7th St in DSM; (515) 697-
7700. Services include job search assistance and Adult Based Education classes.

Child Services

AI Exito: (515) 480-0904; alexitoiowa.org
After-school programs for Latinx middle and high school students.

Boys & Girls Clubs of Central Iowa: six locations in DSM; (515) 242-7925
A safe, supportive place for K-12 youth after school and during the summer.

Child Care Resource & Referral: 808-5th Ave, DSM; (515) 246-3590
Helps parents make informed choices about the care of their children.

Children & Families of Iowa: 1111 University Ave, DSM; (515) 288-1981
Affordable, quality childcare and school transportation for low-income families.

Children & Family Urban Movement: 1549-8th St 2nd Floor, DSM; (515) 282-
3242. Serves the north side with summer, before- and after-school programs.

DHS Child Care Assistance: 2309 Euclid Ave in DSM; 1-866-448-4605
CCA helps pay for childcare while a parent/caretaker works or attends school.

EveryStep Play & Learn: 7 locations in DSM; (515) 274-3400

Child Services

Junior Achievement of Central IA: 6100 Grand Ave in DSM; (515) 279-9602
K-12 outreach programs to foster financial literacy and entrepreneurship.

National Runaway Safeline: 1-800-786-2929; runaway.org
National communication system for runaways and homeless youth.

Childserve: 644-24th St in DSM; (515) 280-5332
Specialized programs and services for children with special healthcare needs.

ArtForce Iowa: (515) 777-3182; artforceiowa.org
Artist mentors encourage youths’ creative self-expression and advocacy.

Early ACCESS: 1111-9th St, Ste. 320 in DSM; 1-888-425-4371
Works with parents/caregivers to help children develop to their full potential

Genesis Youth Foundation: 2500 University Ave; (515) 710-6838;
Genesisyouthfoundation.org; Sports, after school programs, and more.

Clothing Assistance

Capitol Hill Lutheran Church: 511 Des Moines St in DSM; (515) 244-8913
Clothes Closet distributes clothing and household items free of charge.

CISS Clothing Closet: 1420 Mulberry St in DSM; (515) 284-5719
The clothing closet is open to anyone in the community in need of clothes.

Highland Park Christian Church: 4260 NW 6th Dr. in DSM; (515) 244-3182
Anyone is welcome to check out the assortment of free gently used clothing.

St. Vincent de Paul: (515) 282-8327; (515) 282-8328
Closet is open to anyone who needs clothes for themselves or their family.

Des Moines Catholic Worker: 1310-7th St in DSM; (515) 214-1030
Free clothing offered along with meals.

Common Love DSM: linktr.ee/commonlovedsm
Provides gender-affirming clothing to queer folks and affirming friends.

Community Centers

Polk County Community Centers:

- Fourmile Community Center:** 3711 Easton Blvd in DSM; (515) 248-6315
- Northwest Community Center:** 5110 Franklin Ave in DSM; (515) 279-2767
- Norwoodville Community Center:** 3077 NE 46th Ave in DSM; (515) 266-579
- Westside Community Center:** 134-6th St in DSM; (515) 274-0373
Crafts, games, exercise, health clinics, etc. Meals served on selected days.

Eastview Community Center: 4101 E 42nd St in DSM; (515) 809-2356
Run by Valley Church, offers activities like fitness classes, community events.

Friendship Center: 1526 MLK Pkwy in DSM; (515) 244-1701
Builds friendships through education and development for youth and adults.

Pioneer Columbus Community Center: 2100 SE 5th Street in DSM; (515) 248-
6316. Activities and programs for all, including gym, computer lab, and meals.

Crisis Response

Employee and Family Resources: 1-800-327-4692; www.EFR.org
Crisis response professionals are ready to provide assistance in crises.

Polk County Crisis and Advocacy: 2309 Euclid Ave in DSM; (515) 286-3434
Crisis intervention and counseling for victims of assault or abuse.

Crisis Intervention Team: 3740 86th St. in **Urbandale**; (24hr nonemergency)
(515)222-3321; Responds to Mental Health related calls.

Suicide Prevention Lifeline: Call 988 TXT 678-678 ; **Espanol** 1.888.628.9454
Free, confidential support for those in distress; prevention and crisis resources.

The Trevor Project: 1-866-488-7386; www.TheTrevorProject.org
Crisis intervention and suicide prevention services for LGBTQ+ youth.

Disability Services

Client Assistance Program: 321 E 12th St in DSM; (515) 242-5655
Helps people with disabilities receive quality services and identify resources.

ASK Resource Center: 5665 Greendale Rd, Ste D Johnston; (515) 243-1713
Information and advocacy center for families of children with special needs.

Easterseals: 401 NE 66th Ave DSM; (515) 289-1933
A wide range of services for people with special needs and their families.

Link Associates: 1452 29th St WDM; (515) 262-8888
Provides services for individuals with intellectual disabilities and their families.

Momentum Art Access: 900 Keo Way, Studio #109 in DSM; (515)669-4821
Free art-making opportunities and education for individuals with disabilities.

Mosaic: 11141 Aurora Ave, Building 3 in **Urbandale**; (515) 246-1840
Housing, community support, healthcare coordination, job coaching and more.

Mainstream Living: 333 SW 9th St. in DSM; (515) 243-8115
Permanent supportive housing for women and people with disabilities.

Iowa Dept of the Blind: (515) 281-1333 Empowering blind Iowans.

Domestic Violence

Children & Families of Iowa: 1111 University Ave in DSM; (515) 243-6147
24/7 crisis support, safe solutions across the state, and resource referrals.

Child and Dependent Adult Abuse: 1-800-362-2178; www.DHS.Iowa.gov
Call if you suspect a child under the age of 18 is being abused or neglected.

IOWA Coalition Against Domestic Violence: 4725 Merle Hay Rd in DSM;
(515) 244-8028 Provides representation to victims of domestic violence in IA.

Domestic Violence Services Shelter: 1111 University Ave in DSM; Text IowaHelp
to 20121; (515) 288-1981; 1-800-770-1650; Domestic violence shelter.

L.U.N.A.: 100 E Euclid, Ste 153 in DSM; 24hr crisis line 1-866-256-7668;
515-271-5060; Provides services to Latina victims of violence /assault.

Family Violence Center: (515) 243-6147; Emergency shelter for victims of do-
mestic violence. **Medical Clinic:** (515) 248-1500; Contact for appointments.

Hope Center for Women & Children: (515) 264-0144; Emergency shelter and
transitional housing.

House of Mercy: DSM 515-643-6500; Transitional housing for women.

Sexual Assault / Victim Services

Iowa Coalition Against Sexual Assault: 1.800.770.1650, 515.244.7424
Provides information and referrals for legal issues related to sexual assault.

Iowa Sexual Abuse Hotline: 1.800.284.7821 Information and referral for
survivors of sexual assault.

Monsoon Iowa: 515-288-0881, 4944 Franklin Ave Suite B in DSM,
monsooniowa.org; For victims/survivors of domestic violence, sexual assault
and human trafficking in Asian and Pacific Islander (API) communities.

Iowa Victim Service: 1.800.770.1650 Text ‘Iowa help’ to 20121. A resource
for victims and survivors of crime throughout all of Iowa.

National Human Trafficking Hotline: 1.888.373.7888 For anyone seeking
information/assistance related to the issue of human trafficking.

Iowa Domestic Abuse Hotline: 1-(800) 373-1043

Domestic Violence Intervention Program / Rape Victim Advocacy Program:
1-(800)-228-1625; dvipiowa.org

Shelters

Central Iowa Shelter & Services: 1420 Mulberry St. in DSM;
centraliowashelter.org (515)284-5719, Shelter, meals and support for adults.

Catholic Charities Emergency Shelter: DSM, (515) 282-1235; Shelter for fami-
lies with small children.

Hawthorn Hill Emergency Shelter: 3001 Grand Ave, DSM; (515) 243-7456;
Supportive Housing: (515) 244-9748; Transitional housing.

Hope Ministries Bethel Mission: DSM (515) 244-5445; Emergency shelter for
men; **Doors of Faith:** DSM (515) 974-0545; Transitional housing for men.

Polk County Centralized Intake; Homeless Outreach & Advocacy: DSM 515-
248-1850; Emergency shelter and resources.

Iowa Homeless Youth Center: DSM; 515-883-2379; Youth (16-21) Pregnant or
parenting women (16-25).

Youth Emergency Services and Shelter: 918 SE 11th St in DSM; 515.282.9377,
Youth (16-21) Pregnant or parenting women (16-25).

Family Assistance

Iowa Dept. of Human Services: 1900 Carpenter Ave in DSM; 1-800-972-2017
Food assistance, childcare assistance, and state supplementary assistance.

Salvation Army Family Services: 1326-1330 6th Ave in DSM; (515) 282-3422
High School Equivalency, Adult Basic Education, Register Apprenticeship, etc.

Christ the King Free Clinic: 5711 SW 9th St in DSM; (515) 285-2888
Chronic care, well baby checks, physicals, lab work, etc. available.

Family Enrichment Center: 2309 Euclid Ave , DSM; (515) 286-3406
Support services, education, training, and opportunities for employment.

Family Self Sufficiency Program: 2309 Euclid Ave in DSM; (515) 323-8950
Coordinates housing assistance with public and private resources.

Urbandale Community Action Network: 3600 75th St, **Urbandale**
(515) 334-2632; urbandalenetwork.org; Family and elder services.

Polk County General Assistance: 515-286-2088; Rent and utility assistance.

Cross Ministries: 515-279-9998; Rent and utility assistance.

Family Assistance

Proteus, INC Program: 3550 Merly Hay Rd, Ste 150 in DSM; (515) 271-5306
Healthcare, legal assistance, financial education, counseling, and referrals.

IMPACT Community Action Partnership: (515) 518-4770; Helps low-income
families meet basic needs through programming, etc.

St Vincent de Paul: 520 Army Post Rd in DSM; (515) 282-8328
Helps to gain employment and education, and to provide food to families.

Creative Visions: 1343-13th St in DSM; (515) 244-4003
Provides emergency assistance with rent, utilities, and food. Serves meals.

Family Promise of Greater Des Moines: 4114 Allison Ave; (515) 277-7051
Shelter, meals, and support services for families experiencing homelessness.

Families Forward: 1203 Hartford Ave in DSM; 515-244-6251
Food Pantry and Child Development center.

St. Benedict Mission: DSM, 515-244-2986; Rent and utility assistance.

Food Assistance

Catholic Charities Outreach Center: 1815 Hubbell Ave in DSM; (515) 262-7290
Central Iowa Shelter & Services: 1420 Mulberry St in DSM; (515) 284-5719
Clive Comm. Services: 2190 NW 82nd Street, Suite A in Clive; (515) 257-8550
Drake Area Food Pantry: 3226 University Ave in DSM; (515) 518-4770
IMPACT CAP: 2701 SE Convenience Blvd, Suite 2 in Ankeny; (515) 965-0433
Partnership Place: 5870 Merle Hay Road, Suite D in Johnston; (515) 868-1357
Polk County Northside: 3010-6th Ave in DSM; (515) 286-2220
Polk County River Place: 2309 Euclid Ave in DSM; (515) 286-3695
Salvation Army Temple: 1330-6th Ave in DSM; (515) 282-3422

Urbandale Food Pantry: 7601 Douglas Ave in **Urbandale**; (515) 251-6688

West Des Moines Human Services: 139-6th St in WDM; (515) 222-3660

Urbandale Public Library community fridge: 3520 86th St. **Urbandale**,
(515) 278-3945

New Beginnings community fridge: 8631 Hickman Rd, **Urbandale**,
(515)-255-2181 Take what you need. Donate what you can.

Food Assistance

Bishop Dingham House: 1310-7th St in DSM; (515) 214-1030
Free groceries given Tue. and Fri. at 3. Canned goods available. Serves meals.

Caring Hands: Provides low-income families with food, clothing and financial-aid
assistance. **Altoona** 201 9th Street NE (515) 967-4533 (M-F 12-5; Sat 9-11)**Eastside**
4101 E 42nd ST DSM (515) 809-2356 (Tue-Wed 2-5; F 10-2)

Commerce Community Church: 4007 High Rd in WDM; (515)225-6651
Food bank.

Eddie Davis Community Center: 1312 Maple St in WDM; (515)277-1103 Provides
several services, including meals and food pantry.

Food Bank of Iowa: 2220 E 17th St in DSM; (515) 564-0330
Operates programs that provide food directly to people in need.

Friendship Center Food Distribution: 1526 MLK Pkwy DSM; (515) 244-1701
Supplemental food program.

Free Meals

The Connection Cafe: 815 High St in DSM; (515) 771-1481
Lunch served Mon-Fri at noon to homeless and low-income individuals in DSM.

Hope Ministries: 1310-6th Ave in DSM; (515) 265-7272
Serves three meals a day, every day, to community members.

Meals on Wheels: (515) 699-3243; www.WesleyLife.org
Delivers meals to those with low mobility, adults 60+ & adults with disabilities.

Mom’s Meals: 1-877-508-6667; www.MomsMeals.com
Delivers meals to neighbors in need.

IA Homeless Youth Center (YSS): 612 Locust Ave in DSM;
(515) 883-2379: Provides free, nutritious meals for youths in need.

Formerly Incarcerated

Returning Citizen Initiative: 1000 E Grand Ave in DSM; (515) 725-3891
High School Equivalency, Adult Basic Education, Register Apprenticeship, etc.

Jail Diversion: 1985 NE 51st PI in DSM; (515) 286-3570
Assists inmates with mental health issues; secures support prior to release.

Hansen House of Hospitality: 1521 6th Ave in DSM; (515)282-0549
Provides shelter for 10 men transitioning from prison back to community.

Harbor of Hope Recovery House: 3650 Cottage Grove Ave in DSM; (515) 244-
0370 Provides safe housing and access to resources.

Healthcare

Polk County Health Dept: 1907 Carpenter St in DSM; (515) 286-3798
Offers immunizations, primary care, women’s health, and STI testing.

Harm Reduction Vending Machine: 1907 Carpenter St in DSM
All items are available at no cost. No ID, payment, or registration is required.

Primary Health Care: Comprehensive medical services; PHClowa.org

- Urbandale:** 7555 Hickman Rd in **Urbandale**, (515)-225-7201
- B. Engebretsen Clinic:** 3509 E 29th St in DSM; (515) 248-1400
- East Side Campus:** 3509 E 29th St in DSM; (515) 248-1600
- Mercy:** 250 Laurel St in DSM; (515) 643-4610
- West Side Medical:** 1601 NW 114th St, #334 in DSM; (515) 225-7201

Broadlawns Medical Center: 1801 Hickman Rd in DSM; (515) 282-2334
Offers medical, dental, eye, emergency, pharmacy, and mental health services.

Medical Center Crisis Team: 515.282.5742; Provides comprehensive emergency mental health services.

Healthcare

Epworth United Methodist Church: (515) 243-3817 Free walk-medical clinic.
Call for dates and times.

Clive Free Clinic: Mon (5-7:30pm) 2190 NW 82nd St, Ste A in Clive; (515) 257-8550 Offers basic healthcare at no cost to patients.

Mae E. Davis Free Medical Center: 1312 Maple St in WDM; 515.277.1103; Tuesday 7-9 PM walk-in clinic offering a variety of medical services.


M. Cramer Free Medical Clinic: 2725 Merle Hay Rd in DSM; (515) 279-9766; Illness/minor injury care, wellness exams, adult/child immunizations & more.

Grace United Methodist Free Medical Clinic: 3700 Cottage Grove in DSM; (515) 255-9766; Physicals, illness/injury care and more. Tuesdays 5-7pm. Meals available to all.

Susan Knapp Health Center: 2304 University Ave, DSM; 1-877-859-0542

Urbandale Public Library

3520 86th St
Urbandale, IA 50322
Phone: 515.278.3945
Fax: 515.278.3918
library@urbandale.org

 **Urbandale Public Library**
BookMARC

Book of Metro Area Resources in our Community

Updated December 2025

Housing

Anawim Housing: 1750 48th St Ste 100 in DSM; 515.244.8308; Provides subsidized rentals for eligible families, individuals, and senior assisted living.

Des Moines Public Housing Authority: 2309 Euclid Ave in DSM; 515-323-8950; Provides subsidized rentals for eligible families and individuals.

IMPACT Community Action Partnership: 3226 University Ave in DSM; 515.518.4770 Assistance with utilities, food assistance, and more.

IA Rapid Housing Project: 1963 Bell Ave Suite 200 in DSM; (515) 248-1850
Relocation, Rent, utility, housing stability and case management.

Joppa: 2326 Euclid Ave in DSM; 515.288.5699; Supportive housing and homeless services.

House of Mercy: DSM; (515) 643-6500; Transitional housing for women with or without children.

Housing

Lighthouse Transitional Living Program: 612 Locust St, DSM; (515) 883-2379; YSS.org; Up to 10 homeless young families can stay.

Polk County General Assistance: 2309 Euclid Ave, DSM; (515) 286-2088; Provides temporary financial assistance for rent and utility.

Rent Reimbursement: Hoover State Office Building, 1305 E. Walnut St A Level in DSM; 515-281-3114; 800-367-3388; Rent reimbursement.

Salvation Army: 1326 6th Ave in DSM; 515-282-3422; Provides temporary financial assistance with rent and utility bills. By appointment only.

Section 8 Housing Choice Voucher Program: 2309 Euclid Ave in DSM; 515-323-8950; Rental assistance for low-income individuals.

St. Vincent de Paul: 1426 6th Ave in DSM; 833.846.6437; Assistance may be available for those needing utility or rent assistance under \$700.

The Project of PHC: (515) 248-1595, Housing assistance for persons living with HIV/AIDS.

Housing

YMCA Supportive Housing Campus: 2 SW 9th St in DSM; 515-288-2424; Helps men and women move into permanent housing.

IHYC Youth Opportunity Center: 612 Locust Street in DSM; Offers low-barrier, single bed units. Youth (18-24) may stay for up to 30 days while working with IHYC youth advocates.

Families Forward New Directions Shelter: 515-243-7456; Provides emergency shelter and services for families with children experiencing homelessness.

Polk County General Assistance: 2309 Euclid Ave in DSM; 515-286-2088
Temporary assistance with basic and special needs for eligible residents.

Annie’s House Transitional Housing: DSM, 515-779-4599; Transitional housing for women.

Beacon of Life Transitional Housing: DSM, 515-244-4713; Transitional housing for women.

Immigration

U.S. Committee for Refugees and Immigrants: 1200 University Ave Ste 205 in DSM; 515-528-7525; Personal trainings and workshops.

U.S. Citizenship & Immigration Services: 210 Walnut St. DSM; 1-800-375-5283; (515) 323-2050; Naturalization, work permits, visa petitions and status.

AFSC Iowa Immigrant Rights Program: 4211 Grand Ave in DSM; 515-274-4851; Helping immigrants participate in the political processes.

Catholic Charities Refugee Resettlement: 601 Grand Ave, DSM; 515-244-3761; Health exams, job placement, school enrollment, language courses, and more.

Embarc Refugee Services: 4801Franklin Ave #1159 in DSM; 515-512-5252; Provides child development and parenting education.

Language Helpline: Burmese 515-421-0487; Chin 515-421-0354; Karen 515-473-0977; Karenni 515-512-1884

Refugee Alliance of Central Iowa: 515-344-1209; Housing, training, and resources for refugees.

Immigration

Iowa Bureau of Refugee Services: 420 Wartson Powell Jr Blvy#100, DSM; 515-3443675; Works with the U.S. Department of State to assist refugees.

Globel Refugee (Lutheran Immigrant and Refugee Services): (515) 271-7411; Provides education, family services, and economic development programs for immigrants and refugees.

Drake Refugees Clinic: 2400 University Ave in DSM; (515) 271-3851; LSIowa.org/IRCS/ Help completing forms and legal assistance.

Iowa Migrant Movement for Justice: PO Box 41006, Ste 101 in DSM; (515) 255-9809; http://www.iowammj.org; Help completing forms and legal assistance.

Voucher Screening Site: 3850 Merle Hay Rd in DSM, 515-271-5303; Free or reduced cost medical clinic.

DMPS Family Liaisons: 1000 Porter Ave; laura.mcatee@dsmschools.org
Provides a wide range of services to refugee and immigrant families.

Education / ESL

Tech Journey: TechJourney.org; (515) 207-5065
Students ages 8-18 learn to create, build, and explore technology.

Learning Disabilities Assn: 5665 Greendale Rd in Johnston; (515) 280-8558
Provides support to people with learning disabilities, their parents & teachers.

SAY Poetry: saypoetrydsm@gmail.com, SayPoetryDSM.com,
Students and mentors come together to create spoken word poetry and art.

Lutheran Services of Iowa: 3116 University Ave in DSM; (515) 271-7411
Offers classes in English language and cultural awareness.

DMACC Adult English (ESL) Classes: (515) 697-7762; DMACC.edu/ELL
Free program to move learners from beginner to intermediate English.

Literacy / Transit

Book Buddy: 515-246-6500; One-on-one reading program.
Build the pre-reading skills for a strong start in school.

By Degrees Foundation: 1171 7th St DSM; 515-650-8230;
Increase graduation and readiness .

Everybody Wins! Iowa: 901 Walnut St #315 in DSM; (515) 277-7590;
Matches volunteer reading mentors one-to-one with a student.

DART Paratransit: 515-283-8136; wheelchair accessible transit for seniors/ persons with disabilities. **DART Reduced Fare Programs:** 515-283-8100.

Des Moines Bike Collective: 506 E. 6th St, Ste 100 in DSM; 515-288-8022
Bike donation program for those in need.

Urbandale Community Action Network: (515) 334-2632; urbandalenet-work.org; Ride services for seniors.

Adult Services Polk County: (515)-286-3484, Transit, Meal on Wheels, Protec-tive Payee.

Legal Aid

Crime Victim Assistance: 1-800-373-5044; Helps victims with certain out-of-pocket expenses related to injuries from violent crime.

Drake Law School Legal Clinic: 2400 University Ave, DSM; 515-271-3851;
General Civil Practice Clinic: Family law (custody, divorce, modifications)
Elder Law Clinic: accepts clients all year

Iowa Free Legal Answers: iowa.freelegalanswers.org/
Virtual, walk-in legal clinic for limited, free legal assistance.

Iowa Legal Aid: 666 Walnut St in DSM; 1-800-532-1275; iowalegalaid.org;
Free legal service for clients who meet income guidelines.

Legal Hotline for Older Iowans: 1-800-992-8161;
Provides free legal services to Iowans 60 and older.

Polk County Bar Association: 625 E Court Ave Ste 100 in DSM; 515-243-3904;
Providing civil legal services to low-income residents of Polk County.

Mental Health

UnityPoint Behavioral & Mental Health Services: 700 E University Ave in DSM; 515.263.5612; Care for all age groups and types of programs.

Young Women's Resource Center: 818 5th Ave in DSM; 515-244-4901; Pro-vides one-on-one, couples, and/or family therapy.

Youth Emergency Services and Shelter: 918 SE 11th Street in DSM; 515.282.9377, 877.553.9377; Assist those with mental health challenges.

Inside Out: Call or text the suicide/crisis line at 988; 844-428-3878, InsideOutIowa.com; Mobile crisis response & crisis stabilization.

Mercy Behavioral Health: 1111 6th Ave in DSM; (515) 271-6111
Coordinates patient treatment with medical care for effective treatment.

NAMI IOWA: 3839 Merle Hay RD Ste 229 in DSM; (515) 254-0417
Support and education for individuals/families diagnosed with a mental illness.

Veterans Services

Des Moines Veteran Center: 1821 22nd St Ste 115 in WDM; 515-284-4929 Provides counseling, outreach, and referral services.

Polk County Veteran Affairs: 2309 Euclid Ave in DSM; 515-286-3670; Offers broad range of assistance programs (financial, food shelter, etc).

VA Central Iowa Health Care System: 3600 30th St in DSM; 515-699-5999; Provides medical and mental health to veterans.

VA Community Resource and Referral Center: 1223 Center St Ste 17 in DSM; 515-699-5637 Aids veterans facing homelessness, at risk of homelessness, or serious mental illness.

Veterans Crisis Line: Dial 988, press 1; Text 838255;
Connects veterans in crisis with qualified, caring VA responders.

Suicide Hotline for Vets: 1-800-273-8255

Disaster Relief

American Red Cross: 2116 Grand Ave DSM; 515-243-7681 Provides disaster relief and recovery, post-emergency recovery, financial assistance, deployment support, veteran services, and community resource referrals.

Polk County Emergency Repair Program: 5885 NE 14 Street in DSM; 515-286-3356; Repair support.

United Way of Central Iowa: Call 211 or 515-246-6500. A free information and referral system linking Iowa residents to health and human service programs, community services, disaster services and governmental programs.

Iowa Individual Disaster Assistance Programs: 515-725-3231;
Active when Governor issues a disaster proclamation.

Iowa DNR Disaster Assistance Program: www.iowadnr.gov/
Disaster response and recovery.

Polk County Department of Health: 515-286-2115;
Affordable replacement of lead based paint.

Senior Centers

Polk County Senior Centers: 515-286-3677; 15 community centers / meal sites offering crafts, games, exercise, health clinics and other activities for seniors and other adults.

- South Senior Center:** 100 Payton Ave in DSM; 515-287-0092
- Central Senior Center:** 2008 Forest Ave in DSM; 515-286-3677
- East Senior Center:** 1231 E. 26th Street in DSM; 515-265-8461
- North Senior Center:** 3010 6th Avenue in DSM; 515-288-1524

Urbandale Senior Center: 7305 NW Aurora Ave in Urbandale; 515-278-3907;
A safe, welcome, energizing environment for adults 55 and over.