

## 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 counseling, 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.

## Community Centers

### Polk County Community Centers:

- **Fournile 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.

**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

**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.

## 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

## 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.

**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 families 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).

**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.

## 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.

## 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.

**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.

**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.

## 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.

## 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 domestic 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.

## 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

library@urbandale.lib.org

FAX: 515.278.3918

Phone: 515.278.3945

Urbandale, IA 50322

3520 86th St.

**Urbandale Public Library**

 **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.

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

**Globe 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.

## 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.

## 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

**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.

**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; urbandalenetwork.org; Ride services for seniors.

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

**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

**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.