

Cedar Rapids Area Community Services

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Free Meal Sites

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H.D. Youth Center

943 14th Ave SE, Cedar Rapids, temporary location at Jane Boyd Community House
363-5239 or 329-8841
Mon-Fri 6-7:30am

Salvation Army

1000 C Ave NW, Cedar Rapids
364-9131
Mon-Fri 8-9 am; noon – 1pm

Mission of Hope

1537 First Ave SE, Cedar Rapids
362-5559
Tues-Fri noon-1 pm

Green Square Meals

605 2nd Ave SE, Cedar Rapids
365-6652
Mon-Fri 4:30-5:30 pm

First Lutheran Church

1000 3rd Ave SE, Cedar Rapids
365-1494
Sat 4:30-5:30 pm

First Presbyterian Church

310 5th Street SE, Cedar Rapids
364-6148
Sun 4:30-5:30 pm

Please note that times are subject to change. Please call ahead.

Clothing Giveaway

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Helping Hands Store

Marion First Presbyterian Church

802 12th Street, Marion

377-7309

By referral only (pastor, social worker, shelter)

Thrift Shop

310 5th Street SE, Cedar Rapids

364-6148

By referral only (pastor, social worker, shelter)

Wed 10am – 2pm (closed in summer)

Mission of Hope

1537 First Ave SE, Cedar Rapids

362-5559

Tues-Sat 1-4 pm

Olivet Clothes Closet

237 10th Street NW, Cedar Rapids

364-7946

Tues-Fri 8:30-11:30am

Sat 9-11:30am

Please note that times are subject to change. Please call ahead.

Food Pantries

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Abundance of Love Food Pantry

Christian Missionary Alliance Church
1622 42nd Street NE, Cedar Rapids
393-4606
Fri 10am-noon
3rd Sat of the month 10am-noon

Aid To Women

701 Center Point Rd NE, Cedar Rapids
364-8967
Mon/Th 10am-7pm
Tues/Wed/Fri 10am-5pm

Catholic Worker House

1027 5th Ave SE, Cedar Rapids
362-9041
Register for food baskets Mon/Wed/Fri 8-11am. Pick up same day 3-5pm

Churches of Marion Pantry

864 12th St, Marion
377-7039
Tues/Thurs 1-3pm

Foundation 2 Crisis Center

1540 2nd Ave, SE, Cedar Rapids
362-2174
Mon/Thurs 5:30-8:30pm
Wed/Fri 6-7:45pm
Sat/Sun 1-4pm
Call ahead for appointment

Harambee House

404 17th St SE, Cedar Rapids
366-1408
Mon/Fri 8am-noon
Wed 8am til gone: bakery goods

King's Kitchen - Christ Holiness Apostolic Temple

355 19th St SE, Cedar Rapids
365-9594
Every 3rd Wed 1-3pm

Lifeline Ministries

800 G Ave NW, Cedar Rapids

366-1787
Call for appointment

Linn Community Food Bank - First Presbyterian Church

310 5th Street SE, Cedar Rapids
366-1836
Screenings Mon-Fri 8:30am-noon at Harambee House.
Food pickup Mon-Fri 2-3:30pm

Loaves and Fishes

Westminster Presbyterian Church
1251 3rd Ave SE, Cedar Rapids
363-2029
Tues 3:30-5pm

Mission of Hope

1537 First Ave SE, Cedar Rapids
362-5559
Tues-Fri 9am – noon; 1-4pm
Sat 9am-5pm

Olivet Clothes Closet

237 10th Street NW, Cedar Rapids
364-7946
Tues-Fri 8:30-11:30am
Sat 9-11:30am

River of Life

3801 Blairs Ferry Rd NE, Cedar Rapids
393-3709
Wed 8am –noon

St. Vincent de Paul

928 7th St SE, Cedar Rapids
365-5091
Mon-Sat 9am-3pm

Salvation Army

1000 C Ave NW, Cedar Rapids
364-9131
By appointment

Please note that times are subject to change. Please call ahead.

Free Medical Clinics

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His Hands Ministries Free Medical Clinic

1043 3rd Ave. SE, Cedar Rapids
862-AMEN (2636)

By appointment only Tues/Thurs 5-7pm

Serving those without insurance or underinsured.

Providing primary care, women's health care, limited prescription assistance, chiropractic care. Prayer offered, not required.

Community Health Free Clinic

947 14th Ave SE, Cedar Rapids
363-0416

Mon 8am-5:30pm

1st, 2nd, 3rd Tues 8am-5:30pm

4th, 5th Tues 8am-noon

Wed/Thurs 8am-noon

Fri 8-10:30am

3rd Sat – Spanish clinic 8-10:30am

1st Sun – Acute illness or job conflict 2-3:30pm

Providing primary care, dental and eye care

Community Health Free Clinic Prescription Assistance office

860 2nd Ave SE, Cedar Rapids
221-1586

(must be established through the clinic)

Please note that times are subject to change. Please call ahead.

Various Assistance

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Helping Hands Ministries

601 Second Ave SE #2, Cedar Rapids

366-2651

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

Emergency financial assistance, referrals, supportive services, advocacy.

Call for appointment.

St. Vincent de Paul

928 7th Street SE, Cedar Rapids

365-5091

Mon-Sat 9am-4pm

Possible assistance with public transportation, rent, and utilities when funds are available.

Salvation Army

1000 C Ave NW, Cedar Rapids

364-9131

Local help with financial emergencies, food and referrals.

Horizons Meals-On-Wheels

819 5th St SE, Cedar Rapids

398-3574

Free meals delivered to the home

Department of Human Services

411 3rd Street SE, Cedar Rapids

892-6700

Cash assistance, food assistance, child care, job help.

Linn County General Assistance

Temporarily located at Westdale Mall

2500 Edgewood Rd SW, Cedar Rapids

892-5850

Emergency financial assistance for rent, utilities, and home mortgage interest. Bus tickets, gas money, burial cost help for qualified persons. One way ticket for transients to their verified home.

Linn County Commission on Veteran Affairs

825 3rd St SW, Cedar Rapids

892-5160

Assistance for veterans, food, non-food items, rent, utilities, fuel oil, funeral and burial, cremation.

Goodwill Industries

1441 Blairs Ferry Rd NE, Cedar Rapids
393-3434

Job training, employment and support services for people with disabilities or other barriers to employment.

ABBE Center

398-3634

Mental health, senior care, behavioural health.

HACAP

1515 Hawkeye Drive, Hiawatha
393-7811

Help with utility bills, weatherization, furnace replacement or repair, housing counseling

Family Services of Iowa

819 5th Street SE, Cedar Rapids
398-3943

Counseling, income-based fees

Rapids AIDS Project – American Red Cross

3601 42nd Street NE, Cedar Rapids
393-3500

Financial and housing assistance, education, counseling and support groups for HIV positive/AIDS, low income individuals

Homeowner's HOPE Hotline

1-888-995-HOPE

www.995hope.org

Counseling for those in danger of foreclosure

Iowa Foreclosure Hotline

1-877-622-4866

Please note that times are subject to change. Please call ahead.

Shelters

Catholic Worker House

1027 5th Avenue SE, Cedar Rapids
362-9041

Single women with or without children, married couples with or without children.
7am-10pm

Cedar House Shelter

603 2nd Street SW, Cedar Rapids
364-2630

Single men, single women, women with children, married couples with children.

Foundation 2 Youth Shelter

3015 12th Avenue SW, Cedar Rapids
366-8797

Youth ages 11-17, meals provided, 24 hours per day

House of Hope Shelter

1744 2nd Avenue SE, Cedar Rapids
366-HOPE

Mentoring, seminars and housing for women in the healing process.

Mission of Hope Shelter

211 Park Court SE, Cedar Rapids
365-0502

The shelter house is open 24/7 and is less than two blocks from the mission. Lives are being changed in many different ways. Some are finding jobs and permanent housing, while others are involved in recovery programs and church activities. Residents are finding stability and hope. Yet, each one is experiencing something far greater than this – the love of God. When men and women come to the shelter, they are welcomed with compassion, offered a hot shower, a clean bed, and given a homemade meal.

Waypoint Madge Phillips Center Shelter

Corner of 4th Avenue and 6th Street SE, Cedar Rapids
366-7999

Shelter for women and children

Willis Dady Emergency Shelter

1247 4th Avenue SE, Cedar Rapids
362-7555

Single men, couples with children, single fathers with children, couples without children.
Check-in time is 5pm

Please note that times are subject to change. Please call ahead.

Foundation II Crisis Center

1714 Johnson Avenue NW, Cedar
Rapids

362-2174 (24-hour crisis line)

1-800-332-4224 (in Iowa)

Abbe Center for Mental Health

520 11th Street NW, Cedar Rapids

398-3562

Harambee House

366-1408

Crisis, individual, and family counseling

Waypoint Madge Phillips Center

Corner of 4th Avenue and 6th Street SE

Cedar Rapids

366-7999

Department of Human Services (DHS)

892-6800 Cedar Rapids

State Child Abuse Hotline

1-800-362-2178

American Red Cross

393-3500

United Way

398-5372

Health, welfare and social needs

Focus on Recovery

1-800-888-9383

Alcohol, drug and depression hotline

Area Substance Abuse Council

3601 16th Avenue SW, Cedar Rapids

390-4611

Sedlecek Treatment Center

5975 Rockwell Drive NE, Cedar Rapids

398-6235

St. Luke's Chemical Dependency Center

1030 5th Avenue SE, Cedar Rapids

363-4429

Alcoholics Anonymous

365-5955

1-888-425-2666

Credit Counseling and Debt Management

4403 1st Ave SE #402, Cedar Rapids
373-8297

Budget or money management assistance

Here To Help

4520 First Avenue NW Unit E, Cedar Rapids
390-6432

Assistance with medical paperwork review, bill organization, checkbook balancing and scheduling bill payments

Heritage Area Agency on Aging Money Management Program for the Elderly

6301 Kirkwood Blvd SW, Cedar Rapids
398-5559

Daily money management services for low-income older persons who have difficulty budgeting, paying routine bills, and keeping track of financial matters

Horizons Consumer Credit Counseling Services

819 Fifth Street SE, Cedar Rapids
398-3576

Budget consulting, debt management and financial education.

Linn County MHDD Client Financial Services

305 2nd Avenue SE, Cedar Rapids
892-5680

Assessment of financial situation, consolidation of debt, budget counseling, mediation, consumer credit counseling

LINKS:

Mission of Hope	www.missionofhope.org
Serve The City	www.servethecity.org
His Hands Free Medical Clinic	www.hishandsclinic.org
89.1 The Spirit Radio	www.891thespirit.com
Life 101.9 FM Radio	www.life1019.com
Freed Up Financial Living	www.goodsenseministry.com
Stewardship resources	www.generousgiving.org
H.D. Youth Center	www.hdyouthcenter.com
Community Health Free Clinic	www.communityhfc.org
Linn County General Assistance	www.linncounty.org
Abbe Center	www.abbe.org
Horizons Family Services	www.horizonsfamily.org