

Citizenship - Birth Certificate

http://www.idph.state.ia.us/apl/health_statistics.asp

Citizenship - Department of Motor Vehicles

Vehicle registration, drivers licensing information, manuals and resources

<http://www.iowadot.gov/mvd/index.htm>

Citizenship - Department of Motor Vehicles

800 Lincoln Way

Ames, IA 50010

515-244-8725

Driver's license and ID

<https://iowadot.gov/mvd/driverslicense>

Education - Continuing Education

1115 Eighth Ave.

Grinnell, IA 50112

(641) 269-4944

The Liberal Arts in Prison Program enrolls incarcerated students in a demanding, rich college program equivalent to a year at Grinnell College.

We also host a student volunteer program that supports and supplements our accredited program. Through this work, we foster reciprocal learning that enriches lives both inside and outside the fences and affirms the transformative power of liberal arts education

<http://www.grinnell.edu/academics/centers/liberal-arts-prison>

Employment - Temporary Staffing Agency

26 East Main Street

Suite A

Marshalltown, IA 50158

Phone (641) 753-5589

<http://www.qpsemployment.com>

Family - Family Services

All services can be found on the website.

<https://dhs.iowa.gov/node/5>

Food - Free Meals

Get or donate food.

<http://www.foodbankiowa.org/>

Free - Free Phone

Bureau of Health Statistics

Lucas State Office Building, 1st Floor

321 E. 12th Street

Des Moines, Iowa 50319-0075

How to request a certified record by phone: Call

VitalChek toll-free at (866) 809-0290 from 6:00

a.m. CST through 7:00 p.m. CST, Monday through

Friday, except holidays.

<https://idph.iowa.gov/health-statistics/request-record>

Health - Addiction Recovery

SMART Recovery is the leading self-empowering addiction recovery support group. Our participants

learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups.

The SMART Recovery 4-Point Program helps people

Citizenship - Consumer Services

Consumer Services!

http://www.iowa.gov/government/ag/protecting_consumers/index.html

Citizenship - Department of Motor Vehicles

<http://www.iowadot.gov/mvd/>

Citizenship - Voting Rights

ACLU Voting Rights and Restrictions

<https://www.aclu.org/issues/voting-rights/voter-restoration/felony-disenfranchisement-laws-map?redirect=maps/map-state-criminal-disfranchisement-laws>

Employment - Temporary Staffing Agency

1108 West Street

Grinnell, IA 50112

Phone: (641) 236-9722

<http://www.qpsemployment.com>

Family - Child Support

Child Support Recovery Unit (CSRU) is responsible for assisting families to achieve and maintain economic self-sufficiency by establishing and enforcing child and medical support orders and processing support payments.

If you have questions, call your local CSRU office.

Our local CSRU offices are open 8:00 a.m. to 4:30

p.m. central time Monday - Friday, except state

holidays. You can also call the child support

automated information line 24 hours a day, 7 days

a week at 1-888-229-9223 (toll free nationwide) for

additional information.

<http://dhs.iowa.gov/>

Food - Food Pantry

Find local pantries, soup kitchens, food shelves, food banks and other food help.

<https://www.foodpantries.org/st/iowa>

Free - Free Phone

Assurance Wireless

P.O. Box 5040

Charleston, IL 61920-9907

1-888-321-5880

Assurance Wireless provides eligible consumers

with free monthly data, unlimited texting, free

monthly minutes plus a free Smartphone. Lifeline

enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria.

Residents of homeless shelters, nursing homes

and temporary addresses may also be eligible.

<https://www.assurancewireless.com/lifeline-services/what-lifeline>

Free - Free Stuff

We are a grassroots and entirely nonprofit

movement of people who are giving and getting

stuff for free in their own Towns. It's all about

reuse and keeping good stuff out of landfills.

Membership is free.

<https://www.freecycle.org/>

Health - Free/Sliding Scale Clinic

The largest network of free medical clinics in the state of Iowa, Free Clinics of Iowa is a

recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support. If you're new to SMART Recovery, get started with our introduction on the website.

<http://www.smartrecovery.org/>

Health - Free/Sliding Scale Clinic with Dental

Listings that can help low-income and uninsured people connect with a clinic or community health center in their area. These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.

https://freeclinicdirectory.org/iowa_care.html

Shelter - Energy Assistance

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally-funded program designed to assist low income families meet the cost of home heating by providing a one-time payment to the heating utility.

http://www.dcaa.iowa.gov/bureau_EA/index.html

Shelter - Shelters

We provide an online directory of shelters in Iowa.

<https://www.shelterlist.com/state/iowa>

donor-supported, not-for-profit organization, consisting of an administrative office and over 30 member free clinics

<http://www.freeclinicsofiowa.org/>

Money - Finances/Budgeting

800.388.2227

Free Credit Counseling! Our mission is to help all Americans gain control over their finances. For over 60 years, NFCC and its member agencies have helped people just like you pay off debt and grow in their financial capability. Our services help people overcome financial challenges at nearly every stage of life.

<https://www.nfcc.org/>

Shelter - Low Income Housing

Find low income apartments in Iowa along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.

<https://www.lowincomehousing.us/IA.html>

Shelter - Transitional Housing

1-855-860-3119

Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations

<https://www.transitionalhousing.org/state/iowa>