

### **Citizenship - Birth Certificate**

[http://www.idph.state.ia.us/apl/health\\_statistics.asp](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>

### **Citizenship - Legal Assistance**

Provides direct referrals; handles prison litigation conditions on a limited basis.  
ACLU of Iowa  
901 Insurance Exchange Bldg.  
Des Moines, IA 50309-2316  
Phone: (515) 243-3576  
Fax: (515) 243-8506  
<http://www.aclu-ia.org/>

### **Employment - Employment Services**

Information about State Department of Labor resources may be of interest to potential employers looking for incentives to hire individuals with criminal histories and to service providers and individuals with criminal histories who are looking for assistance in finding employment.  
Administrative Offices:  
Iowa Workforce Development  
1000 East Grand Avenue  
Des Moines, Iowa 50319-0209  
Telephone: (515) 281-5387 or (800) JOB-IOWA

<http://www.iowaworkforce.org/files/contiwd.htm>

### **Employment - Job Training**

Spectrum Resources  
Phone: 515-288-1023  
1700 Keosauqua Way  
Des Moines, Iowa 50314  
[kabdarrashid.spectrum@yahoo.com](mailto:kabdarrashid.spectrum@yahoo.com)  
<http://spectrumresourcesdsm.org/home>

### **Employment - Workforce Development**

Labor services, unemployment, workers comp. and more  
<http://www.iowaworkforce.org/>

### **Employment - Workforce Development**

All services for employment and training can be found on the website.  
<https://www.iowaworkforcedevelopment.gov/>

### **Family - Family Services**

All services can be found on the website.  
<https://dhs.iowa.gov/node/5>

### **Food - Food Pantry**

Dubuque, Iowa 52001  
(319) 557-7474  
Steve Jacobs  
Food Pantry (M 8:00-5:00; T, W, Th 8:00-12:00)  
[http://www.worldfoodprize.org/en/events/iowa\\_hun](http://www.worldfoodprize.org/en/events/iowa_hun)

### **Citizenship - Consumer Services**

Consumer Services!  
[http://www.iowa.gov/government/ag/protecting\\_consumers/index.html](http://www.iowa.gov/government/ag/protecting_consumers/index.html)

### **Citizenship - Department of Motor Vehicles**

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

### **Citizenship - Legal Assistance**

Henderson County Public Library District  
110 Hill Crest Drive  
Biggsville, IL 61418  
Phone: 309.627.2450  
<http://www.illinoislegalaid.org/index.cfm?fuseaction=directory.selfHelpCenterList>

### **Citizenship - Voting Rights**

ACLU Voting Rights and Restrictions

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

### **Employment - Employment Services**

2478 E. Euclid Ave  
Des Moines, IA 50317  
Contact This Branch  
Branch Hours  
8am - 5pm Monday - Friday  
Phone: (515) 254-9026  
Fax: (515) 254-9038  
<http://www.spartanstaffing.com>

### **Employment - Licensing Information**

Iowa Workforce Development contributes to the economic security of Iowas workers, businesses and communities through a comprehensive statewide system of employment services, education and regulation of health, safety and employment laws.

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

### **Employment - Workforce Development**

Iowa manufacturers are the driving force behind the states labor market. Fueled by heavy expansion in durable goods production, during the past decade, the number of Iowa manufacturing jobs grew by 3.4 percent and accounted for nearly three-fourths of the states employment increase. Today, more than 200,000 Iowans are employed by the 4,000 manufacturers throughout the state. Please visit the website for more information!  
Iowa Economic Development Authority  
200 East Grand Avenue  
Des Moines, Iowa 50309 USA  
Call: 1.515.725.3000  
e-mail: [info@iowa.gov](mailto:info@iowa.gov)  
<http://www.iowaeconomicdevelopment.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.

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### **Food - Free Meals**

Get or donate food.  
<http://www.foodbankiowa.org/>

### **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-service/s/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 - Alcoholics Anonymous**

Welcome to AA Iowa, a state-wide recovery resource devoted to supporting the men and women of Iowa. AA Iowa helps individuals struggling with alcoholism find the help they need on a local basis. Discover Iowa Alcoholics Anonymous meetings per county or city, and take the next step to overcome alcohol addiction.  
<https://alcoholicsanonymous.com/aa-meetings/iowa/>

### **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](https://freeclinicdirectory.org/iowa_care.html)

### **Health - Reduced Cost Medication**

Iowa Health and Wellness Plan: Beginning on January 1, 2014, Medicaid will provide health care coverage to adults age 19-64 with income up to and including 133 percent of the Federal Poverty Level. To learn more about Iowa Health and Wellness Plan view the Iowa Health and Wellness Plan plan comparison.  
Medically Needy: If your income is too high for Medicaid but your medical costs are so high that it uses up most of your income. You may qualify for some payment help through the Medically Needy plan. If you qualify you are responsible for paying some of the costs of your medical expenses.  
Medicare Assistance: If your income is low and you

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**

Bernard, Iowa 52032  
(319) 879-3496  
Rita McCarthy  
Food Pantry (every 2 weeks, 6:30PM-7:30PM)

### **Food - Food Pantry**

Find local pantries, soup kitchens, food shelves, food banks and other food help.  
<https://www.foodpantries.org/st/iowa>

### **Food - Meals**

205 15th Street  
Des Moines, 50309  
Ph: (515) 284-5719  
Fax: (515) 883-1692  
<http://www.centraliowashelter.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 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**

The largest network of free medical clinics in the state of Iowa, Free Clinics of Iowa is a donor-supported, not-for-profit organization, consisting of an administrative office and over 30 member free clinics

have a hard time paying Medicare premiums, Medicaid may be able to help pay the premiums. Iowa.

Medicaid Enterprise  
100 Army Post Road  
Des Moines, Iowa 50315  
Phone Number 515-256-4600  
Operating Hours are Monday through Friday 8:00 AM to 4:30 PM  
<http://dhs.iowa.gov/ime/members/who-receives-medicaid>

### **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/>

### **Reentry Resource - Multiple Resources Available**

Our findhelp technology powers Americas leading social care network. Our network features more than 300,000 free and reduced-cost programs in all 50 U.S. states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.  
<https://www.findhelp.org/find-social-services/iowa>

### **Shelter - Shelters**

205 15th Street  
Des Moines, 50309  
Ph: (515) 284-5719  
Fax: (515) 883-1692  
<http://www.centraliowashelter.org/>

### **Volunteer - Volunteer Opportunities**

At JustServe, we believe that nothing should get in the way of organizations and volunteers coming together to do good things for the community.  
<https://www.justserve.org/>

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

### **Health - Health Department**

The Iowa Departments of Public Health (IDPH) and Human Services (DHS) are one step closer to becoming a single agency. All services can be found on the website.  
<https://idph.iowa.gov/>

### **Money - Finances/Budgeting**

GreenPath will work with you to build a personalized plan of action for regaining control of your debt. We assess your household budget, find places for you to save, and help you prioritize your payments to creditors and plan a lifestyle that you can afford. It all works toward helping you achieve your financial goals, better manage debt and avoid problems in the future. Available in Spanish.  
<http://www.greenpath.com/>

### **Money - Social Security Benefits after Incarceration**

Social Security and Supplemental Security Income Benefits  
Individuals released from incarceration may be eligible for Social Security retirement, survivors, or disability benefits if you have worked or paid into Social Security enough years or Supplemental Security Income benefits if you are 65 or older, or are blind, or have a disability and have little or no income and resources.  
If you believe you qualify, call our toll-free telephone number, 1-800-772-1213.  
If you are deaf or hard of hearing, call TTY 1-800-325-0778.  
<https://www.ssa.gov/reentry/benefits.htm>

### **Reentry Resource - Multiple Resources Available**

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365.  
<https://www.211iowa.org/>

### **Shelter - Transitional Housing**

Homeless shelter and halfway house  
1521 6th Avenue  
Des Moines, IA  
515-282-0549  
Website: [www.hansenhouseofhospitality.com](http://www.hansenhouseofhospitality.com)

### **Volunteer - Volunteer Opportunities**

We make it easy for good people and good causes to connect. We are a community that believes in the power of volunteering to enrich our lives and the world around us. Find locations to volunteer near you!  
VIRTUAL VOLUNTEER opportunities are also available -  
<https://www.volunteermatch.org/virtual-volunteering>  
<http://www.volunteermatch.org/>