

### **Citizenship - Birth Certificate**

Lucas State Office Building  
321 E. 12th Street  
Des Moines, IA 50319-0075  
Phone: (515) 281-7689  
Hearing or Speech Impaired: 711 or 1-800-735-2942  
Certified copies of birth, death, or marriage certificates may be obtained from the state office of vital records by telephone, in-person, or through a postal service.  
<https://idph.iowa.gov/health-statistics/vital-records>

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

Vehicle registration, drivers licensing information, manuals and resources  
<http://www.iowadot.gov/mvd/index.htm>

### **Citizenship - Legal Assistance**

Operate legal clinic in areas of criminal defense, immigration, disability rights, and workers' rights. University of Iowa College of Law, Legal Clinic  
290 Boyd Law Building  
Iowa City, IA 52242-1113  
Phone: (319) 335-9034  
Fax: (319) 335-9019  
Email: [law-webmaster@uiowa.edu](mailto:law-webmaster@uiowa.edu)  
<http://law.uiowa.edu/>

### **Education - Free Audio Books**

Free public domain audiobooks. LibriVox has a huge selection of free audiobooks that are recordings of volunteers who have read chapters from books that are in the public domain.  
<https://librivox.org/>

### **Education - Higher Education**

A university that works for you. Our 100% online, tuition-free degree programs are designed to fit your life.  
Programs: Business Administration, Computer Science, Health Science, Education, Associate Degree, Bachelor Degree, Master Degree

<https://www.uopeople.edu/>

### **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 - Temporary Staffing Agency**

610 32nd Ave SW Ste A  
Cedar Rapids, IA 52404  
Phone: 319-362-9555  
<http://www.qpsemployment.com>

### **Employment - Workforce Development**

### **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**

800 Lincoln Way  
Ames, IA 50010  
515-244-8725  
Driver's license and ID  
<https://iowadot.gov/mvd/driverslicense>

### **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>

### **Education - Free Audio Books**

Free cultural and educational media access.  
<https://www.openculture.com/freeaudiobooks>

### **Education - Higher Education**

Freshman Year for Free. Take tuition-free, high quality courses online from top institutions for college credit. Modern States Education Alliance is a non-profit dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Its founding principle is that access to affordable education is fundamental to any philosophy that respects all individuals, and fundamental to the American dream. Modern States' initial program, Freshman Year for Free, is intended to let students earn up to one year of college credit without tuition or textbook expense. Modern States hopes to provide links for students to tutoring, mentoring and college advising groups as well.  
[https://modernstates.org/?gclid=EAlaQobChMIoIO16uee9gIVl\\_3jBx34gQCHEAAYASAAEgKfRfD\\_BwE](https://modernstates.org/?gclid=EAlaQobChMIoIO16uee9gIVl_3jBx34gQCHEAAYASAAEgKfRfD_BwE)

### **Employment - Licensing Information**

Iowa Workforce Development contributes to the economic security of Iowans 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 - Temporary Staffing Agency**

208 Stevens Drive  
Iowa City, Iowa 52240  
Phone: 319-430-6863  
<http://www.qpsemployment.com>

### **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.

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 - 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>

### **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

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. 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-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 - 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

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 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 - Free Credit Report**

Free credit reports authorized by federal law. Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company.

<https://www.annualcreditreport.com/index.action>

### **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 - Financial Counseling**

HUD sponsors housing counseling agencies throughout the country that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues. This link sends you to a page that allows you to select a list of agencies for each state. You may search more specifically for a reverse mortgage counselor or if you are facing foreclosure, search for a foreclosure avoidance counselor.

<http://hud.gov/offices/hsg/sfh/hcc/hcs.cfm?weblistaction=summary>

### **Shelter - Shelters**

We provide an online directory of shelters in Iowa.  
<https://www.shelterlist.com/state/iowa>

### **Shelter - Transitional Housing**

Transitional housing is supportive housing that helps fight homelessness. Find transitional housing in your state by clicking on the link! We have over 6,864 transitional housing locations in our database. We also provide as much information on each housing location along with pictures.

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

### **Special Considerations - Disability Support**

All services can be found on the website.

<https://dhs.iowa.gov/mhds/disability-services>

### **Volunteer - Volunteer Opportunities**

We make it easy for good people and good causes

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

<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**

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 - 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](http://www.dcaa.iowa.gov/bureau_EA/index.html)

### **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>

### **Special Considerations - Disability Support**

Government agencies and disability rights organizations in Iowa.

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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>

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

[https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6992-Iowa\\_Disability\\_Resources\\_and\\_Advocacy\\_Organizations](https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6992-Iowa_Disability_Resources_and_Advocacy_Organizations)

### **Special Considerations - Elders**

The Iowa Department on Aging strives to improve the quality of life of older Iowans by connecting them to services provided by Iowa's six Area Agencies on Aging. Learn how you or your loved one can connect to nutrition services, caregiver support, case management, and more  
<https://iowaaging.gov/>

### **Your Leisure Time - Leisure Activities**

The mission of Meetup is to revitalize local community and help people self-organize. Meetup believes that people can change their personal world, or the whole world, by organizing themselves into groups that are powerful enough to make a difference. More than 9,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities.

Please visit the website to join and find a Meetup group!

<http://www.meetup.com/>