



## ▶ Greater Des Moines Area



# Shelter & Services Book

Iowa Institute for Community Alliances

1111 9th Street, Suite 245  
Des Moines, IA 50314

Phone: 515-246-6643  
Fax: 515-246-6637  
E-mail: iainstit@aol.com

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### Services

- Food
- Shelter/Housing
- Health Care
- General Assistance
- Legal/Advocacy
- Clothing

**Primary Health Care Homeless Outreach****979 Oakridge Drive —248-1500**

Monday—Friday 8 am - 4 pm

-provides outreach, information & referral, and case management services to assist individuals and families in obtaining housing and necessary services.

**Red Cross****Just dial 211**

Seven days a week, 24 hours

-provides referrals to human services providers in the area over the phone

**Iowa Sexual Abuse Hotline****1-800-284-7821**

-Free 24-hour support, information & referral for survivors of sexual assault

**Bargain Basket, Junior League of Des Moines****520 E. 6th Street****246-8545**

10 am—4:30 pm Mon-Sat.

**Disabled American Veterans Thrift Store****2627 East University Ave****262-3850**

8am-7:30pm Mon-Sat

**Bon Marche, Luther Park Care Services (formerly Discovery Shop)****University Park****8801 University, Clive****225-3366**

10am-5pm Mon-Fri

10am-4pm Sat

12pm-3pm Sun

**Hope Ministries Bargain & Community Outreach Center****4950 Old East University Ave in Pleasant Hill****262-0876****www.hopeiowa.org**

Hours 9 am—5 pm Mon-Sat

*-thrift store, donation & recycling center. Offer free clothes thru King's Closet program*

**Goodwill Industries****3251 E. Euclid****265-6650**

9 am—9 pm M-F

9 am—6 pm Sat

12 pm—5 pm Sun

**3333 SE 4th St****287-5578**

9 am—9 pm M-F

9 am—6 pm Sat

12 pm—5 pm Sun

**8621 Douglas****270-6631**

Same Hours As Above

**Not New Too, Iowa Lutheran Hospital****1140 Pennsylvania Ave****266-7610**

10am-3pm Mon-Wed, Fri-Sat

10am-6pm Thur

Furniture:

11am-3pm Mon-Fri

**St. Vincent de Paul****1426 6th Ave 282-8327**

8:30am-5pm Mon-Sat

**Salvation Army Thrift Store****211 E. Court Avenue****243-4277**

9am-6pm Mon-Thu

9am-8pm Fri-Sat

**American Red Cross  
Central Iowa Chapter  
2116 Grand Ave  
243-7681**

8am-5pm Mon-Fri  
-Provides clothing vouchers to those affected by fires or natural disasters.

**Hope Ministries  
265-7272**

[www..hopeiowa.org](http://www..hopeiowa.org)  
8 am—4:30 pm Mon-Fri  
-referrals for free clothing only through their King's Closet member agencies.

**Polk County  
General Assistance  
1900 Carpenter Ave  
286-2088**

8am-4:30pm Mon-Fri  
-Provides clothing vouchers for qualifying low-income persons

**School Clothing Program,  
Des Moines Schools  
1001 Amos Ave #450  
242-7890**

8am-4pm Mon-Fri  
-Offers a \$50 clothing voucher per child to lower income families with children in the Des Moines Public School system. Must speak with school social worker or counselor to apply.

**Veterans Affairs  
120 2nd Ave # 236  
286-3670**

8am-4pm Mon-Fri  
-Clothing vouchers are offered for eligible Veterans.

**Runaway Hotline**

**800-621-4000**

Seven days a week, 24 hours  
-hotline for youth and their families providing crisis intervention, information, and messaging.  
-Can also provide a free bus ride home through Greyhound's Home Free program

**Iowa Concern Hotline**

**800-447-1985**

-Iowa Concern provides legal information over the phone at no cost.

**Children & Family  
Urban Ministries**

**1548 Eighth Street 282-3242**

Breakfast—6:15 am-8:00 am

Monday-Friday

Dinner—4:45 pm-5:30 pm

Monday-Saturday

Fall, Spring & Summer Breaks

Breakfast—6:15 am-8:05 am

**Central IA Shelter & Services**

205 15th Street 284-5719

Lunch—11:30 am-12:30 pm

Monday-Friday

**Des Moines Catholic  
Worker House**

**Bishop Dingman House**

[www.DesMoinesCatholicWorker.org](http://www.DesMoinesCatholicWorker.org)

**1310Seventh Street 243-0765**

Food Pantry & Bread Giveaway

12pm-7pm Sun, Tues-Sat.

Lunch—12 pm—2 pm

Sun, Tue, Thurs-Sat.

Dinner—6 pm

Sun., Tue, Thurs-Sat.

\*\*Also Daytime Drop-In

Hospitality (Bathroom, shower,  
phone & toiletries)

**Eddie Davis Community  
Center**

1312 Maple Street 277-1103

Lunch—11 am-1 pm

Monday-Friday (Sept.-June)

**Hope Ministries—Hope  
Cafe**

**1310 Sixth Avenue 244-5445**

[www.hopeiowa.org](http://www.hopeiowa.org)

- Open every day—year-round free to men, women and children

- Breakfast - 7:00 a.m.

- Lunch—12:00 p.m.

- Dinner—5:00 p.m.

- **Sunday**

Breakfast—8:00 a.m.

Lunch—1:30 p.m.

**Iowa Homeless Youth  
Centers**

**701 Grand Avenue 883-2379**

Lunch—12 pm

Mon, Wed, Fri, Sat.

(Connection Café)

Dinner—4:30 pm

Monday-Friday

(Community Kitchen)

**Lighthouse Baptist**

**1600 E. Capitol Ave.**

**262-3800**

Dinner—4 pm-6 pm

Monday-Friday

**Norwoodville Community  
Center**

**3077 NE 46th Ave.**

**266-5794**

Dinner—3:30 pm

Monday-Friday

**Agape Pregnancy Center**  
**2550 Martin Luther King**  
**255-0243**

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

-Must call first for assistance  
with clothing.

**Amazing Grace Ministries  
and Outreach**

**1409 23rd St 277-9062**

11am-12:30pm Sat

-Serves anyone in need,  
including undocumented  
individuals.

**Bidwell-Riverside Center**  
**1203 Hartford Ave 244-6251**

10am-12pm, 1pm-3pm

Mon-Fri

-Open to anyone living on the  
south side of Des Moines.

**Capitol Hill Lutheran  
Church**

**511 Des Moines St 244-8913**

3pm-5pm Wed

9:30am-11:30am Sat

**Clothes Hanger**

**113 2nd St SE, Altoona**

**967-5147**

9am-11am 1st & 3rd Sat

1 pm-3pm 2nd & 4th Tues

-Must live in Altoona and/or  
the Southeast Polk School  
District

**First Federated Church**  
**4801 Franklin Avenue 255-**  
**2122 ext 122**

12:30pm-2pm Wed.

**Friendship Baptist Center**  
**1526 Martin Luther King**  
**244-1701**

9:30am-12pm Tue-Th

-Open to anyone living in the  
area.

**Highland Park Christian  
Church**

**4260 NW 6th Dr**

**244-3182**

9:30-11:30am Mon, Fri

**TAKE (The Ankeny  
Klothing Exchange)**

**406 SW School St, Ankeny**

**St #306 965-9606**

9am-2pm 2nd & 4th Wed

9am-12pm 2nd Sat

**West Des Moines Human  
Services Center**

**318 5th St WDM 222-3660**

9am-3pm Mon, Tue, Th

-Serves WDM, Windsor Heights,  
Clive, Urbandale and rural west  
Polk County



**Central Iowa Center for Independent Living**  
**655 Walnut St 243-1742**  
 8am-4:30pm Mon-Fri  
 -Offers information and referral, counseling, and advocacy for persons with disabilities.

**Citizens for Community Improvement**  
**2005 Forest Ave**  
**255-0800**  
 9am-5pm Mon-Fri  
 -Provides counseling for home buyers, credit counseling, and budgeting.  
 -Money Management Counseling  
 -Homeownership Classes  
 -Money Management Classes

**Home, Inc.**  
**1111 9th St, Suite 210**  
**243-1277**  
 8am-12pm & 1 pm & 4 pm  
 Mon-Fri  
 -Provides information, referral and counseling for persons dealing with housing issues including landlord/tenant issues, terminations and evictions, and home purchase.

**Iowa Coalition Against Domestic Violence**  
**515 28th St, Suite 104**  
**244-8028**  
 -Provides support services for victims of domestic violence, including education,

**Iowa Protection and Advocacy Services**  
**950 Office Park Road, WDM**  
**278-2502**  
 8am-5pm Mon-Fri  
 -Provides advocacy to persons with physical or mental disabilities in the areas of abuse, neglect, housing, employment, education, and denial of services.

**Latinas Unidas Por un Nuevo (LUNA)**  
**515 28th St, Ste 105**  
**271-5060**  
**Crisis Line 866-256-7668**  
 8am-5pm Mon-Fri  
 -Advocates for Hispanic/Latina women. Provides personal and legal advocacy, counseling, and a 24-hour crisis line.

**Polk County Senior Center**  
**2008 Forest Avenue**  
**286-3677**  
Dinner: 4:30 pm Mon-Fri

**Salvation Army**  
**1326 6th Avenue 282-3599**  
Breakfast—5 am-7:30 am  
 Tuesday and Friday

**Southeast Center**  
**2501 SE Maury 265-6414**  
 Dinner—4:00 pm Mon-Fri

**DM Area Religious Council**  
**3816 36th Street 277-6969**  
 8 am-4:30 pm  
 Monday through Friday  
*For donations and Food Pantry Boundaries*

**DMARC Food Pantry Sites:**  
*(must live within food pantry boundaries):*

**Ankeny Food Pantry**  
**406 SW School Str, Suite 305**  
**Ankeny—965-0433**  
 9 am-12 pm and 1 pm-4 pm  
 Monday through Friday

**Bidwell-Riverside Center**  
**1203 Hartford 244-6251**  
 10 am-12 pm & 1 pm-2:45 pm  
 Monday through Friday

**Christ Apostolic Temple**  
**1230 E 17th Street 265-2417**  
 10 am-2 pm Tuesday, Thursday

**Christian Community Food Pantry**  
**1700 Eighth St, Altoona**  
**967-5184**  
*Must live in the SE Polk School District*  
 4 pm-6 pm  
 Monday, Wednesday

**First Assembly of God**  
**2725 Merle Hay Rd 279-9766**  
 11 am-12 pm Mon, Wed  
 6 pm-7:30 pm Thurs

**First Federated Church**  
**4801 Franklin Ave 255-2122**  
 9 am-11 am Tuesday

**Forest Ave. Community Services Site Office**  
**2011 Forest Ave. 248-6216**  
 9 am-12 pm & 1 pm-3 pm  
 Monday—Wednesday, Friday  
 1 pm-3 pm Thursday

**Iowa Homeless Youth Centers**  
**701 Grand Ave 243-1381**  
 8 am-11 am Tuesday-Friday  
 Closed Monday

**Polk County Food Stamp Program**  
**1200 University 283-9238**  
 8 am-4:30 pm  
 Monday through Friday

*-Must come before 4 pm for application*

**Drake Law School Legal Clinic**  
**(Neal & Bea Smith Law Center)**  
**2400 University Ave**  
**271-3851**  
 8am-4:30pm Mon-Fri  
 -Provides legal assistance in Elderly Law, Civil Law, Children's Rights, and Criminal Law at a low cost.

**Iowa Coalition Against Sexual Assault**  
**Iowa Sexual Abuse Hotline**  
**1-800-284-7821 (free 24-hour support, information & referral for survivors of sexual assault)**  
 8:30am-4pm Mon-Fri  
 - The Iowa Coalition Against Sexual Abuse Legal Assistance to Victims program provides information and referrals for legal issues related to sexual assault. We also provide legal representation to sexual assault survivors in some cases, dependent upon the facts of the case and resources available. Representation is limited to civil cases and has included family, juvenile and immigration matters.

**Iowa Legal Aid**  
**1111 9th St, Suite 230**  
**243-2151**  
 8:30am-5pm Mon-Fri  
 -Provides free legal counseling and representation to qualified low-income Iowans with civil legal programs.

**Lawyer Referral Service**  
**www.iowabar.org**  
**625 E. Court Avenue**  
**243-3179**  
 8:30am-4pm Mon-Fri  
 -Offers assistance in referring to an appropriate lawyer.  
 Charges \$25 dollars for the first half an hour.

**United States Citizenship and Immigration Services**  
**210 Walnut St, Room 369**  
**Federal Building**  
**323-2050**  
 8am-4pm Mon-Fri  
 -Provides information regarding aliens, naturalization, work authorization permits, Visa petitions and immigrant status

**Youth Law Center**  
**300 Walnut St #295**  
**1-800-728-1172**  
**info@youthlawcenter.org**  
 8am-4:30pm Mon-Fri  
 -Provides free juvenile court representation to Polk County youth and free legal advice to youth across the state of Iowa

**PEER Advocacy Program**  
**1914 Carpenter St**  
**286-3679**

8am-5pm Mon-Fri  
 -Connections Senior Citizens to available resources in the community. Provides advocacy, meals, transportation and some assistance filling out forms for seniors.

**West Des Moines Human Services**  
**318 5th Street**  
**West Des Moines**  
**222-3660**

8am-4pm Mon-Fri  
 -Transportation for West Des Moines Residents

**Polk Co Supplemental Food Program**  
**1907 Carpenter St 286-3659**

9 am-4:30 pm  
 Monday through Friday  
 (9 am-5pm 1st 2 Mondays)

\*\*Closed on last 2 working days of the month, weekends & holidays\*\*

*-supply of canned juices, meats, vegetables, fruits, cheese, peanut butter, beans, pasta, canned & powdered milk, hot and cold cereals, infant formula and other supplies*

*-for persons 60 and older OR pregnant or parenting women with children under age 6*

**St. Benedict Mission**  
**1224 MLK Jr. Pkwy 244-2986**

2:30 pm-4:30 pm  
 Monday, Friday

**St. Mary's Family Center**  
**1815 Hubbell Ave 262-7290**  
 10 am-3:30 pm  
 Monday through Friday

**Salvation Army**  
**1330 Sixth Ave 282-3422**  
 9 am-11:30 am & 1 pm-3:30 pm  
 Monday through Friday

**Salvation Army Citadel (East)**  
**1216 E 25th Court 266-3156**  
 11 am-3pm Monday through Friday  
 \*Closed Tuesday Morning

**Salvation Army Temple (West)**  
**1330 6th Ave 282-3422**  
 9 am-11:30 am & 1 pm-3:30 pm  
 Monday through Friday

**WDSM Human Services**  
**318 Fifth Street 222-3660**  
**West Des Moines**  
 9 am-3 pm Monday, Tuesday & Thursday  
 9 am-12pm Wednesday & Friday

**YWCA Community Center**  
**701 Grand Ave 243-1381**  
 9am-11:45am Mon-Fri

**Hope Ministries  
Bethel Mission (Men Only)  
1310 Sixth Ave 244-5445  
www.hopeiowa.org**

7 days a week, 24 hours  
-phones answered 24 hours a day

- 108 bed emergency shelter providing three meals a day, clothing, shelter, laundry, health clinic, counseling, case management, street outreach and support services for men ages 18 and older.

**COST**

First 30 Days—NO Cost  
\*Continues to be free if enrolled in the Journey of Hope (Continuum of Care) Recovery Program  
After 30 Days—\$6 per night  
After 60 Days—\$7 per night  
After 90 Days—\$8 per night

**Central Iowa Shelters & Services (formerly Churches United)  
(Men and Women Only)  
205 15th Street 284-5719**

7 days a week 4pm—8 am Daily  
-provides shelter for men and women ages 18 and over.  
-provides meals, laundry, transportation and health clinic.

**Des Moines Area Interfaith Hospitality Network (Families)  
4114 Allison Avenue  
277-7051**

-provides shelter, meals, and case management to homeless families with minor children.

No Cost

**Family Violence Center  
Location Confidential  
243-6147**

7 days a week, 24 hours  
-offers safe shelter for victims of domestic violence and their children

-services include individual and support groups, counseling, court advocacy, child advocacy, case management, outreach, emerg. clothing, and personal items

No Cost

**Freedom for Youth Ministries (Youth)  
2301 Hickman Road  
282-4822**

9 am-5pm Mon-Fri (by phone)  
Program:

Tues & Thrs 3pm-7pm  
Saturdays 12pm-4pm

\*Training programs, meals, and recreation for at risk youth ages 13 to 17.

*No overnight stays allowed.*

No Cost

**American Red Cross  
Central Iowa Chapter  
2116 Grand Ave  
243-7681**

8am-5pm Mon-Fri  
-Phone answered 7 days a week, 24 hours.  
-Provides emergency assistance for victims of fires or natural disasters. Financial assistance, food, shelter and clothing available for these individuals/families.

**Des Moines Regional Transit Authority (DART)  
1100 Dart Way  
283-8100**

Office Hours: 8am-5pm M-F  
Bus Service: Hours vary by route—runs 7 days a week  
Phones Answered:  
6am-7pm Mon-Fri,  
7am-5pm Saturdays &  
8am-4pm Sundays  
Provides public transportation services to residents of the Greater Des Moines area.  
OTT (Opportunities Through Transit) - discounted bus pass for low income households.  
Paratransit—provides transportation for disabled/elderly persons.  
Senior and Disabled Reduced Fare ID cards available

**Family Directions of Iowa Services  
1211 Vine St, #2140 WDM  
255-9490**

9am-5pm Mon-Fri  
-Parents Anonymous  
\*Community Family Support Programs  
-The Parenting Way \*Ten Week Parent Education Classes  
-Parents as Teachers \*In-Home Parent Education Children 0-5  
-Teens & Teen Parent Programs  
-Reentry & Recovery Programs  
\*Parents in Transition

**Hispanic Educational Resources, Inc.**

**828 Scott Ave 282-6542**  
6:30am-5:30pm Mon-Fri  
-Offers services specifically to the Hispanic/Latino community. Services include ESL, Children's Center, and case management.

**Iowa Department of Human Services, Polk Cty  
1200 University Ave  
283-9238**

8am-4:30pm Mon-Fri  
-Administers entitlement programs, including FIP, Food Stamps, day care assistance, child and dependent adult abuse reporting, caretaker waiver programs, and Medicaid.

**WIC (Women, Infant and Children)****2300 Euclid Ave, Suite D  
282-5800**

8 am—4:30 pm Monday-Friday

-Provides women who are pregnant or parenting young children with nutrition education, and monthly assistance in purchasing supplemental foods.

**Hansen House of Hospitality (Men Only)  
1521 Sixth Ave 282-0549**

7 days a week

*-provides shelter and meals for ten men 18 and older who were recently released from prison*

*-residents are required to actively seek employment be alcohol/drug free and avoid violent behavior.*

No Cost**Harbor of Hope Mission (Men Only)****1617 Oakland St  
244-0370**

Seven days a week, 24 hours

*-provides shelter to adult men who are non-violent and alcohol/drug free*

Cost

First Night: No cost

After First Night: \$6 per night

**New Directions Shelter (Women with Children Only)****3001 Grand Ave.  
243-7456**

7 days a week, 24 hours

*-provides shelter, food and services for women with children only.*

*-30 day maximum stay. Does not accept families in a domestic violence situation.*

No cost**Iowa Homeless Youth Centers (Youth)****1219 Buchanan St  
265-1222**

7 days a week, 24 hours

*-provides shelter, food, case management, street outreach and health care for males and females ages 16-21 at the Buchanan Center*

*-provides transitional housing for parenting or pregnant women ages 16 to 25 at the Lighthouse Host Home.*

No Cost**Polk County General Assistance (Families)****1900 Carpenter Str.  
286-2088**

8 am-4:30 pm Mon-Fri

*-can offer emergency assistance to families in need of shelter or housing.*

*Workers stop interviewing at 3:45 pm.*

**St. Joseph Emergency Family Shelter (Families)  
1535 11th Street 282-1235**

7 days a week, 24 hours

*-provides emergency shelter, 3 meals, laundry and case management to homeless families with minor children.*

*-there is a maximum stay of 30 days*

No Cost

### Youth Emergency Services and Shelter (Youth)

918 SE 11th St  
282-9377

7 days a week, 24 hours  
-provides emergency shelter, respite, counseling, and family crisis mediation to youth ages 0 to 17

No Cost

\*The following 6 providing Energy Assist., Weatherization, Housing Rehabilitation programs, and payment planning specialists:

#### City of Des Moines Community Development 602 Robert D. Ray Dr 283-4180

8am-4:30 pm Mon-Fri  
-Administration office for the city's community site offices. Does not provide direct services to individuals.

#### Archie Brooks (Pioneer Columbus) Site Office 2100 SE 5th St 248-6214 9am-3pm Mon-Fri

#### Forest Avenue Community Services Site Office 2011 Forest Ave 248-6216 8am-5pm Mon-Fri

#### Logan Community Services Site Office 1740 East Garfield 248-6212 8am-5pm Mon-Fri

#### Red Rock Community Action Program 406 SW School St, Ankeny 965-0433 8am-4:30 pm Mon-Fri

#### \*Other Community Centers:

#### Polk County Crisis and Advocacy Services 525 SW 5th St, Suite H 286-3600

8am-4:30pm Mon-Fri  
Phone answered 7 days a week, 24 hours  
-Provides victim assistance to victims of sexual assaults.  
-Also assists families of homicide and suicide victims.

#### Urban Dreams 1410 6th Ave 288-4742

9am-11pm Mon-Fri  
9am-2pm Sat  
-Offers assistance and support for ex-offenders and their families.  
-Also has programs to address high risk youth and young adults, provide outpatient substance abuse, and offers parent education.

#### Young Women's Resource Center 705 East 2nd St 244-4901

8am-5pm Mon-Th  
8am-12pm Fri  
-Offers programs to young women, ages 11 to 21. Support group for young moms, information and referral services, baby items, case management, support for teens, and health pregnancy programs.

**St. Mary's Family Center  
(Catholic Charities)**  
**1815 Hubbell Ave 262-7290**  
 10am—3:30pm Mon-Fri  
 -Provides emergency financial assistance, personal care items, baby items (diapers, formula, etc.) and clothing.

**St. Vincent de Paul**  
**1426 6th Ave 282-8327**  
 8:30am—5pm Mon-Fri  
 -Provides financial assistance.  
 Does not assist in first month's rent or deposits.

**Salvation Army**  
**1326 6th Ave 282-3599**  
 8 am—11:30 am, 1pm—3:30pm  
 Mon-Fri  
 -Hours vary for financial assistance. Call first.  
 -Provides temporary financial assistance with rent and utility bills.

**Veterans Affairs**  
**120 2nd Ave, Room 236**  
**286-3670**  
 8 am—4pm Mon-Fri  
 -Provides temporary financial assistance for basic services (including Rent and Utility assistance). Must have served in Military during wartime.

**\*FOR RENT AND UTILITY ASSISTANCE, FIRST APPLY FOR ASSISTANCE THROUGH GENERAL ASSISTANCE OR VETERANS AFFAIRS**

**West Des Moines  
Human Services**  
**318 5th Street**  
**222-3660**  
 8 am—4pm Mon-Fri  
 -Provides emergency financial services

**Annie's House  
(Women Only)**  
**1136 Martin Luther King**  
**243-1903**  
 Seven days a week, 24 hours  
 -Offers transitional housing for women only. Mostly ex-offenders.  
Cost: \$75 per week

**Beacon of Life  
(Women Only)**  
**1717 Woodland Ave**  
**244-4713 ext. 13**  
 -Provides transitional housing, meals and support services to women ages 18 and over. Must obey rules, curfew. No drugs and must look for work.  
Cost  
 \$10 per night

**Buchanan Transitional  
Living Center (Youth)**  
**1219 Buchanan St 265-1222**  
 Seven days a week, 24 hours  
 -Transitional housing program for youth ages 16 to 21. Offer supportive services to assist youth in employment, health, and moving into permanent housing.  
No cost

**Four Oaks Family Living  
Center (Families)**  
**2150 Vine St #1211**  
**261-3719**  
 8 am—5 pm Mon-Fri  
 -Offers 10 transitional housing apartment units for families with minor  
Cost

**Good Samaritan Urban  
Ministries (Families)**  
**1353 9th St 283-0818**  
**ext 126**  
 8:30 am—5 pm Mon—Fri  
 -Provides a one to two year transitional housing program for homeless or at risk single mothers with minor children. Case management and other supportive services are available. Church attendance and Bible study are part of the program.  
Cost: Vary based on income

### Home Connection (Families)

3001 Grand Ave 244-9748

8 am—5pm Mon—Fri

-Provides housing to homeless families with minor children for periods up to two years. Helps families obtain resources and permanent living situations.

Cost: Varies

### Hope Ministries Family Center (Families)

3333 East University Ave  
264-0144

[www.hopeiowa.org](http://www.hopeiowa.org)

7:30 am –4 pm Mon-Fri

- a Christ-centered long-term residential and life recovery program for single homeless or displaced mothers and their children for up to 24 months. Provides 24 hour care and the H.E.A.R.T. program offering case management, counseling, life-skill training, recovery classes, transitional housing, free clothes, free meals, laundry and other support services

NO Cost:

### Hope Ministries

Door of Faith (Men Only)

6701 SW 9th St. 974-0545

[WWW.HOPEIOWA.ORG](http://WWW.HOPEIOWA.ORG)

*Phone answered 24 hours a day*

- *a 102 bed long-term recovery center for homeless and displaced men. Two programs offered—Men's Residence and the STAR program. Continuum of Care offering life-skills, recovery and spiritual growth classes, 3 meals a day, free clothing, laundry, case management, dental & eye care, transitional housing and support services for men ages 18 and over.*

#### STAR RECOVERY PROGRAM

##### COST

-No cost for men in the STAR Recovery Program

#### MEN'S RESIDENT PROGRAM

##### COST

1st 30 Days: \$8/night  
2nd 30 Days \$9/night  
3rd 30 Days \$10/night

### Central Place Family Resource Center 8325 NE University Ave 967-7806

8 am—4:30 pm Mon-Fri

-Provides on-site General Assistance for rent, mortgage, food, utility assistance and basic furniture items to families in the SE Polk Area.

### Creative Visions Human Development Institute 1343 13th St 244-4003

9 am—8 pm Mon-Thurs

9 am-5 pm Friday

-Can provide financial assistance for rent or utility bills. Must go through General Assistance first.

### Cross Ministries 1050 24th St 279-9998

9 am—12pm, 1:30pm-4:30 pm  
Tue-Fri

-Can assist with rent, deposit, utility bills, vouchers for laundry, and storage costs.  
-Personal Hygiene Pantry for toilet paper, shampoo, diapers, soap, etc.  
Restricted to the Greater Des Moines Area.

### Polk County General Assistance (General Relief) 1900 Carpenter St 286-2088

8:30 am—4:30 pm Mon-Fri

-Provides temporary financial assistance for basic services such as Rent and Utility assistance.

### Proteus, Inc. 3850 Merle Hay Road 271-5303

8 am—4:30 pm Mon-Fri

-Assists with emergency financial assistance to mainly non-English speaking individuals/families. Can assist English speaking individuals/families in emergency situations.

### St. Benedict Mission 1224 Martin Luther King 244-2986

2:30 pm—4:30 pm Wed

-Provides rent and utility assistance. Does not help with rental deposit.

**Hope Ministries**  
**Bethel Mission Facility**  
**1310 6th Ave**  
*-1 pm—4 pm Thursday*

**House of Mercy**  
**1409 Clark Street**  
*-8:30am-4:30pm Mon-Fri*  
*-4:00pm-7:30pm Tuesday*

**Iowa Shelter & Services**  
**205 15th St**  
*-4pm—8pm Wed*

**The Outreach Project**  
**979 Oakridge Dr**  
*-9am-6:30pm*  
*Monday-Friday*

**YESS**  
**918 SE 11th St**  
*-3:30 pm—7:30 pm*  
*Monday & Thursday*

**House of Mercy (Families)**  
**1409 Clark Street**  
**643-6500**

Seven days a week—24 hours  
 -Provides transitional housing and support for women and women with children. Programs available for homeless women with substance abuse issues. Counseling, medical care, employment preparation and child care are all available to residents.

**Lighthouse Host Home (Youth)**  
**1216 Martin Luther King**  
**288-7884**

8 am—5pm Mon-Fri  
 -Provides housing for 6 homeless pregnant or parenting young women (ages 16 to 25) and their children for up to 2 years. Support services include employment skills, education, parenting skills, and case management.

No cost

**Promise House (Freedom for Youth)**  
**3100 6th Avenue**  
**282-4822**

*—Transitional Housing for young men 18-22 years.*

**West Des Moines Human Services (Families)**  
**318 5th St 222-3660**

8 am—4 pm Mon thru Friday  
 -transitional housing program for families.

Cost

Based on income

**YMCA (Men Only)**  
**101 Locust St. 288-2424**

7 am—7 pm Mon—Thu  
 7 am—12 pm Fri  
 -Transitional housing for men ages 18 and over.

Cost

Based on 30% of income

**YWCA Emergency & Transitional Housing (Women Only)**  
**717 Grand Ave 244-8961 ext. 427 or mental health ext. 430**

Offers emergency, temporary and on-going housing for women. Must be non-violent, non-disruptive, sober behavior required. Also need valid ID. Emergency shelter requires agency referral.

Cost Varies

**YWCA (Families)**  
**717 Grand Ave 244-8961 Ext. 431**

Offers temporary and on-going housing for women and women with children. Must be non-violent, non-disruptive,

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**717 Grand Ave 244-8961  
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Offers temporary and on-going housing for women and women with children. Must be non-violent, non-disruptive, sober behavior required. Also need valid ID.

Cost: Varies

**Eyerly-Ball Community  
Mental Health Center  
1301 Center St  
243-5181**

-Individual, Group, Couple & Family Therapy  
-17 & older residing in Polk & Warren Counties  
-Fee for Service Program

**Broadlawns Medical Center  
282-2200**

-Mental Health Services

**Assessment**

**EFR—243-4200**

-Substance Abuse

**Broadlawns Medical Center  
282-2200**

- Substance Abuse Services

**House of Mercy  
643-6500**

-Outpatient Substance Abuse Services for women

**MECCA  
262-0349**

-Outpatient Substance Abuse Services

**MECCA  
262-0349**

—Inpatient Substance Abuse Services

**Powell  
263-2424**

-Inpatient Substance Abuse Services

**Primary Health Care  
248-1500**

-Substance Abuse Services for persons experiencing homelessness

**United Community Services  
280-3860**

-Substance Abuse Services

**Mae E Davis Medical Center**  
**131 9th Street WDM**  
**284-8808**  
 7 pm—9pm Tue  
 -Walk in or call  
No cost

**Margaret Cramer Free Medical Clinic**  
**2725 Merle Hay Rd**  
**279-9766 ext. 42**  
 6 pm—8 pm Thursday  
 -Walk in or call  
Donations Accepted

**Polk County Health Department**  
**1907 Carpenter St 286-3798**  
 8 am—5pm Mon, Wed, Th, Fri  
 8 am—7pm Tue  
 -Call for appointment  
Costs Vary

**Planned Parenthood of Greater Iowa**  
**2304 University Avenue**  
**1-877-811-7526**  
 9 am—5pm Mon, Tue, Fri  
 11 am—7pm Wed  
 10 am-1 pm 4th Saturday of the month  
 -Provides reproductive care and general health care.  
 Call for appointment  
Costs Vary

**Primary Health Care**  
**979 Oakridge Dr**  
South Side Center  
**2353 SE 14th Street**  
**248-1400 Health**  
**248-1470 Dental**  
**248-1465 HIV Services**

East Side Center  
**3509 E. 29th Street**  
**248-1600**

The Outreach Project  
**979 Oakridge Dr**  
**248-1500**

Grand View Center  
**1500 Morton Avenue**  
**263-6035**

Community Access Pharmacy  
**600 East 14th**  
**262-0854**

8 am—5pm Mon-Fri  
 Hours vary by clinic location  
 -Call for appointment  
Cost:  
 1st Visit \$10 Co-Pay  
 Sliding Scale Fee based on income for additional visits

Many different clinic locations available.

**Anawim Housing**  
**921 6th Avenue Ste. B**  
**244-8308**  
 8:30 am—5pm Mon-Fri  
 -Offers a rental program for families with minor children. Some efficiencies and one unit apartments are available for single individuals.  
 -Also offers a shelter plus care program that serves homeless individuals/families with disabilities (including mental illness, substance abuse or HIV/AIDS).  
 -Supportive services are available to help residents obtain resources and meet long term housing needs.  
Cost:  
 Varies based on income

**Central Iowa Regional Housing Authority (Serves Boone, Dallas, Jasper, Madison, Marion and Story Counties)**  
**1201 Gateway Dr 986-1882**  
 8 am—4:30 pm Mon-Fri  
 -Assists qualified low income families with rental assistance through public housing program and the housing choice voucher program.  
Cost:  
 Based on income. The family/individual pays between 30 and 40 percent of their monthly income toward rent.

**Des Moines Municipal Housing Agency**  
**100 East Euclid Ave**  
**323-8950**  
 8 am—5pm Mon-Fri  
 -Provides rental assistance to qualified low income individuals and families with funding provided by HUD.  
 -Public Housing and Section 8 Housing are available.  
 -An affordable home ownership program is available to the eligible individuals and families.  
Cost  
 Based on income and program

**HIV Housing Assistance Program**  
**711 East 2nd St 284-0245**  
 8 am—4:30 pm Mon-Fri  
 -Provides ongoing housing assistance, rent subsidies and support services to persons living with HIV/AIDS.  
No cost

**Oakridge Neighborhood**  
**1236 Oakridge Dr 244-7702**  
 8:30 am—5 pm Mon-Fri  
 -Provides subsidized housing for families.  
 -Support services are available to help residents obtain services, find employment and education.  
Cost: Based on Income

**River Hills Apartments****700 East 5th St****288-6075**

8 am—5pm Mon-Fri

-Provides subsidized housing for the elderly or families with children.

Cost

Based on income

**Broadlawns Family Health Care****1801 Hickman Road****282-2334**

8 am—5pm Mon-Fri

-Call for appointment

Costs Vary**Corinthian Church Medical Clinic****814 School St 243—4073**

4 pm—6:00 pm

3rd Tuesday of the Month

-Walk in

No cost**Ellefson Medical Clinic****1607 East 33rd St****266-7622**

9:30 am—12 pm Monday

1:30 pm-4:30 pm Tuesday

6:00 pm—9:00 pm Thursday

-Walk in

Costs Vary**First Assembly of God****2725 Merle Hay Road****279-9766**

6 pm—8 pm Thursday

\*\*must be checked in by

7:30 pm

*-Free Medical Clinic***Heart and Hands Health Center****321 Euclid Ave 243-6408**

9 am—6pm Mon-Fri

-Call for appointment

Costs Vary**HOLA Center****618 East St 299-4652**

8 am—5 pm Mon-Fri

-Call for appointment

Costs Vary**House of Mercy Medical Clinic****1409 Clark St 643-6525**

9 am—11:45 am

&amp; 12:30 pm –4:30 pm Mon-Fri

-Call for appointment

No costCo-pay for medications**La Clinica de la Esperanza****828 Scott Avenue 244-6162**

6 pm-8 pm Monday

1 pm-5 pm Tuesday

8 am-12 pm Thursday

-Walk in or call

Donations Accepted