

Des Moines County Resource Guide

Community Action OF SOUTHEAST IOWA

Updated: 8.4.25

This can be found online at:
<http://caofseia.org/resources/>



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Is your life affected by hard money decisions? We're here to help.

Programs may vary by center, have income guidelines, and may have limited funding available. More details on our website or contact your local center.

• Housing

- Energy Assistance
 - LIHEAP
 - Crisis
 - Local Utilities
- Emergency Rent
- Homeless Assistance
- Furnace Repair and Replace
- Rent Reimbursement Form Assistance
- Senior Home Repair
- Weatherization

• Nutrition

- WIC, Special Supplemental Nutrition Program for Women, Infants and Children
- Food Pantry



• Education/Support

- Children
 - Head Start Preschool
 - Early Head Start
- Adults
 - Family Development and Self Sufficiency Program (FaDSS)
 - Employment Counseling
 - Budget Counseling
- General Information and Referral

• Other

- Hygiene Assistance
- Clothing Assistance
- Transportation Assistance

Community Action Center Days & Hours

Burlington, Fort Madison, and Keokuk are OPEN Monday - Friday

Mount Pleasant is OPEN Monday, Tuesday, and Thursday

Columbus Junction is OPEN Tuesday (food pantry only), Wed, & Friday

All Centers are OPEN 8:30 a.m. to 4:00 p.m.

Call or visit our website for Head Start, WIC, and other program hours & details

Central Office 2850 Mount Pleasant, Suite 108, Burlington IA 52601 (319) 753-0193

Community Action of Southeast Iowa Programs are open to all eligible persons regardless of race, color, creed, national origin, religion, pregnancy, sex, gender identity, sexual orientation, age, physical or mental disability, genetic information, veteran's status, uniformed service, or any other characteristic protected by federal, state or local law.

August 1, 2025



Des Moines County *Community Action* Food Resources OF SOUTHEAST IOWA

Food Pantries

Community Action Neighborhood Center
700 Jefferson St, Burlington, 319-753-2893
Emergency Food Pantry & Hygiene Items
Mon, Tues, Thurs, Fri, 8 am – 4 pm
ID & Appointment requested, but not required

The Salvation Army
216 Columbus Dr, Burlington, 319-753-2038
Tues & Thurs, 9am - 12pm & 1pm – 2:45pm
Once a month, ID requested

St Vincent de Paul
700 Division Street, Burlington, 319-752-9332
Mon – Fri, 1 pm – 3 pm, anyone in Burlington
Social security card and photo ID

The Cupboard with City Hope
818 Maple St, Burlington, 319-572-8631
Mon, Wed, Fri 8a-11am, Tues 4-6pm
No documentation necessary, 1x/month

Foursquare Gospel Church
200 Curran St, Burlington
319-752-0261
By appointment only, 1x/month
ID requested but not required

Zion United Church of Christ
412 North 5th St, Burlington, 319-752-2305
Mon & Fri 9 am – 12 pm, Wed 1 – 4 pm
Lower side entrance under fire escape
Client choice/shopping style food pantry
w/personal care items
Non-perishable items, No documentation
required, No frequency limitations

Love Thy Neighbor
First Church of the Nazarene
1015 S Roosevelt Ave, Burlington
319-752-4245 ext 113
Monthly Free Food Box (income-based)
Call the church by the 10th of the month
Pick-up is on the 3rd Wed of the month

Little Free Food Pantry
Burlington Public Library, 210 Court St
Pantry is at the Main Street entrance
Available anytime for anyone

First Presbyterian Church
321 North 5th St, Burlington
Food bag giveaway
Third Thursday of the month, 4:30pm-6pm

Mediapolis Community Food Pantry
801 Middle Street **Mediapolis**
Mediapolis First United Presbyterian Church
319-394-3330
Tuesdays 1- 4pm

Free Meals

Salvation Army – See location info on top left
Daily meal: 11:15 am - 12:30 pm, Mon – Fri
Senior Breakfast Wed 9:30am (55+)

Hot Meal, Optima Services
910 Cottonwood Ct. Suite 1001, Burlington
Mon-Fri: noon – 1pm, Open to all

Shepherd's Table Free Community Dinner
First Congregational & First Presbyterian Churches
313 N 4th St Burlington
Last Wed of every month 4:30-6pm

Free End of Month Community Meal
Grace United Methodist Church Parish Hall
1100 Angular, Burlington
Last Thurs of every month 5:30-6:30pm

Food Benefit Cards (EBT)

SNAP, Supplemental Nutrition Assistance Program through HHS (previously DHS)
To enroll online: <https://www.iowa.gov/how-do-i-apply-food-assistance>
Or call: 855-944-3663

3535 E Agency St Suite 102, Burlington
Burlington HHS Office: (319) 754-4622

WIC, Special Supplemental Nutrition Program for Women, Infants and Children
Women: pregnant, nursing, <6 months post-partum
Children: 0-5
To enroll online: <https://caofseia.org/services/wic/>
Call: 319-209-2850 or Text: 319-759-4322
Clinic location: 801 S. Roosevelt, Burlington

Updated 5/20/2025

ABUSE

Child & Dependent Adult Abuse Hotline

800-362-2178

Report child and adult abuse.

Child Abuse Hotline - National

800-422-4453

If you would like more information on child abuse, need assistance reporting abuse, or to speak with a Childhelp counselor, please call or text the Childhelp National Child Abuse Hotline. You can also live chat with a trained counselor. The hotline is available 24 hours a day and all calls are confidential.

www.childhelp.org/hotline

Domestic Violence Intervention Program (DVIP)

800-373-1043

PO Box 644, Burlington, IA 52601

Provides comprehensive domestic violence services. 24-hour crisis line, medical advocacy, legal advocacy, court advocacy support, individual counseling, referrals, protection orders, educational presentations, emergency cellular phones, domestic violence support group, sexual assault support group, child support group, pictures of injuries, agency training, volunteer and staff training.

<https://dviopiowa.org/> <https://www.facebook.com/iowadvip/>

Iowa Department of Health and Human Services (HHS) (previously DHS)

319-754-4622 or 866-849-3537

3535 E. Agency St, Ste102, Burlington, IA 52601

M-F 8:00-4:30

To report child or dependent adult abuse call 1-800-362-2178.

To report a change to Medicaid, Food Assistance or FIP case call 1-877-347-5678.

<https://hhs.iowa.gov/>

Iowa Domestic Violence Hotline

800-770-1650

They provide help to victims of domestic violence, sexual assault, homicide, human trafficking, and other violent crimes. They are staffed 24/7 and provide culturally specific services.

<http://survivorshelpline.org/>

Iowa Sexual Abuse Hotline

800-284-7821

Comprehensive sexual abuse hotline that offers support, information, and referral to survivors of all forms of sexual abuse, as well as their family, friends, and partner

Iowa Victim Service Call Center

800-770-1650

text "IOWAHELP" to 20121 for support for crime victims and concerned loved ones.

survivorshelpline.org

Journey House, Transitional Housing (Burlington)

800-373-1043

Transitional housing for up to three months and supportive services for those who have experienced domestic violence. Domestic Violence Intervention Program (DVIP)

<http://www.journeyhouse.org> <http://www.foreverywomen.org>

Prevent Child Abuse Iowa

515-244-2200 or 800-362-2178

SW 7th Suite G1, Des Moines, IA 50309

Our mission is to empower community prevention efforts to provide safe and happy childhoods through collaboration with diverse partners, leading to a better future for Iowa.

<https://pcaiowa.org/> <https://www.facebook.com/pcaiowa/>

Quad County Community Partnerships for Protecting Children (CPPC)

515-377-0323

CPPC is a community-based approach to child protection. Partnerships work to prevent child abuse, neglect, and re-abuse, safely decrease the number of out-of-home placements, and promote timely reunification when children are placed in foster care. Des Moines, Lee, Henry, Louisa Counties.

<https://www.facebook.com/quadcountycppc>

Rape Crisis Line

800-770-1650

Iowa has 24 victim service programs that can help you or someone you know who has experienced sexual violence. You are not alone.

<http://www.nsvrc.org>

Rape Victim Advocacy Program (RVAP)

800-770-1650 RVAP Crisis Line: 24-Hour Support & Referrals
or text “IowaHELP” to 20121

800-284-7821 Iowa Sexual Abuse Hotline: Provides free, confidential, and trauma-informed services, healing, support, education and advocacy for victims to all persons affected by sexual violence.

<https://rvap.uiowa.edu>/<https://www.facebook.com/RVAPiowa>

Waypoint – Survivor Services

319-365-1458

Waypoint's Survivors' Program supports and advocates for individuals who have lost a family member or friend through homicide or vehicular homicide. Support is also given to victims of violent felony crimes, such as kidnapping, robbery, and attempted murder. All services are 100% free and confidential.

asmith@waypointservices.org

<https://www.waypointservices.org/what-we-do/survivors-program>

BRAIN HEALTH

988 Suicide & Crisis Lifeline

988

24/7 free, confidential support for people in distress.

Alcohol and Drug Dependency Services (ADDS)

319-753-6567 M-F 8:00-5:00

1340 Mt. Pleasant St, Burlington, IA 52601

Outpatient substance abuse treatment, residential substance treatment (Burlington), problem gambling treatment, Drug-Free Workplace programming, prevention education, substance abuse screenings, OWI screenings and classes, Juvenile Diversion. Problem gambling crisis intervention 800-BETS-OFF

<https://addsiowa.org/> <https://www.facebook.com/ADDSIA>

Alzheimer’s Association

800-272-3900

We have a variety of services in-person, virtual, phone and online to offer the community. The support group meets at the Burlington Public Library on the 2nd Tuesday of the month at 10:30 a.m.

<https://www.alz.org/iowa>

Birthright

319-753-2702

1113 S. Main St, Burlington, IA 52601

24 Hours 800-550-4900 Offers confidential help to those who wish an alternative solution to abortion. Provide pregnancy counseling.

<https://birthright.org/birthright-of-burlington>

<https://www.facebook.com/pages/category/Nonprofit-organization/Birthright-of-Burlington-IA-113017923461366/>

Counseling Associates, Inc

319-372-7689

1014 Ave H., Fort Madison, IA

319-524-0510

1522 Morgan Street Keokuk, IA

Serving Lee and Des Moines Counties. Individuals are eligible for Integrated Health Home (IHH) services if they are enrolled in Medicaid and are adults with a serious mental illness.

<https://www.counselingassociatesonline.com/>

<https://www.facebook.com/CounselingAssociatesInc/>

Des Moines County Community Services

319-754-8556

910 Cottonwood, Ste. 1000, Burlington, IA 52601

M-F 8:00-4:30

Case Management services for persons with Iowa Medicaid to access Waiver Services. Information is available on local options for mental health and intellectual disabilities services. We coordinate services for persons with mental illness and disabilities.

<https://www.desmoinescounty.iowa.gov/109/Community-Services>

https://seiowalink.org/dt_team/des-moines-county-community-services/

Families First Counseling Services

888-316-3025

M-F 8:00-4:30

214 N 4th St, Ste 1A, Burlington, IA 52601

In-office therapy. In-home counseling for youth and adults. May cover the following or other topics: Communication skills, anger management, conflict resolution, coping skills, decision making, ADHD, oppositional defiant disorder (ODD), sexual abuse (survivors), and crisis intervention.

<https://www.families-first.net/>

Great Prairie Area Education Agency/Early ACCESS

641-682-8591 or 800-622-0027 M-F 8:00-4:30

3601 West Ave, Burlington, IA 52601

Specialized services for children and students with diverse learning needs, including identification, diagnosis, planning, and therapies for those with disabilities

<https://www.gpaea.org/> <https://www.facebook.com/pg/gpaea/posts/>

Grinstead and Associates

319-754-8035

610 N. 4th St, River Park Place, Ste. 110A, Burlington, IA 52601

Individual, family counseling, group couple therapy, etc.

<https://www.ogpassociates.com/>

GuideLink Center

319-688-8000 300 Southgate Ave, Iowa City, IA

A welcoming center offering urgent mental health and substance use care for adults. Services include behavioral health crisis stabilization, sobering service, detoxification, and referrals to affiliated partners.

<https://www.guidelinkcenter.org>

Heart Connections Therapy

319-850-4646 304 E Main St, New London, IA 52645

Counseling for children and families. Certified in EMDR for children and adults. Counselors have special training in anxiety and eating disorders

<https://www.heartconnectionstherapy.com/>

<https://www.facebook.com/heart.connections.therapy/>

Hope Haven (A program of *Imagine The Possibilities*)

319-754-4689 1819 Douglas St, Burlington, IA 52601

The organization provides rehabilitation, employment, housing, & case management services for physically and mentally challenged persons.

Hopefully Yours Thrift Store (617 Jefferson St): M-F 10-5 / Sat 10-4

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

HOPES through Des Moines County Public Health

319-753-8290

522 N. 3rd St, Burlington, IA 52601

Healthy Families Iowa in-home parent education, prenatal, birth – 5 years.

<https://idph.iowa.gov/hopes>

Innovative Family Therapy and Play Therapy Center

319-208-9648

409 N 4th St, PO Box 12, Burlington, IA 52601

M-F 8:00-7:00

Outpatient therapy with individuals, families, children, and adults.

Therapists are Registered Play Therapists, Licensed Marriage and Family Therapists, Licensed Independent Social Workers, and Licensed Mental Health Counselors. Private pay, Medicaid, and most commercial insurances accepted.

Iowa Crisis Counseling Helpline

800-332-4224 or text “Home” to 741741

Call or text 988

We are a volunteer-driven organization that provides non-judgmental support for individuals facing emotional crises.

Iowa Office of Consumer Affairs (OCA)

855-622-4692

Statewide Children and Adult Mental Health Resources. A program run by peers with personal lived experience with mental illness. Free and confidential service. Information on providers, Day services, legal issues, housing/homelessness, guardianship, crisis referral, out-of-home placement, employment, support groups and classes, insurance, peer support, and disability.

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

<https://www.facebook.com/ocaiowa>

Life Connections Peer Recovery Services

563-659-1171 / 563-659-6625

916 11th Street, DeWitt, Iowa, 52742

Rhonda's House: peer-run respite that supports individuals who are experiencing mental health and substance addiction issues and who want to work on their recovery goals and situations before getting into a crisis situation. 7-day free stay.

<https://www.lifeconnectionsrecovery.org>

Mental Health Southeast Iowa Regional Medical Center

319-768-3700 / 319-768-1000

1225 S. Gear Ave, Ste. 251, West Burlington, IA 52655

Southeast Iowa Regional Medical Center provides treatment for adults and children with mental health conditions. Our staff works with patients and their families to help them optimize the management of addictions and illnesses. Some of the services we offer include medication management, diagnostic evaluations, and addiction medical management and counseling. We treat many psychiatric conditions, from clinical depression to anxiety and personality disorders.

<https://www.greatriverhealth.org/health-services/mental-health/>

National Alliance on Mental Illness (NAMI)

319-750-2220

The Loft 416 Jefferson Street, Burlington, IA 52601

NAMI Southeast Iowa has Mental health educational and informational programs and classes for people with mental health conditions and those who love them. Mental Health support groups meet on the first and third Monday of the month on the mezzanine of The Loft

namisoutheastiowa@gmail.com <https://nami.org/>

<https://m.facebook.com/NAMI-Southeast-Iowa-mental-health-106975114255600/>

Optimae Life Services

319-754-4618

823 N 6th St Ste 1, Burlington, IA 52601

M, W, Th, F 8:00-5:00/ T 8:00-7:00 pm

Individual counseling, couples counseling, family and children's counseling, psychiatry, psychiatric evaluations, individual community support services, respite services, and waiver home services

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

REM Iowa

319-209-2226

3019 West Avenue Suite 100

Burlington IA, 52601M-F 8-5

Home and Community-Based Services to people with Intellectual Disabilities, Brain Injury, and/or Mental Health challenges. People receiving REM services may live in their own homes or apartments with or without roommates; hours of service are based on the needs of the individual. Adults & Children with Disabilities, Residential Services, Dual Diagnosis Services, Specialized Services, Neurological, Brain, and Spinal Cord Injury Services, Supported Living

<https://www.remiowa.com/>

River Cross, Dual Diagnosis Program Hope Haven

319-754-4689 or 319-237-1072

River Cross is a 15-bed community-based Residential Care Facility developed to provide individualized supportive services to adults who are dually diagnosed with mental illness and substance abuse addiction.

<https://www.hopehavencorp.com/dual-diagnosis-service>

The Holistic Healing Center, LLC

319-316-2262

Tiffany Siefken, LMT, LISW

Individual and couple therapy is available. Specializing in trauma-based therapy, including EMDR and DBT, and working with emergency responders and medical personnel. Telehealth is available.

<https://holistichealingcenterllc.com/>

Therapy Group

319-209-2084

2115 Des Moines Ave, Burlington, IA 52601

Counseling and therapy for couples, individuals, and children, play therapy, anger management, and mediation.

<https://www.therapygroupinc.com/>

<https://www.facebook.com/therapygroupinc/>

Young House Family Services

319-752-4000

4717 Sullivan Slough Road, Burlington, IA 52601

M-F 8:00-4:30

Comprehensive behavioral health services throughout SE IA including Pediatric Integrated Health Home.

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

<https://www.facebook.com/younghousefamilyservices>

Your Life Iowa

call 855-581-8111 Text 855-895-8398 Spanish Speaking

Helpline 515-895-3936

Free, confidential support for issues with alcohol, drugs, gambling, suicidal thoughts, and mental health. Available 24/7

<https://yourlifeiowa.org/>

CHILD CARE

Burlington Head Start Preschool & Early Head Start – In Corse School

Community Action of Southeast Iowa

700 South Starr Ave Burlington, IA 52601

Head Start and Early Head Start provide educational & social activities, nutritious meals and snacks and medical & dental screenings, at no cost, to qualifying low-income children ages 0-5. Applications are taken year-round. Pregnant mothers, homeless and foster families, and families that have children with disabilities are encouraged to apply.

<http://caofseia.org/services/head-start/>

Child Care Resource & Referral (CCR&R)

563-324-3236 or 866-324-3236

500 E. 59th St, Davenport, IA 52807

To assist families in finding and selecting child care providers who best meet the needs of a child and their family.

<https://iowaccrr.org/>

Corse Early Childhood Center

319-753-6791 or 319-753-221100

700 South Starr Ave, Burlington, IA 52601

Burlington Public School, childcare, and preschool 0-3 years old.

<https://www.bcsds.org/CECC>

<https://www.facebook.com/BurlingtonCommunitySchoolDistrict/>

Iowa Department of Health and Human Services (HHS)

319-754-4622 or 866-849-3537

3535 E. Agency St, Ste102, Burlington, IA 52601

M-F 8:00-4:30

To report child or dependent adult abuse call 1-800-362-2178.

To report a change to Medicaid, Food Assistance or FIP case call 1-877-347-5678.

<https://hhs.iowa.gov/>

PiECES After School Program

319-753-6791 ext 1410 1429 West Ave, Burlington, IA 52601

M-F From school dismissal to 6:00

Burlington School District after-school program for students grades K-8

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

<https://www.facebook.com/BurlingtonCommunitySchoolDistrict/>

YMCA

319-753-6734 2410 Mt. Pleasant St, Burlington, IA 52601

M-F 5:00am-9:00pm Sat 7:30-5:00/ Sun 12:00-5:00

Adults, children & youth programs, aquatics, sports activities, family activities, dances, health & fitness, 55+ program, child care center, babysitting, before & after school programs, parents' day out, kids' gym daycare. Scholarships are available on a need basis.

<http://www.burlingtony.org/> <https://www.facebook.com/burlingtony>

CHILDREN, YOUTH & FAMILIES

4-H Clubs through Iowa State University (ISU) Cooperative Extension,

Des Moines County Extension & Outreach Office

319-671-7165

1700 W Mt Pleasant St, West Burlington, IA 52655.

M-Th 8:00- 4:30/ F 8:00-12:00.

<https://www.extension.iastate.edu/desmoines/page/4-h-clubs-and-4-h-clover-kids-club>

ActivStyle

888-280-8632

Children over four and on Medicaid. Children with disabilities may be eligible for diapers, pull-ups, liners, and more under Iowa Medicaid with free home delivery.

<https://activstyle.com/>

Birthright

319-753-2702 24 Hours 800-550-4900

1113 S. Main St, Burlington, IA 52601

M-F 2-4; Sat 12-2

Offers confidential help to those who wish for an alternative solution to abortion. Provides pregnancy counseling.

<https://birthright.org/birthright-of-burlington>

<https://www.facebook.com/pages/category/Nonprofit-organization/Birthright-of-Burlington-IA-113017923461366/>

Boy Scouts Field Office (Now called Scouting America)

319-754-8413

3007 Flint Hills Drive, Burlington, IA 52601

M-F 9:30-5:30

Boy Scouts and Cub Scouts are programs in each school neighborhood for boys in grades 1 – 12 (co-ed in high school) that build self-esteem, resourcefulness, and leadership skills.

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

<https://www.facebook.com/MississippiValleyCouncil/>

Burlington Head Start Preschool & Early Head Start –

Community Action of Southeast Iowa

319-752-5692

700 South Starr Ave, Burlington, IA 52601 (In Corse School Building)

Head Start and Early Head Start provide educational & social activities, nutritious meals and snacks, and medical & dental screenings, at no cost, to qualifying low-income children ages 0 to five. Applications are taken year-round. Pregnant mothers, homeless and foster families, and families that have children with disabilities are encouraged to apply.

<http://caofseia.org/services/head-start/>

Child and Adult Care Food Program (CACFP)

SIEDA Community Action (as of 10/2024)

641-682-8741 or 641-329-4340

CACFP is available to registered child care providers. Early childhood nutrition education and support for child care professionals. Partial reimbursement for the cost of the qualifying meals and snacks served.

<https://www.sieda.org/health-well-being/child-and-adult-care-food-program/>

Child Health Specialty Clinics (CHSC)

641-682-8145

1005 Pennsylvania Ave, STE 102A, Ottumwa IA 52501

M-Th 7:00-5:30

CHSC provides gap-filling clinical services, care coordination, and family-to-family support through a wide array of special programs for children with special needs.

<https://chsciowa.org/>

Child Support Recovery Unit

319-753-6322

409 N. 4th St, Ste. 2, PO Box 638 Burlington, IA 52601

Iowa HHS provides high-quality programs and services that protect and improve the health and resiliency of individuals, families, and communities.

<https://dhs.iowa.gov/node/931>

Community Action of Southeast Iowa Central Office

319-753-0193

2850 Mt Pleasant St, Ste 108, Burlington, IA 52601

M-F 8:30-4:30

Community Action of Southeast Iowa is dedicated to alleviating the conditions and causes of poverty by building partnerships and strengthening people through quality services. There are over 20 programs and services offered.

caofseia.org

Cradle of Hope Pregnancy Resource Center

319-986-5336 Call/text/24-hour hotline.

1400 East Washington St, Mt Pleasant, IA 52641

M-F 9:00-4:00 / Open until 8 pm every Thursday by apt only

Burlington: For an appointment call 319-986-5336

All services are at no cost and confidential. Pregnancy testing/verification, consultation on all your options, compassionate & non-judgmental care, limited ultrasound, and ongoing pregnancy support. Referrals for community support services such as health care, legal, adoption, support after an abortion, earn-while-you-learn program, and fatherhood mentoring programs.

www.cradleofhopeiowa.com

<https://www.facebook.com/cradleofhopeiowa/>

Families First Counseling Services

888-316-3025

214 N 4th St, Ste 1A, Burlington, IA 52601

M-F 8:00-4:30

In-office therapy. In-home counseling for youth and adults. May cover the following or other topics: Communication skills, anger management, conflict resolution, coping skills, decision making, ADHD, oppositional defiant disorder (ODD), sexual abuse (survivors), and crisis intervention.

<https://www.families-first.net/>

Family Development Self-Sufficiency Program (FaDDS) Community Action of Southeast Iowa

319-753-0193

Home visiting; is a goal-based program for low-income families with a child under 18. Contact the local office or Central Office.

caofseia.org

Family Planning of Southeast Iowa by Great River Health

319-768-1225

Mon, Tues, Thurs 9-5; Wed 1-5; Fri 8-1

Walk-ins welcome

801 S Roosevelt, Suite C, Burlington, IA 52601

Same day appointments. Affordable reproductive health services.

Comprehensive, confidential care including testing, treatment, and health education. Well-woman and well-man examinations, Birth-control methods on-site: pills, implants, IUDs, shots, spermicide, emergency contraception, free condoms; pap smears, and breast examinations, sexually transmitted disease (STD) testing and treatment, rapid HIV testing, genital wart treatment, urinary-tract and vaginal infection testing and treatment, pregnancy testing, counseling and referral, Gardasil vaccinations. Preventive and reproductive health education.

<https://www.greatriverhealth.org/family-planning/>

Girl Scouts

319-752-3639

1308 Broadway, West Burlington, IA 52655

M-Th 9:00-2:00

Girls build character and skills for success in the real world. This is for girls aged 5+. (Girl Scouts of Eastern IA & Western IL)

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

Great Prairie Area Education Agency/Early ACCESS

641-682-8591 or 800-622-0027

3601 West Ave, Burlington, IA 52601

M-F 8:00-4:30

Specialized services for children and students with diverse learning needs, including identification, diagnosis, planning, and therapies for those with disabilities

<https://www.gpaea.org/> <https://www.facebook.com/pg/gpaea/posts/>

Hetta Gilbert Foundation

Available through agency-to-agency referrals only.

Assistance with health and medical needs for children under age 18 residing in Des Moines County. Will consider assisting with prescriptions, glasses, dental, doctor visits, etc.

HettaGilbert@gmail.com

HOPES through Des Moines County Public Health

319-753-8290 522 N. 3rd St, Burlington, IA 52601

Healthy Families Iowa in-home parent education, prenatal, birth – 5 years.

<https://idph.iowa.gov/hopes>

Informed Choices

319-208-9445 Phone answered 24 hrs/day.

1013 S Central Ave, Burlington, IA 52601

Pregnancy testing, limited obstetrical ultrasound, STD risk assessments, STD testing, diagnosis & treatment, early prenatal care, information-abortion: procedures, risks, side effects, referrals for OB care and social services, adoption services, certified adoption liaisons and referrals for adoption services, abstinence education for middle & high school, post-abortion recovery groups, & natural family planning education

<https://www.informedchoicesclinic.com/burlington-clinic/>

Iowa Department of Health and Human Services (HHS) (previously DHS)

319-754-4622 or 866-849-3537 M-F 8:00-4:30

3535 E. Agency St, Ste102, Burlington, IA 52601

To report child or dependent adult abuse call 1-800-362-2178.

To report a change to Medicaid, Food Assistance or FIP case call 1-877-347-5678.

<https://hhs.iowa.gov/>

**Iowa State University (ISU) Cooperative Extension,
Des Moines County Extension & Outreach Office**

319-671-7165

M-Th 8:00- 4:30/ F 9:00-1:00

1700 W Mt Pleasant St, West Burlington, IA 52655

Iowa State University Extension builds partnerships and provides research-based learning opportunities to improve the quality of life in Iowa. ISU Ext. reaches out to families across the lifespan. Provides research-based information and education to help families make decisions that improve and transform their lives. The outreach arm of the College of Human Sciences at Iowa State University works in partnership with other organizations and agencies to meet the needs of Iowa families

<https://www.extension.iastate.edu/desmoines/>

<https://www.facebook.com/dmceextension/>

Mississippi Valley Child Protection Center

563-264-0580

1600 Mulberry Ave, Muscatine, IA 52761

Forensic Interviews, family advocacy, and medical examinations for child abuse victims and their non-offending caregivers. Also provides community education and training. Referrals for most services must come from HHS and/or law enforcement. Community medical providers can make referrals for potential abuse victims to be seen by specialized MVCPC medical providers.

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

National Maternal Mental Health Hotline

833-852-6262 (833-TLC-MAMA)

24/7 Free Confidential Hotline for pregnant and new moms in English and Spanish. Phone or text access to professional counselors, real-time support and information, resources, referrals, culturally sensitive support, and services in over 60 languages

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

Neighborhood Centers: Des Moines County Community Action of Southeast Iowa

319-753-2893

M, T, Th, F 8-4:30

700 Jefferson St, Burlington, IA 52601

20+ programs and services for those of low income. Food, utilities, weatherization, senior home repair, WIC, Head Start, family development, information, referral, etc. See the inside front cover for the program list.

caofseia.org

Obria Medical Clinic

319-208-9445

1013 S Central Ave, Burlington, IA 52601

Pregnancy testing, UTI testing, limited obstetrical ultrasound, STD risk assessments, STD testing, diagnosis & treatment, early prenatal care, information- abortion: procedures, risks, side effects, referrals for OB care and social services, adoption services, certified adoption liaisons and referrals for adoption services, abstinence education for middle & high school, post-abortion recovery groups, & natural family planning education.

<https://www.informedchoicesclinic.com/burlington-clinic/>

Quad County Community Partnerships for Protecting Children (CPPC)

515-377-0323

CPPC is a community-based approach to child protection. Partnerships work to prevent child abuse, neglect, and re-abuse, safely decrease the number of out-of-home placements, and promote timely reunification when children are placed in foster care. Des Moines, Lee, Henry, Louisa Counties.

<https://www.facebook.com/quadcountycppc>

Rec Plex

319-758-9419

M-Sun 8:00 am-10:00 pm

501 S. Broadway St, West Burlington, IA 52655

Rec Plex has baseball diamonds, batting cages, soccer fields, sand volleyball, and a Tot Lot for young fans.

<https://www.burlingtoniowa.org/2308/Burlington-Regional-Rec-Plex>

<https://www.facebook.com/BurlingtonRecPlex/>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Community Action of Southeast Iowa

319-209-2850

M-F 8:30-4:30

2850 Mt. Pleasant St, Ste. 108, Burlington, IA 52601

WIC Clinic location: 801 South Roosevelt, Burlington

Provides medical and nutritional assessments, education, and supplemental foods for pregnant women, breastfeeding and non-nursing mothers, infants, and children up to 5 years old.

<http://caofseia.org/services/wic/>

Wrightslaw Yellow Pages for Kids. (IA)

Yellow pages for kids with disabilities, find educational consultants, psychologists, diagnosticians, health care specialists, academic tutors, speech-language therapists, advocates, and attorneys. You will also find government programs, grassroots organizations, special education schools, and parent support groups

<https://www.yellowpagesforkids.com/help/ia.htm>

YMCA

319-753-6734

M-F 5:00am-10:00pm Sat 7:30-4:00/ Sun 1:00-4:00

2410 Mt. Pleasant St, Burlington, IA 52601

Adults, children & youth programs, aquatics, sports activities, family activities, dances, health & fitness, 55+ program, child care center, babysitting, before & after school programs, parent's day out, kids' gym daycare. Scholarships are available on a need basis.

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

<https://www.facebook.com/burlingtony>

Young House Family Services

319-752-4000

4717 Sullivan Slough Road, Burlington, IA 52601

M-F 8:00-4:30

Comprehensive behavioral health services throughout SE IA including Pediatric Integrated Health Home.

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

<https://www.facebook.com/younghousefamilyservices>

DISABILITIES

ASK Resources

515-243-1713 or 800-450-8667

5665 Greendale Road, Suite D, Johnson, IA 50131

The state of Iowa's Parent Training and Information Center for families of children with disabilities. A family-focused nonprofit organization whose mission is to empower individuals with disabilities and their family members by providing innovative and collaborative advocacy, training, resources, and support. Its vision is access, empowerment, and acceptance for all.

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

Child Health Specialty Clinics (CHSC)

641-682-8145

M-Th 7:00-5:30

1005 Pennsylvania Ave, STE 102A, Ottumwa, IA 52501

CHSC provides gap-filling clinical services, care coordination, and family-to-family support through a wide array of special programs for children with special needs.

<https://chsciowa.org/>

Des Moines County Community Services

319-754-8556

910 Cottonwood, Suite 1000 Burlington, IA 52601

Coordinates services for persons with mental illness, and disabilities.

https://seiwowlink.org/dt_team/des-moines-county-community-services/

Disability Rights Iowa

800-779-2502

666 Walnut St. Ste 1440, Des Moines, IA 50309

Intake hours- M,W,F 9:00-2:00

Spanish intake hours- T 11:00-1:00/ TH 4:00-6:00

Disability Rights Iowa aims to defend and promote the human and legal rights of Iowans with disabilities and mental illness. We promote safety, opportunity, access and self-determination for all Iowans. Intake hours are listed, and online intake is available as well.

<https://disabilityrightsiowa.org/>

Goodwill Career Resource Center

866-466-7881 165 W Burlington Ave, Burlington, IA 52601

We provide supported employment, job development and Occupational Skills training that result in a certification for those with barriers to independence. Low-Cost clothing store.

www.goodwilloftheheartland.org

Great Prairie Area Education Agency/Early ACCESS

641-682-8591 or 800-622-0027

3601 West Ave, Burlington, IA 52601

M-F 8:00-4:30

Specialized services for children and students with diverse learning needs, including identification, diagnosis, planning, and therapies for those with disabilities

<https://www.gpaea.org/> <https://www.facebook.com/pg/gpaea/posts/>

Hope Haven

319-754-4689

1819 Douglas St, Burlington, IA 52601

Hopefully Yours Thrift Store: M-F 9:30-5:00/ Sat 9:30-4:00

The organization provides rehabilitation, employment, housing, & case management services for physically and mentally challenged persons.

<https://www.hopehavencorp.com/>

Insight Partnership Group

319-208-1891 M-F 8:00-4:00

1105 Derek Lincoln Dr, West Burlington, IA 52655

Respite services, money management/payee services, medication management, obtaining/maintaining a living environment, psychiatric and physical health symptom management, and social activities/opportunities.

<https://insightpartnership.vpweb.com/>

Iowa Department for the Blind

515-281-1333 800-362-2587

524 Fourth Street, Des Moines, IA 50309

Vocational Rehabilitation Programs, Independent Living Program, Adult Orientation and Adjustment Center, Library for the Blind and Print Disabled, Business Enterprises Program, Public Education and In-Service Training

<https://blind.iowa.gov/>

Iowa Vocational Rehabilitation

319-753-2231 M-Th 8:00-4:30

550 S. Gear Ave S Ste 35, West Burlington, IA 52655

Work with job candidates who have disabilities to reach their employment goals.

<https://ivrs.iowa.gov/>

Optimae Life Services

319-754-4618

823 N 6th St Ste 1, Burlington, IA 52601

M, W, Th, F 8:00-5:00/ T 8:00-7:00 pm

Individual counseling, couples counseling, family and children's counseling, psychiatry, psychiatric evaluations, individual community support services, respite services and waiver home services

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

Partners of Des Moines County

319-752-6952

This organization serves persons with disabilities, providing for their social needs as well as some financial assistance.

<https://www.facebook.com/Partnerscatlady2DMC/>

REM Iowa

319-209-2226

3019 West Avenue Suite 100 Burlington IA, 52601

M-F 8-5

Home and Community-Based Services to people with Intellectual Disabilities, Brain Injury, and/or Mental Health challenges. People receiving REM services may live in their own homes or apartments with or without roommates; hours of service are based on the needs of the individual. Adults & Children with Disabilities, Residential Services, Dual Diagnosis Services, Specialized Services, Neurological, Brain, and Spinal Cord Injury Services, Supported Living

<https://www.remiowa.com/>

Social Security Office

866-338-4183

3920 Division St, Burlington, IA 52601

M-F 9:00-3:30

<https://www.ssa.gov/>

Special Needs Foundation

319-752-8711

829 Harrison Ave, Burlington, IA 52601

M, W, F 10:00-2:00

Free loans of medical equipment for Des Moines County residents

<https://specialneedsdmc.org/>

<https://m.facebook.com/Special-Needs-Foundation-928957960528376/>

U of I Children's Hospital

877-686-0031

100 Hawkins Drive, Iowa City, IA 52242

<https://uihc.org/>

Wrightslaw Yellow Pages for Kids. (IA)

Yellow pages for kids with disabilities, find educational consultants, psychologists, diagnosticians, health care specialists, academic tutors, speech-language therapists, advocates, and attorneys. You will also find government programs, grassroots organizations, special education schools, and parent support groups.

<https://www.yellowpagesforkids.com/help/ia.htm>

Young House Family Services

319-752-4000 M-F 8:00-4:30

4717 Sullivan Slough Road, Burlington, IA 52601

Comprehensive behavioral health services throughout SE IA including Pediatric Integrated Health Home.

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

<https://www.facebook.com/younghousefamilyservices>

EMPLOYMENT & SCHOOLS

America's Small Business Development Center of Iowa

Offers loan packaging, financial projections, feasibility and business plan writing assistance, coaching for new and existing business owners, and a wide variety of business classes.

iowasbdc.org

AmeriCorps Seniors Volunteer Program

319-372-8043

AmeriCorps Seniors is a network of national service programs for Americans 55 years and older, made up of three primary programs that each take a different approach to improving lives and fostering civic engagement.

<https://unitedwaygrr.org/amicorps/>

Bridges Out of Poverty

319-754-8421 416 Jefferson St, Burlington, IA, United States, Iowa
Classes to empower individuals that are struggling in poverty to reach their fullest potential, develop their future stories, and build a support system.

<https://burlingtonbuildingbridges.org/>

<https://www.facebook.com/BurlingtonBuildingBridges>

Burlington Community Schools

319-753-6791 or 319-753-2211

1429 West Ave, Burlington, IA 52601

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

<https://www.facebook.com/BurlingtonCommunitySchoolDistrict/>

Burlington Head Start Preschool & Early Head Start – In Corse School

Community Action of Southeast Iowa

319-752-5692

700 South Starr Ave Burlington, IA 52601

Head Start and Early Head Start provide educational & social activities, nutritious meals and snacks, and medical & dental screenings, at no cost, to qualifying low-income children ages 0 to five. Applications are taken year-round. Pregnant mothers, homeless and foster families, and families that have children with disabilities are encouraged to apply.

<http://caofseia.org/services/head-start/>

Center for Cultural Initiatives (CCI)

319-750-3898

Provides support of minority and diversity business initiatives and support and resources for New Iowans.

sal@printgroupusa.com

Community Action of Southeast Iowa Central Office

319-753-0193

2850 Mt Pleasant St, Ste 108, Burlington, IA 52601

M-F 8:30-4:30

Community Action of Southeast Iowa is dedicated to alleviating the conditions and causes of poverty by building partnerships and strengthening people through quality services. There are over 20 programs and services offered.

caofseia.org

Danville Community Schools

319-392-4223

419 S. Main St, Danville, IA 52623

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

Des Moines County Conservation

319-753-8260 M-F 7:00-3:30

13700 Washington Rd., West Burlington, IA 52655

Camping, Environmental Education, Fishing, Hunting, Nature, Parks, Planting Services, Shooting Ranges, Youth Summer Camps, Witte Observatory, and more. Parks include Big Hollow Recreation Area, Chautauqua Park, 4th Pumping Plant Recreation Area, Hickory Bend, Hunt Woods, Luckenbill Woods, Starr’s Cave Park & Preserve, Waters Park, and Welter Recreation Area (Skunk River Access).

<https://www.desmoinescounty.iowa.gov/110/Conservation>

Family Development Self-Sufficiency Program (FaDDS) Community Action of Southeast Iowa

319-753-0193

Home visit, a goal-based program for low-income families with a child under 18. Contact the local center or Central Office.

caofseia.org

Goodwill Career Resource Center

866-466-7881

165 W Burlington Ave, Burlington, IA 52601

We provide supported employment, job development, and Occupational Skills training that result in a certification for those with barriers to independence. Low-cost clothing store.

www.goodwilloftheheartland.org

Great Prairie Area Education Agency/Early ACCESS

641-682-8591 or 800-622-0027

3601 West Ave, Burlington, IA 52601

M-F 8:00-4:30

Specialized services for children and students with diverse learning needs, including identification, diagnosis, planning, and therapies for those with disabilities

<https://www.gpaea.org/> <https://www.facebook.com/pg/gpaea/posts/>

Great River Christian School

319-753-2255

426 Harrison Ave, Burlington, IA 52601

As stewards of God's provision, Great River Christian School is Christ-centered; we provide all students with a Bible-based, academically challenging curriculum, emphasizing fundamental life skills, Christian service, and community witness.

<http://www.greatriverchristianschool.org/wordpress/>

<https://www.facebook.com/greatriverchristian/>

Hope Haven

319-754-4689

1819 Douglas St, Burlington, IA 52601

Hopefully Yours Thrift Store: M-F 9:30-5:00/ Sat 9:30-4:00

The organization provides rehabilitation, employment, housing, & case management services for physically and mentally challenged persons.

<https://www.hopehavencorp.com/>

Iowa Safe Schools

515-381-0588 or 800-770-1650 24/7 crisis hotline

Provides safe, supportive, and nurturing learning environments and communities for LGBTQ and allied youth through education, outreach, advocacy, and direct services.

iowasafeschools.org

Iowa State University (ISU) Cooperative Extension, Des Moines County Extension & Outreach Office

319-671-7165

1700 W Mt Pleasant St, West Burlington, IA 52655

M-Th 8:00- 4:30/ F 8:00-12:00

Iowa State University Extension builds partnerships and provides research-based learning opportunities to improve the quality of life in Iowa. ISU Ext. reaches out to families across the lifespan. Provides research-based information and education to help families make decisions that improve and transform their lives. The outreach arm of the College of Human Sciences at Iowa State University works in partnership with other organizations and agencies to meet the needs of Iowa families

<https://www.extension.iastate.edu/desmoines/>

<https://www.facebook.com/dmceextension/>

Iowa Vocational Rehabilitation

319-753-2231

550 S. Gear Ave Ste 35, West Burlington, IA 52655

M-Th 8:00-4:30

Work with job candidates who have disabilities to reach their employment goals.

<https://ivrs.iowa.gov/>

Iowa Workforce Development IowaWORKS

319-753-1671

550 S Gear Ave Ste 35, West Burlington, IA 52655

M, T, TH, F 8:30-4:30/ W 9:00-4:30

Assists individuals of all ages, incomes, and skill levels with pre-employment assistance such as career guidance and assessment, labor market information, career counseling, job search assistance, resume and interviewing assistance, and much more. IowaWORKS is able to make direct connections between individuals looking for work and businesses who need employees. Short-term training, occupational skills training, work experiences, and internships are available. Assistance with unemployment insurance is also available.

<mailto:BurlingtoniowaWORKS@iwd.iowa.gov>

<https://www.iowaworks.gov/vosnet/Default.aspx>

Manpower

319-753-1663

3101 Flint Hills Dr, Burlington, IA 52601

M-F 8:00-5:00

Provides career opportunities with the flexibility to match vitally any lifestyle. Offers Part-time, Full-time, Temporary, Permanent, and Temporary to Permanent employment.

<https://www.manpowergroupusa.com/>

Mediapolis Community Schools

319-394-3101 or 319-394-3237

725 N. Northfield St, Mediapolis, IA 52637

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

<https://www.facebook.com/pages/category/Public---Government-Service/Mediapolis-Community-School-157150494325229/>

Milestones Area Agency on Aging

319-752-5433

509 Jefferson St, Burlington, IA 52601

M-F 8:00-4:30

Information and referrals, senior nutrition, family caregiver programs, counseling, wellness and safety, elder rights and abuse prevention, and older worker employment programs. Services for those with disabilities, veterans, and family caregivers

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

<https://www.facebook.com/milestonesaaa/>

Neighborhood Center: Des Moines County

Community Action of Southeast Iowa

319-753-2893 M, T, Th, F 8-4:30

700 Jefferson St, Burlington, IA 52601

20+ programs and services for those of low income. Food, utilities, weatherization, senior home repair, WIC, Head Start, family development, information and referral, etc. See the inside front cover for the program list.

caofseia.org

Notre Dame School

319-754-8431

702 S. Roosevelt, Burlington, IA 52601

<https://burlingtonnotredame.com/>

<https://www.facebook.com/BurlingtonNotreDame/>

Proteus, Inc

800-397-9675

1548 South Gilbert Street, Iowa City, IA 52240

Proteus provides agricultural workers and their families with affordable health care, education assistance, and job training. For those currently employed or having a recent vocation in farm work, Proteus strives to assist in any way, allowing all farmworkers to enjoy the fruit of their labor. Migrant, seasonal, and low-income farmers may participate.

<https://www.proteusinc.net/>

QPS Employment Group

319-850-3270

214 Jefferson St, Burlington, IA 52601

We specialize in finding placements in clerical, light industrial, and factory settings. Our office has a team of Professional Placement Recruiters who can find a direct hire fit for you in industrial, technical, professional, and office roles.

<https://www.qpsemployment.com/>

Retired Senior Volunteer Program (RSVP)

319-753-8155

400 Washington St, Burlington, IA 52601M-Th 9:00-2:00

Many different opportunities. Possible paid positions. Tutoring/reading with school children, journaling project volunteers with students in the 4th – 6th grades, entertainers, singers & dancers, nursing home activity volunteers, summer reading program volunteers, craft projects (knitting, crocheting, quilting, sewing), senior center volunteers, delivery of meals to homebound, transportation assistance, clerical assistance, court mediation, library assistance, hospital volunteers, museum services, and more.

<https://www.facebook.com/RSVP-Retired-Senior-Volunteer-Program-of-Des-Moines-County-536887499675283/>

Southeastern Community College (SCC)

866-722-4692 or 319-752-2731

1500 W Agency Rd, West Burlington, IA 52655

A variety of free and low-cost training programs alongside traditional college courses. E.S.L. (English and a Second Language) Classes are available to help non-English speaking adults learn English. Classes are free; books may be purchased at a low cost. General Adult Assistance-Help with reading, writing, math, and thinking abilities to enter a college or vocational training program or to upgrade employment skills. Assistance in preparing for high school equivalency diploma testing. Call for class times.

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

Team Staffing

319-753-9844

1734 N Roosevelt Ave #124, Burlington, IA 52601

At Team Staffing Solutions, we connect great people with top companies. We offer workforce solutions throughout eastern Iowa, western Illinois and northeast Missouri in the areas of temporary staffing, temp-to-hire, direct hire and on-site management.

<https://www.teamssi.com/>

Temp Associates

319-754-8857

2535 Mt Pleasant St Suite 104W, Burlington, IA 52601

M-F 8:00-4:30

Temp helps to find temporary (sometimes permanent) jobs out in the workforce. Based on experience in some fields, tests may be required.

Burlington@tempassociates.com <https://www.tempassociates.com/>

West Burlington Independent Schools

319-752-8747

211 Ramsey St, West Burlington, IA 52655

<https://www.wbisd.com/> <https://www.facebook.com/wbisd/>

EMERGENCY

Ambulance, Fire, Police

911

988 Suicide & Crisis Lifeline

988

24/7 free, confidential support for people in distress.

American Red Cross

800-733-2767

Assistance with house fires, floods, winter storms, tornadoes, disaster relief, help for qualified military personnel

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

Burlington Fire & Ambulance Station 1

319-753-8390

418 Valley St Burlington, IA 52601

Burlington Fire & Ambulance Station 2

319-753-8392

2223 Summer St Burlington, IA 52601

Burlington Police Department

319-753-8366

424 North 3rd St Burlington, IA 52601

Child & Dependent Adult Abuse Hotline

800-362-2178

Report Child and adult abuse.

Child Abuse Hotline - National

800-422-4453

If you would like more information on child abuse, need assistance reporting abuse, or to speak with a Childhelp counselor, please call or text the Childhelp National Child Abuse Hotline. You can also live chat with a trained counselor. The hotline is available 24 hours a day and all calls are confidential.

www.childhelp.org/hotline

Danville Fire Department

319-392-8181

203 North Elm St Danville, Ia

Denmark Fire & Rescue

319-528-4400

508 North 5th St Wever, IA

Des Moines County Correctional Center, County Jail

(319) 753-8275

3630 Bauer Drive Burlington, IA 52601

Des Moines County Emergency Management

319-753-8206 M-F 8:00-4:30

512 N. Main St, Ste. 1, Burlington, IA 52601

Provides workshops, presentations and literature to businesses, industry, groups, clubs, social organizations, & individuals on how to be prepared for, respond to, and recovery from any type of natural, technological and manmade disasters/emergencies. They also are available to assist with development of facility emergency plans or plans for a local community event.

https://www.desmoinescounty.iowa.gov/emergency_management/

Des Moines County Sheriff

319-753-8212

512 N. Main St, Burlington, IA 52601

<https://www.desmoinescounty.iowa.gov/122/Sheriff>

Foundation 2 Crisis Services

319-362-2174 800-332-4224

Full-service crisis line for general problems, family issues, financial issues, abuse, rape, suicide, etc.

<https://foundation2.org/>

Iowa Ammunition Plant Fire

319-753-7205

17575 Iowa 79 Middletown, IA

Iowa Crisis Counseling Helpline

800-332-4224

We are a volunteer-driven organization that provides non-judgmental support for individuals facing emotional crisis.

Iowa Domestic Violence Hotline

800-942-0333

They provide help to victims of domestic violence, sexual assault, homicide, human trafficking and other violent crimes. They are staffed 24/7 and provide culturally specific services.

<http://survivorshelpline.org/>

Iowa Sexual Abuse Hotline

800-284-7821

Comprehensive sexual abuse hotline that offers support, information and referral to survivors of all forms of sexual abuse, as well as their family, friends and partner

Iowa State Patrol

800-525-5555 or 319-385-8715

Hwy 218 S., Mt. Pleasant, IA 52641

<https://dps.iowa.gov/>

Iowa Victim Service Call Center

800-770-1650

text "IOWAHELP" to 20121 for support for crime victims and concerned loved ones.

survivorshelpline.org

Mediapolis City Fire Department

319-394-3212

412 Main St Mediapolis, IA

Mediapolis Community Ambulance

319-394-3440

412 Main St Mediapolis, IA

Poison Control Center

800-222-1222

Get help from Poison Control right away if you suspect a poisoning.

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

Rape Crisis Line

800-228-1625

If you or someone you know has experienced sexual violence, remember that you are not alone. Iowa has 24 victim service programs that can help.

Rape Victim Advocacy Program (RVAP)

319-541-9809

801 Main St Ste 1B, Keokuk, IA 52632

M-F 9:00-5:00 24-Hour Support, Advocacy & Referrals RVAP Crisis

Line: 800-228-1625 Iowa Sexual Abuse Hotline: 800-284-7821

Provides free, confidential and trauma-informed services, healing, support, education and advocacy for victims to all persons affected by sexual violence.

<https://rvap.uiowa.edu/https://www.facebook.com/RVAPiowa>

Salvation Army

319-753-2038

216 Columbus, Burlington, IA 52601

M-Th 9:00-3:00/ F 9:00-12:00

Disaster services, emergency assistance/financial/seasonal services, family counseling, older adult services, camping activities, worship center/services, children, teens and adult Sunday school, women & men's ministries, boys & girls club, character building programs, community recreation programs, provides daily noon meals, food pantry.

<https://satruck.org/>

<https://www.facebook.com/SABurlington/>

Superior Ambulance Service

319-768-4990

1221 South Gear Ave West Burlington, IA

West Burlington Fire Department

319-753-1088

301 Broadway St West Burlington, IA

West Burlington Police Department

319-754-8555

122 Broadway St West Burlington, IA

Yarmouth Fire Department

319-398-2212

20454 Eastern Avenue Yarmouth, Ia

FOOD, CLOTHING & FINANCIAL

Food Resources

See page 4 for locations and information

American Red Cross

800-733-2767

Assistance with house fires, floods, winter storms, tornadoes, disaster relief, help for qualified military personnel

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

BILA (Burlington Innovative Learning Academy)

319-753-2211 ext 1304

For any high school student in Burlington Clothes, shoes, coats, gloves, prom dresses, etc. Open through all three lunches and Houndroom. Call for an appointment.

Birthright

319-753-2702

1113 S. Main St, Burlington, IA 52601

24 Hours 800-550-4900

Offers confidential help to those who wish an alternative solution to abortion. Provide pregnancy counseling.

<https://birthright.org/birthright-of-burlington>

<https://www.facebook.com/pages/category/Nonprofit-organization/Birthright-of-Burlington-IA-113017923461366/>

Bridges Out of Poverty

319.754.8421 416 Jefferson St, Burlington, IA, United States, Iowa
Classes to empower individuals that are struggling in poverty to reach their fullest potential, develop their future story, and build a support system.

<https://burlingtonbuildingbridges.org/>

<https://www.facebook.com/BurlingtonBuildingBridges>

Child and Adult Care Food Program (CACFP)

SIEDA Community Action (as of 10/2024)

641-682-8741 or 641-329-4340

CACFP is available to registered child care providers. Early childhood nutrition education and support for child care professionals. Partial reimbursement for the cost of the qualifying meals and snacks served.

<https://www.sieda.org/health-well-being/child-and-adult-care-food-program/>

Church of the Nazarene

319-752-4245 2nd Sat of the month 8:00-2:00

Free Clothing Closet.

<https://www.iowanazarene.org/burlington-first>

<https://www.facebook.com/burfirstnaz/>

Community Action of Southeast Iowa Central Office

319-753-0193 M-F 8:30-4:30

2850 Mt Pleasant St, Ste 108, Burlington, IA 52601

Community Action of Southeast Iowa is dedicated to alleviating the conditions and causes of poverty by building partnerships and strengthening people through quality services. There are over 20 programs and services offered.

caofseia.org

Community Clothes Closet

319-931-9305

Cornerstone Community Church; 102 Meadow St, Mediapolis, IA 52637
T 3:00-5:00/ 1st and 3rd Sat 9:00-12:00A used clothing closet.

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

Family Development Self-Sufficiency Program (FaDDS) Community

Action of Southeast Iowa

319-753-0193

Home visit, a goal-based program for low-income families with a child under 18. Contact the local center or Central Office.

caofseia.org

Goodwill Career Resource Center

866-466-7881

165 W Burlington Ave, Burlington, IA 52601

We provide supported employment, job development and Occupational Skills training that result in a certification for those with barriers to independence. We also have a low-cost clothing store.

www.goodwilloftheheartland.org

Harmony Bible Church, City Hope Foundation

319-392-4229 M-F 9:00-4:00

Benevolence (helping) ministry, food pantry, groups, Celebrate Recovery, etc. City Hope exists to promote the flourishing of individuals, families, and communities in Southeast Iowa and West-Central Illinois through building relationships, meeting needs, and sharing hope.

The Cupboard with City Hope

319-237-8400 ext 114 info@cityhopefoundation.org

1219 Ave H, Fort Madison

Sat 9-noon Food pantry. No documentation necessary

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

Hetta Gilbert Foundation

Available through agency-to-agency referrals only.

Assistance with health and medical needs for children under age 18 residing in Des Moines County. Will consider assisting with prescriptions, glasses, dental, doctor visits, etc.

HettaGilbert@gmail.com

Hopefully Yours

319-237-1140 617 Jefferson, Burlington

M-F 9:30-5:00, Sat 9:30-4:00

Resale shop for low-cost clothing & household items benefiting Hope Haven.

<https://www.hopehavencorp.com/>

<https://www.facebook.com/hopefullyyours03>

Iowa Department of Health and Human Services (HHS) (previously DHS)

319-754-4622 or 866-849-3537

3535 E. Agency St, Ste102, Burlington, IA 52601

M-F 8:00-4:30

To report child or dependent adult abuse call 1-800-362-2178.

To report a change to Medicaid, Food Assistance or FIP case call 1-877-347-5678.

<https://hhs.iowa.gov/>

IRS Volunteer Income Tax Assistance (VITA) Program

Offers free tax preparation and electronic filing for low- to moderate-income Iowans.

irs.treasury.gov/freetaxprep

Milestones Area Agency on Aging

319-752-5433

509 Jefferson St, Burlington, IA 52601

M-F 8:00-4:30

Information and referrals, senior nutrition, family caregiver programs, counseling, wellness and safety, elder rights and abuse prevention, and older worker employment programs. Services for those with disabilities, veterans and family caregivers

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

<https://www.facebook.com/milestonesaaa/>

Neighborhood Centers: Des Moines County

Community Action of Southeast Iowa

319-753-2893 M, T, Th, F 8-4:30

700 Jefferson St, Burlington, IA 52601

20+ programs and services for those of low income. Food, utilities, weatherization, senior home repair, WIC, Head Start, family development, information and referral, etc. See the inside front cover for the program list.

<http://caofseia.org>

Quarter or Free Burlington Iowa, Facebook Group

A group of community members who share and give away many things

<https://www.facebook.com/groups/2075972285794134>

Rural Development

319-986-5800

Grants for home repairs for clients 62 years and up & homeowners. Low-interest loans for low-income families. Loans to purchase a home at low or very low interest.

<https://www.rd.usda.gov/ia>

Salvation Army

319-753-2038

216 Columbus, Burlington, IA 52601

M-Th 9:00-3:00/ F 9:00-12:00

Disaster services, emergency assistance/financial/seasonal services, family counseling, older adult services, camping activities, worship center/services, children, teens and adult Sunday school, women & men's ministries, boys & girls club, character building programs, community recreation programs, provides daily noon meals, food pantry.

<https://satruck.org/>

<https://www.facebook.com/SABurlington/>

Social Security Office

866-338-4183

3920 Division St, Burlington, IA 52601 M-F 9:00-3:30

<https://www.ssa.gov/>

Southeast Iowa Regional Planning

319-753-5107 211 N Gear Ave, West Burlington, IA 52655

Strengthening the abilities of local communities to meet their individual needs related to home ownership. Grants and low-interest loans for home repair and purchasing. SEIRP exists to "Strengthen Southeast Iowa."

<https://www.seirpc.com/>

Southeast Iowa Resource Center (SEIRC)

319-382-0939

Mobile Clothing Closet by appointment via phone or message their [Facebook Page](#).

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Community Action of Southeast Iowa

319-209-2850 M-F 8:30-4:30

2850 Mt. Pleasant St, Ste. 108, Burlington, IA 52601

WIC Clinic location: 801 South Roosevelt Burlington

Provides medical and nutritional assessments, education and supplemental foods for pregnant women, breastfeeding and non-nursing mothers, infants and children up to 5 years old.

<http://caofseia.org/services/wic/>

Spend Smart Eat Smart

A website from Iowa State University Extension and Outreach. Learn how to feed your family nutritious meals for less money! Find recipes and ideas to help you eat healthy, save money, and stretch your food budget.

spendsmart.extension.iastate.edu

St Vincent de Paul

319-752-9332 M-F 1:00-3:00

700 Division St, Burlington, IA 52601

Food pantry, You must show a picture ID and have (in hand) a social security card for every member in your family.

<https://dmcountycatholic.org/need-help/st-vincent-de-paul-food-pantry>

<https://www.facebook.com/pages/category/Community-Service/St-Vincent-de-Paul-Food-Pantry-625028211222879/>

Transitions DMC

319-209-2217

515 South Main St, Burlington, IA 52601

Emergency Shelter- 30-45 days, 13 beds, intake 10:00-3:00

Day Services- Showers, laundry, warming and cooling centers. Helping the homeless find shelter, homes, food, furniture, clothes, household basics, emergency assistance, and mentoring with a hand up, not a handout.

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

<https://www.facebook.com/transitionsdmc/>

Zion United Church of Christ

319-752-2305

412 N. 5th St, Burlington, IA 52601

M, W, F 9:00-12:00

Bridging the Gap Program. Food Pantry and some paper products.

Some financial assistance, job search assistance and budget counseling.

<https://zionuccburlington.org/>

HEALTH SERVICES

Advanced Home Health Care

319-753-6270

550 S Roosevelt Ave, Burlington, IA 52601

Advanced Home Health Care is a premier provider of services in-home care in Burlington and Southeast Iowa to support health, safety and independence. We offer exceptional customer care, comply with all applicable federal civil rights laws, do not discriminate on the basis of race, color, ethnicity, age, disability or gender, and offer sign and other language interpreters and translated written materials on request.

<https://advanced-homehealthcare.com/>

Alzheimer's Association

800-272-3900

We have a variety of services in person, virtual, phone and online to offer the community. All service information, educational opportunities, support group information etc. is located on our website at alz.org or by calling, which is answered by a live person 24/7 to assist callers. Support group meets at Burlington Public Library the 2nd Tuesday of the month at 10:30 a.m.

<https://www.alz.org/iowa>

Birtheright

319-753-2702

24 Hours 800-550-4900

1113 S. Main St, Burlington, IA 52601

Offers confidential help to those who wish an alternative solution to abortion. Provide pregnancy counseling.

<https://birtheright.org/birtheright-of-burlington>

<https://www.facebook.com/pages/category/Nonprofit-organization/Birtheright-of-Burlington-IA-113017923461366/>

Brain Injury Alliance of Iowa

855-444-6443

M-F 8-4:30

1556 S. First Ave, Suite A, Iowa City, Iowa 52240

We provide fee-free services such as Neuro Resource Facilitation to help people with brain injuries, their families, caregivers, and the community navigate medical & general life challenges. We also offer support groups, a resource library, education/training, case consultation, and our Iowa Brain Injury Resource Network (IBIRN).

<https://biaia.org/>

Child Health Specialty Clinics (CHSC)

641-682-8145

M-Th 8:00-4:30

609 Church St., Ottumwa IA 52501

CHSC provides gap-filling clinical services, care coordination, and family-to-family support through wide array of special programs for children with special needs

<https://chsciowa.org/>

Community Health Centers of Southeast Iowa (CHC)

Medical Clinic

319-768-5858

Dental Clinic

319-752-5540

Pediatric Clinic 319-753-5177

Medical and Dental 1706 W. Agency Rd., West Burlington, IA 52601

Pediatric Clinic 1223 S. Gear Ave. Ste 108, West Burlington, IA 52655

Medical and Dental M, W 7:00-7:00pm/ T, Th, F 7:00-6:00 Pediatric M-F 8:00-5:00

Primary Care, Dental, Behavioral Health, Pain Clinic, and Addiction Services. Accepts most Insurances, and Iowa, Illinois, and Missouri Medicaid. A Sliding fee discount is available for households that qualify. SHIP Counselor Available

<https://www.chcseia.com/>

Des Moines County Public Health

319-753-8290

M-F 8:00-4:30

522 N. 3rd St, Burlington, IA 52601

Immunization Clinic: T, Th 1:30-4:00 TB tests on Tuesdays only.

Home health care, skilled nursing, disease prevention & education, the Nail Program, environmental services, Hopes Program & Des Moines County Home Visitation Program

<https://www.desmoinescounty.iowa.gov/118/Public-Health>

Domestic Violence Intervention Program (DVIP)

800-693-1399

PO Box 644 Burlington, IA 52601

Provides comprehensive domestic violence services. 24-hour crisis line, medical advocacy, legal advocacy, court advocacy support, individual counseling, referrals, protection orders, educational presentations, emergency cellular phones, domestic violence support group, sexual assault support group, child support group, pictures of injuries, agency training, volunteer and staff training.

<https://dvi Iowa.org/> <https://www.facebook.com/iowadvip/>

Every Step Hospice

319-385-4472

118 N. Main, Mt. Pleasant, IA 52641

Hospice Care & ExtraCare services care for the terminally ill that include nursing, home health aides, chaplain services, volunteers, social workers, pharmacists, medical equipment, and bereavement counseling. HCI Palliative Medicine available to chronically and seriously ill individuals that are still seeking treatment but are looking for comfort care.

<https://www.everystep.org/services/hospice>

Family Planning of Southeast Iowa by Great River Health

319-768-1225 10-6 Mon, Tues, Thurs; 1-5 Wed; 8-1 Fri

Walk-ins welcome

801 S Roosevelt, Suite C Burlington, IA 52601

Affordable reproductive health services. Comprehensive, confidential care including testing, treatment and health education. Well-woman and well-man examinations, Birth-control methods on-site – pills, implants, IUDs, shots, spermicide and emergency contraception and free condoms, Pap smears and breast examinations, Sexually transmitted disease (STD) testing and treatment, Rapid HIV testing, Genital wart treatment, Urinary-tract and vaginal infection testing and treatment, Pregnancy testing, counseling and referral, Gardasil vaccinations. Preventive and reproductive health education.

<https://www.greatriverhealth.org/family-planning/>

Great Prairie Area Education Agency/Early ACCESS

641-682-8591 or 800-622-0027

M-F 8:00-4:30

3601 West Ave, Burlington, IA 52601

Specialized services for children and students with diverse learning needs, including identification, diagnosis, planning, and therapies for those with disabilities

<https://www.gpaea.org/> <https://www.facebook.com/pg/gpaea/posts/>

Great River Business Health

319-768-4100 Option 5

1401 W. Agency Rd., West Burlington, IA 52655

Great River Business Health offers comprehensive health services for businesses, including drug and alcohol testing, DOT and pre-employment physicals, immunizations, fit-for-duty examinations, and workers' compensation injury care.

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

Great River Home Health and Hospice

319-768-3350

1306 S. Washington Rd., West Burlington, IA 52655

Provides comprehensive physical, emotional and spiritual care in homes, long-term-care centers, and Great River Hospice House.

<https://www.greatriverhealth.org/health-services/home-health/hospice-house/>

Hawk-I

800-257-8563

Health & Dental insurance coverage for newborns to age 19. For those who do not qualify for Medicaid.

<https://dhs.iowa.gov/hawki>

Heritage Medical Equipment & Supplies

319-768-4300

624 S. Roosevelt Ave, Burlington, IA 52601

1223 S. Gear Ave, Eastman Plaza West Burlington, IA 52655

M-F 9:00-5:00

Offered medical supply equipment.

<https://www.greatriverhealth.org/our-locations/heritage-medical-equipment-supplies/>

Hetta Gilbert Foundation

Available through agency-to-agency referrals only.
Assistance with health and medical needs for children under age 18 residing in Des Moines County. Will consider assisting with prescriptions, glasses, dental, doctor visits, etc.

HettaGilbert@gmail.com

InfantSEE

888-396-3937

Public health program, local optometrists who provide a no-cost infant eye exam to infants, aged 6 months through one year.

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

Iowa Department of Health and Human Services (HHS)

(previously DHS)

319-754-4622 or 866-849-3537

3535 E. Agency St, Ste102, Burlington, IA 52601

M-F 8:00-4:30

To report child or dependent adult abuse call 1-800-362-2178.

To report a change to Medicaid, Food Assistance or FIP case call 1-877-347-5678.

<https://hhs.iowa.gov/>

Iowa Managed Care Organizations (MCOs) Iowa Total Care

Member Services: 1-833-404-1061

State Health Insurance

<https://www.iowatotalcare.com/>

Iowa Managed Care Organizations (MCOs) Amerigroup Iowa, Inc.

Member Services: 800-600-4441

State Health Insurance

www.myamerigroup.com/ia

Iowa Medicaid Providers

800-338-7909

<https://dhs.iowa.gov/ime/providers>

Iowa Office of Consumer Affairs (OCA)

855-622-4692

Statewide Children and Adult Mental Health Resources. A program run by peers with personal lived experience with mental illness. Free and confidential service. Information on providers, Day services, legal issues, housing/homelessness, guardianship, crisis referral, out-of-home placement, employment, support groups and classes, insurance, peer support and disability.

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

<https://www.facebook.com/ocaiowa>

Lions Club

Local Clubs: burlingtonnoonlionsoktoberfest@gmail.com

State contact: 515-232-2215

iowalions@aol.com

Lions Clubs are working to end preventable blindness. Preschool vision screening. Assistance obtaining corrective lenses.

<http://clubs.iowalions.org/burlingtonnoon/>

<https://www.facebook.com/burlingtonnoonlionsoktoberfest/>

Mental Health Southeast Iowa Regional Medical Center

319-768-3700

1225 S. Gear Ave, Ste. 251, West Burlington, IA 52655

Southeast Iowa Regional Medical Center provides treatment for adults and children with mental health conditions. Our staff works with patients and their families to help them optimize the management of addictions and illnesses. Some of services we offer include medication management, diagnostic evaluations, and addiction medical management and counseling. We treat many psychiatric conditions, from clinical depression to anxiety and personality disorders.

<https://www.greatriverhealth.org/health-services/mental-health/>

My IA Condoms

Sexual health. Find where free condoms are available in the community. Discover where STD testing is offered and other resources.

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

Ryan White Program

319-800-5561

jmueller@riverhillshealth.org

A program that works with persons living with HIV. The program is for those who do not have sufficient health care coverage or financial resources for coping with HIV disease. Fills gaps in care not covered by these other sources.

Southeast Iowa Regional Medical Center

319-768-1000

1221 S. Gear Ave, West Burlington, IA 52655

Southeast Iowa Regional Medical Center is a 378-bed regional, integrated healthcare system that includes acute, skilled and long-term care, retail pharmacies, retail medical equipment and supplies services, an outpatient renal dialysis center, and a network of specialty and primary-care clinics.

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

Southeast Iowa Regional Palliative Care

319-768-3535 M-F 7:30-4:30

1225 S. Gear Ave Burlington, IA 52601

Palliative Care Clinic Mercy Plaza Suite 254

Caregiver Support Group: 2nd Wednesday of the month from 1-2pm

Provides education and connection to caregivers in our community who are often isolated. This is also available online. Call 319-758-3535 for more information

Next Steps-Cancer Survivor Support Group:

2nd and 4th Wednesday of each month from 10-11

Education connection, and self-care for those completing treatment and trying to find a new normal

<https://www.greatriverhealth.org>

Special Needs Foundation

319-752-8711 M, W, F 10:00-2:00

829 Harrison Ave, Burlington, IA 52601

Free loans of medical equipment for Des Moines County residents

<https://specialneedsdmc.org/>

<https://m.facebook.com/Special-Needs-Foundation-928957960528376/>

St Luke's (Cedar Rapids)

319-369-7211 1026 A Ave NE, Cedar Rapids, IA 52406

<https://www.unitypoint.org/cedarrapids/default.aspx>

University of Iowa Children's Hospital

877-686-0031 100 Hawkins Drive, Iowa City, IA 52242

<https://uihc.org/>

Unity Point Health - St. Luke's (Cedar Rapids)

319-369-7211

1026 A Ave. NE, Cedar Rapids, IA 52406

<https://www.unitypoint.org/cedarrapids/default.aspx>

University of Iowa Health Care

319-356-1616

200 Hawkins Dr., Iowa City, IA 52242

<https://uihc.org/>

Urgent Care: Outpatient Services Plaza

319-768-4320

1321 S. Gear Ave, West Burlington, IA 52601

M-F 7:00-7:00/ Sat-Sun 9:00-4:00

No appointment necessary. Open to anyone 18 months or older.

<https://www.greatriverhealth.org/health-services/urgent-care/>

Veterans Memorial Hospital

319-338-0581 or 866-687-7382

601 Hwy 6 West, Iowa City, IA 52246

Veterans Memorial Hospital enhances the lives of those we serve by providing an exceptional healthcare experience with compassion.

<https://www.va.gov/iowa-city-health-care/>

HOUSING

Burlington Area Homeless Shelter

123 N. Marshall St, Burlington, IA 52601

We provide emergency shelter and support to those in need. We work with outside resources, work on personal goals and budget planning and provide most needs during their stay. Must have an Iowa ID and be willing to work. We do not take sex offenders or anyone with an active warrant. Funded by the community and United Way.

<https://burlingtonareahomelessshelter.wordpress.com/>

<https://www.facebook.com/burlingtonareahomelessshelter/>

Community Action of Southeast Iowa Central Office

319-753-0193

2850 Mt Pleasant St, Ste 108, Burlington, IA 52601

M-F 8:30-4:30

Community Action of Southeast Iowa is dedicated to alleviating the conditions and causes of poverty by building partnerships and strengthening people through quality services. There are over 20 programs and services offered.

caofseia.org

Coordinated Entry

833-739-0065

Assistance for persons experiencing homelessness or at risk of a housing crisis in Iowa.

iowahousinghelp.com homeforwardiowa.org/coordinated-entry

Department of Housing

319-753-8175

Code inspector

<https://www.burlingtoniowa.org/2152/Permits-Applications>

Housing Search

866-265-7811

<https://iowahousingsearch.org/>

HUD (Housing and Urban Development)

800-955-2232

Helps with housing assistance.

Iowa Finance Authority

800-432-7230

Mortgage, down payment and closing costs assistance programs

<https://www.iowafinance.com/find-a-program/>

Iowa Homeowner Assistance Fund Program

888-668-0927

Assist eligible Iowa homeowners in avoiding-foreclosure

iowafinance.com/IHAF

Journey House, Transitional Housing (Burlington)

800-373-1043

Transitional housing for up to three months and supportive services for those who have experienced domestic violence. Domestic Violence Intervention Program (DVIP)

<http://www.burlingtony.org/womens-shelter>

Low Rent Housing

319-752-4042

2830 Winegard Dr, Burlington, IA 52601 (in Autumn Heights)

Rental assistance under section 8 housing choice voucher program within Burlington city limits. As of 4.3.23, the Section 8 waitlist is currently closed.

Rural Development

319-986-5800

Grants for home repairs for clients 62 years and up & homeowners.

Low-interest loans for low-income families. Loans to purchase a home at low or very low interest.

<https://www.rd.usda.gov/ia>

Salvation Army

319-753-2038 M-Th 9:00-3:00/ F 9:00-12:00

216 Columbus, Burlington, IA 52601

Disaster services, emergency assistance/financial/seasonal services, family counseling, older adult services, camping activities, worship center/services, children, teens and adult Sunday school, women & men's ministries, boys & girls club, character building programs, community recreation programs, provides daily noon meals, food pantry.

<https://satruck.org/>

<https://www.facebook.com/SABurlington/>

Senior & Disabled Housing Apartments Based on Income

Autumn Heights* 319-753-2142

*apps available M-F 8-4 senior = 62+

Friedenheim Community 319-754-1042

Westland Manor 319-752-4797

Robinson Heights 319-752-4625

Southeast Iowa Regional Housing Authority (Section 8)

319-753-5109

218 N 3rd St, Ste 309, Burlington, IA 52601

Rental assistance under the Section 8 housing choice voucher program outside of Burlington city limits, includes Des Moines, Henry, Lee, and Louisa Counties

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

Southeast Iowa Regional Planning

319-753-5107

211 N Gear Ave, West Burlington, IA 52655

Strengthening the abilities of local communities to meet their individual needs related to home ownership. Grants and low-interest loans for home repair and purchasing. SEIRP exists to "Strengthen Southeast Iowa."

<https://www.seirpc.com/>

Steamboat Landing

319-754-5515 420 S 4th St, Burlington, IA 52601
Income-based housing apartment complex
<http://www.steamboatlandingsapts.com/>

Stone Gardens

319-753-0129 2312 Valley St, Burlington, IA 52601
Income-based housing apartment complex.
<https://www.stonegardensapts.com/>

Transitional Living

DVIP Journey House	Burlington, IA	319-850-8699
DVIP Serenity House	Keokuk, IA	319-850-8699
Talbot Sober Living	Keokuk, IA	319-795-5535
Lydia's House (Women)	Keokuk, IA	319-313-7330
The Refuge House (Men)	Olds, IA	319-201-8187
New Life (Women)	Wayland, IA	319-201-8187
Transitions DMC	Burlington, IA	319-209-2217

Transitions DMC

319-209-2217
515 South Main St, Burlington, IA 52601
Emergency Shelter- 30-45 days, 13 beds, intake 10:00-3:00
Day Services- Showers, laundry, warming, and cooling centers. Helping the homeless find shelter, homes, food, furniture, clothes, household basics, emergency assistance, and mentoring with a hand up, not a handout.
<https://www.transitionsdmc.org/>
<https://www.facebook.com/transitionsdmc/>

USDA Rural Development

319-986-5800
709 S. Iris St., Ste 103, Mt. Pleasant
Provides loans, and grants for home purchases and home repairs outside city limits of Burlington/West Burlington.
usda.gov/topics/rural/housing-assistance

LEGAL

Attorney Referral Services of the Iowa State Bar Association

Find a lawyer and get a referral for a lawyer.
<https://www.iowafindalawyer.com/>

Bar Association Volunteer Board

800-325-2909 or 515-243-3179

625 E. Court Ave, Des Moines, IA 50309

M-F 8:00-5:00

Its mission is to support members and their service to clients, the community, and the judicial system.

Disability Rights Iowa

800-779-2502

666 Walnut St. Ste 1440, Des Moines, IA 50309

Intake hours- M,W,F 9:00-2:00

Spanish intake hours- T 11:00-1:00/ TH 4:00-6:00

Disability Rights Iowa aims to defend and promote the human and legal rights of Iowans with disabilities and mental illness. We promote safety, opportunity, access and self-determination for all Iowans. Online intake available.

<https://disabilityrightsowa.org/>

Eighth Judicial District Field Services

319-753-5478 M-F 8:00-4:30

835 Valley St, Burlington, IA 52601

Provide community-based correctional services to the fourteen counties in southeast Iowa that comprise the Eighth Judicial District

<http://www.8thjdcbc.com/>

Iowa Concern Line by Iowa State University

800-447-1985

Financial questions. Legal education stress counseling, disaster resources and referral.

<https://www.extension.iastate.edu/iowaconcern/>

Iowa Legal Aid

800-532-1275

1700 S. 1st Ave, Ste. 10, Iowa City, IA 52240

M-F 9:00-11:00 & 1:30-3:30

Provides critical legal assistance to low-income and vulnerable Iowans who have nowhere else to turn.

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

Iowa State Public Defender

319-753-5163

216 S. 3rd St., Burlington, IA 52601

M-F 8:00-4:30

Attorney for people who can not afford one.

<https://spd.iowa.gov/>

Iowa Victim Service Call Center

800-770-1650

text "IOWAHELP" to 20121 for support for crime victims and concerned loved ones.

<http://survivorshelpline.org/>

Juvenile Court Services - Des Moines County

319-753-8281

513 N. Main St, Burlington, IA 52601

M-F 8:00-4:30

District 8 Southeast Iowa

<https://www.iowacourts.gov/iowa-courts/district-court/judicial-district-8/district/8/county/des-moines>

Residential Facility (Halfway House)

319-753-5178

835 Valley St, Burlington, IA 52601

T, Th, Sat, 6:30pm-9:00pm/ Sun 1:30-4:30

A 63-bed male facility that provides highly structured live-in supervision for higher-need offenders exiting prison (on parole or probation).

Provides an alternative between street supervision and incarceration.

<https://doc.iowa.gov/about-us/about-community-based-corrections>

State Attorney General

515-281-5926 or 888-777-4590 or 800-373-5044

Consumer Protection Division protects Iowaconsumers from fraud, and Crime Victim Assistance Division provides services and assistance to victims of violent crimes

<https://www.iowaattorneygeneral.gov/>

LIBRARIES

Burlington Public Library

210 Court St, Burlington, IA 52601

M-Th 9:00-8:00/ F, Sat 9:00-5:00

Books, technology assistance, programming/events for all ages.

<https://www.burlington.lib.ia.us/>

Danville Library

319-392-8317

112 N. Main St, Danville, IA 52623

M-F 2:00-5:00, Sat 10:00-12:00

http://www.danvillestation.net/Contact-Us.html?no_redirect=true

Great River Medical Center Library

319-768-4075

1221 S. Gear Ave, West Burlington, IA 52655

M 9:00-1:00, T-F 7:30-4:00

The library offers professional and community health resources, including books, periodicals, and videos for on-site use and check-out.

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

Iowa Department for the Blind

515-281-1333 800-362-2587

524 Fourth Street, Des Moines, IA 50309

Vocational Rehabilitation Programs, Independent Living Program, Adult Orientation and Adjustment Center, Library for the Blind and Print Disabled, Business Enterprises Program, Public Education and In-Service Training

<https://blind.iowa.gov/>

Mediapolis Public Library

319-394-3895

128 N. Orchard, Mediapolis, IA 52637

<https://www.mediapolis.lib.ia.us/>

Yohe Memorial Library (Located in SCC)

319-752-2731

1500 W. Agency Rd., West Burlington, IA 52655

<https://www.scciowa.edu/academics/Library/index.aspx>

RECREATION

4-H Clubs Iowa State University (ISU) Cooperative Extension, Des Moines County Extension & Outreach Office

1700 W Mt Pleasant St, West Burlington, IA 52655

M-Th 8:00- 4:30/ F 8:00-12:00 4H Clubs and 4H Clover Kids Clubs are through the Iowa State University Extension and Outreach Office

<https://www.extension.iastate.edu/desmoines/page/4-h-clubs-and-4-h-clover-kids-club>

Art Center of Burlington

319-754-8069

301 Jefferson St. Ste 1 Burlington, IA

We believe in creating opportunities like unique events and public art displays that encourage a more vibrant community. What we offer:

Original artwork for sale, Monthly gallery exhibits, Art classes for ages 3 to adult

Artsapes for special needs adults, elderly, and mental health patients, Special events (Snake Alley Art Fair, Miracle on Jefferson Street, Battle of the Brushes, and Gallery Lounge)

<https://btownart.com/>

Boy Scouts Field Office

319-754-8413

3007 Flint Hills Drive, Burlington, IA 52601

M-F 9:30-5:30

Boy Scouts and Cub Scouts are programs in each school neighborhood for boys in grades 1 – 12 (co-ed in high school) that build self-esteem, resourcefulness and leadership skills.

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

<https://www.facebook.com/MississippiValleyCouncil/>

Des Moines County Conservation

319-753-8260 M-F 7:00-3:30

13700 Washington Rd., West Burlington, IA 52655

Camping, Environmental Education, Fishing, Hunting, Nature, Parks, Planting Services, Shooting Ranges, Youth Summer Camps, Witte Observatory, and more. Parks include Big Hollow Recreation Area, Chautauqua Park, 4th Pumping Plant Recreation Area, Hickory Bend, Hunt Woods, Luckenbill Woods, Starr's Cave Park & Preserve, Waters Park, and Welter Recreation Area (Skunk River Access).

<https://www.desmoinescounty.iowa.gov/110/Conservation>

Girl Scouts

319-752-3639

1308 Broadway, West Burlington, IA 52655

M-F 8:30-5:00

Girls build character and skills for success in the real world. This is for school-age girls. (Girl Scouts of Eastern IA & Western IL)

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

Local Community Events and Links

A place to find out about community events, local calendars, and links.

www.caofseia.org/events

Players Workshop

319-753-6623

1431 Grove St, Burlington, IA 52601

Produces a variety of theatrical seasons that engage patrons and offer an outlet for creative talents within the community. They provide youth programming to introduce all aspects of the theater to the next generation.

<https://www.playersworkshoptheater.com/>

<https://www.facebook.com/PlayersWorkshop/>

Rec Plex

319-758-9419

501 S. Broadway St, West Burlington, IA 52655

Rec Plex has baseball diamonds, batting cages, soccer fields, sand volleyball, and a Tot Lot for young fans.

<https://www.burlingtoniowa.org/2308/Burlington-Regional-Rec-Plex>

<https://www.facebook.com/BurlingtonRecPlex/>

YMCA

319-753-6734

2410 Mt. Pleasant St, Burlington, IA 52601

M-F 5:00am-10:00pm Sat 7:30-4:00/ Sun 1:00-4:00

Adults, children & youth programs, aquatics, sports activities, family activities, dances, health & fitness, 55+ program, child care center, babysitting, before & after school programs, parent's day out, kids' gym daycare. Scholarships are available on a need basis.

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

<https://www.facebook.com/burlingtony>

SENIOR

Alzheimer's Association

800-272-3900

We offer a variety of services in person, virtual, phone, and online to offer the community. All service information, educational opportunities, support group information, etc. is located on our website at alz.org or by calling, which is answered by a live person 24/7 to assist callers. Support group meets at the Burlington Library on the 2nd Tuesday of the month at 10:30 a.m.

<https://www.alz.org/iowa>

AmeriCorps Seniors Volunteer Program

319-372-8043

AmeriCorps Seniors is a network of national service programs for Americans 55 years and older, made up of three primary programs that each take a different approach to improving lives and fostering civic engagement.

<https://unitedwaygrr.org/mericorps/>

Community Action Senior Home Repair Program

319-753-0193

For those 60+ focuses on small repairs or additions to maintain the safety of the home.

<http://caofseia.org/>

Meals on Wheels Southeast Iowa Regional Medical Center

319-768-3401 1221 S. Gear Ave, West Burlington, IA 52655

A nutritious meal is only the start of the value Meals on Wheels can deliver to keep your most vulnerable members healthy.

<https://www.greatriverhealth.org>

Milestones Area Agency on Aging

319-752-5433

509 Jefferson St, Burlington, IA 52601

M-F 8:00-4:30

Information and referrals, senior nutrition, family caregiver programs, counseling, wellness and safety, elder rights and abuse prevention, and older worker employment programs. Services for those with disabilities, veterans, and family caregivers

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

<https://www.facebook.com/milestonesaaa/>

Retired Senior Volunteer Program (RSVP)

319-753-8155

400 Washington St, Burlington, IA 52601

M-Th 9:00-2:00

Many different opportunities. Possible paid positions. Tutoring/reading with school children, journaling project volunteers with students in the 4th – 6th grades, entertainers, singers & dancers, nursing home activity volunteers, summer reading program volunteers, craft projects (knitting, crocheting, quilting, sewing), senior center volunteers, delivery of meals to homebound, transportation assistance, clerical assistance, court mediation, library assistance, hospital volunteers, museum services, and more.

<https://www.facebook.com/RSVP-Retired-Senior-Volunteer-Program-of-Des-Moines-County-536887499675283/>

Rural Development

319-986-5800

Grants for home repairs for clients 62 years and up & homeowners. Low interest loans for low income families. Loans to purchase a home at low or very low interest.

<https://www.rd.usda.gov/ia>

Salvation Army

319-753-2038

216 Columbus, Burlington, IA 52601

M-Th 9:00-3:00/ F 9:00-12:00

Disaster services, emergency assistance/financial/seasonal services, family counseling, older adult services, camping activities, worship center/services, children, teens and adult Sunday school, women & men's ministries, boys & girls club, character building programs, community recreation programs, provides daily noon meals, food pantry.

<https://satruck.org/>

<https://www.facebook.com/SABurlington/>

Senior Health Insurance Information Program (SHIIP)

319-768-3342

1221 S. Gear Ave, West Burlington, IA 52655

Free, confidential service of the State of Iowa that provides unbiased information to help Iowans make decisions about Medicare and other health coverage

<https://www.greatriverhealth.org/about-us/senior-health-insurance-information-program-shiip/>

Social Security Office

866-338-4183

3920 Division St, Burlington, IA 52601

M-F 9:00-3:30

<https://www.ssa.gov/>

Southeast Iowa Regional Palliative Care

319-768-3535

1225 S. Gear Ave Burlington, IA 52601

Palliative Care Clinic Mercy Plaza Suite 254

M-F 7:30-4:30

Caregiver Support Group: 2nd Wednesday of the month from 1-2pm
Provides education and connection to caregivers in our community who are often isolated. This is also available online. Call 319-758-3535 for more information

Next Steps- Cancer Survivor Support Group: 2nd and 4th Wednesday of each month from 10-11

Education connection, and self care for those completing treatment and trying to find a new normal

greatriverhealth.org

Steamboat Senior Center

319-753-2567 Call for hours

501 Jefferson St, Burlington, IA 52601

Where Seniors, age 55 and older can come together for some good, healthy activities and some downright good times. Bingo, dances, bands, karaoke, delicious food and more.

<https://www.facebook.com/groups/816876228451079/>

SUBSTANCE USE

Alcohol and Drug Dependency Services (ADDS)

319-753-6567 M-F 8:00-5:00

1340 Mt. Pleasant St, Burlington, IA 52601

Outpatient substance abuse treatment, residential substance treatment (Burlington), problem gambling treatment, Drug Free Workplace programming, prevention education, substance abuse screenings, OWI screenings and classes, Juvenile Diversion. Problem gambling crisis intervention 800-BETS-OFF

<https://addsiowa.org/>

<https://www.facebook.com/ADDSIA>

Celebrate Recovery

319-237-8400 ext 201

550 Division, Burlington, IA (in Harmony Bible Church)

Th 6:30pm Program, Meal starts at 6:00pm

Childcare provided for kids 0 – 3 years. A Christ-centered program.

<https://www.harmonybiblechurch.org/city-hope-foundation>

<https://www.facebook.com/CityHopeBurlington/>

Counseling Associates, Inc

319-524-0510 1522 Morgan Street Keokuk, IA

319-372-7689 1014 Ave H., Fort Madison, IA

Serving Lee and Des Moines Counties. Individuals are eligible for Integrated Health Home (IHH) services if the individual is enrolled in Medicaid and is an adult with a serious mental illness

<https://www.counselingassociatesonline.com/>

<https://www.facebook.com/CounselingAssociatesInc/>

First Step Mobile Evaluations, LLC

319-750-5329

Substance Abuse Evaluations and Outpatient Treatment are done remotely and in person.

Serving Des Moines, Lee, Henry, & Jefferson Counties

angie@firststepmobile.com

www.firststepmobile.com

GuideLink Center

319-688-8000

300 Southgate Ave, Iowa City, IA

A welcoming center offering urgent mental health and substance use care for adults. Services include behavioral health crisis stabilization, sobering service, detoxification, and referrals to affiliated partners.

<https://www.guidelinkcenter.org>

Life Connections Peer Recovery Services

563-659-1171

DeWitt, Iowa

Rhonda's House: peer-run respite that supports individuals who are experiencing mental health and substance addiction issues and who want to work on their recovery goals and situations before getting into a crisis situation. 7-day free stay.

<https://www.lifeconnectionsrecovery.org>

National Alliance on Mental Illness (NAMI)

319-750-2220

The Loft 416 Jefferson Street, Burlington, IA 52601

NAMI Southeast Iowa has Mental health educational and informational programs and classes for people with mental health conditions and those who love them. Mental Health support groups meet on the first and third Monday of the month on the mezzanine of The Loft.

namisoutheastiowa@gmail.com

<https://nami.org/>

[https://m.facebook.com/NAMI-](https://m.facebook.com/NAMI-Southeast-Iowa-mental-health-106975114255600/)

[Southeast-Iowa-mental-health-106975114255600/](https://m.facebook.com/NAMI-Southeast-Iowa-mental-health-106975114255600/)

Quitline Iowa

800-784-8669

Quitting tobacco is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Quitline Iowa can help you with each step of the way.

<https://www.quitlineiowa.org/en-US/>

River Cross, Dual Diagnosis Program Hope Haven

319-754-4689 or 319-237-1072

River Cross is a 15-bed community-based Residential Care Facility developed to provide individualized supportive services to adults who are dually diagnosed with mental illness and substance abuse addiction.

<https://www.hopehavencorp.com/dual-diagnosis-service>

Southeast Iowa Regional Medical Center

319-768-1000

1221 S. Gear Ave, West Burlington, IA 52655

Southeast Iowa Regional Medical Center is a 378-bed regional, integrated healthcare system that includes acute, skilled, and long-term care, retail pharmacies, retail medical equipment, and supplies services, an outpatient renal dialysis center, and a network of specialty and primary-care clinics.

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

Young House Family Services

319-752-4000 M-F 8:00-4:30

4717 Sullivan Slough Road, Burlington, IA 52601

Comprehensive behavioral health services throughout SE IA including Pediatric Integrated Health Home.

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

<https://www.facebook.com/younghousefamilyservices>

SUPPORT GROUPS

24/7 Dads-Fatherhood Initiative Children and Families of Iowa

Zoom Group Th 6:00pm-8:00pm

641-455-4359 bradley@cfiowa.org

Help with back child support. Free 12-week group designed to help with the challenges of fatherhood. Topics include Childhood Male Role Models, Communication Between father and child, Good Fathering Practices, Co-Parenting, and much more! Join at any time.

<https://www.facebook.com/twentyfoursevendads>

Al-Anon

319-754-7591 T 12:00

2411 West Ave, Burlington, IA 52601 (in Messiah Lutheran Church)

Help and hope for families and friends of alcoholics.

<https://al-anon.org/>

Alcohol Anonymous and Narcotics Anonymous Groups (AA/NA)

Call ADDS for a current listing of group meeting where and when: 319-753-6567

<https://addsiowa.org/>

<https://www.facebook.com/ADDZIA>

Alzheimer's Association

800-272-3900

Support group meets at the Burlington Library the 2nd Tuesday of the month at 10:30 a.m. We have a variety of services in person, virtual, phone and online to offer the community. All service information, educational opportunities, support group information etc. is located on our website at alz.org or by calling, which is answered by a live person 24/7 to assist callers.

<https://www.alz.org/iowa>

Autism Support Group – Area Education Agency

319-754-5726

825 N. 8th St, Burlington, IA 52601 (North Hill School)

First Thursday each month for details

<https://autismia.com/support-groups/>

Bridges Out of Poverty Burlington

319-754-8421 416 Jefferson St , Burlington, IA, United States, Iowa

Classes to empower individuals that are struggling in poverty to reach their fullest potential, develop their future story, and build a support system.

<https://burlingtonbuildingbridges.org/>

Harmony Bible Church, City Hope Foundation

319-392-4229

550 Division St, Burlington, IA 52601

Maple St Center: 818 Maple St, Burlington, IA 52601

M-F 9:00-4:00

Celebrate Recovery, Thursdays 6:30pm at the Burlington Harmony Campus 550 Division Street

Benevolence (helping) ministry, food pantry, groups, Celebrate Recovery, etc. City Hope exists to promote the flourishing of individuals, families, and communities in Southeast Iowa and West-Central Illinois through building relationships, meeting needs, and sharing hope.

<https://www.harmonybiblechurch.org/city-hope-foundation>

LIFE Recovery

319-209-0916

F 6:30-8:00pm

314 N. 3rd St, Burlington, IA 52601 (Hope Community Church)

Support group for anyone trying to get their life on track. A biblically based program.

National Alliance on Mental Illness (NAMI)

319-750-2220

The Loft 416 Jefferson Street, Burlington, IA 52601

NAMI Southeast Iowa has Mental health educational and informational programs and classes for people with mental health conditions and those who love them. Mental Health support groups meet on the first and third Monday of the month on the mezzanine of The Loft

namisoutheastiowa@gmail.com

<https://nami.org/>

<https://m.facebook.com/NAMI-Southeast-Iowa-mental-health-106975114255600/>

National Maternal Mental Health Hotline

833-943-5746

24/7 Free Confidential Hotline for pregnant and new moms in English and Spanish. Phone or text access to professional counselors, real-time support and information, resources, referrals, culturally sensitive support, and services in over 60 languages

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

Partners of Des Moines County

319-752-6952

This organization serves persons with disabilities, providing for their social needs as well as some financial assistance.

<https://www.facebook.com/Partnerscatlady2DMC/>

Southeast Iowa Regional Palliative Care

319-768-3535 1225 S. Gear Ave Burlington, IA 52601

Palliative Care Clinic Mercy Plaza Suite 254

M-F 7:30-4:302

Support Groups: Caregiver Support Group-2nd Wednesday of the month from 1-2pm

Provides education and connection to caregivers in our community who are often isolated. This is also available online. Call 319-758-3535 for more information

Next Steps - Cancer Survivor Support Group: 2nd and 4th Wednesday of each month from 10-11

Education connection, and self-care for those completing treatment and trying to find a new normal.

greatriverhealth.org

Stroke Support Group

319-768-4200 1221 S. Gear Ave, West Burlington, IA 52655

Meets the 3rd Wednesday of every month at 10 am at GRMC's Blackhawk Room, below the Center for Rehab. Stroke survivors and/or caregivers are welcome to attend. Different speakers every month with time to share/support others if interested.

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

Understanding Mom's Children and Families of Iowa

641-455-4359

bradley@cfiowa.org

Zoom Group. Help with back child support. Free 12-week group designed to help with the challenges of parenting. Join at any time.

<https://www.facebook.com/twentyfoursevendads>

Wrightslaw Yellow Pages for Kids. (IA)

Yellow pages for kids with disabilities, find educational consultants, psychologists, diagnosticians, health care specialists, academic tutor, speech/language therapists, advocates and attorneys. You will also find government programs, grassroots organizations, special education schools, and parent support groups

<https://www.yellowpagesforkids.com/help/ia.htm>

Your Life Iowa

call 855-581-8111 Text 855-895-8398 Spanish Speaking Helpline 515-895-3936

Free, confidential support for issues with alcohol, drugs, gambling, suicidal thoughts and mental health. Available 24/7

<https://yourlifeiowa.org/>

TRANSPORTATION

A2Z Taxi Service

319-752-6866

<https://www.facebook.com/pages/category/Taxi-Service/A2Z-Taxi-284588174893690/>

Amerigroup Iowa (Access2Care)

844-544-1389

Mileage reimbursement or non-emergency Medicaid transportation.

Amtrak Train Depot

800-872-7245

300 S. Main St, Burlington, IA 52601

1601 20th St, Ft Madison, IA 52627.

<https://www.amtrak.com/>

Burlington Cab Company

319-371-1522

<https://www.facebook.com/profile.php?id=100092565162335>

Burlington Trailways

319-752-5453 or 800-992-4618

906 Broadway St, West Burlington, IA 52655

Daily 8:00-8:00 Transportation services

<https://burlingtontrailways.com/>

Burlington Urban Service

319-753-8162 M-F 7:00-4:00

300 S., Main, Burlington, IA 52601

Saturday (by appointment only, call M-F to set up time)

Transportation services within city limits. \$1.25/ride. Monthly pass \$25.

After 15th of the month ½ month pass \$15. Prices are subject to change.

<https://www.burlingtoniowa.org/2265/Burlington-Urban-Service-BUS>

Jerry's Bike Ministry

319-752-1832

1225 Hagemann Ave. Burlington, IA 52601 Burlington Baptist Church
Volunteers who restore donated bikes to give to those in need.

<http://www.burlingtonbaptistchurch.org/ministries>

Motor Vehicle Registration

319-753-8273 M-F 8:00-4:30

513 N. Main St, Burlington, IA 52601 Iowa County Treasurers

Where to register your vehicle.

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

Non-Emergency Medical Transportation (NEMT)

866-572-7662

For Medicaid members. Iowa Total Care: 1-833-404-1061 Amerigroup:
844-544-1389

<https://hhs.iowa.gov/ime/members/medicaid-a-to-z/NEMT>

<https://www.mtm-inc.net/iowa/members/>

SEIBUS (Public Transportation)

319-753-5107 or 866-753-5107

211 N. Gear Ave, West Burlington, IA 52655

Providing Public Transit Service for Southeast Iowa including Lee,

Henry, Louisa and rural Des Moines Counties. From these counties to

Iowa City. Curb-to-Curb service is available to the general public and

those with disabilities. Wheelchair Accessible. Call 24 hours in advance
for reservations if possible.

<https://seibus.org/>

VETERANS

American Legion

PO Box 973 Burlington, IA 52601

98 Oaks St, Mediapolis, IA 52637

Focusing on service to veterans, service members and communities.

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

Burlington VA Outpatient Clinic

319-752-3722 M-F 8:00-4:00

1000 N. Roosevelt Ave Ste 7, Burlington, IA 52601

Primary healthcare for veterans

https://www.va.gov/find-locations/facility/vha_636GY

Des Moines County Veterans Affairs Office

319-752-7171

910 Cottonwood Ste 1000, Burlington, IA 52601

M-F 8:00-12:00 & 1:00-3:00

We assist veterans with applying for VA pension/compensation, VA health care, and admission to the Iowa Veterans Home. Monetary relief can be given to indigent veterans to assist with bills pertaining to rent, utilities, medical treatment, food, and cremation.

<https://www.desmoinescounty.iowa.gov/124/Veterans-Affairs>

Home Base Iowa

A one-of-a-kind program assisting veterans and transitioning service members. Visit the website to learn more about the Veteran's welcome package, participating employers, and other resources.

homebaseiowa.gov/resources/communitites/des-moines or

homebaseiowa.gov/resources/communities/lee

Salvation Army

319-753-2038

216 Columbus, Burlington, IA 52601

M-Th 9:00-3:00/ F 9:00-12:00

Disaster services, emergency assistance/financial/seasonal services, family counseling, older adult services, camping activities, worship center/services, children, teens, and adult Sunday school, women & men's ministries, boys & girls club, character building programs, community recreation programs, provides daily noon meals, food pantry.

<https://satruck.org/>

<https://www.facebook.com/SABurlington/>

VA Home Front

877-424-3838

Help vets with housing, jobs, health care, education, and more.

VA Homeless Programs

877-424-3838 (877-4AID-VET)

The 24-hour hotline Assists veterans who are homeless or at risk of being homeless.

<https://www.va.gov/homeless/>

Veteran’s Assistance at Iowa Workforce

319-753-1671 ex31411

Veteran Career Planners (VCPs) are located in most IowaWORKS Centers across the state. VCPs work directly with eligible veterans and other eligible persons by providing individualized career services to prepare for and secure suitable employment. Such services include Comprehensive assessments of skill levels.

<mailto:Burlington.WFC@jwd.iowa.gov>

<https://www.iowaworks.gov/vosnet/Default.aspx>

Veteran’s Homelessness Assistance

877-424-3838

If you are a Veteran who is homeless or at imminent risk of becoming homeless, call the National Call Center for Homeless Veterans

<https://www.va.gov/homeless/>

Veterans Memorial Hospital

319-338-0581 or 866-687-7382

601 Hwy 6 West, Iowa City, IA 52246

Veterans Memorial Hospital enhances the lives of those we serve by providing an exceptional healthcare experience with compassion.

<https://www.va.gov/iowa-city-health-care/>

INFORMATION HELPLINES

211 – General resource & referral information.....2-1-1

988 Suicide & Crisis Lifeline.....9-8-8

ADDS – Alcohol & Drug Dependency Services.....319-753-6567

AIDS Hotline.....IOWA 800-232-4636

AIDS Hotline.....IOWA-Spanish 800-344-7432

Alcoholism & Drug

Dependence.....800-622-2255

Alcohol – Drug Treatment Referral

Network.....800-996-3784

Alzheimer’s Association.....800-272-3900

Alzheimer’s & Related Disorders.....800-272-3900

American Cancer Society.....800-227-2345

American Heart Association.....800-242-8721

American Lung Association of Iowa.....	800-586-4872
American Red Cross	800-733-2767
Answer Line.....	800-262-3804
Better Business Bureau.....	563-355-6344 or 515-243-8137
Bets Off – Gambling Help.....	800-Betsoff or (800-586-4872)
Birth Certificate	
Des Moines County Recorder’s Office.....	319-753-8221
Des Moines County Recorder’s Office.....	319-753-8221
Bureau of Vital Statistics.....	515-281-4944
CDC Workplace Safety and Health Topics.....	800-232-4636
Center for Missing & Exploited Children, National.....	800-843-5678
Center for Substance Abuse Prevention, Workplace Helpline.....	800-662-4357 or 800-967-5752
Child Abuse Council.....	309-736-7170
Child Abuse Hotline, National.....	800-422-4453
Child Support Recovery Unit.....	319-753-6322
Child Care Resource Referral.....	866-324-3236 or 563-324-3236
Civil Rights Commission.....	319-753-8178 or 800-457-4416
Community Health Center – Dental.....	319-752-5540
Community Health Center – Medical.....	319-768-5858
COMPASS, Iowa (for disabled and their families).....	800-779-2001
Cyber Tip Hotline (exploitation of children on internet & missing children).....	800-843-5678
Department of Human Services – DHS.....	319-754-4622
Department of Inspections.....	319-753-8175
Des Moines County Animal Control.....	319-753-8371
Des Moines County Assessor.....	319-753-8224
Des Moines County Community Services.....	319-754-8556
Des Moines County Housing Code Inspector.....	319-753-8135

DNA Diagnostics – DNA Testing (Paternity Testing).....	800-362-2368
Domestic Abuse Hotline.....	800-799-7233
Equal Opportunity Employer.....	800-669-4000
Families Extension Answer Line (ISU – home and family questions).....	800-262-3804
Foundation II Crisis Line, 24-hours (full service crisis line).....	800-332-4224
Gambling Hotline.....	800-238-7633
Healthy Families (prenatal health care).....	800-369-2229
Insurance Commissioner of Iowa.....	877-955-1212
Internal Revenue Service (IRS – Federal Income Tax Info).....	800-829-1040
Iowa Concern Hotline.....	800-447-1985
Iowa Family Caregiver.....	866-468-7887
Iowa – Illinois Safety Council.....	515-276-4724 or 800-568-2495
Iowa Occupational Safety & Health Division of Labor.....	515-281-5387 or 800-562-4692
Iowa Office of Consumer Affairs.....	855-622-4692
Iowa OSHA.....	515-281-8066 or 515-284-4794
Iowa Substance Abuse Information Center.....	866-242-4111
IOWA Weather & Road Conditions.....	800-288-1047
Lead Poisoning.....	800-972-2026
Legal Aid.....	800-272-0008
Medicare/Social Security Office.....	800-772-1213
Medicare Hotline.....	800-633-4227
Mold questions.....	515-281-8561
Narcotics Hotline (report suspected meth labs).....	800-532-0052
National Crisis Hotline.....	800-521-7128
National Maternal Mental Health Hotline.....	833-943-5746
National Safety Council.....	800-621-7615

National Youth Crisis Hotline.....	800-448-4663
Poison Control Center.....	515-281-8561
Quitline Iowa	800-QUIT-NOW ..800-784-8669
Rape, Abuse, & Incest National Network (RAINN).....	800-656-4673
Sexual Abuse Hotline.....	800-284-7821
Social Security Hotline and Administration.....	866-338-4183
Social Security Disability (SSDI) Info.....	866-338-4183
Suicide Lifeline.....	800-273-8255
Supplemental Security Income (SSI).....	866-338-4183
Substance Abuse Center IOWA.....	866-242-4111
TMS (Transportation Management Group).....	866-572-7662
Teen Line.....	800-443-8336
University of Iowa Hospitals & Clinics.....	800-777-8442
Veterans Services.....	319-753-1671
Weather & Road Information IDOT Travelers Info.....	800-288-1047
Your Life Iowa.....	call 855-581-8111...text 855-895-8398
Your Life Iowa Spanish Speaking Helpline.....	515-895-3936
Spanish Speaking Help Line	515-344-3936

Iowa Department for Human Rights. This line is to help the Spanish speaking community in the state of Iowa with the goal of providing information, resources and support for the Iowa community. The line is answered by professionals from the Latino community. All the information is confidential.

M-F 8:00-5:00

Linea de Ayuda en Iowa. Esta linea es para ayudar a la comunidad hispanohablante en el estado do Iowa con el objetivo de proporcionar informacion, recursos y apoyo para la comunidad de Iowa. La linea es respondida por profesionales do la comunidad latina. Todo la informacion es confidencial.

Horario: lunes a viernes de 8:00-5:00 55

<https://humanrights.iowa.gov/l%C3%ADnea-de-ayuda-en-iowa>

2025-2026 IOWA HOME ENERGY ASSISTANCE PROGRAM

ATTENTION: RESIDENTAL CUSTOMERS NEED HELP WITH YOUR HEATING BILL?



The 2025-2026 Low-Income Home Energy Assistance Program (LIHEAP) has been established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs for the winter heating season.

The assistance is based on household income, household size, type of fuel, and type of housing.

LIHEAP Webpage

WHERE TO APPLY:

- Community Action of Southeast Iowa serves Des Moines, Lee, Henry, and Louisa Counties.
- Contact the phone number listed below to set up an appointment at your nearest location
<https://caofseia.org/about-us/locations/> OR apply online: <https://caofseia.org/services/energy-assistance/>

WHEN TO APPLY:

- **Elderly (60 & over) and/or disabled:** October 1, 2025 to April 30, 2026
- **All other households:** November 1, 2025 to April 30, 2026



WHAT TO PROVIDE:

- Proof of Income** (for all household members age 18 and over) Depending upon your household income type, income documentation from the past 30 days, the last 12 months, or last calendar year, whichever is easier or more beneficial for you. **Note:** Additional countable income and/or income verification not listed above may be required for eligibility determination
 - WAGE EARNERS:** Please provide copies of your check stubs for the 30-day period preceding the date of application, or a copy of your most recent federal income tax return.
 - FIXED INCOME:** This income may include Social Security Benefits, Supplemental Security Income, Veteran's Assistance, Unemployment Insurance, and pensions. Please provide copies of your check stubs from the previous 30 days.
 - SELF-EMPLOYED/FARMERS:** Please provide a copy of your most recent federal income tax return.
- Proof of Social Security Numbers for all household members** (documentation required)
- Most recent heat bill**
- Most recent electric bill**

Community Action of Southeast Iowa Offices Open 8:30 AM – 4:00 PM

Burlington	319-753-2893 (Open Mon – Fri)
Keokuk	319-524-6383 (Open Mon – Fri)
Ft. Madison	319-372-4471 (Open Mon – Fri)
Mt. Pleasant	319-385-2310 (Closed Wed & Fri)
Columbus Junction	319-728-2314 (Closed Mon & Thurs)

If you are not sure where to apply you can Dial 2-1-1 visit <https://hhs.iowa.gov/programs/programs-and-services/liheap> to locate and contact your local community action agency, or write to: LIHEAP, Iowa Department of Health & Human Services, Capitol Complex, Des Moines, IA 50319

2025-2026 INCOME MAXIMUMS

Household	Annual
<u>Size</u>	<u>Gross Income</u>
1	\$31,300
2	\$42,300
3	\$53,300
4	\$64,300
5	\$75,300
6	\$86,300
7	\$97,300
8	\$108,300

For households with more than eight members, add \$11,000 for each additional member.

PROGRAMA DE ASISTENCIA ENERGÉTICA PARA LOS HOGARES DE IOWA 2025-2026

ATENCIÓN: CLIENTES RESIDENCIALES ¿NECESITA AYUDA CON SU FACTURA DE CALEFACCIÓN?

El Programa de asistencia energética para hogares de bajos ingresos (LIHEAP) 2025-2026 se estableció para ayudar a los propietarios e inquilinos de bajos ingresos de Iowa que cumplan los requisitos a pagar una parte de sus costos principales de calefacción para la temporada de calefacción de invierno.

La asistencia se basa en los ingresos del hogar, el tamaño de la unidad familiar, el tipo de combustible y el tipo de vivienda.

Si no está seguro de dónde presentar la solicitud, llame al 2-1-1 o visite <https://hhs.iowa.gov/programs/programs-and-services/liheap> para comunicarse con su agencia de acción comunitaria local, o escriba a:

LIHEAP
Iowa Department of Health & Human Services
Capitol Complex
Des Moines, IA 50319

CUÁNDO APLICAR:

- **Personas mayores (60 años y más) y/o discapacitadas:**
1 de octubre de 2025 al 30 de abril de 2026
- **Todos los demás hogares:**
1 de noviembre de 2025 al 30 de abril de 2026

QUÉ LLEVAR:

- **Comprobante de ingresos** (para todos los miembros de la unidad familiar mayores de 18 años)
Dependiendo del tipo de ingreso de la unidad familiar, documentación de ingresos de los últimos 30 días, los últimos 12 meses o el último año calendario, lo que sea más fácil o más beneficioso.
- **Comprobante de números de seguro social de todos los miembros de la unidad familiar**
(se requiere documentación)
- **Factura de calefacción más reciente**
- **Factura de electricidad más reciente**

TRABAJADORES ASALARIADOS:

Traiga copias de sus talones de cheques del período de 30 días anteriores a la fecha de solicitud, o una copia de su declaración de impuestos federales sobre la renta más reciente.

RENTA FIJA:

Estos ingresos pueden incluir: Prestaciones del Seguro Social, Seguridad de Ingreso Suplementario, Asistencia para Veteranos, Seguro de Desempleo y pensiones. Traiga copias de los talones de cheques de los 30 días anteriores.

AUTÓNOMOS/AGRICULTORES:

Traiga una copia de su declaración de impuestos federales sobre la renta más reciente.

Nota: Es posible que se requieran ingresos contables adicionales y/o verificación de ingresos no mencionados anteriormente para determinar la elegibilidad.

INGRESOS MÁXIMOS

Familiar Tamaño	Anual Ingresos brutos
1	\$31,300
2	\$42,300
3	\$53,300
4	\$64,300
5	\$75,300
6	\$86,300
7	\$97,300
8	\$108,300

Para hogares con más de ocho miembros, agregue \$11,000 por cada miembro adicional.

There are resources available to help!

Online Resource Guides are listed by County:
Des Moines, Henry, Lee, Louisa

Resource Guides have resources listed under these headings:

- Abuse
- Childcare
- Children, youth and Families
- Counseling
- Disabilities
- Education
- Emergency
- Employment
- Food/Clothing/Financial
- Health Care
- Hospitals
- Housing
- Legal
- Libraries
- Recreation
- Senior
- Substance use
- Support Groups
- Transportation
- Utilities
- Veterans
- Information help lines



Find them online here: <https://caofseia.org/resources/>

or contact a Community Action location for a paper copy.

Call or visit a [local neighborhood center](#) for specific county information & assistance with resources.

- Des Moines County: 319-753-2893
 - 700 Jefferson Street **Burlington** IA 52601
- South Lee County: 319-524-6383
 - 220 South 22nd Street **Keokuk** IA 52632
- North Lee County: 319-372-4471
 - 3433 Avenue O **Fort Madison** IA 52627
- Henry County: 319-385-2310
 - 1303 W Washington **Mt. Pleasant** IA 52641
- Louisa County: 319-728-2314
 - 202 E Access Street, Suite D P.O. Box 29 **Columbus Junction** IA 52738



Community Action of Southeast Iowa Programs are open to all eligible persons regardless of race, color, creed, national origin, religion, pregnancy, sex, gender identity, sexual orientation, age, physical or mental disability, genetic information, veteran's status, uniformed service, or any other characteristic protected by federal, state or local law. Spet 2022

Community Action OF SOUTHEAST IOWA

**Des Moines County
Neighborhood Center**

700 Jefferson St
Burlington, IA 52601
319-753-2893

**Burlington Head Start Preschool
& Early Head Start
(In Corse School)**

700 S Starr Ave
Burlington, IA 52601
319-752-5692

WIC Clinic

801 S. Roosevelt
Burlington, IA 52601
319-209-2850

Central Office

2850 Mount Pleasant St, Suite 108
Burlington, IA 52601
319-753-0193

community.action@caofseia.org

* To update agency information, email Central Office.