

Lee County

Resource Guide

Community
Action
OF SOUTHEAST IOWA

Updated: 8.5.25

This can be found online at:

<http://caofseia.org/resources/>



Contents

ABUSE.....	5
BRAIN HEALTH.....	7
CHILD CARE.....	13
CHILDREN, YOUTH & FAMILIES.....	14
DISABILITIES.....	21
EMPLOYMENT & EDUCATION.....	23
EMERGENCY.....	29
FOOD, CLOTHING & FINANCIAL.....	32
HEALTH SERVICES.....	39
HOUSING.....	45
LEGAL.....	50
LIBRARIES.....	52
RECREATION.....	52
SENIORS.....	54
SUBSTANCE USE.....	56
SUPPORT GROUPS.....	59
TRANSPORTATION.....	61
VETERANS.....	62
INFORMATION HELP LINES.....	64



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

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

* Nutrition

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

* Education/Support

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

* Other

- o Hygiene Assistance
- o Clothing Assistance
- o Transportation Assistance
- o Disaster Assistance

Community Action Centers

Burlington, Ft Madison, Keokuk, Mount Pleasant, Columbus Junction

Open weekdays 8:00 a.m. to 4:30 p.m.

Columbus Junction is open Tuesday - Thursday
Mt Pleasant opens at 9am and is closed Wednesdays

CAOFSEIA.ORG



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.

Jan 30, 2025

Lee County Food Resources

Keokuk

Community Action (Marie Tallarico)
220 South 22nd St., 319-524-6383
Food Pantry, Rent, and utility assistance
Mon - Fri 8-4:30 appointments preferred
ID requested but not required

Bel Air Baptist Church

319-524-2715
2101 Orleans, Keokuk
2nd and 4th Fridays 9:30-11:30am
No documentation required

Salvation Army

31 South 30th St., 319-524-1144
Food Pantry Mon - Thurs 10 am - 4 pm
Appointments encouraged. Visits every 30 days.
Need: ID, SS cards for household, proof of income,
documentation of household expenses (Lee Co only)
Extra food in the lobby area Mon - Fri
Heating & cooling centers in winter & summer

Mobile Food Pantry (Food Bank of Iowa)

641-682-3403
New Testament Christian Church, 1578 Hilton Rd.,
319-524-8727
Every month on the 4th Tuesday 4 - 5:30 pm
Bring bags/boxes to carry food
Asked to be under 125% federal poverty level
(no documentation required)

New Testament Christian Church

1578 Hilton Road, 319-524-8727
Non-perishable Food Pantry Tues 10 am - 4 pm
Anyone, appointments preferred

God's Way Christian Center

1629 Des Moines St, 319-524-8329
Food Pantry. Lunch served outside.
Mon - Thurs 10 am - noon
KFC pick up on Thurs on a first come basis
Anyone, once a month, no documentation required
Clothes closet & household supplies are also available

First Baptist Church

319-524-3684
25 N 8th, Keokuk
3rd Thursday 9am-2pm
No documentation required

**Community
Action**
OF SOUTHEAST IOWA



Updated 2024 12 17

Fort Madison

Community Action (Eichacker)
3433 Ave. O, 319-372-4471
Food Pantry: Mon & Fri 1-3pm, Wed 11-1pm
Center Hours: Mon-Fri 8-4:30 Appointments
preferred. ID requested but not required.

Fort Madison Food Pantry

3421 Ave. L, 319-372-8071
Mon, Wed, Fri 9am - noon & 1-3pm, Wed until 4pm
Bring ID & proof of current address every visit
One visit per month

End of Month Meals St John's United Church

501 10th Street, 319-372-1688
Last full week of the month hot dinner Mon-Fri 5-6pm

The Cupboard

1219 Ave. H, 319-237-8400 ext 114
angie@harmonybiblechurch.org
Saturdays 8am - 12pm
No documentation necessary
Walk-ins Welcome!

Salvation Army (The Dimond Center)

1415 Ave M., 319-372-2770
Food Pantry Mon - Thurs 10 am - 4 pm
Appointments encouraged. Visits every 30 days.
Need: ID, SS cards for household, proof of income,
documentation of household expenses (Lee Co only)
Extra food in the lobby area Mon - Fri

Fort Madison Community School

Jr/Sr High School (2001 Avenue B)
1st & 3rd Wed 3:30-5:30pm
Elementary School (502 48th Street)
2nd & 4th Wed 3:30-5:30pm
Or by appointment by call or text: (712) 746-7413
erin.harmon@fmcscd.org
Available to staff & all families with students in district

Weekend Food for Kids (WFFK)

or Fort Madison Backpack program
Contact your child's school for more information
Open to any family in Lee County
Including those home schooled
Not income based 319.372.2770

Montrose

Community Meal Church of Nazarene

102 N 5th Street, 319-463-5837
Community dinner, all are welcome
Last Thursday of each month, 5 - 6:30pm

Contact: Community.Action@caofseia.org to submit updates

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)

Keokuk: 319-524-1052 M-F 8:00-4:30

307 Bank St, Keokuk, IA 52632

Fort Madison: 319-372-3651 M-F 8:00-4:30

933 Ave H, Ft Madison, IA 52627

To report child or dependent adult abuse in Iowa 800-362-2178

To report a change to Medicaid, Food Assistance or FIP 877-347-5678

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

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 Victim Service Call Center

800-770-1650

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

<https://survivorshelpline.org>

Journey House, Transitional Housing (Burlington)

800-693-1399

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>

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)

319-385-8126 or 515-991-0299

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

800-228-1625

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>

Waypoint – Survivor Services

319-365-1458

asmith@waypointservices.org

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.

<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)

319-524-4397 M-F 8:00-5:00

928 Main Street, Keokuk, Iowa 52632

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. 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. The support group meets at Burlington Public Library on the 2nd Tuesday of the month at 10:30 a.m.

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

Birthright

319-524-3733 24 Hours 800-550-4900

629 Blondeau, Suite 106, Keokuk, IA 52632

M, F, Sat 10:00-12:00/ W 12:00-4:00

We offer love, friendship, and support to women who are pregnant or think they may be pregnant. Birthright is interdenominational and is not involved in any political activities or lobbying. Birthright's focus is on loving the mother, reminding her that there is hope, and ensuring she is not alone. Services: Information about pregnancy, parenting, adoption, child safety, programs, personal development and more.

<https://birthright.org/keokuk>

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/>

Disabilities & Community Services Office

319-524-1052

307 Bank St, Keokuk, IA 52632

Coordinates services for persons with mental illness, and disabilities.

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/>

Ft Madison Community Hospital

319-376-1130; Psychiatry

5409 Ave O, Ste 125, Ft Madison, IA 52627

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/>

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>

Hope Haven

319-372-7555

605 7th St, Ft Madison, IA 52627

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

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

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 Therapist, 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

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.ocaiaowa.org/>

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

Lee County Health Department

800-458-6672 ext 3524

#3 John Bennett Drive, PO Box 1426, Ft Madison, IA

Homecare, Hospice, Community Health, HOPES, Oral Health, Maternal and Child Health, Environmental Services, Screenings, Vaccinations, Home Visits, Health Clinics, Parenting Programs, and more.

<https://leecountyhd.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. 7-day free stay.

<https://www.lifeconnectionsrecovery.org>

Mental Health Southeast Iowa Regional Medical Center

319-376-1130

5409 Ave O Ste 125, Ft Madison, IA 52627

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/>

New Life Link Counseling Services

319-931-9013; by appointment only

1578 Hilton Road, Keokuk, IA 52632

Faith-based individual, marriage, and family counseling, training.

Telehealth options. Insurance and self-pay options are available.

<https://newlifelink.org/services>

Optimae Life Services

319- 372-3566

509 Avenue F, Ft Madison, IA 52627

Individual counseling, couples counseling, family and children’s counseling, psychiatry, psychiatric evaluations, individual community support services, respite services, day programs, intensive services, and waiver home services.

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

Phillips Mental Health Clinic - Annie Phillips

319-524-0510

1522 Morgan Street, Keokuk, IA (inside Counseling Associates)

aphillips@counselingassociatesinc.com

Diagnosing and treating mental health disorders. Prescribes medications.

Ages 6 and above. Accepts these insurances: Medicare, Iowa Medicaid, including Iowa Total Care, Molina, and Wellpoint, Wellmark/Blue Cross Blue Shield, Aetna, Optum/United Behavioral Health, United Healthcare, Cigna, Tricare West, UMR, and Humana.

REM Iowa

319-524-8701 M-F 8-5

402 Main Street, Keokuk, IA 52632

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>

Southeast Iowa Link (SEIL) Mental Health and Disability Services

Southeast Iowa Link (SEIL) is a Mental Health & Disability Services (MHDS) Region comprised of eight counties. Each county has a local office where people may apply for service funding, receive referrals, and get questions answered. The local Coordinator of Disability Services (CDS) or other staff is available to assist applicants.

<https://seiowalink.org>

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/>

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

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/>

Iowa Department of Health and Human Services (HHS)

Keokuk: 319-524-1052 M-F 8:00-4:30

307 Bank St, Keokuk, IA 52632

Fort Madison: 319-372-3651 M-F 8:00-4:30

933 Ave H, Ft Madison, IA 52627

To report child or dependent adult abuse in Iowa 800-362-2178

To report a change to Medicaid, Food Assistance or FIP 877-347-5678

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

Lee County Head Start & Early Head Start

Community Action of Southeast Iowa

Keokuk: 319-524-6383 220 S 22nd St. Keokuk, IA 52632

Fort Madison: 319-372-5462 1020 34th St, Ft Madison, IA 52627

319-372-4471 3433 Ave O, Ft Madison, IA 52627

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/>

SEIDA Head Start Harmony Center - SIEDA Community Action

319-592-3235

33727 Rt J40 Farmington, IA 52626

Full-day 3-year-old preschool at the Harmony Center.

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

CHILDREN, YOUTH & FAMILIES

ActivStyle

800-651-6223 ext 3202

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

319-524-3733

24 Hours

800-550-4900

629 Blondeau, Suite 106, Keokuk, IA 52632

M, F, Sat 10:00-12:00/ W 12:00-4:00

We offer love, friendship, and support to women who are pregnant or think they may be pregnant. Birthright is interdenominational and is not involved in any political activities or lobbying. Birthright's focus is on loving the mother, reminding her that there is hope, and ensuring she is not alone. Services: Information about Pregnancy, Childbirth, Adoption, Prenatal Care, Community Programs, Parenting Skills, Child Care, Referrals for Medical Support, Financial Resources, Housing, Legal, Social Assistance, Professional Counseling, Free Resources, Pregnancy Tests, Maternity and Baby Items.

<https://birthright.org/keokuk>

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/>

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 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 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://hhs.iowa.gov/node/931>

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. These are listed on page 2.

<https://www.caofseia.org>

Cradle of Hope

319-986-5336; Th 10:00-5:00 or by appointment

503 22nd St, Ft Madison, IA 52627. (Living Hope Church of the Nazarene)

All services are a 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

Disabilities & Community Services Office

319-372-5681

307 Bank St, Keokuk, IA 52632

Serves clients who are mentally disabled, developmentally disabled, and/or have a mental illness.

Empowering Families in Lee County

Building positive community connections, reducing and preventing child abuse.

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

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

<https://www.caofseia.org>

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/>

Girl Scouts

319-752-3639

1308 Broadway, West Burlington, IA 52655

M-F 8:00-5:00

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/>

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/>

HOPES

319-372-5225 ext 3523

Healthy Families Iowa in-home parent education, Prenatal, birth- 5 years. Provided by Lee County Health Department.

<http://www.leecountyhd.org/index.php/comm/>

Informed Choices

319-208-9445

1013 S Central Ave, Burlington, IA 52601

Phone answered 24 hrs/day 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)

Keokuk: 319-524-1052 M-F 8:00-4:30

307 Bank St, Keokuk, IA 52632

Fort Madison: 319-372-3651 M-F 8:00-4:30

933 Ave H, Ft Madison, IA 52627

To report child or dependent adult abuse in Iowa 800-362-2178

To report a change to Medicaid, Food Assistance or FIP 877-347-5678

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

Iowa State University Extension and Outreach Lee County

319-835-5116

414 N. Main St, Donnellson, IA 52625

Connects parents to age-appropriate resources like Just in Time Parenting and Science of Parenting

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

Lee County Head Start & Early Head Start

Community Action of Southeast Iowa

Keokuk: 319-524-6383 220 S 22nd St. Keokuk, IA 52632

Fort Madison: 319-372-5462 1020 34th St, Ft Madison, IA 52627

319-372-4471 3433 Ave O, Ft Madison, IA 52627

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/>

Lee County Health Department

800-458-6672 ext 3524

#3 John Bennett Drive, PO Box 1426, Ft Madison, IA 52627

Maternal Child Adolescent Health

<http://www.leecountyhd.org/index.php/comm/>

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 DHHS 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

833-943-5746 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>

Neighborhood Centers: Lee County

<https://caofseia.org>

Community Action of Southeast Iowa M-F 8-4:30

Keokuk 319-524-6383 220 S 22nd, Keokuk, IA 52632

Fort Madison 319-372-4471 3433 Ave O, Ft. Madison, IA 52627

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

Quad County Community Partnerships for Protecting Children (CPPC)

319-385-8126 or 515-991-0299

CPPC is a community-based approach to child protection. Partnerships work to prevent child abuse, neglect, 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>

Salvation Army

Keokuk: 319-524-6164 M-F 9:00-4:30

31 S 30th St, Keokuk, IA 52632

Fort Madison: 319-372-2770 M-F 10:00-4:00

1415 Ave M, Ft Madison, IA 52627

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, provide meals.

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

SEIDA Head Start Harmony Center SIEDA Community Action

319-592-3235 33727 Rt J40 Farmington, IA 52626

Full-day 3-year-old preschool at the Harmony Center.

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

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

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

319-372-2403 220 26th St, Ft Madison, IA 52627

M-F 5:00-9:00/ Sat 8:00-5:00/ Sun 10:00-5:00

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.

<https://www.fortmadisony.org/> <https://www.facebook.com/FMYMCA/>

YMCA

319-524-6724 2126 Plank Rd, Keokuk, IA 52632

M-Th 5:00-9:30/ F- 5:00-7:00/ Sat 8:00-5:00/ Sun 11:00-5:00

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.

<https://hoernerymca.org/> <https://www.facebook.com/HoernerYMCA/>

YMCA Test Kitchen

319-250-9052 807 Ave G, Ft Madison, IA 52627

The goal of the Test Kitchen Education Foundation is to provide a safe environment and qualified assistance for students who need extra help with homework for required subjects, test preparation and advice with college entrance requirements. Students enjoy a healthy and delicious meal prepared by area chefs.

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

DISABILITIES

ASK Resources

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 8:00-4:30

609 Church St, 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/>

Disabilities & Community Services Office

319-524-105200

307 Bank St, Keokuk, IA 52632

Coordinates services for persons with mental illness, and disabilities.

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 is available.

<https://disabilityrightsowa.org/>

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/>

Hope Haven

319-372-7555

605 7th St, Ft Madison, IA 52627

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

<https://www.hopehavencorp.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 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- 372-3566

509 Avenue F, Ft Madison, IA 52627

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

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

REM Iowa

319-524-8701

402 Main Street Keokuk, IA 52632

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/>

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>

EMPLOYMENT & EDUCATION

America's Small Business Development Center of Iowa

319-208-5381

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.

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

AmeriCorps Senior Volunteer Program (previously RSVP)

United Way of the Great River Region

319-372-8043

rsvp@unitedwaygrr.org

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.

AmeriCorps Seniors volunteers commit their time to address critical community needs including academic tutoring and mentoring, elderly care, disaster relief support, and more.

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

AmeriCorps Seniors Volunteer Program

319-372-804300

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

319-371-7465

1702 Avenue I, Fort Madison, IA, United States, Iowa

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

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

Center for Cultural Initiatives (CCI)

319-750-3898

Provides support for 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

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.

<http://caofseia.org>

Family Development Self-Sufficiency Program (FaDDS)

Community Action of Southeast Iowa

319-153-0193

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

<https://www.caofseia.org>

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/>

Helms Career Resource Center Goodwill

319-208-0292

1226 Main St, Keokuk, IA

M, T, W 1:00-5:00/ Th, F 10:00-2:00

The career center offers career exploration, assistance accessing community resources, computer and digital skill development, using online tools, interviewing and completing resumes and cover letters and job applications. The center will also coordinate job fair events to connect area employers with job seekers. No appointment is necessary and services are free to all. Low-cost clothing.

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

Hope Haven

319-372-7555

605 7th St, Ft Madison, IA 52627

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.

<http://iowasafeschools.org>

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, income 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 can make direct connections between individuals looking for work and businesses that need employees. Short-term training, occupational skills training, work experiences and internships are available. Assistance with unemployment insurance is also available.

BurlingtoniowaWORKS@iwd.iowa.gov

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

Lee County Head Start & Early Head Start

Community Action of Southeast Iowa

Keokuk: 319-524-6383 220 S 22nd St. Keokuk, IA 52632

Fort Madison: 319-372-5462 1020 34th St, Ft Madison, IA 52627

319-372-4471 3433 Ave O, Ft Madison, IA 52627

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/>

Manpower

319-753-1663 3101 Flint Hills Dr, Burlington, IA 52601M-F8:00-5:00

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/>

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: Lee County

<https://caofseia.org>

Community Action of Southeast Iowa M-F 8-4:30

Keokuk 319-524-6383 220 S 22nd, Keokuk, IA 52632

Fort Madison 319-372-4471 3433 Ave O, Ft. Madison, IA 52627

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.

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/>

SEIDA Head Start Harmony Center

SIEDA Community Action

319-592-3235

33727 Rt J40 Farmington, IA 52626

Full-day 3-year-old preschool at the Harmony Center.

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

Southeastern Community College (SCC)

866-722-4692 or 319-752-2731

355 Messenger Rd, Keokuk, IA 52632

A variety of free and low-cost training programs alongside traditional college courses. E.S.L. (English and a Second Language) Classes are available for non-English speaking adults. 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.

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

Taske Force Inc. Staffing Agency

319-524-8767

1013 Main St, Keokuk, IA 52632

Equal opportunity employer. The job is important, but the people are more important. Short-Term and Long-Term Staffing, Part and Full Time, Temp to Hire. Specializing in Administrative, light industrial, production, technical and project payrolling

<http://www.taskeforce.com>

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 M-F 8:00-4:30

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

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>

EMERGENCY

988 Suicide & Crisis Lifeline

988

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

Ambulance, Fire, Police

911

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/>

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.

<http://www.childhelp.org>

Child Abuse Prevention Council of Lee County

319-316-2812

Child Abuse Prevention Council of Lee County is a Charitable Organization headquartered

Des Moines Township Fire and Rescue

319-838-2722

2955 179th Avenue Argle, Ia

Donnellson Police Department

319-835-5714

PO Box 50 Donnellson, IA

Donnellson Fire Association

319-835-5154

616 North Main St Donnellson, IA

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/>

Ft. Madison Fire Department Station 2

319-372-6472

2335 Avenue L Ft. Madison, IA

Ft. Madison Fire Department Station 1

319-372-8531

811 Avenue E Ft. Madison, IA

Ft. Madison Police Department

319-372-2525

PO Box 240 Ft. Madison, 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 Ttext 'IOWAHELP' to 20121 for support for crime victims and concerned loved ones.

<https://survivorshelpline.org>

Jackson Township Fire Association

319-524-4550

3640 Argyle Road Keokuk, Ia

Keokuk Fire Department

319-524-5225

111 South 13th St Keokuk, Ia

Keokuk Police Department

319-524-3132

1222 Johnson St Keokuk, IA

Lee County Emergency Management

319-372-4124

811 Avenue E Ft. Madison, IA

During emergencies or larger disasters, it is important that residents and visitors stay informed. Lee County Emergency Management has multiple ways for you to get the most updated disaster-related information.

<https://www.leecounty.org/pview.aspx?id=20834&cat>

Lee County EMS Ambulance

319-835-5912

315 S Main St Donnellson, IA

Lee County Jail

319-376-2355

2530 255th St, Montrose, IA 52639

Lee County Sherriff

319-372-1152

2530 255th St Montrose, IA

Montrose Fire and Rescue

319-463-7479

406 Main St Montrose, IA

Montrose Police Department

319-463-7411

102 S 2nd St Montrose, 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/R>

West Point Fire Department

319-372-1152

616 Ave F West Point, IA

West Point Police

319-837-6107

313 5th St West Point, IA

Wever Fire and Rescue

319-372-1310

1692 354th Avenue Wever, IA

FOOD, CLOTHING & FINANCIAL

Acts 2:45 Closet

319-470-3154

701 Blondeau St Keokuk, IA 52632

A mission of a small group of caring, friendly and nonjudgmental people here to help anyone in need in the tri-state area. Clothing, small household items, etc.

<https://www.facebook.com/acts245closet>

American Red Cross

800-733-276700

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

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

Backpack Food Program

Contact your child's school to ask about the backpack food program.

Birthright

319-524-373324 Hours 800-550-4900

629 Blondeau, Suite 106, Keokuk, IA 52632

M, F, Sat 10:00-12:00/ W 12:00-4:00

We offer love, friendship, and support to women who are pregnant or think they may be pregnant. Birthright is interdenominational and is not involved in any political activities or lobbying. Birthright's focus is on loving the mother, reminding her that there is hope and ensuring she is not alone. Services: Information about Pregnancy, Childbirth, Adoption, Prenatal Care, Community Programs, Parenting Skills, Child Care, Referrals for Medical Support, Financial Resources, Housing, Legal, Social Assistance, Professional Counseling, Free Resources, Pregnancy Tests, Maternity and Baby Items.

<https://birthright.org/keokuk>

Bridges Out of Poverty

319-371-7465

1702 Avenue I, Fort Madison, IA, United States, Iowa

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

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

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/>

Community Action of Southeast Iowa

<http://caofseia.org>

Central Office Burlington: 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. These are listed on page 2.

Neighborhood Centers: Lee County

Community Action of Southeast Iowa M-F 8-4:30

Keokuk 319-524-6383 220 S 22nd, Keokuk, IA 52632

Fort Madison 319-372-4471 3433 Ave O, Ft. Madison, IA 52627

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.

Family Development Self-Sufficiency Program (FaDDS)

Community Action of Southeast Iowa

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

<http://caofseia.org>

Community Services Office/ General Relief

319-372-5681 307 Bank St, Keokuk, IA

Assistance may include rent, medical, funeral and/or transportation assistance

<https://leecounty.org/pview.aspx?id=20933&catid=2>

Food Pantries – See the list on page 4

First Baptist Church

319-524-3684

8th and Blondeau, Keokuk; Enter at the door with the ramp

Food pantry every Sun right after church (around 11:30) & 3rd Thursday of the month from 9:00-2:00.

First Christian Church

319-372-4193 M,W,Th 9:00-12:30/ T 9:00-4:30

608 10th St, Ft Madison, IA 52627.

Rent, gas, electric, water, gas vouchers, food vouchers

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

Ft Madison United Methodist Church

319-372-6426 510 9th St, Ft Madison, IA 52627.

Rent, gas, electric, water, gas vouchers

<https://fortmadisonumc.org/>

God's Way Christian Center

319-524-8329

1629 Des Moines St, Keokuk, IA 52632

Soup kitchen, hygiene, ministry, bread ministry, emergency grocery, clothing closet, assistance to Iowa City Hospital.

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

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/>

Helms Career Resource Center Goodwill

319-208-0292

1226 Main St, Keokuk, IA

M, T, W 1:00-5:00/ Th, F 10:00-2:00

The career center offers career exploration, assistance accessing community resources, computer and digital skill development, using online tools, interviewing and completing resumes and cover letters and job applications. The center will also coordinate job fair events to connect area employers with job seekers. No appointment is necessary and services are free to all. Low-cost clothing.

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

Holy Family Parrish

319-372-2127

1111 Ave E, Ft. Madison, IA 52627

Utility assistance

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

Hope Center

319-524-9124 Tue & Thur 1:30-4 pm

408 N 12th St, Keokuk, IA

Free clothing, household items, sometimes furniture, and food. Helping other people exist. To offer our hand when all hope appears to be gone.

<https://www.facebook.com/p/HOPE-Center-100067184472677/>

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

Keokuk: 319-524-1052 M-F 8:00-4:30

307 Bank St, Keokuk, IA 52632

Fort Madison: 319-372-3651 M-F 8:00-4:30

933 Ave H, Ft Madison, IA 52627

To report child or dependent adult abuse in Iowa 800-362-2178

To report a change to Medicaid, Food Assistance or FIP 877-347-5678

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

Iowa State University Extension and Outreach Lee County

319-835-5116 414 N. Main St, Donnellson, IA 52625

Connects parents to age-appropriate resources like Just in Time Parenting and Science of Parenting

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

IRS Volunteer Income Tax Assistance (VITA) Program

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

irs.treasury.gov/freetaxprep

<http://irs.treasury.gov>

Milestones Area Agency on Aging

319-752-5433509 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/>

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

Keokuk: 319-524-6164 M-F 9:00-4:30

31 S 30th St, Keokuk, IA 52632

Fort Madison: 319-372-2770 M-F 10:00-4:00

1415 Ave M, Ft Madison, IA 52627

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, provide meals.

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

Seventh Day Adventist Church Community Center

319-520-8592

Community Center: T 9:00-4:00

1631 Ave I, Ft Madison, IA 52627

Free clothing and household items. Furniture is available on their Facebook

Church: M-Th 10:00-2:00

1700 Ave I, Ft Madison, IA 52627 319-371-7465

Church offers some financial assistance for various needs.

<http://fortmadisonia.adventistchurch.org/>

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/>

Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Community Action of Southeast Iowa

319-209-2850

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

M-F 8:30-4:30

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

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/>

Victory Faith Church

319-372-8484

2359 53rd St, Ft Madison, IA 52627.

Utility and rent help

<https://victoryfaith.online/>

HEALTH SERVICES

Advanced Home Health Care

319-524-2144

1603 Morgan St, Ste 8, Keokuk, IA 52632

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 on the 2nd Tuesday of the month at 10:30 a.m.

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

Birthright

319-524-3733

24 Hours 800-550-4900

629 Blondeau, Suite 106, Keokuk, IA 52632

M, F, Sat 10:00-12:00/ W 12:00-4:00

We offer love, friendship, and support to women who are pregnant or think they may be pregnant. Birthright is interdenominational and is not involved in any political activities or lobbying. Birthright's focus is on loving the mother, reminding her that there is hope and ensuring she is not alone. Services: Information about Pregnancy, Childbirth, Adoption, Prenatal Care, Community Programs, Parenting skills, Child Care, Referrals for Medical Support, Financial Resources, Housing, Legal, Social Assistance, Professional Counseling, Free Resources, Pregnancy Tests, Maternity and Baby Items.

<https://birthright.org/keokuk>

Blessing Health Keokuk Clinic

319-524-0123

1414 Main St, Keokuk, IA 52632

M-F 8:00-5:00

This clinic provides primary care, and specialty care including occupational health services to residents of the Tri-State area.

<https://www.blessinghealth.org/keokukclinic>

Brain Injury Alliance of Iowa

855-444-6443

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

M-F 8-4:30

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

609 Church St., Ottumwa IA 52501

M-Th 8:00-4:30

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/>

Community Health Centers of Southeast Iowa (CHC)

319-524-5734

400 N 17th St, Keokuk, IA 52632 General Health

1620 Main St, Keokuk, IA 52632 Dental

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.

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

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://dvipiowa.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 include nursing, home health aides, chaplain services, volunteers, social workers, pharmacists, medical equipment, and bereavement counseling. HCI Palliative Medicine is available to chronically and seriously ill individuals who are still seeking treatment and 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

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>

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/he>

InfantSEE

888-396-3937

Public health program, local optometrists who provide a no-cost infant eye exam to infants, aged 6 months – 1 year.

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

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

Keokuk: 319-524-1052 M-F 8:00-4:30

307 Bank St, Keokuk, IA 52632

Fort Madison: 319-372-3651 M-F 8:00-4:30

933 Ave H, Ft Madison, IA 52627

To report child or dependent adult abuse in Iowa 800-362-2178

To report a change to Medicaid, Food Assistance or FIP 877-347-5678

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

Iowa Department of Public Health

515-601-0142

Division of Behavioral Health, Bureau of HIV, STD and Hepatitis, rural outreach covers Lee County

<https://idph.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 <http://www.myamerigroup.com>

Iowa Medicaid Providers

800-338-7909

<https://hhs.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.ocaiaowa.org/>

Lee County Health Department

800-458-6672 ext 3524

#3 John Bennett Drive, PO Box 1426, Ft Madison, IA

Homecare, Hospice, Community Health, HOPES, Oral Health, Maternal and Child Health, Environmental Services, Screenings, Vaccinations, Home Visits, Health Clinics, Parenting Programs, and more.

<https://leecountyhd.org/>

Lions Club

State contact: 515-232-2215

iowalions@aol.com

Local Contact: Greg.Fleming@edwardjones.com 319-524-8023

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

https://e-clubhouse.org/sites/fort_madison/

<http://clubs.iowalions.org/fortmadison/contact.html>

Mental Health Southeast Iowa Regional Medical Center

319-376-1130

5409 Ave O Ste 125, Ft Madison, IA 52627

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/>

My Care Walk-In Clinic

319-376-2134

5409 Ave O, Suite 1, Ft Madison, IA 52627

M-F 10:00-6:00/ Sat 8:00-2:00

Our walk-in clinic provides services for sudden illnesses or injuries that are not life-threatening. We have on-site laboratory and X-ray services.

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/>

Physicians & Surgeons

319-376-2134

5409 Ave O, Ft Madison, IA 52627

Doctor office

Quincy Medical Group

319-524-4300 1603 Morgan St, Keokuk, IA 52632

With over 155 doctors, nurse practitioners, & physician assistants, QMG offers care in 16 locations throughout Illinois, Iowa, & Missouri.

Ryan White Program

319-800-5561

jmuller@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

319-372-6530 5445 Avenue O, Ft Madison, IA 52627

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/>

St Luke's (Cedar Rapids)

319-369-7211

1026 A Ave NE, Cedar Rapids, IA 52406

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

U of I 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.as>

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 is necessary. Open to anyone 18 months or older.

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

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

319-754-6791

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>

Coordinated Entry

833-739-0065

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

iowahousinghelp.com homeforwardiowa.org/coordina

Eagle Bluff Apartments

319-376-1311

2803 Ave A, Ft Madison, IA 52627

Income-based housing for 62 & older or disabled/handicapped.

Emma Cornelis Hospitality House

319-372-3983

2733 Ave N, Ft Madison, IA

Temporary housing for those who are homeless.

Ft Madison Housing Authority

319-372-6083

1102 48th St, Ft Madison, IA 52627

To apply for housing vouchers

<https://www.fortmadison-ia.com/390/Fort-Madison-H>

Ft Madison Park Apartments

319-376-1311

1125 – 48th St, Ft Madison, IA

Income-based housing for 62 & older or disabled/handicapped.

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 <http://iowafinance.com/IHAF>

Journey House, Transitional Housing (Burlington)

319-850-8699

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>

Keokuk Housing Authority

319-850-8699 111 S. 2nd St, Keokuk, IA 52632

To apply for housing vouchers

http://www.homelessnessinamerica.com/html/Low_Inc

Keokuk Park Apartments

319-524-4176

868 Johnson St Rd #H5, Keokuk, IA 52632

Income-based 2-3 bedroom units. No pets. Family-based.

Keokuk Senior Lofts

319-774-1251

925 Main St, Keokuk, IA 52632

Income-based housing for 55 years & up.

<https://www.mvahpartners.com/properties/keokuk-se>

Lydia's House

319-313-7330 or 904-703-2435

PO Box 1317, Keokuk, IA 52632 Lydia's House is a faith-based sober living facility for women in recovery.

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

Neighborhood Centers: Lee County

<https://caofseia.org>

Community Action of Southeast Iowa M-F 8-4:30

Keokuk 319-524-6383 220 S 22nd, Keokuk, IA 52632

Fort Madison 319-372-4471 3433 Ave O, Ft. Madison, IA 52627

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.

River Terrace

319-524-8856

128 Bank St, Keokuk, IA 52632 Income-based housing for 62 years & older, or disabled.

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

Keokuk: 319-524-6164 M-F 9:00-4:30

31 S 30th St, Keokuk, IA 52632

Fort Madison: 319-372-2770 M-F 10:00-4:00

1415 Ave M, Ft Madison, IA 52627

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, provide meals.

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

Serenity House

319-850-8699

Up to 3 months of transitional living for victims of domestic violence
(women, men families) while we work on helping them to transition to
living independently

24-Hour Crisis Line: 800-693-1399

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

Southeast Iowa Regional Housing Authority (Section 8)

319-753-5109

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

Rental assistance under 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/>

Talbot Sober Living House

319-795-5535 810 Timea St, Keokuk, Iowa 52632

Housing for men in recovery. Must be clean on arrival. Low-income apartments in Ft Madison & Keokuk.

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

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/>

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 the city limits of Burlington/West Burlington.

usda.gov/topics/rural/housing-assistance

Westport Terrace Apartments

319-313-8027

950 Johnson St Rd, Keokuk, IA 52632

Affordable family housing. 2-, 3- and 4-bedroom. Income Limits Apply.

<https://westportterraceapts.com/>

LEGAL

Attorney Referral Services of the Iowa State Bar Association

800-532-1108

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

800-779-250200

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 are available.

<https://disabilityrightsowa.org/>

Eight Judicial District

319-524-6591

1508 Morgan St, Keokuk, IA 52632

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

Eight Judicial District

319-372-6678

811 Ave G, Ft Madison, IA 52627

Juvenile Court Services

710 Avenue F, Ft Madison, IA 52627

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

Iowa Concern Line by ISU

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.

<https://survivorshelpline.org>

Lee County Sherriff

319-372-1152

2530 255th St Montrose, IA

Residential Facility (Halfway House)

319-753-5178

835 Valley St, Burlington, IA 52601

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

State Attorney General

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

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

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

LIBRARIES

Donnellson Public Library

319-835-5545

411 Main St, Donnellson, IA 52625

Ft Madison Public Library

319-372-5721

1920 Avenue E, Ft Madison, IA 52627

Iowa Department for the Blind

515-281-1333 800-362-258700

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/>

Keokuk Public Library

319-524-1483 210 N. 5th St, Keokuk, IA 52632

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

Montrose Public Library

319-463-5532 200 Main St, Montrose, IA 52639

<https://www.leeco.lib.ia.us/montrose>

Southeastern Community College Library

319-524-1483

3350 Messenger Rd, Keokuk, IA 52632

<https://www.scciowa.edu/aboutscc/ourlocations/keokuk>

West Point Public Library

319-524-1483

317 5th St, PO Box 236, West Point, IA 52656

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

RECREATION

4-H Clubs Iowa State University Extension and Outreach Lee County

319-671-7165

414 N. Main St, Donnellson, IA 52625

4H Clubs and 4H Clover Kids Clubs are through the Iowa State University Extension and Outreach Office

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

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/>

Girl Scouts

319-752-3639

1308 Broadway, West Burlington, IA 52655

M-F 8:00-5:00

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/>

Keokuk Iowa Tourism Bureau and Visitor Center

319-524-5599

428 Main Street, Keokuk, IA 52632

M-F 8:00-5:00 Come learn what you didn't know about Keokuk.

<https://keokukiowatourism.org/>

Lee County Conservation

319-463-7673

2652 Highway 61, Montrose, IA 52639

M-F 8:00-4:30

Lee County Conservation manages 30 individual parks, wildlife areas, historic sites, and water recreation access points - encompassing some 2,796 acres across the county. LCC offers a wide variety of environmental education programs and outdoor recreational opportunities, including camping, hiking, fishing, hunting, kayaking, swimming, and more!

<https://www.leecounty.org/pview.aspx?id=20840&cat>

Local Community Events and Links

A place to find out about community events and links.

www.caofseia.org/events

YMCA

319-524-6724

2126 Plank Rd, Keokuk, IA 52632

M-Th 5:00-9:30/ F- 5:00-7:00/ Sat 8:00-5:00/ Sun 11:00-5:00Adults, 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.

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

YMCA

319-372-2403

220 26th St, Ft Madison, IA 52627.

M-F 5:00-9:00/ Sat 8:00-5:00/ Sun 10:00-5:00

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

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

SENIORS

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 on the 2nd Tuesday of the month at 10:30 a.m.

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

Americorps Senior Volunteer Program (previously RSVP)

United Way of the Great River Region

319-372-8043 rsvp@unitedwaygrr.org

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.

AmeriCorps Seniors volunteers commit their time to address critical community needs including academic tutoring and mentoring, elderly care, disaster relief support, and more.

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

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/ameriCorps/>

Donnellson Health Center

319-835-5621 901 State St, Donnellson, IA 52625

Long-term care center, rehabilitation, and memory care unit.

Heritage Senior Center

319-524-5464 508 Main St, Keokuk, IA 52632

M- 8:30-9:00/ T- F 8:30-1:30/ Sun 11:30-3:00

Meals and camaraderie for seniors. Activities include daily lunches, BINGO, exercise classes, etc.

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/>

Neighborhood Centers: Lee County

<https://caofseia.org>

Community Action of Southeast Iowa M-F 8-4:30

Keokuk 319-524-6383 220 S 22nd, Keokuk, IA 52632

Fort Madison 319-372-4471 3433 Ave O, Ft. Madison, IA 52627

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.

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

Keokuk: 319-524-6164 M-F 9:00-4:30

31 S 30th St, Keokuk, IA 52632

Fort Madison: 319-372-2770 M-F 10:00-4:00

1415 Ave M, Ft Madison, IA 52627

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, provide meals.

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

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->

Social Security Office

866-338-4183

3920 Division St, Burlington, IA 52601

M-F 9:00-3:30

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

SUBSTANCE USE

Alcohol and Drug Dependency Services (ADDS)

319-524-4397

928 Main Street Keokuk, Iowa 52632

M-F 8:00-5:00

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

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

Celebrate Recovery

319-237-8400 ext 301

1602 Ave F, Ft Madison, IA 52627 (Harmony Bible)

Tuesday 6:30 Meal, 7:00 program

A Christ-Centered Recovery Program. Childcare is provided for 0-3 year olds.

<https://www.harmonybiblechurch.org/celebrate-recovery>

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 done remotely and in person.

www.firstsepmobile.com

angie@firstsepmobile.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>

Iowa State University Extension and Outreach Lee County

319-835-5116

414 N. Main St, Donnellson, IA 52625

Connects parents to age-appropriate resources like Just in Time Parenting and Science of Parenting

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

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/>

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

319-372-6530

5445 Avenue O, Ft Madison, IA 52627

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/>

The Best You Coalition

319-524-6724 thebestyoucoalition@gmail.com

2126 Plank Road Keokuk, IA 52632 (inside the Hoerner YMCA)

The Best You Coalition is a comprehensive substance use prevention and healthy lifestyle group that seeks to stimulate community involvement to promote responsible behaviors among youth and adults. The Best You Coalition meets the second Tuesday of every month at 4 pm at the Hoerner YMCA or via Zoom. Everyone is welcome!

<https://www.facebook.com/The-Best-You-11042887067>

SUPPORT GROUPS

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)

319-753-6567

Call ADDS for a current listing of group meeting details.

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

Alzheimer's Association

800-272-3900 (24/7)

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

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

Building Bridges Out of Poverty

(319) 371-7465

1702 Avenue I, Fort Madison, IA, United States, Iowa

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

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

Celebrate Recovery

319-237-8400 ext 301

1602 Ave F, Ft Madison, IA 52627 (Harmony Bible)

Tuesday 6:30 Meal, 7:00 program

A Christ-Centered Recovery Program. Childcare (0-3 yrs) is provided.

<https://www.harmonybiblechurch.org/celebrate-recovery>

Greif Share

Steve Johnson 319-520-8658

Evangelical Free Church: 2315 S 7th St, Keokuk, IA

Mondays 630-830 Join anytime. For anyone who is experiencing grief through a loss. Video and book-based group.

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/>

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>

Stroke Support Group

319-768-4200

1221 S. Gear Ave, West Burlington, IA 52655

Meets on 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/>

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

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/>

Lee County Treasurer

Keokuk: 319-526-8569 M-F 8:30-4:30 25 North 7th Street Keokuk, IA

Fort Madison: (319) 372-3405 933 Ave H, Fort Madison, IA

The Treasurer is responsible for the proper receipt, accounting, and disbursement of county funds within proper policies established by the State of Iowa. License Plate

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

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 at least 24 hours in advance for reservations

<https://seibus.org/>

Trailways

319-524-6782 800-992-4618

629 Blondeau St, Keokuk, IA 52632

5002 Ave O, Ft Madison, IA 52627.

<https://trailways.com/>

VETERANS

American Legion

319-524-7831 727 Main St, Keokuk, IA 52632

319-837-6711 309 5th St, West Point, IA 52656

319-878-3908 103 S Front St, Farmington, IA 52626

Focusing on service to veterans, service members and communities.

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

Burlington VA Outpatient Clinic

319-752-3722

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

M-F 8:00-4:00

Primary healthcare for veterans

https://www.va.gov/find-locations/facility/vha_63

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

Lee County Veterans Affairs

319-372-5853 701 Ave F, Ft Madison, IA 52627

319-524-7831 727 Main St, Keokuk, IA 52632

This office assists Veterans with obtaining benefits at county, state and federal levels, and provides help in filing VA service-connected disability claims.

<https://www.leecounty.org/pview.aspx?id=20855&cat>

Salvation Army

Keokuk: 319-524-6164 M-F 9:00-4:30

31 S 30th St, Keokuk, IA 52632

Fort Madison: 319-372-2770 M-F 10:00-4:00

1415 Ave M, Ft Madison, IA 52627

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, provide meals.

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

VA Home Front

877-424-3838

Help for 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 ext 31411

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.

Burlington.WFC@iwd.iowa.gov <https://www.iowawork.com/veterans>

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	
North Lee County Recorder’s Office.....	319-372-4662
South Lee County Recorder’s Office.....	319-524-1126
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 Ft. Madison.....	319-372-3651
Department of Human Services – DHS Keokuk.....	319-524-1052
Lee County Assessor.....	319-524-1375
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
53 Gambling Hotline.....	800-238-7633
General Relief Lee County.....	319-372-5681
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
54 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 Line515-344-3936

M-F 8:00-5:00

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.

515-344-3936

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

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.

<https://humanrights.iowa.gov/1%C3%ADnea-de-ayuda-en-iowa>

2025-2026 IOWA HOME ENERGY ASSISTANCE PROGRAM

ATTENTION: RESIDENTIAL 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:

1. **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
 - a. **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.
 - b. **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.
 - c. **SELF-EMPLOYED/FARMERS:** Please provide a copy of your most recent federal income tax return.
2. **Proof of Social Security Numbers for all household members** (documentation required)
3. **Most recent heat bill**
4. **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
Size	Gross Income
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.

PERSONAS ASALARIADAS:

Por favor traiga copias de sus talones de cheques de los 30 días antes de la fecha de la aplicación, o una copia de su declaración de impuestos.

PERSONAS CON INGRESOS FIJOS:

Este ingreso puede incluir: Beneficios del Seguro Social, de Ingresos Suplementarios, Programa de Inversión Familiar, Asistencia para Veteranos, Seguro de Desempleo, y Pensiones. Por favor, traiga copias de sus talones de cheques de los últimos 30 días.

TRABAJADORES AUTÓNOMOS/GRANJEROS:

Por favor, traiga una copia de su declaración de impuestos federales más reciente.

BENEFICIARIOS de FIP:

Por favor traiga su Aviso de Decisión del Departamento de Servicios Humanos o comuníquese con su oficina local para información de documentos admisibles.

Si usted recibe manutención o ayuda para sus niños, también necesitará verificarlo

Community
Action
OF SOUTHEAST IOWA

*Community
Action*
OF SOUTHEAST IOWA

Eichacker Community Action Center

3433 Ave O
Fort Madison, IA 52627
319- 372-4471

Richardson School Head Start

1020 34th St
Fort Madison, IA 52627
319-372-5462

Marie Tallarico Community Action Center

220 South 22nd
Keokuk, IA 52632
319- 524-6383

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.