

# IOWA STATE RESOURCES

(the links lead to local resources for each topic)

## **Iowa Department of Public Health**

Lucas State Office Building  
321 E. 12th Street  
Des Moines, IA 50319-0075  
Phone: (515) 281-7689

Hearing or Speech Impaired: 800-735-2942

Certified copies of birth, death, or marriage certificates may be obtained from the state office of vital records by telephone, in-person, or through a postal service.  
[dph.iowa.gov/health-statistics/vital-records](https://dph.iowa.gov/health-statistics/vital-records)

## **Iowa Dept. of Transportation**

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

## **Iowa Workforce - Dept. of Labor**

Information about State Department of Labor resources may be of interest to potential employers looking for incentives to hire individuals with criminal histories and to service providers and individuals with criminal histories who are looking for assistance in finding employment.

## **Iowa Workforce Development**

1000 East Grand Avenue  
Des Moines, Iowa 50319-0209  
phone: (515) 281-5387 or (800) JOB-IOWA  
[www.iowaworkforce.org/files/contiwd.htm](http://www.iowaworkforce.org/files/contiwd.htm)

## **Iowa Workforce Development**

They contribute to the economic security of Iowa workers, businesses and communities through a comprehensive statewide system of employment services, education and regulation of health, safety and employment laws. <http://www.iowaworkforce.org/>

## **QPS Employment Group**

2415 Ingersoll Ave Des Moines, IA 50312 Phone: (515) 266-6700  
<https://www.qpsemployment.com/>

## **Iowa Staffing, Inc.**

2150 Hubbell Ave  
Des Moines, IA 50317  
Phone: (515) 465-1930  
A full service Staffing Company  
<https://iowa-staffing.com/>

## **Iowa Economic Development**

Iowa manufacturers are the driving force behind the states labor market.

Please visit the website for more information!

## **Iowa Economic Development Authority**

200 East Grand Avenue  
Des Moines, Iowa 50309  
1.515.725.3000  
<http://www.iowaeconomicdevelopment.com/>

## **Iowa Workforce Development**

200 Army Post Road  
Des Moines, IA 50315  
Phone: 515-281-9619  
[www.iowaworkforcedevelopment.gov](http://www.iowaworkforcedevelopment.gov)

## **Iowa Food Pantries**

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

## **Food Bank of Iowa**

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

## **Assurance Wireless Lifeline Program**

P.O. Box 5040  
Charleston, IL 61920-9907  
1-888-321-5880

Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone. Lifeline enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Residents of homeless shelters, nursing homes and temporary addresses may also be eligible.  
<https://www.assurancewireless.com/lifeline-services/what-lifeline>

## **Free Clinics of Iowa**

The largest network of free medical clinics in the state of Iowa.  
[www.freeclinicsofiowa.org/](http://www.freeclinicsofiowa.org/)

## **Iowa Free Clinics**

These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.  
[https://freeclinicdirectory.org/iowa\\_care.html](https://freeclinicdirectory.org/iowa_care.html)

## **Iowa Healthcare Options**

Medicare Assistance: If your income is low and you have a hard time paying Medicare premiums, Medicaid may be able to help pay the premiums. Iowa.

## **Medicaid Enterprise**

100 Army Post Road  
Des Moines, Iowa 50315  
Phone: 515-256-4600  
<http://dhs.iowa.gov/ime/members/who-receives-medicaid>

## **Iowa 211**

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

**Department of Human Rights -Home Energy Assistance** The Low-Income Home Energy Assistance Program (LIHEAP) is a federally-funded program designed to assist low income families meet the cost of home heating by providing a one-time payment to the heating utility.  
[www.dcaa.iowa.gov/bureau\\_EA/index.html](http://www.dcaa.iowa.gov/bureau_EA/index.html)

**Iowa Low Income Housing**  
Find low income apartments in Iowa along with non-profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.  
<https://www.lowincomehousing.us/IA.html>

**Central Iowa Shelters**  
205 15th Street  
Des Moines, 50309  
Ph: (515) 284-5719  
<http://www.centraliowashelter.org/>

**Iowa Shelters**  
We provide an online directory of shelters in Iowa.  
[www.shelterlist.com/state/iowa](http://www.shelterlist.com/state/iowa)

**Iowa Transitional Housing**  
1-855-860-3119  
Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations  
[www.transitionalhousing.org/state/iowa](http://www.transitionalhousing.org/state/iowa)

**Iowa Disability Resources**  
Government agencies and disability rights organizations in Iowa.  
[www.olmsteadrights.org/self-helptools/advocacy-resources/item.6992-](http://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6992-)

**Iowa Dept. of Mental Health and Disability Services.**  
Services found on the website:  
[dhs.iowa.gov/mhds/disability-services](http://dhs.iowa.gov/mhds/disability-services)

**Iowa Department on Aging**  
The Iowa Department on Aging strives to improve the quality of life of older Iowans by connecting them to services provided by Iowa's six Area Agencies on Aging. Connect to nutrition services, caregiver support, case management, and more <https://iowaaging.gov/>

**Iowa Department of Veterans Affairs**  
Camp Dodge  
7105 NW 70th Ave. Camp Dodge, Bldg. 3465 Johnston, IA 50131-1824  
Telephone: 515-252-4698 or toll free at 800-838-4692  
<https://va.iowa.gov/>

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

**Meetup**  
The mission of Meetup is to revitalize local community and help people self-organize. Meetup believes that people can change their personal world, or the whole world, by organizing themselves into groups that are powerful enough to make a difference. More than 9,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities.  
Please visit the website to join and find a Meetup group! <http://www.meetup.com>

National, State and Local Reentry Guides Choose Your State ▾ Iowa ▾

**Iowa**

**Veterans Reentry Guide**  
Incarcerated Veterans Re-entry Guides contain information on resources and how to plan a successful reentry.  
Web: [http://www.va.gov/homeless/reentry\\_guides.asp](http://www.va.gov/homeless/reentry_guides.asp)  
File: [09\\_ja.pdf](#)

**Iowa CareerOneStop Centers**  
Locations all around the state!  
File: [ia.pdf](#)

**Mason City**  
**2013 Community Resource Catalog**  
For Mason City  
Web: <http://www.2nddcs.com/documents/Catalogs/CommunityResourceCatalog-MasonCity.pdf>

# National Resources for Everyone!

**NATIONAL REENTRY HELPLINE:** 814-916-2577

## **FREE NATIONAL REENTRY PUBLICATION!**

Write for your copy! "Mapping Your Future – National Reentry Guide" (available in English and Spanish). Send your request to: Education Justice Project 1001 South Wright Street Champaign, IL 61820

**Everyone On** connects low-income people to affordable internet service and computers; including delivering digital skills training. [www.everyoneon.org/](http://www.everyoneon.org/)

**LibriVox Free Audio Books** LibriVox provides free audiobooks. [www.librivox.org/](http://www.librivox.org/)

## **Open Culture Free Audio Books**

Free cultural and educational media access. [www.openculture.com/freeaudiobooks](http://www.openculture.com/freeaudiobooks)

**University of The People** (free!) 100% online, tuition-free degree programs that are designed to fit into your life. Programs include: Business Administration, Computer Science, Health Science, Education. Associate, Bachelor & Master Degrees available. [www.uopeople.edu](http://www.uopeople.edu)

**Modern States** - Freshman Year for Free dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Freshman Year for Free is intended to let students earn up to one year of college credit without tuition or textbook expense. [www.modernstates.org](http://www.modernstates.org)

## **National Urban League Jobs Network**

The National Urban League is a historic civil rights organization dedicated to elevating the standard of living in historically underserved urban communities. [www.nuljobsnetwork.com](http://www.nuljobsnetwork.com)

## **America Works**

America Works: work readiness training, vocational training, career placement, career advancement, and employment retention services. [www.americaworks.com](http://www.americaworks.com)

**PeopleReady** connects people and work. Whether you need workers or you're looking for new job opportunities, we're ready to deliver results for you today. [www.peopleready.com](http://www.peopleready.com)

## **Once Fallen**

2211 County Road 400 Tobias, NE 68453  
Once Fallen is a leading reference & resource site for Registered Citizens. It also provides useful information to those seeking to reform or abolish the sex offense laws. Once Fallen provides information and support FREE of charge. [www.oncefallen.com](http://www.oncefallen.com)

**Career Gear** for men [www.careergear.org](http://www.careergear.org)  
**Dress For Success** for women [dressforsuccess.org](http://dressforsuccess.org)

**Parents Anonymous** - now called Raising the Future  
855-427-2736 English and Spanish 8 am - 8 pm pst.  
[www.raisingfuture.org](http://www.raisingfuture.org)

**National Parent Helpline** 1-855-427-2736  
Weekdays: 10:00 am to 7:00 pm pst  
[www.nationalparenthelpline.org](http://www.nationalparenthelpline.org)

**Why Hunger Hotline:** 866-348-6479

**Find food pantries**, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations. [www.whyhunger.org/find-food](http://www.whyhunger.org/find-food)

**Feeding America** Find a food bank near you! The Feeding America nationwide network of food banks secures and distributes more than 3 billion meals each year. Contact your local community food bank to find food. [www.feedingamerica.org](http://www.feedingamerica.org)

**Assurance Wireless Lifeline Program** (Free Phone)  
P.O. Box 5040 Charleston, IL 61920-9907  
1-888-321-5880 [www.assurancewireless.com](http://www.assurancewireless.com) Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone.

**Freecycle** People who are giving and getting stuff for free to keep good stuff out of landfills. [www.freecycle.org](http://www.freecycle.org)

## **National Emergency Hotlines**

Domestic Violence Hotline 1-800-799-7233 Strong Hearts Native Helpline 1-844-762-8483 Human Trafficking Hotline 1-888-373-7888 Child Abuse Hotline - 1- 800-422-4453  
Sexual Assault Hotline - 800-656-4673 Suicide Prevention Hotline - 800-273-8255

## **National Association of Free & Charitable Clinics**

1,400 Free and Charitable Clinics and Pharmacies provide access to healthcare for uninsured and underinsured people. [www.nafcclinics.org](http://www.nafcclinics.org)

## **Free Clinics For Uninsured and Low Income**

Clinics listed on our website offer services for free or at a reduced rate. Many clinics are operate under a sliding scale schedule. This means that costs to patients are calculated based on income. [www.freeclinics.com](http://www.freeclinics.com)

**Social Security Benefits** After Incarceration Individuals released from incarceration may be eligible for Social Security retirement, survivors, or disability benefits. 1-800-772-1213. If you are deaf or hard of hearing, call TTY 1-800-325-0778. [www.ssa.gov/reentry/benefits](http://www.ssa.gov/reentry/benefits)

## National

### Prisoner Reentry Resources: U.S. Dept. of Labor

Federal Funding for Crime Prevention and Improved Reentry

Web: <https://reentry.ojp.gov/funding/labor>

### New England Guide to Resources 2012

Resources in New England; some may no longer be available. No update was found.

File: [new\\_england\\_reentry\\_guide-1.pdf](#)

### SSI: What Prisoners Need to Know

Benefits after Incarceration: What You Need To Know. An individual released from incarceration may be eligible for Social Security retirement, survivors, or disability benefits Call to see if you qualify 1-800-772-1213

Web: <https://www.ssa.gov/reentry/benefits.htm>

File: [what-prisoners-need-to-know.pdf](#)

### SSI: Entering the Community After Incarceration - How We Can Help

Benefits after Incarceration: What You Need To Know. An individual released from incarceration may be eligible for Social Security retirement, survivors, or disability benefits Call to see if you qualify 1-800-772-1213.

Web: <https://www.ssa.gov/reentry/benefits.htm>

File: [entering-the-community-after-incarceration.pdf](#)

### Transitional Housing.org

TransitionalHousing.org is for those who are in need of locating transitional housing in their area. We also provide halfway housing, shared housing and group housing.

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

### Money Smart for Adults

14 Money Smart for Adults Training Modules

Web: <https://www.fdic.gov/consumers/consumer/moneysmart/adult.html>

### The Quixote Center

The Quixote Center is a multi-issue, grassroots organization founded in the Catholic social justice tradition. This is a link to a map where you can find information about reentry programs available in each state. Quixote Center, 7307 Baltimore Ave. Ste 214, College Park, MD 20740, Ph: 301-699-0042

Web: <https://www.quixote.org/category/criminal-justice/>

File: [quixote-prisoner-resource-guide.pdf](#)

### Homeless Shelters and Service Organizations.

National list of homeless shelters and other services.

Web: <http://www.homelessshelterdirectory.org/>

### Food Pantries, Food Banks and Soup Kitchens

Find emergency food resources nearest to you.

Web: <http://www.homelessshelterdirectory.org/foodbanks/index.html>

### Career Gear

Career Gear is focused on helping empower men of all ages, ethnic and socio-economic backgrounds without judgement; to find success regardless of the obstacles that have held them back in their past. 212-577-6190

Web: <https://www.careergear.org/>

### Social Security Card - Getting Your Number

A Social Security number is important because you need it to get a job, collect Social Security benefits and get some other government services. You should keep your Social Security card in a safe place. In many cases, even if you lost your card, you may not need a replacement; simply knowing your Social Security number may be enough.

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

File: [social-security-card-application.pdf](#)