

2017 Story County Resource Guide

Provided by Story County Human Services Council
www.storycountyhumanservices.org

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CHILD CARE

Ames Community Preschool Center (ACPC)

Preschool & child care for children 18 months to 12 years; 7 locations, full/part-time, sliding fee scale, offering full day child care and before/after school care.

Hours: Monday-Friday, 7:00am-6:00pm

Address: 920 Carroll Ave, Ames 50010

Phone: (515) 233-2901

Email: amesbugs@isunet.net

Website: www.acpc-childcare.org

Ames Christian School

Ames Christian School (ACS) is a member of the Association of Christian Schools International (ACSI). The elementary school offers an academic program including Art, Music, Computer Lab Instruction, and Physical Education for grade EK-6. The Early Childhood Program offers an excellent three and four year old Preschool Program with or without Childcare. All ACS teachers are certified by the State of Iowa.

Hours: Monday-Friday

Address: 925 S 16th St, Ames 50010

Phone: (515) 233-0110

Website:

<http://www.ameschristianschool.org/classroom/preschool>

Adventures Preschool

Established in 1968, Adventures Preschool is the only cooperative preschool in Ames. In this unique format, teachers plan curriculum and lead activities, and parents assist in the classroom. Two teachers and two parents participate each day, keeping the adult/child ratio approximately 1:5.

Hours: Monday-Friday

Address: 2622 W Lincoln Way, Ames IA 50014

Phone: 515-292-1736

Website: <http://www.adventurespreschool.org/>

Bethesda Christian Preschool

Bethesda Christian Preschool is a nonprofit Christian preschool for children 3-5 years old. We believe children should learn about God's love through daily activities in a stimulating, warm environment with caring, sensitive and trained teachers. All eligible children are welcome regardless of individual and cultural variations. Second floor of the northwest wing of Bethesda.

Address: 1517 Northwestern Ave, AMES IA 50010

Phone: (515) 232-6256

Website: <http://www.bethesdanet.org/bcpsite/>

Child Care Assistance

Helps pay for the care of your child while a parent or caretaker works or attends school. It might also be used to care for children while a parent or caretaker is looking for work or is unable to care for children because of medical reasons. Must have a child under the age of 13 years (or under 19 years of child has special needs; get assistance from Family Investment Program OR meet income eligibility guidelines; and must be doing ONE of the following: working an average of 28 hours per week, attending an approved training or education program full-time, OR looking for work.

Phone: (866) 448 4605

Website: <https://dhs.iowa.gov/child-care>

Child Care Resource & Referral

Child Care Resource & Referral refers parents to child cares that may meet their needs and their child(ren). Our Parent Services Specialist can assist by creating a customized list of programs and provide information about what quality child care and the different types of child care. Services are free.

Hours: Monday-Friday, 8:00am-5:00pm

Address: 805 5th Ave., Des Moines IA 50309

Phone: 800-722-7619 or 515-246-3563 or 515-246-3565 (Spanish)

Email: lookingforchildcare@orchardplace.org

Website: <http://iowaccrr.org/>

ChildServe

Not-for-profit organization that offers child care services for children birth through 5 years in an inclusive setting.

Contact: Brendan Messmer

Hours: Monday-Friday, 6:30am-6:30pm

Address: 1915 Philadelphia St., Ames

Phone: (515) 817-2236

Email: brendme@childserve.org

Website: <http://www.childserve.org/childcarehome>

Comfort Zone

Drop-in child care for mildly ill children. Care is provided by a Registered Nurse. Open to all members of the greater ISU/Ames/Story County community. Download pre-registration forms from the website.

Hours: Monday-Friday, 8:30am-4:30pm (open Sept 10-May 10)

Address: 100 University Village (corner of Stange Road and 13th Street)

Phone: (515) 294-3333

Website:

<http://www.universitycommunitychildcare.org/Comfort-Zone.html>

Child Care, continued

Crisis Child Care

You are eligible if you have no other options for support and are a Story or Boone County family with children ages 0 to 12. LSI provides up to 72 hours of crisis child care in Story and Boone Counties. This program is for any family facing a crisis, such as medical emergency, homelessness or critical stress, and who has no other available child care options or support system. LSI will help transport your child to a licensed child care provider so you can focus on resolving your family emergency.

Phone: (515) 460-2423

Website:

<http://lsiowa.org/index.php/services/children-youth-family/crisis-care/crisis-child-care/>

Eagle's Loft Early Learning Center

Eagle's Loft is proud to be a NAEYC accredited child care and early education center. Our facility is a bright, comfortable and colorful place for children to grow and develop. Six spacious classrooms and a large multipurpose room glow with natural light from windows placed at the perfect height for children to see outside. The classrooms and outdoor play areas are designed to meet the needs of your child. Children's creativity, natural curiosity and love of play flourish in this hands-on environment. Come see what a difference we can make in your child's life!

Hours: Monday-Friday 6am-6pm

Address: 2715 Dayton Ave, AMES IA 50010

Phone: (515) 232-8299

Website: <http://child-care-preschool.brighthorizons.com/IA/Ames/eaglesloft>

Formative Years

Formative Years opened in the fall of 1986. Our goal is to provide a professional early childhood education program for 2 ' 5 year-olds, as well as an after-school and all-day summer program for kindergarten through 6th graders. Our program emphasizes the growth of the child in all areas of development and is enhanced by our professional and caring staff.

Address: 4510 Todd Dr, AMES IA 50010

Phone: (515) 292-3609

Website: <http://www.formativeyears.info/>

Kids at First

Free childcare and breakfast is provided on late start Mondays during the school year by community volunteers at the United Methodist Church. The church is open at 7:00 a.m., breakfast is available from 7:30 – 8:30 a.m. and volunteers escort children to Central Elementary School at 9:00 a.m. Middle school age children can catch the bus there to the middle school. Crafts, games and activities are provided at the church. If interested in volunteering or you would like your child to participate, call. Childcare is free for Nevada school students age 4 and up on late-start Monday's during the school year.

Hours: Monday 7:30 AM-until start of school

Address: 1036 7th St., Nevada, Iowa

Phone: 515-382-6536 or 515-382-6212

LilyPad Learning Center

Curriculum at LilyPad includes the child-initiated and teacher-directed activities and experiences offered to young children that support and enrich their development physically, emotionally, socially, and cognitively. LilyPad uses the Creative Curriculum as guides for planning the curriculum in each of its classrooms. Child care for children birth through school age.

Hours: Monday-Friday 6am-6pm

Address: 600 E 1st St, HUXLEY IA 50124

Phone: 515-597-KIDS (5437)

Website: <http://lilypadlearningcenter.com/programs/index.html>

Lil' Cubs Child Care & Preschool

Lil' Cubs Preschool is licensed by the State of Iowa's Department of Human Resources and is governed by an owner who also acts as the Director. Each preschool class will be taught by a degreed person and kept small in size for individual attention.

Hours: Monday-Friday 6am-6pm

Address: 1120 South G Ave, NEVADA IA 50201

Phone: (515) 382-3333

Website: <http://www.lilcubs.com/>

Luella Kalvik's Preschool

Luella Kalvik's Preschool is a Licensed Center in STORY CITY IA. It has maximum of 16 children.

Address: 418 Cedar St, STORY CITY IA 50248

Phone: (515) 733-4219

Child Care, continued

MICA Head Start (Nevada)

Head Start gives children age 3 and 4 the opportunity to grow and learn in a high quality early childhood setting. The program is specifically tailored to meet the educational and social needs of preschool-aged children. MICA has Head Start locations in Eldora, Grinnell, Huxley, Iowa Falls, Marshalltown, Nevada, Story City, and Tama. Head Start offers half-day and full-day classes with availability depending on the community.

Hours: Monday-Friday

Address: 1120 S G Ave, NEVADA IA 50201

Phone: (515) 485-8246

Website: http://www.micaonline.org/head_start/

Northwood Preschool

Half Day Programs: Preschool - 8:35-11:30 AM or 12:25-3:20 PM Mon-Tues, Thu-Fri for 4 year olds with limited space available for at-risk 3 year olds. Pre-Kindergarten - for 5 year olds, 8:35-11:30 AM or 12:25-3:20 PM Mon-Tue, Thu-Fri; Wed dismissed at 2:05 PM

Hours: Monday-Friday, 8:00 AM-4:30 PM

Address: 3012 Duff Ave., Ames 50010

Phone: (515) 268-2470

People Place (Lutheran Services in Iowa)

Counseling, Parent Programs, Child Day Care. LSI family resource center that offers parenting groups, parent home visitation programs, classes and drop-in parent/child day care ages 0-5.

Hours: Office hours: M-F, 9am-3pm; drop-in care TWTh, 9:30-11:30am

Address: United Church of Christ, 219 Sixth St., Ames 50010

Phone: (515) 233-1677 AND (515) 232-7262

Email: Alyssa.Rasmussen@lsiowa.org

Website: www.lsiowa.org

Head Start (Northwood Preschool)

Head Start children must be age 3 or 4 by Sept. 15th (at the time class starts). Families must meet income guidelines and children must be current on immunizations. Proof of age is required (birth certificate or Title 19 card). Ames residents contact Drake University office and for residents outside Ames, contact MICA at (515)956-3333 or 1-877-289-4668 for an appointment.

Address: 3012 Duff Ave., Ames, Iowa 50014

Phone: (515) 233-4606 or 1-800-443-7253 Ext. 1854

Prairie Flower Children's Center

Prairie Flower Children's Center is a Waldorf preschool for children ages 3-5 that focuses on educating the whole child--mind, body, and spirit.

Address: 2807 Duff Ave, AMES IA 50010

Phone: (515) 292-4312

Email: delphine4seasons@gmail.com

Website: <http://www.prairieflowercc.org/>

St. Paul Lutheran Preschool

St. Paul Lutheran Preschool offers three classes during the morning hours. Our center accepts children on a first come, first serve basis, giving priority to children who are members of the St. Paul congregation. During the month of February applications from members of St. Paul Lutheran Church and current preschool families are accepted. During the month of March all other applications are accepted. We continue to accept applications after March.

Address: 610 15th St, AMES IA 50010

Phone: (515) 233-1914

Website: <http://saintpaulames.org/>

University Community Child Care

Non-profit childcare center whose purpose is to provide a well-balanced child care program, particularly for those families with student and/or working parents. UCC provides childcare to the ISU community (students, staff and faculty) and to members of the Ames community as space is available. Sliding fee available.

Hours: Mon-Fri 7 AM-5:30 PM

Address: 100 University Village, Ames 50010

Phone: (515) 294-9838

Website:

www.universitycommunitychildcare.org

DISABILITY

Access2Care

Mileage reimbursement for all medical appointments (including dental, psychology, therapy, out of state, etc.). Will negotiate rates, arrange transportation and reimburse claims for all eligible Iowa Medicaid Members for non-emergency medical trips. Must be an Iowa Medicaid Member. Only non-emergency medical trips.

Phone: (866) 572-7662

Website:

<http://www.tmsmanagementgroup.com/index.php/iowa-medicaid-net-program>

ActivStyle

ActivStyle's delivery program offers qualified Medicaid recipients home-delivery with no shipping charges. If your doctor has prescribed the use of incontinence products for you or someone you love, most state Medicaid plans cover the cost of those products. If you're enrolled in MEDICAID your bladder control products may be covered at 100%* depending on your medical necessity.

Phone: (800) 651-6223

Website: <http://activstyle.com/>

AEA Early Access

If your child has a known condition, was born prematurely, was exposed to lead or drugs or is in foster care, he or she is automatically eligible for Early ACCESS services for children ages birth to 3 years.

Contact: Margie Cahill

Address: 511 S 17th St, Ames 50010

Phone: 515-232-7583 ext 12381

Email: mcahill@heartlandaea.org

Website: <http://www.heartlandaea.org/>

ARC of Story (and Boone) County

Advocacy on behalf of individuals with disabilities in Ames and Story County. Programs include: Active Lifestyles, Children at Home, Respite, Faith Fellowship, Best Buddies, Transportation Training, Pilot Parent. For persons with disabilities and caregivers. Programs have different criteria; access the website to learn more.

Address: 130 S. Sheldon Ave. #302, Ames 50014

Phone: 515-232-9330

Email: arcdirector@thearcstory.org

Website: <http://www.thearcstory.org/>

Central Iowa ASPIRE Support Group

Support Group for families with children with autism

Hours: First Tuesday of each month 6:30-8:30 pm

Address: Heartland AEA, 511 S 17th St, Ames;

Phone: (515) 232-7583 ext 12327 or (515) 382-5066

Website: <http://autismchamps.org/parent-support-groups/>

ASK Resource Center

ASK (Access for Special Kids) Resource Center is a parent training, information, and advocacy center for families of children with special needs across the state of Iowa. One-stop shop, no limitations if an individual doesn't fit the criteria, can refer to providers that can. Diagnosis not required.

Hours: Monday-Friday, 8:30am-4:30pm

Address: 5665 Greendale Road, Suite D, Johnston 50131

Phone: (515) 243-1713 or (800) 450-8667

Email: info@askresource.org

Website: <http://askresource.org/>

Central Iowa Recovery (Story County)

Intensive Psychiatric Rehabilitation Services (adults with chronic mental illness); Peer Support Service (24-hour advocate during recovery); Community Support Service (connecting with the community while coping with chronic mental illness).

Phone: (515) 290-4120

Email: smadden@centraliowarecovery.org

Website: www.centraliowarecovery.org

ChildServe

If you have a child with special health care needs, you may be interested in learning more about ChildServe and the many services we offer. Services include: Day Health, DayHab, home care, outpatient physical/occupational/ speech therapy, respite, and supported community living. Children between the ages birth to 21 years old are eligible. Must be on Medicaid waiver for respite/supported community living/DayHab; contact ChildServe or DHS for assistance in applying for waiver. Medicaid and nurse or therapy need required for Day Health.

Address: 1915 Philadelphia St. Ames 50010

Phone: (515) 232-7220 or (515) 817-2231 (Durable Medical Equipment) or (515) 727-0272 (Psychological services)

Email: communications@childserve.org or

rachelha@childserve.org (Durable Med Equipment)

Website: www.childserve.org

Children at Home Program

This program helps families caring for a child with a disability by providing up to \$2,000 per year for items not covered by other programs. Examples include adaptive devices, travel, nutritional supplements, respite care, seminars, or items to make your home safe or accessible.

Phone: 1-888-425-4371

Email: IAFamilySupportNetwork@vnsia.org

Website: WWW.IAFamilySupportNetwork.org

Easter Seals Iowa

Easter Seals Iowa provides services to ensure that all people with disabilities have opportunities to live, learn, work and play in their communities. Equipment, and help for children and adults.

Address: 401 N.E. 66th Ave, DSM 50313

Phone: (515) 289-1933; TTY (515) 289-4069

Website: <http://www.easterseals.com/ia/>

Eyerly Ball Clinic Office

Must be age 18 and older to receive services, may receive referrals to support groups Anger Management Group, Co-Occurring Group, STEPPS Group. Outpatient Therapy, Psychiatric Services, Medication Assistance, Senior Outreach Counseling, Care Coordination, Crisis Connections, Pre-Commitment Screenings and children's services in partnership with Youth and Shelter Services

Address: 2521 University Blvd., #121, Ames, Iowa

Phone: (515) 598-3300

Email: contact@eyerlyball.org

Website: <http://eyerlyball.org/>

Friendship Ark Homes

Residential options where persons with intellectual disabilities are able to live in small, family-like environments with each other. Designed for four to five adults with intellectual disabilities and two to four assistants. Fee-for-service basis under the Medicaid Home and Community-Based Waiver Program for persons with intellectual disabilities.

Address: 130 S. Sheldon Ave, Suite 203, Ames 50014

Phone: (515) 292-9556

Email: friendshipark@friendshipark.org

Website: www.friendshipark.org

Legal Aid Society

Legal Aid may be able to provide assistance with Social Security appeals. Contact our office for more details.

Address: 937 6th St, Ste. 101, Nevada, IA 50201

Phone: 515-382-2471

Website: www.legalaidstory.com

Mainstream Living, Inc.

DayHab provides meaningful opportunities for educational, social and pre-vocational training for persons with disabilities. Residential Services for up to 24 hours/day.

Hours: Monday-Friday, 8:00am-5:00pm

Address: 2012 E. 13th St., Ames 50010

Phone: (515) 232-8405

Website: www.mainstreamliving.org

Mosaic in Central Iowa

Individualized assistance for persons with a disability. 24-hour living support, employment support, day habilitation, transportation, housing.

Hours: Monday-Friday, 8:00am-4:00pm

Address: 221 South 11th St., Nevada 50201

Phone: (515) 382-5520

Website:

<http://www.mosaicinfo.org/location/mosaic-central-iowa>

National Alliance on Mental Illness

Supports and advocates for people affected by mental illnesses, and educates the public. Mental Health Wellness Center, family support groups, educational classes, and monthly meetings.

Hours: Monday-Friday, 1:00-4:00pm (Mental Health Wellness Center)

Address: 416 Douglas Ave, Ste 203/205, Ames 50010

Phone: (515) 292-9400

Email: namiofci@gmail.com

Website: www.namiofci.org

Optimae Life Services

Community-based services for disabled and mentally ill residents. Includes "InZone" free activities and lunch program, a "Nurse in the House" program for home health services, and a jail diversion program to reduce the incarceration of individuals with mental illness. For Story County residents.

Hours: Monday-Friday, 8:00am-4:00pm

Address: 104 S Hazel Ave, Ames 50010

Phone: 515-956-2600

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

Vocational Rehabilitation Services

Serves individuals with disabilities to help them find and/or maintain employment. Must apply for services.

Hours: Monday-Friday, 8:00am-4:30pm

Address: 1525 Airport Road, Ste 102, Ames 50010

Phone: 515-233-5753

Website: www.ivrs.iowa.gov

Story County Community Services

Story County Community Services is part of the CICS Mental Health and Disability Service Region. Individuals residing in Story County who are seeking funding for disability services can make application at our office. We help determine eligibility for funding, provide information and help with referrals to services.

Hours: Monday-Friday, 8:00am-4:30pm

Address: 126 S. Kellogg Ave, Ste 001, Ames 50010

Phone: 515-663-2930

Website: www.storycountyiowa.gov

DOMESTIC VIOLENCE

ADVOCACY

ACCESS (Assault Care Center Extending Shelter & Support)

Free and confidential services to victims of domestic violence and their children, including a 24-hour crisis support line; individual, child counseling & support groups; emergency housing; Sexual Assault Response Team (SART). Services and information available in Spanish.

Business Phone: 515-292-0500 (9:00am-5:00pm)

Sexual Assault Crisis Line: 515-292-5378 (24 hours)

Domestic Violence Crisis Line: 515-292-0519 (24 hours)

Emergency Housing: 515-292-0543 (24 hours)

Email: director@assaultcarecenter.org

Website: www.assaultcarecenter.org

LAW ENFORCEMENT

Ames Police Department

Sexual Assault Response Team (SART) affiliate

Hours: 24 hours a day, 7 days a week

Address: 515 Clark Avenue, Ames, IA 50010

Phone: (Emergency) 911; (Non-Emergency) 515-239-5133

Email: ccychosz@city.ames.ia.us

Website: <http://www.cityofames.org/index.aspx?page=156>

Huxley Police Department

Sexual Assault Response Team (SART) affiliate

Hours: 24 hours a day, 7 days a week

Address: 515 N Main Ave, Huxley, IA 50124

Phone: (Emergency) 911; (Non-Emergency) 515-597-2001

Email: police@huxleyiowa.org

Website: <http://www.huxleyiowa.org/Police-Reports/police-department.html>

Iowa State University Police Department

Sexual Assault Response Team (SART) affiliate

Hours: 24 hours a day, 7 days a week

Address: Iowa State University, 55 Armory, Ames, IA 50011

Phone: (Emergency) 911; (Non-Emergency) 515-294-4428

Website: <http://www.police.iastate.edu/>

Nevada Police Department

Sexual Assault Response Team (SART) affiliate

Hours: 24 hours a day, 7 days a week

Address: 1209 6th Street, PO Box 530, Nevada, IA 50201

Phone: (Emergency) 911; (Non-Emergency) 515-382-4593

Email: ricardo.martinez@midiowa.net

Website: <http://www.cityofnevadaiaowa.org/nevada-departments-public-safety.php>

Story City Police Department

Sexual Assault Response Team (SART) affiliate

Hours: 24 hours a day, 7 days a week

Address: 508 Broad Street, Story City, IA 50248

Phone: (Emergency) 911; (Non-Emergency) 515-733-4305

Website: <http://cityofstorycity.org/departments/police-department/>

Story County Sheriff's Office

Sexual Assault Response Team (SART) affiliate

Hours: 24 hours a day, 7 days a week

Address: 1315 South B Avenue, Nevada, IA 50201

Phone: (Emergency) 911; (Non-Emergency) 515-382-6566

Website: <http://www.storycountyiaowa.gov/index.aspx?NID=112>

MEDICAL

Mary Greeley Medical Center

Sexual Assault Response Team (SART). SART Nurses available through Mary Greeley ER. Victims of sexual assault can come to ER and inform they have been assaulted or need SART services and a SART nurse will be dispatched to assist. We provide a safe, private examination room where victims of sexual assault can be examined, counseled and comforted by a specially trained forensic nurse, away from the public glare of the ER.

Hours: 24 hours a day, 7 days a week

Address: 1111 Duff Ave., Ames, IA 50010

Phone: 515-239-2011 (24 hours)

Website: <http://www.mgmc.org/>

Story County Medical Center

Sexual Assault Response Team (SART) affiliate

Hours: 24 hours a day, 7 days a week

Address: 640 19th Street, Nevada, IA 50201

Phone: 515-382-2111

Website: <http://www.storymedical.org/>

Story County Sexual Assault Response Team

SART provides 24 hour response to sexual assault victims/survivors. SART works together to offer immediate and follow-up medical care, advocacy, and criminal justice services for sexual assault victims/survivors in Story County. Thielen Health Center, Mary Greeley and Story County Medical Center will respond to calls.

Hours: 24 hours a day, 7 days a week

Address: Iowa State University Dept. of Safety, 55 Armory, Ames 50011

Phone: (515) 292-5378 or (800) 203-3488

Website: <http://www.police.iastate.edu/sart/sexual-assault>

Thielen Student Health Center, Iowa State University

Sexual Assault Response Team (SART). Iowa State University students only.

Hours: Mon/Tue/Thu/Fri, 7:30am-5:00pm; Wed 8:30am-5:00pm

Address: Sheldon & Union Drive, Ames, IA 50011

Phone: Business Hours: 515-294-5801

After Hours Advice: 800-524-6877

Website: <http://www.cyclonehealth.org/>

PROSECUTION

Crime Victim Compensation Program

Compensation for crime victims who are physically or emotionally injured in a violent crime in Iowa. Lost wages, counseling, medical, funeral/burial, and other costs to the victim or survivors of homicide victims. Must apply within 2 years of the date of the crime, or show good cause for the delay.

Address: Lucas State Office Building, 321 E 12th St, Des Moines 50319

Phone: 515-281-5044 or 800-373-5044

Website: <https://www.iowaattorneygeneral.gov/for-crime-victims/crime-victim-compensation-program/>

Story County Attorney's Office

Hours: Monday-Friday, 8:00am-12:00pm, 12:30pm-4:30pm

Address: (Main office) 1315 South B Ave, Nevada 50201
(Ames office) 126 S Kellogg Ave, Suite 203, Ames 50010

Phone: (Main office) 515-382-7255

(Ames office) 515-232-4185

Email: attorney@storycounty.com

Website: <https://www.storycountyiowa.gov/index.aspx?NID=90>

Story County Attorney Victim Witness Assistance Program

The Story County Victim Witness Assistance Program staff is dedicated to helping victims and witnesses through the criminal justice system by providing as much information, convenience, and courtesy as possible. Explanations of the criminal justice process and court procedures. Cannot provide legal counsel, but can inform of general information and programs including the Crime Victim Compensation Program. Follows Iowa Code Chapter on Victim's Rights.

Hours: Mon-Fri 8:00 AM-5:00 PM (closed from 12:00-1:00pm daily)

Address: Story County Courthouse, 1315 South B Ave, Nevada 50201

Phone: (515) 382-7255

Website:

<http://www.storycountyiowa.gov/index.aspx?NID=325>

Legal Aid Society

Provides legal assistance to eligible individuals for a variety of civil cases, including family law. This includes divorce, child support, and child custody.

Address: 937 6th St, Ste. 101, Nevada, IA 50201

Phone: 515-382-2471

Website: www.legalaidstory.com

REPORT ABUSE

Child & Dependent Adult Abuse Hotline

Iowa Department of Human Services

Hours: 24 hours a day, 7 days a week

Phone: 800-362-2178

Nursing Home & Home Health Complaint Hotline

Iowa Department of Inspections and Appeals

Hours: 24 hours a day, 7 days a week

Phone: 877-686-0027

EDUCATION

AMES COMMUNITY SCHOOL DISTRICT

Administrative Offices for Ames Community Schools.

Address: 415 Stanton Ave, Ames 50014

Phone: (515) 268-6660

Website: www.ames.k12.ia.us

Edwards Elementary School

Grades K-5, Ames Community School District

Address: 820 Miller Ave, Ames 50014

Phone: 515-239-3760

Website:

<http://www.ames.k12.ia.us/schools/edwards-elementary>

Fellows Elementary School

Grades K-5, Ames Community School District

Address: 1400 McKinley Dr, Ames 50014

Phone: 515-239-3765

Website:

<http://www.ames.k12.ia.us/schools/fellows-elementary-school>

Meeker Elementary School

Grades K-5, Ames Community School District

Address: 300 20th St, Ames 50014

Phone: 515-239-3770

Website:

<http://www.ames.k12.ia.us/schools/meeker-elementary-school>

Mitchell Elementary School

Grades K-5, Ames Community School District

Address: 3521 Jewell Dr, Ames 50014

Phone: 515-239-3775

Website:

<http://www.ames.k12.ia.us/schools/mitchell-elementary-school>

Sawyer Elementary School

Grades K-5, Ames Community School District

Address: 3622 Woodland St, Ames 50014

Phone: 515-239-3790

Website:

<http://www.ames.k12.ia.us/schools/sawyer-elementary-school>

Northwood Preschool Center

Preschool, Ames Community School District

Address: 3012 Duff Ave, Ames 50010

Phone: 515-268-2470

Website:

<http://www.ames.k12.ia.us/schools/northwood-preschool-center>

Ames Middle School

Grades 6-8, Ames Community School District

Address: 3915 Mortensen Rd, Ames 50014

Phone: 515-268-2400

Website:

<http://www.ames.k12.ia.us/schools/middle-school>

Ames High School

Grades 9-12, Ames Community School District

Address: 1921 Ames High Dr, Ames 50010

Phone: 515-817-0600

Website:

<http://www.ames.k12.ia.us/schools/high-school>

BALLARD COMMUNITY SCHOOL DISTRICT

Administrative Offices

Address: 509 N. Main Ave, Huxley 50124

Phone: 515-597-2811

Website: <http://ballard.k12.ia.us>

Ballard East Elementary School

Grades 3-5, Ballard Community School District

Address: 505 W. 4th St, Cambridge 50046

Phone: 515-220-4306

Website:

<http://ballard.k12.ia.us/ShowEast.aspx>

Ballard West Elementary School

Grades EK-2, Ballard Community School District

Address: 105 E. Main St, Slater 50244

Phone: 515-228-3890

Website:

<http://ballard.k12.ia.us/ShowWest.aspx>

Ballard Middle School

Grades 6-8, Ballard Community School District

Address: 509 N Main St, Huxley 50124

Phone: 515-597-2815

Website:

<http://ballard.k12.ia.us/ShowMS.aspx>

Ballard High School

Grades 9-12, Ballard Community School District

Address: 501 Ballard Dr, Huxley 50124

Phone: 515-597-2971

Website:

<http://ballard.k12.ia.us/ShowHS.aspx>

Education, continued

COLLINS-MAXWELL COMMUNITY SCHOOL DISTRICT

Administrative Offices

Address: 400 Metcalf Street

Website: <http://www.collins-maxwell.k12.ia.us>

Collins-Maxwell Elementary School

Grades K-5, Collins-Maxwell Community School District

Address: 416 4th Ave, Collins 50055

Phone: (641) 385-2446

Website: <http://www.collins-maxwell.k12.ia.us>

Collins-Maxwell Middle School-High School

Grades 6-12, Collins-Maxwell Community School District

Address: 400 Metcalf St, Maxwell 50161

Phone: 515-387-1115

Website: <http://www.collins-maxwell.k12.ia.us>

COLO-NESCO COMMUNITY SCHOOL DISTRICT

Administrative Offices

Website: <http://www.color-nesco.k12.ia.us>

Colo-NESCO Early Learning Center

Preschool and Child Care, Colo-NESCO Community School District

Address: 919 West St, Colo, IA

Phone: 515-434-2302

Website: <http://www.color-nesco.k12.ia.us/early-learning-center>

Colo-NESCO Elementary School

Grades K-4, Colo-NESCO Community School District

Address: 407 North Center, Zearing 50278

Phone: 641-487-7411

Website: <http://www.color-nesco.k12.ia.us/elementary-school>

Colo-NESCO Intermediate School

Grades 5-6, Colo-NESCO Community School District

Address: 919 West Street, Colo 50056

Phone: 641-377-2284

Website: <http://www.color-nesco.k12.ia.us/intermediate-school>

Colo-NESCO Junior/Senior High School

Grades 7-12, Colo-NESCO Community School District

Address: 919 West Street, Colo 50056

Phone: 641-377-2282

Website: <http://www.color-nesco.k12.ia.us/jrsrhigh>

GILBERT COMMUNITY SCHOOL DISTRICT

Administrative Offices

Address: 103 Mathews Dr, Gilbert 50105

Phone: 515-232-3740

Website: <http://gilbert.k12.ia.us>

Gilbert Elementary School

Grades K-2, Gilbert Community School District

Address: 109 Rothmoor Dr, Gilbert 50105

Phone: 515-232-3744

Website: <http://gilbert.k12.ia.us/elementary/about>

Gilbert Intermediate School

Grades 3-5, Gilbert Community School District

Address: 103 Mathews Dr, Gilbert 50105

Phone: 515-232-3748

Website: <http://gilbert.k12.ia.us/intermediate/about>

Gilbert Middle School

Grades 6-8, Gilbert Community School District

Address: 201 E Mathews Dr, Gilbert 50105

Phone: 515-232-0540

Website: <http://gilbert.k12.ia.us/middle/about>

Gilbert High School

Grades 9-12, Gilbert Community School District

Address: 312 Gretten St, Gilbert 50105

Phone: 515-232-3738

Website: <http://gilbert.k12.ia.us/high/about>

NEVADA COMMUNITY SCHOOL DISTRICT

Administrative Offices

Address: 1035 15th St, Nevada 50201

Phone: 515-382-2783

Website: <http://www.nevadacubs.org>

Nevada Central Elementary School

Grades EK-5, Nevada Community School District

Address: 925 H Ave, Nevada 50201

Phone: 515-382-2383

Website:

<http://www.nevadacubs.org/elementary/elementary-2>

Nevada Middle School

Grades 5-8, Nevada Community School District

Address: 1035 15th St, Nevada 50201

Phone: 515-382-2751

Website: [http://www.nevadacubs.org/middle-](http://www.nevadacubs.org/middle-school-2)

[school-2](http://www.nevadacubs.org/middle-school-2)

Nevada High School

Grades 9-12, Nevada Community School District

Address: 1001 15th St, Nevada 50201

Phone: 515-382-3521

Website: [http://www.nevadacubs.org/high-school-](http://www.nevadacubs.org/high-school-2)

[2](http://www.nevadacubs.org/high-school-2)

ROLAND-STORY COMMUNITY SCHOOL DISTRICT

Administrative Offices

Address: 1009 Story St, Story City 50248

Phone: 515-733-4301

Website: <http://rolandstory.school>

Roland-Story Elementary School

Grades Preschool-4, Roland-Story Community School District

Address: 900 Hillcrest Dr, Story City 50248

Phone: 515-733-4386

Website: [http://rolandstory.school/elementary-](http://rolandstory.school/elementary-contact-us)
[contact-us](http://rolandstory.school/elementary-contact-us)

Roland-Story Middle School

Grades 5-8, Roland-Story Community School District

Address: 206 S. Main, Roland 50236

Phone: 515-388-4348

Website: [http://rolandstory.school/ms-contact-](http://rolandstory.school/ms-contact-us)
[us](http://rolandstory.school/ms-contact-us)

Roland-Story High School

Grades 9-12, Roland-Story Community School District

Address: 1009 Story St, Story City 50248

Phone: 515-733-4329

Website: [http://rolandstory.school/hs-contact-](http://rolandstory.school/hs-contact-us)
[us](http://rolandstory.school/hs-contact-us)

Adult Education:

DMACC - English as a Second Language

Open to anyone 18 and older. Free English as a Second Language classes at Hunziker in Ames. Registration is held every 8 weeks. Non-credit.

Address: 1420 S Bell Ave, Ames 50010

Phone: 515-290-4775

Website: www.dmacc.edu/esl

DMACC - High School Equivalency Program

Free HiSET classes and Adult HS diploma. Registration is every 8 weeks.

Address: 1420 S Bell Ave, Ames 50010

Phone: 515-290-4775

Website: www.dmacc.edu/hiset

FAITH-BASED

Ames Church of Nazarene

Address: 203 S Kellogg Ave, Ames 50010
Phone: 515-233-1425
Email: mpthrasher@reachone.com

Ames Foursquare Church

Address: 711 E. Lincoln Way, Ames 50010
Phone: 515-663-8804
Email: a4squ@yahoo.com

Ames Jewish Congregation

Address: 3721 Calhoun Ave, Ames
Phone: 515-233-1347
Email: ajciowa@gmail.com
Website: <http://acjiowa.org>

Ames Mennonite Church

Address: 233 S Walnut Ave, Ste B, Ames
Phone: 515-232-3482
Email: keithgs@aol.com

Ames United Church of Christ

Address: 217 6th St, Ames 50010
Phone: 515-232-9323
Email: office@amesucc.org
Website: <http://www.amesucc.org>

Bergen Lutheran Church

Address: 101 W Maple St, Roland
Phone: 515-388-4047
Email: secretary@bergenlutheran.org
Website: <https://sites.google.com/site/bergenlutheraniniowa>

Bethany Lutheran Church

Address: 50 S 3rd St, Mc Callsburg 50154
Phone: 515-434-2082
Website: <http://bethanymccallsburg.org>

Cornerstone Church of Ames

Address: 56829 US 30, Ames
Phone: 515-232-5488
Website: <http://cornerstonelife.com>

Darul Arqum Islamic Center

Address: 212 Iowa Ave, Ames 50014
Phone: 515-292-3683
Email: info@arqum.org
Website: <http://www.arqum.org>

Bethesda Lutheran Church

Address: 1517 Northwestern Ave, Ames
Phone: 515-232-6256
Website: www.bethesdanet.org

Bethlehem Lutheran Church

Address: 411 3rd Ave, Slater 50244
Phone: 515-228-3933
Website: <http://www.slaterblc.org>

Body of Christ Church (BCC)

Address: 114 5th St, Ames 50010
Phone: 515-296-0356
Website: <http://every1one.org>

Central Presbyterian Church

Address: 932 5th St, Nevada
Phone: 515-382-4998
Email: cpc.nevada@gmail.com
Website: <http://www.centralpresbyterianchurch.org>

Christ Community Church (formerly Evangelical Free Church)

Address: 5501 George Washington Carver Ave, Ames
Phone: 515-232-2765
Website: www.ccames.org

Collegiate United Methodist Church

Address: 2622 Lincoln Way, Ames
Phone: 515-292-6936
Website: www.cwames.org

Collins Christian Church

Address: Main Street, Collins 50055
Phone: 641-385-2382

Colo United Methodist Church

Address: 602 4th St, Colo 50056
Phone: 641-377-2534

Faith Baptist Church

Address: 401 2nd St, Cambridge 50046
Phone: 515-220-4640
Website: <http://faithbaptistcambridge.com>

Family of Faith (Meeting at Bacon Funeral Homes)

Address: 1418 Fawcett Pkwy, Nevada
Phone: 515-450-4914
Website: <http://family-of-faith.org>

First Baptist Church of Ames

Address: 200 Lynn Ave, Ames
Phone: 515-292-9612
Website: <http://www.fbcames.org>

First Christian Church of Ames

Address: 611 Clark Ave, Ames
Phone: 515-232-5766
Website: <http://www.fcames.org>

First Christian Church of Nevada

Address: 250 West E Ave, Nevada
Phone: 515-382-4866
Website: <https://www.christianchurchnevada.com>

First United Methodist Church

Address: 1036 7th St, Nevada
Phone: 515-382-6536
Website: <http://www.fumcnevada.org>

Hindu Temple and Cultural Center

Address: 33916 155th Lane, Madrid 50156
Phone: 515-795-2635 or 515-491-0375 (Priest)
Email: sahai@mcschi.com or htcciowa@gmail.com
Website: <http://www.iowatemple.org>

Immanuel Lutheran Church

Address: 604 Lafayette Ave, Story City 50248
Phone: 515-733-4972
Website: <http://immanuelstorycity.org>

Kingdom Hall of Jehovah's Witnesses

Address: 23048 590th Ave, Nevada
Phone: 515-382-1480
Website: <http://www.jw.org>

Living Water Fellowship (Assembly of God)

Address: 1325 8th St, Nevada 50201
Phone: 515-382-6711
Email: info@livingwateriowa.com
Website: <http://www.livingwateriowa.com>

Fjeldberg Lutheran Church

Address: 209 N 2nd Ave, Huxley
Phone: 515-597-2831
Email: fjeldberg@fjeldberglutheran.org
Website: www.fjeldberglutheran.org

Gilbert Lutheran Church

Address: 135 School St, Gilbert 50105
Phone: 515-233-2421
Website: <http://gilbertlutheran.org>

Grace Bible Church

Address: 308 Matthews Dr, Gilbert 50105
Phone: 515-232-1126
Website: <http://gracebible50105.org>

Grace United Methodist Church

Address: 624 Elm Ave, Story City
Phone: 515-733-4712
Website: <http://www.grace-umc.com>

Grace United Methodist Church (EFREE)

Address: 905 N 5th Ave, Huxley 50124
Phone: 515-597-2393
Email: office@gracehuxley.com
Website: <http://gracehuxley.com>

Harvest Evangelical Free Church

Address: 524 River Hills Dr, Story City
Phone: 515-733-5360
Email: office@harvestefree.org
Website: <http://harvestfree.org>

Harvest Vineyard Church

Address: 1627 S High Ave, Ames 50010
Phone: 515-290-6881
Website: <http://harvestvc.org>

Northminster Presbyterian Church

Address: 1416 20th St, Ames 50010
Phone: 515-233-2540
Email: amesnpc@gmail.com
Website: <http://www.amespnc.org>

Palestine Lutheran Church

Address: 1375 IA-210, Huxley 50124
Phone: 515-597-2620
Website: <http://plchuxley.com>

Saint Cecilia Catholic Church

Address: 2900 Hoover Ave, Ames 50010
Phone: 515-233-3092
Website: <http://www.stceciliaparish.org>

Memorial Lutheran Church of Ames

Address: 2228 Lincoln Way, Ames
Phone: 515-292-5005
Website: <http://www.memoriallutheranchurch.org>

Memorial Lutheran Church of Nevada

Address: 701 11th St, Nevada 50201
Phone: 515-382-6509
Website: <http://www.mlcnevada.org>

Nazareth Lutheran Church

Address: 517 Vine St, Cambridge
Phone: 515-383-4328
Website: <http://nazarethlutheranchurch.yolasite.com/>

Nevada Baptist Church GARBC

Address: 210 West 4th St, Nevada 50201
Phone: 515-382-4823
Website: <https://www.nevadabaptist.com>

St. Mary's Catholic Church

Address: 422 4th St, Colo 50056
Phone: 641-377-2760

St. Patrick's Catholic Church (Good Samaritan)

Address: 1110 11th St, Nevada
Phone: 515-382-2974

St. Petri Lutheran Church

Address: 804 Grand Ave, Story City
Phone: 515-733-4623
Email: stpetri@windstream.net
Website: <http://stpetrilutheran.weebly.com>

St. Thomas Aquinas Catholic Church

Address: 2210 Lincoln Way, Ames
Phone: 515-292-3810
Website: <http://staparish.net/>

St. Andrews Lutheran Church

Address: 209 Colorado Ave, Ames
Phone: 515-292-2131
Website: <http://standrewsames.org>

Slater Baptist Church

Address: 601 Story St, Slater 50244
Phone: 515-228-3123
Website: <http://www.slaterbaptistchurch.org/>

Slater United Methodist Church

Address: 401 Story St, Slater 50244
Phone: 515-228-3241
Email: slaterumc@huxcomm.net
Website: <http://www.slaterumc.org/>

Saint John's Episcopal Church

Address: 2338 Lincoln Way
Phone: 515-292-6655
Website: www.stjohns-ames.org

The Salvation Army

Address: 703 E Lincoln Way, Ames, IA 50010
Phone: 6515-233-3567
Email: nathan_harms@usc.salvationarmy.org

Seventh Day Adventist Church & School of Nevada

Address: 224 South 6th St, Nevada 50201
Phone: 515-382-4932
Website: <http://nevadaia22.adventistchurchconnect.org>

Seventh Day Adventist Church

Address: 1303 Grand Ave, Ames
Phone: 515-232-1273
Website: <http://ames22.adventistchurchconnect.org/>

Trinity United Methodist Church

Address: 102 Lynwood Dr, Huxley 50124
Phone: 515-597-2625
Email: trinitycambumc@huxcomm.net
Website: <http://tumchuxley.org>

Trinity Christian Reformed Church

Address: 3626 Ontario St., Ames
Phone: 515-292-4676

Unitarian Universalist Fellowship of Ames

Address: 1015 N Hyland Ave, Ames
Phone: 515-292-5960
Email: <http://www.uufames.org>

United Methodist Church

Address: 602 4th St, Colo
Phone: 641-377-2534

United Methodist Church

Address: 215 2nd St, Cambridge 50046
Phone: 515-383-4335

United Methodist Church

Address: 2nd Street & Maxwell St, Maxwell
Phone: 515-387-8594
Email: pastor@maxwellumc.org
Website: <http://www.maxwellumc.org/>

United Methodist Church

Address: 225 3rd Ave, Collins 50055
Phone: 641-385-2444

FINANCIAL ASSISTANCE

Ames Department of Planning & Housing

Home rehabilitation programs, rental deposit assistance, transportation expense assistance, utility service payment assistance. Eligibility requirements based on income. Call for details.

Hours: Monday - Friday 8:00 am - 5:00 pm

Address: 515 Clark Ave, Room 214, Ames 50010

Phone: 515-239-5400

Christ Community Church

Assistance with rent, utilities, deposits and English as second language classes. Must be an Ames resident. Does not assist students. Call in advance to check if funding is available. Must go through an application process. Walk-ins only! No appointment necessary.

Hours: Wednesday, 1:00-3:00pm

Address: 5501 George Washington Carver Ave., Ames 50014

Phone: (515) 232-2765

Website: www.ccames.org

CIRHA (Central Iowa Regional Housing Authority)

Section 8 housing for Boone and Story counties (except Ames). Housing vouchers, income-based housing, homeownership program, family self-sufficiency program.

Hours: Monday-Friday, 8:00am-4:30pm

Address: 1201 SE Gateway Dr, Grimes 50111

Phone: (515) 986-1882

Email: cirha@cirhahome.org

Website: www.cirhahome.org

Community Housing Initiatives

Eastwood Apartments (five buildings on 400 block of E 7th St, Ames). Project based Section 8 housing, housing for elderly or for handicapped.

Phone: (515) 232-2413

Website: www.chihousing.com

Consumer Credit Counseling

Online or by phone certified credit counseling, bill paying, bankruptcy, and debt management.

Hours: Monday-Thursday, 9:00 AM-5:00 PM

Phone: (888) 272-4118

Email: dmmanager@cccsia.org

Website: <http://www.cccsia.org/>

FamilyWize Free Prescription Assistance Program

The FamilyWize prescription drug discount cards can be used for prescription medicine up to 75% off.

Address: 315 Clark Ave., Ames 50010

Phone: (515) 268-5142

Website: <http://www.familywize.org/>

Crime Victim Compensation Program

Compensation for crime victims who are physically or emotionally injured in a violent crime in Iowa. Lost wages, counseling, medical, funeral/burial, and other costs to the victim or survivors of homicide victims. Must apply within 2 years of the date of the crime, or show good cause for the delay.

Address: Lucas State Office Building, 321 E 12th St, Des Moines

Phone: 515-281-5044 or 800-373-5044

Website:

<https://www.iowaattorneygeneral.gov/for-crime-victims/crime-victim-compensation-program/>

Disaster Assistance

The Red Cross helps disaster victims by providing safe shelter, hot meals, essential relief supplies, emotional support and health services like first aid. Trained Red Cross workers often meet one-on-one with families to develop individual plans and identify resources to help aid recovery. Blood bank access.

Address: 426 5th St, Ames

Phone: 319-855-2283

Website: <http://redcross.org>

Emergency Residence Project (ERP)

Rent, utility and shelter assistance. Call in advance for shelter availability, shelter check-in at 4 PM.

Hours: Mon & Thu 9 AM-3:30 PM walk-ins.

Address: 225 S. Kellogg, Ames 50010

Phone: (515) 232-8075

Email: erp@midiaowa.net

Website: www.amesshelter.org

Family Investment Program (FIP)

The Family Investment Program (FIP) is Iowa's Temporary Assistance to Needy Families (TANF) program. FIP provides cash assistance to needy families as they become self-supporting so that children may be cared for in their own homes or in the homes of relatives. More information is available online. Must be a U.S. citizen or legal qualified alien, resident of Iowa, provide a social security number or proof of application for a number, Provide all information needed to determine eligibility and benefit level. FIP requires that you have a minor child (under age 18 or 19 and still in high school) at home.

Hours: Monday-Friday 8:00am-4:30pm

Address: 126 S Kellogg Ave, Ames

Phone: 800-257-8563

Website: <http://dhs.iowa.gov/cash-assistance>

Financial Counseling Clinic, Iowa State University

Financial wellness education and counseling for ISU students/staff, dedicated to improving the financial well-being of members of the university community.

Hours: By appointment only

Address: 4380 Palmer HDFS Building, ISU Campus, Ames 50011

Phone: (515) 294-8644

Website: <http://www.hdfs.hs.iastate.edu/fcc/>

Story County Community Services

The Story County Community Services office operates the General Assistance program which provides emergency assistance for low-income and indigent individuals residing in Story County. General Assistance may assist eligible persons with items such as rent, utilities, food vouchers, prescription drugs, burial/funeral assistance, and transportation for transient individuals. To determine eligibility, complete an application at the Story County Community Services office.

Hours: Monday-Friday, 8:00am-4:00pm

Address: 126 S. Kellogg Ave, Suite 001, Ames 50010

Phone: 515-663-2930

Website: www.storycountyiaowa.gov

Good Neighbor Emergency Assistance

Food vouchers (one every 3 months), rent/utilities and gas vouchers (one per year). Must show current photo ID and proof of residency in Story County.

Hours: Mon-Fri 9-12:00 PM or call for appointment.

Address: 613 Clark Ave., Ames 50010

Phone: (515) 296-1449

Email: gneainc@gmail.com

Website: www.gnea.org

LIHEAP (Mid-Iowa Community Action)

Eligible applicants may receive help with utilities in danger of disconnection, depending on funds. MICA may also be able to help with furnace repairs and replacements (Nov 1-Apr 15). If funds are not available, will provide a "denial letter" you may use when applying for assistance elsewhere. Need Social Security card for each member of the home, copy of most recent utility bill and last 90 days of income. Copy of disconnect notice.

Eligibility is based on income guidelines

Hours: Mon-Fri 8:30 AM-4:30 PM

Address: 230 SE 16th St., Ames

Phone: (515) 956-3333 or (877) 289-4668

Website: www.micaonline.org

Good Samaritan

Rent and Utility Assistance. Can apply once every 6 months but if assisted twice in one year, must wait a year to apply again. For Story County residents east of I-35 (does not serve Ames), funds not available for deposits, must have denial letter from MICA and Story County Community Services, letter from landlord or utility company showing need for funds.

Hours: Call for appointment, 9:00 AM-4:00 PM

Address: St. Patrick's Catholic Church, 1110 11th St., Nevada

Phone: (515) 382-2974

Habitat Partner Home

Families are selected for "Habitat Homes" which are built within 1-2 years after a family is selected. Habitat for Humanity of Central Iowa (HFHCI) builds homes using volunteer labor and local resources, Future Habitat homeowners are determined by their completed applications. Lived in Story, Hamilton, or Hardin County for 6 months. Must meet eligibility requirements and fill out online applications. See website for more instructions.

Phone: (515) 232-8815

Email: director@hfhci.org

Website: <http://www.hfhoci.org/new-builds/>

Habitat for Humanity of Central Iowa

Furniture Bank; They hold a monthly warehouse sale to generate income. If you have questions about donations, sales, or volunteering, call the office.

Hours: Tuesday 10:30 AM-12:00 PM

(donations of building materials, tools, furniture, appliances)

Address: (Office) 401 Clark Ave #100, Ames 50010
(Warehouse) 402 E Lincoln Way, Ames 50010

Phone: (515) 232-8815

Email: director@hfhci.org

Website: <http://www.hfhoci.org/>

NACo Prescription Drug Program

The program is designed to help residents who have no prescription drug insurance coverage or have certain needed medications that are not covered. Also covers pet medications. A national network of more than 54,000 retail pharmacies will honor the NACo prescription discount card. The cards and more information are available in the Community Services office. All county residents. To find participating pharmacies, go to the website.

Hours: Mon-Fri 8:00 AM-4:30 PM

Address: 126 S. Kellogg Ave., Ames, Iowa 50010

Phone: (515) 663-2930

Website: <http://www.nacorx.org/>

Financial Assistance, continued

Link-Up/Lifeline (Telephone Assistance Program)

Provides a credit on your phone bill each month or reduced connection fees for first-time hook up. One credit per household per month. Based on enrollment in Medicaid, free and reduced lunches, food stamps, federal housing programs, FIP, SSI, or LIHEAP. Fill out application with MICA.

Address: 125 S. 3rd Street, Ames

Phone: (888) 641-8722

Website: www.fcc.gov

Love Your Neighbors

Rent and Utility Assistance, and assistance with security deposit for both. No assistance in last 6 months. Denial letter needed from MICA and Story County Community Services plus copy of past due utility bill or copy of lease agreement and letter from landlord stating amount of past due rent. State issued ID or other legal form of ID.

Hours: Appointment only, call for appointment at 8 AM Thursday

Address: St. Thomas Aquinas Catholic Church, 2210 Lincoln Way, Ames

Phone: (515) 292-3810

Supplemental Security Income (SSI)

Supplemental Security Income (SSI) gives cash assistance to people with limited income and resources who are age 65 or older, blind or disabled. Children with disabilities can get SSI, too.

Hours: Mon/Tue/Thu/Fri 9am-4pm, Wed 9am-12pm

Address: 2615 University Blvd., Ames, Iowa 50010

Phone: 866-899-1928

Website: www.ssa.gov

USDA Rural Development

Help rural residents buy or rent safe, affordable housing and make health and safety repairs to their homes. Offer loans, grants and loan guarantees to provide homeownership opportunities and rental assistance to rural low-income families in Story County, as well as programs for renovation and repair.

Hours: Mon-Fri 8 AM-4:30 PM

Address: 1301 6th Ave. N., Humboldt

Phone: (515) 332-4411

Website: www.rd.usda.gov/iowa

Women United

Learn about budgeting and spending, banking and basics, savings, credit, loans, & investing. Mentor available after workshop. Childcare and transportation assistance is available. Free and open to women.

Address: 315 Clark Ave, Ames 50010

Phone: 515-268-5142

Refugee Cash Assistance Program

Refugee Cash Assistance provides cash assistance for up to eight months to needy families, including single adults, who enter the United States as refugees. Unless determined exempt, refugees must cooperate with work and training requirements of the RCA programs. Refugee status in the United States and are NOT eligible for the Family Investment Program (FIP)

Hours: Monday-Friday 8:00am-4:30pm

Address: 126 S Kellogg Ave, Ames

Phone: 800-257-8563

Website: <http://dhs.iowa.gov/cash-assistance>

Salvation Army

1. Rent and utility assistance. Denial letter needed from MICA and Story County Community Services plus copy of past due utility bill. Denial letter from Story County Community Services plus copy of lease agreement and letter from landlord stating amount of past due rent. Show an ID. Only offers assistance for evictions or disconnects.

2. Homelessness prevention assistance including rent, mortgage, deposit and utilities. Must reside in Story County. Call ahead for an appointment.

3. Representative Payee Program: The Salvation Army offers confidential and compassionate assistance with budgeting a person's income to ensure shelter, food, medical care, clothing and education as directed and required by the Social Security Administration (SSA). Call fo to set up an appointment.

4. Bill Payer Program: The Salvation Army's Bill Payer Program assists seniors and disabled adults by assuring their monthly bills are paid, checkbooks remain in balance, mail is sorted and managed and documents are filed. Call for more information or to set up an appointment.

Hours: Mon-Fri 9 AM-4 PM. Call for appointment.

Address: 703 E. Lincoln Way, Ames

Phone: (515) 233-3567

Seventh Day Adventist Church

Food Pantry and Rent/Utility Assistance if funds available.

Address: Call to schedule an appointment and address will be provided

Phone: (515) 232-0472

FOOD ASSISTANCE

FOOD PANTRIES

Ames High School

Food pantry for Ames High School students. Must schedule appointment with a school counselor.

Address: 1921 Ames High Dr, Ames

Phone: 515-817-0600

Ames Middle School

Food pantry for Ames Middle School students. Must schedule appointment with a school counselor.

Address: 3815 Mortensen Rd, Ames

Phone: 515-268-2400

Bethesda Lutheran Church Community Food Pantry

Food Pantry supported by donations and contributions of volunteers and partner organizations in Story County.

Can be visited once a month. Driver's License or Photo ID required. You cannot send someone to pick up food for you. NO questions about income or ability to pay. Use west entrance.

Hours: Mon/Wed 9-11am, Tue 6:30-8pm, Tue/Thu 1-3pm

Address: 1517 Northwestern Ave, Ames

Email: foodpantry@bethesdanet.org

Website: <http://www.bethesdanet.org>

Calvary United Methodist Church

Food pantry, can be visited once per month.

Hours: Tuesdays, 2-3:30pm

Address: 1403 24th St, Ames

Phone: 515-232-6329

Cambridge Food Pantry

United Methodist Church; food pantry. Can visit every two weeks, must live in Cambridge. Enter through church basement.

Hours: Tuesdays, 6:00-7:00pm

Address: 215 2nd St, Cambridge

Phone: 515-383-4392

Colo Community Food Pantry

Must show current photo ID and be resident of northeast Story County

Hours: Tue 5:30-6:30pm, Fri 9:30-10:30am

Address: United Methodist Church, 602 4th St, Colo

Phone: 641-377-2534

Cubbie's Cupboard

Food pantry for students of the Nevada Community School District and their families. At the Nevada MS.

Hours: 1st & 3rd Wednesday of the month, 4:00-5:30pm

Address: 1001 15th St, Nevada

Phone: 515-382-2751

Maxwell-Collins Food Pantry

First Presbyterian Church, food pantry. Must be Maxwell or Collins resident. Proof of residence required.

Hours: 3rd Tuesday of each month, 5:30-6:30pm

Address: 221 Main St, Maxwell

Phone: 515-387-8505

MICA Food Pantry

Can be visited once a month. Must show current photo ID.

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

Address: 230 SE 16th St, Ames

Phone: 515-956-3333

Website: www.micaonline.org

Nevada Community Cupboard

Food Pantry, St. Patrick's Church garage. Can visit once a month, only for Eastern Story County communities that don't have a food pantry. Call for appointment if an emergency.

Hours: Saturdays, 10:00-11:30am

Address: 1110 11th St, Nevada 50201

Phone: 515-231-7175

Salvation Army Food Pantry

Food pantry open Monday-Friday, 1:00-3:00pm or by appointment. Story County residents only. Need photo ID and proof of residency (utility bill or lease). Can visit monthly with 30 days between visits.

Hours: Monday-Friday, 1:00-3:00pm

Address: 703 E Lincoln Way, Ames

Phone: 515-233-3567

Seventh Day Adventist Church

Food Pantry and Rent/Utility Assistance if funds available.

Hours: Call to schedule an appointment

Phone: 515-232-0472

Slater/Sheldahl Food Pantry

Can visit twice per month. For Slater and Sheldahl residents only.

Hours: Wednesday, 7:00-8:00pm

Address: 411 3rd Ave, Slater 50244

Phone: 515-228-3933

Email: bethlehem@huxcomm.net

Website: <http://www.slaterblc.org>

Food assistance, continued

Food at First Food Pantry

Free Market distribution of perishable foods (produce, dairy, baked goods, meat), everyone welcome.

Hours: Mon & Thu 4:45-5:30pm at First Christian Church
Sat 10-10:30am at both locations

Address: First Christian Church, 611 Clark Ave,
Ames

Website: www.foodatfirst.com

Grand Avenue Baptist Church

Food Pantry, SW corner of lot, House of Hope Food Pantry

Hours: 1st & 3rd Thursday each month 5:00-7:00pm

Address: 612 24th St, Ames

Phone: 515-232-8803

Heartland Senior Services: Commodity Supplemental Food Program

Free box of food once per month, valued at \$50. Story County residents 60 years or older, must meet income guidelines, application process required.

Address: 205 S Walnut Ave, Ames

Phone: 515-233-2906

Website: <http://www.heartlandseniorservices.com>

Huxley-Kelley Food Pantry

Food pantry. Can visit once a month, will deliver in emergency situation, Huxley and Kelley residents only.

Hours: Wednesday, 6:00-7:00pm

Address: 209 N 2nd Ave, Huxley

Phone: 515-597-2831

Loaves and Fishes Food Pantry

Food Pantry for non-perishable food, paper products and vouch for perishable food. Can visit once a month, for Story City, Gilbert and Roland residents only.

Hours: Saturday 10:00am-12:00pm

Address: 510 Pennsylvania Ave, Story City

The SHOP (Students Helping Our Peers)

Food pantry available to all ISU students and staff. Non-perishable food items and personal care items. There is no limit on amount of food or number of visits. Must show ISU ID card.

Hours: Tue & Thu, 3:00-6:00pm

Address: Iowa State University campus, Ames
2616 Food Sciences Building

Website: www.theshop.stuorg.iastate.edu

Zearing-McCallsburg Food Bank

Food pantry. Can visit every 2 weeks, for Zearing, McCallsburg, Clemons and St. Anthony residents only. To receive USDA subsidized food, will need to complete an annual USDA income form when arriving at City Hall.

Hours: Wednesdays, 5:30-7:00pm

Address: 105 W Main St, Zearing

Phone: 641-487-7271

MEAL PROGRAMS (FREE, REDUCED, DELIVERY)

Bethlehem Lutheran Church

Free-will donation meal.

Hours: Wednesday evenings during school year

Address: 411 3rd Ave, Slater 50244

Phone: 515-228-3933

Website: <http://www.slaterblc.org>

Family Nutrition Program (ISU Extension & Outreach)

Income requirement, funded by the SNAP program and Iowa State University Extension and Outreach, lessons are arranged to fit client's schedule as well as group meetings. Offers one-on-one food and nutrition education for families with children. There is a focus of providing healthy meals and snacks on a low budget.

Hours: Mon-Fri, 8:00am-5:00pm

Address: 220 H Ave, Nevada 50201

Phone: 515-382-6551

Email: xstory@iastate.edu

Website: www.extension.iastate.edu/story

Food at First (Ames)

Free meals, everyone welcome. First Christian Church Fellowship Hall.

Hours: Sun-Fri 5:45-6:15pm, Sat 11:30am-12:15pm

Address: 611 Clark Ave, Ames

Phone: 515-344-4357

Website: www.foodatfirst.com

Food assistance, continued

Heartland Senior Services Congregate Meal Program

Congregate Meals are served throughout Story County. Meal sites, times, and contact numbers are listed below. For reservations please contact the location you are interested in attending. You can pick a congregate site in your community neighborhood or visit a friend in another town. All meals are prepared at the Heartland Senior Services location in Ames and catered to the various sites daily. Many meal sites feature an activity adjacent to the meal time, so join us for a nutritious meal and good times! Suggested contribution of \$3.80 for seniors 60 and over; 59 & under \$9.75.

Ames: Heartland Senior Services Center, 205 S Walnut Avenue

Monday-Friday, 11:30am
515-233-2906

Keystone Apartments, 3115 Roy Key Avenue
Wednesdays, 12:00pm
515-233-2906

Stonehaven Apartments, 421 Stonehaven Drive
Fridays, 12:00pm
515-233-2906

Colo: Colo Community Center, 309 Main Street
Tue/Wed/Thu, 11:45am
515-233-2906

Huxley: Nord Kalsem Senior Center, 204 W 5th Street
Tue/Wed/Thu, 11:30am
515-233-2906

Nevada: Nevada Senior Community Center, 1231 6th Street
Tue/Wed/Thu/Fri, 12:00pm
515-233-2906

Story City: Cedar Place Apartments, 812 Cedar Street
Mon/Tue/Thu/Fri, 11:45am
515-733-4325

Website: <http://www.heartlandseniorservices.com>

Good Neighbor Emergency Assistance Inc.

Vouchers are available to purchase food at local stores. You can receive \$20 in vouchers per quarter. Must show current photo ID and proof of residency in Story County.

Hours: Mon-Fri 9-12:00 PM or call for appointment.

Address: 613 Clark Ave, Ames

Phone: 515-296-1449

Email: gneainc@gmail.com

Website: <http://www.gnea.org>

Heartland Senior Services Home-Delivered Meals Program

Meal delivery services. Suggested contribution for age 60+ (\$3.75/meal); under 60 pay full cost (\$9.75/meal) but some exceptions can apply. Frozen meals available for weekend and holidays. Story County residents only.

Hours: Mon-Fri, 8:00am-4:00pm

Address: 205 S Walnut Ave, Ames

Phone: 515-233-2906

Website:

<http://www.heartlandseniorservices.com>

Meals on Wheels

Meals delivered 7 days a week including holidays. Must live in Ames and request at least 3 meals per week. There is a charge for meal but can complete application to receive financial aid. Meals delivered by volunteers.

Hours: Mon-Fri, 8:00am-4:30pm

Address: 1114 Duff Ave, Ames

Phone: 515-239-6730

Website: <http://www.mgmc.org/medical-services/older-adult/meals-on-wheels/>

National School Lunch Program and Breakfast Program

Healthy free or reduced-price school breakfast and/or meals for children. To qualify children must meet income guidelines, receive food assistance, or be a migrant, homeless or foster child. To apply contact your child's school.

Website: <http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

Nevada Food at First

Free meals, everyone welcome. First United Method Church. If you are unable to stay for the meal and would like a meal, please call the church office by 3:30pm on the days meals are served and pick up meal between 5:30-6:00pm.

Hours: Mondays and Thursdays, 5:30-6:15pm

Address: 1036 7th St, Nevada

Phone: 515-382-6536

Website: <http://www.fumcnevada.org/nevada-food-at-first>

Optimae

Free meals. Must have mental health diagnosis and agree to sign in.

Hours: Monday-Friday, 11:30am-1:30pm

Address: 104 S Hazel Ave, Ames

Story County Community Services

The Story County Community Services office operates the General Assistance program which provides emergency assistance for low-income and indigent individuals residing in Story County. General Assistance may assist eligible persons with items such as rent, utilities, food vouchers, prescription drugs, burial/funeral assistance, and transportation for transient individuals. To determine eligibility, complete an application at the Story County Community Services office.

Hours: Monday-Friday, 8:00am-4:30pm

Address: 126 S. Kellogg Ave, Suite 001, Ames 50010

Phone: 515-663-2930

Website: www.storycountyiowa.gov

Supplemental Nutrition Assistance Program (SNAP)

Food assistance program that provides money for fruits, vegetables and other healthy foods can help you and your family be healthy and productive. Eligibility requirements. Call or visit the website to see if you meet the criteria.

Hours: Monday-Friday, 8:00am-4:30pm

Address: 126 S Kellogg Ave, Ste 101, Ames

Phone: 515-292-2035

Website: <http://dhs.iowa.gov/food-assistance>

YSS: Fuel Up for Summer Fun

Free meals. Children 18 & under eat free, adults \$3.60

Hours: Mon/Wed/Fri in June/July, 11:45am-12:30pm

Address: First United Methodist Church, 516 Kellogg Ave, Ames

WIC (Women, Infants & Children)

State supplemental food program for women and children under age 5. The WIC food packages provide supplemental foods designed to meet the special nutritional needs of low-income pregnant, breastfeeding, non-breastfeeding postpartum women, infants and children up to five years of age who are at nutritional risk. Breast pumps available.

Hours: Monday-Friday, 8:30am-4:30pm

Address: 226 SE 16th St, Ames

Phone: 515-956-3312

Website: www.micaonline.org

HEALTH SERVICES

MEDICAL

1st Five Program

Free, confidential care coordination between community and healthcare resources. "The 1st Five Program helps support your child's healthy emotional development by creating a support system of medical practices and community-based services." Children age 0-5.

Address: 226 Se 16th St, Ames

Phone: 515-232-9020

Email: megan.thompson@micaonline.org

Website: <http://www.idph.state.ia.us/1stfive/>

Birthright of Ames

Pregnancy testing, emotional support. Free pregnancy testing, baby and maternity clothes available & referrals. No appointment necessary.

Hours: Monday-Friday, 12:00-5:00pm

Address: 108 Hayward Ave, Ames

Phone: 515-292-8414

Email: birthrightames@gmail.com

Website: <http://birthrightames.org>

Breastfeeding Peer Support Group (MICA)

Helps new mothers learn about the tools available to them including breast pumps, breast shells or nursing supplements. Mothers who are experienced in breastfeeding can also coach on difficulties with latching on and foster community support for new mothers. Must be a woman breastfeeding an infant or child, WIC participant, declared nutritionally at-risk, have a family income at or lower than 185% of the federal poverty level

Website: <http://micaonline.org>

Breastfeeding Support Group (Mary Greeley Medical Center)

Breastfeeding is your baby's best start. Bring your baby to our Breastfeeding Support Group to share and learn in a friendly supportive atmosphere. No registration required, but you can register online.

Hours: Dates/times vary; call for more information

Phone: 515-233-7525

Website: www.mgmc.org/breastfeeding

Diabetes and Nutrition Education

Diabetes assessment & education, Diabetes Support Group. Call or email to request an appointment

Address: 1111 Duff Ave, Ames 50010

Phone: 515-956-2880

Healthy Futures (Youth and Shelter Services)

The Healthy Futures program is a voluntary home visitation program offered to pregnant women. Respond to a questionnaire available at a prenatal doctor's appointment or by contacting our office.

Phone: 515-233-3141, ext 4410

Website: http://www.yss.ames.ia.us/en/programs/healthy_futures/

First Nurse (24 hour referral and resource)

Speak to a Mary Greeley Medical Center nurse for free healthcare advice, resources and referrals 24 hours a day

Phone: (Ames) 515-239-6877 or (outside Ames) 800-524-6877

Medicare

Health and hospital insurance for individuals who are 65 years and older, and for those who are disabled. Age 65+ or have a disability.

Hours: Monday-Friday 8:00am-4:30pm

Address: 126 S Kellogg Ave, Ames

Phone: 800-257-8563

Website: <http://www.medicare.gov/>

Nurse in the House Central Iowa

Elderly and rural community home health care and patient education.

Hours: Monday-Friday, 8:00am-4:30pm

Address: 2600 Grand Ave, Ste 140, Des Moines

Phone: 515-243-7810 or 515-244-3917 or 515-277-0134

Email: nithcentraliowa@nurseinthehouse.com

Planned Parenthood of the Heartland

Provides confidential reproductive health care services to women and men. Sliding fee scale and will need current photo ID and past 30 days of pay stubs

Hours: Mon 12pm-8pm, Tue/Thu 9am-5pm, Wed 10am-3pm

Address: 2530 Chamberlain Ave, Ames

Phone: 515-292-1000

Website: www.ppheartland.org

Primary Health Care

Low-cost health clinic. Provides follow-up care, pharmacy assistance, and supportive services to medically insured, uninsured and underinsured patients in need. Costs are based on sliding fee scale.

Hours: Monday-Friday, 8:00am-5:00pm

Address: 3510 West Lincoln Way, Ames

Phone: 515-232-0628

Website: www.phciowa.org

Medicaid

Provides health care coverage for low-income parents with children, children, those with disabilities, elderly people, and pregnant women.

Hours: Monday-Friday 8:00am-4:30pm

Address: 126 S Kellogg Ave, Ames

Phone: 800-257-8563

Website: <http://dhs.iowa.gov/ime/members>

Israel Family Hospice House

End-of-life care hospice home, bereavement counseling, respite care, and assistance finding financial support.

Comfortable private rooms accommodate family members and loved ones. Serves Ames and a 50-mile radius around it. Covered by Medicare and most insurance for individuals with a terminal diagnosis of six months or less to live. No referral is needed to consult with one of our professionals. However, a physician referral is required to begin hospice services.

Hours: Care hours are 24/7, Office hours are Mon-Fri 8am-4:30pm

Address: 400 S Dakota Ave, Ames 50014

Phone: 515-956-6000

Email: bohlen@mgmc.com

Website: www.mgmc.org

La Leche League International

All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome.

Hours: 1st Tuesday of the month, 7:00pm

Address: 1416 20th St, Ames (Northminster Presbyterian Church)

Phone: 515-339-1231 or 515-233-3927

Email: woodj2@msn.com or scv@iastate.edu

Website: http://www.llli.org/groups/@llli*group*ames

Stork's Nest (Youth and Shelter Services)

The Story County Stork's Nest is an incentive program with the goal of improving the health of pregnant women and babies. Provides: educational classes on topics related to pregnancy, infant care and parenting; support and encouragement to increase healthy behaviors among pregnant women and new mothers; baby clothing, nursery supplies, and equipment; referrals to community services and activities. Must be pregnant to enroll. To access the store, must attend class 1st and 3rd Thursday of the month and earn points for attending prenatal appointments and other activities.

Hours: Monday-Friday, 8:00am-5:00pm

Phone: 515-233-3141 ext 4410

Website: http://www.yss.ames.ia.us/en/programs/stork_s_nest/

Story Medical Clinic – Maxwell

Story Medical Clinic - Maxwell was opened in 1995 and offers general family health care for acute or chronic health concerns for Maxwell and the surrounding communities.

Hours: Mon/Tue/Thu/Fri 8:30am-4:30pm, Wed 12pm-7pm

Address: 403 First St, Maxwell 50161

Phone: 515-387-8815

Website: <http://www.storymedical.org/Clinics/MMC/index.aspx>

Story Medical Clinic – Nevada

Story Medical Clinic - Nevada is a family practice clinic with three board certified family practice physicians, two physician assistants and a podiatrist who are available to meet your healthcare needs. Our medical support team consists of LPN's, RN's and CMA's. In addition, Story Medical Clinic is the only family practice clinic in Story County to offer our patients a health coaching services at no charge. Our entire staff is committed to providing personalized, friendly healthcare to the patients we serve.

Hours: Mon-Fri 7am-5pm, Sat 8am-12pm

Address: 519 F Ave, Nevada 50201

Phone: 515-382-5413

Website: <http://www.storymedical.org/Clinics/NMC/index.aspx>

Story Medical Clinic – Zearing

Story Medical Clinic - Zearing experienced such tremendous growth under primary caregiver, Mary F. O'Connor, ARNP, that the clinic moved into a new, larger location in 2007. In 2014, Mary realized her dream of having a partner and Kelli Holland, ARNP, joined the practice.

Hours: Mon-Fri 7am-5pm, Sat 8am-12pm

Address: 112 West Main St, Zearing 50278

Phone: 641-487-7779

Website: <http://www.storymedical.org/Clinics/ZMC/index.aspx>

WIC (Women, Infants & Children)

State supplemental food program for women and children under age 5. Breast pumps available.

Hours: Monday-Friday, 8:30am-4:30pm

Address: 226 SE 16th St, Ames

Phone: 515-956-3312

Website: www.micaonline.org

Story County Medical Center (Hospital)

Address: (North Campus) 630 6th St, Nevada 50201 (South Campus) 640 S 19th St, Nevada 50201
Phone: 515-382-2111
Website: www.storymedical.org

Story County Sexual Assault Response Team (SART)

SART provides 24 hour response to sexual assault victims/survivors. SART works together to offer immediate and follow-up medical care, advocacy, and criminal justice services for sexual assault victims/survivors in Story County. Thielen Health Center, Mary Greeley and Story County Medical Center will respond to calls.

Hours: 24 hours a day, 7 days a week
Phone: 515-292-5378 or 800-203-3488

DENTAL

Ames Center for Cosmetic and Family Dentistry

Hours: M 9:30am-5pm, Tu 7-2pm, W 9-7pm, Th 8-3pm
Address: 415 S Duff Ave, Ste D, Ames
Phone: 515-956-3700
Website: www.docrockdds.com

Ames Family Dental

Hours: Mon-Thu 8am-5pm, Fri 8am-4pm
Address: 2625 University Blvd, Ames
Phone: 515-233-2898
Website: <http://www.amesfamilydental.com/>

Ames Oral Surgeons PC

Hours: Mon/Tue/Wed 8am-4:30pm, Th 8-12pm, F 8-2pm
Address: 1212 Duff Ave, #101, Ames
Phone: 515-232-6830
Website: <http://www.amesoralsurgeons.com/>

Ames Pediatric Dental

Pediatric dental services. Accepts new Medicaid patients if under 5 years.

Hours: Mon-Thu, 7:00am-5:00pm
Address: 2208 Philadelphia St, Ames
Phone: 515-956-3423
Website: <http://www.amespediatricdental.com/>

Ballard Dental Associates

Hours: Mon-Thu, 7am-5pm, Fri 8am-12pm
Address: 408 Campus Dr, Huxley 50124
Phone: 515-597-5300
Website: <http://www.ballarddentalassociates.com/>

Ballard Dental Associates

Hours: Mon-Thu, 7am-5pm, Fri 8am-12pm
Address: 408 Campus Dr, Huxley 50124
Phone: 515-597-5300
Website: <http://www.ballarddentalassociates.com/>

Story Medical Clinic – Natural Health

Story Medical Clinic - Natural Health was opened in 2006 by Story County Medical Center to meet the ever growing demand for natural health services across Story County. Valerie Stallbaumer, Story Medical's licensed acupuncturist, has been working out of various locations in Ames and out of Story Medical's Outpatient Clinic since 2000. Now she has her own location at Story Medical Clinic - Natural Health, which also houses a licensed massage therapist.

Hours: Mon-Thu 9am-6pm, Fri 9am-2pm
Address: 431 S Duff Ave, Ste B, Ames 50010
Phone: 515-232-2979
Website: <http://www.storymedical.org/Clinics/ANHC/index.aspx>

Expressions Dental

Hours: Mon-Thu 8 a.m.-5 p.m.
Address: 515 Grand Ave #101, Ames
Phone: (515) 232-0558
Website: <http://www.expressions-dental.com/>

Family Dentistry

Address: 936 7th St, Nevada
Phone: (515) 382-6960
Website: <http://nevadaaiowadentist.com/>

Grandgenett Dentistry

Hours: Mon-Thu 7 a.m.-5 p.m.
Address: 2208 Philadelphia St, Ames
Phone: (515) 956-3426
Website: <http://www.amesfamilydentist.com/>

Pyfferoen Pediatric Dentistry

Hours: Mon-Thu 8am-5pm, Fri 8am-1pm
Address: 301 5th St, Ames
Phone: (515) 232-0994
Website: <http://www.ameskidsdentist.com/>

Staniforth-Calhoun-Hawthorne Dental

Hours: Mon-Fri 8 a.m.-5 p.m.
Address: 616 5th St, Ames
Phone: (515) 232-5401
Website: <http://www.fifthstreetdentalames.com/>

Stark Smiles

Hours: Mon-Fri 7:30am-4:30pm
Address: 1212 Duff Ave, Ames
Phone: (515) 232-2255
Website: <http://www.starksmiles.com/>

Barnes & Senti DDS

Address: 1461 Broad St, Story City
Phone: 515-733-4441

Des Moines Area Community College (DMACC)

Offers dental services at reduced prices. Patients are provided with cleanings, x-rays, and sealant services.
Hours: Tue & Thu 8:30 AM-4:30 PM
Address: 2006 S. Ankeny Blvd., Ankeny, Iowa
Phone: (515) 964-6280

Herrick Dental

Hours: Mon-Thu 8 a.m.-5 p.m.
Address: 620 5th St, Ames
Phone: (515) 233-3778
Website: <http://jeffherrickdental.com/>

I-Smile Dental Home Initiative

Assistance with connecting low-income families with dental services for their children. Contact Carlie Beem.
Phone: (641) 752-7162
Email: carlie.beem@micaonline.org
Website: www.micaonline.org/#!/dental/cyld

Kearney Brannan & Glotfelty, DDS

Address: 1226 Duff Ave, Ames
Phone: (515) 232-6775

Lifepoint Dental Partners

Medicaid accepted.
Address: 137 Lynn Ave, Ames
Phone: (515) 292-7262
Website: <http://lifepointdental.com/>

Metzger Family Dental

Medicaid accepted for existing patients only.
Hours: Mon-Thu, 9am-5pm
Address: 1015 Duff Ave, Ames
Phone: (515) 232-4236
Website: <http://www.metzgerfamilydental.com/>

Overman Family Dentistry

Hours: Mon-Fri 9 a.m.-5 p.m.
Address: 1606 Golden Aspen Dr #110, Ames
Phone: (515) 232-7000
Website: <http://www.overmanfamilydentistry.com/>

Pollard Dental

Medicaid accepted for preschool and school age children and for adult emergency only.
Address: 1620 S Kellogg Ave #107, Ames, IA 50010
Phone: (515) 233-3303

Stephenson Dental

Hours: Mon/Tue/Wed/Fri 8am-5pm, Thu 8am-12pm
Address: 1044 Fawcett Pkwy Ste C, Nevada, Iowa
Phone: (515) 382-5542
Website: <http://www.drberniestephenson.com/>

Stoltze & Stoltze Family Dentistry

Hours: Mon-Thu 8am-12pm/1pm-5pm, Fri 8am-1pm
Address: 511 Duff Ave #200, Ames, Iowa
Phone: (515) 233-3797
Website: <http://www.stoltzeandstoltze.com/>

Story County Dental Clinic

Dental services for those on Medicaid (\$3.00 per visit, payment plans not available), dental wellness plan or uninsured. Services to patients of all ages include: cleanings, exams, x-rays, fillings, extractions, root canals on front teeth, crowns, dentures/partials. Sliding fee based on income and family size.
Hours: Call to make an appointment
Address: 226 SE 16th St., Ames
Phone: (515) 598-5298
Website: www.micaonline.org

Swanson Family Dental

Medicaid accepted for existing patients only.
Hours: Mon-Thu 9am-5pm, Fri 8:30am-1pm
Address: 1212 Duff Ave, Ames
Phone: (515) 233-2174
Website: <http://swansonfamilydental.com/>

HOUSING

Cambridge Senior Housing

USDA assistance if available, 1-2 bedroom for families, handicapped and seniors. Application required.

Phone: (800) 600-9946

Email: thomasmgt@wmtel.net

Central Iowa Regional Housing Authority (CIRHA)

Project based Section 8 housing for Boone and Story counties, except for Ames. Family must find a unit that is eligible for the program.

Hours: Mon-Fri 8 AM-4:30 PM

Address: 1201 SE Gateway Drive, Grimes, IA 50111

Phone: (515) 986-1882

Email: cirha@cirhahome.org

Website: <http://www.cirhahome.org/>

Christ Community Church

Assistance with rent, utilities, deposits and English as a Second Language classes. Must be an Ames resident. Call in advance to check if funding is available.

Hours: Wednesday, 1:00-3:00pm

Address: George Washington Carver Ave, Ames

Phone: 515-232-2765

Address: www.ccames.org

City of Ames

Provides up to \$1200 to assist with: rental security deposit, first month's rent, and/or utility deposits.

Applications are available at City Hall or online.

Hours: Mon-Fri 8 AM-5 PM

Address: 515 Clark Ave, Ames

Phone: 515-239-5400

Website: www.city.ames.ia.us/housingweb/Default.htm

City of Nevada Housing Information

Housing and Utilities Assistance

Address: 1209 6th St, Nevada

Phone: 515-382-5466

Address: <http://www.cityofnevadaiaowa.org/nevada-community-housing.php>

Good Neighbor Emergency Assistance

Food vouchers (one every 3 months), rent/utilities and gas vouchers (one per year). Must show current photo ID and proof of residency in Story County.

Hours: Mon-Fri 9-12:00 PM or call for appointment.

Address: 613 Clark Ave., Ames 50010

Phone: (515) 296-1449

Email: gneainc@gmail.com

Compass Project

Transitional housing for domestic violence victims/survivors. Offers a long-term program with efficiency and one bedroom apartments for up to 24 months. Short-term program offers apartments for up to 6 months. Must be a victim/survivor fleeing domestic violence, be homeless, family size appropriate for an efficiency or one-bedroom apartment (i.e., single persons or families with one child), Income of some type (e.g., employment, disability, FIP, etc.), ability to get MidAmerican Energy in your own name

Address: 1111 University Ave, Des Moines

Phone: 515-471-8699 ext. 113

Eastwood Apartments

Provides apartments that charge 30% of income for rent. There is no time limit once accepted. Income must be able to cover, at minimum, the utility bill. Individuals with felonies and single students are not accepted.

Address: 420 East 7th St, Ames

Phone: 515-232-2413

Emergency Residence Project (ERP)

Rent, utility and shelter assistance. Call in advance for shelter availability, shelter check-in at 4 PM.

Hours: Mon & Thu 9 AM-3:30 PM walk-ins.

Address: 225 S. Kellogg, Ames 50010

Phone: (515) 232-8075

Email: erp@midiaowa.net

Website: www.amesshelter.org

First Property Management

Housing for Story County residents.

Hours: Mon-Thu 8:30-5pm, Fri 8:30-4pm, Sat by appointment

Address: 4112 Lincoln Swing, Ames

Phone: 515-292-5020

Website: <http://fpmofames.com>

Furman Property Management

Housing for Story County residents.

Address: 2607 Northridge Pkwy, Ames

Phone: 515-232-8884

Website: <http://www.furmanrealty.com>

Iowa Finance Authority

Offers a variety of programs that address housing needs. Moderate to low-income individuals.

Address: 2015 Grand Ave, Des Moines

Phone: (515) 725-4900

Website: <http://iowafinanceauthority.gov/programs/affordablehomeownership>

Good Samaritan

Rent and Utility Assistance. Can apply once every 6 months but if assisted twice in one year, must wait a year to apply again. For Story County residents east of I-35 (does not serve Ames), funds not available for deposits, must have denial letter from MICA and Story County Community Services, letter from landlord or utility company showing need for funds.

Hours: Call for appointment, 9:00 AM-4:00 PM

Address: St. Patrick's Catholic Church, 1110 11th St., Nevada

Phone: (515) 382-2974

Habitat Partner Home

Habitat for Humanity of Central Iowa (HFHCI) builds homes using volunteer labor and local resources, and sells them to pre-qualified partner families with 0% interest mortgages. Applicants must verify employment, bank balances, public assistance, rental history, and credit references. Must have lived in Story, Hamilton, or Hardin County for 6 months. See website.

Phone: (515) 232-8815

Email: director@hfhci.org

Website: <http://www.hfhci.org/new-builds/>

Hunziker Property Management

Housing for Story County residents.

Hours: Monday-Friday 8:00am-5:00pm

Address: 105 S 16th St, Ames

Phone: 515-232-5848

Email: apartments@hunziker.com

Website: <http://www.hunziker.com>

LMI Home Repair or Maintenance Program

Homeowners in Huxley could possibly receive 70% of improvement cost up to \$3,500 for home maintenance.

Address: 515 N Main Ave, Huxley

Phone: (515) 597-2561

Website: <http://www.huxleyiowa.org/city-of-huxley-programs.html>

Maxwell Senior Housing

Housing for elderly / disabled / low income. 1-2 bedrooms

Hours: Mon-Fri 8 AM-4 PM

Phone: (515) 295-2927

Website: www.murphymanagementservices.com

Nevada Elderly Apartments

Housing for elderly. 1 bedroom apartments

Address: 833 S. 13th St., Nevada

Phone: (515) 382-8738

Iowa Housing Search

Free, anonymous online housing search resource. Connect potential tenants to landlords that advertise. Numbers to other agencies that can be provided to connect persons to housing assistance.

Hours: Monday-Friday, 8:00am-7:00pm

Phone: 800-428-8844

Website: <http://iowahousingsearch.org>

Keystone Apartments

Subsidized housing for older adults. 1 bedroom and studio apartments

Address: 3115 Roy Key Ave., Ames

Phone: (515) 232-2865

Laverne Apartments

Rentals of 2 and 3 bedroom housing units. Eligibility based on income

Address: 919 S 16th St, Ames

Phone: 515-233-3100

Lighthouse "Host Home" Program

Host Home and apartments serve as residences for homeless, pregnant young women and young parents, ages 16-25. Length of stay: up to 24 months.

Hours: Mon-Fri 8:30 AM-4:30 PM

Address: Family Life Center, 125 S. 3rd St., Ames, Iowa 50010

Phone: (515) 233-2250

Email: hmetheny@yss.ames.ia.us

Website: www.yss.ames.ia.us

The Rose of Ames

Guidelines are based on the median income for Story County and are subject to change. 1 and 2-BR affordable assisted living in spacious private apartments with 24-hour monitoring and assisted living services available on-site; social programming in beautifully appointed community areas, including central dining with private chef.

Address: 1315 Coconino Road, Ames

Phone: (515) 268-8828

South Court Townhouses

Housing Assistance - 2 and 3 bedroom apartments/townhouses

Address: 710 S. 11th St., Nevada

Phone: (612) 222-2988

Seventh Day Adventist Church

Food Pantry and Rent/Utility Assistance if funds available. Call to schedule an appointment and address will be provided.

Phone: (515) 232-0472

The Meadows Apartments

Low income housing, apartments.

Address: 402 5th St., Nevada

Phone: (515) 382-3239

Regency V Apartments

Housing for elderly / disabled, 1 bedroom apartments

Address: 3001 Regency Court, Ames

Phone: (515) 232-8079

Roland Senior Housing

1-2 bedroom housing for families, handicapped and seniors.

Address: 102 E. Maple St., Roland

Phone: (800) 600-9946

Email: thomasmgt@wmtel.net

T&L Properties

1 and 2 bedroom subsidized apartments. Need photo ID of all adult household members and Social Security card for all household members.

Address: 505 & 507 E. 4th St., Huxley (Park Place Apartments)

1216 S. G Ave., Nevada (East Park Village Apartments)

Phone: (800) 394-1288

Website: www.tlpropertiesiowa.com

Story County Community Services

The Story County Community Services office operates the General Assistance program which provides emergency assistance for low-income and indigent individuals residing in Story County. General Assistance may assist eligible persons with items such as rent, utilities, food vouchers, prescription drugs, burial/funeral assistance, and transportation for transient individuals. To determine eligibility, complete an application at the Story County Community Services office.

Hours: Monday-Friday, 8:00am-4:00pm

Address: 126 S. Kellogg Ave, Suite 001, Ames 50010

Phone: 515-663-2930

Website: www.storycountyiowa.gov

St. Thomas Aquinas Catholic Church

Rent and Utility Assistance. Denial letter needed from MICA and Story County Community Services plus copy of past due utility bill. Denial letter from Story County Community Services plus copy of lease agreement and letter from landlord stating amount of past due rent.

Hours: Appointment only, call at 8 AM Thursday to schedule

Address: 2210 Lincoln Way, Ames

Phone: (515) 292-3810

Story County Community Housing Corporation

Provides homeownership opportunities; Low - income rental housing; May help with current month's rent or utilities. Story County families, call for eligibility requirements

Hours: Appointment only, 8:30 AM-4:30 PM

Address: 130 S. Sheldon Ave # 307, Ames IA 50014

Phone: (515) 292-3676

Email: director@storyhousing.org

Website: <http://storyhousing.org/>

Triplett Property Management

Housing for Story County Residents.

Address: 323 5th St, Ames, IA 50010

Phone: (515) 232-5240

Website: <http://www.triplettcompanies.com/>

USDA Rural Development

Help rural residents buy or rent safe, affordable housing and make health and safety repairs to their homes. Offer loans, grants and loan guarantees to provide homeownership opportunities and rental assistance to rural low-income families in Story County, as well as programs for renovation and repair.

Address: 1301 6th Avenue North, Suite 1, Humboldt, IA

Phone: 515-332-4411 Ext. 4

Website: <http://www.rd.usda.gov/>

MENTAL HEALTH

Alcoholics Anonymous

The website lists all of the meeting times and places for AA meetings throughout Story County. To find meeting dates, times, and locations, visit the website and click the "General Information" link at the top.

Phone: 515-232-8642

Website: <http://www.amesaa.org/index.html>

Ames Counseling and Psychological Services

Ames Counseling and Psychological Services provides therapy for individuals, couples, and families. We conduct psychological evaluations for a variety of concerns including ADD, Depression, Anxiety, Learning Problems, Behavioral Problems, General Cognitive and Memory Problems.

Address: 3600 W Lincoln Way, Ames 50014

Phone: (515) 239-4410

Email: info@amespsych.com

Website: www.amespsych.com

Anger Management Support Group

Phone: (515) 292-8021

Assault Care Center Extending Shelter and Support (ACCESS)

Provides free and confidential support to victims of sexual violence. Services include sexual and domestic abuse counseling and emergency shelter.

Phone: (515) 292-5378

Email: director@assaultcarecenter.org

Website: https://www.assaultcarecenter.org/en/locations/story_county/

Bets-Off

Gambling counseling for the gambler and family. Distance treatment options, Education services, Financial counseling, Problem gambling counseling, Recovery support service. Staffed 24/7. The located at the Community and Family Resource Building in Ames.

Address: 1619 South High Ave Ames, IA 50010

Phone: (800) Bets Off OR (515)-232-3206

Website: <http://www.1800betsoff.org/>

Central Iowa Recovery (Story County)

Intensive Psychiatric Rehabilitation Services (adults with chronic mental illness); Peer Support Service (24-hour advocate during recovery); Community Support Service (connecting with the community while coping with chronic mental illness).

Phone: (515) 290-4120

Email: smadden@centraliowarecovery.org

Website: www.centraliowarecovery.org

Catalyst Counseling

Age 13 and older. Licensed psychologist that offers individual, couples, and group counseling to clients age 13 and older.

Address: 600 5th St. #302, Ames, IA 50010

Phone: (515) 232-5340

Website: <http://www.catalystcounseling.com/>

Catholic Charities of Archdiocese of Dubuque

Sliding scale fee. Family support, relationship counseling

Hours: Monday 9:00 AM-8:00 PM, Tue-Fri 9:00 AM-5:30 PM

Address: 2210 Lincoln Way, Ames, IA 50014

Phone: (515) 296-2759

Email: DBQCCCAmes@arch.pvt.k12.ia

Central Iowa ASPIRE (Autism Spectrum Parent Information Resources & Education)

Support group for families with children with autism

Hours: First Tuesday of each month 6:30-8:30 pm

Address: Heartland AEA 11 office, 511 S 17th St, Ames;

Phone: (515) 232-7583 ext 12327 or (515) 382-5066

Website: <http://autismchamps.org/parent-support-groups/>

Central Iowa Psychological Services (CIPS)

Does not accept Medicaid

Address: 223 S. Walnut, Ames

Phone: (515) 233-1122

Website: www.iowacounseling.com

Community & Family Resources

Substance abuse and gambling treatment services, mental health therapy, psychiatry services, OWI evaluations, prevention/education services. Accepts most insurances, Medicaid, Medicare, Iowa wellness. Sliding fee scale for substance abuse only.

Hours: Mon/Thu 8am-8pm, Tue/Wed 8am-6pm, Fri 8am-4:30pm

Address: 1619 S. High Ave., Ames 50010

Phone: (866) 801-0085 or (515) 232-3206

Email: michelled@cfrhelpt.org

Website: www.CFRHelps.org

Community Support Advocates

Address: 6000 Aurora Ave., Ste B, Des Moines, Iowa 50322

Phone: (515) 883-1776 or Toll Free: 1-844-883-1776

Website: <http://teamcsa.org/>

Central Iowa Crisis Line

Central Iowa Community Services has contracted to provide a Crisis Phone Line for residents living in a 10-county area, including Story County. Crisis can happen to anyone, at any age, at any time; the crisis phone line provides trained, compassionate telephone counselors 24 hours a day, 365 days a year to support anyone in crisis. All contacts are confidential. Online chat and text options are also available.

Toll-free, 24-hour phone number: 844-258-8858

Online chat counseling (available Monday - Friday, 9 AM to 3 PM): www.Foundation2CrisisChat.org

Text support (available Monday - Friday, 9 AM to 3 PM) by texting to: 800-332-4224

Clear Brook Counseling

Medicaid /T19 or Private Insurance. Counseling for Adult and Relationships problems, youth and school concerns, substance abuse, eating disorders, nutrition and health coaching.

Address: 1525 Airport Road Suite 101- Ames, IA 50014

Phone: (515) 292-3023

Website: <http://www.drbarclay.com/>

Clinical Associates of Ames

Address: 113 Colorado Ave, Ames, IA 50014

Phone: (515) 292-2703

Combes Counseling and Consulting

Provides Family Counseling

Address: 406 West St, Colo IA

Phone: (515) 291-4014

Common Road to Recovery

Family therapy related to substance abuse, individual substance abuse therapy, and substance abuse assessments. 12 hour OWI class for those who need to take the class due to receiving an OWI charge. Cost is \$115, held over period of two days.

Address: 600 5th St, Ste. 101, Ames 50010

Phone: (515) 257-2904

Website: <http://www.commonroadtorecovery.com>

Crossroads Counseling

Insurance billing is available. Crossroads Counseling & Consulting offers a wide variety of services for individuals, couples and families. The approach is solution focused brief therapy.

Address: 113 Colorado Ave, Ames, IA 50014

Phone: (515) 292-1813

Email: drkennedy@crossroadsofiowa.com

Website: <http://crossroadsofiowa.com/>

Compass Tree Counseling

Medicaid/T19 or Private Insurance
Insurance/EMDR/STEPPS program/
Counseling services for trauma, PTSD, depression, anxiety, substance abuse, eating disorders, family of origin issues, adoption-attachment issues, marriage and family issues, sensorimotor psychotherapy, play and Sandtray therapy.

Address: 600 5th Street, Ames, IA 50010

Phone: (515) 231-8484

Website: <http://compasstreecounseling.net/>

Creative Counseling Services, Inc.

Medicaid/T19 or Private Insurance accepted. In office therapy, substance abuse counseling, groups, LPHA Assessments -LPHA assessments are required for Medicaid eligible individuals to access BHIS Services. The LPHA assessment is done in the office in one session. Any Medicaid eligible individual who wishes to obtain BHIS Services can complete their LPHA assessment here regardless of who their BHIS Service Provider will be.

Address: 208-5th Street. Suite 103, Ames, IA 50010

Phone: (515) 233-1699

Website: <http://www.ccsames.org/>

Lesbian Gay Bisexual Transgender Student Services

Lesbian Gay Bisexual Transgender Student Services (LGBTSS) is a safe space for members to explore aspects of sexual orientation and gender identity/expression in a non-judgmental atmosphere.

Website: <http://www.dso.iastate.edu/lgbtss>

Life-Line Resources

Provides behavioral health intervention, child mental health, and therapy and counseling services

Address: 410 5th Street Ames, Ia

Phone: (515) 233-2125

Website: <http://www.life-lineresources.com/ames.html>

Lutheran Services in Iowa (LSI)

LSI accepts both Medicaid and private pay cases. Licensed therapist provides counsel for children and adolescents. Expertise in trauma-informed care, adverse childhood experiences, sexual assault crisis advocate, health promotion and education.

Address: 1323 Northwestern Ave. Ames
People Place: 219 6th St. Ames, Iowa

Phone: (515) 233-1677

Email: LSlowa@LSlowa.org

Website:

<http://lsiowa.org/index.php/services/counseling-and-therapy/>

Eyerly Ball Clinic Office

Must be age 18 and older to receive services, may receive referrals to support groups Anger Management Group, Co-Occurring Group, STEPPS Group. Outpatient Therapy, Psychiatric Services, Medication Assistance, Senior Outreach Counseling, Care Coordination, Crisis Connections, Pre-Commitment Screenings and children's services in partnership with Youth and Shelter Services
Address: 2521 University Blvd., #121, Ames, Iowa
Phone: (515) 598-3300
Email: contact@eyerlyball.org
Website: <http://eyerlyball.org/>

Eyerly Ball Outreach Office

Must be age 18 and older to receive services, if Medicaid eligible and have a serious mental health diagnosis, you may receive integrated health services at no cost to you. Integrated Health and Supported Community Living
Address: 415 S. Duff Ave., Suite B, Ames, IA 50010
Phone: (515) 232-2719
Email: contact@eyerlyball.org
Website: <http://eyerlyball.org/>

Iowa Pride Network

Iowa Pride Network, works with youth to make Iowa schools safer and more accepting. Iowa Pride Network encourages LGBTQ students and their allies to support, educate, and empower their community. Iowa Pride Network also assists students across the state in forming and sustaining Gay/Straight Alliances (GSAs) in their schools. The coalition meets monthly to discuss issues related to the health and well-being of LGBT Iowans.
Address: 3839 Merle Hay Rd, Ste. 274, Des Moines 50310
Phone: (515) 288-4019
Email: pride@oneiowa.org
Website: <http://pride.oneiowa.org>

National Alliance on Mental Illness

Mental Health Wellness Center, family support groups, peer support, educational classes and monthly meetings. Support groups have varied guidelines, check the website for more details. Supports people affected by mental illnesses, educates the public about mental health issues and advocates for people affected by mental illness. Hosts outreach events and fundraisers. Mental Health Wellness Center (Mon-Fri 1-4 PM); Call for appointment or check website for support group dates and times.
Hours: 416 Douglas Ave., Suite 203/205, Ames, Iowa
Phone: (515) 292-9400
Email: namiofci@gmail.com
Website: www.namiofci.org

Mainstream Living, Inc.

DayHab provides meaningful opportunities for educational, social and pre-vocational training for persons with disabilities. Residential Services for up to 24 hours/day. Counseling and Support Programs
Hours: Mon-Fri 8 AM-5 PM
Address: 2012 E. 13th St., Ames
Phone: (515) 232-8405
Website: www.mainstreamliving.org

Narcotics Anonymous Iowa Region

The website gives out the list of all NA meetings throughout the region of Iowa. They send out a list of the meetings that have been updated every one to two months or you can access the list online. Narcotics Anonymous is a support group for individuals in recovery from substance abuse.
Website: <http://www.iowa-na.org/>

Quitline Iowa

Free program to quit smoking. Nicotine substitutes and medications cost
Phone: 1-800-784-8669
Website: <https://www.quitnow.net/iowa/>

Steiner and Associates

Mental health counseling. Accepts insurance, call for details.
Hours: Call for hours of operation and to make appointments
Address: 230 6th St, Nevada, IA 50201
Phone: (641) 844-1200
Website: <http://www.steinerpsych.com/>

Story County Community Services

Story County Community Services is part of the CICS (Central Iowa Community Services) Mental Health and Disability Service Region. Individuals residing in Story County who are seeking funding for mental health and disability services can make application at the Story County Community Services office. The Community Services office will determine eligibility for funding, provide specific information regarding services and supports in the local area, and assist with referrals to service providers.
Hours: Monday-Friday, 8:00am-4:30pm
Address: 126 S. Kellogg Ave, Suite 001, Ames 50010
Phone: 515-663-2930
Website: www.storycountyiowa.gov

National Suicide Prevention Hotline

Free and confidential emotional support for people in a suicidal crisis or emotional distress. You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

Hours: 24/7

Phone: 1-800-273-8255

Website: <http://www.suicidepreventionlifeline.org/>

Optimae Life Services (formerly Community Life Program)

Community-based services for disabled and mentally ill residents. Includes "In Zone" free activities and lunch program, a "Nurse in the House" program for home health services, and a jail diversion program to reduce the incarceration of individuals with mental illness. Story County Residents.

Hours: Mon-Fri 8-4

Address: 104 S Hazel Avenue, Ames, IA 50010

Phone: (515) 956-2600

Primary Health Care

Behavioral Health Services. We frequently initiate screenings for depression, anxiety, drugs and alcohol, etc. through our SBIRT (Screening, Brief, Intervention, and Referral to Treatment) program, a partnership with SAMHSA and IDPH, we identify individuals at a moderate risk for abuse and provide a brief intervention on how that affects their health. Substance Abuse Assessments.

Address: 3510 Lincoln Way-Ames, IA 50014

Phone: (515) 232-0628

Website:

<http://www.phcinc.net/services/behavioral-health>

The Compassionate Friends, Chapter #2220

Providing grief support after the death of a child. Whether your family has had a child die (at any age from any cause) or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process. Individuals and/or couples of all backgrounds and beliefs are welcome

Hours: Meet the 2nd Thursday of each month, 6:30 PM-8:00 PM.

Address: Story Medical Senior Care
630 6th St, Nevada, IA 50201 (meet in the basement offices)

Phone: (515) 292-1204

Email: tcfstorycounty@hotmail.com

Website: <http://www.compassionatefriends.org/>

Youth & Shelter Services

Individual counseling/therapy, Intensive group outpatient counseling, Multidimensional family therapy, Psychiatry, Integrated health services. Medicaid, Psychiatrist available via TeleHealth.

Address: 125 S. 3rd Street -Ames, IA 50010

Phone: (515) 233-2250

Website:

http://www.yss.ames.ia.us/en/programs/counseling_and_the_rapy/

Youth & Shelter Services of Eastern Story County

Provides direct care services, such as homeless youth services, adolescent pregnancy prevention, individual and family therapy, mentoring, etc.

Address: 830 6th Street, Nevada Ia

Phone: (515) 382-6874

Website:

http://www.yss.ames.ia.us/en/locations/eastern_story_county/

WesleyLife Home Health Care

Supports people affected by mental illnesses, educates the public about mental health issues and advocates for people affected by mental illnesses. Mental Health Wellness Center (Mon-Fri 1-4 PM), family support groups, educational classes, monthly newsletter and monthly meetings.

Hours: Call for appointment or check website for support group dates and times

Address: 103 East 6th Street, Suite 104, Ames, Iowa 50010

Phone: (515) 232-9520

Website: www.namiofci.org

OLDER ADULT

AARP Driver Safety Program (Mary Greeley Medical Center)

This program held twice a year in April and October, reviews current road rules, including safety belts, air bags, antilock brakes, and other new technology; defensive driving techniques; common age-related changes in vision, hearing and reaction time; how to minimize blind spots, change lanes, make turns, and maintain good following distance behind a car; medications and driving; driving distractions and evaluation of skills and abilities. For persons 50 and over.

Address: 1111 Duff Ave, Ames 50010

Phone: 515-239-2423

Website: <http://www.mgmc.org/medical-services/older-adult/aarp-driver-safety-program/>

ActivStyle

ActivStyle's delivery program offers qualified Medicaid recipients home-delivery with no shipping charges. If your doctor has prescribed the use of incontinence products for you or someone you love, most state Medicaid plans cover the cost of those products. If you're enrolled in MEDICAID your bladder control products may be covered at 100%* depending on your medical necessity.

Phone: (800) 651-6223

Website: <http://activstyle.com/>

Aging Resources of Central Iowa

Aging Resources staff advocate, coordinate and provide services through federal, state and private funding to persons 60 years of age and older and their families. Our goal is to allow older adults individual choices in their care process in order to remain safe and independent in their homes.

Address: 5358 Grand Ave, Des Moines 50312

Phone: (515) 255-1310 or (800) 747-5352

Website: <http://www.agingresources.com/>

Child & Dependent Adult Abuse Hotline

Iowa Department of Human Services

Hours: 24 hours a day, 7 days a week

Phone: 800-362-2178

Meals on Wheels (Mary Greeley Medical Center)

Meals on Wheels deliver a hot, nutritious meal, prepared by Mary Greeley Medical Center. Reduced meal rates are available for those in need, and clients are able to pick and choose the number of days and which days meals are delivered, with a minimum order of 3 days each week. For persons age 50 and over.

Address: 1111 Duff Ave, Ames 50010

Phone: 515-239-6730 (weekdays) or
515-239-2173 (weekends, holidays)

Website: <http://www.mgmc.org/medical-services/older-adult/meals-on-wheels/>

Elderly Commodity Food Program

Food received: Shelf stable milk; non-fat dry milk; rice, macaroni or spaghetti; ready-to-eat cereal, farina, or oatmeal; peanut butter or dry beans; canned meats; canned juices, fruits, and vegetables; and cheese.

Persons of 60 years or older. This does not include handicapped persons under 60. A person must reside in the following counties: Polk, Warren, Jasper, Dallas, Story, Boone.

Hours: Monday-Friday, 8:00am-5:00pm

Address: 2309 Euclid Ave., Des Moines 50310

Phone: 515-286-3655 or 1-877-288-3655

Experience Works

On-the-job training experience is currently available to low-income older workers whose goal is to gain permanent employment. Participants earn minimum wage at non-profit sites while gaining valuable job skills. Program applicants must be age 55 or older, unemployed, and have incomes of \$14,588 per year or less for a family of one, \$19,663 for a family of two. Call for additional guidelines for more family members.

Address: 2976 99th Street, Urbandale 50322

Phone: 515-243-2430 or 877-314-7385

Website: www.experienceworks.org

Heartland Senior Services

Senior day center activities for older adults (ie. chorus, Bingo, card clubs) and senior services to help you remain in the home, meal delivery, community meal service) throughout Story County.

Hours: Mon-Fri 8:30 AM-5:30 PM

Address: 205 S. Walnut Ave., Ames 50010

Phone: (515) 233-2906

Website: www.heartlandseniorservices.com

Iowa Concern Legal Hotline for Older Iowans

Free legal services to Iowans 60 and over.

Address: 1111 9th St, Ste 230, Des Moines 50314

Phone: 515-992-8161 or 800-992-8161

Email: hotline@iowalaw.org

Prime Time Alive (Mary Greeley Medical Center)

Created specifically for those age 50 and older, Prime Time Alive is an inexpensive membership program that helps people live and age well, through a variety of educational programs and events.

Address: 1111 Duff Ave, Ames 50010

Phone: 515-239-2423 or 800-303-9574

Email: yourhealth.primetimealive@mgmc.com

Website: <http://www.mgmc.org/medical-services/older-adult/prime-time-alive/>

Medicare

Health and hospital insurance for individuals who are 65 years and older, and for those who are disabled. Age 65+ or have disability.

Address: 126 S Kellogg Ave, Suite 101, Ames 50010

Phone: (515) 292-2035

Website: <http://www.medicare.gov/>

Nevada Senior Community Center

Activities for seniors, including BINGO, movie day, congregate meals, coffee talks, and other senior activities.

Hours: Monday-Friday, 9:00am-4:00pm

Address: 1231 6th Street, Nevada

Phone: 515-382-1380

Senior Health Insurance Information Program (SHIIP)

Choosing Medicare and related health care coverage can be challenging. That's why Mary Greeley Medical Center offers confidential, one-on-one counseling from trained SHIIP volunteers who have been in your shoes. This free, confidential service provides people on Medicare and concerned relatives or friends with objective information about their health insurance needs. For persons 50 years and over.

Address: 1111 Duff Ave, Ames 50010

Phone: 515-239-2210

Website: <http://www.mgmc.org/patients-and-visitors/billing-financial-assistance-insurance/senior-health-insurance-information-program/>

Retired & Senior Volunteer Program (RSVP)

Volunteer Organization for older adults to be more involved with the community. Includes: Raising Readers, Reading Buddies Tutoring Program, Volunteer Driver Transportation Program, Story County Sheriff's Office, Food at First, Wellness and Independence Through Nutrition (WIN) Program, Representative Payee, RSVP Pen Pal Program. For persons 55 and over.

Hours: Monday-Friday, 8:00am-4:00pm

Address: 110 Crystal St., Ames 50010
503 Elm Ave., Story City

Phone: Ames Office: (515) 292-8890

Story City Office: (515) 733-4917

Email: coordinator@cirsvp.org

Website: <http://www.rsvpvolunteer.org/>

Senior Health Clinics (Mary Greeley Medical Center)

For persons 50 and over. Appointments are not necessary for the Senior Health Clinics. Medical care screening and options include: Blood pressure checks, Foot care and nail care, Health education on topics important to seniors. Clinics are available at various locations in Story County, including: Ames, Collins, Colo, Huxley, Nevada, Story City. For a full schedule call the number below.

Phone: 515-239-6730 or 800-529-4610

Website: <http://www.mgmc.org/medical-services/older-adult/senior-health-clinics/>

Supplemental Security Income (SSI)

Supplemental Security Income (SSI) gives cash assistance to people with limited income and resources who are age 65 or older, blind or disabled. Children with disabilities can get SSI, too.

Hours: Mon/Tue/Thu/Fri 9am-4pm, Wed 9am-12pm

Address: 2615 University Blvd., Ames, Iowa 50010

Phone: 866-899-1928

Website: www.ssa.gov

PARENT/FAMILY

ABC Group (Lutheran Services in Iowa)

Our ABC (After Baby Comes) group meets regularly during the week. Designed for parents of infants to preschoolers, this group features occasional presenters on age-appropriate topics.

Hours: Thursday, 9:30-11:30am

Address: 219 6th St, Ames 50010

Phone: (515) 233-1677

Website:

<http://lsiowa.org/index.php/services/children-youth-family/people-place/programs/>

Answerline

Answers provided on a wide range of home and family questions (i.e. stain removal, canning, recipe substitution, child development, discipline, etc.)

Hours: Monday-Friday, 9:00am-12:00pm and 1:00-4:00pm

Phone: 800-262-3804

Email: answer@iastate.edu

Website:

www.extension.iastate.edu/humansciences/answerline

Center for Creative Justice

Community-based non-profit agency that provides adult probation services to first-time and low-risk criminal offenders.

Hours: Monday-Friday, 8:00am-4:30pm (closed 12:30-1:00pm)

Address: 210 Lynn Ave, Ames 50014

Phone: (515) 292-3820

Email: mkubik@creativejustice.org

Website: www.creativejustice.org

Community & Family Resources

Substance abuse and gambling treatment services, mental health therapy, psychiatry services, OWI evaluations, prevention/education services. Accepts most insurances, Medicaid, Medicare, Iowa wellness. Sliding fee scale for substance abuse only.

Hours: Mon/Thu 8am-8pm, Tue/Wed 8am-6pm, Fri 8am-4:30pm

Address: 1619 S. High Ave., Ames 50010

Phone: (866) 801-0085 or (515) 232-3206

Email: michelled@cfrehelps.org

Website: www.CFRHelps.org

Community Partnerships for Protecting Children (CPPC)

CPPC is a community-based initiative that collaborates with local agencies and community members to prevent child abuse. They offer Story County children access to Summer Camp Scholarships, Community-Based Family Team Meetings, and Safe Seat Project car seats.

Hours: Monday-Friday, 8:00am-4:30pm

Address: 210 N. 10th St. Adel, IA 50003

Phone: (515) 993-1710

Email: jfelt@dhs.state.ia.us

Website: storycountycppc.com

Community That Works

All community members are welcome, especially families and children. Every Tuesday we meet with a free meal and host a community meeting where we deepen our friendships, share what's new and good in our lives, and exchange our wants, needs and offers. Child care is provided for the little ones, when the need arises. Focused on building healthy relationships across social, racial, and socioeconomic lines as a way to lift the burden of poverty in all its forms, so that all of us grow in our ability to care for ourselves and others.

Hours: Tuesday, 5:30-6:30pm (free meal)

Tuesday, 6:30-8:30pm (community meeting)

Address: First Christian Church - 611 Clark Ave, Ames 50010

Phone: (515) 232-4367

Email: communitythatworksames@gmail.com

Website:

<https://sites.google.com/site/communitythatworksames/>

Drop-In Days and Library (Lutheran Services in Iowa – People Place)

Sometimes parents just need a break. On drop-in days, we provide child care while families can pay bills, make phone calls, network or meet other parents. It's also a great time to visit our library with its wide selection of children's literature, parenting resources and videos.

Hours: Tuesday, Wednesday, and Thursday, 9:30am - 11:30am

Address: 219 6th St, Ames 50010

Phone: 515) 233-1677

Website:

<http://lsiowa.org/index.php/services/children-youth-family/people-place/programs/>

Family Development & Self-Sufficiency (FaDSS)

For families headed by a person 26 years and older, who are receiving Family Investment Program (FIP) benefits. Family development specialists, meet one-on-one with families in regular home visits. They complete assessment tools and develop goals around areas such as employment, substance abuse, education, physical health, and mental health.

Hours: Mon-Fri 8:30 AM-4:30 PM

Address: MICA - 230 SE 16th St., Ames 50010

Phone: (515) 956-3333 or (877) 289-4668

Website: www.micaonline.org

Family Development & Self-Sufficiency (FaDSS)

For families headed by a person 25 years or younger, who are receiving Family Investment Program (FIP) benefits. The goals of the FaDSS program include: improve employment and job skills, improve budgeting skills, improve the safety of you and your children, provides support to continue your education, and improve or maintain good health.

Hours: Mon-Fri 8:30 AM-4:30 PM

Address: Youth & Shelter Services - 420 Kellogg Ave., Ames 50010

Phone: (515) 233-3141

Website: <http://www.yss.ames.ia.us/en/programs/familydevelopment/>

Family Life Center - Youth & Shelter Services

For children ages 3-21 years. Therapy services for individual, couple with child, family, group and in-home counseling. Substance abuse assessment and counseling, including aftercare and OWI evaluations. Psychiatric evaluation and medication management. Private insurance, Title 19 accepted. Sliding fee scale also available.

Hours: Mon-Fri 8:30 AM-4:30 PM

Address: 125 S 3rd St, Ames 50010

Phone: (515) 233-2250

Website: http://www.yss.ames.ia.us/en/programs/counseling_and_therapy/

Parents as Teachers (Lutheran Services in Iowa)

Our Parents as Teachers program is an in-home visitation program that helps strengthen families. A parent educator can visit you in your home to provide information, links to resources, help you track your child's health and development and help you plan for your family's future.

Address: 219 6th St, Ames 50010

Phone: 515) 233-1677

Website:

<http://lsiowa.org/index.php/services/children-youth-family/people-place/programs/>

Family Nutrition Program (ISU Extension & Outreach)

Offers one-on-one food and nutrition education for families with children. There is a focus of providing healthy meals and snacks on a low budget. Income requirement, funded by Story County, home based sessions can be arranged to fit client's schedule and some group meetings.

Hours: Monday-Friday, 8:00am-5:00pm

Address: 220 H Ave., Nevada

Phone: (515) 382-6551

Email: xstory@iastate.edu

Website: www.extension.iastate.edu/story

Goodwill

Clothing, furniture, household items for sale.

Hours: Mon-Fri 9 AM-9 PM, Sat 9 AM-6 PM, Sun Noon-5 PM

Address: 3718 Lincoln Way, Ames 50014

Phone: (515) 292-8454

Iowa Concern Hotline

Hotline for anyone dealing with stressful situations, offering someone to talk to. Also including information on where to turn to for help for legal questions. FREE.

Hours: 24 hours/day, 7 days/week

Phone: (800) 447-1985

Website:

www.extension.iastate.edu/iowaconcern/

Lutheran Services in Iowa

LSI family resource center that offers parenting groups (including the Nurturing Parent Program), parent home visitation programs, classes and drop-in parent/child day care ages 0-5.

Address: 219 6th St, Ames 50010

Phone: 515) 233-1677

Website: www.lsiowa.org

Legal Aid Society

Provides legal assistance to eligible individuals for a variety of civil cases, including family law. This includes divorce, child support, and child custody.

Address: 937 6th St, Ste. 101, Nevada, IA 50201

Phone: 515-382-2471

Website: www.legalaidstory.com

Parents as Students Support (PASS) Group

An Iowa State University Program. Provides opportunities for social connections, support, education, and campus and community resources. PASS is committed to providing social connections, support, parent education, and campus and community resources.

Phone: (515) 294-3149

Email: ccfamily@iastate.edu

Website: <https://www.facebook.com/iowastatepass>

Overflow Thrift Store

Low-cost clothing, shoes, furniture, and other items. Will accept anything (no mattresses). "Friday Frenzy" sale the 1st Friday-Saturday of each month.

Hours: Wed-Fri 10:00am-6:00pm, Sat 10:00am-4:00pm

Address: 202 S. Duff Ave., Ames, Iowa 50010

Phone: 515-290-0732

Email: overflowthriftstore@gmail.com

Website: <http://www.overflowthriftstore.org/>

Youth & Shelter Services

Serving Collins, Colo, Maxwell, McCallsburg, Nevada and Zearing. GRIP (great relationships in pairs) mentoring program for students up to 8th grade, prevention programs for schools and community-wide and youth employment counseling for ages 14-22.

Therapy services for individuals and family. Private insurance, Title 19 (sliding fee scale offered).

Hours: Call for appointment

Address: 830 Sixth St., Nevada

Phone: (515) 382-6874 or (515) 233-2330 or Crisis Line: 1-800-600-2330

Website: www.yss.ames.ia.us

Salvation Army Thrift Store

Hours: Monday-Saturday, 9:00am-9:00pm

Address: 620 Lincoln Way, Suite B, Ames 50010

Phone: (515) 233-3533

SHELTER

ACCESS (Assault Care Center Extending Shelter & Support)

Free and confidential services to victims of domestic violence and their children, including a 24-hour crisis support line; individual, child counseling & support groups; emergency housing; Sexual Assault Response Team (SART). Services and information available in Spanish.

Business Phone: 515-292-0500 (9:00am-5:00pm)

Sexual Assault Crisis Line: 515-292-5378 (24 hours)

Domestic Violence Crisis Line: 515-292-0519 (24 hours)

Emergency Housing: 515-292-0543 (24 hours)

Email: director@assaultcarecenter.org

Website: www.assaultcarecenter.org

Emergency Residence Project (ERP)

Rent, utility and shelter assistance. Call in advance for shelter availability, shelter check-in at 4 PM.

Hours: Mon & Thu 9 AM-3:30 PM walk-ins.

Address: 225 S. Kellogg, Ames 50010

Phone: (515) 232-8075

Email: erp@mid Iowa.net

Website: www.amesshelter.org

Rosedale Shelter (Youth & Shelter Services)

Emergency shelter for youth ages 10-17; counseling, crisis intervention, 24-hour supervision for individuals in crisis (homelessness, runaway)

Address: 703 Burnett, Ames, Iowa 50010

Phone: (515) 233-3141

Website: www.yss.org

Salvation Army Ames Service Center

Pantry, food and nutrition programs, emergency shelter, and emergency financial assistance, financial education.

Address: 703 E Lincoln Way, Ames, Iowa

Phone: (515) 243-4277

Story County Animal Control & Shelter

Story County Animal Control is charged with care and management of animal issues within rural areas of Story County. Animal Control aids in housing and care for abandoned and roaming domestic pets, animal neglect cases, as well as investigating bites and wildlife encounters with the citizens of Story County.

Hours: Mon 12:00-4:00 PM, Tue-Fri 11:00 AM-4:00 PM

Address: 975 W Lincoln Way, Nevada, Iowa

Phone: (515) 382-3338

Email: smccaskey@storycounty.com

Website: www.storycountyiowa.gov or see

Facebook for updates

TEEN

Achieving Maximum Potential (AMP)

AMP is a youth-driven, statewide group that seeks to unleash the full potential for personal growth among foster and adoptive children in Iowa. AMP offers leadership opportunities, service learning projects, and educational/vocational assistance. AMP helps youth to become self-sufficient, independent adults.

Address: (YSS Family Life Center) 125 S. 3rd St., Ames 50010

Phone: 515-291-4581 or 515-249-7089

Email: tbailey@yss.ames.ia.us

Website: www.ampiowa.org

Boys & Girls Club of Story County

Club and After school program. Educational programs, health & wellness activities, field trips, and more. For children 6-18 years; Fee is \$12/child during school year (includes snack and dinner) and \$35/child for summer (includes snack and lunch); Scholarships available for youth in need.

Hours: School Year: Monday-Friday, 3:00pm-7:00pm
Summer: Monday-Friday, 8:00am-5:30pm

Address: 210 S. Fifth St., Ames

Phone: (515) 233-1872

Email: theclub@bgcstorycounty.org

Website: www.bgcstorycounty.org

Family Life Center - Youth & Shelter Services

For children ages 3-21 years. Therapy services for individual, couple with child, family, group and in-home counseling. Substance abuse assessment and counseling, aftercare and OWI evaluations. Psychiatric evaluation and medication management. Private insurance, Title 19. Sliding fee scale also available.

Hours: Monday-Friday, 8:30 AM-4:30 PM

Address: 125 S. 3rd St., Ames 50010

Phone: (515) 233-2250

Website: http://www.yss.ames.ia.us/en/programs/counseling_and_therapy/

Youth Work Readiness Program

Serves young adults ages 14-18 who are experiencing foster care, court involvement, pregnancy or parenting. A Youth Development Specialist can work with youth until graduation or until they achieve their educational goals, followed by a 12-month follow up period. Children & Families of Iowa receives referrals from school counselors, therapists and social workers.

Phone: 515-697-7917

Email: cherylj@cfiowa.org

Website: <http://cfiowa.org/programs/teen/youth-work-readiness-program/>

Youth & Shelter Services, Eastern Story County

Serving Collins, Colo, Maxwell, McCallsburg, Nevada and Zearing. GRIP mentoring program for students up to 8th grade, prevention programs for schools and community-wide and youth employment counseling for ages 14-22. Therapy services for individuals and family. Private insurance, Title 19 (sliding fee scale offered).

Hours: Call for appointment

Address: 830 Sixth St., Nevada 50201

Phone: (515) 382-6874 or (515) 233-2330 or
(Crisis Line) 800-600-2330

Website: www.yss.ames.ia.us

Lighthouse Host Home Program

Host Home and apartments serve as residences for homeless, pregnant young women and young parents. Assist young mothers and fathers become independent and self-sufficient; prenatal nutritional and health needs are met, and provide parenting education. Ages 16-25. Length of stay: up to 24 months. Individuals must complete or further their education while residing at the host home and must put a portion of their salary into savings.

Hours: Mon-Fri 8:30 AM-4:30 PM

Address: 125 S. 3rd St., Ames 50010

Phone: (515) 233-3141

Email: hmetheny@yss.ames.ia.us

Website: www.yss.ames.ia.us

Teenline (Iowa Concern)

For teens and those who care about teens; offering guidance and information on personal and health issues, relationships, body, and sexuality.

Hours: 24 hours (phone line); Mon-Fri, 8:00am-5:00pm (live chat)

Phone: (800) 443-8336

Email: hmetheny@yss.ames.ia.us

Website: www.iamincontrol.org

Transitional Living Project (TLP)

Homeless youth ages 16-21 years old who cannot live safely with a parent or relative and have no stable living arrangement. May stay: up to 21 months.

Abstinence from chemical use required. Participants live in transitional living arrangements and are supervised and monitored for up to 21 months. The program emphasizes living skills such as budgeting, problem solving, running a household, and seeking employment. Counseling is also available.

Hours: Mon-Fri 8:30 AM-4:30 PM

Address: 125 S. 3rd St., Ames 50010

Phone: (515) 233-3141

Email: hmetheny@yss.ames.ia.us

Website: www.yss.ames.ia.us

TRANSPORTATION

Access2Care

Non-emergency medical transportation; will negotiate rates, arrange transportation and reimburse claims for all eligible Iowa Medicaid Members for non-emergency medical trips; must be an Iowa Medicaid Member.

Phone: (866) 572-7662

Website:

<http://tmsmanagementgroup.com/tmsmanagementgroup/index.php/iowa-medicaid-net-program>

Ames Intermodal Facility (AIF)

Executive Express, Jefferson Lines, and Burlington Trailways provide shuttles between Ames, Boone, Nevada, or Story City to/from the Des Moines International Airport with services up to 14 times a day. Reservation required.

Hours: 365 days/year, 7 days/week

Address: 129 Hayward Ave., Ames 50010

Phone: (515) 232-2404

Website: <https://aif-parking.sws.iastate.edu/>

Burlington Trailways

Airport Shuttle and Nationwide Charter Bus

Address: 129 Hayward Ave., Ames, 50010

Phone: (515) 232-2404 or Toll Free: (888) 522-9899

Website: www.burlingtontrailways.com

Central Iowa RSVP

Provides safe and reliable transportation to medical appointments and other essential services for ambulatory individuals living in Story County. This service is provided by volunteers using their own vehicles. All clients must fill out an application and have an assessment completed. Rides must be scheduled 48 business hours in advance. Suggested donation for an in county trip from \$3-\$12.

Hours: Monday-Friday 8:30am-4:30pm

Phone: (515) 292-8890 or (515) 733-4917

Website: www.rsvpvolunteer.org

Cyclone Cab

Taxicab service.

Phone: (515) 233-3324

Website: www.taxiserviceames.com

Disabled American Veteran (DAV)

Free ride to VA Hospital in Des Moines for ambulatory Veterans (no attendants) for only scheduled medical appointments. Schedule rides 48 hours in advance.

Address: (Pick-up location) Kum & Go, 2801 E. 13th St., Ames 50010

Phone: (641) 421-3085

Website: www.dav.org/veterans/i-need-a-ride

CyRide

Public bus transit for City of Ames. Check website for route information, including hours of operation. \$1.25 one-way trip. Discounts available to seniors, Medicare/Medicaid cardholders, K-12 and passengers with disabilities. ISU students with ISU ID card ride free.

Address: 1700 University Blvd., Ames

Phone: (515) 292-1100

Website: www.cyride.com

CyRide Dial-A-Ride

Provides door-to-door transportation to eligible passengers within the Ames city limits. \$2.00 one-way trip or \$5.00 one-way trip (East of Skunk River - weeknights and all day on weekends). Must meet ADA eligibility requirements (unable to get to/from bus stop, unable to board, unable to independently recognize destination and disembark). Reservations can be made up to two weeks before, and should be made by 4:30pm the day before. Same day calls will be accepted if space/time allows.

Hours: Same hours/days as Cy-Ride's fixed routes

Address: 1700 University Blvd., Ames

Phone: 877-686-0029

Website:

<http://www.cyride.com/index.aspx?page=1257>

Department of Motor Vehicles

Persons with disabilities placards, vehicle registration, title transfers, registration fees (license/plate validation fees), as well as registration refunds, duplicate titles, registrations and plates

Hours: Monday-Friday, 8:00am-5:00pm

Address: 900 Sixth St., P.O. Box 498, Nevada, IA 50201

Phone: (515) 382-7340

Website:

<https://www.storycountyiowa.gov/index.aspx?NID=113>

Des Moines Area Regional Transit

Carpool and vanpool rideshare service. You can call or email individual matches to form carpools; formal vanpools are organized and maintained by DART RideShare staff. Resident of Central Iowa, register and enter your commute information online. Passenger rates are calculated based on number of passengers and daily roundtrip miles.

Phone: (515) 288-7433

Website:

<https://www.ridedart.com/services/rideshare>

Executive Express

Transportation to Des Moines airport. Low rates: kids age 6 and under always ride free; kids age 17 and under ride free with 2 paying adults. Reservations required. 7:00am-9:00pm, 7 days a week.

Hours: (Office hours) Monday-Friday, 8:00am-5:00pm

Address: 129 Hayward Ave., Ames 50010

Phone: (888) 522-9899

Email: info@executiveexpress.biz

Website: www.executiveexpress.biz

Fitz's Taxi

Taxicab service.

Phone: (515) 451-8769

Website: <http://fitzstaxi.weebly.com>

Good Neighbor Emergency Assistance

Gas vouchers available; must show current photo ID and proof of residency in Story County.

Hours: Mon-Fri 9-12:00 PM or call for appointment.

Address: 613 Clark Ave., Ames

Phone: (515) 296-1449

Email: gneainc@gmail.com

Website: www.gnea.org

HIRTA Public Transit

General public transportation in Story County. Can get "HIRTA bucks" which are sold in \$10 books. Trips within Ames are \$1 for senior citizens (60+ years) and \$2 for general public. Trips within Story County are \$2 for senior citizens and \$4 for general public. Trips to Iowa City are \$10. Resident of Story, Boone, Dallas, Jasper, Madison, Marion, Warren County. Schedule ride 24 hours in advance, via email or phone call.

Hours: (Story County) Monday-Friday, 7:00am-5:30pm; (Ames) Mon-Fri 6am-8pm; Sat 7:30am-6pm; Sun 8:30am-6pm; (Tuesdays) Medical transportation to U of I Health Clinic; (Thursdays) Medical transportation to Des Moines Broadlawn

Address: 721 E Lincoln Way, Ames 50010

Phone: (877) 686-0029

Email: erides@ridehirta.com

Website: www.ridehirta.com

Jefferson Lines

Airport shuttle and nationwide bus transit.

Phone: (515) 232-2404 or (800) 451-5333

Website: www.jeffersonlines.com

Transportation Assistance Program

The program is designed to assist eligible low-income households with their transportation needs with fuel vouchers, CyRide passes, or HIRTA bucks.

Requirements and application available on website.

Hours: Monday-Friday, 8:00 a.m. to 5:00 p.m.

Address: 515 Clark Ave, Room 214, Ames 50010

Phone: (515) 239-5380

Website:

<http://www.cityofames.org/index.aspx?page=1974>

Wheels for Work

A collaboration with Ames Ford and United Way of Story County to provide families with a donated vehicle. Must live or work in Story County, have children between the ages of birth and 18 living at home, under 150% of poverty, have the ability to budget for maintenance, fuel, and car insurance.

Employed or FT student, have an IA driver's license.

Phone: (515) 268-5142 or (515) 233-1913 to donate

Email: sbardole@uwstory.org

Website: <http://www.uwstory.org/wheels-work>

RSVP Transportation Program

This program provides transportation to medical appointments and other essential services for ambulatory individuals living in Story County. All prospective clients must have an application and in-home assessment completed prior to approval. This service is provided by volunteers. Rides must be scheduled 48 business hours or more in advance. Suggested donation for an in-county trip ranges from \$3-\$12. Limited out-of-county service.

Hours: Monday-Friday, 8:00am-4:00pm

Address: 110 Crystal St., Ames 50010

503 Elm Ave., Story City

Phone: Ames Office: (515) 292-8890

Story City Office: (515) 733-4917

Email: coordinator@cirsvp.org

Website: <http://www.rsvpvolunteer.org/>

VETERAN ASSISTANCE

Central Iowa Veterans Health Care System

Veterans Assistance; Press 1 for Pharmacy and Press 3 for Eligibility.

Address: 3600 30th St., Des Moines

Phone: (800) 294-8387 or Crisis Line (800) 273-8255

Website: www.va.gov

Central Iowa Veterans Telephone Care

Veterans Assistance

Hours: Mon-Fri 4 PM-8 AM; 24 hours weekends and federal holidays

Phone: (866) 687-7382

Website: www.centraliowa.va.gov

Des Moines Vet Center Services in Ames

On two Wednesdays of the month, counseling staff from The Vet Center will be available at the Story County Veterans Affairs office, 126 South Kellogg Ave, Suite 001 in Ames. All services are free and confidential. The Vet Center provides counseling services for individual readjustment, marital and family counseling sessions, and referrals for benefits assistance and is a liaison with community agencies. For an appointment, call Mike Brown at 515-284-4929.

Home Base Iowa Program

City of Ames, Economic Development Commission; Call to find veteran's services and employment assistance.

Phone: 855-942-4692

Website: www.homebaseiowa.gov

Military Homeownership Assistance Program

From Iowa Finance Authority. Provides eligible service members and veterans with a \$5,000 grant that may be used toward down payment and closing cost assistance on a qualifying home purchase. Eligible service members may access the Military Homeownership Assistance Program to be used with a qualifying mortgage or cash purchase transaction. Only veterans may apply.

Phone: (515) 725-4900 or (800) 432-7230

Website:

<http://www.iowafinanceauthority.gov/Public/Pages/PC79LN25>

Story County Veterans Affairs

Provides assistance to eligible Veterans who were discharged under honorable conditions and/or their family members. Call for an appointment.

Address: 126 S. Kellogg Ave. Suite 001, Ames, 50010

Phone: (515) 956-2626, (515) 956-2625

Website:

<https://www.storycountyiowa.gov/index.aspx?NID=114>

Lutheran Services in Iowa

Veterans Individual Outpatient Counseling Services; Our licensed therapists can provide confidential, supportive counseling in areas such as post-traumatic stress, depression, anxiety or problems with memory, concentration and focus. Please request a referral through your VA case manager.

Phone: (888) 457-4692

Website:

<http://lsiowa.org/index.php/services/counseling-and-therapy/>

VOLUNTEER RESOURCES and OPPORTUNITIES:

Volunteer Center of Story County

The Volunteer Center of Story County connects people and organizations together to address community needs through service. Opportunities and agency contact information is available online. Other programs and services include providing support and resources for the professional development of volunteer managers and efforts for engaging young people in service.

Contact: Anne Owens, Executive Director

Address: 110 Crystal Street, Ames, Iowa 50010

Phone: 515-268-5323

Website: www.vcstory.org

Email: volunteer@vcstory.org