TABLE OF CONTENTS

CHILD CARE
DISABILITY
DOMESTIC VIOLENCE
EDUCATION
FAITH-BASED
FINANCIAL ASSISTANCE
FOOD ASSISTANCE
HEALTH SERVICES
HOUSING
MENTAL HEALTH
OLDER ADULT
PARENT/FAMILY
SHELTER
TEEN
TRANSPORTATION
VETERAN ASSISTANCE
VOLUNTEER RESOURCES AND OPPORTUNITIES
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

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

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

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/

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/

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

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/

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

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/](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 T/W/Th, 9:30-11:30am
**Address:** United Church of Christ, 219 Sixth St., Ames 50010
**Phone:** (515) 233-1914
**Email:** [Alyssa.Rasmussen@lsiowa.org](mailto:Alyssa.Rasmussen@lsiowa.org)
**Website:** [www.lsiowa.org](http://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/](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/](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](http://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  

#### 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/](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/](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/](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/](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/](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](http://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](http://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](http://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@miwidowa.net
Website: http://www.cityofnevadaiowa.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.storycountyiowa.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](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/](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/](https://www.iowaattorneygeneral.gov/for-crime-victims/crime-victim-compensation-program/)

**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

**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](http://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

**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
| EDUCAION |
|-----------------|-----------------|-----------------|
| **AMES COMMUNITY SCHOOL DISTRICT** | **Ames Middle School** | **Ames High School** |
| Administrative Offices for Ames Community Schools. | Grades 6-8, Ames Community School District | Grades 9-12, Ames Community School District |
| **Address:** 415 Stanton Ave, Ames 50014 | **Address:** 3915 Mortensen Rd, Ames 50014 | **Address:** 1921 Ames High Dr, Ames 50010 |
| **Phone:** (515) 268-6660 | **Phone:** 515-268-2400 | **Phone:** 515-817-0600 |
| **Website:** www.ames.k12.ia.us | **Website:** [http://www.ames.k12.ia.us/schools/middle-school](http://www.ames.k12.ia.us/schools/middle-school) | **Website:** [http://www.ames.k12.ia.us/schools/high-school](http://www.ames.k12.ia.us/schools/high-school) |
| **Edwards Elementary School** | **Fellows Elementary School** | **BALLARD COMMUNITY SCHOOL DISTRICT** |
| **Address:** 820 Miller Ave, Ames 50014 | **Address:** 1400 McKinley Dr, Ames 50014 | **Address:** 509 N. Main Ave, Huxley 50124 |
| **Phone:** 515-239-3760 | **Phone:** 515-239-3765 | **Phone:** 515-597-2811 |
| **Website:** [http://www.ames.k12.ia.us/schools/edwards-elementary](http://www.ames.k12.ia.us/schools/edwards-elementary) | **Website:** [http://www.ames.k12.ia.us/schools/fellows-elementary-school](http://www.ames.k12.ia.us/schools/fellows-elementary-school) | **Website:** [http://ballard.k12.ia.us](http://ballard.k12.ia.us) |
| **Meeker Elementary School** | **Mitchell Elementary School** | **Ballard East Elementary School** |
| **Address:** 300 20th St, Ames 50014 | **Address:** 3521 Jewell Dr, Ames 50014 | **Address:** 505 W. 4th St, Cambridge 50046 |
| **Phone:** 515-239-3770 | **Phone:** 515-239-3775 | **Phone:** 515-220-4306 |
| **Website:** [http://www.ames.k12.ia.us/schools/meeker-elementary-school](http://www.ames.k12.ia.us/schools/meeker-elementary-school) | **Website:** [http://www.ames.k12.ia.us/schools/mitchell-elementary-school](http://www.ames.k12.ia.us/schools/mitchell-elementary-school) | **Website:** [http://ballard.k12.ia.us/ShowEast.aspx](http://ballard.k12.ia.us/ShowEast.aspx) |
| **Sawyer Elementary School** | **Ballard West Elementary School** | **Ballard Middle School** |
| **Address:** 3622 Woodland St, Ames 50014 | **Address:** 105 E. Main St, Slater 50244 | **Address:** 509 N Main Ave, Huxley 50124 |
| **Phone:** 515-239-3790 | **Phone:** 515-228-3890 | **Phone:** 515-597-2815 |
| **Website:** [http://www.ames.k12.ia.us/schools/sawyer-elementary-school](http://www.ames.k12.ia.us/schools/sawyer-elementary-school) | **Website:** [http://ballard.k12.ia.us/ShowWest.aspx](http://ballard.k12.ia.us/ShowWest.aspx) | **Website:** [http://ballard.k12.ia.us/ShowMS.aspx](http://ballard.k12.ia.us/ShowMS.aspx) |
| **Northwood Preschool Center** | **Ballard High School** | **Ballard High School** |
| Preschool, Ames Community School District | Grades 9-12, Ballard Community School District | Grades 9-12, Ballard Community School District |
| **Address:** 3012 Duff Ave, Ames 50010 | **Address:** 501 Ballard Dr, Huxley 50124 | **Address:** 501 Ballard Dr, Huxley 50124 |
| **Phone:** 515-268-2470 | **Phone:** 515-597-2971 | **Phone:** 515-597-2971 |
| **Website:** [http://www.ames.k12.ia.us/schools/northwood-preschool-center](http://www.ames.k12.ia.us/schools/northwood-preschool-center) | **Website:** [http://ballard.k12.ia.us/ShowHS.aspx](http://ballard.k12.ia.us/ShowHS.aspx) | **Website:** [http://ballard.k12.ia.us/ShowHS.aspx](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.colo-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.colo-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.colo-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.colo-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.colo-nesco.k12.ia.us/jsrhigh

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

**Nevada High School**
Grades 9-12, Nevada Community School District
Address: 1035 15th St, Nevada 50201
Phone: 515-382-3521
Website: [http://www.nevadacubs.org/high-school-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](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-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-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-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](http://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](http://www.dmacc.edu/hiset)
| **FAITH-BASED** |
|------------------|------------------|------------------|------------------|------------------|
| **Ames Church of Nazarene** | **Ames Foursquare Church** | **Bethesda Lutheran Church** | **Bethlehem Lutheran Church** |
| **Address:** 203 S Kellogg Ave, Ames 50010 | **Address:** 711 E. Lincoln Way, Ames 50010 | **Address:** 1517 Northwestern Ave, Ames 50010 | **Address:** 411 3rd Ave, Slater 50244 |
| **Phone:** 515-233-1425 | **Phone:** 515-663-8804 | **Phone:** 515-232-6256 | **Phone:** 515-228-3933 |
| **Email:** mpthrasher@reachone.com | **Email:** a4squ@yahoo.com | **Website:** [www.bethesdanet.org](http://www.bethesdanet.org) | **Website:** [http://www.slaterblc.org](http://www.slaterblc.org) |
| **Ames Jewish Congregation** | **Ames Mennonite Church** | **Body of Christ Church (BCC)** | **Central Presbyterian Church** |
| **Address:** 3721 Calhoun Ave, Ames | **Address:** 233 S Walnut Ave, Ste B, Ames | **Address:** 114 5th St, Ames 50010 | **Address:** 932 5th St, Nevada |
| **Phone:** 515-233-1347 | **Phone:** 515-232-3482 | **Phone:** 515-296-0356 | **Phone:** 515-382-4998 |
| **Email:** ajciowa@gmail.com | **Email:** keithgs@aol.com | **Website:** [http://every1one.org](http://every1one.org) | **Email:** cpc.nevada@gmail.com |
| **Website:** [http://acjiowa.org](http://acjiowa.org) | **Website:** [http://www.mennonitechurch.org](http://www.mennonitechurch.org) | **Website:** [http://www.centralpresbyterianchurch.org](http://www.centralpresbyterianchurch.org) | **Website:** [http://www.cpc.nevada@gmail.com](http://www.cpc.nevada@gmail.com) |
| **Ames United Church of Christ** | **Bergen Lutheran Church** | **Christ Community Church (formerly Evangelical Free Church)** | **Collegiate United Methodist Church** |
| **Address:** 217 6th St, Ames 50010 | **Address:** 101 W Maple St, Roland | **Address:** 5501 George Washington Carver Ave, Ames | **Address:** 2622 Lincoln Way, Ames |
| **Phone:** 515-232-9323 | **Phone:** 515-388-4047 | **Phone:** 515-232-2765 | **Phone:** 515-292-6936 |
| **Email:** office@amesucc.org | **Email:** secretary@berganlutheran.org | **Website:** [www.ccames.org](http://www.ccames.org) | **Website:** [www.cwames.org](http://www.cwames.org) |
| **Website:** [http://www.mesucc.org](http://www.mesucc.org) | **Website:** [https://sites.google.com/site/bergenlutheraniniowa](https://sites.google.com/site/bergenlutheraniniowa) | **Email:** cpc.nevada@gmail.com | **Website:** [http://www.cwames.org](http://www.cwames.org) |
| **Collins Christian Church** | **Cornerstone Church of Ames** | **Collins Christian Church** | **Colo United Methodist Church** |
| **Address:** Main Street, Collins 50055 | **Address:** 56829 US 30, Ames | **Address:** Main Street, Collins 50055 | **Address:** 602 4th St, Colo 50056 |
| **Phone:** 641-385-2382 | **Phone:** 515-232-5488 | **Phone:** 641-385-2382 | **Phone:** 641-377-2534 |
| **Email:** info@arqum.org | **Website:** [http://cornerstonelife.com](http://cornerstonelife.com) | **Website:** [http://www.ccames.org](http://www.ccames.org) | **Website:** [http://www.ccames.org](http://www.ccames.org) |
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: fieldberg@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: amespnc@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.mlcnv.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 - 3:00 pm  
**Address:** 501 George Washington Carver Ave., Ames 50014  
**Phone:** (515) 232-2765  
**Website:** [www.ccames.org](http://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](http://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](http://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/](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/](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/](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 5ª St, Ames  
**Phone:** 319-855-2283  
**Website:** [http://redcross.org](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@midowa.net  
**Website:** [www.amesshelter.org](http://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](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.storycountyiowa.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: 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.hfhci.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.
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 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](http://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](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](http://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](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](http://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](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](http://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](http://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

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

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

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](http://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](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](http://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://www.dhs.iowa.gov/ime/members](http://www.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](http://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/@lliigroup*ames](http://www.llli.org/groups/@lliigroup*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

**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

**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

**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

**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](http://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. Thielann 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
Website: http://www.storymedical.org/Clinics/ANHC/index.aspx

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/

Pyfferoen Pediatric Dentistry
Hours: Mon-Thur 8am-5pm, Fri 8am-1pm
Address: 301 5th St, Ames
Phone: (515) 232-0994
Website: http://www.ameskidsdentist.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/

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

Expressions Dental
Hours: Mon-Thur 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://www.nevadaiowadentist.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-Thur 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/#ldental/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-Thur 9am-5pm, Fri 8:30am-1pm
Address: 1212 Duff Ave, Ames
Phone: (515) 233-2174
Website: http://swansonfamilydental.com/
Cambridge Senior Housing
USDA assistance if available, 1-2 bedroom for families, handicapped and seniors. Application required.
Phone: (800) 600-9946
Email: thomasmgmt@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.cityofnevadaia.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 of 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@midowa.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.hfhoci.org/new-builds/](http://www.hfhoci.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](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](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](http://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](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](http://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:** thomasmgmt@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](http://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](http://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/](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/](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  
<table>
<thead>
<tr>
<th><strong>MENTAL HEALTH</strong></th>
</tr>
</thead>
</table>
| **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](http://www.amesaa.org/index.html) |
| **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/](http://www.catalystcounseling.com/) |
| **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](http://www.amespsych.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:** DBQCCC Ames@arch.pvt.k12.ia |
| **Anger Management Support Group**  
**Phone:** (515) 292-8021 |
| **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/](http://autismchamps.org/parent-support-groups/) |
| **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/](https://www.assaultcarecenter.org/en/locations/story_county/) |
| **Central Iowa Psychological Services (CIPS)**  
Does not accept Medicaid  
**Address:** 223 S. Walnut, Ames  
**Phone:** (515) 233-1122  
**Website:** [www.iowacounseling.com](http://www.iowacounseling.com) |
| **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/](http://www.1800betsoff.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@cfrhelps.org  
**Website:** [www.CFRHelps.org](http://www.CFRHelps.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/](http://www.catalystcounseling.com/) |
| **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](http://www.centraliowarecovery.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/](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/

Compass Tree Counseling
Medicaid/T19 or Private 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/

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/

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.lifelineresources.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: LSIowa@LSIowa.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.iowna.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/](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](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:** tcstorycounty@hotmail.com  
**Website:** [http://www.compassionatefriends.org/](http://www.compassionatefriends.org/)

**Youth & Shelter Services**
**Address:** 125 S. 3rd Street -Ames, IA 50010  
**Phone:** (515) 233-2250  
**Website:** [http://www.yss.ames.ia.us/en/programs/counseling_and_therapy/](http://www.yss.ames.ia.us/en/programs/counseling_and_therapy/)

**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/](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](http://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 age 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 Services 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) 233-6223
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/](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

**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](mailto:coordinator@cirsvp.org)
- **Website:** [http://www.rsvpvolunteer.org/](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.
- **Hours:** Monday-Tuesday-Thursday-Friday 9am-4pm, Wednesday 9am-12pm
- **Address:** 2615 University Blvd., Ames, Iowa 50010
- **Phone:** 866-899-1928
- **Website:** [http://www.mgmc.org/medical-services/older-adult/senior-health-clinics/](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:** Monday-Tuesday-Thursday-Friday 9am-4pm, Wednesday 9am-12pm
- **Address:** 2615 University Blvd., Ames, Iowa 50010
- **Phone:** 866-899-1928
- **Website:** [http://www.ssa.gov](http://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

**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](http://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](http://www.creativejustice.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](http://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/](https://sites.google.com/site/communitythatworksames/)

**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](http://www.CFRHelps.org)

**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
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 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
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/

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 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/

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

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: Youth & Shelter Services - 420 Kellogg Ave., Ames 50010
Phone: (515) 233-3141
Website: http://www.yss.ames.ia.us/en/programs/family_development/

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, provide 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/family_development/

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/

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 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/
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/

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@midowana.net
Website: www.amesshelter.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

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.storycountyiaowa.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](http://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.

**Address:** 210 S. Fifth St., Ames  
**Phone:** (515) 233-1872  
**Email:** theclub@bgcstorycounty.org  
**Website:** [www.bgcstorycounty.org](http://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:** School Year: Monday-Friday, 3:00pm-7:00pm  
**Address:** 125 S. 3rd St., Ames 50010  
**Phone:** (515) 233-2250  
**Website:** [http://www.yss.ames.ia.us/en/programs/counseling_end_therapy/](http://www.yss.ames.ia.us/en/programs/counseling_end_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/](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](http://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](http://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.yss.ames.ia.us](http://www.yss.ames.ia.us)

**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](http://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

## 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](http://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

## 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 or Toll Free: (888) 522-9899
- **Website:** [https://aif-parking.sws.iastate.edu/](http://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](http://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](http://www.rsvpvolunteer.org)

## Cyclone Cab
Taxicab service.
- **Phone:** (515) 233-3324
- **Website:** [www.taxiserviceames.com](http://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](http://www.dav.org/veterans/i-need-a-ride)

## 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

## 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](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 Broadlawns
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

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
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](http://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](http://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](http://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](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

### 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

## 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](http://www.vcstory.org)
- **Email:** volunteer@vcstory.org