

Mental Health / Counseling –Cont.

Mental Health Website—

www.forestcity.k12.ia.us and click on “mental health and well-being”. *(please do not call the Forest City school counselors)*

National Suicide hotline / 1-800-273-8255

North Iowa Crisis Center 641-494-1758.
Biblically based counseling available 24/7

Teen Help Line / 1-800-443-8336

Winnebago/Hancock/Worth county Social Services—641-585-2340

Workforce / Employment

Workforce Development Partnership

Mason City—641-422-1524. Assist with job searches, job training, resumes, education and retraining, language classes and more.

Utility Assistance and Weatherization

North Iowa Community Action

Mason City—641-423-7766 or 800-873-1899 or in Forest City, 641-585-5863. Income guidelines apply. *(FC office open daily on Tuesdays and Wednesdays and only in the a.m. on Thursday)*
Eligible persons may also apply for furnace repair and replacement.

Primary Contact Agencies.

They will be able to connect you with other agencies.

Crisis Intervention

Mason City / 641-424-9133 or 800-479-9071
Forest City / 641-585-1050

Consumer Credit Counseling service

Mason City / 641-421-7619 or 1-866-720-9050
Forest City / 641-585-2092

Department of Human Services

Forest City / 641-585-3271
Mason City / 641-421-1269

Empowerment—Winnebago County Ext.,
Thompson. 641-584-2261 or 1-888-408-6606

Forest City Family YMCA
641-585-5220

Iowa Concern Hotline
1-800-447-1985

Iowa Legal Aid
Mason City—641-423-4651

Neighborhood Food Bank
215 S 4th St. Forest City, 641-585-4756.

NIACC—Pappajohn Center
641-422-4192 www.niacc.edu/pappajohn

North Iowa Community Action
Mason City—641-423-7766 or 800-873-1899
Forest City, 641-585-5863

North Iowa Mental Health Center
Mason City / 1-800-700-4692

United Way of North Central Iowa
Mason City—641-423-1774.
www.unitedwaynci.org

Dial 211 or www.211.org to access the help line for health and human service resources.

Winnebago County ISU Extension Service
641-584-2261 or 1-888-408-6606
Managing Tough Times Web Site
<http://www.extension.iastate.edu/northeastarea/news/managingtoughtimes.htm>

Winnebago County Public Health
641-585-4763 or 800-749-6235.

Workforce Development Partnership
Mason City—641-422-1524
www.iowaworkforce.org/region2

Community Cares Coalition

Sponsored by:

*Area banks, churches,
chamber/development offices,
community organizations,
government agencies, schools
and concerned community members.*

Community Cares Coalition

**Coming TOGETHER with a
PASSION to HELP
our NEIGHBORS
in time of need.**



DIRECTORY of available resources

For more information please contact:

Carol Peterson
Iowa State Extension Service
Thompson, Iowa.
641-584- 2261
or 1-888-408-6606

Financial / Budgeting Assistance

Free Tax Preparation, Budgeting Basics, Power Pay (debt reduction program).

- **Iowa State Extension Service**—Brenda Schmitt at 641-423-0844
- **Iowa Workforce Development**—641-422-1524.
- **North Iowa Community Action** at the Family Resource Center in Mason City—641-423-7766 or 800-873-1899.
- **Iowa Concerns Hotline**—800-447-1985

Credit Counseling, home ownership classes, housing counseling/pre-post purchase, foreclosure prevention, work with credit card companies to lower or eliminate credit card debt.

- **Consumer Credit Counseling**—641-421-7619
- **North Iowa Community Action Community Partners Program**—641-423-7766 /800-873-1899

Food Banks and Food Assistance

Forest City—*Neighborhood Food Bank*, 215 S 4th St. / 641-585-4756 Wayne Johns, director . Open Mon. /1-4 p.m. Income guidelines apply.

Buffalo Center—Contact pastor at area churches to ask for referral to local food pantry.

Lake Mills—*Salem Lutheran Church*—Call 641-592-1771. Orders may be placed and delivered the first two Mondays of each month. *Asbury United Methodist Church*—Food shelf available. Call 641-592-1106

Food Assistance (formerly food stamps) **Department of Human Services**, 641-421-1269 or Forest City/641-5853271. Uses electronic “debit” card. Can fill out application on-line at www.dhs.state.ia.us.

Free / Reduced School lunches—Contact school superintendents to fill out application. Income guidelines apply.

SHARE-Iowa. Volunteer your hours to purchase food/meat at 1/2 cost. 641-566-3864, 641-581-5821, 641-585-2561

WIC food program—*Community Action*, 641-423-5406 or 800-657-5856. Provides supplemental food vouchers and nutrition education for children up to age 5 and pregnant, breastfeeding or postpartum women.

Health /Medical/Dental/ Family Resources

Dental

- **North Iowa Community Action Child Health or I-Smile Program** / 641-423-5406 or 800-873-1899.
- **Winnebago Empowerment Board** administered by Winnebago County ISU Ext. Children 0-5 years. 641-584-2261 or 888-408-6606.
- **Winnebago County Public Health Nurse** /641-585-4763
- **United Way of N Central Iowa**—“Give Kids a Smile” program, in February

Family Resource Referrals-

Child Care Resource and Referral-assist parent with child care, child care provider, employer, or community member; help make informed decisions on child care and early education. Forest City. 641-585-1720.

Health Coverage

COBRA Ins— www.cobrainsurance.com. Temporary Health Insurance

Individual Insurance Carriers

Please check with local insurance carriers as they may be able to offer competitive coverage and rates.

Mercy Family Health Line—1-800-468-0050

North Iowa Community Action—Maternal Health and/or Family Planning Program, 641-423-5406 or 800-873-1899

Winn. County Dept of Human Services—641-585-3271 or 1-800-257-8563 .

- **Hawk-I** / 1-800-257-8563 or www.hawk-i.org. Free or low-cost health care coverage for kids—income guidelines apply.
- **Iowa Care** adult health plan. Medical treatment must be done at University of Iowa Hospital.
- **Medicaid** / 1-800-257-8563. Medical coverage for low income, elderly and disabled.

Winnebago County Public Health Nurse—641-585-4763 or www.winncoph.org. or 800-749-6235. **Free** dental screening, fluoride varnish sealants 6 mo-12 yrs; lead screening for children;

low cost immunization. Adults: \$5 flu shots, limited; Free nicotine patches/freedom from smoking classes; free blood sugar, blood pressure screenings, BMI testing, diabetic/wellness classes. Home: free water testing and \$5 radon tests. Breast & Cervical Program—sign up for reduced or free mammograms and screenings. Income guidelines apply.

Housing

Emergency Funds:

North Iowa Community Action Crisis Assistance funds for rent, rent/utility deposits and disaster relief. 641-423-7766 or 800-873-1899 or Forest City at 641-585-5863.

Rental Assistance:

North Iowa Regional Housing Authority. 217 2nd St SW, Mason City, IA 50401 641-423-0897 1-888-8171841

Mortgage Assistance:

Iowa Foreclosure Hotline: 877-622-4866. For anyone behind or soon to be behind on mortgage payments. FREE, confidential help from trained counselors

Hope for Homeowners: 1-888-995-HOPE. For borrowers having difficulty making payments but may afford new loan insured by HUD’s Federal Housing Administration (FHA) - *contact FHA approved lenders or mortgage companies* to determine eligibility. <http://www.hopenow.com>
Iowa Mortgage Help 1-877-622-4866. Free mortgage counseling. E-mail: iowamortgagehelp@iowa.gov

Mental Health / Counseling

Area Ministerial Associations—

Lake Mills Area Ministerial Association—Pastor Doug Domokos, president. 641-592-7150.

Forest City Area Ministerial Association—Pastor Doug Snyder, president. 641-585-4171

Crisis Intervention Service—641-585-1050. Domestic Abuse and sexual assault—24-hour emergency shelter.

Iowa Concern Hotline and Project Recovery—800-447-1985

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