

HEALTH CARE

Healthy Kids in Iowa (Hawk-I)

Free or low-cost health insurance

800-257-8563 or 515-574-6056

Webster County Public Nursing Service, Fort Dodge

Nursing Care, health counseling & Immunizations

515-573-4107 330 – 1st Avenue N., Fort Dodge

TEEN LINE

Health-related information line (not a crisis or “hot” line)

800-443-8336

Webster County Relief Office, Fort Dodge

515-573-1485 723 – 1st Ave S, Fort Dodge

Trinity Regional Medical Center

515-573-3101 802 Kenyon Rd., Fort Dodge

North Central Home Care

515-573-8147 412 Kenyon Rd., Fort Dodge

Health Partners

515-574-6100 802 Kenyon Rd., Fort Dodge

Prescriptions for Kids (PFK)

Provides funding for prescribed medication to the needy

800-234-2183 or 515-955-8326 or 515-955-8370

American Cancer Society Area Office

515-576-6274

Healthy Families

800-369-2229

Community Health Center

515-576-6500 126 N. 10th St., Fort Dodge

Upper Des Moines

515-576-7774 900 Central Ave., Fort Dodge

Proteus, Inc.

Migrant Health-assistance w/office visits & prescription; will provide referrals to in-house PA or prescription programs

515-573-8225 409 Kenyon Rd., Fort Dodge

MENTAL HEALTH

Berryhill Center for Mental Health

Psychological & psychiatric counseling; consulting services

515-955-7171 or 800-482-8305 (24 hours)

702 Kenyon Rd., Fort Dodge

Psychiatry Lee & Associates

Psychiatric evaluations; mental health services

515-574-6120 Physicians Office Bldg. W Suite A

804 Kenyon Rd., Fort Dodge

MENTAL HEALTH CONTINUED

Webster County Public Health

515-573-4107 330 – 1st Ave. N, Fort Dodge

Community & Family Resources, Fort Dodge

515-576-7261 726 S 17th St, Fort Dodge

FINANCIAL COUNSELING

Upper Des Moines

Personal financial counseling provided

515-576-7774 900 Central Ave., Fort Dodge

Iowa Consumer Credit Counseling

800-955-5765

BETS OFF

Gambling Problems

800-238-7633

FAMILY SERVICES

Headstart Your Inc

573-2882 214 S 13th St, Fort Dodge

Catholic Social Services, Fort Dodge

Family Counseling

515-576-4156 1321 -2nd Ave S, Fort Dodge

Lutheran Family Services, Fort Dodge

Counseling, residential treatment

515-573-3138 230 – 9th Ave N, Fort Dodge

Children & Families of Iowa, Fort Dodge

Individual & family counseling

515-573-2193 111 Avenue O West, Fort Dodge

Youth Shelter Care of North Central Iowa

Crisis intervention for youth, family counseling, school problems

515-955-4222 301 Avenue M West, Fort Dodge

Domestic/Sexual Assault Outreach Center

515-955-2273 or 888-356-2006 (office line) or

515-573-8000 (crisis line)

Parents Anonymous

Crisis intervention for violence prevention

515-955-3229

Department of Human Services

Provides counseling

515-955-6353 330 – 1st Ave N, Fort Dodge

YWCA

Young Moms or Dads Make a Difference

515-573-3931 826 – 1st Ave N, Fort Dodge

FAMILY SERVICES CONTINUED

Child Care Resource & Referral

800-999-5101 or 515-576-4088

900 Central Ave #14, Fort Dodge, IA 50501

Upper Des Moines

Family development & self sufficiency

515-576-7774 900 Central Ave., Fort Dodge

24/7 Dad's

515- 576-7886

North Central Home Care

515-573-8147 412 Kenyon Rd., Fort Dodge

SUBSTANCE ABUSE

Community & Family Resources, Fort Dodge

Outpatient counseling; inpatient treatment, half-way house for rehabilitation & prevention services

515-576-7261 726 S 17th St, Fort Dodge

Trinity Recovery Center

515-574-6502 802 Kenyon Rd, Fort Dodge

SMALL BUSINESS ADVICE

Small Business Administration

Provides guarantees for commercial bank loans for people establishing a small business

515-284-4422 210 Walnut, Rm 749, Des Moines, IA 50309

North Central Iowa Small Business Development Center

Provides free professional business counseling on business planning, financing, human resources, management & many other business topics

515-576-6242 217 S 25th St, Ste C12, Fort Dodge

SCORE (Service Corps of Retired Executives)

Helps provide new business operators with management and business skills

515-955-2622 (leave message)

217 S 25th St, Ste C12, Fort Dodge

CLOTHING

Goodwill Industries

515-955-4688 2735 – 5th Ave S., Fort Dodge

American Red Cross, Brushy Creek Area Chapter

Meets the emergency needs of individuals & families who are victims of disasters

515-576-1911 or 877-576-8448

33 N 16th St, Fort Dodge

WEBSTER COUNTY RESOURCE DIRECTORY

IOWA STATE UNIVERSITY University Extension

Local Help for Tough Times

Compiled by: Webster County Extension
217 South 25th Street, Ste. C12
Fort Dodge, IA 50501
Phone: 515-576-2119
FAX: 515-576-6447
E-mail: xwebster@iastate.edu
<http://www.extension.iastate.edu/webster>

06/09 Revised

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, & marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th & Independence Ave., SW, Washington, DC 20250-9410 or call 202-720-5964.

CRISIS INFORMATION

Iowa Concern Hotline

Stress – Legal Questions – Financial Concerns
24-hour confidential assistance
800-447-1985

Family Crisis Intervention Unit

Immediate crisis intervention for families
24 hours/7days
515-955-2868 111 Avenue O West, Fort Dodge

Upper Des Moines

Assists in finding the help people need
Monday-Friday, 8:00 a.m.-4:30 p.m.
515-576-7774 900 Central Ave., Fort Dodge

Domestic/Sexual Assault Outreach Center Crisis Line

515-573-8000 or 888-356-2006 (Will accept collect calls)

Berryhill Center for Mental Health

Psychological & psychiatric counseling; consulting services
515-955-7171 or 800-482-8305 (24 hours)
702 Kenyon Rd., Fort Dodge

American Red Cross, Brushy Creek Area Chapter

Meets the emergency needs of individuals & families who are victims of disasters
515-576-1911 or 877-576-8448
33 N 16th St, Fort Dodge

Emergency Management Agency

Disaster Relief Coordination
515-573-1403 702 – 1st Ave S, Fort Dodge

FINANCIAL ASSISTANCE

Webster County Commission on Veterans Affairs

Financial aid for veterans and widows
515-576-0428 723 – 1st Ave S, Fort Dodge

Farm Service Agency Farm Loan Program

Government farm lender
712-335-3596 Paul E Berte, Farm Loan Manager
Paul.Berte@ia.usda.gov

FARM-ON

Program to match beginning and retiring farmers
800-447-1985

USDA Rural Development Area Office

Loans/Grants for rural areas
515-332-4411 1301 – 6th Ave N, Ste 1, Humboldt

Proteus, Inc.

Stipend, reimburse for gas, tuition assistance, books & supplies & other support services
515-573-8225
409 Kenyon Rd., Fort Dodge

LEGAL AID

Iowa Concern Hotline

800-447-1985

Legal Services Corp. of Iowa

Legal services in consumer issues, civil rights and education
800-532-1275 1111 – 9th St, Ste 230, Des Moines

Legal Hotline for Older Iowans

800-992-8161

EMPLOYMENT

Iowa Work Force Development Center

Job information & assistance in locating suitable employment
515-576-3131 Three Triton Circle, Fort Dodge

Region 5 Job Training (WIA)

Educational Assistance and Resources
515-576-7459 Three Triton Circle, Fort Dodge

Iowa Vocational Rehabilitation Services

515-573-8175 Two Triton Circle, Fort Dodge

Elderbridge Agency on Aging Older Worker Specialist

Employment program for 55+
515-576-3131 x209
Three Triton Circle, Fort Dodge

Experience Works, Inc.

Senior Employment Program
515-448-3163 Three Triton Circle, Fort Dodge

Proteus, Inc.

Employment/training for farm workers
515-573-8225 409 Kenyon Rd., Fort Dodge

SENIOR CITIZEN INFORMATION

Elderbridge Agency on Aging

Answers questions on health care, insurance, & services available in the area
515-955-5244 108 S 8th St, Fort Dodge

Senior Citizen Center

Recreation, education & congregate meals provided
515-573-3429 617 Central Ave, Fort Dodge

Social Security Office

515-576-5185 or 800-772-1213
E-mail: IA.FO.Fort.Dodge@ssa.gov
2315 – 2nd Ave N, Fort Dodge

FOOD

Webster County Department of Human Services

Food stamp application
515-955-6353 330 – 1st Ave N, Fort Dodge

Food Stamps Hotline

Provides general information & program guidelines
800-532-1215

Webster County Relief Office

515-573-1485 723 – 1st Ave. S., Fort Dodge

Iowa WIC Program (Fort Dodge)

Supplemental food program for women, infants & children
800-510-7756 or 515-574-3802
Webster County Public Health
330 – 1st Ave N, Fort Dodge

Meals-On-Wheels

Deliver one hot meal a day to any Fort Dodge resident for a minimal cost
515-573-8147 420 Kenyon Rd, Fort Dodge

Webster County SHARE

Tuesday-Friday, 8 am – 4 pm; provides a monthly food package for a reduced fee plus community service
515-955-6222
New Covenant Christian Church
3318 – 5th Ave S, Fort Dodge

Webster County Extension Family Nutrition Program

Food budgeting, low-cost meal education for families' w/children 10 and under
515-576-2119 217 S 25th St, Ste C12, Fort Dodge

Lord's Cupboard Food Pantry

515-576-7586
First United Methodist Church
127 N 10th St, Fort Dodge

Upper Des Moines Food Pantry

515-576-7774 900 Central Ave., Fort Dodge

Salvation Army Food Pantry

515-576-1281 or 515-576-1879
126 N 7th St, Fort Dodge

Emanuel Lutheran Church Food Pantry

515-547-2405 208 – 2nd Ave NW, Dayton

United Methodist Church Food Pantry

515-547-2225 107 – 3rd St NW, Dayton

Gowrie Food Pantry

515-352-3449

Proteus, Inc. Food Pantry

515-573-8225 409 Kenyon Rd., Fort Dodge

FOOD CONTINUED

American Red Cross, Brushy Creek Area Chapter

Meets the emergency needs of individuals & families who are victims of disasters
515-576-1911 or 877-576-8448
33 N 16th St, Fort Dodge

HOUSING & SHELTER

Webster County Relief Office, Fort Dodge

Shelter and rent assistance
515-573-1485 723 – 1st Ave. S, Fort Dodge

YWCA – Women's Shelter

515-573-3931 826 – 1st Ave N, Fort Dodge

Salvation Army, Fort Dodge

Emergency lodging
515-576-1281 or 515-576-1879
126 N 7th St, Fort Dodge

Upper Des Moines

Applications for low-income energy assistance program along w/ weatherization & home repair assistance also housing for homeless men
515-576-7774 900 Central Ave., Fort Dodge

Fort Dodge Housing Agency

515-573-7751 700 S 17th St, Fort Dodge

Webster County Habitat for Humanity

515-955-3598 109 N 13th St, Fort Dodge

Mid-Iowa Regional Housing Authority

Rental assistance outside of Fort Dodge
515-955-8344 1605 – 1st Ave N, Fort Dodge

American Red Cross, Brushy Creek Area Chapter

Meets the emergency needs of individuals & families who are victims of disasters
515-576-1911 or 877-576-8448
33 N 16th St, Fort Dodge

Domestic/Sexual Assault Outreach Center Crisis Line

515-573-8000 or 888-356-2006 (Will accept collect calls)