INTERESTED IN LEARNING MORE ABOUT PRAIRIE LAKES CHURCH?

Attend a Service
200 Avenue O
Fort Dodge, IA 50501

Service Time:
Sundays
9:00 AM
10:30 AM

Call or Visit our Office
200 Avenue O
Fort Dodge, IA 50501
515.302.8889

FORT DODGE 2020
RESOURCE BOOKLET
ASSISTANCE PROGRAMS IN WEBSTER COUNTY AREA
Webster County Community Services / Webster County Health Department
723 1st Ave S
Fort Dodge, IA
515.573.7851 / 515.573.4107
Services for persons with disabilities. Provides public health programs, home health services, nursing care, health counseling and immunizations. Call the Health Department with questions Monday - Friday, 8 a.m. - 4:30 p.m. An on-call nurse is also available 24/7 for questions/concerns.

Webster County Habitat for Humanity & Restore
118 N 12th St
Fort Dodge, IA
515.576.4316
Retail store for gently used or repurposed household remodeling items.

WestRidge Townhomes
122 Ave M West
Fort Dodge, IA
515.573.4961
One-, two- and three-bedroom apartments. Check for availability. Income based. Families and college students welcome.

Wings of Refuge
info@wingsofrefugeia.net
Wings of Refuge is a Christ-centered organization that supports survivors of commercial sexual exploitation by focusing on three aspects—Recover, Restore and Rise.

Youth Shelter Care of North Central Iowa, Inc.
301 Ave M West
Fort Dodge, IA
515.955.4222
Emergency shelter for youth ages 10-18
TEAM Restoration Ministries
200 Avenue O
Fort Dodge, IA
515.238.9010
TEAM Restoration Ministries partners with local churches to provide qualified counseling and therapy to clients, regardless of their position on the faith spectrum, to help guide them to the peace and understanding of life God intends.

Town Square Apartments
330 Central Ave
Fort Dodge, IA
515.576.6615
Offers one- and two-bedroom units for persons with disabilities and income below the 50% area median income. Some units reserved for those below the 40% area median income.

Upper Des Moines Opportunity, Inc. (UDMO)
1325 1st Avenue South
Fort Dodge, IA
515.576.7774
Family Development and Self-Sufficiency Program and in-home counseling. Also provides utility assistance. Call to make an appointment. Hours Monday-Friday, 8 a.m.-4 p.m.

Wahkonsa Apartments
927 Central Ave
Fort Dodge, IA
515.576.6755
Income-based, safe and secure housing for seniors ages 62 and over and persons with disabilities.

YWCA Women’s Center for Life Empowerment
826 1st Ave N
Fort Dodge, IA
515.573.3931
Offers a full range of substance abuse services for women or women with children. Residential, with 30 day minimum stay.

This Resource Guide was compiled by the Care Ministry at Prairie Lakes Church as a helpful resource for those seeking assistance for their individual needs. It offers easy access to a listing of agencies, their area of assistance and contact information.

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AREAS OF ASSISTANCE

Adult Services
- Community & Family Resources
- Catholic Social Services
- Domestic/Sexual Assault Outreach Center (D/SAOC)
- Gateway to Discovery
- Obria Medical Clinics
- Wings of Refuge
- YWCA Women’s Center for Life Empowerment

Counseling & Mental Health Services
- Catholic Social Services
- Families First
- Krueger Counseling Center
- Team Restoration Ministries
- Upper Des Moines Opportunity Inc. (UDMO)

Disability Assistance
- Lutheran Services in Iowa
- Lifeworks Community Services
- Webster County Community Services

Elderly Services
- Central Place Apartments
- Deercreek Apartments

Family Services
- Athletics for Education and Success (AFES)
- Catholic Social Services
- Children & Families of Iowa
- Domestic/Sexual Assault Outreach Center (D/SAOC)
- Family Foundations
- Iowa Department of Human Services
- Iowa Women, Infants & Children Program (WIC)
- Lutheran Services Iowa
- Strengthening Families Program: For Parents and Youth 10-14
- Upper Des Moines Opportunity Inc. (UDMO)

Financial
- Iowa Legal Aid
- Upper Des Moines Opportunity, Inc. (UDMO)

PACE-ICCC
One Triton Circle
Fort Dodge, IA
515.576.7201
Works with people who have low skills, income, etc. to develop career/academic plans

QPS Employment Group
1426 Central Avenue A
Fort Dodge, IA
515.955.5575
Employment assistance

Rabiner Treatment Center
1762 Johnson Ave
Fort Dodge, IA
515.576.7388
Rabiner Treatment Center provides a full continuum of services for the youth they serve. Their programming, which includes residential and non-residential care, is geared to meet a wide variety of client needs. Core services include on-campus education; individual, family and group counseling; skill development; vocational training; community volunteerism and community service and restitution.

Salvation Army
126 N 7th St
Fort Dodge, IA
515.576.1281
Offers food and nutritional programs

Strengthening Families Program: For Parents and Youth 10-14
217 S 25th St, Ste C12
Fort Dodge, IA
515.576.2119
A parent, youth and family skills building curriculum proven to delay the onset of adolescent substance use, lower levels of aggression in youth, increase the resistance to peer pressure in youth, reduce youth conduct programs in school and improve parent skills, Fall and winter sessions.
The Lotus Community Project is an emergency shelter for women and children in the Fort Dodge area. The project consists of helping women and families in several capacities.

Lord’s Cupboard
127 N 10th St
Fort Dodge, IA
515.576.7586
Provides emergency assistance and basic household supplies that last one week. Assistance given five times per year. Assistance also available to households that have had a fire or family members of domestic situations with no income eligibility required in these emergency situations.

Lutheran Services in Iowa
704 Central Ave, #200
Fort Dodge, IA
515.955.2199
Provides a variety of services to families, children, youth, families, persons with disabilities and refugees

Mid-Iowa Regional Housing Authority (MIRHA)
602 3rd Ave N
Fort Dodge, IA
515.955.8344
Low-income rental assistance program

Obria Medical Clinics
328 South 8th Street
Fort Dodge, IA
712.830.6392
Obria Medical Clinics provide medical care for reproductive health at no cost. Services include pregnancy testing, ultrasound, STD testing, prenatal care, cervical cancer screening, post-abortion care and referrals for OB care, social services and adoption services.

Food Assistance
- Family Nutrition Program (Iowa State University Extension and Outreach—Webster County)
- Iowa Department of Human Services
- Salvation Army
- Lord’s Cupboard

Health Care Services
- Community Health Center of Fort Dodge
- Informed Choices Medical Clinic

Housing Assistance
- Beacon of Hope Men’s Shelter
- Bridging the Gap
- Fort Dodge Housing Agency
- Iowa Legal Aid
- Lotus (Women and Children’s Shelter)
- Mid Iowa Regional Housing Authority (MIRHA)
- Town Square Apartments
- Wahkonsa Apartments
- Webster County Community Services
- Webster County Habitat for Humanity & Restore
- Westridge Townhomes
- YWCA Women’s Center for Life Empowerment
- Upper Des Moines Opp. (UDMO)

Job Assistance
- Experience Works
- Greater Fort Dodge Growth Alliance
- Iowa Vocational Rehabilitation Services
- PACE ICCC
- QPS Employment Group

Rehabilitation Services
- Community & Family Resources
- Rabiner Treatment Center
- YWCA Women’s Center for Life Empowerment
- Upper Des Moines Opportunity Inc. (UDMO)
Athletics for Education and Success
712 3rd St NW
Fort Dodge, IA
515.955.2969
Athletics for Education and Success strives to help youth and families of Webster County by providing hope and motivation while teaching youth to be leaders on and off the field. AFES offers after-school programs, sports teams, mentoring groups, drumline groups, education and cultural opportunities and more.

Beacon of Hope Men’s Shelter
1021 1st Ave N
Fort Dodge, IA
515.955.3366
A Christ-centered faith-based ministry working cooperatively with the community to eliminate homelessness.

Bridging the Gap
24 N 9th St Ste B
Fort Dodge, IA
515.573.3176
joe@fd-foundation.org
Provides household items, furniture, beds, etc. to low-income families. Delivery provided; referral necessary.

Catholic Charities
3 North 17th Street
Fort Dodge, IA
515.576.4156
Offers marriage counseling, sexual and physical abuse therapy, play therapy, family therapy, child/parent therapy, mediation, premarital counseling, pregnancy counseling and adoption. Catholic Charities works with people from all faiths.

Iowa Women, Infants & Children Program (WIC)
723 1st Ave S
Fort Dodge, IA
515.574.3802
A supplemental nutrition program for babies, children under the age of five, pregnant women, breastfeeding women and women who have had a baby in the last six months. WIC helps families by providing healthy foods, nutrition education and referrals to other health care agencies. This service is provided through Webster County Health Department.

Iowa Workforce Development—IowaWORKS Center
Three Triton Circle
Fort Dodge, IA
515.576.3131
Job information and assistance in finding employment

Krueger Counseling Center
301 Ave M West
Fort Dodge, IA
515.955.4834
Outpatient mental health center providing individual, family, conjoint and group counseling, as well as in-home counseling and CRISIS Interventions. Krueger Counseling Center is a subsidiary of Youth Shelter Care of North Central Iowa (YSC). Accepts insurance from Medicaid, Blue Cross, Cigna and Health Partners.

Lifeworks Community Services
1303 A St West
Fort Dodge, IA
515.576.2126
Vocational, residential and community support services for persons with mental illness, intellectual or other disabilities.
**Icky’s Youth Center**  
125 North 27th Street  
Fort Dodge, IA  
515.955.2260  
A youth drop-in center serving students 5th through 12th grades. Icky’s provides community youth with a safe, supervised and enjoyable place to gather where they can build positive relationships and engage in character enhancing activities.

**Iowa Department of Human Services**  
330 1st Avenue N  
Fort Dodge, IA  
515.955.6353  
Provides a variety of health, food and counseling services.

**Iowa Legal Aid**  
308 Central Ave  
Fort Dodge, IA  
800.532.1275  
Legal assistance in landlord/tenant, section 8, foreclosure and real estate contract issues. Available the first Thursday of each month.

**Iowa Vocational Rehabilitation Services**  
Two Triton Circle  
Fort Dodge, IA  
515.573.8175  
Individual career counseling, academic and vocational training, job placement, assistive technology. To be eligible, one must have a condition that causes barriers in employment.

**Central Place Apartments**  
629 Central Ave  
Fort Dodge, IA  
515.573.2120  
Senior apartments for ages 55 and over. Income guidelines apply, and HUD vouchers accepted. Apartments are secure with an elevator and were completely renovated in 2004. Located next to the senior citizens center.

**Children & Families of Iowa (CFI)**  
111 Ave O W  
Fort Dodge, IA  
515.573.2193  
Provides individual and family counseling services, behavioral health intervention services, child psychiatric services, crisis childcare, crisis intervention, youth employment program, 24/7 Dads, domestic and international adoption services, pediatric integrated health homes case management, Girls Circle and Boys Council adolescent groups and Community Partnerships for the Protection of Children coordination.

**Community & Family Resources**  
211 Avenue M West  
Fort Dodge, IA  
515.576.7261  
Community and Family Resources is dedicated to proactively assisting individuals, families and communities to achieve healthy behavior and lifestyles through advocacy, prevention and treatment of substance abuse, problem gambling and mental illness.

**Community Health Center of Fort Dodge**  
126 N 10th Street  
Fort Dodge, IA  
Medical Clinic: 515.576.6500  
Dental Clinic: 515.571.8667  
Provides comprehensive primary health care to medically underserved populations regardless of ability to pay. Offering programs and services in the areas of men’s, women’s and children’s health, dental and other medical services.
Deercreek Apartments
700 S 17th St
Fort Dodge, IA
515.573.7751
Apartments for elderly residents

Domestic/Sexual Assault Outreach Center
216 South 8th Street
Fort Dodge, IA
Toll Free Hotline: 888.356.2006
Office Line: 515.955.2273
Domestic/Sexual Assault Outreach Center offers a variety of free and confidential services including residential, counseling, medical advocacy, transportation, food and clothing, information, education and referrals, safety planning, crisis intervention, court advocacy, laundry, case management and personal hygiene supplies.

Experience Works
Three Triton Circle
Fort Dodge, IA
515.576.3131 x224
A senior citizen employment program

Families First
5 N. 27th St
Fort Dodge, IA
888.316.3025
The trained and compassionate counselors at Families First have the experience to work with children to help explore feelings, put words to the feelings and then work through the problem in a more positive way.

Family Foundations
(Webster County Health Department)
723 1st Ave S
Fort Dodge, IA
515.573.4107
Provides public health programs and home health services. Offers guidance to parents of small children on appropriate care, nutrition and milestones. Suggests resources available to needy families.

Family Nutrition Program (Iowa State University Extension and Outreach—Webster County)
217 25th St Ste C12
Fort Dodge, IA
515.576.2119
Food budgeting and low-cost meal education for families with children ages 10 and under.

Fort Dodge Housing Agency
700 S 17th St #E100
Fort Dodge, IA
515.573.7751
Low-income rental assistance program (section 8, HUD housing).

Gateway to Discovery
515.570.5634
gatewaytdhouse@gmail.com
Offering a faith-based residential recovery program designed to help women in their rise from the depths of chemical addition and related struggles, women receive housing, food, case management, therapy and substance treatment.

Greater Fort Dodge Growth Alliance
24 N 9th St Suite A
Fort Dodge, IA
515.955.5500
Resources include career opportunities, job training, economic development, business opportunities and more.