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.

AREAS OF ASSISTANCE

Adult Services
- Poweshiek County Mental Health Center
- Substance Abuse Treatment of Central Iowa

Counseling & Mental Health Services
For counseling resources to meet your specific concerns, please contact care@prairielakeschurch.org.

Family Services
- Family Development and Self-Sufficiency
- Mid-Iowa Community Action Food Pantry
- Strong Parents, Strong Children
- Low-Income Home Energy Assistance Program
- Women, Infants and Children (WIC) Supplemental Program

Financial
- Low-Income Home Energy Assistance Program

Food Assistance
- Mid-Iowa Community Action Food Pantry
- Poweshiek County General Assistance

Health Care Services
- Poweshiek County General Assistance
- Mid-Iowa Community Action

Housing Assistance
- Mid-Iowa Community Action

Job Assistance
- Mid-Iowa Community Action
Family Development and Self-Sufficiency
Mid-Iowa Community Action
1001 S 18th Ave
Marshalltown, IA
641.752.7162
The program provides regular one-on-one in-home support to families receiving FIP (welfare) assistance helping them increase their stability and ability to become economically self-sufficient.

Low-Income Home Energy Assistance Program
Mid-Iowa Community Action
1001 S 18th Ave
Marshalltown, IA
641.752.7162
Low-Income Home Energy Assistance Program helps families and individuals pay their heating bills through energy assistance grants. The program is set up to provide low-income families with opportunities to prioritize their spending over the winter months.

Mid-Iowa Community Action
611 4th Ave
Grinnell, IA
641.236.3923
Mid-Iowa Community Action (MICA) is guided by five core values: family, helping others, partnership, achieving results and innovation. MICA, in collaboration with community partners, leads efforts to strengthen families and communities through family development, health programs and housing assistance.

Mid-Iowa Community Action Food Pantry
1001 S 18th Ave
Marshalltown, IA
641.236.3923
MICA provides as many nutritional options as possible and works with community members, churches and other organizations to help families put food on the table.

Poweshiek County General Assistance
120 West St
Grinnell, IA
641.236.9199
Poweshiek County General Assistance provides emergency assistance to residents to meet basic needs such as food, shelter, medical assistance and utilities. Services are not intended to provide on-going, long-term assistance.

Poweshiek County Mental Health Center
200 4th Ave W
Grinnell, IA
641.236.6137
The Poweshiek County Mental Health Center is a non-profit organization that provides mental health services with compassion and professional competence to enhance the quality of life and overall well-being of their residents, students and communities.
The Strong Parents, Strong Children (SPSC) program is designed to deliver a variety of support services in economic stability, healthy relationships and responsible parenting.

Substance Abuse Treatment of Central Iowa is committed to providing services to people with substance-related disorders that are consistent with best practices, appreciative of client self-determination and place an emphasis on simultaneous treatment of the co-occurrence of mental health, gambling and physical health conditions either through agency provision or coordination with other providers.

The WIC Program strives to improve nutritional status of low-income pregnant women and children less than five years old. The program provides nutritional education and vouchers for milk, cheese, peanut butter, eggs, cereal, beans, juice and infant formula. The program also assists mothers who are breastfeeding by providing manual breast pumps and loaning electric pumps.