



CEDAR FALLS

RESOURCE BOOKLET

ASSISTANCE PROGRAMS IN BLACK HAWK COUNTY AREA

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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LAST UPDATED : 09/2022

AREAS OF ASSISTANCE

Cash Assistance

- Black Hawk Community Services
- Black Hawk County Department of Human Services
- Eastside Ministerial Alliance
- Jesse Cosby Center
- St. Vincent de Paul, Inc.
- Veterans Affairs

Clothing Assistance

- American Red Cross Hawkeye Chapter
- Black Hawk Community Services
- Eye of the Needle
- Cedar Valley Hospitality House
- House of Hope
- Love INC
- Salvation Army
- St. Vincent de Paul, Inc.

Counseling & Mental Health Services

For counseling resources to meet your specific concerns, please contact care@prairielakeschurch.org

- Black Hawk-Grundy Mental Health Center
- Bremwood Residential Treatment Center
- Catholic Charities
- Lutheran Services in Iowa
- Operation Threshold
- Resources for Human Development
- Riverview Center
- Waypoint

Crisis Assistance

- Black Hawk Community Services
- Cedar Valley Community Support Systems
- Cedar Valley Friends of the Family
- Cedar Valley United Way
- Eastside Ministerial Alliance Inc. (EMA)
- Jesse Cosby Center
- Love INC
- Lutheran Services in Iowa
- Operation Threshold
- Salvation Army

- St. Vincent dePaul, Inc.

Disability Assistance

- ARC of Black Hawk County
- Cedar Valley Community Support Systems
- Exceptional Persons Inc. (EPI)
- Iowa Vocational Rehabilitation Services
- Lutheran Services in Iowa
- Newel Post Adult Day and Respite Care
- North Star Community Services, Inc.
- Northeast Area Agency on Aging
- Waterloo Housing Authority

Disaster Relief

- American Red Cross Hawkeye Chapter
- Catholic Charities
- Iowa Workforce Development
- Operation Threshold
- Salvation Army

Domestic Violence

- Amani Community Service
- Cedar Valley Friends of the Family
- House of Hope

Education Services

- UNI Educational Opportunity Center

Elderly Services

- Dementia Friendly Iowa
- Jesse Cosby Center
- LifeLong Links
- Northeast Iowa Area Agency on Aging
- Volunteer Center of Cedar Valley

Family Services

- Alternatives Pregnancy Center
- American Red Cross Hawkeye Chapter
- ARC of Black Hawk County
- Black Hawk County Department of Human Services
- Bremwood Residential Treatment Center

- Exceptional Persons, Inc.
- Family Children's Council
- Life Connections
- Love INC
- Lutheran Services in Iowa
- MercyOne Horizons Family-Centered Recovery Program
- Operation Threshold
- Salvation Army
- Tri County Child & Family Development Council, Inc.
- Waypoint

Financial

- Cedar Valley Community Support Systems
- Consumer Credit Counseling Service of Northeast Iowa
- Family Management Financial Solutions

Food Assistance

- American Red Cross Hawkeye Chapter
- Black Hawk Community Services
- Catholic Charities
- Cedar Valley Hospitality House
- Jesse Cosby Center
- Northeast Iowa Food Bank
- Operation Threshold
- St. Francis of Assisi Catholic Worker House
- Salvation Army
- Veterans Affairs
- WIC (Women's, Infants and Children's Supplemental Food Program)

Grief

- Cancer in Iowa
- Cedar Valley Hospice
- Compassionate Friends
- Mothers With Grieving Hearts

Health Care Service

- Allen Community Engagement Salvation Army Partnership
- Allen Women's Health
- Alternatives Pregnancy Center
- ARC of Black Hawk County

- Black Hawk-Grundy Mental Health Center
- Cancer in Iowa
- Cedar Valley Hospice
- Eastside Ministerial Alliance Inc. (EMA)
- iHope
- Lutheran Services in Iowa
- MercyOne Northeast Iowa Women's Health Care
- Patient Engagement
- Peoples Community Health Clinic
- Veterans Affairs

Housing Assistance

- Black Hawk Community Services
- Catholic Charities
- Cedar Falls Housing Assistance
- Cedar Square Apartments
- Community Housing Initiative
- Hospitality House
- House of Hope
- Iowa Heartland Habitat for Humanity
- Jesse Cosby Center
- Low Income Apartments-Cedar Falls (see back of booklet)
- Low Income Apartments-Waterloo (see back of booklet)
- Operation Threshold
- Peoples Community Health Clinic
- Salvation Army
- St. Vincent de Paul, Inc.
- Waterloo Housing Authority
- Waterloo HUD subsidized apartments

Job Assistance

- Black Hawk County Department of Human Services
- Iowa Vocational Rehabilitation Services
- Iowa WORKS Center

Legal Assistance

- Iowa Legal Aid

Rehabilitation Services

- Alcoholics Anonymous
- Bremwood Residential Treatment Center
- MercyOne Waterloo Horizons

AGENCY SUMMARIES

Alcoholics Anonymous

Various locations throughout the Cedar Valley can be found at aa-iowa.org

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Allen Community Engagement Salvation Army Partnership (ACE-SAP Clinic)

207 Logan Ave.

Waterloo, IA 50701

319.235.9358

freeclinicsofiowa.org/clinics/info/allen-community-engagement-salvation-army-partnership-ace-sap-clinic

Services include illness and minor injury care, well child exams, adult immunizations, physicals, TB testing, chronic disease management, diabetes/blood glucose testing, high blood pressure testing, cholesterol testing. Social workers are on site and language translation is available in Spanish and Bosnian.

Hours: 9 am-5 pm on Thursdays, 1-5 pm on alternating Wednesdays. No appointment necessary.

Allen Women's Health

233 Vold Dr.

Waterloo, IA 50703

319.235.5090

allenwomenshealth.org

Provides a variety of women's health services including pregnancy testing, the latest birth control methods (including reversible long-term methods), emergency contraception, STD testing and treatment and management of minor GYN ailments. Most of these services are offered at low or no cost to the uninsured patient.

Alternatives Pregnancy Center

1006 Decathalon Drive

Waterloo, IA 50701

319.535.2720

info@alternativescenter.org

alternativescenter.org

The Caring Connection program offers mentoring and material support for women who are pregnant or have an infant less than 12 months of age, pregnancy testing, support for parenting, adoption, abstinence education, information on STD health risks and post-abortion support.

Amani Community Service

2215 Falls Avenue—Suite 1

Waterloo, Iowa 50701

319.232.5660

Amani Community Services is a culturally-specific domestic violence and sexual assault agency serving African Americans in Black Hawk and Linn counties.

American Red Cross Hawkeye Chapter

2530 University Ave. Suite 4

Waterloo, IA 50701

319.234.6831/866.GETINFO

hawkeyechapter.org

Provides disaster relief, offering families and individuals emergency social services, warm meals, a place to sleep and clothing.

ARC of Black Hawk County

760 Ansborough Ave.

Waterloo, IA 50701

319.232.0437

Support services for individuals and children with disabilities and their families.

Black Hawk Community Services

1407 Independence Ave.

Waterloo, IA 50703

319.292.2261

Crisis assistance for those who need help with rent, food, clothing,

utilities and burial assistance. The assistance program is designed to provide short-term emergency assistance to meet basic needs, not to provide on-going, long-term aid.

Black Hawk County Department of Human Services

1407 Independence Ave.

Waterloo, IA 50703

319.291.2441

dhs.state.ia.us/consumers/find_help/county_/Blackhawk.html

This agency offers assistance to individuals and families through various programs. Check online or call for information regarding individual services and funding to fit specific needs.

Black Hawk-Grundy Mental Health Center

3251 W 9th St.

Waterloo, IA 50702

319.234.2893/800.583.1526

unitypoint.org/waterloo/mental-health.aspx

Black Hawk-Grundy Mental Health Center provides a variety of outpatient, emergency, consultation and outreach services for a wide range of ages.

Bremwood Residential Treatment Center

106 16th St. SW

Waverly, IA 50647

319.352.2630

siowa.org/index.php/services/children-youth-family/residential-treatment/bremwood/

Psychiatric treatment to help children and teens overcome emotional and behavioral disorders. Bremwood offers a range of specialized programs and rehabilitative treatment.

Cancer in Iowa

canceriowa.org

Website gives up-to-date information on support groups, hospitals, hospice care and financial assistance.

Catholic Charities

1425 Kimball Ave.
Waterloo, IA 50702
319.272.2080

catholiccharitiesdubuque.org

Food assistance, temporary housing and various community based services are offered to individuals, regardless of their religious, social or economic background. Catholic Charities offers options for affordable housing, counseling services, disaster services, outreach programs and post-adoption search.

Cedar Falls Housing Assistance

City of Cedar Falls
220 Clay St.
Cedar Falls, IA 50613

319.273.8669

Section 8 housing Assisted Housing Program—apply for Section 8 low income housing.

Cedar Valley Community Support Systems

3121 Brockway Rd.
Waterloo, IA 50701
319.233.1288

cvcss.com

Helping those with disabilities live normal fulfilling lives by providing living skills education, support services, self-care education, transportation, 24-hour emergency assistance, service coordination and evaluation, medical management and financial management.

Cedar Valley Friends of the Family

100 East Bremer Avenue
Waverly, IA
319.352.0037

Provides safe shelter, confidential services and housing assistance to individuals in crisis due to homelessness, domestic violence, sexual assault and human trafficking.

Cedar Valley Hospice

900 Tower Park Dr.
Waterloo, IA
319.272.2002/800.626-2360
cvhospice.org

Provides home care services to those with a life-threatening illness, hospice services to those with a six month or less prognosis, grief support services and case management services for those living with HIV or AIDS and their families.

Cedar Valley Hospitality House

1003 Mulberry St.
Waterloo, IA 50703
319.234.1311

Cvhospitalityhouse.net
cvhospitalityhouse@hotmail.com

Provides daytime shelter, coffee, showers, clean clothes, computer access and local telephone access to the homeless and those in need. Light meals provided on the weekends. education, transportation, 24-hour emergency assistance, service coordination and evaluation, medical management and financial management.

Cedar Valley United Way

425 Cedar St. Suite 300
Waterloo, IA 50701
319.235.6211

cedarvalleyunitedway.org

They sponsor *211, a referral service to help people know where to go for help in Black Hawk and surrounding counties.

Community Housing Initiatives, Inc. (CHI)

9154 West 4th St.
Waterloo, IA 50703
319.235.3000

chihousing.com

Transitional and permanent affordable housing opportunities. Various programs meet a wide array of needs through this Iowa-based organization.

Compassionate Friends

1300 4th Ave. SW
Waverly, IA 50677
Redeemer Lutheran Church
2001 W Bremer Ave.
Waverly, IA
319.269.5385
compassionatefriends.org

Assists families toward positive resolution of grief following the death of a child. Provides emotional information, understanding and hope to bereaved families. Meetings are the first Thursday of each month at 6:30 pm

Consumer Credit Counseling Service of Northeast Iowa

1003 West 4th St.
Waterloo, IA 50702
319.234.0661

Provides free counseling on more effective money management. HUD-certified counselors assist with financial counseling, debt management, credit report reviews, housing counseling.

Dementia Friendly Iowa

319.239.2902
dementiafriendlyiowa.org

Promotes change and education in Iowa communities to create a more informed, safe, and respectful place for people living with dementia and their caregivers.

Eastside Ministerial Alliance, Inc. (EMA)

205 Adams St. Suite 1
Waterloo, IA 50703
319.235.5580
emacenter.qwestoffice.net

Assists low-income individuals and families with resources and agencies that can best serve their most urgent needs of rent, medicine and utilities. Help through Volunteer Income Tax Assistance (V.I.T.A.) program gives assistance with tax preparation services.

Exceptional Persons, Inc. (EPI)

760 Ansborough Ave.

Waterloo, IA 50701

319.232.6671

episervice.org

Services to individuals with disabilities and families with childcare needs. Programs include child and adult food care, Early ACCESS, children respite care, community living adults and employment services for adults with disabilities.

Eye of the Needle, Inc.

2205-2209 Falls Avenue—Suite 402

Waterloo, IA 50701

319.215.6151

eyeoftheneedleia.com

Distributes clothing, household items, blankets, school and work uniforms, furniture, diapers, car seats, school supplies, hygiene products, coats and laundry machines.

Hours: Monday, Wednesday, Thursday and Friday from 9 am-4 pm and Tuesdays 1:30 - 4 pm

Family Management Financial Solutions

359 Rock Island Ave.

Waterloo, IA 50701

319.234.6695 - credit counseling

877.622.4866 - housing counseling

info@familyfinance.org

Individual credit counseling. Hours: Monday—Thursday 8:30 am-12 pm, 1-4:30 pm; Friday 8:30 am-12pm

Family & Children's Council (FCC)

316 West 5th Street—Suite A

Waterloo, IA 50701

319.234.7600

Programs include Community Education, Community Meal, variety of parenting classes and Women's Empowerment.

Hours: Monday—Friday 8 am-4:00 pm

House of Hope

845 West 4th Street
Waterloo, IA 50702
319.232.3823

houseofhopeccd.org

A two-year transitional housing program for homeless, single mothers and their children.

iHope Ministries

722 South Hackett Rd.
Waterloo, IA (Behind U-Haul on University Ave.)
319.215.4062

ihopemissionsbase.com/free-medical-clinic

Medical services provided to the poor, uninsured and underinsured without cost or obligation.

Hours: Tuesdays 6-8 pm (general medical care), 1st and 2nd Wednesday 6-8 pm (chiropractor) and 2nd Tuesday 6-8 pm (podiatry).

Iowa Heartland Habitat for Humanity

803 W 5th St.
Waterloo, IA
319.235.9946

webuildhabitat.org/contact

A nonprofit, Christian housing organization that builds simple, decent, affordable housing in partnership with people in need.

Iowa Legal Aid

607 Sycamore St. Suite 304
Waterloo, IA 50703
319.235.7008/800.532.1503

iowalegalaid.org

Provides legal aid to low-income persons in the state. Attorneys assist clients after an intake for financial eligibility.

Hours: Monday—Saturday 8:30-4:30 pm

Iowa Vocational Rehabilitation Services

3420 University Ave. Suite D
Waterloo, IA 50701
319.234.0319
ivrs.iowa.gov/index.html

Assist with job placement for individuals who are disabled and/or can't find a job or maintain employment.
Hours: Monday—Friday 8:00 am-4:00 pm

Iowa WORKS Center

3420 University Ave.
Waterloo, IA 50704
319.235.2123
lowaworkforcedevelopment.gov/waterloo
waterloollowaWORKS@iwd.iowa.gov

Provides a variety of services to meet the workforce and workplace needs of job seekers, dislocated workers and unemployed persons. They also provide job counseling, training and placement. Assistance to special need individuals. Website application available.

Jesse Cosby Center

1112 Mobile St.
Waterloo, IA 50703
319.234.1793
jessecosby.org
info@jessecosby.org

Assists with utility, rent or transportation expenses for qualifying individuals. Their food pantry and voucher program offer food assistance. Empowerment programs and senior support are also available.

Hours: Monday—Friday 8:30 am-3:00 pm

LifeLong Links: Iowa's Aging and Disability Resource Center

866.468.7887
Lifelonglinks.org

Assists older individuals, persons with disabilities, veterans and caregivers by providing resources and information needed to help plan for long-term independent living. Call toll free.

Hours: Monday—Friday 8:00 am-4:30 pm

Love INC

2603 Rainbow Drive
Cedar Falls, IA 50613
319.266.1264

Provides furniture, appliances, bedding, clothing and many other needs. Also provides mentoring, goal setting, skill training and spiritual and emotional support.

Hours: Monday—Friday 9:00 am-12:00 pm

Lutheran Services in Iowa (LSI)

304 South Street
Waterloo, IA 50701
319.233.3579
lsiowa.org

Adoption and foster care services, crisis care and family support, parenting education, counseling, disabilities services and respite care.

MercyOne Waterloo Horizons

3421 West 9th Street—Suite A
Waterloo, IA 50701
319.272.8560

Recovery program for drug, alcohol and substance abusers and their families. Program also addresses the physical, emotional and spiritual toll taken by drug, alcohol and substance abuse.

MercyOne Northeast Iowa Women's Health Care

3421 West 9th Street— Suite G4500
Waterloo, IA 50702
319.272.8200

The clinic offers a variety of services including pregnancy and post-delivery care, gynecological services, exams and more.

Mothers With Grieving Hearts

Facebook Group: Mother's With Grieving Hearts

Support group for mothers who have lost a child whether it has been months or years. Faith-based and free to attend—all mothers who have lost a child are welcome to attend. Meets at Orchard Hill Church in Cedar Falls. First and third Monday of each month from 5-6:30 pm Enter through Door F (Room 141)

Newel Post Adult Day and Respite Care

1108 Tiffany Pl.

Waterloo, IA 50701

319.234.1391

northstarcs.org

Adult day services available to help older adults and those with disabilities maintain independence and avoid nursing home placement. Services are provided during the day and provide a structured meaningful environment for seniors.

Northeast Iowa Food Bank

1605 Lafayette St.

Waterloo, IA 50703

319.235.0507

neifb.org

Provides nutritious food and grocery products to non-profit organizations and individuals in need in Iowa.

Hours: Main Office Monday—Thursday 7:30 am-4:30 pm

Friday 7:30 am-2:00 pm

Northeast Iowa Area Agency on Aging

3840 West 9th Street

Waterloo, IA 50702

800.779.8707

nei3a.org

Provides programs and services to empower older people to remain independent in their homes. For persons aged 60+ and their spouse or caregiver. Connects older adults, caregivers and persons with disabilities to the services they need to remain independent.

North Star Community Services, Inc.

3420 University Ave. Suite C

Waterloo, IA 50701

319.236.0901/1.888.879.1365

northstars.org

A rehabilitative services organization serving adults with disabilities. They provide a variety of services and support including adult day and respite care, employment services and supported community living.

Operation Threshold

1535 Lafayette St.

PO Box 4120

Waterloo, IA 50704

319.291.2065

operationthreshold.org

Programs include housing, crisis counseling, low-income energy assistance, family development, affordable housing, weatherization and the WIC program.

Hours: Monday—Thursday 8:00 am-5:30 pm

Friday 8:00 am-12:00 pm

Patient Engagement

MercyOne

319.272.2600.

Free answers to your healthcare questions from a registered nurse.

Pathways Behavioral Services

3362 University Ave.

Waterloo, IA 50701

319.235.6571

pathwaysb.org

Programs offer substance abuse and mental health prevention and treatment services to individuals in Black Hawk and five surrounding counties.

People's Community Health Clinic

905 Franklin St.

Waterloo, IA 50703

319.874.3000

Provides affordable health and dental care using a sliding fee scale.

Urgent Care Clinic

319.272.4100

Walk-in Clinic Sliding fee—minimum \$20

Resources for Human Development

2530 University Ave. Ste. 1

Waterloo, IA 50701

319.229.5030

rhd.org/program/rhd-iowa-act-waterloo/

Provide services for behavioral health and addiction recovery.

Riverview Center

100 East Park Ste. 250

Waterloo, IA 50703

Provides compassionate care for those affected by sexual assault.

Crisis Line: 888.557.0310

Non-emergency: 319.939.9599

Salvation Army

89 Franklin Street

Waterloo, IA 50703

319.235.9358

salvationarmyusa.org

Provides emergency financial assistance, food assistance, women and children's shelter, men's shelter, youth programming, seasonal assistance and emergency disaster services.

St. Francis of Assisi Catholic Worker House

321 East 8th St.

Waterloo, IA 50703

319.232.2116

catholicworker.org

Check-in 4-8:30 pm Meals served weekday evenings.

St. Vincent dePaul, Inc.

320 Broadway St.
Waterloo, IA 50703
319.232.3366

Crisis assistance available for rent, utilities, clothing and household items.

Tri-County Child & Family Development Council, Inc.

531 Commercial Street
Waterloo, IA 50703
Phone: 319.235.0383
tricountychildandfamily.org

Head Start is a national program that promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services to enrolled children and families.

Hours: Monday—Friday 8:00 am-4:30 pm

UNI Educational Opportunity Center

Center For Urban Education
800 Sycamore St.
Waterloo, IA 50703
319.273.4774

UNI—CUE's programs include: Classic Upward Bound (CUB), Educational Talent Search (ETS) and Educational Opportunity Center (EOC). Programs provide outreach and student services for individuals from disadvantaged backgrounds.

Classic Upward Bound
319.272.4475
uni.edu/eop/cub

Educational Talent Search
319.273.4773
uni.edu/eop/ets

Educational Opportunity Center
319.273.4474
uni.edu/eop/eoc

Veterans Affairs

1407 Independence Ave. Ste. 1

Waterloo, IA 50703

319.291.2512

veteransaffairs@co.black-hawk.ia.us

Offers monetary assistance with emergency needs such as food, shelter, utilities, dental, eye glasses, medication, burial, transportation. An application needs to be completed.

Volunteer Center of Cedar Valley (VCCV)

350 Westfield Ave. Ste. 201

Waterloo, IA 50701

319.883.3015

The program is a point of coordination for volunteers 55+ and nonprofit organizations in need of volunteers. RSVP projects are local and nationwide.

Waterloo Housing Authority

620 Mulberry St. Suite 102

Waterloo, IA 50703

319.233.0201

Call for appointment. Apply for Section 8, low-income and handicap housing. Offers quarterly Home Buyer Education classes.

Waypoint

Domestic Violence Victim Services Program

24 hour crisis help line:

319.363.2093/800.208.0388

waypointservices.org

Emotional support, counseling, medical advocacy, support for parenting (domestic violence) and tips for supporting family and friends.

Women, Infants and Children (WIC)

Supplemental Food Program

Operation Threshold

1535 Lafayette St.

Waterloo, IA 50703

319.233.1851

ldph.iowa.gov/wic

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 provides manual breast pumps and loans electric breast pumps.

Women's Resources

- Allen Women's Health
- Alternatives Pregnancy Center
- Amani Community Service
- Covenant Prenatal and Women's Clinic
- House of Hope
- MercyOne Northeast Iowa
- Salvation Army
- Waypoint

Low Income Apartments Waterloo

Camelot Apartments

1650 Camelot Ave.

Waterloo, IA 50702

319.233.7771

Cedar River Tower

106 East 3rd St.

Waterloo, IA 50703

319.234.0652

Crossroads Square

1820 East Ridgeway Ave.

Waterloo, IA 50702

319.233.1616

Greenridge Family Apartments

1641 Camelot Dr.

Waterloo, IA 50702

319.223.7771

Heritage Apartments
1306 W Donald St. Suite 400
Waterloo, IA
319.234.4004

Liberty Manor
1119 Kent Circle
Waterloo, IA 50701
319.235.5346

Mt. Carmel Elderly/Handicapped Assoc.
1640 Mt. Carmel Dr.
Waterloo, IA 50703
319.236.1074

Mt. Village Apartments
540 West Louise St.
Waterloo, IA 50703
319.236.1074

Park Towers Apartments
500 Sycamore St.
Waterloo, IA
319.235.7754

Renaissance Park Apartments
610 East 4th St.
Waterloo, IA
319.234.1411

Ridge Village West
1261 Downing Court
Waterloo, IA 50701
319.233,3585

Low Income Apartments Cedar Falls

Cedar Square Apartments

1813 W 8th St.
Cedar Falls, IA 50613
319.277.1441
Low-income housing (2-3 bedroom apartments and duplexes)

College Square Manor
3112 Boulder Dr.
Cedar Falls, IA 50613
319.277.3138

Horizon Towers
2724 Bicentennial Dr.
Cedar Falls, IA 50613
319.268.1094

INTERESTED IN LEARNING MORE ABOUT PRAIRIE LAKES CHURCH?

Attend a Service

Cedar Falls Campus:
1907 Viking Road
Cedar Falls, IA 50613

Service Times:

Sundays @ 9 & 10:30 am

Call or Visit our Office

Cedar Falls Campus:
1907 Viking road
Cedar Falls, IA 50613
319.266.2655



prairie lakes
CHURCH

prairielakeschurch.org