

COMMUNITY RESOURCES				
Name of Organization/Program	Service Area	Services Available	Established Contacts	Info Links
AA and Alanon	Nationwide	Meetings, guidance and support to stop drinking, and support for family members	Mason City office 207 8th Place SE 641-423-6266	<a href="http://aa.org">aa.org</a>
AARP	Nationwide	Employment services for 55+, support services	Hours: AARP Iowa staff are available from 9:00 a.m.-5:00 p.m., Monday-Friday. Location: 600 East Court Ave., Suite 100, Des Moines, Iowa 50309   Local Map Call 1-866-554-5378 Email: ia@aarp.org	<a href="https://www.aarp.org/aarp-foundation/our-work/income/scsep/">https://www.aarp.org/aarp-foundation/our-work/income/scsep/</a>
AIDS hotline	Statewide	Information, referrals	CDC Info Network 800-232-4636, HIV/AIDS Info Network 800-448-0440	<a href="https://ryanwhite.hrsa.gov/hiv-care/hotlines">https://ryanwhite.hrsa.gov/hiv-care/hotlines</a>
Allison Food Pantry	Allison	Food items	Allison City Hall 410 N Main St, Allison, IA 50602 319-231-1188	
Anchor Family Health Center	Mason City	Faith based health and counseling center	641-424-0000, 2800 4th St SW Suite 8, Mason City	<a href="http://www.anchorfamilyhealth.com/">http://www.anchorfamilyhealth.com/</a>
Avalon Center (Adoption & Mental Health)	North Iowa, offices in Mason City, Charles City	Adoption services, mental health services, supervised visitation, mentoring	9 2nd St NW Mason City 641-422-0070, 1202 S. Main St. Charles City 641-715-1183	<a href="https://www.avaloncenter.us/">https://www.avaloncenter.us/</a>
Baby Pantry	Mason City	baby supplies, clothing	302 5th St SE St. Joseph's Church 641-424-5001 or 641-423-1464	<a href="https://epiphanyparish.org/baby-pantry">https://epiphanyparish.org/baby-pantry</a>
Caring Pregnancy Center	Located in Mason City but open to anyone	Pregnancy tests, Options consultations, Abortion information, Limited ultrasounds, Pregnancy support and education, Parenting classes and education, Support for men, Abortion recovery, Sexual health education, Referrals	830 15th St SW Suite 1, Mason City, IA 50401 641-424-2237 caring@cpcmasoncity.org	<a href="https://www.cpcmasoncity.org/">https://www.cpcmasoncity.org/</a>
Catholic Charities	Nationwide	Affordable housing, immigration and refugee services, integrated health, food and nutrition, Counseling Services, Case Management Services, Pregnancy counseling	Catholic Charities Iowa Office Monday – Friday 8:30 AM – 4:30 PM 601 Grand Avenue 2nd Floor Des Moines, IA 50309 (515) 244-3761	<a href="https://www.catholiccharitiesdm.org/">https://www.catholiccharitiesdm.org/</a>
Cedar Valley Food Pantry	Waterloo		1605 Lafayette St. Waterloo 319-235-0507	
Central Rivers AEA 267	18 counties, 9000 square miles	Educational services, information and technology and Special Ed	Offices in Cedar Falls, Clear Lake and Marshalltown CL phone 641-329-4200	<a href="https://www.centralriversaea.org/">https://www.centralriversaea.org/</a>
Cerro Gordo County Attorney	Cerro Gordo County	Mental health commitment, delinquency, child in need of assistance, more	220 N. Washington Ave. Mason City 641-421-3101	<a href="https://cerrogordo.gov/attorney/">https://cerrogordo.gov/attorney/</a>
Cerro Gordo County General Assistance and Veteran Affairs	Cerro Gordo County	For Vets, they assist vets and dependents secure county, state and federal benefits allowable under the law, can help with rent and utilities after other avenues exhausted, county help for non-vets as well.	220 N. Washington Ave. Mason City, IA generalassistance@cgcounty.org, Veteran's Services same address, 641-421-3085	<a href="https://cerrogordo.gov/general_assistance/">https://cerrogordo.gov/general_assistance/</a> <a href="https://cerrogordo.gov/veteran_affairs/">https://cerrogordo.gov/veteran_affairs/</a>
Cerro Gordo County Health Dept	Cerro Gordo County	STD testing, immunizations, home care, senior health, prevention	2570 4th St SW, Suite 1 Mason City 641-421-9300	<a href="https://cghealth.com/">https://cghealth.com/</a>
Cerro Gordo County Regional Transit	Destination must be within Iowa.	Travel within: Clear Lake, Charles City, Algona, Forest City, Lake Mills and Northwood, Travel from Region 2 to somewhere outside of Region 2 (Counties: Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Winnebago, Worth) Destination must be within Iowa.	Cerro Gordo County 1-641-423-2262	<a href="https://www.niacog.org/transit/transit_locations_contacts.php">https://www.niacog.org/transit/transit_locations_contacts.php</a>

Child Abuse Reporting	Statewide	Hot line to report sexual, physical, mental abuse of children	1-800-362-2178	<a href="https://hhs.iowa.gov/report-abuse-fraud/mandatory-reporters">https://hhs.iowa.gov/report-abuse-fraud/mandatory-reporters</a>
Child and Adolescent Integrated Health	Mason City	Family , group and individual counseling	641-424-7068 9 2nd St NW Mason City	<a href="https://www.childandadolescentintegratedhealth.com/">https://www.childandadolescentintegratedhealth.com/</a>
Child Support Recovery Unit	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Winnebago and Worth counties	"...supports individuals and businesses with applying and making payments for child support"	Local office 529 9th St SE Suite 2, Mason City 641-424-1147	<a href="https://hhs.iowa.gov/locations/mason-city-child-support-services">https://hhs.iowa.gov/locations/mason-city-child-support-services</a>
Childcare Resource and Referral	Nationwide	Assists with selecting child care providers, on-site consults, maintains list of providers	If you want to learn more about child care options in Iowa and what to look for when choosing quality child care, talk to a Parent Services Team Specialist at 855-244-5301 Monday – Friday from 8 am – 4:30 pm or email the team at <a href="mailto:childcare@episervice.org">childcare@episervice.org</a>	<a href="https://iowacrr.org/">https://iowacrr.org/</a>
CICS	Boone County, Cerro Gordo, Franklin County, Greene County, Hamilton County, Hancock County, Hardin County, Jasper County, Madison County, Marshall County, Poweshiek County, Story County, Warren County, Webster County, Wright County	CICS has offices in 15 counties that work together to develop support for people with brain health challenges or intellectual and other developmental disabilities. Individuals seeking funding for brain health disability services can visit the local office in their area or call for an application. CICS will determine eligibility for funding, provide specific information about services and support in the area, and assist with referrals for service providers.	Cerro Gordo 5 S Delaware Ave. Mason City, Iowa 50401 Angie Rodamaker (641) 531-9827 or Jessica Crawford (641) 450-7160	<a href="https://www.cicsmhd.org/">https://www.cicsmhd.org/</a>
CICS Crisis Line/Mobile Response/YourLife Crisis Line	State of Iowa	Crisis Line/Mobile Response, crisis observation, mental health treatment-jails, can pay for attorney fees and transportation costs associated with commitments, wearable emergency response systems	CICS Mobile Response Team 24 hours per day. If you or someone who know is in a crisis situation, call 855-581-8111, text 855-895-8398, or chat at <a href="http://yourlifeiowa.org">yourlifeiowa.org</a> . 988 Suicide and Crisis Lifeline is available 24 hours per day, 7 days a week.	<a href="https://www.cicsmhd.org/services/crisis-services/">https://www.cicsmhd.org/services/crisis-services/</a>
Clear Lake/Ventura Food Pantry	Clear Lake or Ventura	Open Wed. 4-6pm	United Methodist Church , 641-357-5247	<a href="https://clearlakeumc.org/clear-lake-ventura-food-pantry/">https://clearlakeumc.org/clear-lake-ventura-food-pantry/</a>
Community Health Center	7 counties around Ft. Dodge and Mason City	Medical, dental, outreach, mental health, COVID-19 testing, sports and DOT physicals, and more	404 N Federal Ave. Mason City 641-450-0601, Fort Dodge 515-576-6500 <a href="mailto:info@chcfordodge.com">info@chcfordodge.com</a>	<a href="https://www.chcf.com/">https://www.chcf.com/</a>
Community Kitchen North Iowa	7 counties in North Iowa	Free daily meals at noon, dinners Mon-Thurs, no criteria to partake	641-424-2316, 606 N. Monroe Ave in Mason City	<a href="https://www.communitykitchennia.com/">https://www.communitykitchennia.com/</a>
Courage Hall (Northern Lights Alliance for the Homeless Shelters)	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, Winnebago and Wright counties	Veterans Home for Men. Individuals must successfully complete 30 days in the Emergency Shelter	311 N Monroe Ave, Mason City, IA 50401 641-380-0047	<a href="https://northernlightsshelters.org/">https://northernlightsshelters.org/</a>
Crisis Intervention Service	Cerro Gordo County, Floyd County, Franklin County, Hancock County, Mitchell County, Winnebago County, Worth County plus 8 more	Resources for Domestic abuse, sexual assault and homicide affected persons	Mason City: 641.423.0490 , 206 3rd St NE <a href="mailto:cis@CISHELPS.org">cis@CISHELPS.org</a> 24-Hour Crisis Line: Domestic Abuse: 855.424.9133 Sexual Assault: 800.479.9071	<a href="https://www.cishelps.org/">https://www.cishelps.org/</a>
Deaf Services Unlimited	Nationwide	For nearly 30 years, Deaf Services Unlimited has been making access to interpreting and captioning services easy. We understand that being Deaf means being part of a community with a rich culture. This rich culture is the heartbeat of our own, and we keep our Deaf consumers at the center of all we do.	(800) 930-2580 Contact us online Please fill out the contact form below and we'll get back to you as soon as we can. Where to find us 6925 Hickman Road Des Moines, IA 50322	<a href="https://deafservicesunlimited.com/about-us/contact/">https://deafservicesunlimited.com/about-us/contact/</a>

DHS-Cerro Gordo County	Cerro Gordo	Medicaid,SNAP,Cash Assistance, childcare assistance, child or dependent adult abuse	525 9th St. SE Mason City, IA 50401 Phone: 641-424-8641 Fax: 515-564-4179 Email: CCerro01@dhs.state.ia.us	<a href="https://hhs.iowa.gov/locations/cerro-gordo-county-dhs">https://hhs.iowa.gov/locations/cerro-gordo-county-dhs</a>
Elderbridge	One of 6 Agencies on Aging in Iowa, Elderbridge covers 29 counties	health, prevention and wellness; family caregiver support; older worker employment program; elder justice and adult protective services; medicare support; private pay for services, meals on wheels	(641) 424-0678 (800) 243-0678 1190 Briarstone Dr. Ste. 3 Mason City	<a href="https://elderbridge.org/">https://elderbridge.org/</a>
Find-a-Lawyer Referral Service	Statewide	State Bar Associated lawyers, Attorneys listed in this directory charge \$25 or less for up to 30 minutes of initial consultation.	Iowa Find-a-Lawyer is at iowafindalawyer.com, links to each county	<a href="https://www.iowabar.org/?pg=Find-A-LawyerHP">https://www.iowabar.org/?pg=Find-A-LawyerHP</a>
Food Bank of Iowa	Statewide	Resource to find Mobile Pantries, School Pantries, Backpack Programs, SNAP, WIC, and Food Banks in Iowa.	Contact in Des Moines: P.O. Box 1517, Des Moines, IA 50305 515-564-0330	<a href="https://foodbankiowa.org/">https://foodbankiowa.org/</a>
Foundation 2 Crisis Services	Statewide	Since we began in Cedar Rapids in 1970, we have focused on crisis prevention and intervention for people of all ages. We are committed to positive youth development, suicide prevention, and helping build the foundation for stronger and healthier families and safer communities for everyone.	305 2nd Ave SE Cedar Rapids, IA 52401 In crisis? Call: 319-362-2174 or 988, Youth Shelter 319-366-8797 info@foundation2.org	<a href="https://foundation2.org/">https://foundation2.org/</a>
Four Oaks	Statewide	Integrated health homes, functional family therapy, foster care and adoption, foster group care, psychiatric medical institute for children, TotalChild,many others	980 S. Iowa Ave. and 80 N. Eisenhower Ave in Mason City, other locations in Iowa 641-423-3222,319-364-0259	<a href="https://www.fouroaks.org/">https://www.fouroaks.org/</a>
Friends of the Family	Cedar Rapids, Waterloo, Dubuque, Mason City	Human trafficking, domestic abuse and shelter for victims of abuse, assault and homelessness, plus Blackhawk County housing project	<b>MASON CITY OUTREACH OFFICE</b> Friends of the Family 2011 4th st SW Mason City, IA 50401 Hotline Number: Waypoint 833-739-0065 Mason City Office 319-352-1108, Nicole Jacobs 319-215-5922	<a href="https://www.fofia.org/services">https://www.fofia.org/services</a>
Gamblers Anonymous	Nationwide	Meetings, guidance and support to stop gambling, and support for family members	Local meeting lookup online Gamblers Anonymous International Service Office 1306 Monte Vista Avenue Suite 5 Upland, CA 91786 Phone (909) 931-9056 Fax (909) 931-9059	<a href="https://www.gamblersanonymous.org/ga/locations">https://www.gamblersanonymous.org/ga/locations</a>
Habitat for Humanity-Mason City office	Cerro Gordo, Franklin, Winnebago, Worth, Wright and Hancock counties	Assists people in gaining ownership of their home through sweat equity, thrift store	Address: 517 1st St NW, Mason City, IA 50401 Office Phone + Fax: 641-424-8978 ReStore Phone: 641-423-1688 ReStore Hours: Tuesday-Friday 8:30-5:30 Saturday 9:00-4:00	<a href="https://habitatnci.org/">https://habitatnci.org/</a>
Hawkeye Harvest Food Bank	North Iowa area	Provides emergency food to those in need through referrals and direct applications, also ongoing food relief	641-424-3073, 122 S. Adams Ave in Mason City hhfb50401@gmail.com	<a href="https://hawkeyeharvest.org/">https://hawkeyeharvest.org/</a>
hawk-i	State of Iowa	health insurance coverage for uninsured kids of working families	(800) 972-2017	<a href="https://dhs.iowa.gov/hawki">https://dhs.iowa.gov/hawki</a>
Head Start and Early Head Start	Algona, Charles City, Forest City, CAL, Clarksville, Clear Lake,Mason City, Aplington, Parkersburg	Preschool for kids that meet income guidelines, health screenings, healthy meals and snacks, help for families with disabled kids	Head Start Main Office North Iowa Community Action 218 5th St SW Mason City, 50401 641-494-1891	<a href="https://nicao-online.org/early-childhood-learning/">https://nicao-online.org/early-childhood-learning/</a>
Healthy Families-Family Planning	Mason City	Family health, family planning	641-423-5044, 641-424-7068 NICA 100 1st St. NW, Suite 200 Mason City, IA 50401 Office hours M: 7:30-4:30, T-F: 7:30-4:30	<a href="https://nicao-online.org/family-planning/">https://nicao-online.org/family-planning/</a>
HIV/AIDS assistance	Statewide - Iowa	Prevention, counseling, testing, case mgmt., support services, HEP vaccinations, Ryan White medication assistance	Lucas Office Building 321 E 12th St. Des Moines 515-281-7689 Deaf Relay 1-800-735-2942	<a href="https://idph.iowa.gov/hivstdhep/hiv">https://idph.iowa.gov/hivstdhep/hiv</a>

Hospice of North Iowa	North Iowa	Quality care for those facing life limiting illnesses, at home, nursing home or inpatient hospice residence	232 2nd St SE , Mason City 641-428-6208	<a href="https://www.mercyone.org/location/mercione-north-iowa-hospice">https://www.mercyone.org/location/mercione-north-iowa-hospice</a>
HUD VASH program	Mason city area	Provides permanent supportive housing for homeless vets and their families	Kevin Strunk, LISW – HUD-VASH Case Manager Mason City VA Outpatient Clinic 478 Tiffany Drive Mason City, IA 50401 Clinic: (641) 494-5000 Cell: (641) 425-5511 Harper Levy, LCSW (LA)/LISW (IA), HUD-VASH Program Supervisor VA Community Resource and Referral Center 1223 Center St, Ste 17, Des Moines, IA Office: 515-699-5999 (ext. 5287) Cell: 515-975-9693 and/or Fax: 515-288-3945	<a href="https://www.va.gov/homeless/hud-vash.asp">https://www.va.gov/homeless/hud-vash.asp</a>
Human Trafficking Hotline	Nationwide	The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. The Trafficking Hotline also receives tips about potential situations of sex and labor trafficking and facilitates reporting that information to the appropriate authorities in certain cases.	If you are in immediate danger, contact 911. Call For immediate assistance, call the National Human Trafficking Hotline at 1-888-373-7888. You can reach the Hotline 24 hours a day, 7 days a week in more than 200 languages. All calls are confidential and answered live by highly trained Anti-Trafficking Hotline Advocates. Report Online Submit a tip online about a potential trafficking case. Send us an email at <a href="mailto:help@humantraffickinghotline.org">help@humantraffickinghotline.org</a> .	<a href="https://humantraffickinghotline.org/en">https://humantraffickinghotline.org/en</a>
Iowa Attorney General Office Crime Victim's Compensation Program	Statewide	pays for crime related expenses such as medical care, counseling, lost wages, funeral expenses	1305 East Walnut Street Des Moines, IA 50319 Phone: 515-281-5044 Toll-Free: 800-373-5044 Email: <a href="mailto:crimevictiminfo@ag.iowa.gov">crimevictiminfo@ag.iowa.gov</a>	<a href="https://www.iowaattorneygeneral.gov/for-crime-victims/crime-victim-compensation">https://www.iowaattorneygeneral.gov/for-crime-victims/crime-victim-compensation</a>
Iowa Concern Hotline/ISU extension and outreach	Statewide - Iowa	Confidential assistance and referral for stress, legal questions and financial concerns, crisis and disaster resources	24-hour hotline: 1-800-447-1985	<a href="https://www.extension.iastate.edu/iowaconcern/">https://www.extension.iastate.edu/iowaconcern/</a>
Iowa Crime Victim Assistance Division	Statewide	services and assistance to victims of violent crimes, including financial	For 24/7 victim support, call the Iowa Victim Service Call Center at 1-800-770-1650 or text "IOWAHELP" to 20121	<a href="https://www.iowaattorneygeneral.gov/for-crime-victims">https://www.iowaattorneygeneral.gov/for-crime-victims</a>
Iowa Department for the Blind	Statewide - Iowa	outreach, materials, aids and devices, much more	Iowa Department for the Blind 524 Fourth Street Des Moines, IA 50309-2364 Local Phone: 515-281-1333 Toll free (in Iowa): 800-362-2587	<a href="https://blind.iowa.gov/">https://blind.iowa.gov/</a>
Iowa Department of Health and Human Services	Statewide	Iowa HHS provides high quality programs and services that protect and improve the health and resiliency of individuals, families, and communities in Iowa.	Lucas Building 321 East 12th Street Des Moines, IA 50319 Phone: (800) 972-2017	<a href="https://hhs.iowa.gov/">https://hhs.iowa.gov/</a>
Iowa Finance Authority	Statewide	"From mortgage or down payment assistance and rental programs that provide affordable homes, to low-cost funds for drinking water, help for beginning farmers and more--we impact all Iowans".	1963 Bell Ave, Suite 200, Des Moines, IA 50315 (515)452-0400 (800) 432-7230	<a href="https://www.iowafinance.com/">https://www.iowafinance.com/</a>
Iowa Human Rights Commission	Mason City	Enforces Iowa Civil Rights Act	10 1st St NW Mason City (641) 424-7102 (641) 421-3619	<a href="https://icrc.iowa.gov/">https://icrc.iowa.gov/</a> <a href="https://www.masoncity.net/pView.asp?xid=17961&amp;catid=481">https://www.masoncity.net/pView.asp?xid=17961&amp;catid=481</a>
Iowa Mediation Service	State of Iowa	Our Mission is to provide excellence in conflict management through skilled mediation, facilitation and education services.	1441 29th Street, Suite 120   West Des Moines, IA 50266   515.331.8081   <a href="mailto:admin@iowamediationservice.com">admin@iowamediationservice.com</a>	<a href="https://www.iowamediationservice.com/">https://www.iowamediationservice.com/</a>

Iowa Migrant Movement for Justice	Statewide	A statewide, membership-based legal service and advocacy organization driven and led by immigrant and refugee voices united with allies.	P.O. Box 41006, Des Moines, IA 50311 info@iowammj.org (515) 255-9809	<a href="https://www.iowammj.org/">https://www.iowammj.org/</a>
Iowa Sex Offender Registrant Watch	Statewide	The Iowa Sex Offender Registrant Watch provides 24 hour access to sex offender registrant information online. It also allows the ability to verify a registered sex offender's location and other characteristics including a photo.	Office of the Attorney General of Iowa Victim Assistance Section Hoover State Office Building 1305 East Walnut Street Des Moines, IA 50319 Phone: 515-281-5044 or 1-515-725-6050 Toll-Free: 800-373-5044	<a href="https://www.iowaattorneygeneral.gov/for-crime-victims/iowa-sex-offender-registrant-watch">https://www.iowaattorneygeneral.gov/for-crime-victims/iowa-sex-offender-registrant-watch</a>
Iowa Sexual Assault Exam Payment Program	Statewide	State pays for the exam after a sexual assault, regardless if victim reports a crime to law enforcement	Office of the Attorney General of Iowa Victim Assistance Section Hoover State Office Building 1305 East Walnut Street Des Moines, IA 50319 Phone: 515-281-5044 Toll-Free: 800-373-5044	<a href="https://www.iowaattorneygeneral.gov/for-crime-victims/sexual-assault-examination-payment">https://www.iowaattorneygeneral.gov/for-crime-victims/sexual-assault-examination-payment</a>
Iowa VINE(Victim Information and Notification Everyday)	Statewide	Free and anonymous phone service that provides timely and reliable info about the custody status of an offender	Office of the Attorney General of Iowa Victim Assistance Section Hoover State Office Building 1305 East Walnut Street Des Moines, IA 50319 Phone: 515-281-5044 Toll-Free: 800-373-5044	<a href="https://www.iowaattorneygeneral.gov/for-crime-victims/iowavine">https://www.iowaattorneygeneral.gov/for-crime-victims/iowavine</a>
IowaWorks	Located in IowaWorks offices Statewide	Assistance in Filing Unemployment, job hunting, much more	IowaWorks Mason City 600 S. Pierce Ave 641-422-1524	<a href="https://www.iowaworkforcedevelopment.gov/">https://www.iowaworkforcedevelopment.gov/</a>
ISU Farm Economy Assistance	Statewide	Legal services referrals, career exploration, education, workshops, OJT's, more	Western IA: 800-222-6857 Eastern IA: 800-299-3430	<a href="https://www.extension.iastate.edu/Pages/communications/farm98/progan.html">https://www.extension.iastate.edu/Pages/communications/farm98/progan.html</a>
Legal Aid/ Iowa	State of Iowa	Free CIVIL legal assistance, eviction assistance, elder law, etc	1-800-532-1275 Mason City local office , 202 1st St SE Suite 112	<a href="https://www.iowalegalaid.org/#">https://www.iowalegalaid.org/#</a>
Legal Hotline for Older Iowans	Statewide	Consumer finance, guardianship, health care for elders, etc	1-800-992-8161	<a href="https://www.iowalegalaid.org/organization/legal-hotline-for-older-iowans">https://www.iowalegalaid.org/organization/legal-hotline-for-older-iowans</a>
Lutheran Social Services	Nationwide	Behavioral health intervention, community programs, early childhood support, foster care and adoption, refugee and immigrant services, family-centered services, residential treatment, disability services and therapy	Local office 2502 S Jefferson Ave. Mason City 641-423-1083	<a href="https://lsiowa.org/">https://lsiowa.org/</a>
Mason City Housing Authority	Mason City	Section 8 and VA supportive housing assistance	103 East State Street, Suite 506 Mason City, Iowa 50401. 641-421-2711	<a href="https://www.masoncity.net/pView.aspx?id=17928">https://www.masoncity.net/pView.aspx?id=17928</a>
Mason City Public Transit and Paratransit	Mason City	Fixed-Route Services. The City of Mason City contracts with Region 2 Transit to provide door-to-door paratransit service for elderly and disabled customers who are unable to use regular fixed-route public transit.	Fixed-Route: 641-421-3616 Paratransit: 641-423-2262	<a href="https://www.masoncity.net/pview.aspx?id=18070&amp;catID=0">https://www.masoncity.net/pview.aspx?id=18070&amp;catID=0</a>
Mason City VA Clinic	Mason City, surrounding area	Outpatient clinic offers primary care, mental health care, military sexual trauma, more	478 Tiffany Dr. Mason City 641-494-5000 main phone, mental health clinic 515-699-5999	<a href="https://www.va.gov/central-iowa-health-care/locations/mason-city-va-clinic/">https://www.va.gov/central-iowa-health-care/locations/mason-city-va-clinic/</a>

Mason City Youth Task Force	Mason City	Community and school-based mentoring of youth, and mental health first aid courses	308 S. Pennsylvania Ave. Mason City 641-421-2708 Email:General: mcytf@masoncity.net Martha Crail: mcrail@masoncity.net Administrative Coordinator Jessica Prazak: jprazak@masoncity.net Mentoring Coordinator	<a href="https://www.masoncity.net/pview.aspx?id=17973&amp;catid=0">https://www.masoncity.net/pview.aspx?id=17973&amp;catid=0</a>
Meals on Wheels Mason City	Mason City, Forest City, Algona, Hampton and surrounding areas	Meals delivered Mon-Fri to new parents, seniors, adults recovering at home, anyone unable to shop or cook	606 N. Monroe Ave. Mason City (641)424-2316	<a href="https://www.communitykitchennia.com/meals-on-wheels">https://www.communitykitchennia.com/meals-on-wheels</a>
Mental Health Helpline-Iowa Warm Line	BOONE, CERRO GORDO, FRANKLIN, GREENE, HAMILTON, HANCOCK, HARDIN, JASPER, MADISON, MARSHALL, POWESHIEK, STORY, WARREN, WEBSTER, WRIGHT	The Warm Line is a Peer-run, telephone-based, non-crisis, confidential listening line for anyone struggling with mental health or substance use issues. The line is staffed 24/7 by people who have been through a similar journey and are in recovery themselves.	1-844-775-9276	<a href="https://easterniowamhds.org/resource/s/">https://easterniowamhds.org/resource/s/</a>
NAMI	Nationwide	Mental health awareness, advocacy, education	North Iowa (641)201-8450 Cerro Gordo County Email naminorthiowa@gmail.com	<a href="https://naminorthiowa.org/">https://naminorthiowa.org/</a>
Narcotics Anonymous	Nationwide	Meetings, guidance and support to stop drugs, and support for family members	North Central Iowa Area of Narcotics Anonymous serving: Algona, Iowa Falls, Mason City, Osage First Congregational United Church 100 1st St NE, Mason City, IA, 50401 Use alley entrance. Mason City Clubhouse Group 207 8th Pl, Mason City, IA, 50401	<a href="https://iowa-na.org/nciana/">https://iowa-na.org/nciana/</a>
National Domestic Violence Hotline	Nationwide	Every contact with The Hotline is personal. Some people who reach out to us identify as survivors of abuse, some as concerned friends or family members, and some as abusive partners seeking to change themselves.	800-799-7233, text 88788	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
National US Child Abuse Hotline	Nationwide	The Childhelp National Child Abuse Hotline Crisis counselors are here to support those concerned about or affected by child abuse and provide appropriate, individualized guidance for those that reach out. We can also help research additional resources that may be available.	Call or Text 800-422-4453	<a href="https://www.childhelphotline.org/">https://www.childhelphotline.org/</a>
New Beginnings House of Hope (Northern Lights Alliance for the Homeless Shelters)	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, Winnebago and Wright counties	Temporary shelter for women, children, connecting them with resources to get them back on their feet. Emergency Shelter for Women and Children. 30 day program, drug and alcohol free facility –	641-423-5920 (women/children) 202 1st St. NW. Mason City Iowa 50401	<a href="https://northernlightsshelters.org/">https://northernlightsshelters.org/</a>
NIACC Career Center	Forest City	Manufacturing, construction trades, information tech, health careers	Director: Dan Rosacker Office: 641-422-4330 Email: dan.rosacker@niacc.edu John V. Hanson Career Center 124 Nerem Drive South Forest City, IA 50436	<a href="https://www.niacc.edu/admissions/high-school-programs/john-v-hanson-career-center/">https://www.niacc.edu/admissions/high-school-programs/john-v-hanson-career-center/</a>
NIACC Career Link- Concurrent Enrollment	All	Free education, college courses while kids are in high school	500 College Dr. Mason City Brian Wogen, Director of School Partnerships brian.wogen@niacc.edu 641-422-4177 Annette Greenwood Administrative Assistant – High School Partnerships annette.greenwood@niacc.edu 641-422-4175	<a href="https://www.niacc.edu/admissions/high-school-programs/career-link/">https://www.niacc.edu/admissions/high-school-programs/career-link/</a>
NIACC Continuing Education	All	The continuing education umbrella encompasses a broad list of custom education classes and programs. Therefore, whether you are a professional looking to enhance your career, or taking your first step toward entering the workforce, NIACC provides a variety of classes to get you on the correct pathway to success.	500 College Dr. Mason City, Activity Center, Room 110 641-422-4358 E-mail: cereg@niacc.edu	<a href="https://www.niacc.edu/continuing-education/">https://www.niacc.edu/continuing-education/</a>

NIACOG: North Iowa Area Council of Governments	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Winnebago, and Worth counties	Housing: Follow the link for a variety of services. Transportation Planning: Developing plans to improve transportation throughout the region.	525 6th St. S.W. Mason City, Iowa 50401 641.423.0491	<a href="https://www.niacog.org/index.php">https://www.niacog.org/index.php</a>
NICAO (North Iowa Community Action Organization)	called for answer*	Energy Assistance, outreach, crisis and disaster assistance, tax assistance, Headstart, WIC, HIV assistance	NICAO Administrative Offices: Outreach, Community Partners, FaDSS Family Resource Center 100 1st Street NW, Suite 140 Mason City, IA 50401 Phone: (641) 423-7766 Energy Assistance North Iowa Community Action 218 5th St SW Mason City, IA 50401 Phone: (641) 423-9028 Central Office North Iowa Community Action P.O. Box 1627 218 5th St SW Mason City, IA 50401 Phone: (641) 423-8993 Family Planning, WIC, and Healthy Wellness Program Family Health Center 100 1st NW, Suite 200 Mason City, IA 50401 Phone: 641-423-5406 Head Start Main Office North Iowa Community Action 218 5th St SW Mason City, 50401 Phone: (641) 494-1891	<a href="https://nicao-online.org/">https://nicao-online.org/</a>
North Iowa Regional Housing Authority	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth counties with some exceptions	Section 8 and Public Housing	641-423-0897 202 1st ST SE Suite 203, Mason City, Iowa 50401	<a href="https://nirha.com/">https://nirha.com/</a>
Northeast Iowa Area Agency on Aging	Allamakee, Blackhawk, Bremer, Buchanan, Butler, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Grundy, Hardin, Howard, Jackson, Marshall, Poweshiek, Tama, Winneshiek counties	Meals on Wheels, congregate meal sites, lifelong links, elder abuse prevention and awareness, case management, etc	If you have questions about a loved one, a neighbor, or yourself, please call us at 1-800-779-8707 or contact us online using the form below. 3840 West 9th Street Waterloo, Iowa 50702	<a href="https://www.nei3a.org/default.aspx">https://www.nei3a.org/default.aspx</a>
Northeast Iowa Community Action Network	Allamakee, Bremer, Chickasaw, Clayton, Fayette, Howard & Winneshiek	Energy, water, food, crisis (utility, rent/mortgage, vehicle repairs, emergency medical/dental/mental, transportation, emergency shelter) assistance, Head Start, Family Development, Weatherization, housing	Karli Schmelzer <a href="mailto:kschmelzer@neicac.org">kschmelzer@neicac.org</a> 563-382-8436 Main Office	<a href="https://www.neicac.org/">https://www.neicac.org/</a>
Northeast Iowa Food Bank/Pantries	50 locations NE IA	Website has locations of food pantries, daycares, more	1605 Lafayette St. Waterloo, 319-235-0507	<a href="https://www.neifb.org/">https://www.neifb.org/</a>
Northern Lights (Northern Lights Alliance for the Homeless Shelters)	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, Winnebago and Wright counties	Emergency Shelter for Men. 30 day program, drug and alcohol free facility – 307 N Monroe Avenue.	641-380-0047 307 North Monroe Avenue, Mason City, Iowa.	<a href="https://northernlightsshelters.org/">https://northernlightsshelters.org/</a>
Northstar Community Services	Waterloo, Waverly, Vinton, Marshalltown, Mason City, New Hampton	Day hab, SCL's, adult day services, food support avail. in Waterloo and Waverly	Mason City North Star Community Services 202 1st St SE, Suite 204, Mason City, Iowa 50401	<a href="http://www.northstarcs.org/locations/">http://www.northstarcs.org/locations/</a>
One Vision	Many sites throughout North and western Iowa	SCL's, RCF's dayhab, other services for people with disabilities, plus children's autism centers in 2 cities	Kinney-Lindstrom Center (Primary Location) 600 Glen Oaks Dr PO Box 622 Clear Lake, IA 50428 P: 641-357-5277	<a href="https://www.onevision.org/">https://www.onevision.org/</a>
Parent & Youth Helpline	Nationwide	Since 1969, Parents Anonymous® Inc. has supported the empowerment journey of millions of diverse Parents, Children, and Youth, building on the strengths of families and communities through Evidence-Based Parents Anonymous® Programs, Initiatives, and Advocacy.	Call or Text: 855-427-2736	<a href="https://nationalparentyouthhelpline.org/">https://nationalparentyouthhelpline.org/</a>

Prairie Ridge	Mason City, Forest City, Algona, Hampton and surrounding areas	med management, early intervention, prevention and education, in and outpatient treatment services for drugs, alcohol, gambling, OWI services	Mason City - Main Office 320 N Eisenhower Avenue Mason City, IA 50401 Contact Us Phone: 641.424.2391 Toll-Free: 866.429.2391 Fax: 641.424.0783 Hours of Operation Mon-Thu: 8am-5:30pm Fri: 8am-Noon	<a href="https://prairieridge.net/">https://prairieridge.net/</a>
Prairie Ridge Drop in	Cerro Gordo and Franklin Counties have locations	The drop-in center at our community mental health clinics offer a safe and supportive environment where patients can access immediate assistance, connect with peers, and engage in various therapeutic activities. It serves as a crucial resource for those in need of crisis intervention, social support, or a temporary safe-space, fostering a sense of community and reducing feelings of isolation.	Downtown Drop In Center: 112 2nd ST SE, Mason City, IA Contact Us: Phone: 641.243.7298 Hours of Operation Mon-Fri: 8:30am-4pm	<a href="https://prairieridge.net/community-services/drop-in-center/">https://prairieridge.net/community-services/drop-in-center/</a>
Prenatal Care Questions	Statewide	provides information on maternal, child, and family planning services	800-369-2229	<a href="https://hhs.iowa.gov/contacts/healthy-families-line">https://hhs.iowa.gov/contacts/healthy-families-line</a>
Promise Jobs	Located in IowaWorks offices Statewide	TANF Employment and Training program designed to assist cash assistance recipients to become self-sufficient	600 S Pierce Ave , Mason City, 641-422-1524	<a href="https://www.iowaworkforcedevelopment.gov/promise-jobs">https://www.iowaworkforcedevelopment.gov/promise-jobs</a>
RAINN	Nationwide	Rape, Abuse & Incest National Network, prevention, helping survivors, justice	National Sexual Assault Hotline 800-656-4673	<a href="https://www.rainn.org/">https://www.rainn.org/</a>
Red Cross	Nationwide	Disaster assistance, blood donations, CPR classes, lifeguard training and more	Northern and Central Iowa Chapter 2116 Grand Avenue Des Moines, IA 50312 1-515-243-7681	<a href="https://www.redcross.org/local/iowa.html">https://www.redcross.org/local/iowa.html</a>
Salvation Army of Mason City	Nationwide	Faith-based social service provider of disaster assistance, elder day-care, children and family services, rental assistance, clothing vouchers and more	Local office 747 Village Green Drive, Mason city 641-424-4031	<a href="https://centralusa.salvationarmy.org/masoncity/">https://centralusa.salvationarmy.org/masoncity/</a>
Salvation Army of North Iowa Family Store	Mason City Iowa	Faith-based social service provider of disaster assistance, elder day-care, children and family services, rental assistance, clothing vouchers and more	3551 4th St. SW Mason City, IA 50402 641-424-5574	<a href="https://centralusa.salvationarmy.org/masoncity/">https://centralusa.salvationarmy.org/masoncity/</a>
SCSEP ( Senior Community Service Employment Program)	Iowa	The Senior Community Service Employment Program (SCSEP) helps Iowans aged 55 and over with limited income find jobs. The program offers paid training opportunities, such as on-the-job training at non-profit organizations and community service assignments. These opportunities help participants transition to regular jobs available across Iowa.	IowaWORKS Mason City 600 S. Pierce Ave 641-422-1524 or email <a href="mailto:Bethany.Ellingson@iwd.iowa.gov">Bethany.Ellingson@iwd.iowa.gov</a>	<a href="https://workforce.iowa.gov/jobs/worker-programs/scsep">https://workforce.iowa.gov/jobs/worker-programs/scsep</a>
Social Security Administration	Nationwide	Retirement, Disability, SSI, Medicare	Physical Address: 625 VILLAGE GREEN DR SW MASON CITY, IA 50401 Phone 1-866-365-6708 TTY 1-800-325-0778	<a href="https://www.ssa.gov/">https://www.ssa.gov/</a>
State of Iowa Deaf Services	State of Iowa	Assists with ADA issues, interpreting, referrals, training and workshops, accessibility , etc	Deaf Services Commission of Iowa Iowa Department of Human Rights, 2nd floor – Lucas State Office Building Des Moines, Iowa 50319 Phone 1-888-221-3724 V/TTY or 515-281-3164 V/TTY, Fax 515-242-6119 – E-mail: <a href="mailto:dhr.dsci@iowa.gov">dhr.dsci@iowa.gov</a>	<a href="https://hhs.iowa.gov/advisory-groups/commission-deaf-services">https://hhs.iowa.gov/advisory-groups/commission-deaf-services</a>
Suicide Prevention Hotline	Nationwide	At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.	1-800-447-1985, July 2022: 988(3 digit calling)	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
Teen Line	Statewide	toll-free, for health and relationship concerns	1-800-443-8336	<a href="https://hhs.iowa.gov/contacts/teen-line">https://hhs.iowa.gov/contacts/teen-line</a>

Ticket to Work	Nationwide	Provides job assistance to people with disabilities on SSDI and SS	<p>Ticket to Work Questions For questions or guidance specific to your situation please call the Ticket to Work Help Line at 1-866-968-7842 / 1-866-833-2967 (TTY) Monday through Friday from 8 a.m. - 8 p.m. ET. For general Ticket to Work inquiries, you may e-mail <a href="mailto:TicketToWork@ssa.gov">TicketToWork@ssa.gov</a>. We regret that we are unable to respond to specific scenarios or provide personalized advice via this e-mail.</p>	<a href="https://choosework.ssa.gov/">https://choosework.ssa.gov/</a>
Title 1 Services	Located in IowaWorks offices Statewide	Assists adults, youth and dislocated workers in gaining skills to get and hold a job, go to school, apprenticeships, WEPS and more	600 S. Pierce Ave, Mason City 641-422-1524	<a href="https://educate.iowa.gov/pk-12/essa/guidance-allocations#title-i-section-1003-school-improvement">https://educate.iowa.gov/pk-12/essa/guidance-allocations#title-i-section-1003-school-improvement</a>
Turning Leaf	North Iowa	outpatient mental health services in family,individual, couples/marriage counseling, EMDR,DBT,on-site school services, substance use, psych evals and med mgmt	103 East State St. Suite 301 Mason City Phonme 641-421-2089	<a href="https://turningleafcounseling.com/">https://turningleafcounseling.com/</a>
United Way of North Central Iowa	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, and Winnebago counties	Partners with local agencies to provide education, health and financial stability	2911 4th St SE, Mason City 641-423-1774 <a href="mailto:info@unitedwaynci.org">info@unitedwaynci.org</a>	<a href="https://www.unitedwaynci.org/">https://www.unitedwaynci.org/</a>
Veterans Employment Services	Statewide	Career help, assistance programs for vet and spouse, resume's and more	IowaWorks Mason City 600 S. Pierce Ave 641-422-1524	<a href="https://workforce.iowa.gov/jobs/veterans">https://workforce.iowa.gov/jobs/veterans</a>
Vocational Rehabilitation	Statewide, local offices in IowaWorks offices	We work with Iowans with disabilities and help them find successful employment across the workforce.	600 S Pierce Ave , Mason City 641-422-1524	<a href="https://ivrs.iowa.gov/">https://ivrs.iowa.gov/</a>
Walter House (Northern Lights Alliance for the Homeless Shelters)	Cerro Gordo, Floyd, Franklin, Hancock, Kossuth, Mitchell, Worth, Winnebago and Wright counties	Sober Living Facility for Men, individuals must first successfully complete 30 days in the Emergency Shelter and be in the first 6 months of recovery from drugs and alcohol	311 North Monroe, Mason City, IA 50401 (641) 380-0047	<a href="https://northernlightsshelters.org/">https://northernlightsshelters.org/</a>
Westcare(FAVA)	43 counties of North Iowa	Homeless veterans and their families-housing assistance, etc	641-243-4103, 100 N Clark St Forest City	<a href="https://westcare.com/page/where-we-serve_Io">https://westcare.com/page/where-we-serve_Io</a>
WIC	Nationwide	Nutrition education, supplemental nutritional foods for pregnant, breastfeeding, or postpartum women and kids up to age 5	North Iowa Community Action Agency 100 1st NW, Suite 200 Mason City, IA 50401 Phone: 641-423-5406	<a href="https://nicao-online.org/wic-nutrition/">https://nicao-online.org/wic-nutrition/</a>
YourLife Iowa	Statewide	Alcohol, drugs, suicide, gambling, mental health	855-581-8111, text 855-895-8398	<a href="https://yourlifeiowa.org/">https://yourlifeiowa.org/</a>
YSS/Francis Lauer	Ames, Boone, Des Moines, Marshalltown, Mason City and Webster City offices	Counseling & Treatment, Housing and Shelter, Prevention, Before and after-school care, Life Skills, Youth Development and Advocacy	YSS of North Iowa 50 North Eisenhower Ave. Mason City, Iowa 50401 Counseling: 641-423-5479 Shelter: 641-423-7362	<a href="https://www.yss.org/program/">https://www.yss.org/program/</a>