



Community Youth Concepts
Resource Guide for Facilitators
March 2022

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24 Hour Crisis Help Lines

Iowa DHS - Abuse & Crisis Intervention Services.....	855-581-8111
Iowa Victim Service Call Center.....	1-800-770-1650
.....	Text: "IowaHelp" to 20121
National AIDs Hotline.....	1-800-232-4636
National Human Trafficking Resource Center.....	1-888-373-7888
.....	Text: "HELP" or "INFO" to 233733
.....	www.traffickingresourcecenter.org
National Indigenous Women's Resource Center.....	1-855-649-7299
National Runaway Switchboard.....	1-800-RUNAWAY (786-2929)
National Sexual Assault Hotline - RAINN.....	1-800-656-HOPE (4673)
National Suicide Prevention Lifeline.....	1-800-273-TALK (8255)
National Teen Dating Abuse Helpline.....	1-800-799-7233
.....	-OR- 1-800-787-3224
Statewide Iowa Crisis Line.....	844-775-9276
.....	855-895-8398 (texting line)
Stop It Now! Child Sexual Abuse Hotline.....	1-888-773-8368
Trans Lifeline.....	1-877-565-8860
Trevor Project (LGBTQIA+, Suicide Prevention Hotline).....	212-695-8650
Youth Emergency Shelter & Services (YESS) - Crisis Hotline.....	515-282-YESS (9377)

K-5

Boys and Girls Club of Central Iowa - Ellis I. Levitt Club.....	515-280-5397
Carver Community School	www.bgcci.org
705 E University Ave	
Des Moines, IA 50316	
Boys and Girls Club of Central Iowa - Frank J. Ross Club.....	515-242-7651
Moore Elementary School	www.bgcci.org
3716 50th St	
Des Moines, IA 50310	
Boys and Girls Club of Central Iowa – Gregory & Suzie Glazer Burt Club	515-271-4560
Drake University	www.bgcci.org
2500 Forest Ave	
Des Moines, IA 50311	
Chrysalis Foundation.....	515-255-1853
1248 8th St. Suite 101	www.chrysalisfdn.org
West Des Moines, IA 50265	
Children and Family Urban Movement.....	515-282-3242

CFUM
 1548 8th St
 Des Moines, IA 50314
 Community Youth Concepts.....**515-243-4292**
 CYC**www.cyconcepts.org**
 1446 Martin Luther King Jr Pkwy
 Des Moines, IA 50314
 Hannah Geneser Learning Center & Safety Store **515-241-6706**
 Iowa Methodist Medical Center.. **www.unitypoint.org/blankchildrens/safety-store.asp**
 1200 Pleasant Street
 Des Moines, IA 50309
 Ellipsis Iowa**515-282-9377**
 918 SE 11th St**https://www.ellipsisiowa.org**
 Des Moines, IA 50309

Adolescents

Boys and Girls Club of Central Iowa - Bernie & Berniece Baker Club.....**515-242-7336**
 Amos Hiatt Middle School**www.bgcci.org**
 1214 E 15th St
 Des Moines, IA 50316
 Boys and Girls Club of Central Iowa – Gregory & Suzie Glazer Burt Club **515-271-4560**
 Drake University**www.bgcci.org**
 2500 Forest Ave
 Des Moines, IA 50311
 Boys and Girls Club - McCombs Club.....**515-242-8333**
 McCombs Middle School**www.bgcci.org**
 201 SW County Line Road
 Des Moines, IA 50320
 Boys and Girls Club - Huskies Club.....**515-242-7925**
 Meredith Middle School**www.bgcci.org**
 4827 Madison Ave
 Des Moines, IA 50310
 Chrysalis Foundation.....**515-255-1853**
**www.chrysalisfdn.org**
 Children and Family Urban Movement.....**515-282-3242**
 CFUM
 1548 8th St
 Des Moines, IA 50314
 Community Youth Concepts.....**515-243-4292**
 CYC**www.cyconcepts.org**
 1446 Martin Luther King Jr Pkwy

Des Moines, IA 50314	
Hannah Geneser Learning Center & Safety Store	515-241-6706
Iowa Methodist Medical Center..	www.unitypoint.org/blankchildrens/safety-store.asp
1200 Pleasant Street	
Des Moines, IA 50309	
Iowa Homeless Youth Center.....	515-883-2379
612 Locust St	www.iowahomelessyouth.org
Des Moines, IA 50309	
Man Up.....	515-988-9358
.....	www.manupiowa.com
Young Women's Resource Center.....	515-244-4901
YWRC	www.ywrc.org
818 5th Ave	
Des Moines, IA 50309	
Ellipsis	515-282-9377
918 SE 11th St	www.ellipsisiowa.org
Des Moines, IA 50309	

Child Abuse & Neglect

Children & Families of Iowa - Domestic Violence Services.....	515-243-6147
1111 University Ave	www.cfiowa.org
Des Moines, IA 50314	
Polk County Crisis & Advocacy Services.....	Crisis line: 515-286-3535
2309 Euclid Ave	515-286-3600
Des Moines IA 50310	
Prevent Child Abuse Iowa.....	1-800-362-2178
501 SW 7 th St G	515-244-2200
Des Moines, IA 50309	www.pcaiowa.org

Counseling, Support, & Advocacy

Adolescent Behavioral Health Services - Iowa Lutheran Hospital.....	515-263-2368
700 E University Ave	www.unitypoint.org
Des Moines, IA 50316	
Broadlawns Child and Adolescent Services.....	515-282-5695
1801 Hickman Rd.....	www.broadlawns.org
Des Moines, IA 50314	
Children & Families of Iowa.....	515-288-1981
1111 University Ave	www.cfiowa.org
Des Moines, IA 50314	

Ellipsis	877-533-9377
918 SE 11th St	https://ellipsisiowa.org/
Des Moines, IA 50309	
LifeWorks, Inc.....	515-255-8399
600 42nd St	www.lifeworksdsm.com
Des Moines, IA 50312	
-OR-	
1105 N Ankeny Blvd	
Ankeny, IA 50023	
Lutheran Services in Iowa.....	515-271-7411
LSI	www.lsiowa.org
3116 University Ave	
Des Moines, IA 50311	
Orchard Place.....	515-246-3514
925 SW Porter Ave	www.orchardplace.org
Des Moines, IA 50315	
Project Recovery Iowa.....	1-844-775-9276
	https://covidrecoveryiowa.org/

Food/Supply Pantries

Central Iowa Shelter & Services.....	515-284-5719
1420 Mulberry St	www.centraliowashelter.org
Des Moines, IA 50309	
<i>*Please call ahead to confirm hours of pantry before visiting*</i>	
Children & Family Urban Movement Supper Club	515-282-3242
1548 8th Street	www.cfum.org/programs/supper-club
Des Moines, IA 50311	
<i>*Outside the Trinity United Methodist Church building on the corner of 8th & College</i>	
<i>*Meals served 4:00-5:00 p.m. Monday-Friday</i>	
CYC Community Fridge	www.facebook.com/CYCCommunityFridge
1446 MLK Jr Pkwy	
Des Moines, IA 50314	
Little Food Pantries (Various locations- see below)....	www.facebook.com/DrakeLittlePantries
Monroe Elementary School: 2250 30 th St., Des Moines, 50310	
Community Youth Concepts: 1446 MLK Jr Pkwy, Des Moines, 50314	
Creative Visions: 1343 13 th St., Des Moines, 50314	
Drake Olmstead Center: 2875 University Ave, Des Moines, 50311	
Greek Orthodox Church of St. George: 1110 35 th St., Des Moines, 50311	
Cottage Grove Church: 1050 24 th St., Des Moines, 50311	
Unity Church of Des Moines: 414 31 st St., Des Moines, 50312	
Hillside Elementary School: 713 8 th St, West Des Moines, 50265	

- Sprout Garden: 2700 Carpenter Ave, Des Moines, 50311
 St. Catherine of Siena Catholic Church: 1150 28th St, Des Moines, 50311
- IMPACT Community Action Partnership **515-518-4770**
 3226 University Ave **www.impactcap.org**
 Des Moines, IA 50311
Please call 515-518-4770 to place a food pantry order
- North Des Moines Community Fridge..... **www.facebook.com/NDSMCommunityFridge**
 5720 Urbandale Ave
 Des Moines, IA 50310
- Polk County Northside Food Pantry..... **515-286-2220**
 3010 6th Ave
 Des Moines, IA 50313
Please call 515-286-2220 before visiting pantry
- Polk County River Place Food Pantry..... **515-286-3695**
 2309 Euclid Ave
 Des Moines, IA 50310
Please call 515-286-3695 for hours and requirements
- Supply Hive **www.facebook.com/TheSupplyHive**
**Located on the corner of 14th and College*
- Sweet Tooth Community Fridge **www.facebook.com/SweetToothCommunityFridge**
 1618 6th Ave
 Des Moines, IA 50314
- Urban Dreams **https://urbandreams.org**
 601 Forest Ave **https://www.facebook.com/urbandreamsorg**
 Des Moines, IA 50314
- Urbandale Food Pantry..... **515-251-6688**
 7611 Douglas Ave, Suite 34/35 **www.urbandalefoodpantry.org**
 Urbandale, IA 50322
- Monday - Thursday: 9:30am - 6:30pm
 Saturday: 8:00am - 12:00pm

Grief & Loss Support

- Amanda the Panda Center for Grief and Loss..... **515-223-HUGS (4847)**
 1821 Grand Ave **Email: griefandloss@everystep.org**
 West Des Moines, IA 50265
www.everystep.org/services/grief-loss/about-amanda-the-panda
- Children Overcoming the Obstacles of Life..... **515-247-4006**
 C.O.O.L. **Email: info@dmpcc.org**
 Des Moines Pastoral Counseling Center **www.dmpcc.org**
 8553 Urbandale Ave
 Urbandale, IA 50322

- Healing Hearts by Hamilton's Academy of Grief & Loss (Grades 1-6)..... **515-697-3666**
 3601 Westown Parkway
 West Des Moines, IA 50266.....**www.hamiltonsfuneralhome.com**
- LifeWorks, Inc..... **515-255-8399**
 600 42nd St **www.lifeworksdsm.com**
 Des Moines, IA 50312
 -OR-
 1609 Ankeny Blvd, Suite 210
 Ankeny, IA 50023
- Monday -Thursday: 9:00am - 8:00pm
 Friday: 9:00am - 5:00pm
 Saturday: 9:00am - 3:00pm
- Orchard Place - Child Guidance Center..... **515-244-2267**
 808 5th Ave
 Des Moines, IA 50309
- Please Pass the Love **515-441-9419**
Email: info@pleasepassthelove.org
www.pleasepassthelove.org

Health – Dental & Physical

- Broadlawns Medical Center Dental Clinic..... **515-282-2421**
 1761 Hickman Road **broadlawns.org/clinics-and-services/dental**
 Des Moines, IA 50314
- Dental Connections..... **515-244-9136**
 1111 9th St, Suite 190 **dentalconnectionsonline.com**
 Des Moines, IA
- DMACC Dental Clinic..... **515-964-6280**
 2006 Ankeny Blvd, Bldg 9, Room 2 **freedentalcare.us/li/ia-dmacc_dental_clinic**
 Ankeny, IA 50023
- East Des Moines/La Clinica de Esperanza - UnityPoint..... **515-265-4211**
 840 E University Ave **unitypoint.org/desmoines/east-des-moines-la-clinica**
 Des Moines, IA 50316
- Polk County Health Department..... **1-866-209-1300**
 1907 Carpenter Ave **515-286-3798**
 Des Moines, IA 50314 **www.polkcountyiowa.gov/health-department**
- Primary Health Care, Inc..... **515-248-1500**
 1200 University Ave, #120 **www.phciowa.org/locations#desmoines**
 Des Moines, IA 50314
- Rosenfield Clinic - Planned Parenthood of the Heartland..... **1-877-849-0782**
 1000 E Army Post Rd **www.plannedparenthood.org/heartland**
 Des Moines, IA 50315 **www.plannedparenthood.org/chat**

Susan Knapp Clinic - Planned Parenthood of the Heartland.....1-877-859-0542
 2304 University Avewww.plannedparenthood.org/heartland
 Des Moines, IA 50311www.plannedparenthood.org/chat
 West Clinic - Planned Parenthood of the Heartland.....1-877-859-0543
 3303 109th Stwww.plannedparenthood.org/heartland
 Urbandale, IA 50322www.plannedparenthood.org/chat

Human Trafficking

Dorothy's House.....888-373-7888
 Address Confidentialwww.dorothyshouse.org
 Iowa Network Against Human Trafficking and Slavery.....1-800-770-1650
 5508 West Lincoln Way | Ames, IA 50014.....www.iowanaht.org

Legal Services

Drake Legal Clinic.....515-271-2011
 2507 University Ave
 Des Moines, IA 50311
 Iowa Migrant Movement for Justice.....515-255-9809
 PO Box 41006 Des Moines, IA 50311 <https://www.iowammj.org>
 Iowa Legal Aid.....1-800-532-1275
 1111 9th St, Suite 230www.iowalegalaid.org
 Des Moines, IA 50314
 Iowa State Bar Association - ISBA Public Service Project.....515-244-8617
 521 E Locust Ste 302Email: isba@iowabar.org
 Des Moines, IA 50309

LGBTQIA+

Des Moines Pride Center.....515-277-7884
 1620 Pleasant St, Suite 244www.dsmpridecenter.org
 Des Moines, IA 50314
 Iowa Safe Schools.....515-381-0588
www.iowasafeschools.org
 One Iowa.....515-288-4019
 950 Office Park Rd, Suite 240oneiowa.org
 West Des Moines, IA 50265
 Women's Cultural Collective.....www.iowawcc.com

Sexual Assault & Intimate Partner Violence

Children & Families of Iowa.....	515-288-1981
1111 University Ave	www.cfiowa.org
Des Moines, IA 50314	
Iowa Coalition Against Sexual Assault.....	515-244-7424
CASA	www.iowacasa.org
3030 Merle Hay Rd	
Des Moines, IA 50310	
Latinas Unidas por un Nuevo Amanecer (Latinas United for a New Dawn).....	515-271-5060
LUNA	Crisis line: 1-866-256-7668
100 E Euclid, Suite 153	www.lunaiowa.org
Des Moines, IA 50310	
Monsoon Asians & Pacific Islanders in Solidarity.....	515-288-0881
4944 Franklin Ave, Suite B	Crisis line: 1-866-881-4641
Des Moines, IA 50310	www.monsooniowa.org
NISAA African Family Services.....	515-255-5430
4926 Franklin Ave P,	Crisis line: 1-844-269-6203
Des Moines, IA 50310	www.nisaa-afs.org
Polk County Crisis & Advocacy Services.....	515-286-3600
2309 Euclid Ave	Crisis line: 515-286-3434
Des Moines, IA 50310	

Shelters

Bethel Mission Homeless Shelter (Men).....	515-244-5445
1310 6th Ave	www.hopeiowa.org
Des Moines, IA 50314	
Catholic Worker House.....	515-214-1030
1310 7th St	www.dmcatholicworker.org
Des Moines, IA 50314	
Children & Families of Iowa - Family Violence Center.....	515-471-8699
Address Confidential	Crisis line: 1-800-942-0333
.....	www.cfiowa.org
Iowa Homeless Youth Center.....	515-883-2379
612 Locust St	yss.org/locations/iowa-homeless-youth-centers/
Des Moines, IA 50309	
Primary Health Care - Centralized Intake.....	515-248-2850
1200 University Ave, Suite 110A	www.phciowa.org
Des Moines, IA 50314	

St. Joseph's Emergency Family Shelter.....**515-282-1235**
 1535 11th Stcatholiccharitiesdm.org/our-services/emergency-family-shelter/
 Des Moines, IA 50314

Ellipsis (formerly YESS).....**515-282-9377**
 918 SE 11th St**Help Line: 515-243-3459**
 Des Moines, IA 50309ellipsisiowa.org

Substance Use

Below are a few local resources - for a full list of resources in your area - contact Your Life Iowa at the number below or use the search function at yourlifeiowa.org/facility-locator

Employee Family Resources **800-327-4692**
 505 Fifth Ave, Suite 600 www.efr.org
 Des Moines, IA 50309

Iowa Regional Narcotics Anonymous **800-897-6242**
 4425 Fleur Drive #107 www.iowa-na.org
 Des Moines, IA 50321

Orchard Place PACE Center..... **515-697-5700**
 620 Eighth Street www.orchardplace.org
 Des Moines, IA 50309

Your Life Iowa **855-581-8111**
 **855-895-8398 (texting line)**
 www.yourlifeiowa.org/drugs

UCS Healthcare **515-280-3860**
 1300 Woodland Ave www.ucsonline.org
 West Des Moines, IA 50265