



Community Youth Concepts
Resource Guide for Facilitators
January 2023

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24 Hour Crisis Help Lines

Boys Town Crisis and Suicide Hotline.....	800-448-3000
Iowa Concern.....	1-800-447-1985
Iowa DHS - Child and Dependent Adult Abuse Hotline.....	1-800-362-2178
Iowa Victim Service Call Center.....	1-800-770-1650
.....	Text: “IowaHelp” to 20121
Iowa Warm.....	1-844-775-WARM (9276)
National AIDs Hotline.....	1-800-232-4636
.....	888-232-6348 (texting line)
National Human Trafficking Resource Center.....	1-888-373-7888
.....	Text: “HELP” or “INFO” to 233733
.....	https://humantraffickinghotline.org/en
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 Domestic Violence Hotline.....	1-800-799-SAFE (7233)
.....	-OR- 1-800-787-3224
.....	-OR- text “START” to 88788
CICS Crisis Line.....	855-581-8111
.....	855-895-8398 (texting line)
Stop It Now! Child Sexual Abuse Hotline.....	1-888-773-8368
Suicide and Crisis Lifeline.....	Call or Text: 988
Trans Lifeline.....	1-877-565-8860
Trevor Project (LGBTQIA+, Suicide Prevention Hotline).....	1-866-488-7386
.....	text “START” to 678678
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.....	515-322-3994
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 2500 Forest Ave Des Moines, IA 50311	www.bgcci.org
Chrysalis Foundation 1248 8th St. Suite 101 West Des Moines, IA 50265	515-255-1853 www.chrysalisfdn.org
Children and Family Urban Movement CFUM 1548 8th St Des Moines, IA 50314	515-282-3242 www.cfum.org
Community Youth Concepts CYC 1446 Martin Luther King Jr Pkwy Des Moines, IA 50314	515-243-4292 www.cyconcepts.org
Hannah Geneser Learning Center & Safety Store Iowa Methodist Medical Center 1200 Pleasant Street Des Moines, IA 50309	515-241-6706 www.unitypoint.org/blankchildrens/safety-store.aspx
Ellipsis Iowa (Formerly YESS) 918 SE 11th St Des Moines, IA 50309	515-282-9377 https://www.ellipsis-iowa.org

Additional Community Supports

211	211 211.org
Des Moines Rent Relief	bit.ly/dsmrentresources
Iowa Mutual Aid	www.iowamutualaid.org

For any of the resources listed below, visit the Iowa Mutual Aid website

Des Moines Black Liberation Movement Collective

DSM BLM Rent Relief

Des Moines Defender

Des Moines Mutual Aid

Edna Griffin Mutual Aid

Iowa Trans Mutual Aid

North Des Moines Mutual Aid

Prairieland Freedom Fund

The Prison Abolition Letter Writing Project

Mediacom Income Based Internet Service	https://mediacomcable.com/acp/
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Adolescents

Boys and Girls Club of Central Iowa - Bernie & Berniece Baker Club	515-242-7336
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Amos Hiatt Middle Schoolwww.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 Universitywww.bgcci.org
 2500 Forest Ave
 Des Moines, IA 50311

Boys and Girls Club - McCombs Club.....**515-242-8333**
 McCombs Middle Schoolwww.bgcci.org
 201 SW County Line Road
 Des Moines, IA 50320

Boys and Girls Club - Huskies Club.....**515-508-0991**
 Meredith Middle Schoolwww.bgcci.org
 4827 Madison Ave
 Des Moines, IA 50310

Chrysalis Foundation.....**515-255-1853**
 1248 8th St. Suite 101www.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**
 CYCwww.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 Centers - Youth Opportunity Center.....**515-883-2379**
 612 Locust St.....www.yss.org/locations-iowa-homeless-youth-centers/
 Des Moines, IA 50309

YSS.....**515-233-3141**
 420 Kellogg Avenue.....<https://www.yss.org/>
 Ames, IA 50010

Man Up.....**515-988-9358**
www.manupiowa.com

Ellipsis (Formerly YESS)**515-282-9377**
 918 SE 11th Stwww.ellipsis-iowa.org
 Des Moines, IA 50309

Child Abuse & Neglect

Children & Families of Iowa - Domestic Violence Services.....	515-288-1981
1111 University Ave	www.cfiowa.org
Des Moines, IA 50314	
Polk County Crisis & Advocacy Services.....	Crisis line: 515-286-3434
2309 Euclid Ave	515-286-3600
Des Moines IA 50310	
Prevent Child Abuse Iowa.....	Reporting Line: 1-800-362-2178
501 SW 7 th St G1	515-244-2200
Des Moines, IA 50309	www.pcaiowa.org

Counseling, Support, & Advocacy

Adolescent Behavioral Health Services - Iowa Lutheran Hospital.....	515-263-5612
700 E University Ave	www.unitypoint.org
Des Moines, IA 50316	
Broadlawns Child and Adolescent Services.....	515-282-2200
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	515-282-9377
918 SE 11th St	www.ellipsisiowa.org/
Des Moines, IA 50309	
LifeWorks, Inc.....	515-255-8399
600 42nd St	www.lifeworksdm.com
Des Moines, IA 50312	
-OR-	
1105 N Ankeny Blvd	
Ankeny, IA 50023	
Lutheran Services in Iowa.....	515-271-7411
3116 University Ave.....	www.lsiowa.org
Des Moines, IA 50311	
Orchard Place.....	515-246-3514
925 SW Porter Ave	www.orchardplace.org
Des Moines, IA 50315	
Project Recovery Iowa - Iowa Warm.....	1-844-775-9276
	https://covidrecoveryiowa.azurewebsites.net

Food/Supply Pantries

- Bidwell Riverside Center **515-244-6251**
 1203 Hartford Ave www.bidwellriverside.org/food-and-clothing-pantry
 Des Moines, IA 50315
 *Monday-Friday: 10:00AM-5:00PM
- Central Iowa Shelter & Services.....**515-284-5719**
 1420 Mulberry St www.centraliowashelter.org
 Des Moines, IA 50309
 Please call ahead to confirm hours of pantry before visiting
- Children & Family Urban Movement Supper Club**515-282-3242**
 1548 8th Streetwww.cfum.org/programs/supper-club
 Des Moines, IA 50311
 *Outside the Trinity United Methodist Church building on the corner of 8th & College
 *Meals served 4:00-5:00 p.m. Monday-Friday
- 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 30th St., Des Moines, 50310
 Community Youth Concepts: 1446 MLK Jr Pkwy, Des Moines, 50314
 Creative Visions: 1343 13th St., Des Moines, 50314
 Drake Olmstead Center: 2875 University Ave, Des Moines, 50311
 Greek Orthodox Church of St. George: 1110 35th St., Des Moines, 50311
 Cottage Grove Church: 1050 24th St., Des Moines, 50311
 Unity Church of Des Moines: 414 31st St., Des Moines, 50312
 Hillside Elementary School: 713 8th 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 Avewww.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 <https://www.thesupplyhivedsm.org/>

**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.mindspiritcenter.org

8553 Urbandale Ave

Urbandale, IA 50322

Healing Hearts by Hamilton's Academy of Grief & Loss (Grades 1-6).....**515-697-3666**

3601 Westtown Parkway

West Des Moines, IA 50266.....**www.hamiltonsfuneralhome.com**

LifeWorks, Inc.....**515-255-8399**

600 42nd St

www.lifeworksdm.com

Des Moines, IA 50312

-OR-

1105 Ankeny Blvd, Suite 100

Ankeny, IA 50023

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

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 9 th St, Suite 190	dentalconnectionsonline.com
Des Moines, IA	
DMPS School-Based Health Clinics	
Primary Health Care Clinic.....	515-242-8488 (ext.1)
HooverHighSchool	
4800 NW Aurora Ave.	
Des Moines, IA	
Kurtz Opportunity Center	
1000 Porter Ave.	
DesMoines, IA	
.....	https://www.dmschools.org/
departments/division-of-leadership-learning/student-and-fami	
ly-services/community-schools/clinic/	
Nolden Gentry Dental Clinic (Dental Connections).....	515-242-8488 (ext.2)
Kurtz Opportunity Center	
1000 Porter Ave.	
DesMoines, IA	
.....	https://www.dmschools.org/
departments/division-of-leadership-learning/student-and-fami	
ly-services/community-schools/clinic/	
DMACC Dental Clinic.....	515-964-6280
2006 S Ankeny Blvd, Bldg 9, Room 2.....	freedentalcare.us/li/ia-dmacc_dental_clinic
Ankeny, IA 50023	
*Hours Tuesday and Thursday 8:30AM - 12:00 PM	
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, #100 & #120.....	www.phciowa.org/locations#desmoines
Des Moines, IA 50314	

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 50014www.iowanaht.org

Legal Services

Drake Legal Clinic.....515-271-3851
 2400 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.....1-800-532-1503
 666 Walnut Street, 25th Floor.....www.iowalegalaid.org
 Des Moines, IA 50309
 Iowa State Bar Association - ISBA Public Service Project.....515-243-3179
 625 East Court AveEmail: isba@iowabar.org
 Des Moines, IA 50309

LGBTQIA+

Des Moines Pride Center.....515-657-2147
 1620 Pleasant St, Suite 244www.desmoinespridecenter.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 Des Moines, IA 50314	www.cfiowa.org
Iowa Coalition Against Sexual Assault	515-244-7424
CASA 3030 Merle Hay Rd Des Moines, IA 50310	www.iowacasa.org
Latinas Unidas por un Nuevo Amanecer (Latinas United for a New Dawn)	515-271-5060
LUNA 100 E Euclid, Suite 153 Des Moines, IA 50310	Crisis line: 1-866-256-7668 www.lunaiowa.org
Monsoon Asians & Pacific Islanders in Solidarity	515-288-0881
4944 Franklin Ave, Suite B Des Moines, IA 50310	Crisis line: 1-866-881-4641 www.monsooniowa.org
NISAA African Family Services	515-255-5430
4926 Franklin Ave P, Des Moines, IA 50310	Crisis line: 1-844-269-6203 www.nisaa-afs.org
Polk County Crisis & Advocacy Services	Crisis line: 515-286-3434
2309 Euclid Ave Des Moines IA 50310	515-286-3600

Shelters

Bethel Mission Homeless Shelter (Men)	515-244-5445
1310 6th Ave Des Moines, IA 50314	www.hopeiowa.org
Catholic Worker House	515-214-1030
1310 7th St Des Moines, IA 50314	www.dmcatholicworker.org
Children & Families of Iowa - Family Violence Center	515-243-6147
Address Confidential	Crisis line: 1-800-942-0333 https://cfiowa.org/programs/domestic-violence/
Iowa Homeless Youth Center	515-883-2379
612 Locust St Des Moines, IA 50309	yss.org/locations/iowa-homeless-youth-centers/
Primary Health Care - Centralized Intake	515-248-1850
1200 University Ave, Suite 110A Des Moines, IA 50314	www.phciowa.org
St. Joseph's Emergency Family Shelter	515-282-1235
1535 11 th St Des Moines, IA 50314	catholiccharitiesdm.org/our-services/emergency-family-shelter/
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 8th 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