



Community Youth Concepts  
Resource Guide for Facilitators  
August 2023

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## 24 Hour Crisis Help Lines

Boys Town Crisis and Suicide Hotline.....	<b>800-448-3000</b>
Iowa Concern.....	<b>1-800-447-1985</b>
Iowa DHS - Child and Dependent Adult Abuse Hotline.....	<b>1-800-362-2178</b>
Iowa Victim Service Call Center.....	<b>1-800-770-1650</b>
.....	<b>Text: “IowaHelp” to 20121</b>
Iowa Warm.....	<b>1-844-775-WARM (9276)</b>
National AIDs Hotline.....	<b>1-800-232-4636</b>
.....	<b>888-232-6348 (texting line)</b>
National Human Trafficking Resource Center.....	<b>1-888-373-7888</b>
.....	<b>Text: “HELP” or “INFO” to 233733</b>
.....	<b><a href="https://humantraffickinghotline.org/en">https://humantraffickinghotline.org/en</a></b>
National Indigenous Women’s Resource Center.....	<b>1-855-649-7299</b>
National Sexual Assault Hotline - RAINN.....	<b>1-800-656-HOPE (4673)</b>
National Suicide Prevention Lifeline.....	<b>1-800-273-TALK (8255)</b>
National Domestic Violence Hotline.....	<b>1-800-799-SAFE (7233)</b>
.....	<b>-OR- 1-800-787-3224</b>
.....	<b>-OR- text “START” to 88788</b>
CICS Crisis Line.....	<b>855-581-8111</b>
.....	<b>855-895-8398 (texting line)</b>
Stop It Now! Child Sexual Abuse Hotline.....	<b>1-888-773-8368</b>
Suicide and Crisis Lifeline.....	<b>Call or Text: 988</b>
Trans Lifeline.....	<b>1-877-565-8860</b>
Trevor Project (LGBTQIA+, Suicide Prevention Hotline).....	<b>1-866-488-7386</b>
.....	<b>text “START” to 678678</b>
Youth Emergency Shelter & Services (YESS) - Crisis Hotline.....	<b>515-282-YESS (9377)</b>

## K-5

Boys and Girls Club of Central Iowa - Ellis I. Levitt Club.....	<b>515-280-5397</b>
Carver Community School.....	<b><a href="http://www.bgcci.org">www.bgcci.org</a></b>
705 E University Ave	
Des Moines, IA 50316	
Boys and Girls Club of Central Iowa - Frank J. Ross Club.....	<b>515-322-3994</b>
Moore Elementary School.....	<b><a href="http://www.bgcci.org">www.bgcci.org</a></b>
3716 50th St	
Des Moines, IA 50310	
Boys and Girls Club of Central Iowa – Gregory & Suzie Glazer Burt Club.....	<b>515-271-4560</b>
Drake University.....	<b><a href="http://www.bgcci.org">www.bgcci.org</a></b>

2500 Forest Ave	
Des Moines, IA 50311	
Chrysalis Foundation.....	<b>515-255-1853</b>
1248 8th St. Suite 101 .....	<b>www.chrysalisfdn.org</b>
West Des Moines, IA 50265	
Children and Family Urban Movement.....	<b>515-282-3242</b>
CFUM .....	<b>www.cfum.org</b>
1548 8th St	
Des Moines, IA 50314	
Community Youth Concepts.....	<b>515-243-4292</b>
CYC .....	<b>www.cyconcepts.org</b>
1446 Martin Luther King Jr Pkwy	
Des Moines, IA 50314	
Hannah Geneser Learning Center & Safety Store .....	<b>515-241-6706</b>
Iowa Methodist Medical Center <b>www.unitypoint.org/blankchildrens/safety-store.aspx</b>	
1200 Pleasant Street	
Des Moines, IA 50309	
Ellipsis Iowa (Formerly YESS) .....	<b>515-243-3459</b>
918 SE 11th St .....	<b>https://www.ellipsis-iowa.org</b>
Des Moines, IA 50309	

## Additional Community Supports

211 .....	<b>211</b>
.....	<b>211.org</b>
Des Moines Rent Relief .....	<b>515-650-0538</b>
.....	<b>bit.ly/dsmrentresources</b>
Iowa Mutual Aid .....	<b><a href="http://www.iowamutualaid.org">www.iowamutualaid.org</a></b>

\*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

Prairie Lands Freedom Fund

The Prison Abolition Letter Writing Project

Mediacom Income Based Internet Service .....	<b><a href="https://mediacomcable.com/acp/">https://mediacomcable.com/acp/</a></b>
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## Adolescents

Boys and Girls Club of Central Iowa - Bernie & Berniece Baker Club.....	<b>515-242-7336</b>
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Amos Hiatt Middle School .....	<a href="http://www.bgcci.org">www.bgcci.org</a>
1214 E 15th St	
Des Moines, IA 50316	
Boys and Girls Club of Central Iowa – Gregory & Suzie Glazer Burt Club .....	<b>515-271-4560</b>
Drake University .....	<a href="http://www.bgcci.org">www.bgcci.org</a>
2500 Forest Ave	
Des Moines, IA 50311	
Boys and Girls Club - McCombs Club.....	<b>515-242-8333</b>
McCombs Middle School .....	<a href="http://www.bgcci.org">www.bgcci.org</a>
201 SW County Line Road	
Des Moines, IA 50320	
Boys and Girls Club - Huskies Club.....	<b>515-508-0991</b>
Meredith Middle School .....	<a href="http://www.bgcci.org">www.bgcci.org</a>
4827 Madison Ave	
Des Moines, IA 50310	
Chrysalis Foundation.....	<b>515-255-1853</b>
1248 8th St. Suite 101 .....	<a href="http://www.chrysalisfdn.org">www.chrysalisfdn.org</a>
West Des Moines, IA 50265	
Children and Family Urban Movement.....	<b>515-282-3242</b>
CFUM	
1548 8th St	
Des Moines, IA 50314	
Community Youth Concepts.....	<b>515-243-4292</b>
CYC .....	<a href="http://www.cyconcepts.org">www.cyconcepts.org</a>
1446 Martin Luther King Jr Pkwy	
Des Moines, IA 50314	
Hannah Geneser Learning Center & Safety Store .....	<b>515-241-6706</b>
<a href="https://www.unitypoint.org/locations/unitypoint-health---blank-childrens-hospital/advocacy-and-outreach/safety-store">https://www.unitypoint.org/locations/unitypoint-health---blank-childrens-hospital/advocacy-and-outreach/safety-store</a>	
Iowa Methodist Medical Center	
1200 Pleasant Street	
Des Moines, IA 50309	
Iowa Homeless Youth Centers - Youth Opportunity Center.....	<b>515-883-2379</b>
612 Locust St.....	<a href="http://www.yss.org/locations-iowa-homeless-youth-centers/">www.yss.org/locations-iowa-homeless-youth-centers/</a>
Des Moines, IA 50309	
YSS.....	<b>515-233-3141</b>
420 Kellogg Avenue.....	<a href="https://www.yss.org/">https://www.yss.org/</a>
Ames, IA 50010	
Man Up.....	<b>515-988-9358</b>
.....	<a href="http://www.manupiowa.com">www.manupiowa.com</a>
Ellipsis (Formerly YESS) .....	<b>515-282-9377</b>
918 SE 11th St .....	<a href="http://www.ellipsis-iowa.org">www.ellipsis-iowa.org</a>
Des Moines, IA 50309	

## Child Abuse & Neglect

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

## Counseling, Support, & Advocacy

Adolescent Behavioral Health Services - Iowa Lutheran Hospital.....	<b>515-263-5612</b>
700 E University Ave .....	<b>www.unitypoint.org</b>
Des Moines, IA 50316	
Broadlawn Child and Adolescent Services.....	<b>515-282-2200</b>
1801 Hickman Rd.....	<b>www.broadlawns.org</b>
Des Moines, IA 50314	
Children & Families of Iowa.....	<b>515-288-1981</b>
1111 University Ave .....	<b>www.cfiowa.org</b>
Des Moines, IA 50314	
Ellipsis .....	<b>515-282-9377</b>
918 SE 11th St .....	<b>www.ellipsisiowa.org/</b>
Des Moines, IA 50309	
LifeWorks, Inc.....	<b>515-255-8399</b>
600 42nd St .....	<b>www.lifeworksdm.com</b>
Des Moines, IA 50312	
-OR-	
1105 N Ankeny Blvd	
Ankeny, IA 50023	
Lutheran Services in Iowa.....	<b>515-271-7411</b>
3116 University Ave.....	<b>www.lsiowa.org</b>
Des Moines, IA 50311	
Orchard Place.....	<b>515-287-6910</b>
925 SW Porter Ave .....	<b>www.orchardplace.org</b>
Des Moines, IA 50315	
Project Recovery Iowa - Iowa Warm.....	<b>1-844-775-9276</b>
	<b>https://covidrecoveryiowa.azurewebsites.net</b>

## Food/Supply Pantries

- Bidwell Riverside Center** ..... **515-244-6251**  
 1203 Hartford Ave ..... [www.bidwellriverside.org/food-and-clothing-pantry](http://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](http://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 Street ..... [www.cfum.org/programs/supper-club](http://www.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](http://www.facebook.com/CYCCommunityFridge)  
 1446 MLK Jr Pkwy  
 Des Moines, IA 50314
- Little Food Pantries (Various locations- see below)**.... [www.facebook.com/DrakeLittlePantries](http://www.facebook.com/DrakeLittlePantries)  
 Monroe Elementary School: 2250 30<sup>th</sup> St., Des Moines, 50310  
 Community Youth Concepts: 1446 MLK Jr Pkwy, Des Moines, 50314  
 Creative Visions: 1343 13<sup>th</sup> St., Des Moines, 50314  
 Drake Olmstead Center: 2875 University Ave, Des Moines, 50311  
 Greek Orthodox Church of St. George: 1110 35<sup>th</sup> St., Des Moines, 50311  
 Cottage Grove Church: 1050 24<sup>th</sup> St., Des Moines, 50311  
 Unity Church of Des Moines: 414 31<sup>st</sup> St., Des Moines, 50312  
 Hillside Elementary School: 713 8<sup>th</sup> 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](http://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](http://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](http://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](http://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](mailto:griefandloss@everystep.org)

West Des Moines, IA 50265

[www.everystep.org/services/grief-loss/about-amanda-the-panda](http://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](mailto:info@dmpcc.org)

Des Moines Pastoral Counseling Center ..... [www.mindspiritcenter.org](http://www.mindspiritcenter.org)

8553 Urbandale Ave

Urbandale, IA 50322

Healing Hearts by Hamilton's Academy of Grief & Loss (Grades 1-6).....515-224-0078

3601 Westtown Parkway

West Des Moines, IA 50266..... [www.hamiltonsfuneralhome.com](http://www.hamiltonsfuneralhome.com)

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

600 42nd St ..... [www.lifeworksdm.com](http://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



## Health – Dental & Physical

Broadlawns Medical Center Dental Clinic.....	<b>515-282-2421</b>
1761 Hickman Road .....	<b>broadlawns.org/clinics-and-services/dental</b>
Des Moines, IA 50314	
Dental Connections.....	<b>515-244-9136</b>
1111 9 <sup>th</sup> St, Suite 190 .....	<b>dentalconnectionsonline.com</b>
Des Moines, IA	
DMPS School-Based Health Clinics	
Primary Health Care Clinic.....	<b>515-242-8488 (ext.1)</b>
HooverHighSchool	
4800 NW Aurora Ave.	
Des Moines, IA	
Kurtz Opportunity Center	
1000 Porter Ave.	
DesMoines, IA	
	<b>https://www.dmschools.org/departments/division-of-leadership-learning/student-and-family-services/community-schools/clinic/</b>
Nolden Gentry Dental Clinic (Dental Connections).....	<b>515-244-9136</b>
Kurtz Opportunity	
1000 Porter Ave.	
DesMoines, IA	
	<b>https://www.dmschools.org/departments/division-of-leadership-learning/student-and-family-services/community-schools/clinic/</b>
DMACC Dental Clinic.....	<b>515-964-6280</b>
2006 S Ankeny Blvd, Bldg 9, Room 2.....	<b>freedentalcare.us/li/ia-dmacc_dental_clinic</b>
Ankeny, IA 50023	
*Hours Tuesday and Thursday 8:30AM - 12:00 PM	
East Des Moines/La Clinica de Esperanza - UnityPoint.....	<b>515-265-4211</b>
840 E University Ave	<b>unitypoint.org/desmoines/east-des-moines-la-clinica</b>
Des Moines, IA 50316	
Polk County Health Department.....	<b>1-866-209-1300</b>
1907 Carpenter Ave .....	<b>515-286-3798</b>
Des Moines, IA 50314 .....	<b>www.polkcountyiowa.gov/health-department</b>
Primary Health Care, Inc.....	<b>515-248-1500</b>
1200 University Ave, #100 & #120.....	<b>www.phciowa.org/locations#desmoines</b>
Des Moines, IA 50314	

## Human Trafficking

Dorothy's House.....	888-373-7888
Address Confidential .....	<a href="http://www.dorothyshouse.org">www.dorothyshouse.org</a>
Iowa Network Against Human Trafficking and Slavery.....	1-800-770-1650
5508 West Lincoln Way   Ames, IA 50014.....	<a href="http://www.iowanaht.org">www.iowanaht.org</a>

## 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 .....	<a href="https://www.iowammj.org">https://www.iowammj.org</a>
Iowa Legal Aid.....	1-800-532-1503
666 Walnut Street, 25th Floor.....	<a href="http://www.iowalegalaid.org">www.iowalegalaid.org</a>
Des Moines, IA 50309	
Iowa State Bar Association - ISBA Public Service Project.....	515-243-3179
625 East Court Ave .....	Email: <a href="mailto:isba@iowabar.org">isba@iowabar.org</a>
Des Moines, IA 50309	

## LGBTQIA+

Des Moines Pride Center.....	515-612-6604
1620 Pleasant St, Suite 244 .....	<a href="http://www.desmoinespridecenter.org">www.desmoinespridecenter.org</a>
Des Moines, IA 50314	
Iowa Safe Schools.....	515-381-0588
.....	<a href="http://www.iowasafeschools.org">www.iowasafeschools.org</a>
One Iowa.....	515-288-4019
950 Office Park Rd, Suite 240 .....	<a href="http://oneiowa.org">oneiowa.org</a>
West Des Moines, IA 50265	
Women's Cultural Collective.....	<a href="http://www.iowawcc.com">www.iowawcc.com</a>

## Sexual Assault & Intimate Partner Violence

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

## Shelters

Bethel Mission Homeless Shelter (Men)	.....	<b>515-244-5445</b>
1310 6th Ave Des Moines, IA 50314	.....	<a href="http://www.hopeiowa.org">www.hopeiowa.org</a>
Catholic Worker House	.....	<b>515-214-1030</b>
1310 7th St Des Moines, IA 50314	.....	<a href="http://www.dmcatholicworker.org">www.dmcatholicworker.org</a>
Children & Families of Iowa - Family Violence Center	.....	<b>515-243-6147</b>
Address Confidential	.....	<b>Crisis line: 1-800-942-0333</b> <a href="https://cfiowa.org/programs/domestic-violence/">https://cfiowa.org/programs/domestic-violence/</a>
Iowa Homeless Youth Center	.....	<b>515-883-2379</b>
612 Locust St Des Moines, IA 50309	.....	<a href="http://yss.org/locations/iowa-homeless-youth-centers/">yss.org/locations/iowa-homeless-youth-centers/</a>
Primary Health Care - Centralized Intake	.....	<b>515-248-1850</b>
1200 University Ave, Suite 110A Des Moines, IA 50314	.....	<a href="http://www.phciowa.org">www.phciowa.org</a>
St. Joseph's Emergency Family Shelter	.....	<b>515-282-1235</b>
1535 11 <sup>th</sup> St Des Moines, IA 50314	.....	<a href="http://catholiccharitiesdm.org/our-services/emergency-family-shelter/">catholiccharitiesdm.org/our-services/emergency-family-shelter/</a>
Ellipsis (formerly YESS)	.....	<b>515-282-9377</b>
918 SE 11th St	.....	<b>Help Line: 515-243-3459</b>

Des Moines, IA 50309 .....ellipsisiowa.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](http://yourlifeiowa.org/facility-locator)*

Employee Family Resources .....	<b>800-327-4692</b>
505 Fifth Ave, Suite 600 .....	<b>www.efr.org</b>
Des Moines, IA 50309	
Iowa Regional Narcotics Anonymous .....	<b>800-897-6242</b>
4425 Fleur Drive #107 .....	<b>www.iowa-na.org</b>
Des Moines, IA 50321	
Orchard Place PACE Center.....	<b>515-697-5700</b>
620 8th Street .....	<b>www.orchardplace.org</b>
Des Moines, IA 50309	
Your Life Iowa .....	<b>855-581-8111</b>
.....	<b>855-895-8398 (texting line)</b>
.....	<a href="http://www.yourlifeiowa.org/drugs">www.yourlifeiowa.org/drugs</a>
UCS Healthcare .....	<b>515-280-3860</b>
1300 Woodland Ave .....	<b>www.ucsonline.org</b>
West Des Moines, IA 50265	