



OSAGE 2017

RESOURCE BOOKLET

ASSISTANCE PROGRAMS IN MITCHELL 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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AREAS OF ASSISTANCE

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- Department of Human Services
- Domestic/Sexual Assault Outreach Center
- Hope House
- Legal Aid

Cash Assistance

- Mitchell County General Assistance
- North Iowa Community Action Organization (NICA)
- Salvation Army

Counseling & Mental Health Services

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

- Catholic Charities
- Cedar Valley Mental Health Center
- Families First Counseling Services
- Mental Health America
- WellSource

Disability Assistance

- Children At Home Program
- Comprehensive Systems
- County Social Services
- Mitchell County Public Health
- Northern Trails AEA Early Intervention
- Rural Development Housing

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- North Iowa Community Action Organization (NICA/O)

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- Salvation Army
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- Women, Infants and Children (WIC) Supplemental Food Program

Health Care Services

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Housing Assistance

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- Rural Development Housing

Job Assistance

- Iowa Vocational Rehabilitation Services (IVRS)
- Iowa Works
- Promise Jobs

Rehabilitation Services

- Covenant Horizons
- Hope House
- Pathways Behavioral Services
- Prairie Ridge Addiction Treatment Services

AGENCY SUMMARIES

Allen Women's Health

91 E Bremer Ave

Waverly, IA

319.352.1591

Provides family planning including birth control and prenatal care, gynecological services, education and many other services.

Bridges Mentoring Program

833 Ash St

PO Box 131

Osage, IA

641.732.3566

bridgesmentoring.com

Community-based mentoring program serving the Osage, Riceville and St. Ansgar school districts.

Catholic Charities

641.424.9683

catholiccharitiesdubuque.org

Some of the services include mental health counseling for individuals, families and couples, adoption services, pregnancy counseling, refugee resettlement, post-abortion counseling and disaster relief.

Cedar Valley Friends of the Family

PO Box 784

Waverly, IA

800.410.7233 (24-hour crisis hotline) / 319.352.0037

cvfriendsofthefamily.org

Cedar Valley Friends of the Family provides free confidential services for persons affected by domestic violence and sexual assault. Some of the services include a 24-hour crisis line, emergency shelter and transportation, crisis counseling, medical advocacy, legal advocacy, support groups and transitional housing.

Cedar Valley Mental Health Center

111 10th St

Waverly, IA

319.352.2064

Provides services to all ages including individual, family and group counseling as well as psychiatric counseling.

Charles City Housing Authority

501 Terrace S

Charles City, IA

641.228.6661

Provides affordable housing and building community partnerships with other agencies.

Child Care Resource and Referral

910 E Main St

New Hampton, IA

641.394.4854

A community-based organization that offers resources, advocacy and education to the community to provide accessible and affordable child care services. Services are available to parents, child care providers, employers and the community.

Children At Home Program

1206 S Main St

Charles City, IA

641.2285713

A program that is dedicated to assisting families with support and services they need, including adapted clothing and equipment, counseling, home modification, parent education, recreation, respite and child care, special foods, transportation and emergency services.

Comprehensive Systems

1700 Clark St
Charles City, IA
641.228.4842

An accredited, community-based private, non-profit Iowa corporation providing residential and employment services to individuals with special needs. Services include residential, vocational and volunteer experiences.

County Social Services

415 Pleasant St
Osage, IA
641.832.2615

Provides financial support for mental health and disability services programs to individuals in North Central and Northeastern Iowa.

Court Appointed Special Advocate Program (CASA)

866.295.5262 –Floyd and Mitchell Counties
childadvocacy.iow.gov

Commissions trained community volunteers to serve as an effective voice in court for abused and neglected children, strengthening efforts to ensure each child is living in a safe, permanent and nurturing home. CASA volunteers are appointed by a judge to assess all aspects of the assigned child's life, prepare detailed reports to the court and monitor the court's orders.

Covenant Horizons

2101 Kimball Ave, Suite 200
Waterloo, IA
319.272.2873

A family-centered recovery program for drug, alcohol and substance abusers and their families. A wide variety of trained professionals work together to facilitate the treatment program and coordinated approach that addresses the physical, emotional, and spiritual toll taken by drug, alcohol and substance abuse.

Dental Service for Children

100 1st St NW, Suite 200
Mason City, IA
800.657.5856

North Iowa Community Action Organization employs two licensed dental hygienists who are available to serve WIC-enrolled infants or children and their siblings and maternal health clients. Services include education regarding improved oral health for infants and children, prenatal oral health education, dental screening, toothbrushes, fluoride varnish and assistance in finding other dental services.

Department of Human Services

1206 S Min St
Charles City, IA
641.228.5713

Domestic/Sexual Assault Outreach Center

515.955.1958
Crisis Line: 515.573.8000 / 888.356.2006

A crisis shelter and home for victims of domestic violence and sexual assault. They provide safe and confidential services including shelter, counseling, food, clothing and transportation. Financial assistance for emergency housing is also available.

Early Access (0-36 Months)

404 N Jackson
Charles City, IA
800.645.3019

319.273.8200 —Cedar Falls office with full-time secretary
Early Access is a partnership for families and children ages 0-3 to provide a working relationship between staff and parents to help identify, coordinate and recognize necessary services for children to grow and develop.

Early Intervention through LSI

641.228.8030

The goal of this program is to decrease the number of foster or shelter placements for youth, prevent families from entering the traditional DHS/juvenile court system and be a potential referral source for families who have moderate to high risk for abuse.

Families First Counseling Services

111 Plaza Circle

Waterloo, IA

319.4330.395

A family-centered service provider offering individual services, family counseling, crisis intervention and psychological testing.

Families Together

705 3rd Ave

Charles City, IA

641.228.8030

An in-home visitation program dedicated to strengthening and preserving the family. Families Together staff can help with skill development to help cope with family demands, referrals to community resources, creative ways to interact with your child, guidance and support and other services that are useful to area families. This is a voluntary and free service.

Family Investment Program

Provides cash assistance to needy families as they become self-supporting so that children may be cared for in their own homes or in the homes of relatives.

Family Planning Services

1001 1st St NW

Mason City, IA

800.657.5856 –Floyd and Mitchell County

Services include birth control counseling and exams, pregnancy testing and counseling, pap smears, sexually transmitted disease treatment and genetic counseling referrals.

Francis Lauer Youth Services

50 N Eisenhower Ave

Mason City, IA

641.423.7362

francislaue.com

Assists children, families and individuals with a variety of needs including, but not limited to, individual, family and group counseling, emergency services and shelter, outreach service and transitional services.

Head Start and Early Head Start

404 N Jackson

Charles City, IA

641.228.4515

Aims to provide comprehensive early childhood education, health, nutrition and parent involvement services to low-income children and their families.

Hope House

805 Wisconsin St

Charles City, IA

641.228.7453

Provides services based on AA principles. Meetings include Alcoholics Anonymous, Narcotics Anonymous, Co-dependency support group and Emotions Anonymous.

Immunization Clinic

415 Pleasant St, Suite 100

Osage, IA

641.832.3500

mchhcph.com

The clinics provide necessary immunizations for children at a low cost.

Iowa KidsNet

800.243.0756

iowakidsnet.com

A statewide partnership of six Iowa agencies dedicated to the safety and permanency of children and families through foster care, adoption and reunification with birth families. Iowa KidsNet offers free support services to foster and adoptive families.

Iowa Rental Help/Homeless Prevention and Rapid Re-Housing (HPRP)

218 5th St SW

Mason City, IA

641.242.4155 or 866.599.3155

Provides temporary financial assistance and other services to either prevent households from becoming homeless or to help those experiencing homelessness to be re-housed and stabilized.

Iowa Vocational Rehabilitation Services (IVRS)

600 S Pierce Ave

Mason City, IA

641.422.1551

Provides counseling and guidance, training and job placement assistance for persons identified as having a diagnosed disability.

Iowa Works

600 S Pierce Ave

Mason City, IA

641.422.1524

The Workforce Development Center staff will direct you to computer software, publications and Internet sites that can help you research careers, schools and communities and obtain information regarding current workforce trends. Services include job information, resume service, typing tutorial, job placement assistance and unemployment insurance.

ISU Extension Mitchell County

315 Main St

Osage, IA

641.732.5574

The Mitchell County Extension Council, county staff and ISU Extension and Outreach staff work together to provide research-based learning opportunities for their citizens.

Legal Aid

800.532.1275

Iowa Legal Aid is a nonprofit organization that provides critical legal assistance to low-income Iowans who have nowhere else to turn.

Maternal and Child Health Program

1010 S Grand, Suite 1

Charles City, IA

800.657.5856

Program includes a variety of services focused on promoting healthy children, healthy families, and communities by advocating early and continued prenatal care and medical care throughout childhood, focusing on any special needs identified.

Maternal Health Program

509 State St

Osage, IA

800.657.5856

An educational program for pregnant women that provides up-to-date pregnancy-related information and assistance in obtaining financial, medical, nutritional and dental services.

Medicaid/Title XIX

1206 S Main St

Charles City, IA

641.228.5713

Medicaid is a program that pays for covered medical and health care costs of people who qualify. A wide range of medical and health care services are available through the Medicaid program.

Mental Health America

800.969.6642

mentalhealthamerica.net

Programs promote mental health, prevent mental and substance use conditions and achieve victory over mental illnesses and addictions through advocacy, education, research and service.

Mitchell County General Assistance

418 Pleasant St

Osage, IA

641.732.5861

General assistance provides financial assistance to those in need with income restrictions.

Mitchell County Public Health

415 Pleasant St

Suite 100

Osage, IA

641.832.3500

Home Health Care provides for the nursing needs of people recovering from hospitalizations or those who may need assistance in activities of daily living for both short and long term.

Mitchell County Services Building

415 Pleasant St

Osage, IA

641.732.6100

Provides food to people in need referred by churches and social service agencies.

Mobile Food Pantry

Osage Alliance Church

726 State St

Osage, IA

Clients have the opportunity to receive nutritious food on the fourth Tuesday of each month.

North Iowa Community Action Organization

1190 Briarstone Dr #2

Mason City, IA

641.423.7766

NICAO provides emergency financial assistance for rent, rent deposits and utility deposits and help with overdue utility payments for individuals who qualify through the United Way. Low Income Home Energy Assistance Program provides assistance with heating bills during the winter months, emergency fuel deliveries and assistance with repairs or replacements of furnaces.

North Iowa Regional Housing Authority

202 1st St SE, Suite 203

Mason City, IA

641.423.0897

Assists low-income families, seniors and individuals with disabilities across eight counties in northern Iowa. NIRHA offers two programs: the Section 8 Housing Choice Voucher (HCV) and Public Housing. All programs are handicap accessible. Requests for reasonable accommodation will be considered by staff.

Northern Trails AEA Early Intervention

915 Pine St

Osage, IA

641.732.4856

An Area Education Agency that focuses on infants and toddlers with special needs. Call the agency to see what programs are being offered at this time.

Our Kids Count

Trinity Methodist Church

601 Milwaukee St

Charles City, IA

641.228.5713

Our Kids Count is a parent education group offered in the community for parents of children ages 0-10. The group is held on the second and fourth Tuesday of the month. Free meal and child care provided.

Parent Partners

641.228.8030

Matches parent mentors who have previously been involved with the child welfare system with a birth parent who is currently involved with the system. Parent Partners are role models, mentors, resources and support.

Pathways Behavioral Services

111 10th St SW

Waverly, IA

319.352.1353

Provides substance abuse treatment programs including inpatient and outpatient, support groups, weekly meetings, substance abuse evaluations and other treatment programs.

Prairie Ridge Addiction Treatment Services

320 N Eisenhower

703 N Main St

Mason City, IA

Charles City, IA

641.424.2391

641.228.1477

prairieridge.net

Offers substance abuse prevention and treatment services to an eight-county north central Iowa area, as well as providing residential care to a statewide population.

Promise Jobs

600 S Pierce Ave

Mason City, IA

800.392.2230 / 641.422.1524

Provides work and training services for people in families qualified for Family Investment Program. Services include assessment for job readiness, basic education, post-secondary education, parenting classes, life-skills training, mentoring and family development. The program also pays child care expenses for people involved in these activities and transportation for participants in activities other than paid work.

Public Health/Home Health Care

Mitchell County Public Health

415 Pleasant St, Suite 100

Osage, IA

mchhcph.com

Home Health Care services is dedicated to enabling people to be self-supporting and self-sufficient, the stabilization of families, preventing inappropriate institutionalizing and protecting vulnerable children and adults. Home Health Care provides a range of services including assistance with daily needs, household duties, meals, money management and skilled nursing.

Rural Development Housing

36 Chestnut St

Nashua, IA

641.435.4788

For elderly and disabled people. They provide electronic transmission, complete accounting and yearly budgeting, scheduled preventative maintenance, tenant certification and re-certification, completion of all paperwork required by USDA, personal visits to project and close contact with local boards and residents.

Salvation Army

830 State St

Osage, IA

Provides emergency financial assistance, emergency shelter, food and nutrition programs, and seasonal services.

Share Iowa Program

641.430.9124 —Mason City (Deb)

641.236.3972 —Grinnell (Robin)

shareiowa.com

Share Iowa Program provides quality food packages at a reduced cost for those who join and volunteer their time. By volunteering at least two hours a month, individuals are eligible to purchase the food packages provided. Food stamps are accepted. Orders need to be pre-purchased.

WellSource

235 S Eisenhower Ave
Mason City, IA
641.424.2075
wellsorcehealth.org

Not-for-profit provider of comprehensive mental health services. The lifespan approach starts with early screening and prevention and tailors care to the challenges in each life-stage so you or your loved one can lead a full and productive life.

Women, Infants and Children (WIC) Supplemental Food Program

800.532.1579

idph.state.ia.us/wic/families.asp

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 assists mothers who are breastfeeding by providing manual breast pumps and loaning electric breast pumps.

INTERESTED IN LEARNING MORE ABOUT PRAIRIE LAKES CHURCH?

Attend a Service

Cedar River Complex
809 Sawyer Drive
Osage, IA 50461

Service Time:

Sundays @ 10 a.m.

Call or Visit our Office

614 State Street
Osage, IA 50461
641.832.2913




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 CHURCH
prairielakeschurch.org