

# First Stop after Prison: Re-entry Support Resources (Iowa)

Compiled by **Living Beyond the Bars**  
with assistance from St. Vincent de Paul (Des Moines) and Inside Out Reentry.

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Find this guide online at:

<https://www.livingbeyondthebars.org/>

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**Introduction:**

The state of Iowa is filled with amazing organizations who want to help those leaving prison and returning to the community. Whether it is finding a job, a place to live, a mentor, recovery support, health care, or an encouraging environment - this guide is a good place to begin the reentry journey.

Please note that there are “**RECOMMENDED PLACES TO START**” in each district. These are organizations that will help you connect with other resources in the community.

Many thanks to the Iowa Department of Corrections and DOC Services/parole staff for their assistance. **We welcome any additions and/or clarifications.**

**THE GUIDE IS ORGANIZED BY JUDICIAL DISTRICT:**

<b>1st JUDICIAL DISTRICT</b> (Dubuque/Waterloo and area)
<b>2nd JUDICIAL DISTRICT</b> (Ft.Dodge/Mason City/Ames and area)
<b>3rd JUDICIAL DISTRICT</b> (Sioux City, Spencer and area)
<b>4th JUDICIAL DISTRICT</b> (Council Bluffs and area)
<b>5th JUDICIAL DISTRICT</b> (Des Moines/Newton and area)
<b>6th JUDICIAL DISTRICT</b> (Cedar Rapids/Iowa City and area)
<b>7th JUDICIAL DISTRICT</b> (Quad Cities, Clinton, Muscatine and area)
<b>8th JUDICIAL DISTRICT</b> (Burlington, Ottumwa, Keokuk, Ft. Madison and area)
<b>Reentry Planning Guide and Letter Writing format</b>

State-Wide Resources:

**AA:** [www.aa.iowa.org](http://www.aa.iowa.org) or 212-870-3400

**NA:** [www.iowa-na.org](http://www.iowa-na.org) or 1-800-897-6242

**www.211iowa.org** - good list of resources

**Gambling Anonymous:** 1-800-BETS OFF

# 1st JUDICIAL DISTRICT (Dubuque/Waterloo and area)

## COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
<p>STATEWIDE</p> <p><b>Hope4Healing</b></p>	<p>P.O. Box 48, Gladbrook, IA 50635</p> <p>855-584-4673 Mon-Friday 8-5</p>	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Connect with a church to provide mentor and other support.</li> </ul>	<ul style="list-style-type: none"> <li>- A Christian-based organization.</li> <li>- Will go the extra mile to help you find the resources you need.</li> <li>- You can write to them from prison.</li> </ul>
<p>DUBUQUE and AREA</p> <p><b>Jail &amp; Prison Ministry</b> (Catholic Charities of the Archdiocese of Dubuque)</p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>1229 Mount Loretta Ave. Dubuque, IA 52003</p> <p>563.552.0203 (800) 772-2758</p> <p>Karen Hoeger k.hoeger@dbqarch.org</p>	<p>Support and mentoring (in prison and after release)</p> <ul style="list-style-type: none"> <li>- Connecting with community resources</li> <li>- Help find work &amp; housing,</li> <li>- Circles of Support</li> <li>- Establishing positive relationships</li> <li>- Healthy social activities</li> </ul>	<ul style="list-style-type: none"> <li>- Catholic affiliation, but you don't have to be Catholic to work with them.</li> <li>- You can contact them before your release.</li> <li>- <u>Must participate in mentoring or Circles of Support.</u></li> <li>They cover <b>30 counties</b> in NE Iowa.</li> </ul>
<p>DUBUQUE</p> <p><b>Fountain of Youth Program</b> (United Way of Dubuque Area Tri-States)</p>	<p>220 W. 7th Street Dubuque, IA 52001</p> <p>(563) 587-8316</p> <p>Contact: Caprice Jones caprice.jones@foydbq.org (773) 440-2228</p>	<ul style="list-style-type: none"> <li>- Aim to provide gainful and sustainable employment.</li> <li>- Curriculum called "Real Talk" aimed toward reducing the recidivism rate and also providing living tools/skills.</li> <li>- Critical thinking skills.</li> </ul>	<ul style="list-style-type: none"> <li>- Very positive and encouraging.</li> <li>- Can work with you while you are still in prison.</li> <li>- Mentoring available.</li> <li>- Working in Mitchellville and Mt. Pleasant prisons.</li> </ul>
<p>WATERLOO and AREA</p> <p><b>Jail &amp; Prison Ministry</b> (Catholic Charities)</p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>3835 W. 9th St. Waterloo, IA 50702</p> <p>319-340-4303</p> <p>Email: d.shafer@dbqarch.org</p>	<p>Support and mentoring (in prison and after release)</p> <ul style="list-style-type: none"> <li>- Connect with resources</li> <li>- Find work and housing</li> <li>- Circles of Support</li> <li>- Establishing positive relationships</li> <li>- Healthy social activities</li> <li>- On-site mental health counselor available</li> </ul>	<ul style="list-style-type: none"> <li>- Catholic affiliation, but you don't have to be Catholic to work with them.</li> <li>- You can contact them before your release.</li> <li>- Must participate in mentoring or Circles of Support.</li> <li>They cover <b>30 counties</b> in NE Iowa.</li> </ul>
<p>WATERLOO</p> <p><b>One City</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>907 Independence Ave. Waterloo, IA 50703</p> <p>(319) 334-0263 or 334-0156</p> <p>onecityunited@gmail.com</p> <p>app.onecitycv.org</p>	<ul style="list-style-type: none"> <li>- Empowerment classes.</li> <li>- Mentors</li> <li>- Connecting to area resources.</li> <li>- Connect with area employers.</li> </ul>	<ul style="list-style-type: none"> <li>- Momentum Urban Employment Initiative for reentry</li> <li>- You can contact them from prison on Corrlinks.</li> <li>- Great group of people.</li> <li>- Restore Program</li> </ul>

WATERLOO <b>Hospitality House</b>	1003 Mulberry St. Waterloo, IA 50704  (319) 234-1311	Offer a light breakfast, shower, laundry, free clothing, backpacks, cold weather attire, sleeping bags, tents, blankets, food sacks, an address for mail, telephone messaging, local bus tickets and connect with area resources.	- Located in a house. - Warm and welcoming people.
WATERLOO <b>312 Transformational Ministry</b>	% Mike Smith 5112 Lafayette Rd. Waterloo, IA 50707  (319) 231-4307	- help connect with area resources. - supportive community	- You can contact them before leaving prison. - Faith-based. (Faith Assembly of God)

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
DUBUQUE <b>Operation Empower: Liberty Recovery</b>	For Men: 2080 Elm St. #103 Dubuque, IA 52001  Main: (563) 599-2980  For Women: 2160 Elm St. Dubuque, IA 52001	Affordable Recovery Services: -Focus on recovery for substance use. employment help - education assistance - aid in setting goals for success - Manassah House for men. - Salvia House for women.	- Very positive and encouraging people. - <b>Possible parole location</b> - Case management - Transportation help - Not available for SO's. - You can apply before leaving prison.
DUBUQUE <b>ZTM Sober Living</b>	3335 Sunset Park Circle Dubuque, IA 52002  561-252-5558 563-216-0714  tjmauer@ztmsoberliving.com	- Sober living residence based on 12- steps for both men and women. - Support and structure. - Women's Center now open for women.	- Two-step interview process - Need to be working and able to pay rent. - Not available for SO's
DUBUQUE <b>Davis Place Apartments</b>	521 Garfield Ave. Dubuque, IA 52001  563-583-9111  Mailing address: 1909 Johnson Street Dubuque, IA 52001	Housing for men:  - Own bedroom - Shared living space - Utilities included - \$375/month	- <b>Possible parole location, but only on case-by-case situation.</b> - <b>They have living supplies including clothing and household needs.</b> - Not available for SO's
WATERLOO <b>Junkman/Knoebel Sober-Living Unit</b>	1014 West 4th Street Waterloo, IA 50702  319-235-8855 or 319-231-0134 (cell)	- Transitional housing for people dealing with addiction issues. - For men only	- Connected to Pathways Behavioral Services. - <b>Possible parole location</b> - Not available for SO's. - Clean, warm environment.

<p>WATERLOO</p> <p><b>Salvation Army</b></p>	<p>89 Franklin Street Waterloo, IA 50703</p> <p>319-235-9358</p>	<ul style="list-style-type: none"> <li>- Emergency assistance including meals, medical care and housing.</li> <li>- Help connect with community resources</li> <li>- Men's Shelter</li> <li>- Not available for SO's</li> </ul>	<ul style="list-style-type: none"> <li>- They are committed to helping you connect to area resources.</li> <li>- Welcoming and warm.</li> <li>- Available for <b>discharge</b>.</li> <li>- Pastoral care and religious services.</li> </ul>
<p>WATERLOO</p> <p><b>Catholic Worker House</b></p>	<p>321 E 8th St Waterloo, IA 50703</p> <p>319-232-2116</p>	<ul style="list-style-type: none"> <li>- Provides temporary housing (10 days)</li> </ul>	<ul style="list-style-type: none"> <li>- You do not have to be Catholic to stay here.</li> <li>- Not available for SO's</li> </ul>

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>DECORAH</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 312 Winnebago Decorah, IA 52101</p> <p>(563)382-0457 Email: Region1.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>
<p>DUBUQUE</p> <p><b>IowaWORKS CenterI</b></p>	<p>Attn: Operation Manager 680 Main St. Dubuque, IA 52001</p> <p>(563) 556-5800 Email: DubuqueIowaWORKS@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>
<p>WATERLOO</p> <p><b>Goodwill of Northeast Iowa</b></p>	<p>2640 Falls Ave Waterloo, IA 50701</p> <p>319-234-4626</p>	<p>Reentry Program: Develop, plan and arrange employment</p>	<ul style="list-style-type: none"> <li>- They have classes that include job training.</li> </ul>
<p>WATERLOO</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: OWDS Coordinator 3420 University Ave. Waterloo, IA 50701</p> <p>319) 235-2123 Email: WaterlooIowaWORKS@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>

<p>WATERLOO</p> <p><b>Hawkeye Community College</b></p>	<p>Hawkeye Community College 3420 University Ave. Suite E Waterloo, IA 5070</p> <p>319-296-4296 Ext. 2</p> <p>brenna.schaefer@ hawkeyecollege.edu</p>	<ul style="list-style-type: none"> <li>- Free job placement assistance for those on SSI or Disability.</li> <li>- No cost evaluation of benefits and how working may affect them.</li> </ul>	<ul style="list-style-type: none"> <li>- Available to <u>all</u> regardless of location.</li> <li>- Will return calls within 48 hours.</li> </ul>
<p>WATERLOO</p> <p><b>Hawkeye Community College</b></p>	<p>319-296-4296 Ext. 3</p> <p>webuildr@ hawkeyecollege.edu</p>	<ul style="list-style-type: none"> <li>- Building and construction trades job training.</li> <li>- 12 week program.</li> <li>- No cost evaluation of benefits and how working may affect them.</li> </ul>	<ul style="list-style-type: none"> <li>- Can earn OSHA 10 certification and industry credentials.</li> </ul>

### HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p>DUBUQUE</p> <p><b>Crescent Community Health</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>1690 Elm St. #300 Dubuque, IA 52001</p> <p>Contact - Ann Morris 563-690-2417</p>	<ul style="list-style-type: none"> <li>- Sliding scale general health services.</li> <li>- Dental Care</li> <li>- Mental Health Care.</li> </ul>	<ul style="list-style-type: none"> <li>- Very helpful and positive people.</li> <li>- Will help you find and connect with other resources/help.</li> <li>- You can contact them from prison.</li> <li>- You can set up appointments from prison.</li> </ul>
<p>WATERLOO</p> <p><b>People's Clinic</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>905 Franklin St. Waterloo, IA 50703</p> <p>319-874-3000</p>	<ul style="list-style-type: none"> <li>- They have social workers to help connect with community resources including housing.</li> <li>- Provide a variety of medical services including getting a primary care physician.</li> </ul>	<ul style="list-style-type: none"> <li>- Mental health, dental and other services available.</li> <li>Friendly and helpful staff.</li> <li>- Sliding-scale fee.</li> </ul>
<p>WATERLOO</p> <p><b>Pathways Behavioral Services</b></p>	<p>3362 University Avenue Waterloo, Iowa 50701</p> <p>Phone: 319-235-6571</p>	<ul style="list-style-type: none"> <li>- Out-patient Substance Abuse Treatment</li> <li>- Out-patient Mental Health Treatment</li> <li>- In-patient/residential also available.</li> </ul>	<ul style="list-style-type: none"> <li>- Sliding scale fee at first.</li> <li>- Need insurance soon after initial assessment.</li> </ul>

## 2nd JUDICIAL DISTRICT (Fort Dodge, Mason City, Ames and area)

### COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
FT. DODGE and AREA  <b>The Church of the Damascus Road</b>  <b>*RECOMMENDED PLACE TO START</b>	239 North 11th St. Fort Dodge, IA 50501  Office: (515) 955-3579  codroffice23@gmail.com	<ul style="list-style-type: none"> <li>- Support for returning citizen for up to a year to assist with transition</li> <li>- Mentoring and accountability</li> <li>- Transitional housing planned, not yet open.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>Write or call them to get an application.</u></li> <li>- They prefer to start while you are incarcerated.</li> <li>- Great organization and people.</li> <li>- Faith-based. Willing to work with anyone regardless of beliefs.</li> </ul>
FT. DODGE and AREA  <b>D.R.I.V.E. Reentry</b>  <b>*RECOMMENDED PLACE TO START</b>	712 3rd St. NW Ft. Dodge, IA 50501  515-955-2969	<ul style="list-style-type: none"> <li>- Mentoring and accountability</li> <li>- Assist with resumes and finding employment</li> <li>- Helps locate apartments and works with area landlords</li> <li>- Can assist with getting a driver's license.</li> </ul>	<ul style="list-style-type: none"> <li>- Offers positive social activities</li> <li>- Access to weights and a gym</li> <li>- Transportation assistance</li> <li>- Clothes &amp; food pantry</li> </ul>
STATEWIDE  <b>Hope4Healing</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 Mon-Friday 8-5	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Connect with a church to provide mentor and other support</li> </ul>	<ul style="list-style-type: none"> <li>- A Christian-based organization.</li> <li>- Will go the extra mile to help you find the resources you need.</li> <li>- You can write to them from prison.</li> </ul>
MARSHALLTOWN  <b>New Hope Christian Church</b>	3901 S. Center St. Marshalltown, IA 50158  641-752-1612	<ul style="list-style-type: none"> <li>- Very supportive church that can help with food and connecting to area services.</li> </ul>	<ul style="list-style-type: none"> <li>- They are connected to other organizations in the community.</li> </ul>

### HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
AMES  <b>Matthew 25 House</b>	330 S. Second St. Ames, IA 50010  515-231-4385	<ul style="list-style-type: none"> <li>- Christian-based reentry housing</li> <li>- Year-long commitment</li> <li>- Connecting to area resources.</li> <li>- Housing for men.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them before leaving prison</li> <li>- Caring, positive people who understand the challenges of leaving prison.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> </ul>
AMES  <b>Butterfly Freedom House</b>	PO Box 2382 Ames, IA 50010  712-240-3931	<ul style="list-style-type: none"> <li>- Faith-based reentry housing for women</li> <li>- Four month commitment.</li> <li>- Connecting to area resources.</li> <li>- Need to be on parole or probation.</li> </ul>	<ul style="list-style-type: none"> <li>- You need to contact them before leaving prison.</li> <li>- Caring, positive people who understand the challenges of leaving prison.</li> <li>- <b><u>Possible parole location</u></b></li> </ul>

<p>FT. DODGE</p> <p><b>Beacon of Hope Shelter</b></p>	<p>1021 1st Ave. N. Fort Dodge, IA 50501</p> <p>Phone: 515-955-3366</p>	<p>Provides a safe and secure emergency shelter, clothing and food.</p>	<ul style="list-style-type: none"> <li>- Christ-centered faith-based ministry.</li> <li>- Men only.</li> <li>- Not a parole location, possible for discharge.</li> </ul>
<p>FT. DODGE</p> <p><b>Lotus Community Project</b></p>	<p>PO Box 1654 Fort Dodge, IA 50501</p> <p>(515) 571-8802</p>	<ul style="list-style-type: none"> <li>- Emergency shelter</li> <li>- Personal development and life coaching</li> <li>- Peer Support</li> </ul>	<ul style="list-style-type: none"> <li>- For women only. (Children also)</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> </ul>
<p>FT. DODGE</p> <p><b>Gateway to Discovery</b></p>	<p>PO Box 432 Fort Dodge, IA 50501</p> <p>(515) 302-8162</p> <p><a href="https://hopesweethope.org">https://hopesweethope.org</a></p> <p><a href="mailto:Angela@hopesweethope.org">Angela@hopesweethope.org</a></p>	<p>Two-year residential program for women struggling with addiction and trauma.</p> <ul style="list-style-type: none"> <li>- Housing, Therapy, Healthcare, Job training, Opportunities for education</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- <b><u>Possible parole location.</u></b></li> <li>- Women only.</li> </ul> <p>Also at: 1900 5th Ave. South Fort Dodge, IA 50501 515-302-8016</p>
<p>MASON CITY</p> <p><b>SBRLF</b></p>	<p>SBRLF, Inc. PO Box 1092 Mason City, Iowa 50401</p> <p>641-590-3122</p> <p><a href="mailto:brett@sbrlfe.com">brett@sbrlfe.com</a> <a href="mailto:roxane@sbrlfe.com">roxane@sbrlfe.com</a></p>	<ul style="list-style-type: none"> <li>- Transitional housing for men.</li> <li>- Safe and sober living.</li> <li>- Mentorship and sponsorship available</li> <li>- Will help connect with area resources</li> </ul>	<ul style="list-style-type: none"> <li>- Strong AA, NA and Celebrate Recovery community</li> <li>- Welcoming and positive.</li> <li>- <b><u>Possible parole location.</u></b></li> <li>- Not available for SO's.</li> <li>- Can contact from prison.</li> </ul>
<p>MASON CITY</p> <p><b>Living Free</b></p>	<p>124 W. State St. Mason City, IA 50401</p> <p>641-423-6793</p>	<ul style="list-style-type: none"> <li>- Residential facility for women.</li> <li>- Connect with area resources.</li> <li>- 12-step based.</li> <li>- Mentors available.</li> <li>- Christian counseling</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- <b><u>Not a parole location.</u></b></li> <li>- Can contact from prison.</li> <li>- Celebrate Recovery</li> </ul>
<p>MASON CITY</p> <p><b>Dads with A Purpose</b></p>	<p>1615 Arlington Des Moines, IA 50314</p> <p>515-718-4044 (Britt Moore)</p>	<ul style="list-style-type: none"> <li>- Sober-living houses (2 in Des Moines, 1 in Mason City)</li> <li>- Focused on being good fathers.</li> </ul>	<ul style="list-style-type: none"> <li>- Offer parenting classes.</li> <li>- Not available for SO's.</li> <li>- <b><u>Possible parole location.</u></b></li> </ul>
<p>MASON CITY</p> <p><b>Northern Lights Alliance for the Homeless</b></p>	<p>202 1st Street NW Mason City, IA 50401</p> <p>641-423-5920</p> <p>Men's: 641-380-0047</p>	<ul style="list-style-type: none"> <li>- Men's and women's shelters.</li> <li>- Children allowed at women's shelter.</li> <li>- Will help you connect with area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- Sober transitional housing</li> <li>- Can contact before leaving prison.</li> <li>- Not a parole location, possible for discharge.</li> </ul>



## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
AMES <b>IowaWORKS Center</b>	Attn: Operation Manager 903 Lincoln Way Ames, IA 50010  (515) 725-5495	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
FT. DODGE <b>IowaWORKS Center</b>	Attn: OWDS 3 Triton Circle Ft. Dodge, IA 50501  (515) 576-3131  Email: FortDodgeIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
MARSHALLTOWN <b>IowaWORKS Center</b>	Attn: Operations Manager 204 1/2 W. State St. Marshalltown, IA 50158  (641) 754-1400  Email: MarshalltownIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
MASON CITY <b>IowaWORKS Center</b>	Attn: Operation Manager 600 S. Pierce Ave Mason City, IA 50401  (641) 422-1524  Email: MasonCityIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
AMES <b>Primary Health Care</b>  <b>*RECOMMENDED PLACE TO START</b>	3510 Lincoln Way Ames, IA 50014  515-232-0628	- Health care services including mental health and substance use. - Can help find a primary care physician - Can help with housing, food, clothing and more.	- You can write to them before leaving prison. - Sliding scale fee.

<p><b>CARROLL</b></p> <p><b>New Opportunities</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>23751 Hwy 30 E. Carroll, IA 51401</p> <p>712-792-9266</p>	<ul style="list-style-type: none"> <li>- Counseling, assessment and referrals for substance use.</li> <li>- Sliding scale fees.</li> <li>- Help with basic needs and connecting to area resources.</li> </ul>	<p>They serve Audubon, Calhoun, Dallas, Greene, Guthrie and Sac counties.</p>
<p>FT. DODGE</p> <p><b>Community and Family Resources</b></p>	<p>211 Ave. M W Fort Dodge, IA 50501</p> <p>515-576-7261</p>	<p>Counseling &amp; Therapy Substance use treatment:</p> <ul style="list-style-type: none"> <li>- Inpatient</li> <li>- Outpatient</li> <li>- Transitional housing</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Possible parole location.</b></li> <li>- 30-day treatment.</li> </ul>
<p>FORT DODGE</p> <p><b>Community Health Center</b></p>	<p>126 N 10th St Fort Dodge, IA 50501</p> <p>(515) 576-6500</p>	<ul style="list-style-type: none"> <li>- Health care services: mental health, substance use, primary care physician, dental.</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Sliding scale fee.</li> <li>- Positive and supportive.</li> </ul>
<p>FORT DODGE</p> <p><b>Berryhill Center - UnityPoint Health</b></p>	<p>720 Kenyon Rd. Fort Dodge, IA 50501</p> <p>(515) 955-7171</p>	<ul style="list-style-type: none"> <li>- Health care services: mental health, substance use,</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Positive and supportive.</li> </ul>
<p>MARSHALLTOWN</p> <p><b>Primary Health Care</b></p>	<p>412 E. Church St. Marshalltown, IA 50158</p> <p>641-753-4021</p>	<ul style="list-style-type: none"> <li>- Health care services including mental health and substance use.</li> <li>- Can help find a primary care physician</li> <li>- Can help with housing, food, clothing and more.</li> </ul>	<ul style="list-style-type: none"> <li>- You can write to them before leaving prison.</li> <li>- Sliding scale fee.</li> </ul>
<p>MASON CITY, ALGONA FOREST CITY,, CHARLES CITY, HAMPTON</p> <p><b>Prairie Ridge Integrated Behavioral Healthcare</b></p>	<p>320 N. Eisenhower Ave. P.O. Box 1338 Mason City, IA 50402</p> <p>Toll free: 866-429-2391</p> <p>www.prairieridge.net</p>	<ul style="list-style-type: none"> <li>- Mental health and substance abuse treatment.</li> <li>- Both residential and outpatient services.</li> <li>- Walk-in hours available.</li> </ul>	<ul style="list-style-type: none"> <li>- Sliding scale fee.</li> <li>- County social services can provide assistance.</li> </ul>
<p>MASON CITY</p> <p><b>Community Health Center</b></p>	<p>404 N Federal Ave Mason City, IA 50401</p> <p>(641) 450-0601</p>	<ul style="list-style-type: none"> <li>- Health care services: mental health, substance use, primary care physician, dental.</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Sliding scale fee.</li> <li>- Positive and supportive.</li> </ul>

### **3rd JUDICIAL DISTRICT** (Sioux City/Spencer and area)

#### **COMMUNITY SUPPORT (Connecting and Mentoring)**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
<p>STATEWIDE</p> <p><b>Hope4Healing</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>P.O. Box 48, Gladbrook, IA 50635</p> <p>855-584-4673 Mon-Friday 8-5</p>	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Connect with a church to provide mentor and other support</li> </ul>	<ul style="list-style-type: none"> <li>- A Christian-based organization.</li> <li>- Will go the extra mile to help you find the resources you need.</li> <li>- You can write to them from prison.</li> </ul>
<p>SIoux CITY</p> <p><b>Community Action of Siouxland</b></p>	<p>MAIN OFFICE: 2700 Leech Ave Sioux City, IA 51106</p> <p>712-274-1610 800-352-3725</p> <p>SLOAN OFFICE: 2711 S. Helen Sioux City, IA 51106 712-274-9940</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Will help connect with area resources</li> <li>- Welcome Home Program to help with finding housing.</li> </ul>	<ul style="list-style-type: none"> <li>- Great place to find help when first starting back.</li> </ul>
<p>SIoux CITY</p> <p><b>Sunnybrook Community Church</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>5601 Sunnybrook Dr. Sioux City, IA 51106</p> <p>712-276-5814</p>	<ul style="list-style-type: none"> <li>- Very supportive church with a Hope Center that can help with housing, employment, food and more.</li> <li>- Also have mentors.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Celebrate Recovery is part of the church.</li> </ul>
<p>SPENCER</p> <p><b>Atlas of Spencer</b></p>	<p>816 S. Grand Avenue Spencer, IA 51301</p> <p>712-580-3277</p> <p>Write to: PO Box 907 Spencer, IA 51301</p>	<ul style="list-style-type: none"> <li>- Mentoring</li> <li>- Resource guidance</li> <li>- Housing (will help you find an apartment)</li> <li>- Faith-based</li> </ul>	<ul style="list-style-type: none"> <li>- They have prison reentry teams to help.</li> <li>- They are connected to many churches.</li> <li>- Willing to go the extra step.</li> <li>- Can contact from prison.</li> </ul>

#### **HOUSING**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
<p>SIoux CITY</p> <p><b>Hope Street of Siouxland</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>1308 Nebraska Street Sioux City, IA 51105</p> <p>(712) 266-3644</p> <p>Or call Family Access Center: (712) 255-0204</p>	<ul style="list-style-type: none"> <li>- Sober living home for men</li> <li>- Positive environment.</li> <li>- Will help with employment and connecting with services</li> </ul>	<ul style="list-style-type: none"> <li>- Send letter to address for application and to ask about openings.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- <b>Nice, comfortable housing near downtown and bus lines.</b></li> </ul>

<p>SIOUX CITY</p> <p><b>Oxford House (Nebraska Street)</b></p>	<p>2931 Nebraska St. Sioux City, IA 51104</p> <p>712-224-4546</p>	<ul style="list-style-type: none"> <li>- Sober, cooperative, self-governing housing option</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location.</u></b></li> <li>- A 12-step focused community.</li> <li>- This house is for women only.</li> </ul>
<p>SIOUX CITY</p> <p><b>Oxford House (Douglas House)</b></p>	<p>3217 Cheyenne Blvd. Sioux City, IA 51104</p> <p>712-560-8351</p>	<ul style="list-style-type: none"> <li>- Sober, cooperative, self-governing housing option.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- This house is for men only.</li> <li>- A 12-step focused community.</li> </ul>
<p>SIOUX CITY</p> <p><b>Oxford House (16th Street)</b></p>	<p>209 16th Street Sioux City, IA 51103</p> <p>712-560-4134</p>	<ul style="list-style-type: none"> <li>- Sober, cooperative, self-governing housing option.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- This house is for men only.</li> <li>- A 12-step focused community.</li> </ul>
<p>SIOUX CITY</p> <p><b>Vicky's Sober Living</b></p>	<p>324 W. 1st St. Sioux City, IA 51103</p> <p>712-333-6208</p>	<ul style="list-style-type: none"> <li>- Sober housing option.</li> <li>- This is for women only.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Not available as a parole location</u></b></li> <li>- Recovery meetings required.</li> <li>- Not available for SO'suytfd</li> </ul>
<p>SIOUX CITY</p> <p><b>Eunoia Sober Living for Women</b></p>	<p>406 12th St. Sioux City, IA 51105</p> <p>712-635-4992</p> <p>Contact: Whitney</p>	<ul style="list-style-type: none"> <li>- Sober housing option.</li> <li>- This is for women only.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Recovery meetings required.</li> <li>- Supportive people who understand the struggle of reentry and recovery.</li> <li>- There is also a garden.</li> </ul>
<p>SIOUX CITY</p> <p><b>Spero House and Solace House</b></p>	<p>Write to: attn: Dr Ingram 908 20th St. Sioux City IA 51104</p> <p>712-899-0763</p>	<ul style="list-style-type: none"> <li>- Sober housing option.</li> <li>- This is for men only.</li> <li>- They can help you connect to area resources.</li> <li>- <b><u>Possible parole location</u></b></li> </ul>	<ul style="list-style-type: none"> <li>- Recovery meetings &amp; work volunteering required.</li> <li>- Supportive people who understand the struggle of reentry and recovery.</li> <li>- Solace House available for low-level SO's.</li> </ul>
<p>SIOUX CITY</p> <p><b>Soulward Development</b></p>	<p>Contact Glenn: 712-204-3026</p>	<ul style="list-style-type: none"> <li>- Recovery house for men.</li> <li>- Required to be active in NA/AA and work with a sponsor in recovery.</li> </ul>	<ul style="list-style-type: none"> <li>- No full-time, on-site staff</li> <li>- Not available for SO's.</li> <li>- <b><u>Possible parole location.</u></b></li> </ul>
<p>SIOUX CITY</p> <p><b>Buck's Place</b></p>	<p>2216 Jackson St. Sioux City, IA</p> <p>701-230-1893</p>	<ul style="list-style-type: none"> <li>- Sober housing option with in-house owner/manager.</li> <li>- This is for men only.</li> <li>- <b><u>Possible parole location</u></b></li> </ul>	<ul style="list-style-type: none"> <li>- Participants are expected to attend AA/NA meetings and work with a sponsor in recovery.</li> </ul>

<p>SIOUX CITY</p> <p><b>Cynthia House</b></p>	<p>800 5th St. Sioux City, IA 51101</p> <p>712-258-4776</p> <p><a href="mailto:paul@thegospelmission.org">paul@thegospelmission.org</a></p>	<p>- Recovery house with in-house treatment for women..</p> <p>- Will only accept those coming from prison when they have space and waitlist isn't too long.</p>	<p>- Staffed with substance abuse professionals</p> <p>- Not available for SO's.</p> <p>- <b>Possible parole location.</b></p>
<p>SIOUX CITY</p> <p><b>Gospel Mission</b></p>	<p>500 Bluff St. Sioux City, IA 51103</p> <p>712-255-1769</p> <p><a href="mailto:paul@thegospelmission.org">paul@thegospelmission.org</a></p>	<p>- Shelter for men and women.</p> <p>- Financial planning help.</p> <p>- Employment assistance.</p> <p>- Recovery support.</p>	<p>- Faith based.</p> <p>- Not available for SO's.</p> <p>- <b>Not a parole location,</b> possible for discharge.</p>
<p>SPIRIT LAKE</p> <p><b>Discovery House</b></p>	<p>1411 Hill Ave. P.O. Box 163 Spirit Lake, IA 51360</p> <p>(712) 336-5340</p>	<p>Transitional housing (up to 6 months) for: Men and women who struggle with substance abuse</p>	<p>- Christian affiliation.</p> <p>- <b>Not a parole location.</b></p> <p>- <b>Possible for discharge.</b></p>

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>SIOUX CITY</p> <p><b>BOOST Re-Entry</b></p>	<p>Contact Gary Fuentes: 712-224-2168</p> <p><a href="mailto:gfuentes@siouxlandship.org">gfuentes@siouxlandship.org</a></p>	<p>Assists in overcoming barriers after incarceration through pre-release services and post-release services.</p> <p>Including: education, employability training, earning credentials, gaining employment and much more.</p>	<p>- Participants must be referred to program</p> <p>-To be eligible, must be incarcerated in or returning to Woodbury County and are between 180-20 days pre-release of incarceration.</p> <p>- Great people.</p>
<p>SIOUX CITY</p> <p><b>Goodwill of the Great Plains</b></p>	<p>3100 W. 4th St. Sioux City, IA 51103</p> <p>877-608-7775 or 712-258-4511</p>	<p>- Entry-level jobs</p>	<p>- Programs support those exiting the justice system.</p>
<p>SIOUX CITY</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 2508 4th St. Sioux City, IA 51101</p> <p>(712) 233-9030</p> <p><b>Email:</b> <a href="mailto:SiouxCityIowaWORKS@iwd.iowa.gov">SiouxCityIowaWORKS@iwd.iowa.gov</a></p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <p>- Have computers, job listings and staff to help.</p>	<p>- <u>You can write to them before leaving prison.</u></p> <p>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>

<p>SPENCER</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 217 W Fifth St. Spencer, IA 51301</p> <p>(712) 262-1971 Email: SpencerIowaWORKS@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <p>- Have computers, job listings and staff to help.</p>	<p>- <u>You can write to them before leaving prison.</u></p> <p>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>
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## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p>SIOUX CITY, CHEROKEE, DENISON, HARLAN, LE MARS, ONAWA</p> <p><b>Jackson Recovery Centers</b></p>	<p>800 5th St. Sioux City, IA 51101</p> <p>(712) 234-2300</p> <p><a href="https://www.jacksonrecovery.com">https://www.jacksonrecovery.com</a></p>	<p>Walk-in appointments, assessments, consultation</p> <p>- Women's Center and Sanctuary Apartments</p> <p>- Inpatient/outpatient</p> <p>- Substance abuse and mental health services</p>	<p>- Sliding scale fees</p> <p>- Accept Medicaid</p> <p>- Available for both men and women</p> <p>- <b>Possible parole location</b></p>
<p>SIOUX CITY</p> <p><b>Siouxland Community Health</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>1021 Nebraska St. Sioux City, IA 51105</p> <p>712- 252-2477</p>	<p>- Health care services: mental health, substance use, primary care physician, dental.</p> <p>- Will also help connect with other resources.</p>	<p>- You can contact them from prison</p> <p>- Sliding scale fee</p> <p>- Positive and supportive</p>
<p>SIOUX CITY</p> <p><b>Family Access Center</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>1221 Pierce St. Sioux City, IA 51105</p> <p>712- 255-0204</p>	<p>- Mental health care services including substance use.</p> <p>- Will also help connect with other resources.</p> <p>- Integrated Home Health</p>	<p>- You can contact them from prison</p> <p>- Sliding scale fee</p> <p>- Don't have to have children.</p> <p>- Positive and supportive</p>

## 4th JUDICIAL DISTRICT (Council Bluffs and area)

### COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
<b>STATEWIDE</b>  <b>Hope4Healing</b>  <b>*RECOMMENDED PLACE TO START</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 Mon-Friday 8-5	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Connect with a church to provide mentor and other support</li> </ul>	<ul style="list-style-type: none"> <li>- A Christian-based organization.</li> <li>- Will go the extra mile to help you find the resources you need.</li> <li>- You can write to them from prison.</li> </ul>
CASS, CRAWFORD, FREMONT, MILLS, HARRISON, MONONA, MONTGOMERY, PAGE, SHELBY & POTTAWA- TTOMIE counties  <b>West Central Community Action</b>	PO Box 709 Harlan, Iowa 51537  Call: (712) 755-5602  Outreach Office: 1017 7th St.	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Assist with connecting to area resources</li> <li>- Clothing and other needs</li> <li>- Employment possibilities.</li> </ul>	<ul style="list-style-type: none"> <li>- They have offices in most counties in South/Central Western Iowa</li> <li>- Contact central office to find location in your county</li> </ul>
COUNCIL BLUFFS  <b>Heartland Peer Center</b>	3415 W. Broadway Suite B Council Bluffs, IA 51501  712-435-5383	<ul style="list-style-type: none"> <li>- Peer drop-in center with access to computers</li> <li>- Help connect to area resources</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and welcoming people.</li> <li>- Peer based support</li> </ul>
COUNCIL BLUFFS  <b>Hope Net</b>  <b>*RECOMMENDED PLACE TO START</b>	PO Box 281 Council Bluffs, IA 51502  402 - 321-1313  www.hopenetministries.org  jstephenshopeaftercare@gmail.com	<ul style="list-style-type: none"> <li>- Reentry services</li> <li>- Bicycles available</li> <li>- Will assist with locating housing</li> <li>- Winners' Circle is a peer-driven support group of, and for, formerly incarcerated women.</li> </ul>	<ul style="list-style-type: none"> <li>- Help connect with area services.</li> <li>- Faith based</li> <li>- You can contact them from prison</li> <li>- Very encouraging and supportive.</li> <li>- Circle of Support mentoring</li> </ul>
COUNCIL BLUFFS  <b>Full Circle Recovery Community Center</b>	Omni Centre Business Park 300 West Broadway Suite 112 Council Bluffs, IA 51503  (712) 560-6360 <a href="https://recoverfullcircle.org/">https://recoverfullcircle.org/</a>	<ul style="list-style-type: none"> <li>- Peer recovery coaching</li> <li>- Peer support groups</li> <li>- Social activities</li> <li>- Connect with resources in community</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> <li>- Can contact before leaving prison.</li> <li>- Drop-in center</li> </ul>

### HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
COUNCIL BLUFFS  <b>Remnant Fellowship</b>  <b>*RECOMMENDED PLACE TO START</b>	634 Willow Ave. Council Bluffs, IA 51501  (712) 435-8368  chadbostwick@gmail.com	<ul style="list-style-type: none"> <li>- Sober and supportive housing.</li> <li>- 3 houses for men.</li> <li>- Cooperative living with on-site support.</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- You can contact them from prison.</li> <li>- Very warm and welcoming environment.</li> </ul>

COUNCIL BLUFFS <b>The Milestone</b>	The Milestone 106 W Kanessville Blvd, Council Bluffs, IA 51503  Melissa (402) 813-2781  Themilestonecb@gmail.com	- Supportive living for women in recovery. - Fully furnished rooms. - Live in house manager - On-site laundry, shared living spaces, independent living.	- <b><u>Possible parole location</u></b> - This house is a nurturing community where residents heal and grow together.
COUNCIL BLUFFS <b>Heartland Family Services - Bridges Program</b>	600 9th Ave. Council Bluffs, IA 51501  712-325-5653	- Short-term housing available (men and women) - Will help you connect with area resources including health care.	- You can contact them from prison. - Trusting and welcoming environment. - <b><u>Possible parole location</u></b> - Not available for SO's
COUNCIL BLUFFS <b>Heartland Family Works</b>	1722 Avenue C Council Bluffs, IA 51501  712-435-5383	- Long-term residential substance abuse and mental health program. - Women and children only	- Need to have ASAM substance abuse evaluation. - Only for those incarcerated less than one year.
COUNCIL BLUFFS <b>4th District Transitional House</b>	901- 8th Avenue Council Bluffs, IA 51501  Jen.Foltz@iowa.gov	- Housing option for men who have a disability.	- <b><u>Possible parole location</u></b> - Available for SO's. - Shared living.
COUNCIL BLUFFS <b>Oxford House: Loess Hills</b>	200 S. 1st St. Council Bluffs, IA 51503  (712) 355-3232	- Sober, cooperative, self-governing housing option. - They can help you connect to area resources.	- <b><u>Possible parole location</u></b> - A 12-step focused community. - This house is for women.
COUNCIL BLUFFS <b>Micah House</b>	1415 Avenue J Council Bluffs, IA 51501  (712) 323-4416  <a href="http://www.themicahhouse.org/">http://www.themicahhouse.org/</a>	Emergency shelter for women and families. <b>Also:</b> credit issues, transitional housing, counseling, parenting skills, health services, computer access, financial classes, legal advice.	- If you meet with them, you can access services. - <b><u>Not</u></b> always an approved parole location. - Not available for SO's
COUNCIL BLUFFS <b>Church of Freedom</b>	701 S. 4th St. Council Bluffs, IA 51503  Pastor Donnie: 402-960-2237, or 712-256-5558	- Housing option for men. - 5 beds. - Will help with employment and other area resources.	- Faith-based. - Men only. - <b><u>Possible parole location</u></b> - Available for SO's. - You can contact them from prison.
COUNCIL BLUFFS <b>Woodspring Suites</b>	3541 14th Ave Council Bluffs, IA 51501  712-388-8000	- A hotel that is available for 1-2 months. - Rent must be paid in advance. (\$378/week)	- <b><u>Possible parole location</u></b> - Available for SO's. - Used to be Value Place. - Very expensive.
COUNCIL BLUFFS	1435 N. 15th St. Council Bluffs, IA 51501	Men's shelter: 2-year transitional living program,	- You can contact them from prison.



<p><b>New Visions</b></p> <p><b>(Timothy House, Joshua House and David's House)</b></p>	<p>(712) 256-3940</p> <p>www.mohmsplace.org</p>	<p>long-term housing, support meetings, counseling staff</p> <p>- Help you connect with area resources.</p>	<p>- Very welcoming.</p> <p>- Joshua House is a wet shelter.</p> <p>- Won't turn anyone away, but <b><u>NOT an approved parole location.</u></b></p>
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## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>COUNCIL BLUFFS</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 300 W Broadway Council Bluffs, IA 51503</p> <p>(712) 352-3480</p> <p>Email: CouncilBluffsIowaWORKS@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <p>- Have computers, job listings and staff to help.</p>	<p>- <u>You can write to them before leaving prison.</u></p> <p>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p>COUNCIL BLUFFS</p> <p><b>All Care Health Center</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>902 S. 6th Steet Council Bluffs, IA 51501</p> <p>712-256-6582</p>	<p>- Health care services: mental health, substance use, primary care physician, dental.</p> <p>- Will also help connect with other resources.</p>	<p>- You can contact them from prison</p> <p>- Sliding scale fee</p> <p>- Positive and supportive</p>

# **5th JUDICIAL DISTRICT** (Des Moines, Ames, Newton and area)

## **COMMUNITY SUPPORT (Connecting and Mentoring)**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
<p><b>STATEWIDE</b></p> <p><b>Hope4Healing</b></p>	<p>P.O. Box 48, Gladbrook, IA 50635</p> <p>855-584-4673 Mon-Friday 8-5</p>	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Help you connect with a church to provide mentoring and other support</li> </ul>	<ul style="list-style-type: none"> <li>- A Christian-based organization.</li> <li>- Will go the extra mile to help you find the resources you need.</li> <li>- You can write to them from prison.</li> </ul>
<p>DES MOINES</p> <p><b>Society of St. Vincent de Paul</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>% Randi Radosevich 1426 6th Ave. Des Moines, IA 50314</p> <p>(515) 282-8327</p> <p>resourcedirector@svdpsm.org</p>	<ul style="list-style-type: none"> <li>- Reentry resources including employment.</li> <li>- Food pantry, clothing, and furniture</li> <li>- Will help connect with area resources.</li> <li>- Assist with driver's license</li> </ul>	<ul style="list-style-type: none"> <li>- They understand the challenge of reentry.</li> <li>- Nobody turned away.</li> <li>- You can write to them from prison.</li> <li>- Mentoring available for those in the program.</li> </ul>
<p>DES MOINES and STATEWIDE</p> <p><b>Women at the Well</b></p>	<p>P.O. Box 33 Mitchellville, IA, 50169</p> <p>Contact: Rev. Paul Witmer</p> <p>515-240-1653 WATWPastor@iaumc.org</p>	<ul style="list-style-type: none"> <li>- Reentry teams help with mentorship, accountability, goal setting and faith formation.</li> <li>- Assist with finding resources in your community.</li> <li>- Are inside prison weekly and can help make connections before a person leaves</li> </ul>	<ul style="list-style-type: none"> <li>- A Christian-based organization.</li> <li>- Will go the extra mile to help you find the resources you need.</li> <li>- Based in Des Moines, but may be able to help wherever a person they are in Iowa.</li> </ul>
<p>DES MOINES</p> <p><b>Plymouth Church Transition from Prison</b></p>	<p>4126 Ingersoll Ave. Des Moines, IA 50312</p> <p>515-255-3149</p>	<p>They have mentors to assist with your reentry. (both men and women)</p>	<ul style="list-style-type: none"> <li>- Very supportive group that can help you rebuild your life.</li> <li>- You can contact them from prison.</li> </ul>
<p>DES MOINES</p> <p><b>Full Circle Recovery Community Center</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>4725 Merle Hay Rd, #105-107 Des Moines, IA 50310</p> <p>(515) 783-6382 <a href="https://recoverfullcircle.org/">https://recoverfullcircle.org/</a></p>	<ul style="list-style-type: none"> <li>- Peer recovery coaching</li> <li>- Peer support groups</li> <li>- Social activities</li> <li>- Connect with resources in community</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> <li>- Can contact before leaving prison.</li> <li>- Drop-in center</li> </ul>
<p>DES MOINES</p> <p><b>Creative Visions</b> (Ex-Offender &amp; Family Reunification Program)</p>	<p>1343 13th St Des Moines, IA 50314</p> <p>(515) 244-4003 Ako Abdul-Samad (director)</p>	<ul style="list-style-type: none"> <li>- Provides employment support for people who have been to prison and others.</li> </ul>	<p>Also have a food pantry, education programs and other assistance.</p>
<p>DES MOINES</p> <p><b>Lutheran Church of Hope</b></p>	<p>Celebrate Recovery % Melissa Dale 925 Jordan Creek Pkwy. West Des Moines, IA 50266 515-222-1520</p>	<ul style="list-style-type: none"> <li>- Positive people offering mentoring and support.</li> <li>- Weekly meetings that provide a healing, healthy environment.</li> </ul>	<ul style="list-style-type: none"> <li>- Christian-based recovery program. (Celebrate Recovery)</li> <li>- You can contact them from prison.</li> <li>- Support for family.</li> </ul>

DES MOINES <b>Des Moines Catholic Worker</b>	Bishop Dingman House (Drop-In Center) 1310 7th St. Des Moines, IA 50314  (515) 214-1030	- Showers are available the first two hours the house is open -Clothing, food, toiletries - A phone is available. - Can receive mail here.	You don't have to be Catholic.
DES MOINES <b>Evelyn K. Davis Center for Working Families</b>	1171 7th St. Des Moines, IA 50314  (515) 697-7700	- Job search, interview prep, certificate training, resume, job placement, Adult Education, FASFA, credit repair and EITC.	Offers a fatherhood course geared (in part) toward formerly incarcerated fathers.
DES MOINES <b>Urban Dreams</b>	1615 2nd Ave Des Moines, 50314  515-288-4742	- Employment preparation - Internet/phone available. - Substance use and mental health support. - FAFSA prep/academic counseling and registration.	- Positive and encouraging people. - Can contact before leaving prison. - Help connect with area resources.
OSKALOOSA <b>SIEDA Community Action</b>	114 N. Market St. Oskaloosa, IA 52577  641-673-8758	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
COLFAX <b>Sheepgate</b>	900 N. League Road Colfax, IA 50054  515-674-3713 mforeman@mysheepgate.org	- Year-long Christian discipleship program. - Structured environment - Includes mentoring, job skills and finance skills.	- Open to both men and women. (over 18-yrs) - <b><u>Possible parole location</u></b> - Not available for SO's. - Beautiful setting
DES MOINES <b>Kingdom Living</b>	3120 SW 9th St. Des Moines, IA 50315  www.kingdomlivingia.com	- Safe, structured, peaceful, happy sober living - Very supportive and welcoming. - 5 houses in Des Moines for men and women.	- Faith-based. - Not available for SO's. - <b><u>Possible parole location</u></b> - Excellent organization and great people. - 12 Step based recovery.
DES MOINES <b>The Beacon</b>	1717 Woodland Ave. Des Moines, IA 50309  (515) 244-4713 www.beaconoflifedm.org  <a href="mailto:admin@thebeacondm.org">admin@thebeacondm.org</a>  Director: Melissa Vine (MA, LMHC)	- Base and additional housing (6-24 month) program: - health & wellness - financial empowerment - employment - recovery	- For women and those who identify as women. - Positive and encouraging people. - Trauma-informed and equity-centered - <b><u>Possible parole location</u></b>

<p>DES MOINES</p> <p><b>Hope Ministries</b></p>	<p>Hope Ministries P.O. Box 862 Des Moines, IA 50304 (515) 265-7272</p> <p>Services for women: 515-264-0144 Services for men: 515-244-5445</p>	<ul style="list-style-type: none"> <li>- transitional housing</li> <li>- substance use counseling</li> <li>- GED &amp; life skills classes</li> <li>- nutrition/health counseling</li> <li>- work skills training and business practicum</li> </ul>	<p>Door of Faith: For Men</p> <ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Certain SO's allowed.</li> <li>- long term program.</li> <li>- Hope Center for Women and Children: short-term shelter and long-term life recovery.</li> </ul>
<p>DES MOINES</p> <p><b>Discovery House</b></p>	<p>Mailing address: 1327 Pleasant View Drive, Des Moines,, IA 50315</p> <p>515-499-6486</p>	<ul style="list-style-type: none"> <li>- Transitional housing for men. (3 houses)</li> <li>- Recovery support.</li> <li>- Faith based.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Very positive group who understands the challenge of reentry.</li> <li>- Write letter stating your situation and employment.</li> <li>- Not available for SO's.</li> </ul>
<p>DES MOINES</p> <p><b>Central Iowa Shelter and Services</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>1420 Mulberry Street Des Moines, IA 50309 (515) 284-5719 (515) 883-1692</p>	<ul style="list-style-type: none"> <li>- Temporary housing (90 day)</li> <li>- Recovery and mental health staff.</li> <li>- Job training program (Kitchen, janitorial, garden)</li> <li>- Health care available</li> </ul>	<ul style="list-style-type: none"> <li>- Nobody turned away.</li> <li>- Good place to get started while finding housing.</li> <li>- <b><u>Possible parole location.</u></b></li> </ul>
<p>DES MOINES</p> <p><b>Harbor of Hope</b></p> <p>Alcohol &amp; Substance Abuse Recovery House</p>	<p>3650 Cottage Grove Ave. Des Moines, IA 50311</p> <p>(515) 244-0370</p>	<p>Recovery assistance:</p> <ul style="list-style-type: none"> <li>- Education</li> <li>- Employment</li> <li>- Financial training</li> <li>- Reconnecting to family and friends</li> <li>- Physical and mental health</li> </ul>	<p>Residents are required to stay a minimum of six months and allowed to stay a maximum of two years. All residents are required to pay \$550/a month rent.</p> <ul style="list-style-type: none"> <li>- <b><u>Possible parole location.</u></b> - -</li> <li>- Not available for SO's.</li> </ul>
<p>DES MOINES</p> <p><b>House of Mercy</b></p>	<p>1409 Clark St. Des Moines, IA 50314</p> <p>(515) 643-6500</p> <p>Rebecca Peterson: rpeterson@mercydesmoines.org</p>	<p>Residential substance abuse and mental health treatment, housing, transportation, behavioral therapy, family therapy, relapse prevention, support groups, education, employment, skill training.</p>	<ul style="list-style-type: none"> <li>- Women and families only.</li> <li>- Very supportive community.</li> <li>- Childcare and support.</li> <li>- <b><u>Possible parole location.</u></b></li> <li>- Outpatient treatment for men and women.</li> <li>- Not available for SO's</li> </ul>
<p>SEYMOUR</p> <p><b>Circle of Freedom</b></p>	<p>400 E 4<sup>th</sup> St. Seymour, IA 52590</p> <p>Kim (641) 414-2999</p> <p><a href="http://circleoffreedomiowa.org">circleoffreedomiowa.org</a></p>	<ul style="list-style-type: none"> <li>- Christian Faith-based <b>Residential</b> Recovery Program for Women</li> <li>- 12-to-15-month commitment</li> <li>- Help with life skills, restoration of medical, dental, and vision health, career training opportunities</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location.</u></b></li> <li>- This house is a very loving and nurturing community where students heal and grow together.</li> <li>- It is also a very structured program</li> </ul>

DES MOINES <b>Harvest Academy</b>	8769 G24 Hwy Indianola, IA 50125  515-423-0004	- 2+ year residential program for men. - Therapeutic community designed to help overcome barriers. - Peer support.	- Not available for SO's. - <b><u>Possible parole location</u></b> - Job training and employment
DES MOINES <b>Patron Hands</b>	1612 Forest Avenue Des Moines, IA 50314  Contact: Edwin Daye at 515-822-0076	- Housing for men - Community involvement and engagement - Fatherhood group	- Not available for SO's. - Focused on being good fathers. - <b><u>Possible parole location.</u></b>
DES MOINES <b>Dads with A Purpose</b>	1615 Arlington Des Moines, IA 50314  515-718-4044 (Britt Moore)	- Sober-living houses (2 in Des Moines, 1 in Mason City) - Focused on being good fathers.	- Offer parenting classes. - Not available for SO's. - <b><u>Possible parole location.</u></b>
DES MOINES <b>The Salvation Army in Des Moines</b> (Adult Rehabilitation Center)	The Salvation Army 133 E. 2nd Street Des Moines, IA 50309  Prefer phone contact:  (515) 243-4277	Long-term residential program for men: - 6-level recovery system - - six months minimum - Individual and Group Counseling - Relapse Prevention	- Not available for SO's. - AA, NA, and Celebrate Recovery - Work therapy - Faith based - <b><u>Possible parole location</u></b>
DES MOINES <b>YMCA Supportive Housing</b>	2 SW 9th Street Des Moines, IA 50309 (515) 288-2424	- Housing - Transportation - Laundry - Computer lab - Food/clothing	- Have to qualify under Low Income Housing Tax Credit. - They will do a background check. - <b><u>Possible parole location</u></b> - Not available for SO's.
DES MOINES <b>Tim's Clube</b>	PO Box 65533 West Des Moines, IA 50265  (515) 478-0985 (Joel)	- Bible-based recovery housing. - 5 houses for men and 1 for women.	- <b><u>Possible parole location.</u></b> - Great people. - Have connection with Celebrate Recovery. - Not available for SO's.
DES MOINES <b>Bernie Lorenz Recovery</b>	4018 Kingman Boulevard Des Moines, IA 50311 (515) 262-0349 Email: info@bernielorenzrecovery.org	Residential substance abuse treatment; 60-90 day program, vocational training, education, developing budget, counseling services, assistance in finding work.	- Women only - <b><u>Possible parole location.</u></b>
DES MOINES <b>Recovery in Action</b>	PO Box 13342 Des Moines, IA 50310  3312 Fourth St. Des Moines, IA 50313 (515) 249-7520	Sober, safe, and permanent housing for those striving for sobriety, accountability and independence.	- Need to get a sponsor. - Must have legal employment. - <b><u>Possible parole location.</u></b> - Not available for SO's.

DES MOINES <b>Honest Journey</b>	Honest Journey 3632 Oakcrest Drive Des Moines, IA. 50310  515-219-4911	- Transitional housing for men. - Need to be active in recovery. - Have single or double rooms available	- <b><u>Possible parole location</u></b> - Write letter stating your situation and employment. - Not available for SO's.
DES MOINES <b>Ruth Harbor</b>	Ruth Harbor 534 42nd St. Des Moines, IA. 50312  515-279-4661	- Transitional housing for women who are pregnant or have a small child.	- <b><u>Possible parole location</u></b> - Write letter stating your situation.
DES MOINES <b>Bridges of Iowa</b>	Bridges of Iowa 130 E. 3rd St. #1 Des Moines, IA. 50309  515-494-8515 (Deb)	- Recovery program for women and men. - Housing, substance use program, positive. - 8 month minimum	- Not a parole location. - Write letter stating your situation.
NEWTON <b>Discover Hope 5:17</b>	733 1st Ave. E Newton, IA 50208  641-841-0598 Email: info@discoverhope517.com	Re-entry and recovery - - Employment help - Housing available - Substance use recovery - Connecting with area resources	- Faith-based, but will work with anyone needing help. - Not available for SO's. - Supportive and encouraging.
DES MOINES <b>Freedom Houses</b>	Deb Theeler  (515) 402--6909	- Transitional housing for men and women (two houses for men, two houses for women)	- <b><u>Only for discharge at this time</u></b> - Contact before leaving prison if possible. - Great people. - Not available for SO's.

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
CRESTON <b>IowaWORKS Center</b>	Attn: Operation Manager 215 N Elm St Creston, IA 50801  (641) 782-2119 Email: Region14.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <b><u>You can write to them before leaving prison.</u></b> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

<p>DES MOINES</p> <p><b>Project IOWA</b> (Iowa Opportunities for Workforce Advancement)</p>	<p>4801 Franklin Ave #106 Des Moines, Iowa 50310</p> <p>(515) 280-1274</p> <p>Email: office@projectiowa.org</p>	<ul style="list-style-type: none"> <li>- They have options for employment training.</li> <li>- Include personal and professional development.</li> <li>- Goal is for career track and high wage jobs.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them before leaving prison.</li> <li>- Work with area employers.</li> <li>- Great people.</li> <li>- No cost for classes and program.</li> </ul>
<p>DES MOINES</p> <p><b>Change Course</b></p>	<p>1912 6th Ave. Des Moines, IA 50314</p> <p>(515) 779-6108</p> <p>info@changecourse.org</p>	<ul style="list-style-type: none"> <li>- Employment training.</li> <li>- Personal development</li> <li>- Leadership development</li> <li>- Skill development.</li> <li>- One-on-one coaching sessions.</li> <li>- Goal is for career track and high wage jobs.</li> </ul>	<ul style="list-style-type: none"> <li>- You <b>can</b> contact them before leaving prison (Corrlinks).</li> <li>- Network with area employers.</li> <li>- Great people.</li> <li>- No cost for classes and program.</li> </ul>
<p>DES MOINES</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 200 Army Post Rd. Des Moines, IA 50315</p> <p>Phone: 515-281-9619</p> <p>Email: DesMoinesIowaWORKS@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, education/training and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>
<p>JOHNSTON</p> <p><b>Goodwill of Central Iowa</b></p>	<p>5355 NW 86th St. Johnston, Iowa 50131</p> <p>Phone: (515) 265-5323</p>	<ul style="list-style-type: none"> <li>- Forklift, custodial, retail and food service certifications.</li> </ul>	<ul style="list-style-type: none"> <li>- Understands the challenges of reentry.</li> </ul>

## HEALTH CARE

<p>DES MOINES</p> <p><b>Exemplar Care (HyVee Health)</b></p>	<p>1420 Mulberry St. Des Moines, IA 50309</p> <p>7300 Westown Pkwy #330 West Des Moines, IA 50266</p> <p>(515) 650-4370</p> <p>Contact person: Issaiah Reyes</p>	<ul style="list-style-type: none"> <li>- Help with Medicaid.</li> <li>- Membership based primary care that offers a variety of medical services including urgent care.</li> </ul>	<ul style="list-style-type: none"> <li>- Friendly staff.</li> <li>- Multiple locations.</li> <li>- Care management.</li> </ul>
<p>DES MOINES</p> <p><b>Primary Health Care</b></p>	<p>CONTACT: 1200 University Ave. Des Moines, IA 50314</p> <p>(515) 248-1500</p>	<ul style="list-style-type: none"> <li>- Health care services including mental health and substance use.</li> <li>- Can help find a primary care physician</li> <li>- Can help with housing, food, clothing and more.</li> </ul>	<ul style="list-style-type: none"> <li>- Sliding scale fee.</li> <li>- Intakes Mon-Fri.</li> </ul>

DES MOINES <b>Prelude Services Central Iowa</b>	3451 Easton Blvd. Des Moines, Iowa 50317 (515) 262-0349  Email: info@meccaia.com	- Prevention services for addiction.  - Transitional housing.	- Have Spanish-speaking staff. - <u>You can contact them before leaving prison.</u>
PRAIRIE CITY <b>Clearview Recovery</b>	501 North Sherman Prairie City, Iowa 50228  (515) 994-3562	Substance abuse treatment, parenting classes, counseling, job training, self-esteem improvement	- Women only (children allowed)

## **6th JUDICIAL DISTRICT** (Cedar Rapids/Iowa City and area)

### **COMMUNITY SUPPORT (Connecting and Mentoring)**

NAME	CONTACT INFO	SERVICES	NOTES
STATEWIDE <b>Hope4Healing</b>  <b>*RECOMMENDED PLACE TO START</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 Mon-Friday 8-5	- Assist with finding resources in your community - Help you connect with a church to provide mentoring and other support	- A Christian-based organization. - Will go the extra mile to help you find the resources you need. - You can write to them from prison..
CEDAR RAPIDS <b>RISE program</b>  <b>*RECOMMENDED PLACE TO START</b>	901 29th St. Cedar Rapids, IA 52404  Main: (319) 382-2350  <a href="mailto:RISE@freshstartcr.org">RISE@freshstartcr.org</a>	Guidance on: - finding a job - finding housing - food and clothing - transportation - creating plans & goals - Clothing/hygiene available.	- Warm and welcoming people. - <u>You can contact them from prison.</u> - Have a mentor program called AMP.
CEDAR RAPIDS <b>CRUSH Recovery Community Center</b>  <b>*RECOMMENDED PLACE TO START</b>	317 7th Ave. SE Suite 304 Cedar Rapids, IA 52401  (319) 200-5970 <a href="http://www.recoveryiowa.org">www.recoveryiowa.org</a> <a href="http://www.crushofiowa.com">www.crushofiowa.com</a>	- Peer recovery coaching - Peer support groups - Social activities - Connect with resources in community	- Positive and encouraging people. - Can contact before leaving prison. - Drop-in center
IOWA CITY <b>Living Beyond the Bars</b>  <b>*RECOMMENDED PLACE TO START</b>	Reentry Organizer: Mike Cervantes  319-331-9450  mike.livingbeyondthebars@gmail.com	- Provide information on resources across the state. - Will assist and provide information via phone or Corrlinks.	- In Cedar Rapids and Coralville, they hold support meetings for family/friends. - <u>You can contact them from prison.</u>



<p>IOWA CITY</p> <p><b>Inside Out Reentry</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>804 S. Capitol Street Iowa City, IA 52240</p> <p>Main: (319) 338-7996 Cell: (319) 621-6263</p> <p>Email: Hello@insideoutreentry.com</p>	<p>Drop-in &amp; Resource Center:</p> <ul style="list-style-type: none"> <li>- Case Management and Reentry Planning</li> <li>- Employment and Housing Assistance</li> <li>- Resource Connection</li> <li>- Weekly peer support groups</li> <li>- Mentors</li> </ul>	<ul style="list-style-type: none"> <li>- <b>You can contact them from prison.</b></li> <li>- Supportive community.</li> <li>- Have one sober transitional house. Focus on healing and personal growth. Not eligible for those with lifetime SO registry requirements.</li> <li>- <b>Possible parole location</b></li> </ul>
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## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
<p>CEDAR RAPIDS</p> <p><b>The Safe Place Foundation</b></p>	<p>527 6th Avenue SE Cedar Rapids, IA 52401</p> <p>Main: (319) 366-3430</p> <p><a href="http://www.safeplacefoundation.org/">http://www.safeplacefoundation.org/</a></p>	<p>A drug- and alcohol-free living environment with ongoing staff support, community volunteer involvement and peer-to-peer mentorship.</p>	<ul style="list-style-type: none"> <li>- 40 bed program: 6 Phase One beds and 34 Phase Two beds.</li> <li>- <b>Possible parole location</b></li> <li>- Not available for SO's.</li> <li>- Men only.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>Hope CDA</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>842 14th St. SE Cedar Rapids, IA 52403</p> <p>319-560-1196</p>	<ul style="list-style-type: none"> <li>- Jobs training program that includes housing.</li> <li>- Life Skills classes</li> <li>- Mentoring</li> <li>- Connect with area resources (even if not in their housing program)</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- Men only.</li> <li>- 12-month program</li> <li>- Must be part of program to be included in housing.</li> <li>- <b>Possible parole location</b></li> <li>- Not available for SO's.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>Willis Dady Shelter</b></p>	<p>1247 4th Ave. SE Cedar Rapids, IA 52403</p> <p>CONTACT: Waypoint Shelter and Housing Services:: 319-366-7999</p>	<ul style="list-style-type: none"> <li>- Shelter available for men and women with children.</li> <li>- Help connect with community resources</li> <li>- Case management</li> </ul>	<ul style="list-style-type: none"> <li>- This is a good place to start as you look for permanent housing.</li> <li>- Welcoming and warm.</li> <li>- <b>Not a parole location,</b> possible for discharge.</li> </ul>
<p>VINTON</p> <p><b>Place of Refuge</b></p>	<p>408 B Ave. Suite. A Vinton, IA 52349</p> <p>319-640-5051</p> <p>abundantlifevinton@gmail.com</p>	<ul style="list-style-type: none"> <li>- Sober living for women.</li> <li>- Live in an apartment with one other participant.</li> <li>- Work, financial and emotional support offered.</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- Need to be employed within 30 days.</li> <li>- <b>Possible parole location</b></li> <li>- Not available for SO's.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>2nd Chance Housing</b></p>	<p>Various Locations Cedar Rapids, IA</p> <p>319-573-9815</p>	<ul style="list-style-type: none"> <li>- Apartments that are individual with shared kitchen, bath and living room.</li> <li>- First and last month's rent due when moving in.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Possible parole location</b></li> <li>- Possibly available for SO's.</li> <li>- Clean, fully furnished.</li> <li>- Very understandable landlord.</li> </ul>

		- Possible financial support via Waypoint or Willis Dady Shelter.	
<b>CEDAR RAPIDS</b> <b>Waypoint Services</b>	318 5th St. SE Cedar Rapids, IA 52401  Phone: 319-365-1458	- Assistance with housing support.	- Need to apply for services after your release.

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<b>CEDAR RAPIDS</b> <b>IowaWORKS Center</b>	Attn: Operation Manager 4444 1st Ave. NE Cedar Rapids, IA 52402  (319) 365-9474 Email: CedarRapidsIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
<b>IOWA CITY</b> <b>IowaWORKS Center</b>	Attn: Operation Manager 1700 S 1st Ave. Iowa City, IA 52240  (319) 351-1035	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

# **7th JUDICIAL DISTRICT** (Quad Cities/Clinton/Muscatine and area)

## **COMMUNITY SUPPORT (Connecting and Mentoring)**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
<p>STATEWIDE</p> <p><b>Hope4Healing</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>P.O. Box 48, Gladbrook, IA 50635</p> <p>855-584-4673 Mon-Friday 8-5</p>	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Help you connect with a church to provide mentoring and other support.</li> </ul>	<ul style="list-style-type: none"> <li>- A Christian-based organization.</li> <li>- Will go the extra mile to help you find the resources you need.</li> <li>- You can write to them from prison.</li> </ul>
<p>CLINTON</p> <p><b>Rediscover Recovery Community Center</b></p>	<p>232 5th Ave. S. Clinton IA 52732</p> <p>(563) 206-1479</p>	<ul style="list-style-type: none"> <li>- Peer recovery coaching</li> <li>- Peer support groups</li> <li>- Social activities</li> <li>- Connect with resources in community</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> <li>- Can contact before leaving prison.</li> <li>- Drop-in center</li> </ul>
<p>CLINTON</p> <p><b>Information Referral</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>219 1st Avenue Clinton, IA 52732</p> <p>563-243-5818</p>	<ul style="list-style-type: none"> <li>- Housing assistance including list of landlords and rent assistance.</li> <li>- Connect with area resources for food, clothing, health care and more.</li> </ul>	<ul style="list-style-type: none"> <li>- They are connected to area agencies and churches.</li> <li>- Committed to helping and they know the community very well.</li> </ul>
<p>CLINTON</p> <p><b>Community Action</b></p>	<p>242 N Bluff Blvd. #203 Clinton IA 52732</p> <p>(866) 243-5220</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources</li> </ul>
<p>DAVENPORT</p> <p><b>Community Action</b></p>	<p>500 East 59th Street, Davenport, IA 52807</p> <p>(866) 324-3236</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources</li> </ul>
<p>ROCK ISLAND</p> <p><b>Project Now</b></p>	<p>418 19th St. Rock Island, IL: 61201</p> <p>(309) 793-6391 www.projectnow.org</p>	<ul style="list-style-type: none"> <li>- Housing assistance including list of apartments</li> <li>- Basic needs assistance.</li> </ul>	<ul style="list-style-type: none"> <li>- Can help <u>even if you are not an Illinois resident.</u></li> <li>- Call to make appointment.</li> <li>- Supportive and encouraging staff</li> </ul>
<p>MUSCATINE</p> <p><b>Community Action</b></p>	<p>1903 Park Ave. #18 Muscatine IA 52761</p> <p>(563) 263-9290</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources</li> </ul>
<p>MUSCATINE</p> <p><b>Jesus Mission Church/ Pearl City Outreach</b></p>	<p>509 Mulberry Ave. Muscatine, IA 52761</p> <p>(563) 261-6173</p>	<ul style="list-style-type: none"> <li>- Helps with jobs</li> <li>- Rides to work</li> <li>- Sack lunches</li> <li>- Laundry and showers</li> </ul>	<ul style="list-style-type: none"> <li>- Emergency shelter available.</li> <li>- No cost.</li> </ul>

TIPTON <b>Community Action</b>	101 Lynn Street Tipton IA 52772  563-886-3191	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
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## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
CLINTON <b>ASAC/King House</b>	2219 Garfield St. Clinton, IA 52732  563-242-6805	- Sober housing available. - Need ASAM assessment to qualify. - Residential substance abuse services for men.	- You can contact them from prison. - <b><u>Possible parole location</u></b> - Not available for SO's
CLINTON <b>ASAC/Hightower Place</b>	2727 S. 19th Street Clinton, IA 52732 (563) 242-2042	- Sober housing available. - Need ASAM assessment to qualify. - Residential substance abuse services for women.	- Work with prison counselor on applying. - <b><u>Possible parole location</u></b> - Not available for SO's
DAVENPORT <b>Unity House</b>  <b>*RECOMMENDED PLACE TO START</b>	2341 E. Pleasant St. Davenport, IA 52803  (563) 676-5488 or (563) 210-1513 EMAIL: eric.hoffmann@unityhouseofdavenport.org	- Transitional housing. - Semi-structured sober and recovery living.	- They have six houses. - - Online application can be printed off and mailed in. - <b><u>Possible parole location</u></b> - Not available for SO's.
DAVENPORT <b>Pine Meadows Residential Treatment</b>	4656 W. Kimberly Road Davenport, IA 52806  (563) 345-5673	- Residential care facility for those with mental health illness.	- Work with counselor on applying. - <b><u>Possible parole location</u></b> - Not available for SO's
DAVENPORT <b>One Eighty</b>  <b>*RECOMMENDED PLACE TO START</b>	601 N. Marquette St. Davenport, IA 52802  phone: 563-424-4589  www.oneeighty.org  Contact: Chad Williams	Houses men and women coming out of incarceration, domestic abuse, sex trafficking, homelessness or addiction. Assigns mentor and helps with furthering education.	- 14-month program. - Home-like setting and great people. - <b><u>Possible parole location</u></b> - Not available for SO's. - Faith based. . - You can contact them from prison.
DAVENPORT <b>Salvation Army Adult Rehab Center</b>	4001 N. Brady St Davenport, IA 52806  563-323-2748	- Recovery support - Build work and social skills - Will help connect with area resources	- Faith based, 6 mo. to 1 yr residential program. - <b><u>Possible parole location</u></b>
DAVENPORT <b>W.I.S.H. Ministries</b>	PO Box 3302 Davenport, IA 52802  563-320-0908	-Transitional housing for women - Faith-based program	- Offer classes in employment skills, finances, and other things.

LETTS <b>Cedar River Haven</b>	2978 Casey Avenue Letts, IA 52745 319-726-2360 fsojka@cedarriverhaven.org	Rural Recovery Residence - 12 Step Immersion - Social, spiritual, community driven. - Life skills, therapy and group support	- Supportive recovery community using Peer Social model - 24 beds - Women only - <b>Possible parole location</b>
WILTON <b>Lifehouse Women's Home</b>	1594 300th St. Wilton, IA 52778  phone: 563-260-1528  www.LifeHouseRanch.org  Contact: Tami Leathers	- LifeHouse houses women ages 18+ in a home atmosphere. - Provides women a safe place to find hope and freedom. - Welding, retail, agricultural training/skill available.	- 12-month program. - Offers residential reentry. - <b>Possible parole location</b> - Not available for SO's. - Faith based. - You can contact them from prison.

### EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
CLINTON <b>IowaWORKS Center</b>	Attn: Operation Manager 105 Main Ave. Clinton, IA 52732  319-423-0333	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
DAVENPORT <b>IowaWORKS Center</b>	Attn: Operation Manager 1801 E. Kimberly Rd. Davenport, IA 52806 563- 445-3200 Email: DavenportIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
DAVENPORT <b>Safer Foundation</b>	1702 N. Main St. Davenport, IA 52803  (563) 322-7002 Contact: Sue Davison	Employment: - Orientation, intake, and retention for employment - ACE program for those looking for a career.	
MUSCATINE <b>IowaWORKS Center</b>	Attn: Operation Manager 1903 Park Ave. #18 Muscatine, IA 52761  319-423-0333	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

### HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
DAVENPORT <b>Community Health Care</b> <b>*RECOMMENDED PLACE TO START</b>	500 W. River Drive Davenport, IA 52801  (563) 336-3000  Contact person: Bob Davis	- They have social workers to help connect with community resources including housing.  - Provide a variety of medical services including getting a primary care physician.	- Friendly and helpful staff. - Sliding-scale fee.

# **8th JUDICIAL DISTRICT** (Burlington, Ottumwa, Keokuk, Ft. Madison and area)

## **COMMUNITY SUPPORT (Connecting and Mentoring)**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
<p><b>STATEWIDE</b></p> <p><b>Hope4Healing</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>P.O. Box 48, Gladbrook, IA 50635</p> <p>855-584-4673 Mon-Friday 8-5</p>	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Help you connect with a church to provide mentoring and other support</li> </ul>	<ul style="list-style-type: none"> <li>- A Christian-based organization.</li> <li>- Will go the extra mile to help you find the resources you need.</li> <li>- You can write to them from prison.</li> </ul>
<p>BLOOMFIELD</p> <p><b>SIEDA Community Action</b></p>	<p>300 E. South Stree Bloomfield, IA 52537</p> <p>641-664-1911</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources.</li> </ul>
<p>BURLINGTON</p> <p><b>Community Action</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>700 Jefferson St. Burlington, IA 52601</p> <p>319-753-2893</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources.</li> </ul>
<p>BURLINGTON and FT. MADISON</p> <p><b>Celebrate Recovery</b></p>	<p>550 Division St. Burlington, IA 52601 319-237-8400 Ext. 201</p> <p>1602 Ave. F Ft. Madison, IA 52627 319-237-8400 Ext. 301</p>	<p>Celebrate Recovery meets every week and provides a healing, healthy environment for adults affected by hurts, hang-ups, and habits.</p>	<p><b>Christian-based recovery program.</b></p>
<p>CENTERVILLE</p> <p><b>SIEDA Community Action</b></p>	<p>111 N. Main Centerville, IA 52544</p> <p>641-856-8437</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources.</li> </ul>
<p>FAIRFIELD</p> <p><b>SIEDA Community Action</b></p>	<p>201 S. 23rd Fairfield,, IA 52556</p> <p>641-472-6140</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources.</li> </ul>
<p>FT. MADISON</p> <p><b>Eichacker Community Action Center</b></p>	<p>3433 Avenue O Ft. Madison, IA 52627</p> <p>319-372-4471</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources.</li> </ul>
<p>KEOKUK</p> <p><b>Tallarico Community Action Center</b></p>	<p>220 S. 22nd St. Keokuk, IA 52632</p> <p>319-524-6383</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources.</li> </ul>

KEOSAUQUA <b>SIEDA Community Action</b>	906 Dodge Street Keosauqua, IA 52565  319-293-3722	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.
MT. PLEASANT <b>Tolson Community Action Center</b>	1303 W. Washington Mt. Pleasant, IA 52641  319-385-2310	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
MT. PLEASANT <b>Fellowship Cup</b>	203 North Jefferson Street Mt Pleasant, IA 52641  (319) 385-3242  director@thefellowshipcup.org	- Will assist with connecting to area services/resources.  - Have food, clothing, vouchers and other supports	Their mission is to provide food, shelter and clothing to those in Henry County.
OTTUMWA <b>O-Town Recovery</b>	202 W. Davis St. Ottumwa, IA 52501  641-980-7455	- Supportive recovery community. - Meetings every day at noon.	- Can help connect with area resources including housing.
OTTUMWA <b>SIEDA Community Action</b>	725 W. Second Ottumwa, IA 52501  641-682-8741	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
SIGOURNEY <b>SIEDA Community Action</b>	114 West Washington Sigourney, IA 52591  641-622-3443	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
BURLINGTON <b>Transitions</b>	515 S. Main St. Burlington, IA 52602  Contact: Sara or Craig 319-209-2217, or 309-221-8492  transitionsdmc@gmail.com	- Can help apply for medicaid and referrals to local resources for substance abuse and employment. - Housing options available. - Assist with household goods.	- Available for discharge, but not parole. - Their housing program is being developed, but may be considered as a parole location.

BURLINGTON <b>Burlington Shelter</b>	123 N. Marshall St. Burlington, IA 52601  319-754-6791	- Shelter for extended or short-term stay.	- Need Iowa ID. - Not available for SO's. - Available for discharge, but <u>not</u> parole. - Sober house.
KALONA <b>Retrograde Ministries</b>	507 3rd St Kalona, IA 52247  Main: (319) 779-1024  contact: Mike Evans - m.evansretro@gmail.com	- Men's recovery housing.  - Six-month in-house program.  - Sober living housing available upon completion of program.	- Faith-based. - They are a great group of people. - <b><u>Possible parole location</u></b> - Not available for SO's.
KEOKUK <b>Talbot Sober Living Residence</b>	810 Timea St. Keokuk, IA 52632  319-795-5535	- Sober house - 12-step based - 3-month stay	- Faith-based - Positive and encouraging people. - <b><u>Possible parole location</u></b> - Not available for SO's.
OTTUMWA <b>Oxford House</b>  <b>*RECOMMENDED PLACE TO START</b>	Write to:  Oxford House 1013 E Oakbrook Ln, Mt Pleasant, IA 52641  641-919-2510	- Sober, cooperative, self-governing housing option for men. - They can help you connect to area resources.	- <b><u>Possible parole location</u></b> - A 12-step focused community. - Very positive group. - Not available for SO's

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
BURLINGTON <b>IowaWORKS Center</b>	Attn: Carolyn Farley 1000 N. Roosevelt Burlington, IA 52601  (319) 753-1674  Email: BurlingtonIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
OTTUMWA <b>IowaWORKS Center</b>	Attn: Operation Manager 15260 Truman St. Ottumwa, IA 52501  (641) 684-5401  Email: OttumwaIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.



## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">BURLINGTON</p> <p style="text-align: center;"><b>Alcohol and Drug Dependency Services (ADDS)</b></p> <p style="text-align: center;"><b>*RECOMMENDED PLACE TO START</b></p>	<p>1340 Mt. Pleasant St. Burlington, IA 52601</p> <p>(319) 753-6567</p> <p>Email: nuneztamara@addsiowa.org</p> <p>Contact: Tamara</p>	<ul style="list-style-type: none"> <li>- Will help you connect to area resources</li> <li>- Outpatient and residential treatment for substance abuse, prevention work, distance support services, gambling treatment</li> </ul>	<p>-Even if you do not have any substance use issues, they will help you connect to area services.</p> <p>- Positive and encouraging people.</p>
<p style="text-align: center;">KEOKUK</p> <p style="text-align: center;"><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>928 Main St. Keokuk, IA 52632</p> <p>(319) 524-4397</p>	<p>Outpatient and residential treatment for substance abuse, prevention work, distance support services.</p>	
<p style="text-align: center;">MT. PLEASANT</p> <p style="text-align: center;"><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>122 N. Main St. Mt. Pleasant, IA 52641</p> <p>(319) 385-2216</p>	<p>Outpatient and residential treatment for substance abuse, prevention work, distance support services.</p>	<p>- Residential treatment is located in Burlington.</p>
<p style="text-align: center;">OTTUMWA</p> <p style="text-align: center;"><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>SEIDA 310 W. Main Street Ottumwa, IA 52501</p> <p>641-683-6747 Ext. 201</p>	<p>Outpatient treatment for substance abuse, prevention work, distance support services.</p>	<ul style="list-style-type: none"> <li>- They will help you connect to other area resources.</li> <li>- They can refer you for residential treatment.</li> </ul>
<p style="text-align: center;">OTTUMWA</p> <p style="text-align: center;"><b>First Resources</b></p>	<p>102 North Hancock St. Ottumwa, IA 52501</p> <p>(641) 682-2800</p>	<ul style="list-style-type: none"> <li>- Mental health services;</li> <li>Individual/family therapy;</li> <li>drop in centers</li> <li>- They have a list of area resources.</li> </ul>	<p>Substance abuse support groups are offered to enhance continued success of sobriety and prevent relapse.</p>
<p style="text-align: center;">WAPELLO</p> <p style="text-align: center;"><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>304 Highway 61 North Wapello, IA 52653</p> <p>Main: (319) 523-8436</p> <p><a href="http://www.addsiowa.org/index.php/about-us/">http://www.addsiowa.org/index.php/about-us/</a></p>	<p>Chemical dependency services</p>	<p>- Residential treatment is located in Burlington.</p>

# Owning Your Journey: A planning guide for starting over after prison in Iowa

Some of the wisest advice given when a person first gets to prison is, “Don’t waste this time.” While incarcerated, you have the opportunity to make a solid, detailed plan for your return into society. This planning guide is designed to aid you in your eventual success upon reentry. However, because no situation is the same, it is up to each of us to make our own plan.

A. **Start with Your Dreams** (What would happiness and contentment look like for you?)

- What is the job/career that you really want?
- Where would you like to live if you could choose?

B. **Steps towards Achieving Your Dreams**

***KEY POINT:*** *It is hard getting accurate community information while in prison. The state-wide resource guide “**First Stop After Prison**” is available in every institution. Ask to see it!*

**DIRECTIONS:** On a separate sheet (s) of paper, write a detailed description for each item (#1,2,3).

- 1.** Identify and list **support people/organizations** in your community
  - These could be family, friends, sponsors, health care professionals.
  - Also, think of people or places you should avoid.
  - Include substance use and mental health support if needed.
- 2.** List **work/employment** possibilities
  - Think broadly and include employment services like IowaWORKS.
- 3.** Describe your **living situation** choices. (It is important to have more than one option.)

**HELPFUL STRATEGIES:**

- **Make a ‘short-term’ list of goals.** (e.g. Find a job by Friday. Get an ID. Exercise twice this week...)
- **Make a ‘long-term’ list of goals.** (These are things that will take time to achieve.)
- **The first 3 days out of prison can be the hardest.** Write a detailed plan of what you will do during those first three days.

Created by: Living Beyond the Bars. We are a non-profit organization registered in Iowa.  
For more information contact - [mike.livingbeyondthebars@gmail.com](mailto:mike.livingbeyondthebars@gmail.com) or 319-331-9450

# Letters DO Make a Difference

*Here is the basic format for writing letters. A letter (hand-written or typed) tends to be taken more seriously than a phone call. Most organizations prefer to be contacted with a letter. Be upfront about your situation and why you are writing.*

**Contact Information** (where you will be able to receive letters)

Your Name, Your Address, Your City, State, Zip Code

**Date** (Today's Date)

**Contact Information** (the person or organization you are writing to)

Name, Title, Company, Address, City, State, Zip Code

**Greeting**

Dear Mr./Ms. Last Name (or name of organization),

**Body of Letter**

The first paragraph of your letter should provide an introduction as to why you are writing so that your purpose is obvious from the very beginning. ("I am writing because...")

Then, in the following paragraphs, provide more information and specific details about you (e.g., date of release, location) and your request or the information you are providing. You can describe your situation, but try not to dwell on the past. It is helpful to talk about how you have changed and your plans for the future.

The last paragraph of your letter should state again the reason you are writing and thank the reader for reviewing your request. If appropriate, it should also politely ask for a written response or for the opportunity to arrange a phone call to further discuss your request.

**Closing**

Best regards (or Sincerely,)

**Signature**

Handwritten Signature

Typed (or printed) Name