

Grinnell's "Essentials" Quick-List!!



HOTLINES

- Crisis Line 24/7 - 988 - includes behavioral/mental healthcare.
Translation services: yes!
- Emergency shelter services Central Iowa Shelter & Services (CISS)
24/7 - (515) 284-5719 "opt 1" *Translation services: no!*
- Crisis Stabilization Services (CSCBS)/Capstone Behavioral Healthcare
24/7 - 1-(855) 581-8111 Help during a mental health crisis. Mobile crises outreach available. *Translation services: yes!*
- Iowa WARM Line – 24/7 - non-crisis - 1-844-775-9276 – mental health & substance abuse listening line - can provide referrals and/or transfer to crisis line for critical services. *Translation services: yes!*

BEHAVIORAL/MENTAL HEALTH

- Grinnell Police Dept. - non-crisis - (641) 236-2670 "Opt 2"
1020 Spring St. Grinnell - 8A-4P M-F
"Ask for Faith, Mental Health Liaison!" Local behavioral & mental health services. *Translation services: no!*
- Children & Families of Iowa (CFI) - 1-(515) 697-7900
8A-5P M-Th, 8A-4P Fri. - *Translation services: Spanish – yes! / Scheduled service in other languages: yes!*
- Capstone Behavioral Healthcare/Community Mental Health Center
Non-crisis - (641) 792-4012 "Opt 1" - 8A-5P M-TH, 7A-3P Fri.
Offers emergency mental health & substance abuse crisis services during normal business hours. *Translation services: no!*

- [Central Iowa Community Services \(CICS\)](#) - (641) 236-9199
8A-4:30P - Provides screening and referral services for your brain and mental health needs. *Scheduled translation services: yes!*
- [Connections \(Station Club House\)](#) - (641) 236-5325 – 729 Pearl St. Grinnell
9A-3P M-F – drop-in center to support behavioral health needs. Includes **FREE** meals & more! **Must be 18+ and have a mental health diagnosis.**
Translation services: no!

DENTAL & HEALTHCARE

- [Grinnell Regional Community Care Clinic \(Light Center\)](#)
(641) 236-2385 “opt 2” - 306 4th Ave Grinnell 8:30A-4P M-F
Healthcare coverage for the under-insured – call to schedule immunization, footcare clinics & MORE. *Translation services: yes!*

DID YOU KNOW? Marshalltown is the closest DENTAL office that accepts Medicare/Medicaid!

- [Primary Health Care \(PHC\) Marshalltown](#) - 1-(641)-753-4021
101 Iowa Ave West, Marshalltown, IA - 8A-5P M-F
Provides medical & **dental** services regardless of insurance, immigration status, or ability to pay.
On Medicaid? Call Access to Care - 1-(844)- 521-9948 - 7A-7P M-F to schedule a ride! *Translation services: yes!*

FOOD

- [NE Iowa Area Agency on Aging \(60+\)](#) - (800) 779-8707 “opt 3”
8A-4:30P M-F - “Iowa Cafe” local diner meals & prepared meals home-delivered – must register! *Scheduled translation services: yes!*
- [Grinnell United Methodist Church](#) - 916 5th Ave Grinnell
FREE Community Meal every Thurs. 5:30-6P - WALKINS WELCOME!
- [Iowa Kitchen](#) - (641) 236-3657 - 834 Park St Grinnell
Reserve a **FREE** prepared meal to pick up on Saturdays between noon and 1P! Must reserve by noon on Fri. *Translation services: no!*
- [MICA](#) - (641) 236-3923 “opt 2” (x2) - 611 4th Ave Grinnell
9A-4P Mon, Wed, Thurs & Fri., 10A-4P Tues.
Emergency food pantry and more! *Translation services: yes!*

- **SNAP** - (855) 944-3663 - 8A-5P M-F
Call to apply OVER THE PHONE! *Translation services: yes!*
- **WIC** - 1-(641) 752-7162 “opt 3 – opt 2 – opt 1” to schedule an appointment.
10A-6P Mon, 8:30A-5P Tues, 8:30A-4:30P Wed & Thurs, 8A-4P Fri
Translation services: yes!
- **Food Cupboard** – 930 Park St Grinnell - 8A-7P M-F, 9A-5P Sat, 1P-5P Sun.
FREE simple staples inside west entrance of Drake Community Library.
- **Connections (Station Club House)** - (641) 236-5325 –
729 Pearl St Grinnell - 9A-3P M-F - **FREE** meal daily -
Must be 18+ and have a mental health diagnosis. *Translation services: no!*

GENERAL ASSISTANCE

- **Campbell Fund** (641) 236-2600 – 520 4th Ave Grinnell, IA 50112
7:30A-4:30P M-F – Pick up application to apply for medical, utility, transport. & more! *Translation services: no!*
- **Children and Families of Iowa (CFI)** - (515) 697-7900 - 8A-5P M-F
Childcare, Jumpstart, tutoring, juvenile justice, & more!
Translation services: Spanish – yes! Schedule other languages – yes!
- **Poweshiek Cty General Assistance** – 1-(641) 623-0044 - 8A-4P M-F
Emergency medical, dental, utility & more! *Translation services: no!*

HOUSING

- **Grinnell / Poweshiek Housing Authority** - (641) 236-2611
520 4th Ave Grinnell - 8A - 3:30P M-Th - Housing assistance for qualifying low-income, elderly & families. *Translation services: no!*
- **Waypoint Housing Services** – 1-(833) 739-0065 – **MESSAGE ONLY!**
Homeless diversion, eviction prevention, rapid re-housing & more!
Translation services: yes!

TRANSPORTATION

- **ACCESS to CARE (Medicaid Rides) 1-(844)- 521-9948** 7A – 7P M-F
Non-emergent health & dental transport service covered by Medicaid!
Translation services: yes!
- **People Rides (641) 752-6202, 1-888-616-4298** - 7:30A-4:30P M-F
Low-cost transportation with disability access.
On Medicaid? Call ACCESS to CARE (see above). *Translation services: no!*

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