

## HOWARD & WINNESHIEK COUNTY RESOURCES

### Children Services

**Community Circle of Care**  
308 College Dr-Pyramid Plaza,  
Decorah, IA 52101  
1-877-571-9797 or 563-382-1277

**Department of Human Services**  
PO Box 286, US Hwy 52, Decorah, IA 52101  
1-800-611-7781 or 563-382-2928  
*Hawk-i*  
1-800-257-8563  
*Child Support Recovery Unit*  
317 Washington St, Suite 2, Decorah, IA 52101  
1-888-229-9223 or 563-382-2666  
*Abuse Referral Services*  
1-888-583-1039 or 1-800-362-2178

### **Families First**

Web: [www.families-first.net](http://www.families-first.net)  
120 W Water St (lower level), Decorah, IA  
52101 319-505-3710

### **HAWC**

Web: [www.hawc-iowa.com](http://www.hawc-iowa.com)  
1111 Paine St, Suite H, Decorah, IA 52101  
563-382-4447

### **Helping Services of Northeast Iowa**

Web: [www.helpingservices.org](http://www.helpingservices.org)  
805 E Main St, PO Box 372, Decorah, IA 52101  
563-387-1720  
Crisis Line: 1-800-383-2988

**Lutheran Services/LSI** 1-888-457-4692

### **Keystone Area Education Agency**

700 Ridgewood, Decorah, IA 52101  
563-382-2870

### **National Center for Missing & Exploited**

**Children** 1-800-843-5678  
**Human trafficking** – 888-3737888

**National Child Abuse Hotline** 1-800-422-4453

**Runaway** 1-800-231-6946 or 1-800-621-4000

**Teen Line** 1-800-443-8336

**WIC** 1-888-836-7867 In Cresco 4<sup>th</sup> Mon.

### Elderly Services

**Alzheimer's Association** 1-800-272-3900

### **Community Health Services of Howard County**

327 8<sup>th</sup> Avenue, Cresco, IA 52136  
563-547-2989

### **Department of Human Services**

PO Box 286, US Hwy 52, Decorah, IA 52101  
563-382-2928 or 1-800-611-7781  
Dependent Adult Abuse Reporting  
1-800-362-2178

### **Lifeline Assistance Program**

SAFELINK WIRELESS 1-800-SAFELINK (723-3546)

### **Senior Health Insurance Information Program**

**(SHIIP)** 1-800-351-4664  
Rep. available M-W-F at RSHSC. Call 547-6345

### Elderly Services

**Winneshiek County Public Health**  
305 Montgomery St, Suite 3, Decorah, IA  
52101 563-382-4662

### **NEI3A**

*Northeast Iowa Area Agency on Aging*  
607 Washington Street, Decorah, IA 52101  
1-800-233-4603 or 563-382-2941  
*LifeLong Links – Aging & Disability Resource Ctr*  
1-877-538-0508  
*NEI3A General Contact Information*  
1-800-779-8707 or 319-272-2244  
*Elder Abuse Initiative*  
1-800-331-8906 or 319-272-2493  
*Howard County Senior Citizen Meal Sites*  
Kessel Lodge (Monday-Friday)  
563-547-2563  
Afton Oaks (Monday-Friday)  
641-393-2134  
Protivin Community Center (Tuesday/Thursday)  
563-569-8731  
*Winneshiek County Senior Citizen Meal Sites*  
Calmar Senior Center (Tuesday/Thursday)  
563-562-3654  
Winneshiek County Senior Center  
(Monday/Friday)  
563-382-9557  
Fort Atkinson Community Center  
(Wednesday/Friday)  
563-534-7517  
Spillville Public Library (Wednesday/Friday)  
563-562-3648

### Employment Services

**Iowa Vocational Rehabilitation Services (IVRS)**  
903 Commerce, Decorah, IA 52101  
563-382-9634 (in Cresco once/wk)

### **Decorah IowaWorks Center**

312 Winnebago, Decorah, IA 52101  
1-866-520-8986 or 563-382-0457

### **Iowa Workforce Development-Region 1**

Upper Explorerland Regional Planning  
325 Winnebago St, Suite A, Decorah, IA 52101  
1-866-520-8986 or 563-382-0457

### Family Violence, Domestic & Sexual Abuse

**Cedar Valley Friends of the Family**  
PO Box 784 Waverly, IA 50677  
319-352-1108  
24/7 via our crisis line  
1-800-410-SAFE (7233) or 319-352-0037

**Domestic Abuse Center** 1-800-383-2988

**Iowa Domestic Abuse Hotline** 1-800-942-0333

### **Helping Services- Resource Center for Domestic Abuse Crisis Line**

PO Box 372, Decorah, IA 52101  
1-800-383-2988 or 563-382-2989

### **Riverview Center**

1111 S. Paine St, Suite F, Decorah, IA 52101  
563-380-3332  
24-hour Sexual Assault Hotline  
1-888-557-0310

### Food Assistance

**Department of Human Services**  
PO Box 286, US Hwy 52, Decorah, IA 52101  
1-800-611-7781 or 563-382-2928

### Food Pantries

**Northeast Iowa Community Action**  
Hours vary call ahead  
*Howard County*  
204 2nd Street E, Cresco, IA 52136  
563-547-4413  
*Winneshiek County*  
305 Montgomery Street, PO Box 487, Decorah,  
IA 52101  
563-382-8436 Ext 150  
Administrative Office: 563-382-8436

**SHARE Iowa** 1-800-334-1107

### **Other Howard County Pantries**

*Northeast Iowa Mobile Food Pantry*  
Crestwood Elementary School  
1000 4<sup>th</sup> Ave E., Cresco, IA 52136  
First Saturday of Each month 10 AM – Noon  
*Riceville Food Pantry*  
124 W. Main St, Riceville, IA 50466  
Fridays 10-11 AM 641-985-2195

### **Other Winneshiek County Pantries**

*Decorah Lutheran Church*  
309 Winnebago Street, Decorah, IA 52101  
T/W/TR 1-3 PM 563-382-3601  
*First Lutheran Church Food Pantry*  
604 W. Broadway, Decorah, IA 52101  
M-F 1:30-3:30 PM, TR 6:30-8:30 PM  
563-382-2638  
*Greater Area Food Pantry*  
Calmar Lutheran Church  
204 E. Main Street, Highway 52, P.O. Box 398,  
Calmar, IA 52132  
Sat. 9-11 AM 563-419-6024

### Homeless Assistance

**Cedar Valley Friend of the Family** (Waverly)  
319-352-0037

**Salvation Army Shelter** (Waterloo)  
319-235-9358

**Northern Lights Homeless Shelter for Men**  
(Mason City) 641-380-0047

**Trinity House of Hope Shelter for Women**  
(Mason City) 641-423-5920

### **FAVA (Family Alliance for Veterans of America)**

Web: [www.fava.westcare.com](http://www.fava.westcare.com)  
100 North Clark Street, Forest City, IA 50436  
641-243-4103 641-585-5995

**Catholic Charities** (Waterloo) 319-272-2080

### Legal Services

**Children's Aid/Ombudsman** 1-800-358-5510

### **Disability Rights Iowa**

Law Center for Protection & Advocacy  
1-800-779-2502 or 515-278-2502

## HOWARD & WINNESHIEK COUNTY RESOURCES

### Legal Services –cont.

Iowa Legal Aid 1-800-532-1275

### **IowaVine**

Victim Information and Notification  
1-888-7-IAVINE (1-888-742-8463)

**Legal Hotline for Older Iowans** 1-800-992-8161  
State Ombudsman – 888-426-6263

### **Legal Services Corp of Iowa**

Howard County  
Waterloo Regional Office  
708 1<sup>st</sup> National Building, Waterloo, IA 50703  
1-800-772-0039 or 319-235-7008  
Winneshiek County  
Northeast Iowa Regional Office  
799 Main St, Suite 280, Dubuque, Iowa 52001  
1-800-942-4619 or 563-588-4653

**Youth Law Hotline** 1-800-728-1172

### Medical Services

#### **Community Health Services of Howard County**

235 8<sup>th</sup> Avenue, Cresco, IA 52136  
563-547-2989

#### **Decorah Community Free Clinic**

First Lutheran Church  
604 West Broadway, Decorah, IA 52101  
Thursday Nights 5pm first come first serve

#### **Winneshiek County Public Health**

305 Montgomery Street, Suite 3  
Decorah, IA 52101  
563-382-4662

### Mental Health & Counseling Services

**Alcohol/Suicide/Drug** 1-800-662-HELP (4357)

**Crisis Hotline/YourLifelowa** 855-581-8111

**Text** 855-895-8398

#### **Cresco Medical Clinic**

Andi Hemesath ARNP / Deanne Hosek LMHC  
321 8<sup>th</sup> Ave W., Cresco IA 52136  
563-547-2022

**Great Rivers 211** 211 or 1-800-362-8255

#### **Gundersen Clinic-Decorah**

1830 State Hwy 9, Decorah, IA 52101  
1-800-865-3140 or 563-382-3140

#### **Lighthouse Professional Counseling Services**

1111 S. Paine Street, Decorah, IA 52101  
563-382-1900 \*Cresco 2 days/week

#### **Northeast Iowa Behavioral Health Center**

905 Montgomery Street, Decorah, IA 52101  
1-800-400-8923 (is also Crisis Line #)  
or 563-382-3649 \*appts. also in Cresco

### Mental Health & Disabilities Services

**Brain Injury Alliance of Iowa** 1-855-444-6443

**Deaf Services Commission-IA** 1-888-221-3724

**Iowa Department for the Blind** 1-800-362-2587

### Mental Health & Disabilities Services –cont.

**Iowa COMPASS** 1-800-779-2001

### **County Social Services**

Web: <http://www.countysocialservices.org>  
*Howard County Public Services Building*  
205 2<sup>nd</sup> Street East, Cresco, IA 52136  
563-547-9207  
*LifeLong Links Center*  
607 Washington St, Decorah, IA 52101  
563-387-4144  
*County Social Services 24/7 Support Line*  
1-855-266-1257  
*CSS I-START* 319-464-0642

### **Department of Human Services**

PO Box 286, Decorah, IA 52101  
1-800-611-7781 or 563-382-2928  
Dependent Adult Abuse Reporting  
1-800-362-2178

### **Iowa Vocational Rehabilitation Services (IVRS)**

903 Commerce, Decorah, IA 52101  
563-382-9634

### **Mental Health Judicial Advocate**

Stephanie Kuhn  
Allamakee, Chickasaw, Howard, & Winneshiek  
Howard County Public Services Building  
205 2<sup>nd</sup> Street East, Cresco, IA 52136  
563-547-9293

### **Northeast Iowa Behavioral Health**

Integrated Health Team  
905 Montgomery Street, Decorah, IA 52101  
1-800-400-8923 or 563-382-3649

### **Special Needs Association of Howard County**

Betty Schmitt: 563-547-4843  
Janis Rockabrand: 563-547-5575

### Rental Assistance

#### **Cedar Valley Friends of the Family**

Web: [www.cvfrendsofthefamily.org](http://www.cvfrendsofthefamily.org)  
Turning Point Rural Housing Project/Northeast  
Iowa Permanent Housing  
1-800-410-7233 or 319-352-1108

### **Low-Rent Housing Agency of Decorah**

305 Montgomery St, Decorah, IA 52101  
563-382-8436

### **Northeast Iowa Community Action**

Hours vary call ahead  
*Howard County*  
204 2<sup>nd</sup> Street E, Cresco, IA 52136  
(563) 547-4413  
*Winneshiek County*  
305 Montgomery St, PO Box 487, Decorah, IA  
52101  
(563) 382-8436 Ext 150  
Administrative Office: 563-382-8436

### **Upper Explorerland Regional Planning**

134 W Greene Street, Postville, IA 52162  
Sign up on Mondays  
563-864-7551

**USDA Rural Development** 319-352-1715

### Social Security Benefits

#### **Social Security Administration**

Web: [www.ssa.gov](http://www.ssa.gov)  
317 Washington Street, Decorah, IA 52101  
1-800-772-1213 or 563-382-2924

### Substance Abuse Services

**Alcohol/Suicide/Drug –YourLifelowa**  
855-581-8111 or **TEXT** 855-895-8398

### **Alcoholics Anonymous**

1-800-252-6465  
*Howard*  
Meetings VFW Hall Cresco  
563-547-4853 or 563-547-3727  
*Winneshiek*  
Northeast Iowa Behavioral Health  
563-382-3649

**Drug/Alcohol Treatment** 1-800-252-6465

**Narcotics Anonymous** 1-800-897-6242

Howard Meeting Sheriff's Office Tuesday 7pm  
563-547-3535

### **Northeast Iowa Behavioral Health Center**

905 Montgomery Street, Decorah, IA 52101  
1-800-400-8923 or 563-382-3649

### Transportation Services

**Hometown Taxi** 563-382-3155

### **NE IA Community Action Transit (EARL)**

1-866-382-4259 or 563-382-4259

### Veterans Services

#### **County Veterans Affairs Office**

*Howard County*  
Web: <http://www.howard.ia.us/>  
Courthouse Basement, Cresco, IA 52136  
563-547-9212  
\* also has some DME for rent  
*Winneshiek County*  
Web: <http://www.winneshiekkcounty.org>  
Winneshiek County Courthouse  
201 West Main Street, Decorah, IA 52101  
563-382-5786

### **FAVA (Family Alliance for Veterans of America)**

Web: [www.fava.westcare.com](http://www.fava.westcare.com)  
Will also assist homeless Vets  
100 North Clark Street, Forest City, IA 50436  
641-243-4103 641-585-5995

### **Iowa Department of Veterans Affairs**

24-Hour Emergency Hotline  
1-800-273-8255