

GETTING HELP IN DUBUQUE COUNTY

Even if an address is listed below, always call these agencies before going to their locations. Due to the COVID-19 pandemic many of them have limited hours or only meet clients at scheduled times.

CALL 211

From any phone, dial 211 or download the “**211 Iowa**” app (Google Play or Apple Store) for instant connection with local resources. You can also **text your zip code to 898211** to chat live with a 211 Operator 24-hours a day, seven days a week.

RENT & UTILITY BILL ASSISTANCE

Operation New View: 563-556-5130
Resources Unite: 563-231-6280
St. Vincent de Paul: 563-584-2226
Salvation Army: 563-556-1573

MENTAL HEALTH & SUBSTANCE ABUSE COUNSELING

Hillcrest Family Services - Mobile Crisis Line: 855-800-1239
Catholic Charities: 800-772-2758
National Alliance on Mental Illness: 800-950-6264
Substance Abuse Services Center - Dubuque: 563-582-3784
Substance Abuse & Mental Health Services: 800-662-4357 (English & Español)
Suicide Prevention Lifeline: 800-273-8255

DOMESTIC VIOLENCE & CHILD ABUSE

Iowa Child Abuse Hotline: 800-362-2178
Iowa Domestic Violence Hotline: 800-799-SAFE (7233)
Parent Helpline: 855-427-2736
Waypoint: 319-365-1458 (advocacy)
Friends of the Family: 563-590-0537 (housing)
YMCA Women's Victim Services Shelter: 563-556-1100

SEXUAL ASSAULT

Riverview Center: 563-557-0310

FOOD ASSISTANCE

Food pantries (boxes of groceries & supplies)

Dubuque Area Labor Harvest: 423 W. Locust, 563-582-5947

Dubuque Food Pantry: 1598 Jackson St, 563-583-4440

Dubuque Veteran's Affairs Food Pantry: 563-589-7840

Resources Unite: 1900 JFK Rd., 563-231-6280

St. Vincent de Paul: 1351 Iowa St., 563-584-2226

Salvation Army: 1099 Iowa St., 563-556-1573

Meal sites (prepared meals to-go)

Meal times may change during the pandemic. Call ahead to confirm:

	SUN	MON	TUES	WEDS	THURS	FRI	SAT
BREAKFAST	7:30am: Dubuque Rescue Mission	7:30am: Dubuque Rescue Mission	7:30am: Dubuque Rescue Mission	7:30am: Dubuque Rescue Mission	7:30am: Dubuque Rescue Mission	7:30am: Dubuque Rescue Mission	7:30am: Dubuque Rescue Mission 7:30am: Dubuque Labor Harvest
LUNCH	11:30am: Dubuque Rescue Mission	11:30am: Dubuque Rescue Mission	11:30am: Dubuque Rescue Mission	11:30am: Dubuque Rescue Mission	11:30am: Dubuque Rescue Mission	11:30am: Dubuque Rescue Mission	11:30am: Dubuque Rescue Mission
DINNER	4 - 6pm: Urban Bicycle Food Mission (see specific times below) 6:00pm Hope House	5:00pm Rescue Mission 6:00pm Hope House	5:00pm Rescue Mission	4:30pm: St. Patrick's Church	4:30pm First Congregational United Church of Christ	5:00pm Rescue Mission	5:00pm: St. Luke's United Methodist Church

CONTACT INFO & ADDRESSES:

Dubuque Rescue Mission: 398 Main St., 563-583-1394

Dubuque Area Labor Harvest: 423 W. Locust, 563-582-5947

First Congregational United Church of Christ: 255 W. 10th St., 563-582-3648

Hope House Catholic Worker House: 1592 Locust St., 563-582-9079

St. Luke's United Methodist Church, 1199 Main St., 563-582-4543

St. Patrick's Church: 1425 Iowa St., 563-583-9749

Urban Bicycle Food Mission: **4:00pm** Dubuque Area Labor Harvest (423 W Locust);

4:30pm Library (11th & Locust); **5:10pm** Old Conoco Food Mart Lot (5th & Locust);

5:45pm Cricket Wireless Parking Lot (20th & Elm)

Meals for children (Monday - Friday)

Audubon School: 605 Lincoln Ave., 4:45 - 5:30pm

Boys & Girls Club: 563-585-0599, 1299 Locust St, 4:15 - 5:30pm

Comiskey Park: 255 E 24th St, 3:30 - 4:15pm

Convivium Urban Farmstead/Project Rooted: 2811 Jackson, 11:00am - 1:00pm

Dubuque Dream Center: 563-845-7591, 1600 White St., 11am - 1pm, 4pm - 5:30pm

Hoover School: 3259 St Anne Dr, 5:15 - 6:00pm

Lincoln School: 555 Nevada Ave, 4:45 - 5:30 pm

Marshall School: 1450 Rhomberg Ave, 3:30 - 4:15 pm

Prescott School: 1151 White St, 11 am - 1 pm

Resources Unite/Project Rooted: 563-231-6280, 1900 JFK, 11am - 2pm

Roosevelt Middle School: 2001 Radford Rd, 11:00am - 1:00pm

Super 20 Mobile Home Park: 14501 N. Cascade Rd, 12:30 - 12:50 pm

Table Mound Mobile Home Park (Casey's side of highway): 1221 Maquoketa Dr, 11:40am - 12:00pm

Table Mound Mobile Home Park (DOT side of highway): 700 Noonan St, 11:00 - 11:20am

Terrace Heights: 4001 Peru Rd, 4:15 - 4:45pm

The Dubuque Community School District website is updated regularly with new information about food sites and meal availability: <https://www.dbqschools.org/coronavirus-information/food-resources/>

Seniors

Meals on Wheels: 800-779-8707

BABY SUPPLIES (FOOD, FORMULA, DIAPERS)

Birthright: 563-556-1991

Clarity Clinic: 563-556-5250

Resources Unite: 563-231-6280

PERSONAL HYGIENE PRODUCTS

Dubuque Rescue Mission: 563-583-1394

First Congregational United Church of Christ: 563-582-3648

Resources Unite: 563-231-6280

FEMININE HYGIENE PRODUCTS

Dubuque Food Pantry: 563-583-4440

Dubuque Rescue Mission: 563-583-1394

First Congregational United Church of Christ: 563-582-3648

Red Basket Project: 563-542-5933

Resources Unite: 563-231-6280

Riverview Center: 563-557-0310

Crescent Community Health Center: 563-690-2850

TRANSPORTATION

DuRide (senior citizens; urgent medical & supply pick-up only): 563-451-4999

The Jule (Dubuque city bus - rides are currently FREE): 563-589-4196

Regional Transit Authority (outside the city of Dubuque): 563-588-4592

Resources Unite: 563-231-6280

SENIOR CITIZENS

Northeast Iowa Area Agency on Aging: 563-588-3970

VETERANS

Dubuque County Veterans Affairs: 563-589-7840

Veterans Freedom Center: 563-845-0034

EN ESPAÑOL

Línea directa multilingüe: 877-558-2609, oprima 1

Catholic Charities - servicios jurídicos de inmigración: 800-772-2758

St. Vincent de Paul: 563-584-2226

MARSHALLESE

For assistance in Marshallese: 563-231-1050

Jiban ko Ikijen Mona: <https://bit.ly/2Whgx63>