

# 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

Dyersville Food Pantry: 563-542-1204

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
<b>BREAKFAST</b>	<b>7:30am:</b> Dubuque Rescue Mission	<b>7:30am:</b> Dubuque Rescue Mission	<b>7:30am:</b> Dubuque Rescue Mission	<b>7:30am:</b> Dubuque Rescue Mission	<b>7:30am:</b> Dubuque Rescue Mission	<b>7:30am:</b> Dubuque Rescue Mission	<b>7:30am:</b> Dubuque Rescue Mission <b>7:30am:</b> Dubuque Labor Harvest
<b>LUNCH</b>	<b>11:30am:</b> Dubuque Rescue Mission	<b>11:30am:</b> Dubuque Rescue Mission	<b>11:30am:</b> Dubuque Rescue Mission	<b>11:30am:</b> Dubuque Rescue Mission	<b>11:30am:</b> Dubuque Rescue Mission	<b>11:30am:</b> Dubuque Rescue Mission	<b>11:30am:</b> Dubuque Rescue Mission
<b>DINNER</b>	<b>4 - 6pm:</b> Urban Bicycle Food Mission (see specific times below) <b>6:00pm</b> Hope House	<b>5:00pm</b> Rescue Mission <b>6:00pm</b> Hope House	<b>5:00pm</b> Rescue Mission	<b>4:30pm:</b> St. Patrick's Church	<b>4:30pm</b> First Congregational United Church of Christ	<b>5:00pm</b> Rescue Mission	<b>5:00pm:</b> 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)

Allison Henderson Park: 1500 Loras Blvd, 10:00 - 10:30am; 3:00 - 3:30pm  
Audubon School: 605 Lincoln Ave., 4:45 - 5:30pm  
Bee Branch Amphitheater: 10:15 - 10:45am; 12:45 - 1:15pm  
Boys & Girls Club: 563-585-0599, 1299 Locust St, 4:15 - 5:30pm  
Burden Park: 2701 Burden St, 9:45 - 10:15am; 12:15 - 12:45pm  
Comiskey Park: 255 E 24th St, 3:30 - 4:15pm  
Dubuque Dream Center: 563-845-7591, 1600 White St., 11am - 1pm, 4pm - 5:30pm  
Dubuque Food Pantry: 1598 Jackson St, Fridays Jul 10 - Aug 7 at 12:30pm (meals for the weekend)  
Flora Park: 2605 Pennsylvania Ave, 10:30 - 11:00am; 3:15 - 3:45pm  
Holy Ghost School: 2921 Central Ave., 11am - 12:30pm  
Hoover School: 3259 St Anne Dr, 5:15 - 6:00pm  
Jackson Park: 15th & Main, 10:00am - 10:30am; 12:30pm - 1:00pm  
Lincoln School: 555 Nevada Ave, 4:45 - 5:30 pm  
Marshall School: 1450 Rhomberg Ave, 3:30 - 4:15 pm  
Murphy Park: 1700 South Grandview Ave., 9:45 - 10:15am; 11:45am - 12:15pm  
Prescott School: 1151 White St, 11 am - 1 pm  
Resources Unite: 1900 JFK Rd., 11:00am - 12:30pm  
Roosevelt Middle School: 2001 Radford Rd, 11:00am - 1:00pm  
Super 20 Mobile Home Park: 14501 N. Cascade Rd, 12:30 - 12:50pm  
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  
Línea Ayuda - Iowa: 515-344-3936  
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>