

VETERANS RESOURCES

2018

Name & Location	Phone Number	Days/Hours	Services Provided
VETERANS BENEFITS RESOURCE SERVICES			
Freedom Foundation 609 Center Point Road NE Cedar Rapids, IA 52402	826-2010	Tuesday 9:00 AM - 12:00 PM Wednesday 1:00 PM - 4:00 PM Thursday 9:00 AM - 11:30 AM Saturday 10:00 AM - 12:00 PM	Freedom Foundation serves the needs of active duty, reserve, and honorably discharged military Veterans. Services include but are not limited to: Veteran emergency assistance fund (rental, utility, auto repairs, transportation, and financial assistance), fall/winter clothing distribution, emergency shelter/lodging assistance, and medical equipment provided when available. Veterans can come to the center and watch TV/movies, play pool, work on puzzles, play cards, use the computer lab and the limited library.
Iowa Department of VA 7105 NW 70th Avenue Camp Dodge – Building 3465 Johnston, IA 50131-1824	800-838-4692		The website provides a listing of all State and Federal benefits including information about Veteran Affairs offices by County, Iowa Veterans Home, Veterans Cemetery, Iowa Trust Fund, Education and Employment, Forms and Applications, and Resources. (Note: Linn County Veterans Affairs can assist Veterans in filing for any of these benefits.) www.va.iowa.gov
Linn County Veterans Affairs 1240 26th Avenue Court SW Cedar Rapids, IA 52404	892-5160	Monday - Friday, 7:30 AM - 4:00 PM, by appointment	Veteran Service Officers (VSOs) are available to help Veterans and dependents understand and file for Federal, State and County VA benefits. A Relief program is available to assist those with financial difficulties with rent, utilities, and mortgage interest. This program does have income and asset limitations. Food pantry on site. Must provide DD214 discharge that shows 90 days active duty beyond ADT and schooling. Must have an Honorable Discharge. VSO's are available to help Veterans and their dependents apply for compensation and pension programs. These include but are not limited to: Compensation for Service Connected Disability/Death Non-Service Connected Disability Pension Aid and Attendance for Nursing Home and Housebound Veterans Application for Iowa Veterans Home Networking with Veteran's Administration Hospitals, other VA Facilities, & Social Service Agencies www.linncounty.org/154/Veteran-Affairs
Military One Source	800-342-9647	Available 24/7	Military OneSource is a confidential Department of Defense funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, reserve members and their families. Information includes, & not limited to: deployment, reunion, relationships, grief, spouse employment and education, parenting & childhood services. It is a virtual extension to installation services. www.militaryonesource.mil

For more information regarding community resources, contact United Way 2-1-1 by phone at 2-1-1, 319-739-4211, or 1-866-469-2211.

You may also choose to search the new United Way 2-1-1 website for resources at www.firstcallforhelpiowa.org.

To obtain a copy of the Resource Charts, go to www.linncounty.org/communityservices or contact Linn County Community Services at 892-5600.

For questions about the Resource Charts, contact Linn County Community Services at 892-5600.

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United States Department of VA			Comprehensive Federal website for all Veterans Affairs benefits including health care, Federal benefits for compensation, education and training, home loans, vocational rehabilitation, burials and memorials, resources, and locations. (Note: Linn County Veterans Affairs can assist with any of the applications.) www.va.gov
VA Community Resource and Referral Center (CRRC) 1535 1st Avenue SE Cedar Rapids, IA 52403	365-0898	Monday - Friday, 8:00 AM - 4:00 PM (except federal holidays)	Access to resources for Employment, Vocational Rehabilitation, Compensated Work Therapy Program, Veteran's Justice Outreach and HUD-VASH Housing Vouchers for Veterans that are enrolled in the VA Medical System. Food pantry on site. Laundry and shower facilities and clothing closet. In house Social worker, onsite nurse for vitals clinic on Tuesday mornings. Mental Health Clinic Wednesday & Thursday.
COUNSELING SERVICES			
Cedar Rapids Vet Center 4250 River Center Ct NE Ste. D Cedar Rapids, IA 52402	378-0016	Monday and Thursday, 8:00 AM - 7:00 PM <i>After 4:30 PM by appointment only</i> Wednesday, 8:00 AM - 6:30 PM Tuesday & Friday, 8:00 AM - 4:30 PM First Saturday of the month, 8:00 AM - 12:00 PM.	Free counseling for combat Veterans of war eras. Offers family, marital, alcohol, substance abuse & PTSD counseling. Also serves survivors of military sexual trauma regardless of when it occurred and provides bereavement service to family members of active duty personnel who died while on active duty. Active duty service members may also seek counseling. Support Groups upon request.
United States Department of VA			We provide free, confidential counseling and treatment to Veterans for both mental and physical health problems linked to Military Sexual Trauma; MST refers to sexual assault or repeated, threatening sexual harassment while in the military. This could have occurred while the Veteran was serving on active duty, ADT, or inactive duty training. https://www.mentalhealth.va.gov/msthome.asp
Veterans Justice Outreach Program 1535 1st Ave SE Cedar Rapids, IA 52402	383-2617	Monday - Friday, 8:00 AM - 4:00 PM. (except federal holidays)	The Veterans Justice Outreach Program (VJO) ... Eligibility determination is based on each individuals service. All Veterans are encouraged to apply for VA medical services.
EMPLOYMENT SERVICES			
Goodwill of the Heartland "Operation Independence" Homeless Veterans Re-Integration Program 1141 Blairsferry Rd NE Cedar Rapids, IA 52402	573-8252	VA Community Resource & Referral: Monday , 9:00 AM - 12:00 PM. Goodwill: Monday, 12:00 PM - 4:00 PM Tuesday - Friday , 8:00 AM - 4:00 PM	Operation Independence provides Veterans who are homeless or near homeless with pre-employment, employment, and on the job training. In addition, it assists Veterans in accessing specific community resources aimed at increasing job placement and retention, including supporting Veterans and finding local Veteran-friendly employers.

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Iowa Works 4444 1ST Avenue NE Ste. 436 (Lower Level Lindale Mall) Cedar Rapids, IA 52402	365-9474	Monday - Friday, 8:00 AM - 4:30 PM	Iowa's one-of-a-kind program, Home Base Iowa, connects veterans and transitioning service members to career opportunities. Assistance includes but is not limited to: job searches, resumes, and training resources. To qualify for services, you must meet eligibility criteria. Contact Iowa Works for more information. www.iowaworkforcedevelopment.gov/veteran-employment-services
Vocational Rehabilitation & Employment for Service Disabled Veterans 1642 42nd Street NE Ste. 1 Cedar Rapids, IA 52402	378-5582 or 378-5583	Monday - Friday, 8:00 AM - 5:00 PM	Employment training assistance and independent living services are provided to Veterans with service-connected disabilities rated at least 10% or more by the Veterans Administration. Services are based on eligibility.
FOOD			
Freedom Foundation 609 Center Point Rd NE Cedar Rapids, IA 52402	826-2010	Tuesday, 9:00 AM - 12:00 PM Wednesday, 1:00 PM - 4:00 PM Thursday, 9:00 AM - 11:30 AM Saturday, 10:00 AM - 12:00 PM	Veterans can access the food pantry 2x per month. Deliveries can be made to veterans who have PTSD and are Shut-Ins.
Linn County Veterans Affairs 1240 26th Avenue Court SW Cedar Rapids, IA 52404	892-5160	Monday - Friday, 11:00 AM - 3:00 PM No appointment needed Use the food pantry.	Eligible Veterans can access the food pantry 1x per week. Must provide DD214 discharge from military that shows 90 days' active duty beyond ADT, schooling and Honorable Discharge. Donations accepted by appointment only during the hours of 9am-11am Tuesday-Friday, NO EXPIRED FOOD! www.linncounty.org/154/Veteran-Affairs
VA Community Resource and Referral Center (CRRC) 1535 1st Avenue SE Cedar Rapids, IA 52403	365-0898	Monday - Friday, 8:00 AM - 4:00 PM. (except federal holidays)	Food pantry is available to Veterans who are enrolled in VA Medical. Veterans can access the pantry 1x per month.
HOUSING & HOMELESSNESS			
"Operation Home" Supportive Services for Veteran Families (SSVF) Veterans Memorial Building 50 2 nd Ave. Bridge Mezzanine Level (M102) Cedar Rapids, IA. 52404	2-1-1 or 531-6421	Monday - Friday 8:00 AM - 5:00 PM. Call ahead for an appointment.	Must be a Veteran or have a Veteran in the household. Must have had at least one (1) day of active duty and meet income guidelines. Operation Home can serve any discharge status, other than "dishonorable."

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MEDICAL			
Cedar Rapids VA Clinic (CBOC) 2230 Wiley Blvd SW Cedar Rapids, IA 52404	369-4340	Monday - Friday , 8:00 AM - 4:30 PM. (except federal holidays) Must call - schedule appointment This is not a walk-in clinic.	Must be enrolled in the VA Medical system. Five (5) primary care providers are available. Services provided include: tele-retinal eye exams, speech pathology, psychiatrist and psychiatric pharmacist (not a pharmacy), dietician, physical therapist, lab, social worker, VIC cards, My Healthe Vet, and substance abuse counselor.
Iowa City VA Hospital 601 Highway 6 West Iowa City, IA. 52246	338-0581 or 800-637-0128	24/7 Emergency Care. Hours vary for other services.	Medical services for Veterans enrolled in VA Medical care. Emergency room available. Appointment is necessary with a primary care doctor. Call or go to www.myhealth.va.gov to use My Healthe Vet to schedule an appointment.
TRANSPORTATION			
DAV Van Transportation, Iowa City VA 601 Highway 6 West Iowa City, IA 52246	339-7061	Call & leave a message.	Veterans must have a scheduled appointment at the Iowa City VA Hospital. Call ahead several days in advance to schedule a van pick-up. Must be able to get into van unassisted and be self-sufficient.
Travel Office Iowa City VA Hospital 601 Highway 6 West Iowa City, IA 52246	338-0581 ext 6009	Call - schedule.	Veterans must have a scheduled appointment at the Iowa City VA Hospital. Call ahead several days in advance to schedule a pick-up. This service is available for veterans who are wheelchair bound.