

REFUGEE & IMMIGRANT RESOURCES

2018

| Name & Location | Phone Number | Hours/Days | Services Provided |
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| ADVOCACY | | | |
| Cedar Rapids Civil Rights Commission 50 2nd Ave Bridge Cedar Rapids, IA 52401 | 286-5036 | Monday - Friday 8:00 AM - 5:00 PM | Provides outreach and enforcement of civil rights laws specifically in areas of housing, employment, public accommodation, credit and education as it relates to discrimination based on race, national origin, religion, gender, sexual orientation, marital or familial status, and other. |
| Wake Up For your Rights | 423-8661 | | www.wakeupforyourrights.org/ |
| EDUCATION | | | |
| Catherine McAuley Center 866 4th Ave SE Cedar Rapids, IA 52403 | 731-0444 | Monday & Wednesday 8:00 AM - 8:00 PM Tuesday & Thursday 8:00 AM - 7:00 PM Friday 8:00 AM - 12:00 PM Saturday 9:00 AM - 12:00 PM | Provides one-on-one ESL tutoring for immigrants and refugees through their Adult Basic Education Program. Also provides basic math and citizenship instruction. Group classes also available. |
| Kirkwood Community College Center for Lifelong Learning 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404 | Main: 784-1510 ESL: 784-1523 KPACE: 784-1528 | Monday - Thursday 8:00 AM - 5:00 PM Friday 8:00 AM - 12:00 PM Call to schedule appointment By appointment only By appointment only | Provides free ESL programming for immigrants and refugees. Services include ESL classes, High School Completion (HiSET), KPACE, Adult Basic Education/Tutoring. Call to make appointment for group information sessions. |
| St Mark's United Methodist Church 4700 Johnson Avenue NW Cedar Rapids, IA 52405 | 396-6361 | Monday- Friday 9:00 AM - 3:00 PM | St. Mark's is involved in many aspects of supporting African refugees in Cedar Rapids. This ministry has expanded from teaching job skills and jewelry making to teaching 3 citizenship and ESL classes each week and offering basic household support for families and individuals in need on a regular basis. |
| EMPLOYMENT | | | |
| Catherine McAuley Center 866 4th Ave SE Cedar Rapids, IA 52403 | 731-0445 | Monday - Thursday 8:30 AM - 5:00 PM Friday 9:00 AM - 1:00 PM | Provides employment support for immigrant and refugee job seekers through resume building, developing interview skills and employment search assistance. |

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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| Iowa Workforce Development Center Lindale Mall 4444 1st Ave NE, Suite 436 Cedar Rapids, IA 52402 | 365-9474 | Monday, Tuesday, Thursday, Friday 8:30 AM - 4:30 PM Wednesday 9:00 AM - 4:30 PM | A state agency committed to providing employment services for individual job seekers through IowaWORKS partnership. Can file an unemployment claim online at https://uiclaims.iwd.iowa.gov/UIInitialClaim/ and search for jobs at IowaJobs.org Translation available. |
| ETHNIC COMMUNITY BASED ORGANIZATIONS | | | |
| Intercultural Center of Iowa 3117 1st Ave SE Cedar Rapids, Iowa 52402 | 866-217-0429 | Monday - Friday 8:00 AM - 5:00 PM | Provides education, accommodation, and resources to the community with the purpose of encouraging equality and reducing the gap in services to the refugee and minority cultural community. |
| L.U.N.A. Iowa Latinas for a New Dawn Offices in Des Moines & Marshalltown | Crisis Line 24/7 Spanish & English 866-256-7668 24-hour Iowa Hotline: 800-942-0333 | | The mission of LUNA is to empower, educate, and advocate for victims/survivors of domestic violence and sexual assault in our community, so that they may build futures free from violence. Services include: 24-hour crisis line (available in English and Spanish). |
| Monsoon United Asian Women of Iowa 1700 1st Avenue, Suite 18, Eastdale Plaza Iowa City, IA 52240 | 466-9000 Helpline 866-881-4641 | | Serves Asian and Pacific Islander survivors of domestic violence and sexual assault. Provides multilingual advocates speaking 14 different languages who provide crisis advocacy; safety plans; individual and group counseling; liaising with law enforcement, employers and educational institutions; criminal justice and legal advocacy; court accompaniment; immigration assistance, medical care support and advocacy; help with housing, education, employment and government benefit applications; finding childcare; assistance with victim compensation, registration and notification. |
| Nissa African Family Sevices 1700 S 1st Avenue, Suite A & B Iowa City, IA 52240 | 338-7617 24-Hour Helpline 866-881-4641 | | Nisaa functions as a resource advocate for African communities affected by domestic violence and sexual assault by providing crisis advocacy; safety plans, individual and group counseling; liaising with the law enforcement, employers and educational institutions; criminal justice and legal advocacy. Court accompaniment; immigration assistance; medical care support. Help with housing, education, employment, and government benefit applications, finding child care; assistance with victim's compensation, registration and notification; follow-ups; and any information and recommendations related to needs of victims/survivors of domestic violence and sexual assault. |
| Path of Hope 2050 12th Ave Coralville, IA 52241 | 229-7718 866-775-6367 | | Path of Hope was founded to assist immigrant and refugee individuals and families throughout their resettlement process in the United States. Services include Education to support high school and college completion & Refugee and Immigrant case management services to support the resettlement process. |
| Power of Women and Children 5110 16th Ave SW, Suite 4 Cedar Rapids, IA 52404 | 804-0091 | | Provides direct support to immigrant families, particularly recent arrivals from Africa. This includes food, clothing, diapers, transportation and translation. |
| Refugee and Immigrant Association 2701 Rochester Ave Iowa City, IA 52245 | 202-0610 | Tuesday & Thursday 10:00 AM - 3:00 PM | Provides translation in five different East African languages, transportation. Storage in Cedar Rapids provides home furnishings to newly arrived families. |

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| FAMILY | | | |
| Bethany Christian Services 1652 42nd St NE, Suite C-2 Cedar Rapids, IA 52402 | 832-2321 | | Offers free diapers the first Friday of each month from 9am-Noon. First come, First served. |
| Bridgehaven 701 Center Point Rd NE Cedar Rapids, IA 52402 | 364-8967 | Monday & Thursday 10:00 AM - 7:00 PM Tuesday, Wednesday, & Friday 10:00 AM - 5:00 PM | Offers parenting and pregnancy support services including pregnancy testing, ultrasounds, and options counseling. Earn While You Learn classes that include access to assistance for food, clothing, diapers and formula while taking classes. Conversational English and ESL classes offered. |
| Buy. Eat. Live Healthy ISU Extension & Outreach 383 Collins Rd NE, Suite 201 Cedar Rapids, IA 52402 | 377-9839 | Call - schedule appointment | Buy. Eat. Live Healthy is a series of nutrition and cooking lessons provided <u>free</u> to qualifying participants. Qualifying participants include those on limited incomes with at least one child under age 10. Classes include information on nutrition, how to manage a grocery budget, and preparing healthy foods. Classes are fun, hands-on sessions that include cooking demos, recipe sampling, and tools to help make positive changes to diet and physical activity. Each person finishing eight lessons also receives a graduation certificate and cookbook. Contact a Buy. Eat. Live Healthy Program Assistant at the Linn County Extension Office for more information. Registration accepted on an on-going basis. |
| HACAP 1st Five / WIC 1515 Hawkeye Drive Hiawatha, IA 52233 | <u>Main line:</u> 393-7811 <u>1st Five:</u> 739-0601 <u>WIC:</u> 739-0016 | | An Iowa Department of Public Health Initiative administered through the Family and Community Health Alliance at HACAP. The 1st Five Healthy Mental Development Initiative works with medical practitioners who identify social/emotional or developmental concerns, family stressors or caregiver depression during well child medical exams. For families with a child five or younger. (1st Five)- Requires a physician referral. WIC provides nutritious foods to supplement diets, nutrition education, and referrals to health care and other social services. |
| Linn County Child Development Center 520 11th St NW Cedar Rapids, IA 52405 | 892-5700 | Monday - Friday 6:30 AM - 5:30 PM | Preschool for ages 3-5 (Full-day and half-day). Free programming with focus on low-income families. CACFP food program; NAEYC accredited; Head Start; ECI; Shared Visions and SVPP partner. |
| Matthew 25 201 3rd Ave SW Cedar Rapids, IA 52404 | 362-2214 | | Services offered include a "New Farmer Program" offering beginning, small-scale farmers, including recent immigrants, resources to grow food and build community bonds. Housing services include opportunities to rent and own a home through Matthew 25, get a home energy audit, home repair assistance, and a tool library. |
| Young Parents Network 420 6th Street SE, Suite 260 Cedar Rapids, IA 52401 | 364-8909 | Monday - Friday 8:00 AM - 4:00 PM | Programs offered include prenatal and parenting education groups for children aged 0-5 and parents 13-27. Home-based services and sexual abuse education also offered. Services for Hispanic mothers include group classes and prenatal programming all spoken in Spanish. |

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| FEDERAL GOVERNMENT | | | |
| Office of US Senator Chuck Grassley 111 7th Avenue SE, Suite 6800 Cedar Rapids, IA 52401 | 363-6832 | Monday - Friday 8:00 AM - 5:00 PM | Provides assistance with federal government agencies, visa and immigration question/concerns. Staff can help obtain information on the status of a claim and help find answers to matters pending within the federal government. Staff can request an explanation of a decision made by an agency. USCIS forms are available at www.uscis.gov or through the Senator's office. |
| Office of US Senator Joni Ernst 111 7th Avenue SE, Suite 480 Cedar Rapids, IA 52401 | 365-4504 | Monday - Friday 8:00 AM - 5:00 PM | Provides assistance with federal government agencies, visa and immigration question/concerns. Staff can help obtain information on the status of a claim and help find answers to matters pending within the federal government. Staff can request an explanation of a decision made by an agency. USCIS forms are available at www.uscis.gov or through the Senator's office. |
| Office of US Congressman Rod Blum 310 3rd Street SE Cedar Rapids, IA 52401 | 364-2288 | Monday - Friday 8:00 AM - 5:00 PM | Provides assistance with federal government agencies, visa and immigration question/concerns. Staff can help obtain information on the status of a claim and help find answers to matters pending within the federal government. Staff can request an explanation of a decision made by an agency. USCIS forms are available at www.uscis.gov or through the Congressman's office. |
| HEALTH | | | |
| Linn County Public Health 501 13th Street SW Cedar Rapids, IA 52405 | 892-6093 | Monday - Friday 8:00 AM - 4:30 PM | Provides initial health assessment for refugees. Provides immunization services for immigrants and refugees. Provide testing, treatment, and referral for sexually transmitted infection and diseases. |
| Community Health Free Clinic 947 14th Ave SE Cedar Rapids, IA 52401 | 363-0416 | Monday 8:00 AM - 2:00 PM, Tuesday - Friday 8:00 AM - 10:30 AM | Provides medical, dental care, and eye care to the uninsured and underserved of East Central Iowa. Walk-in clinic is first-come-first-seen basis. Prescription Services program typically distributes short-term medications for acute illnesses or injuries. |
| His Hands Free Medical Clinic 400 12th Street SE Cedar Rapids, IA 52403 | 862-2636 | Monday - Thursday 9:00 AM - 4:00 PM, Friday 9:00 AM - 12:00 PM | Provides medical, dental care, eye care, and chiropractic care to the uninsured and underserved in the community. Spiritual support also offered. For the chiropractic and dental clinic, call for availability. |
| Eastern Iowa Health Pediatric and Family Practice 1201 3rd Ave SE Cedar Rapids, IA 52403 OB/GYN 4251 River Center Ct NE Cedar Rapids, IA 52402 | 730-7300 | Monday and Friday 8:00 AM - 5:00 PM, Tuesday - Thursday 8:00 AM - 7:00 PM Monday, Wednesday and Thursday 8:00 AM - 5:00 PM Tuesday 8:00 AM - 7:00 PM | Quality Family Practice and OB/GYN services in Cedar Rapids. Provides preventive screenings for men and women, behavioral health assessments and urgent care. In-office procedures include prenatal care and on-site social workers are available. |

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| HOUSING | | | |
| Cedar Valley Habitat for Humanity 350 6th Ave SE Cedar Rapids, IA 52401 | 366-4485 | Monday - Friday 9:00 AM - 5:00 PM | Provides affordable homeownership for qualified applicants based on a demonstrated need for housing and willingness to partner with Habitat for Humanity. Applicant must have a stable income to pay zero-interest mortgage. Habitat's ReStore is open to the public and new items and donated household goods are available for purchase. |
| LEGAL | | | |
| Catholic Charities of the Archdiocese of Dubuque 420 6th Street SE, Suite 220 Cedar Rapids, IA 52401 | 364-7121 | Monday - Friday 8:30 AM - 5:00 PM Call to schedule appointment | Provides Immigration Legal Services (Green card applications, citizenship, VISAs, applications to bring family to the United States, unaccompanied minors, deportation hearings, and other legal services). |
| Iowa Justice For Our Neighbors Lovely Lane United Methodist Church 2424 42nd St NE Cedar Rapids, IA 52402 | 515-255-9809 | Call to schedule appointment | Legal services for low income immigrants |
| TRANSLATION SERVICES | | | |
| Connectivity Video Remote Interpreting 3117 1st Ave SE Cedar Rapids, Iowa 52402 | 213-9920 | Monday - Friday 8:00 AM - 5:00 PM Services offered 24/7 | Video remote interpreting (VRI) is a form of remote interpreting that replaces the standard telephone with a PC, tablet or smartphone. By leveraging VRI, users and their respective interpreters can see each other and benefit from the many characteristics inherent to on-site interpreting. VRI helps to alleviate confusion and frustration when the interpreter stops the conversation requiring clarification during a telephone interpreting call. These and other issues have created an opportunity for VRI to replace traditional telephonic interpreting and/or augment delivery of on-site interpreting as an innovative digital solution. |
| Peopl/ Hands Up Communications 3117 1st Ave SE Cedar Rapids, Iowa 52402 | 213-9920 | Monday - Friday 8:00 AM - 5:00 PM Services offered 24/7 | Provides quality Sign Language and foreign language interpreting services in any setting; including medical, legal, K12, post-secondary, business, etc. Phones are answered 24/7 to assist with any interpreting need that arises. |