

# Community Resources

EMERGENCY (POLICE, FIRE AMBULANCE) 911 • POISON CONTROL CENTER  
(800) 352-2222

*We provide this list as a service. It is not all encompassing nor do we necessarily endorse those listed.*

## **Beyond Birth:**

IMMC/ILH  
New Parents Group (515)  
263-2229

## **Baby Supplies:**

Agape Pregnancy Center  
(515) 255-0243

Bidwell Riverside  
(515) 244-6251

General Assistance (515)  
286-2088

## **For Basic Needs**

St. Mary's  
(515) 262-7290

## **Resource Center**

Birth Certificate or Paternity  
Affidavit:  
Iowa Department of Public  
Health  
(515) 281-5133

## **Breastfeeding:**

IMMC/ILH  
(515) 241-6570

## **Lactation Services**

La Leche League  
(515) 457-7174

## **Childbirth Education:**

IMMC/ILH  
(515) 263-2229  
(877) 242-8899

## **Child Care:**

Childnet Referral  
(800) 722-7619

## **Department of Human Services**

First Aid & Safety:  
Bike Helmet Safety (515)  
241-6293

Car Seat Safety  
(515) 241-6293

## **CPR**

American Red Cross (515)  
243-7681

## **Housing:**

Des Moines Housing  
Services  
(515) 323-8950

## **Legal Aid:**

Legal Aid Society of Polk  
Co  
(515)-243-1193  
Youth Law Center  
(515) 244-1172

## **Nutrition:**

WIC (Women – Infant –  
Children)  
(515) 282-5800

## **Education & Support:**

Child Abuse  
(515) 283-9274

Prevention Council  
Children & Families of Iowa  
(515) 288-1981

Heartland Area Education  
Agency  
(515) 262-1411

Healthy Start  
(515) 288-1516

## **Financial Assistance:**

Child Support  
(515) 242-5530

Hawk-I  
(800) 257-8563

General Assistance (515)  
286-2088

Polk County  
(515) 286-3555

## **Visiting Nurse Services**

Iowa SIDS Alliance (515)  
279-6928

ISU Extension  
(515) 263-2660

La Clinica  
(515) 244-6162

Lutheran Social Svc (515)  
274-4946

Miscarriage or Infant Loss  
(515) 241-5845

Mother's of Multiples  
[www.members.tripod.com/~](http://www.members.tripod.com/~dmmom)  
dmmom  
"Maternal Moods"  
postpartum depression

Visiting Nurse Svcs (515)  
720-0122

Young Women's  
(515) 244-4901

**Cord Blood Banking**  
The Cord Blood Center  
1.888.780.2885

**Helping Hand**  
Stork's Nest  
(515) 283-1422

Young Women's  
(515) 244-4901

**Resource Center**  
**Alcohol/Narcotics/  
Nicotine & Gambling:**  
Alcoholics  
(515) 263-2424

Narcotics  
(515) 263-2424

Gambling  
(800) 341-3576

Nicotine  
(515) 263-2424

**Hotlines/Warmlines:**  
*\*These numbers may or  
may not be  
answered on a 24-hour  
basis.*

1st Call for Help  
(515) 246-6555

AIDS Hotline  
(800) 445-2437

American Red Cross (515)  
244-1000

Children & Families of Iowa  
(515) 288-1981

Family Violence Center  
(515) 243-6147

Iowa Compass  
(800) 779-2001  
National Runaway  
(800) 621-4000

Polk County Victim  
Services  
(515) 283-9222

Protection Services (800)  
652-9516

Rape Crisis Line  
(515) 286-3535

Sexual Assault Support  
Group  
(515) 286-3600

Youth Emergency Shelter  
Services  
(515) 243-4897

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