

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. <https://www.211iowa.org/>



For current updates on mobile food pantries & other opportunities to get food, follow the “Feed Dubuque County” page on facebook: www.facebook.com/FeedDBQCo

RENT & UTILITY BILL ASSISTANCE

City of Dubuque Short Term Assistance: 563-564-7489
ECIA Financial Assistance hotline: 833-587-8322
Hawkeye Area Community Action Program (HACAP): 563-556-5130
Iowa Legal Aid - foreclosure or eviction risk: 800-532-1275
Resources Unite: 563-231-6280
St. Vincent de Paul: 563-584-2226
Salvation Army: 563-556-1573
State of Iowa Rent & Mortgage Assistance: 855-300-5885
State of Iowa Utility Assistance: 877-463-3269 <http://iowahousingrecovery.com>

MENTAL HEALTH & SUBSTANCE ABUSE COUNSELING

Hillcrest Family Services - Mobile Crisis Line: 855-800-1239
Catholic Charities: 800-772-2758
COVID Recovery Counseling: 844-775-WARM
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

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	7:30 - 8:30am: Dubuque Rescue Mission	7:30 - 8:30am: Dubuque Rescue Mission	7:30 - 8:30am: Dubuque Rescue Mission	7:30 - 8:30am: Dubuque Rescue Mission	7:30 - 8:30am: Dubuque Rescue Mission	7:30 - 8:30am: Dubuque Rescue Mission	7:30 - 8:30am: Dubuque Rescue Mission 7:00 - 8:30am: Dubuque Labor Harvest
LUNCH	11:30am - 12:30pm: Dubuque Rescue Mission	11:30am - 12:30pm: Dubuque Rescue Mission	11:30am - 12:30pm: Dubuque Rescue Mission	11:30am - 12:30pm: Dubuque Rescue Mission	11:30am - 12:30pm: Dubuque Rescue Mission 11am - 2:00pm: casseroles @ Convivium	11:30am - 12:30pm: Dubuque Rescue Mission	12:00pm - 1:00pm: Dubuque Rescue Mission
DINNER	4 - 6pm: Urban Bicycle Food Mission (see specific times below) 6:00 - 7:00pm Hope House	5:00 - 6:00pm Rescue Mission 6:00 - 7:00pm Hope House	5:00 - 6:00pm Rescue Mission	4:30 - 5:30pm St. Patrick's Church	2:00 - 4:00pm: casseroles @ Resources Unite 4:30 - 5:30pm First Congregational United Church of Christ	5:00 - 6:00pm Rescue Mission	5:00 - 6:00pm: St. Luke's United Methodist Church

MEAL SITE CONTACT INFO & ADDRESSES:

Convivium Urban Farmstead: 2811 Jackson, 563-557-2900 (weekly carry-out casseroles; call for delivery options)

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)

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
ECIA Food Assistance hotline: 833-587-8322
GracePoint Church: 3100 Windsor Ave, 563-583-3929
Little Free Food Pantries: locations across Dubuque [MAP](#) or email adspaniol@gmail.com
Operation Empower: 563-599-2980
Resources Unite: 1900 JFK Rd., 563-231-6280
St. Vincent de Paul: 1351 Iowa St., 563-584-2226
St. Thomas Aquinas Pastorate - Cascade: 563-852-3524
Salvation Army: 1099 Iowa St., 563-556-1573

Meals for children (Monday - Friday)

Meals are free for all children 18 & under.

Allison-Henderson Park: 1500 Loras Blvd, 10:00 - 10:30am and 1:15 - 1:45pm (eat on site)
Bee Branch Parkway:, 24th & Elm St, 10:00 - 10:30am and 12:30 - 1:00pm (eat on site)
Bee Branch Parkway: Intersection of 21st St/Lincoln Ave & Elm St near Kniest, 4:45 - 5:30pm (grab-n-go)
Boys & Girls Club: 1299 Locust St, 7:45 - 11:00am and 11:15am - 1:00pm (eat on site)
Comiskey Park: 255 E 24th St, 3:30 - 4:15pm (grab-n-go)
Eisenhower School: 3170 Spring Valley Rd, 3:00 - 3:30pm
Flora Park - Montessori lot: 2605 Pennsylvania Ave, 9:30 - 10:00am and 11:15 - 11:45am (eat on site)
Hoover School: 3259 St Anne Dr, 4:45 - 6:00pm (grab-n-go)
Jackson Park: 1500 Main St, 9:30 - 10:00am and 11:15 - 11:45am (eat on site)
Marshall School: 1450 Rhomberg Ave, 4:15 - 5:00pm (grab-n-go)
Murphy Park: 1700 S Grandview Ave, 9:00 - 9:30am and 11:30am - 12:00pm (eat on site)
Orange Park: 1801 Washington St, 9:00 - 9:30am and 11:30am - 12:00pm (eat on site)
Terrace Heights Community Center: 4001 Peru Rd, 3:30 - 4:30pm (grab-n-go)

Meals for 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): 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/3aVL1Bs>