



Community Youth Concepts
Resource Guide for Facilitators
May 2025

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24 Hour Crisis Help Lines

Boys Town Crisis and Suicide Hotline.....	800-448-3000
Iowa Concern.....	1-800-447-1985
Iowa DHS - Child and Dependent Adult Abuse Hotline.....	1-800-362-2178
Iowa Victim Service Call Center.....	1-800-770-1650
.....	Text: "IowaHelp" to 20121
Iowa Warm.....	1-844-775-WARM (9276)
National AIDs Hotline.....	1-800-232-4636
.....	888-232-6348 (texting line)
National Human Trafficking Resource Center.....	1-888-373-7888
.....	Text: "HELP" or "INFO" to 233733
.....	https://humantraffickinghotline.org/en
National Indigenous Women's Resource Center.....	1-855-649-7299
National Sexual Assault Hotline - RAINN.....	1-800-656-HOPE (4673)
National Suicide Prevention Lifeline.....	1-800-273-TALK (8255)
National Domestic Violence Hotline.....	1-800-799-SAFE (7233)
.....	-OR- 1-800-787-3224
.....	-OR- text "START" to 88788
CICS Crisis Line.....	855-581-8111
.....	855-895-8398 (texting line)
Stop It Now! Child Sexual Abuse Hotline.....	1-888-773-8368
Suicide and Crisis Lifeline.....	Call or Text: 988
Trans Lifeline.....	1-877-565-8860
Trevor Project (LGBTQIA+, Suicide Prevention Hotline).....	1-866-488-7386
.....	text "START" to 678678
Youth Emergency Shelter & Services (YESS) - Crisis Hotline.....	515-282-YESS (9377)

K-5

Boys and Girls Club of Central Iowa - Ellis I. Levitt Club.....	515-280-5397
Carver Community School	
705 E University Ave	
Des Moines, IA 50316	
Boys and Girls Club of Central Iowa - Frank J. Ross Club.....	515-322-3994
Moore Elementary School	
3716 50th St	
Des Moines, IA 50310	
Boys and Girls Club of Central Iowa – Gregory & Suzie Glazer Burt Club	515-271-4560
Drake University	
2500 Forest Ave	
Des Moines, IA 50311	

Chrysalis Foundation.....	515-255-1853
1248 8th St. Suite 101	www.chrysalisfdn.org
West Des Moines, IA 50265	
Children and Family Urban Movement.....	515-282-3242
CFUM	www.cfum.org
1548 8th St	
Des Moines, IA 50314	
Community Youth Concepts.....	515-243-4292
CYC	www.cyconcepts.org
1446 Martin Luther King Jr Pkwy	
Des Moines, IA 50314	
Hannah Geneser Learning Center & Safety Store	515-241-6706
Iowa Methodist Medical Center	www.unitypoint.org/blankchildrens/safety-store.aspx
1200 Pleasant Street	
Des Moines, IA 50309	
Ellipsis Iowa (Formerly YESS)	515-243-3459
918 SE 11th St	https://www.ellipsis-iowa.org
Des Moines, IA 50309	

Additional Community Supports

211	211
.....	211.org
Des Moines Rent Relief	515-650-0538
.....	bit.ly/dsmrentresources
Iowa Mutual Aid	www.iowamutualaid.org

For any of the resources listed below, visit the Iowa Mutual Aid website

Des Moines Black Liberation Movement Collective

DSM BLM Rent Relief

Des Moines Defender

Des Moines Mutual Aid

Edna Griffin Mutual Aid

Iowa Trans Mutual Aid

North Des Moines Mutual Aid

Prairieland Freedom Fund

The Prison Abolition Letter Writing Project

Mediacom Income Based Internet Service	https://mediacomcable.com/acp/
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Adolescents

Boys and Girls Club of Central Iowa - Bernie & Berniece Baker Club.....	515-242-7336
Amos Hiatt Middle School	www.bgcci.org
1214 E 15th St	
Des Moines, IA 50316	
Boys and Girls Club of Central Iowa – Gregory & Suzie Glazer Burt Club	515-271-4560

Drake University		www.bgcci.org
2500 Forest Ave		
Des Moines, IA 50311		
Boys and Girls Club - McCombs Club.....		515-242-8333
McCombs Middle School		www.bgcci.org
201 SW County Line Road		
Des Moines, IA 50320		
Boys and Girls Club - Huskies Club.....		515-508-0991
Meredith Middle School		www.bgcci.org
4827 Madison Ave		
Des Moines, IA 50310		
Chrysalis Foundation.....		515-255-1853
1248 8th St. Suite 101		www.chrysalisfdn.org
West Des Moines, IA 50265		
Children and Family Urban Movement.....		515-282-3242
CFUM		
1548 8th St		
Des Moines, IA 50314		
Community Youth Concepts.....		515-243-4292
CYC		www.cyconcepts.org
1446 Martin Luther King Jr Pkwy		
Des Moines, IA 50314		
Hannah Geneser Learning Center & Safety Store		515-241-6706
		https://www.unitypoint.org/locations/unitypoint-health---
		blank-childrens-hospital/advocacy-and-outreach/safety-store
Iowa Methodist Medical Center		
1200 Pleasant Street		
Des Moines, IA 50309		
Iowa Homeless Youth Centers - Youth Opportunity Center.....		515-883-
2379		
612 Locust St.....		www.yss.org/locations-iowa-homeless-youth-centers/
Des Moines, IA 50309		
YSS.....		515-233-3141
420 Kellogg Avenue.....		https://www.yss.org/
Ames, IA 50010		
Man Up.....		515-988-9358
		www.manupiowa.com
Ellipsis (Formerly YESS)		515-282-9377
918 SE 11th St		www.ellipsis-iowa.org
Des Moines, IA 50309		

Child Abuse & Neglect

Children & Families of Iowa - Domestic Violence Services.....515-288-1981
 1111 University Avewww.cfiowa.org
 Des Moines, IA 50314

Polk County Crisis & Advocacy Services.....Crisis line: 515-286-3434
 2309 Euclid Ave515-286-3600
 Des Moines IA 50310

Prevent Child Abuse Iowa.....Reporting Line: 1-800-362-2178
 501 SW 7th St G1515-244-2200
 Des Moines, IA 50309www.pcaiowa.org

Counseling, Support, & Advocacy

Adolescent Behavioral Health Services - Iowa Lutheran Hospital.....515-263-5612
 700 E University Avewww.unitypoint.org
 Des Moines, IA 50316

Broadlawns Child and Adolescent Services.....515-282-2200
 1801 Hickman Rd.....www.broadlawns.org
 Des Moines, IA 50314

Children & Families of Iowa.....515-288-1981
 1111 University Avewww.cfiowa.org
 Des Moines, IA 50314

Ellipsis515-282-9377
 918 SE 11th Stwww.ellipsis-iowa.org/
 Des Moines, IA 50309

LifeWorks, Inc.....515-255-8399
 600 42nd Stwww.lifeworksdm.com
 Des Moines, IA 50312
 -OR-
 1105 N Ankeny Blvd
 Ankeny, IA 50023

Lutheran Services in Iowa.....515-271-7411
 3116 University
 Ave.....www.lsiowa.org
 Des Moines, IA 50311

Orchard Place.....515-287-6910
 925 SW Porter Avewww.orchardplace.org
 Des Moines, IA 50315

Project Recovery Iowa - Iowa Warm.....1-844-775-9276
<https://covidrecoveryiowa.azurewebsites.net>

Food/Supply Pantries

- Families Forward Bidwell Pantry **515-244-6251**
 1203 Hartford Ave..... **<https://www.familiesforward.org/bidwell-pantry>**
 Des Moines, IA 50315
**Monday-Friday: 10:00AM-5:00PM*
- Central Iowa Shelter & Services.....**515-284-5719**
 1420 Mulberry St **www.centraliowashelter.org**
 Des Moines, IA 50309
Please call ahead to confirm hours of pantry before visiting
- Children & Family Urban Movement Supper Club**515-282-3242**
 1548 8th Street **www.cfum.org/programs/supper-club**
 Des Moines, IA 50311
**Outside the Trinity United Methodist Church building on the corner of 8th & College*
**Meals served 4:00-5:00 p.m. Monday-Friday*
- CYC Community Fridge **www.facebook.com/CYCCommunityFridge**
 1446 MLK Jr Pkwy
 Des Moines, IA 50314
- Little Food Pantries (Various locations- see below)....**www.facebook.com/DrakeLittlePantries**
 Monroe Elementary School: 2250 30th St., Des Moines, 50310
 Community Youth Concepts: 1446 MLK Jr Pkwy, Des Moines, 50314
 Creative Visions: 1343 13th St., Des Moines, 50314
 Drake Olmstead Center: 2875 University Ave, Des Moines, 50311
 Greek Orthodox Church of St. George: 1110 35th St., Des Moines, 50311
 Cottage Grove Church: 1050 24th St., Des Moines, 50311
 Unity Church of Des Moines: 414 31st St., Des Moines, 50312
 Hillside Elementary School: 713 8th St, West Des Moines, 50265
 Sprout Garden: 2700 Carpenter Ave, Des Moines, 50311
 St. Catherine of Siena Catholic Church: 1150 28th St, Des Moines, 50311
- IMPACT Community Action Partnership**515-518-4770**
 3226 University Ave **www.impactcap.org**
 Des Moines, IA 50311
Please call 515-518-4770 to place a food pantry order
- North Des Moines Community Fridge..... **www.facebook.com/NDSMCommunityFridge**
 5720 Urbandale Ave
 Des Moines, IA 50310
- Polk County Northside Food Pantry.....**515-286-2220**
 3010 6th Ave.....**<https://www.dmarcunited.org/food/pantry-locations/#northside>**
 Des Moines, IA 50313
Please call 515-286-2220 before visiting pantry
- Polk County River Place Food Pantry.....**515-286-3695**
 2309 Euclid Ave
 Des Moines, IA 50310
Please call 515-286-3695 for hours and requirements
- Supply Hive **<https://www.thesupplyhivedsm.org/>**
**Located on the corner of 14th and College*

Urban Dreams <https://urbandreams.org>
 601 Forest Ave <https://www.facebook.com/urbandreamsorg>
 Des Moines, IA 50314
 Urbandale Food Pantry.....515-251-6688
 7611 Douglas Ave, Suite 34/35 www.urbandalefoodpantry.org
 Urbandale, IA 50322
 *Monday - Thursday: 9:30am - 6:30pm
 *Saturday: 8:00am - 12:00pm

Grief & Loss Support

Amanda the Panda Center for Grief and Loss.....515-223-HUGS (4847)
 1821 Grand Ave Email: griefandloss@everystep.org
 West Des Moines, IA 50265
www.everystep.org/services/grief-loss/about-amanda-the-panda
 Children Overcoming the Obstacles of Life.....515-247-4006
 C.O.O.L. Email: info@dmpcc.org
 Des Moines Pastoral Counseling Center www.mindspiritcenter.org
 8553 Urbandale Ave
 Urbandale, IA 50322
 Healing Hearts by Hamilton's Academy of Grief & Loss (Grades 1-6).....515-224-0078
 3601 Westown Parkway
 West Des Moines, IA 50266.....www.hamiltonsfuneralhome.com
 LifeWorks, Inc.....515-255-8399
 600 42nd St www.lifeworksdm.com
 Des Moines, IA 50312
 -OR-
 1105 Ankeny Blvd, Suite 100
 Ankeny, IA 50023
 Orchard Place - Child Guidance Center.....515-244-2267
 808 5th Ave
 Des Moines, IA 50309

Health – Dental & Physical

Broadlawns Medical Center Dental Clinic.....515-282-2421
 1761 Hickman Road broadlawns.org/clinics-and-services/dental
 Des Moines, IA 50314
 Dental Connections.....515-244-9136
 1111 9th St, Suite 190 dentalconnectionsonline.com
 Des Moines, IA
 DMPS School-Based Health Clinics

Primary Health Care Clinic.....	515-242-8488 (ext.1)
HooverHighSchool	
4800 NW Aurora Ave.	
Des Moines, IA	
 Kurtz Opportunity Center	
1000 Porter Ave.	
DesMoines, IA	
.....	https://www.dmschools.org/departments/division-of-leadership-learning/student-and-family-services/community-schools/clinic/
Nolden Gentry Dental Clinic (Dental Connections).....	515-244-9136
Kurtz Opportunity	
1000 Porter Ave.	
DesMoines, IA	
.....	https://www.dmschools.org/departments/division-of-leadership-learning/student-and-family-services/community-schools/clinic/
DMACC Dental Clinic.....	515-964-6280
2006 S Ankeny Blvd, Bldg 9, Room 2.....	freedentalcare.us/li/ia-dmacc_dental_clinic
Ankeny, IA 50023	
*Hours Tuesday and Thursday 8:30AM - 12:00 PM	
East Des Moines/La Clinica de Esperanza - UnityPoint.....	515-265-4211
840 E University Ave	unitypoint.org/desmoines/east-des-moines-la-clinica
Des Moines, IA 50316	
Polk County Health Department.....	1-866-209-1300
1907 Carpenter Ave	515-286-3798
Des Moines, IA 50314	www.polkcountyiowa.gov/health-department
Primary Health Care, Inc.....	515-248-1500
1200 University Ave, #100 & #120.....	www.phciowa.org/locations#desmoines
Des Moines, IA 50314	

Human Trafficking

Dorothy's House.....	888-373-7888
Address Confidential	www.dorothyshouse.org
Iowa Network Against Human Trafficking and Slavery.....	1-800-770-1650
5508 West Lincoln Way Ames, IA 50014.....	www.iowanaht.org

Legal Services

Drake Legal Clinic.....515-271-3851
 2400 University Ave
 Des Moines, IA 50311

Iowa Migrant Movement for Justice.....515-255-9809
 PO Box 41006 Des Moines, IA 50311 <https://www.iowammj.org>

Iowa Legal Aid.....1-800-532-1503
 666 Walnut Street, 25th Floor.....www.iowalegalaid.org
 Des Moines, IA 50309

Iowa State Bar Association - ISBA Public Service Project.....515-243-3179
 625 East Court AveEmail: isba@iowabar.org
 Des Moines, IA 50309

LGBTQIA+

Des Moines Pride Center.....515-612-6604
 1620 Pleasant St, Suite 244www.desmoinespridecenter.org
 Des Moines, IA 50314

Iowa Safe Schools.....515-381-0588
www.iowasafeschools.org

One Iowa.....515-288-4019
 950 Office Park Rd, Suite 240oneiowa.org
 West Des Moines, IA 50265

Women's Cultural Collective.....www.iowawcc.com

Sexual Assault & Intimate Partner Violence

Children & Families of Iowa.....515-288-1981
 1111 University Avewww.cfiowa.org
 Des Moines, IA 50314

Iowa Coalition Against Sexual Assault.....515-244-7424
 CASAwww.iowacasa.org
 3030 Merle Hay Rd
 Des Moines, IA 50310

Latinas Unidas por un Nuevo Amanecer (Latinas United for a New Dawn).....515-271-5060
 LUNACrisis line: 1-866-256-7668
 100 E Euclid, Suite 153www.lunaiowa.org
 Des Moines, IA 50310

Monsoon Asians & Pacific Islanders in Solidarity.....515-288-0881
 4944 Franklin Ave, Suite BCrisis line: 1-866-881-4641
 Des Moines, IA 50310www.monsooniowa.org

NISAA African Family Services.....515-255-5430

4926 Franklin Ave P, **Crisis line: 1-844-269-6203**
 Des Moines, IA 50310 **www.nisaa-afs.org**
 Polk County Crisis & Advocacy Services..... **Crisis line: 515-286-3434**
 2309 Euclid Ave **515-286-3600**
 Des Moines IA 50310

Shelters

Bethel Mission Homeless Shelter (Men)..... **515-244-5445**
 1310 6th Ave **www.hopeiowa.org**
 Des Moines, IA 50314
 Catholic Worker House..... **515-214-1030**
 1310 7th St **www.dmcatholicworker.org**
 Des Moines, IA 50314
 Children & Families of Iowa - Family Violence Center..... **515-243-6147**
 Address Confidential..... **Crisis line: 1-800-942-0333**
 **<https://cfiowa.org/programs/domestic-violence/>**
 Iowa Homeless Youth Center..... **515-883-2379**
 612 Locust St **yss.org/locations/iowa-homeless-youth-centers/**
 Des Moines, IA 50309
 Primary Health Care - Centralized Intake..... **515-248-1850**
 1200 University Ave, Suite 110A **www.phciowa.org**
 Des Moines, IA 50314
 St. Joseph's Emergency Family Shelter..... **515-282-1235**
 1535 11th St **catholiccharitiesdm.org/our-services/emergency-family-shelter/**
 Des Moines, IA 50314
 Ellipsis (formerly YESS)..... **515-282-9377**
 918 SE 11th St **Help Line: 515-243-3459**
 Des Moines, IA 50309 **ellipsisiowa.org**

Substance Use

Below are a few local resources - for a full list of resources in your area - contact Your Life Iowa at the number below or use the search function at yourlifeiowa.org/facility-locator

Employee Family Resources **800-327-4692**
 505 Fifth Ave, Suite 600 **www.efr.org**
 Des Moines, IA 50309
 Iowa Regional Narcotics Anonymous **800-897-6242**
 4425 Fleur Drive #107 **www.iowa-na.org**
 Des Moines, IA 50321

Orchard Place PACE Center..... **515-697-5700**
620 8th Street **www.orchardplace.org**
Des Moines, IA 50309

Your Life Iowa **855-581-8111**
..... **855-895-8398 (texting line)**
..... **www.yourlifeiowa.org/drugs**

UCS Healthcare **515-280-3860**
1300 Woodland Ave **www.ucsonline.org**
West Des Moines, IA 50265