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Welcome to the Iowa State University Family Resource Guide!

This resource guide has been developed by the office of ISU Child Care & Family Resources to provide you with information on a wide array of services, resources, and programs available at Iowa State University, the City of Ames, and the Story County community.

We recognize the importance of accessible and affordable child care and family services in attracting a diverse population of students and employees, reducing stress and absenteeism, and increasing retention. We hope this resource guide will assist you in making informed decisions and balancing school, work and parenting.

If you have questions or need additional assistance, we are here to help!

~Julie & Keesha

ISU Child Care & Family Resources
100 University Village Suite 1010
Ames, IA 50010
ccfamily@iastate.edu
(515) 294-88-27 or (515) 294-3149
**Food & Nutrition**

*ISU Campus*

**Extension & Outreach**
Iowa State University Extension & Outreach-Spend Smart Eat Smart  
[http://www.extension.iastate.edu/foodsavings/](http://www.extension.iastate.edu/foodsavings/)
Interactive website that helps reduce food expenses by planning before you shop and offers tips to find nutritious items and save at the grocery store.

**Food Pantries**
The Shop (Students Helping Our Peers)  
Food Sciences Building, Rm 2616, ISU Campus  
[http://www.theshop.stuorg.iastate.edu/hours-location/](http://www.theshop.stuorg.iastate.edu/hours-location/)
Non-perishable food and personal hygiene items for all ISU students and faculty/staff in need. Operates during the fall and spring semesters only.

**Ames**

**Food Assistance**
Good Neighbor Emergency Assistance Fund  
508 Kellogg Ave; Mon-Fri 9 a.m.-12 p.m. for Healthy Food Vouchers. No appointment needed.  
(515) 296-1449  
Healthy Food Vouchers available to purchase fruits, vegetables, dairy products and meat at local grocery stores. You can receive $20 in vouchers per quarter. Must provide proof of Story County residency. Provides emergency food assistance to individuals and families in Story County.

Iowa Department of Human Services (DHS) Food Assistance  
126 S Kellogg Ave Suite 101, Ames  
(515) 292-2035  
[http://dhs.iowa.gov/food-assistance](http://dhs.iowa.gov/food-assistance)
SNAP EBT (Supplemental Nutrition Assistance Program-Electronic Benefit Transfer) card for food purchases such as fruits, vegetables, meat, dairy, baked goods, etc. Must meet income guidelines.

Mid-Iowa Community Action (MICA) WIC  
230 SE 16th St, Ames; Mon-Fri 8 a.m.-4 p.m. Appointment required.  
(515) 956-3333  
Supplemental food and nutrition education program for women who are pregnant and/or breastfeeding, infants, and children up to age 5. Must meet income guidelines.

Story County General Assistance – Food Vouchers  
126 S Kellogg Ave, Suite 001, Ames; Mon-Fri 8 a.m.-4:30 p.m.  
(515) 663-2930  
Food vouchers for low-income residents in Story County who have exhausted all other funding.

Story County Veterans Affairs  
126 S Kellogg Ave, Suite 201, Ames; Mon-Fri 8 a.m.-4:30 p.m.  
(515) 956-2625  
Provides food assistance to Story County veterans and/or their family members who were discharged under Honorable Conditions. Veterans must have served 90 consecutive days of active Federal service, not counting training.
**Food Pantries**

Bethesda Church Community Food Pantry
1517 Northwestern Ave, Ames; Mon/Wed 9-11 a.m., Tue 1-3 p.m. and 6-8 p.m., Thu 1-3 p.m.
(515) 232-6256
http://www.bethesdanet.org/site/resources/community-food-pantry/
Open to the public.

Calvary United Methodist Church Food Pantry
1403 24th St, Ames; Tue 2-3 p.m.
(515) 232-6329
http://www.methodistsites.com/calvary/

Food at First Food Pantry “Free Market”
First Christian Church, 611 Clark Ave, Ames; Mon/Thu 4-5 p.m., Sat 10-10:30 a.m.
(515) 344-4357
https://foodatfirst.wordpress.com/food-pantry/
Perishable food pantry. Open to the public.

Mid-Iowa Community Action (MICA) Pantry
230 SE 16th St, Ames
(515) 956-3333
http://www.homelesshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=3546
Can visit once every 2 months. Must provide proof of Story County residency.

**Grocery Stores & Markets**

ALDI
1301 Buckeye Ave, Ames; Mon-Fri 9 a.m.-9 p.m., Sat 11 a.m.-4 p.m., Sun 9 a.m.-8 p.m.

Ames Asia Market
819 Wheeler St #5, Ames

Ames Asia Market (West)
130 Dotson Dr, Ames

Ames British Foods
3100 S Duff Ave, Ames; Mon-Thu and Sun 11 a.m.-11 p.m., Fri-Sat 11-2 a.m.

Asia Foods Store
516 Lincoln Way, Ames

Fareway Grocery
3619 Stange Rd, Ames; Mon-Sat 7 a.m.-9 p.m.

Fareway Grocery
619 Burnette Ave, Ames; Mon-Sat 7 a.m.-9 p.m.

Hy-Vee
640 Lincoln Way, Ames; Open 24 hours

Hy-Vee (West)
3800 Lincoln Way, Ames; Open 24 hours

Pammel Grocery
113 Colorado Ave, Ames; Mon-Sat 10 a.m.-8 p.m., Sun 12-7 p.m.
Specializes in Pakistani, Indian and Middle Eastern groceries.
Sam’s Club
305 Airport Rd, Ames; Mon-Fri 10 a.m.-8:30 p.m., Sat 9 a.m.-8:30 p.m., Sun 10 a.m.-6 p.m.
A variety of bulk grocery items.

Walmart Supercenter
534 S Duff Ave, Ames; Open 24 hours

Walmart
3015 Grand Ave, Ames; Open 24 hours

Wheatsfield Cooperative
413 Northwestern Ave, Ames; Mon-Sun 7 a.m.-9 p.m.
Local, natural and certified organic foods.

**Meal Programs**
Food at First Free Meal Program
First Christian Church, 611 Clark Ave, Ames; Sun-Fri 5-6 p.m., Sat 11 a.m.-12 p.m.
(515) 344-4357
https://foodatfirst.wordpress.com/meal-program/
Meals open to the public.

Meals on Wheels
Mary Greeley Medical Center, 1111 Duff Ave, Ames
(515) 239-6730 on weekdays, (515) 239-2173 on weekends and holidays
http://www.mgmc.org/medical-services/older-adult/meals-on-wheels/
Delivers nutritious meals. Reduced meal rates are available for those in need. Minimum order of 3 days per week.

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**Colo/Nevada**

**Extension & Outreach**
Iowa State University Extension & Outreach Nutrition Education
220 H Ave, Nevada
(515) 382-6551
http://www.extension.iastate.edu/story/
Programs that help parents provide nutritious food for their families. Delivers nutrition education to low-income families with children under age 10. Must meet income guidelines.

**Food Pantries**
Nevada Community Cupboard
1110 11 St, Nevada; Sat 10-11:30 a.m.
(515) 382-4440
http://www.mlcnvada.org/community_services.htm
Food items available to help families make ends meet.

**Grocery Stores & Markets**
Cook’s Grocery
1116 Lincoln Hwy, Nevada

Fareway Grocery
1505 S B Ave, Nevada; Mon-Sat 8 a.m.-9 p.m.

Farmland Foods
68810 Lincoln Hwy, Colo
Meal Programs

Food at First
First United Methodist Church, 1036 7th St, Nevada; Mon/Thu 5:30-6 p.m.
(515) 382-6536
http://www.cityofnevadaiowa.org/nevada-community-family-services.php
Free evening meal. All are welcome.

Gilbert/Milford Twp/Roland/Story City

Food Pantries
Loaves and Fishes Food Pantry
510 Pennsylvania Ave, Story City; Sat 10 a.m.-12 p.m.
Can visit once per month for 6 months. Must provide proof of Gilbert, Story City or Roland residency.

Grocery Stores & Markets
Harlan’s Food Mart
306 Washington St, Story City

Huxley/Kelley/Sheldahl/Slater

Food Pantries
Huxley Food Pantry
Located in the Ark (the brick house directly south of Fjeldberg Lutheran Church, 209 N 2nd Ave, Huxley);
Wed 6-7 p.m.
(515) 460-0427
http://www.fjeldberglutheran.org/food-pantry.html

Slater/Sheldahl Food Pantry
411 Third Ave, Slater; Wed 7:30-8:30 p.m.
(515) 228-3600
http://fcfhiowa.bowmansystems.com/?option=com_cpx&task=resource&id=664232
Can visit once per month. Open to Story County residents.

Grocery Stores & Markets
Fareway Grocery
902 US 69, Huxley; Mon-Sat 8 a.m.-9 p.m.

Town & County Market
308 Main St, Slater

Cambridge/Collins/Maxwell

Food Pantries
Local Food Pantry
First Presbyterian Church, 221 Main St, Maxwell; open the 3rd Tuesday of each month 6-7 p.m.
http://www.maxwellumc.org/index.php?option=com_content&view=article&id=59&Itemid=71
Open to anyone living in the Maxwell and Collins community.

Grocery Stores & Markets
Logsdon’s Grocery
92 Main St, Maxwell
McCallsburg/Zearing

Food Pantries
Zearing and Mc Callsburg Food Bank
Zearing City Hall, 105 West Main St, Zearing; Wed 5:30-7 p.m.
http://fcfhiowa.bowmansystems.com/index.php/component/cpx/?task=resource&id=664549&tab=1
Can visit once every 2 weeks. Open to anyone living in the Mc Callsburg and Zearing area.
**Housing**

**ISU Campus**

**Campus Family Housing**
Schilletter (SV) and University Village (UV) Campus Apartments
ISU Campus
(515) 294-5360
http://www.housing.iastate.edu/places/apts/single
UV available to freshman 19 or older and all sophomore, junior, senior and graduate students. SV available to any student who is married or in a domestic partner relationship and/or has dependent children.

**Ames**

**Rent & Utilities Assistance**
City of Ames Deposit and First Month’s Rent Program
City Hall, Planning & Housing Department, 515 Clark Ave Room 214, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 239-5380
Assists eligible low-income households with up to $1,200 towards rental deposits and/or first month’s rent.

City of Ames Housing Division
City Hall, 515 Clark Ave, Ames
(515) 239-5400
Provides affordable housing for those facing economic challenges (Section 8 Low Income Housing Program). Waiting period for assistance is approximately 12-24 months.

Emergency Residence Project
225 S Kellogg Ave, Ames; applications for rent/utility assistance accepted Mon/Thu 9 a.m.-3:30 p.m.
(515) 232-8075
http://www.amesshelter.org/rentutilities/
Provides homeless prevention assistance (rent/utility) to Story County residents who are facing evictions or the loss of their heat and lights. Financial assistance limited to once in a 12 month period.

Good Neighbor Emergency Assistance Fund
508 Kellogg Ave, Ames
(515) 296-1449
http://www.cityofnevadaioawa.org/nevada-community-family-services.php
Provides emergency rent and utility assistance to individuals and families in Story County.

Love Your Neighbor Emergency Assistance
St. Thomas Aquinas Church and Catholic Student Center, 2210 Lincoln Way, Ames
(515) 292-3810
https://staparish.net/social-justice/love-your-neighbor-emergency-assistance
Provides emergency utility, rental, or deposit assistance to up to 10 Story County families per week. Must not have been helped by a parish fund within the previous 12 months. Must provide proof of bills. Must call for appointment any Thursday at 8 a.m. Please do not leave a voicemail.
Mid-Iowa Community Action (MICA) Low Income Home Energy Assistance Program (LIHEAP)
230 SE 16th St, Suite 100, Ames; Mon/Tue/Thu 9 a.m.-3 p.m. (by appointment), Wed 9 a.m.-12 p.m. (walk-in) and 1-3 p.m. (by appointment), Fri 9 a.m.-12:00 p.m. (by appointment)
(515) 956-3333
http://www.benefits.gov/benefits/benefit-details/1546
Bill payment assistance, energy crisis assistance, and weatherization and energy-related home repairs. Must be an Iowa resident and meet income guidelines.

Story County General Assistance – Rent and Utilities
126 S Kellogg Ave, Suite 001, Ames; Mon-Fri 8 a.m.-4:30 p.m.
(515) 663-2930
Rent and utilities assistance for low-income residents in Story County who have exhausted all other funding.

Story County Veterans Affairs
126 S Kellogg Ave, Suite 201, Ames; Mon-Fri 8 a.m.-4:30 p.m.
(515) 956-2625
Provides rent, mortgage and utilities assistance to Story County veterans and/or their family members who were discharged under Honorable Conditions. Veterans must have served 90 consecutive days of active Federal service, not counting training.

Service Providers
ICS Advanced Technologies
235 Alexander Ave, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 232-4453
http://www.ics-llc.net/
Internet, DIRECTV and Security & Surveillance system service provider.

ISUNET
618 Douglas Ave, Ames; Mon-Fri 8 a.m.-8 p.m., Sat 10 a.m.-2 p.m.
(515) 233-4777
http://www.opencom.net/
Internet service provider.

Mediacom
225 S Dayton Ave, Ames; Mon-Tue and Thu-Fri 8 a.m.-5 p.m., Wed 9 a.m.-5 p.m.
(800) 332-0245
https://mediacomcable.com/site/index.html
Cable TV, Internet, Phone and Home Security service provider.

Utility Service
Alliant Energy
(800) 255-4268
https://www.alliantenergy.com/
Provides electric and gas services. Pay your bill online or by mail.
**Services provided to all of Story County.**

City of Ames Municipal Utilities
City Hall, 515 Clark Ave, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 239-5120
Provides electric, water and sewer services to the Ames community.

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Colo/Nevada

Rent & Utilities Assistance
City of Nevada Housing Information
1209 6th St, Nevada
(515) 382-5466
All housing inquiries. Provides low income housing assistance.

Good Samaritan
Nevada
(515) 382-2974
http://www.mlcnevada.org/community_services.htm
Offers assistance for rent or utilities for those in Nevada or Eastern Story County.

Service Providers
Colo Telephone Co
303 Main St, Colo; Mon-Fri 8 a.m.-4:30 p.m.
(641) 377-2202
http://www.colotel.org/
Internet and Phone service provider.

Midiova Net
415 S 11th St, Nevada; Mon-Fri 7:30 a.m.-5:30 p.m.
(515) 382-2124
http://www.midiowa.net/
Internet service provider.

Utility Service
City of Nevada Water and Sewer
City Hall, 1209 6th St, Nevada; Mon-Fri 8 a.m.-5 p.m.
(515) 382-5466
Provides water and sewer services.

Gilbert/Milford Twp/Roland/Story City

Service Providers
Stratford Mutual Telephone
(515) 838-2390
http://stratfordtelephone.com/
Cable TV, Internet and Phone service provider.

Utility Service
City of Roland Water and Sewer
City Hall, 202 E Ash St, Roland
(515) 388-4861
http://cityofroland.org/
Norsemen Electric Company
904 Elm Ave, Story City
(515) 733-6321
Provides gas, water and electric services.
Story City Municipal Electric Utility
525 Hillcrest Ave, Story City
(515) 733-4991
Provides gas, water and electric services.

**Huxley/Kelley/Sheldahl/Slater**

**Maintenance Assistance**
LMI Home Repair or Maintenance Program
City of Huxley, 515 N Main Ave, Huxley
(515) 597-2561
Homeowners in Huxley that meet income requirements could possibly receive 70% of improvement cost up to $3,500 for home improvements/maintenance, such as roof repair, furnace replacement, etc.

**Service Providers**
Huxley Communications
102 N Main Ave, Huxley
(515) 597-2281
[http://www.huxcomm.net/](http://www.huxcomm.net/)
Cable TV, Internet and Phone service provider.

**Utility Service**
City of Huxley Water and Sewer
515 N Main Ave, Huxley
(515) 597-2562
[http://www.huxleyiowa.org/public-works.html](http://www.huxleyiowa.org/public-works.html)

**Utility Service**
City of Cambridge Water and Trash
(515) 220-4541
[http://www.cambridge-ia.us/cityinfo.html](http://www.cambridge-ia.us/cityinfo.html)

City of Maxwell Water/Sewer/Garbage
(515) 387-8655
Clothing/Shopping

ISU Campus

Iowa State University Bookstore
Memorial Union, ISU Campus
(515) 294-5684
http://www.isubookstore.com/SiteText.aspx?id=541
Clothing for children and adults.

Ames

Malls
North Grand Mall
2801 Grand Ave, Ames; Mon-Sat 10 a.m.-9 p.m., Sun 12-5 p.m.
(515) 232-3679
http://www.northgrandmall.com/
Single-level shopping center.

Re-sale/Clothing Closets
Bethesda Clothing Closet
Bethesda Lutheran Church, 1517 Northwestern Ave, Ames; Mon/Wed 9:30-11 a.m., Tue 6:30-8 p.m.
(515) 232-6256
http://www.bethesdanet.org/site/resources/clothing-closet/
Can visit once per calendar month. 3 of each item (t-shirts, shorts, pants, shoes) may be selected for each family member with the exception of coats and boots. 1 coat and 1 pair of boots may be selected for each family member for each season. Must bring a form of identification with your name and address.

Duck Worth Wearing
232 Main St, Ames; Mon-Wed and Fri 10 a.m.-7 p.m., Thu 10 a.m.-8 p.m. Sat 10 a.m.-5 p.m., Sun 1-5 p.m.
(515) 233-4901
http://www.duckworthwearing.com/
Children’s and maternity resale store.

Goodwill Store
3718 Lincoln Way; Mon-Fri 9 a.m.-9 p.m., Sat 9 a.m.-6 p.m., Sun 12-5 p.m.
(515) 292-8454
http://www.hours-locations.com/goodwill/ia/ames/
Low cost clothing, furniture, etc.

The Loft
233 Main St, Ames; Mon-Wed and Fri 10 a.m.-7 p.m., Thu 10 a.m.-8 p.m., Sat 10 a.m.-5 p.m., Sun 1-5 p.m.
(515) 232-9053
http://www.theloftames.com/
Resale clothing store for teens to adults.

The Salvation Army
703 E Lincoln Way, Ames
(515) 233-3567
Thrift store.

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Suited for Work Clothing Closet
130 South Sheldon, Suite 305, Ames; Mon and the third Sat of each month 11 a.m.-1 p.m., Thu 5-7 p.m.
(515) 232-6064
http://fcfhiowa.bowmansystems.com/index.php/component/cpx/?task=resource&id=662566&tab=1
Available to FIP recipients and low-income men and women in Story County who have found employment or who are actively seeking employment. Must have a referral from ACCESS, Beyond Welfare, DHS, ERP, Iowa Workforce Development Center, MICA, YSS, or WIC.

Colo/Nevada

Re-sale/Clothing Closets
Harmony Clothing Closet
1122 6th St, Nevada; Mon 4:30-7 p.m., Sat 8 a.m.-12 p.m.
(515) 382-2211
http://www.mlcnevada.org/harmonyclothingcloset.htm
Shoes, coats, and clothing for infant through adult age. Formal clothing wear can be seen by appointment only.

Gilbert/Milford Twp/Roland/Story City

Malls
Factory Stores of America
324 Factory Outlet Dr, Story City; Mon-Sat 10 a.m.-8 p.m., Sun 12-5 p.m.
(515) 733-5242

Re-sale/Clothing Closets
2nd Time Around
521 Broad St, Story City; Mon/Tue/Wed/Fri 10 a.m.-5 p.m., Thu 10 a.m.-7 p.m., Sat 10 a.m.-4 p.m.
(515) 733-2732
http://www.reuse2recycle.info/
Consignment shop offering clothes and accessories.

Resale Power Group of Iowa
11820 567th Ave, Story City
(515) 733-2378
Consignment shop.

Cambridge/Collins/Maxwell

Re-sale/Clothing Closets
The Open Door
United Methodist Church, 501 2nd St, Maxwell; open the 3rd Tuesday of each month 6-7 p.m.
(515) 236-0142
http://www.maxwellumc.org/index.php?option=com_content&view=article&id=59&Itemid=71
Offers clothing, toys, household items, and miscellaneous items at no cost to anyone who may be able to use them.
*Health Care Services*

**ISU Campus**

ISU Thielen Student Health Center
ISU Campus, Corner of Sheldon Ave and Union Dr, Ames; Mon-Tue and Thu-Fri 7:30 a.m.-5 p.m., Wed 8:30 a.m.-5 p.m.
(515) 294-5801
http://www.cyclonehealth.org/

**Ames**

**Dental Clinics**
Ames Center for Cosmetic & Family Dentistry
415 S Duff Ave, Ames
(515) 956-3700
http://www.docrockdds.com/

Ames Family Dental
2625 University Blvd, Ames; Mon-Thu 8 a.m.-5 p.m., Fri 8 a.m.-4 p.m.
(515) 233-2898
http://www.amesfamilydental.com/

Ames Oral Surgeons PC
1212 Duff Ave #101
(515) 232-6830
http://www.consamusandhamptondds.com/

Ames Pediatric Dental
2208 Philadelphia St, Ames; Mon-Thu 7 a.m.-5 p.m.
(515) 956-3423
http://www.amespeditricdental.com/

Aspen Dental
806 S Duff Ave, Ames; Mon/Wed/Thu 9 a.m.-6 p.m., Tue 11 a.m.-8 p.m., Fri 8 a.m.-5 p.m.
(515) 337-2632

Consamus and Hampton
3324 Orion Dr, Ames; Mon-Thu 7 a.m.-6 p.m., Fri 7 a.m.-3 p.m.
(515) 232-2007
http://www.consamusandhamptondds.com/

Dentistry at Somerset
2720 Stange Rd, Ames; Mon/Wed/Fri 8 a.m.-4 p.m., Tue/Thur 9 a.m.-5 p.m.
(515) 268-0516
https://www.dentistryatsomerset.com/

Expressions Dental
515 Grand Ave #101, Ames; Mon-Thu 8 a.m.-5 p.m.
(515) 232-0558
http://www.expressions-dental.com/
Grandgenett Dentistry
2208 Philadelphia St, Ames; Mon-Thu 7 a.m.-5 p.m.
(515) 956-3426
http://www.amesfamilydentist.com/

Herrick Dental
620 5th St, Ames; Mon-Thu 8 a.m.-5 p.m.
(515) 233-3778
http://jeffherrickdental.com/

Kearney Brannan & Glotfelty, DDS
1226 Duff Ave, Ames
(515) 232-6775

Lifepoint Dental Partners
137 Lynn Ave, Ames
(515) 292-7262
http://lifepointdental.com/

Metzger Family Dental
1015 Duff Ave, Ames; Mon-Fri 9 a.m.-5 p.m.
(515) 232-4236
http://www.metzgerfamilydental.com/

Overman Family Dentistry
1606 Golden Aspen Dr #110, Ames; Mon-Fri 9 a.m.-5 p.m.
(515) 232-7000
http://www.overmanfamilydentistry.com/

Pyfferoen Pediatric Dentistry
301 5th St, Ames; Mon-Thu 8 a.m.-5 p.m., Fri 8 a.m.-1 p.m.
(515) 232-0994
http://www.ameskidsdentist.com/

Staniforth-Calhoun-Hawthorne Dental
616 5th St, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 232-5401
http://www.fifthstreetdentalames.com/

Stark Smiles
1212 Duff Ave, Ames; Mon-Fri 7:30 a.m.-4:30 p.m.
(515) 232-2255
http://www.starksmiles.com/

Stoltze & Stoltze Family Dentistry
511 Duff Ave #200, Ames; Mon-Thu 8 a.m.-12 p.m. and 1-5 p.m., Fri 8 a.m.-1 p.m.
(515) 233-3797
http://www.stoltzeandstoltze.com/

Story County Dental Clinic
226 SE 16th St, Ames; Mon-Thu 8 a.m.-6 p.m.
(515) 598-5298
http://www.micaonline.org/#dentaldycld

Offers a range of low cost dental services to low-income patients of all ages. By appointment only.
Swanson Family Dental
1212 Duff Ave, Ames; Mon-Thu 9 a.m.-5 p.m., Fri 8:30 a.m.-1 p.m.
(515) 233-2174
http://swansonfamilydental.com/

Eye Centers
Ames Eye Clinic
201 10th St, Ames; Mon-Fri 8 a.m.-5:30 p.m.
(515) 232-3451
http://www.ameseyeclinic.com/

Eye Mart
Lincoln Center, 620 Lincoln Way #6, Ames; Mon-Fri 10 a.m.-7 p.m., Sat 10 a.m.-5 p.m.
(515) 598-3451
http://www.eyemartopticaloutlet.com/

Eye.Works
2701 Stange Rd #100, Ames; Mon-Thu 9 a.m.-6 p.m., Fri 9 a.m.-4 p.m., Sat 9 a.m.-2 p.m.
(515) 232-4003

Mcfarland Eye Center
3600 Lincoln Way, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 663-4888

Mcfarland Clinic-Duff Avenue Eye Center
1128 Duff Ave, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 239-4400
http://www.mcfarlandclinic.com/locations/ames/eye-centers-duff-avenue/#.VaQYW03bK70

Pearle Vision
2634 Stange Rd, Ames; Mon/Wed/Fri/Sat 9 a.m.-6 p.m., Tue/Thu 9 a.m.-8 p.m.
(515) 232-5627
http://stores.pearlevision.com/21002560/Ames-IA-Stange-Road/

Vogue Optical
2526 Lincoln Way, Ames
(515) 292-0061
http://www.voguevision.com/

Walmart Vision Center
534 Duff Ave, Ames
(515) 956-3553

Whylie Eye Care Center
819 Wheeler St #7; Mon-Fri 8:30 a.m.-5 p.m., Sat 8:30 a.m.-12 p.m.
(515) 232-1844
http://whylies.com/

Wolfe Eye Clinic
2020 Philadelphia St, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 232-2450
http://www.wolfeeyeclinic.com/locations/ames
YOUnique Eyewear  
301 Main St Ste 5, Ames; Mon-Fri 10 a.m.-5 p.m., Sat 10 a.m.-2 p.m.  
(515) 232-1436  
http://youniqueeyewear.com/

**General Assistance**  
Planned Parenthood  
2530 Chamberlain St, Ames; Mon 12-8 p.m., Tue 1-5 p.m., Wed 9 a.m.-2 p.m., Thu/Fri 9 a.m.-5 p.m.  
(877) 811-7526  
http://www.plannedparenthood.org/health-center/iowa/ames/50014/ames-center-2385-90380  
Provides reproductive health care and education to women and men. Costs are based on a sliding fee scale.

Primary Health Care  
3510 Lincoln Way, Ames; Mon-Fri 8 a.m.-5 p.m.  
(515) 232-0628  
http://www.phcinc.net/  
Provides follow-up, continuity of care, pharmacy assistance, and supportive services to medically insured, uninsured and underinsured patients in need. Costs are based on sliding fee scale.

Story County General Assistance – Emergency Medical Treatment and Prescription Drugs  
126 S Kellogg Ave, Suite 001, Ames; Mon-Fri 8 a.m.-4:30 p.m.  
(515) 663-2930  
Emergency medical treatment and prescription drugs assistance for low-income residents in Story County who have exhausted all other funding.

Story County General Assistance – NACo Prescription Drug Discount Program  
126 S Kellogg Ave, Suite 001, Ames; Mon-Fri 8 a.m.-4:30 p.m.  
(515) 663-2930  
Offers a prescription drug discount card to Story County residents who have no prescription drug insurance coverage or have certain needed medications that are not covered.

Story County Veterans Affairs  
126 S Kellogg Ave, Suite 201, Ames; Mon-Fri 8 a.m.-4:30 p.m.  
(515) 956-2625  
Provides prescription medication, medical, dental, and vision care assistance to Story County veterans and/or their family members who were discharged under Honorable Conditions. Veterans must have served 90 consecutive days of active Federal service, not counting training.

**Health Insurance**  
Iowa Department of Human Services (DHS) Hawk-I  
126 S Kellogg Ave, Suite 101, Ames  
(515) 292-2035  
http://www.hawk-i.org/  
Offers low-cost or free health care coverage for uninsured children of working families. Offers dental only coverage for children who have health insurance but may not have dental coverage.

Iowa Department of Human Services (DHS) Medicaid  
126 S Kellogg Ave, Suite 101, Ames  
(515) 292-2035  
http://dhs.iowa.gov/ime/members  
Provides health care coverage for low-income parents with children, children, those with disabilities, elderly people, and pregnant women.
Iowa Department of Human Services (DHS) Medicare
126 S Kellogg Ave, Suite 101, Ames
(515) 292-2035  
http://www.medicare.gov/
Health and hospital insurance for individuals who are 65 years and older, and for those who are disabled.

Hospital
Mary Greeley Medical Center
1111 Duff Ave, Ames
(515) 239-2011
http://www.mgmc.org/

Medical Clinics
Ames Area Free Obstetrical Clinic-Mobile Clinic
Bethesda Lutheran Church, 1517 Northwestern Ave, Ames; Call for hours
(515) 282-2228
Offers free services to low income women. Must be pregnant to receive services.

Ames Free Medical Clinic
First United Methodist Church, 516 Kellogg, Ames; Thu 6-8 p.m.
(515) 233-5910 *answered during clinic hours only
http://www.freemedicalsearch.org/det/Ames_Free_Medical_Clinic
Provides health care services at a free or reduced rate. No prenatal care or dental care.

McFarland Clinic-1215 Duff Avenue Office
1215 Duff Ave, Ames; Mon-Fri 8 a.m.-5 p.m., Sat 8 a.m.-12 p.m.
(515) 239-4400

McFarland Clinic-Family Medicine East Office
1018 Duff Ave, Ames; Mon-Fri 8 a.m.-5 p.m., Sat 8 a.m.-12 p.m.
(515) 663-8621
After hours care: Mon-Fri 5-9 p.m., Sat-Sun 10 a.m.-6 p.m., Holidays 10 a.m.-4 p.m.,
Closed Thanksgiving Day

McFarland Clinic-Medical Arts Building
1015 Duff Ave, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 239-4400

McFarland Clinic-North Ames Office
3815 Stange Rd, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 956-4050

McFarland Clinic-Somerset Office
2707 Stange Rd, Ames; Mon-Fri 7 a.m.-6 p.m.
(515) 956-4014

Story Medical Clinic-Natural Health
431 S Duff St, Suite B; Mon-Thu 9 a.m.-6 p.m.
(515) 232-2979
Provides natural health services to medically insured, uninsured and underinsured Story County residents.
Financial assistance may be available.
Colo/Nevada

Dental Clinics
Family Dentistry
936 7th St, Nevada
(515) 382-6960
http://nevadaioiwadentist.com/

Stephenson Dental
1044 Fawcett Pkwy Ste C, Nevada; Mon-Wed/Fri 8 a.m.-5 p.m., Thu 8 a.m.-12 p.m.
(515) 382-5542
http://www.drberniestephenson.com/

Eye Centers
McFarland Clinic-Nevada Eye Center
1014 6th St, Nevada; Mon-Fri 8 a.m.-5 p.m.
(515) 382-4626
http://www.mcfarlandclinic.com/locations/nevada/nevada-eye-center/#.VaQgtU3bK70

Nevada Vision Clinic
1731 S G Ave, Nevada; Mon 8 a.m.-7 p.m., Tue/Wed/Fri 8 a.m.-5 p.m., Thu 8 a.m.-12 p.m.
(515) 382-2744
http://visionsource-nevadavisionclinic.com/

Medical Clinics
McFarland Clinic-Nevada
230 6th St, Nevada; Mon-Fri 8 a.m.-5 p.m., Sat 8 a.m.-12 p.m.
(515) 382-5471

Story Medical Clinic-Nevada
519 F Ave, Nevada
(515) 382-5413
Provides health services to medically insured, uninsured and underinsured Story County residents. Offers health coaching services at no charge. Financial assistance may be available.

Story County Medical Center-North Campus
630 6th St, Nevada
(515) 382-2111

Story County Medical Center-South Campus
640 S 19th St, Nevada
(515) 382-2111

Gilbert/Milford Twp/Roland/Story City

Dental Clinics
Barnes & Senti DDS
1461 Broad St, Story City
(515) 733-4441

Cook Family Dentistry
619 Elm Ave #5, Story City
(515) 733-5031
Eye Centers
Wolfe Family Vision Center
619 Broad St, Story City
(515) 733-6900

Medical Clinics
McFarland Clinic-Story City
705 8th St, Story City; Mon-Fri 8 a.m.-5 p.m.
(515) 733-5191

Huxley/Kelley/Sheldahl/Slater

Dental Clinics
Ballard Dental Associates
408 Campus Dr, Huxley; Mon-Thu 7 a.m.-5 p.m., Fri 8 a.m.-12 p.m.
(515) 597-5300
http://www.ballarddentalassociates.com/

Eye Centers
Huxley Vision Clinic
303 S US Hwy 69 #A, Huxley; Mon 10 a.m.-7 p.m., Tue-Fri 8 a.m.-5 p.m.
(515) 597-5200
http://visionsource-huxleyvisionclinic.com/

Medical Clinics
Story Medical Clinic-Slater
600 S Linn St #B, Slater
(515) 685-3960
http://www.storymedical.org/

UnityPoint Clinic Family Medicine at Huxley
305 US 69, Huxley
(515) 597-2600
https://www.unitypoint.org/clinics/Default.aspx

Cambridge/Collins/Maxwell

Medical Clinics
Story Medical Clinic-Maxwell
403 First St, Maxwell
(515) 387-8815
Offers general family health care for acute or chronic health concerns to medically insured, uninsured and underinsured Story County residents. Financial assistance may be available.
McCallsburg/Zearing

Medical Clinics
Story Medical Clinic-Zearing
112 West Main St, Zearing
(641) 487-7779
Provides health services to medically insured, uninsured and underinsured Story County residents. Financial assistance may be available.

Table of Contents
*Parenting Resources*

**ISU Campus**

**Campus Child Care**
The Comfort Zone-Get Well Program
100 University Village (at the North side of the building), ISU Campus; Mon-Fri 8:30 a.m.-4:30 p.m.
(515) 294-3333
http://www.universitycommunitychildcare.org/Comfort-Zone.html
Care for children infancy through 5th grade who are mildly ill or recovering from a health problem. Open during the academic year. Closed summers. Must pre-register prior to using services.
*Open to the public.*

ISU Child Care & Family Resources
Family Resource Center, 100 University Village, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 294-8827 or (515) 294-3149
http://www.hrs.iastate.edu/hrs/childcare
Provides information to ISU student, faculty and staff parents on child care services, resources, and programs available on campus and in the community. For help paying for child care services, assistance may be available for income eligible student families.

ISU Child Care Center at Veterinary Medicine
1700 Christensen Dr, ISU Campus; Mon-Fri 7 a.m.-6 p.m.
(515) 294-2273
http://child-care-preschool.brighthorizons.com/IA/Ames/iowastate
Care is provided for infant through young school-age children. Rates are based on a sliding fee scale.

ISU Child Development Laboratory School
4380 Palmer, Suite 0351, ISU Campus; Mon-Fri 7:30 a.m.-5:30 p.m.
(515) 294-3040
http://www.cdls.hs.iastate.edu/
Care is provided for infant through preschool children. Rates are based on a sliding fee scale.
*Community Enrollment is accepted.*

University Community Childcare
100 University Village, ISU Campus; Mon-Fri 7 a.m.-5:30 p.m.
(515) 294-9838
http://www.universitycommunitychildcare.org/
Care is provided for infant through school-age children. Rates are based on a sliding fee scale.

**Parent Support Groups**
ISU Parents As Students Support (PASS) Group
ISU Campus
(515) 294-3149 or ccfamily@iastate.edu
https://www.facebook.com/iowastatepass
Provides opportunities for social connections, support, education, and campus and community resources.
Ames

Child Care Assistance
Iowa Department of Human Services (DHS) Child Care Assistance
126 S Kellogg Ave, Suite 101, Ames
(515) 292-2035
http://dhs.iowa.gov/child-care
Financial assistance available to children of income eligible parents who are absent for a portion of the day due to employment or participation in academic or vocational training or PROMISE JOBS activities.
**Assistance is available in each county throughout the state of Iowa.

Off-Campus Child Care Search
Child Care Resource & Referral (CCR&R) of Central Iowa
(515) 246-3563
http://iowaccrr.org/
Parent Referral Counselors provide a customized search for a list of child care providers and back-up child care within Central Iowa. You can also conduct a search online.
*Assistance is available for each county throughout the state of Iowa.

Iowa Department of Human Services (DHS) Online Child Care Provider Search
http://dhs.iowa.gov/childcare
Find a child care provider to meet your needs and search a listing of all licensed child care centers and registered home providers.

For information regarding Mid Iowa Community Action (MICA) Head Start Programs for 3 and 4-year olds in your area, please contact the MICA Administrative Offices at (641) 752-7162.

Parenting Classes
Lutheran Services of Iowa People Place
Ames
(515) 233-1677
Provides programming on child development, special needs, stress and grief, etc. Many programs are low cost or free for families.

Parent Support Groups
Central Iowa ASPIRE (Autism Spectrum Parent Information Resources & Education) Support Group
Heartland AEA 11 office, 511 S 17th St, Ames; First Tuesday of each month 6:30-8:30 p.m.
(515) 232-7583 ext 12327 or (515) 382-5066
http://autismchamps.org/parent-support-groups/

La Leche League International
Northminster Presbyterian Church, 1416 20th St, Ames; 1st Tuesday of the month @ 7 p.m.
http://www.llli.org/groups/@llli*group*ames
All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome. Contact Jenny (515) 339-1231 woodj2@msn.com or Suzanne (515) 233-3927 scv@iastate.edu.

Lutheran Services in Iowa (LSI) People Place
219 6th St, Ames; Mon-Fri 9 a.m.-5 p.m.
(515) 233-1677
http://lsiowa.org/index.php/services/children-youth-family/people-place/
Community center providing parenting groups, home visits, drop in child care and programming on child development. Many programs are low to no cost for families. Child care is provided at on-site programs.
**Schools (Preschool)**
Northwood Preschool Center
3012 Duff Ave, Ames
(515) 268-2470
http://www.ames.k12.ia.us/schools/northwood-preschool-center/

Edwards Elementary School
820 Miller Ave, Ames
(515) 239-3760
http://www.ames.k12.ia.us/schools/edwards-elementary/

Fellows Elementary School
1400 McKinley Dr, Ames
(515) 239-3765
http://www.ames.k12.ia.us/schools/fellows-elementary-school/

Meeker Elementary School
300 20th St, Ames
(515) 239-3770
http://www.ames.k12.ia.us/schools/meeker-elementary-school/

Mitchell Elementary School
3521 Jewel Dr, Ames
(515) 239-3775
http://www.ames.k12.ia.us/schools/edwards-elementary-school/

Sawyer Elementary School
3622 Woodland St, Ames
(515) 239-3790
http://www.ames.k12.ia.us/schools/sawyer-elementary-school/

Ames Middle School
3915 Mortensen Rd, Ames
(515) 268-2400
http://www.ames.k12.ia.us/schools/middle-school/

Ames High School
1921 Ames High Dr, Ames
(515) 817-0600
http://www.ames.k12.ia.us/schools/high-school/

Iowa State University
Ames, IA
(515) 294-4111
http://www.iastate.edu/

DMACC (Des Moines Area Community College) Career Academy Hunziker Center
1420 Bell Ave, Ames
(515) 663-6700
https://go.dmacc.edu/ames/Pages/welcome.aspx
Colo/Nevada

Schools
Nevada Community Preschool
(515) 382-2383
Nevada
http://www.nevadacubs.org/elementary/grade-sites/preschool

Central Elementary School
925 H Ave, Nevada
(515) 382-2383
http://www.nevadacubs.org/elementary

Nevada Middle School
1035 15th St, Nevada
(515) 382-2751
http://www.nevadacubs.org/middle-school

Nevada High School
1001 15th St, Nevada
(515) 382-3521
http://www.nevadacubs.org/high-school

Colo-NESCO Early Learning Center
400 Latrobe (located in McCallsburg)
(515) 434-2302
http://www.colo-nesco.k12.ia.us/early-learning-center

Colo-NESCO Elementary School
407 North Center (located in Zearing)
(641) 487-7411
http://www.colo-nesco.k12.ia.us/elementary-school

Colo-NESCO Intermediate School
919 West St, Colo
(641) 377-2284
http://www.colo-nesco.k12.ia.us/intermediate-school

Colo-NESCO Jr/Sr High School
919 West St, Colo
(641) 377-2282
http://www.colo-nesco.k12.ia.us/schools/jrsrhigh

Gilbert/Milford Twp/Roland/Story City

Schools
Gilbert Elementary School
109 Rothmoor Dr, Gilbert
(515) 232-3744
http://gilbert.k12.ia.us/elementary/about

Gilbert Intermediate School
103 Mathews Dr, Gilbert
(515) 232-3748
http://gilbert.k12.ia.us/intermediate/about

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Gilbert Middle School
201 E Mathews Dr, Gilbert
(515) 232-0540
http://gilbert.k12.ia.us/middle/about

Gilbert High School
312 Gretten St, Gilbert
(515) 232-3738
http://gilbert.k12.ia.us/high/about

Roland-Story Elementary School
900 Hillcrest Dr, Story City
(515) 733-4386

Roland-Story Middle School
206 S Main, Roland
(515) 388-4348
http://www.roland-story.k12.ia.us/ms/index.php

Roland-Story High School
900 Hillcrest Dr and 1009 Story St, Story City
(515) 733-4329
http://www.roland-story.k12.ia.us/hs/index.php

Huxley/Kelley/Sheldahl/Slater

Schools
Ballard West Elementary School (Grades EK-2)
105 E Main, Slater
(515) 228-3890
http://www.ballard.k12.ia.us/ShowWest.aspx

Ballard East Elementary School (Grades 3-5)
505 W 4th St, (located in Cambridge)
(515) 220-4306
http://www.ballard.k12.ia.us/ShowEast.aspx

Ballard Middle School (Grades 6-8)
509 N Main, Huxley
(515) 597-2815
http://www.ballard.k12.ia.us/ShowMS.aspx

Ballard High School
701 Ballard Dr, Huxley
(515) 597-2971
http://www.ballard.k12.ia.us/ShowHS.aspx


Cambridge/Collins/Maxwell

Schools
Collins-Maxwell Elementary
416 4th Ave, Collins
(641) 385-2446
http://www.collins-maxwell.k12.ia.us/

Collins-Maxwell Middle School-High School
400 Metcalf St, Maxwell
(515) 387-1115
http://www.collins-maxwell.k12.ia.us/
Support Services

ISU Campus

Counseling & Consultation Services
Employee Assistance Program (EAP)
ISU Campus
(800) 327-4692
http://www.efr.org/workplace/my-eap
Provides free, confidential services to ISU employees and their families, including counseling, legal consultation, financial consultation, elder care and life coaching.

Network Community Counseling Services
Rm 56, Science Hall 1, ISU Campus
(515) 294-1898
http://www.networkcounseling.com/
Offers individual and group counseling. Available to ISU students and the public.

Student Counseling Service
Student Services Building-3rd Floor, ISU Campus; Mon-Fri 8 a.m.-5 p.m.
(515) 294-5056
http://www.counseling.iastate.edu/
Assists ISU students in addressing personal stress, relationship problems, mood or motivation problems, substance abuse, etc.

Student Legal Services
0367 Memorial Union, ISU Campus; Mon-Fri 8 a.m.-5 p.m.
(515) 294-0978
http://www.dso.iastate.edu/sls/
Legal advice and assistance in consumer issues, landlord-tenant problems, family law and divorce, etc. Services are free to ISU students and student groups.

Student Loan Education Office
0680 Beardshear Hall, ISU Campus; Mon-Fri 8 a.m.-4:30 p.m. (walk-ins welcomed)
(515) 294-0677
http://www.financialaid.iastate.edu/loan-education/
Assists ISU students with reducing their educational borrowing, while learning to effectively manage their finances while pursuing a college degree.

Women's Resources
Margaret Sloss Women's Center
205 Sloss House, ISU Campus; Mon-Fri 8 a.m.-5 p.m.
(515) 294-4154 or womenctr@iastate.edu
Provides a space to relax, study and meet new people. Provides resources, referrals and counseling to all students, staff and faculty at ISU.

Ames

Counseling & Consultation Services
Ames Counseling and Psychological Services
3600 W Lincoln Way Ste 4, Ames
(515) 239-4410
http://www.amespsych.com/
Provides individual, couples and family counseling and psychological evaluations of children and adults.
Assault Care Center Extending Shelter & Support (ACCESS)  
Ames  
(515) 292-5378  
https://www.assaultcarecenter.org/en/locations/story_county/  
Provides free and confidential support to victims of sexual violence. Services include sexual and domestic abuse counseling and emergency shelter. For more information, please contact Angie Schreck at director@assaultcarecenter.org.

Creative Counseling Services  
208 5th St #103, Ames  
(515) 233-1699  
http://www.ccsames.org/  
Offers therapy and substance abuse counseling services to individuals and families. To access Behavioral Health Intervention Services (BHIS), the individual must be Medicaid eligible.

Lutheran Services in Iowa (LSI)  
1323 Northwestern Ave, Ames  
(515) 232-7416  
http://lsiowa.org/  
Provides counseling and therapy services to children, youth and families.

Planned Parenthood  
2530 Chamberlain St, Ames; Mon 12-8 p.m.; Tue 1-5 p.m.; Wed 9 a.m.-2 p.m.; Thu-Fri 9 a.m.-5 p.m.  
(877) 811-7526  
Delivers reproductive health care and information to men, women and young adults.

Youth & Shelter Services  
Family Life Center, 125 S 3rd St, Ames; Mon-Thu 9 a.m.-6 p.m., Fri 9 a.m.-4:30 p.m.  
(515) 233-3141  
http://www.yss.ames.ia.us/index.cfm?nodeID=20864&audienceID=1  
Provides direct care services, such as homeless youth services, adolescent pregnancy prevention, individual and family therapy, mentoring, etc.

Youth & Shelter Services-Stork’s Nest  
(515) 233-3141 ext. 4410  
http://www.yss.ames.ia.us/en/programs/stork_s_nest/  
The program enrolls women during pregnancy and provides educational classes on infant care, baby clothing, nursery supplies, and referrals to community services and activities.

Mental Health & Disability Services  
The Arc of Story County  
130 S Sheldon Ave #302, Ames; Mon-Thu 8 a.m.-8 p.m.; Fri 8 a.m.-7 p.m.; Sat 9 a.m.-7 p.m.  
(515) 232 9330  
http://www.thearcstory.org/  
Provides family services to individuals with intellectual and developmental disabilities.

Barclay & Associates PC  
1525 Airport Rd #101, Ames; Mon-Thu 8:30 a.m.-8:30 p.m., Fri 8:30 a.m.-5 p.m.  
(515) 292-3023  
http://www.drbarclay.com/  
Provides mental health services to families.
Central Iowa Psychological Services
223 Walnut, Ames; Mon-Fri 9 a.m.-5 p.m.
(515) 233-1122
http://www.iowacounseling.com/
Offers comprehensive substance abuse services, psychological assessments and counseling for children through adults, couples, and families.

Community & Family Resources
1619 S High Ave, Ames; Mon-Fri 9 a.m.-5 p.m.
(515) 232-5811
http://www.cfrhelps.org/
Provides comprehensive substance abuse, problem gambling, prevention, and mental health services.

Eyerly Ball Community Mental Health Services
2521 University Blvd, Ames
(515) 598-3300; Open 24 hours
http://eyerlyball.org/
Services offered to individuals age 18 or older who are experiencing a mental health crisis.

Life-Line Resources
410 5th St, Ames
(515) 233-2125
http://www.life-lineresources.com/ames.html
Provides behavioral health intervention, child mental health, and therapy and counseling services.

Mainstream Living
2012 E 13th St, Ames
(515) 232-8405
http://www.mainstreamliving.org/
Provides community housing and psychosocial rehabilitation services to individuals with disabilities.

Story County Central Iowa Case Management
126 S Kellogg Ave, Suite 001, Ames; Mon-Fri 8 a.m.-4:30 p.m.
(515) 663-2930
Provides support and advocacy to people with chronic mental illness and developmental disabilities. Must be enrolled in Medicaid and meet additional criteria.

Senior Services
Heartland Senior Services
205 S Walnut Ave, Ames
(515) 233-6986
https://www.heartlandseniorservices.com/en/about_us/
Provides nutrition, adult day care, activities and outreach to all residents over the age of 60 in Story County.

Women's Resources
Birthright of Ames
108 Hayward Ave #202, Ames; Mon-Wed and Fri 12-5 p.m.; Thu 12-6 p.m.
(515) 292-8414
http://birthright.org/en/our-services
Provides free pregnancy tests, maternity and baby clothes, information on prenatal development and care, and referrals to additional support services.
Mid-Iowa Community Action (MICA) Maternal Health  
230 SE 16th St, Ames  
(515) 956-3333  
http://www.micaonline.org/#/maternal-health/cgec  
Provides education, resources, and support both pre- and post-partum. Must be pregnant, reside in Story County, qualify for or receive WIC or Medicaid services, and have an income at or below 375% of the federal poverty level.

Colo/Nevada

Counseling & Consultation Services  
Combes Counseling & Consulting  
406 West St, Colo  
(515) 291-4014  
Provides family counseling.

Legal Aid Society of Story County  
937 6th St, Nevada; Mon-Fri 9 a.m.-5 p.m.  
(515) 382-2471  
http://www.legalaidstory.com/  
Provides low cost or free legal representation to low-income families in Story County.

Youth & Shelter Services  
830 6th St, Nevada  
(515) 382-6874  
http://www.yss.ames.ia.us/en/locations/eastern_story_county/  
Provides direct care services, such as homeless youth services, adolescent pregnancy prevention, individual and family therapy, mentoring, etc.

Mental Health & Disability Services  
Krysilis  
221 S 11th St, Nevada  
(641) 585-3050 ext. 204  
http://www.krysilis.org/  
Provides support for individuals with disabilities. Services include living, employment and personal support.

Mosaic  
221 S 11th St, Nevada  
(515) 382-5520  
http://www.mosaicinfo.org/location/mosaic-north-central-iowa  
Provides services for individuals with intellectual disabilities. Services include transportation, vocational training and specialized therapies.

Cambridge/Collins/Maxwell

Senior Services  
Heartland Senior Services  
84 Main St, Maxwell  
(515) 387-1133  
https://www.heartlandseniorservices.com/  
Provides nutrition, adult day care, activities and outreach to all residents over the age of 60 in Story County.
*Transportation*

Ames

Ground Transportation

CIT Signature Transportation
1501 E Lincoln Way, Ames; Mon-Fri 8 a.m.-5 p.m.
(515) 233-0286
http://citbus.com/
Charter, Limousine, and Convention and Shuttle services.

Cyclone Cab
2006 E Lincoln Way, Bldg #2, Ames; Open 24 hours
(515) 233-3324
http://www.taxiserviceames.com/
Taxi service, airport shuttle service, and medical appointment transportation.

CyRide
Office: 1700 University Blvd, Ames; Mon-Fri 8 a.m.-6 p.m., Sat 12-5 p.m.
(515) 292-1100
ISU campus and Ames city bus system. ISU students with a current ISUCard ride free. Regular fare is $1.25 ($0.60 for reduced fare and free for children 5 years and younger). Monthly and yearly passes are available for purchase.

HIRTA Dial-A-Ride: CyRide
721 E Lincoln Way, Ames; Mon-Fri 7:30 a.m.-4:30 p.m.
(877) 686-0029
Door-to-door service within Ames for individuals with disabilities. Rides must be scheduled by 4:30 p.m. of the night before travel.

HIRTA Regional Transportation
(877) 686-0029
Services offered throughout Story County. Anyone can access this service. Must reserve 24 hours in advance. **Available for medical trips to Des Moines hospitals/clinics.** $2 one way in Ames and $4 outside of Ames.

Jefferson Lines-College Connection
Ames Intermodal Station, 129 Hayward Ave, Ames (tickets, information and pickup location);
Mon-Fri 9 a.m.-1 p.m. and 2-5 p.m.
(515) 232-2404
Bus company that provides scheduled service and group travel services.

Volunteer Transportation Program
(515) 292-8890 or (515) 733-4917
Provides transportation to Story County residents. Priority given to those needing rides to in-county medical appointments. Must reserve 48 hours in advance.

Iowa Department of Transportation (DOT)
3708 Lincoln Way, Ames
(515) 296-2393
http://www.iowadot.gov/index.html#services
Transportation Assistance
City of Ames Community Development Block Grant (CDBG) Transportation Assistance Program
City Hall, 515 Clark Ave
(515) 239-5380
Assists eligible low-income households with transportation needs. The applicant may select 1 type of assistance (a $250 fuel voucher, 3 full months of CyRide passes, or $100 in HIRTA Bucks). Processed on first-come, first-served basis. Must be an Ames resident.
*Job Placement*

**Ames**

**Employment Agencies**
Express Employment Professionals  
1110 Buckeye Ave, Ames; Mon-Fri 8 a.m.-5 p.m.  
(515) 233-5933  
Offers full-time, part-time, and temporary positions.

Jacobson Staffing  
319 Lincoln Way, Ames; Mon-Fri 8 a.m.-4:30 p.m.  
(515) 233-1045  
Temp agency.

Manpower  
1103 Buckeye Ave #101, Ames  
(515) 232-2340  
Offers permanent, temporary and temporary-to-permanent placement, employee assessment and selection, training, and consulting services.

PROMISE JOBS  
122 Kellogg Ave, Ames  
(515) 232-6859  
Welfare reform program. Assists FIP recipients to become self-sufficient. Offers career transition, money management, education, training, parenting skills, etc.

QPS Employment Group  
2010 Philadelphia St #3, Ames; Mon-Fri 8 a.m.-4 p.m.  
(515) 266-6700  
Offers temporary, temp-to-hire, and direct-hire job opportunities.

**Colo/Nevada**

**Employment Agencies**
Experience Works  
25808 680th Ave, Colo  
(641) 377-2845  
[http://www.experienceworks.org/site/PageServer](http://www.experienceworks.org/site/PageServer)  
Provides training, community services, and employment opportunities for older workers.

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*Recreation*

**ISU Campus**

**Gyms**
Beyer Hall
ISU Campus
[http://www.recservices.iastate.edu/facilities/beyer](http://www.recservices.iastate.edu/facilities/beyer)
Features a pool and basketball, volleyball, racquetball and squash courts.

Lied Recreation Athletic Center
ISU Campus
(515) 294-7140
[http://www.recservices.iastate.edu/facilities/led](http://www.recservices.iastate.edu/facilities/led)
Features indoor tracks, steam rooms, weight room/fitness area and racquetball, basketball, volleyball and badminton courts.

State Gym
ISU Campus
(515) 294-4980
[http://www.recservices.iastate.edu/facilities/stategym](http://www.recservices.iastate.edu/facilities/stategym)
Features a pool, weight room/fitness area and basketball, volleyball and badminton courts.

**Libraries**
Iowa State University Parks Library
Osborn Dr & Morrill Rd, ISU Campus
(515) 294-3642
[http://www.lib.iastate.edu/info/6000](http://www.lib.iastate.edu/info/6000)

**Museums**
Brunnier Art Museum
2nd floor of the Scheman Building, ISU Campus; Tue-Fri 11 a.m.-4 p.m., Sat-Sun 1-4 p.m.
(515) 294-3342
[http://www.museums.iastate.edu/BAM.html](http://www.museums.iastate.edu/BAM.html)
Decorative arts collection. Cost is free (suggested donation of $3 per visitor). Open to the community.

Christian Petersen Art Museum
1017 and 0003 Morrill Hall, ISU Campus; Mon-Fri 11 a.m.-4 p.m.
(515) 294-3342
[http://www.museums.iastate.edu/CPAM.html](http://www.museums.iastate.edu/CPAM.html)
Works of art by Christian Peterson and works of contemporary art. Cost is free (suggested donation of $3 per visitor). Open to the community.

Farm House Museum
Farm House, ISU Campus; Mon-Fri 12-4 p.m.
(515) 294-3342
[http://www.museums.iastate.edu/Farm%20House.html](http://www.museums.iastate.edu/Farm%20House.html)
Monument to early Iowa State history and culture. Cost is free (suggested donation of $3 per visitor). Open to the community.

**Additional Campus Entertainment**
Bowling & Billiards
Memorial Union Lower Level
(515) 294-1233
Golf Courses
Ames Golf & Country Club
5752 George Washington Carver Ave, Ames
(515) 232-8334
http://www.amesgolfcc.com/

Coldwater Golf Links
1400 S Grand Ave, Ames
(515) 233-4664
http://www.coldwatergolf.com/

Homewood Golf Course
401 E 20th St, Ames
(515) 239-5363

Veenker Memorial Golf Course
1935 Stange Rd, Ames
http://www.veenkergolf.com/

Libraries
Ames Public Library
515 Douglas Ave, Ames; Mon-Thu 9 a.m.-9 p.m., Fri-Sat 9 a.m.-6 p.m., Sun 1-5 p.m.
(515) 239-5646
http://www.amespubliclibrary.org/

Movie Theatres
Cinemark Movies 12
1317 Buckeye Ave, Ames
(515) 232-5066

Parks
Ada Hayden Heritage Park
5205 Grand Ave, Ames
(515) 239-5360
Features a fishing lake, hiking and biking trails, picnic shelter and wetlands for bird-watching.

Ames Dog Park
605 Billy Sunday Rd, Ames; Mon-Fri 6 a.m.-8 p.m., Sat 9 a.m.-1 p.m., Sun 3-7 p.m.
(515) 239-5355
Must obtain a Facility Use Permit.

Bandshell Park
6th St & Duff Ave, Ames
(515) 239-5365
Features a picnic area and playground.
Brookside Park
1325 6th St, Ames
(515) 239-5350 (for reservations)
Features volleyball and tennis courts, ball fields and a wading pool.

Charles & June Calhoun Park
4320 Dawes Dr, Ames
Features a picnic area.

Christofferson Park
2130 Oakwood Rd, Ames
Features a playground and walking path.

Christopher Gartner Park
400 Abraham Dr, Ames
(515) 239-5350 (for reservations)
Features a playground and paved bike path.

Country Gables Park
500 Crystal St, Ames
Features basketball courts and a playground.

Daley Park
340 Wilder Blvd, Ames
(515) 239-5350 (for reservations)
Features basketball courts, a picnic area, and a walking path and pave bike path.

Duff Park
1323 Duff Ave, Ames
Features basketball courts and a playground.

Emma McCarthy Lee Park
Ross Rd, Ames
(515) 239-5350 (for reservations)
Features a playground, and tennis and sand volleyball courts.

Franklin Park
147 S Franklin Ave, Ames
Features basketball courts.

Gateway Park
1500 Gateway Hills Park Drive, Ames
(515) 239-5349 (for tournament and outing reservations)
Features free disc golf.
Greenbriar Park
1120 S 16th St, Ames
Features a walking path.

Hutchison Park
4517 Hutchison, Ames
Features basketball courts.

Inis Grove Park
2500 Duff Ave, Ames
(515) 239-5350 (for reservations)
Features a nature area and playground, basketball courts and horseshoes.

Lloyd Kurtz Park
Bloomington Rd & Hyde, Ames
Features basketball and sand volleyball courts.

Moore Memorial Park
3050 Northridge Parkway, Ames
(515) 239-5350 (for reservations)
Features a nature area and playground, a walking path and paved bike path.

Moore Park (Beach Ave)
1101 Beach Ave, Ames
Features basketball courts.

Old Town Park
826 Douglas Ave
Features a playground.

O’Neil Park
300 South Maple Ave, Ames
Features basketball courts, ballfields and a playground.

Parkview Park
2501 Pierce
Features basketball courts.

Patio Homes West Park
1515 Idaho, Ames
Features basketball courts.
River Valley Park  
725 E 13th St, Ames  
(515) 239-5350 (for reservations)  
Features sand volleyball courts, horseshoes and a nature area.

Skate Park  
Brookside Park, 1330 6th St, Ames; Open from daylight to 10:30 p.m.  
Accommodates skateboards and inline states only.

Squaw Creek Park  
South Maple and 4th St, Ames  
Features a paved bike path and community gardens.

Stuart Smith Park  
1501 S 4th St, Ames  
(515) 239-5120  
Features a playground and paved bike path.

Teagarden Park  
3501 Emerald Dr, Ames  
Features a playground.

Parks & Recreation Centers  
City of Ames Community Center  
515 Clark Ave, Ave  
(515) 239-5350  
Offers open gym, Play Pals indoor playground, adult badminton, drop in basketball, volleyball, and a weight room and cardio room.

City of Ames Parks and Recreation  
1500 Gateway Hills Park Dr, Ames  
(515) 239-5350  
Offers adult recreation and sports leagues, youth recreation, fitness classes and wellness programs.

Pools  
Furman Aquatic Center  
1635 13th St, Ames  
(515) 239-5434 (for updated hours and cancellation info)  
Includes a recreational pool, lazy river and 50 meter pool. "Aqua Route" (CyRide bus) runs daily throughout the summer.

Municipal Indoor Pool  
1925 Ames High Dr, Ames  
(515) 232-4561  
**Additional Community Entertainment**

Ames/ISU Ice Arena
1507 Gateway Hills Park Dr, Ames
(515) 292-6835
Features ice skating and recreational adult hockey league. Birthday parties may be hosted in the “Igloo.”

Durham Bandshell (located at Bandshell Park)
6th St & Duff Ave, Ames
Concert venue and concession stands.

Perfect Games
1320 Dickinson Ave, Ames
(515) 598-2695
Offers bowling, an arcade, laser tag, pizza and sports bar.

Reiman Gardens
1407 University Blvd, Ames; Mon-Sun 9 a.m.-4:30 p.m.
(515) 294-2710
Explore a large variety of plants, unique art and architecture, and tropical butterflies. Children to adult-age are welcome.

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**Colo/Nevada**

**Libraries**

Colo Public Library
309 Main St, Colo; Mon/Thu/Fri 11 a.m.-6 p.m., Wed 11 a.m.-8 p.m., Sat 9 a.m.-4 p.m.
(641) 377-2900
[http://www.colo.lib.ia.us/](http://www.colo.lib.ia.us/)

Nevada Public Library
631 K Ave, Nevada; Mon-Thu 10 a.m.-6 p.m., Fri 10 a.m.-6 p.m., Sat 10 a.m.-4 p.m.
(515) 382-2628
[http://www.nevada.lib.ia.us/](http://www.nevada.lib.ia.us/)

**Parks**

4-H Park/Meadow Lane
Intersection of I Ave & 1st St, Nevada
Features basketball courts and a playground.

Harrington Park
Lincoln Highway, Nevada
Features softball diamonds and sand volleyball courts, a disc golf course, and skate park.

Walker-Hattery Park
Q Ave & 6th St, Nevada
Features basketball courts.

Kiwanis Park
11th St at F Ave, Nevada
Features space for baseball, softball and soccer.
Mardean Park
South 12th St & South I Ave, Nevada
Features a baseball field and basketball courts.

**Parks & Recreation Centers**
Colo-Nesco Park & Recreation
http://www.colonescorec.org/
*Provides recreational activities for all ages in Colo, Zearing, McCallsburg and surrounding communities.*

Nevada Parks & Recreation
825 15th St, Ames
(515) 382-4325
http://www.cityofnevada.iowa.org/nevada-departments-parks.php
Offers aquatics, sports, social/cultural, wellness, instructional, trips, and special events for all ages.

S.C.O.R.E Recreation/Athletic Complex 4-Plex
825 15th St, Nevada
(515) 382-4352 (for field rental, tournaments and league play)
http://www.cityofnevada.iowa.org/pdf/SCORE_Facility_Use_Agreement.pdf
Includes 4 tournament lighted fields and concession stands.

**Pools**
Fawcett Family Aquatic Center
1717 Fawcett Parkway, Nevada
Outdoor facility with waterslides, water play features, sand volleyball, sand play area, shade funbrellas, lounge chairs, lap swimming area, diving board, and concession stands.

**Additional Community Activities**
Indian Creek Golf Course
63012 260th St, Nevada; Mon – Fri 7 a.m.-5 p.m.
(515) 382-9070
http://indiancreekcc.com/

Sports Bowl
1229 12th St, Nevada
(515) 382-2500
Bowling alley.

**Gilbert/Milford Twp/Roland/Story City**

**Golf Courses**
Riverbend Golf Course
720 Forest Ave, Story City
(515) 733-2611
http://www.riverbendgc.net/

**Libraries**
Bertha Bartlett Public Library
503 Broad St, Story City; Mon/Tue/Thu 10 a.m.-8 p.m., Wed/Fri/Sat 10 a.m.-5 p.m., Sun 1-5 p.m.
(515) 733-2685
http://www.storycity.lib.ia.us/
Roland Public Library  
221 N Main St, Roland; Mon-Fri 10 a.m.-7 p.m., Sat 10 a.m.-4 p.m.  
(515) 388-4086  
http://www.roland.lib.ia.us/  

**Parks**  
Banford Park; Lions Park; Upstill Park  
Gilbert  
http://cityofgilbertiowa.com/education-recreation/parks/  
Features soccer and baseball fields.  

Britson Park & Athletic Complex  
South Side of Maple Street (County Rd E-18), Roland  
Features 2 softball/little league baseball fields and a large open area for soccer.  

Erickson Park  
East Maple St & North Park St, Roland  
Features a playground area.  

Jacobson Bear Creek Park  
Samson St, Roland  
Nature park.  

Pool Park  
West Maple St & Norsemen Dr, Roland  
Features a swimming pool and basketball and tennis courts.  

**Parks & Recreation Centers**  
Gilbert Parks and Recreation  
119 Christian Petersen, Gilbert  
(515) 290-9687  
http://www.gilbertyouthsports.com/index.html  
Offers sports programs for youth in the Gilbert area.  

Story City Recreation Center  
826 Elm Ave, Story City; Mon-Fri 9 a.m.-5 p.m.  
(515) 733-2458  
http://cityofstorycity.org/parksandrec/  

**Pools**  
Roland Municipal Swimming Pool  
Roland  
http://cityofroland.org/parks-and-rec/roland-municipal-swimming-pool/  

**Additional Community Entertainment**  
Storybook Orchard  
12832 Royal Orchard Dr, Story City  
(515) 733-4474  
Apple orchard.  

Story City Carousel  
102 City Park, Story City; Mon-Fri 9 a.m.-5 p.m.  
(515) 733-4214  
http://www.storycity.net/antique-carousel/  
Amusement center.
Huxley/Kelley/Sheldahl/Slater

Libraries
Huxley Public Library
515 N Main Ave, Huxley (2nd floor)
(515) 597-2552
http://www.huxleyiowa.org/Public-Library/Library-Home/

Slater Public Library
105 N Tama, Slater; Mon-Thu 10 a.m.-7 p.m., Fri 10 a.m.-5 p.m., Sat 10 a.m.-12 p.m.
(515) 228-3558
http://www.slaterlibrary.org/

Parks
Berhow Park
509 ½ East 5th St, Huxley
http://www.huxleyiowa.org/Parks-and-Rec/berhow-park.html
Features a walking trail.

Centennial Park
1003 Timberlane Dr, Huxley
http://www.huxleyiowa.org/Parks-and-Rec/centennial-park.html
Features 2 baseball diamonds and basketball and tennis courts.

Earl Grimm Park
5th & Greene St, Slater
Features a swimming pool, a little league baseball diamond/adult softball diamond, and tennis courts.

Larson Family Sports Fields
1020 Timberlane Dr, Huxley
http://www.huxleyiowa.org/Parks-and-Rec/larson-family-sports-fields.html
Features soccer and flag football fields.

Memorial Park
114 S Main Ave, Huxley
http://www.huxleyiowa.org/Parks-and-Rec/memorial-park.html
Features a community monument and living memorial garden.

Nelson Park
3rd & Benton
Features playground equipment and a stage.

Nord-Kalsem
204 W 5th St, Huxley
http://www.huxleyiowa.org/Parks-and-Rec/nord-kalsem.html
Features 2 softball diamonds, a basketball court and concession stand.

Railroad Park
100 W Railway St, Huxley
http://www.huxleyiowa.org/Parks-and-Rec/railroad-park.html
Features an access point to the Heart of Iowa Nature Trail.

Southside Park
South on Marshall St, Slater
Features soccer fields.
Trailridge Park
411 S 560th Ave
http://www.huxleyiowa.org/Parks-and-Rec/trailridge-park.html
Features access to the Heart of Iowa Nature Trail.

**Parks & Recreation Centers**
Huxley Parks & Recreation
City of Huxley, 515 N Main Ave, Huxley
(515) 597-2561
http://www.huxleyiowa.org/Parks-and-Rec/parks-a-recreation-department.html
Offers educational and recreational activities and programs.

Slater Parks and Recreation
Slater
http://slateriowa.org/Recreation--and--Pool-Info.php

**Pools**
Slater Municipal Swimming Pool
702 4th (4th & Greene), Slater
(515) 685-3334
http://slateriowa.org/Pool-Info.php

**Cambridge/Collins/Maxwell**

**Libraries**
Cambridge Memorial Library
224 Water St, Cambridge
(515) 220-4542
http://www.cambridge.lib.ia.us/
Collins Public Library
212 Main St, Collins
(641) 385-2464
http://www.collinspubliclibraryia.org/
Maxwell Public Library
107 Main St, Maxwell
(515) 387-8780
http://www.maxwell.lib.ia.us/

**Parks**
Legion Park
700 1st St, Maxwell
Features soccer, baseball and softball fields.
Maxwell City Park
Features a softball/baseball field.
Scout Park
205 Woodlawn St, Maxwell
Located near the soccer fields.

**Parks & Recreation Centers**
Collins-Maxwell Youth and Adult Recreation
Maxwell
http://www.welcometomaxwell.com/youth
McCallsburg/Zearing

Libraries
Zearing Public Library
101 E Main St, Zearing
(641) 487-7888
http://www.zearing.lib.ia.us/

Parks
McCallsburg City Park
630 Main St, Mc Callsburg
(515) 434-2243
http://www.mccallsburg.com/Parks_Recreation.html