

COUNSELING & THERAPY RESOURCES

2017

Name & Location	Phone Number	Days/Hours	Services Provided
DOMESTIC & FAMILY VIOLENCE COUNSELING			
Horizons – A Family Service Alliance Child Witness to Violence 819 5 th Street SE Cedar Rapids, IA 52401	398-3943	Monday, Tuesday, Wednesday and Friday from 8:00 AM to 5:00 PM and Thursday from 8:00 AM to 6:00 PM.	Counseling for children and families. Consumer credit counseling, early ACCESS, family outreach and support. Meals on Wheels. Survivors program.
Iowa Domestic Abuse Program (IDAP) 951 29 th Avenue SW Cedar Rapids, IA 52404	730-1136	Monday through Friday from 8:00 AM to 4:30 PM.	IDAP consists of 24 sessions. Each session is two hours in length. Class times vary throughout the week. The cost of the program is \$500. The majority of clients are court-ordered. Must be 18 or older to enroll.
St. Luke’s Child Protection Center 1095 North Center Point Road Hiawatha, IA 52233	369-7908	Monday through Friday from 8:00 AM to 4:30 PM.	Conduct interviews and exams of alleged child-abuse (sexual and physical) victims referred from DHS and law enforcement & make referrals for counseling.
Waypoint Domestic Violence Program 318 5 th Street SE* Cedar Rapids, IA 52401 *Office location	<u>Business</u> 365-1458 <u>24-hour</u> <u>Crisis &</u> <u>Support</u> 363-2093 or 1-800-208-0388	Monday through Friday from 8:00 AM to 5:00 PM. 24-hour Crisis & Support Line, emergency medical advocacy or legal system advocacy	Waypoint provides support services to help victims and their families deal with the trauma of domestic violence, including individual and group counseling, support for youth and families, teen support, and advocacy within the medical, legal and social service systems. Waypoint is committed to providing comprehensive support services to anyone regardless of race, ethnicity, class or sexual identity. All domestic violence services are free and confidential. The Cedar Rapids office serves residents from Linn, Jones and Benton Counties. The Waterloo office serves residents of Black Hawk County. The Dubuque office serves residents of Dubuque, Buchanan and Delaware Counties.
FINANCIAL COUNSELING			
Horizons, A Family Service Alliance – Credit & Financial Counseling 819 5 th Street SE Cedar Rapids, IA 52401-2128	398-3576	Monday through Friday from 8:00 AM to 5:00 PM. Call first for an appointment.	<p>FINANCIAL COUNSELING AND COACHING: Assistance with resolving and preventing financial, credit and housing problems, goal setting and planning/building.</p> <p>CONSUMER EDUCATION: Classes and workshops on financially related topics.</p> <p>REPRESENTATIVE PAYEE: For consumers who are required to have a payee in order to receive Social Security benefits.</p> <p>CREDIT RESTORATION: Review of credit report and assistance with rebuilding and improving credit score.</p> <p>HOME OWNERSHIP: Pre-purchase, post-purchase and foreclosure prevention.</p>

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.

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Consumer Credit Counseling Service of Northeastern Iowa 1003 W. 4 th Street Waterloo, IA 50702	234-0661	Monday through Thursday from 9:00 AM to 5:00 PM. Friday from 9:00 AM to 12:00 PM.	COUNSELING: Counsels clients on how to manage their debt. CCCSIA sets up a system for bill paying that helps the client structure their finances. FINANCIAL LITERACY: Offers courses and workshops MONEY MAP: Money Map is a program that consists of various courses: credit when credit is due, renting today, check wise, make your move, money in motion, money and faith in motion, start right and build your own business.
Financial Counseling Center 4403 1 ST Avenue SE, Suite 411 Cedar Rapids, IA 52402	373-8297	Tuesday from 9:30 AM to 4:00 PM. Wednesday through Friday from 9:30 AM to 5:30 PM.	Financial Counseling Center is a full service provider for those individuals that are in need of budget or money management improvement. We have services we teach you how to take care of those nagging credit card payments and also teach you how to manage your entire household budget. We give the instruction but it is up to you! You then contract with us. This contract is not binding, if you stay on the program more than six months. Regulated by the Iowa State Banking Commission. Consultation is free for the elderly or disabled. Tax assistance available.
Foreclosure Prevention Counseling – FHAS 2401 Lake Street Omaha, NE 68111	888-573-0495	Monday through Friday from 8:00 AM to 5:00 PM.	FORECLOSURE education provides an understanding of the options to foreclosure, prioritizing bills and valuing a home as an investment. www.fhasinc.org
Iowa Mediation Services 4015 Glass Road NE Cedar Rapids, IA 52402 1415 S. Monroe Avenue Mason City, IA 50401	398-4042 641-423-4322	Monday through Friday from 9:00 AM to 4:00 PM.	Iowa Mediation works with borrowers and lenders dealing with mortgage and foreclosure concerns. Mediation, a process where parties meet with a neutral third party mediator and look for win/win solutions, will be offered to any borrowers and lenders who wish to participate. Divorce mediations and conflict resolution training. Personal conflict resolution. Farmer Creditor Resolution (required by Iowa Statute).
Iowa Mortgage Help Hotline	1-877-622-4866	Monday through Thursday from 9:00 AM to 5:00 PM. Friday from 9:00 AM to 12:00 PM.	Works with borrowers with any type of mortgage issue, including foreclosure. Free service.
GENERAL COUNSELING			
Catholic Charities 420 6 th Street SE, Suite 220 Cedar Rapids, IA 52401	364-7121	Monday through Friday from 8:30 AM to 5:00 PM. Evening appointments available.	Counseling for individuals, families and couples, sliding fee scale. Pregnancy counseling, Project Rachel (post-abortion), free to birth parents. Barnabus Outreach. Does not accept health insurance.
Cornerstone Brief Therapy 5925 Council Street NE, Suite 120 Cedar Rapids, IA 52402	393-6796	Monday through Saturday by appointment. Hours vary.	Provides outpatient psychotherapy and Christian counseling for individuals, couples, children and families. Accepts health insurance and also Title 19.

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Covenant Family Solutions 3047 Center Point Road NE, suite B Cedar Rapids, IA 52402	261-2292	Monday, Tuesday, Friday from 9:00 AM to 6:00 PM. Thursday from 11:00 AM to 8:00 PM.	Provides individual, couples, and family counseling. Specialties include play therapy, depression, anxiety, grief/loss, adjustment to medical concerns, addictions, and trauma. Accepted insurances: Wellmark BC/BS, Midland's Choice, Healthsmart, Coventry, Sigma, and several others. Also accepts Medicaid. Sliding fee scale. Online scheduling. www.covenantfamilysolutions.com
Family Psychology Associates 1221 Center Point Road NE Cedar Rapids, Iowa 52402	378-1199	Monday through Thursday from 8:00 AM to 8:00 PM. Friday from 8:00 AM to 4:00 PM.	Counseling for individuals, couples, children and families; accepts most health insurances and Title19. Services include assessments/evaluations, therapy, and community consultation/education, play therapy, EMDR (Eye movement desensitization and reprocessing) and psychological testing.
Foundation 2 Crisis Center 1540 2 nd Avenue SE Cedar Rapids, IA 52403	362-2174 or 1-800-332-4224	Phone answered 24 hours a day.	24-hour crisis counseling & referrals. Depression and Anxiety Support Group. Youth and Adult Suicide Survivors Support Group. Suicide Attempt Survivors Support Group.
Harambee House 404 17 th Street SE Cedar Rapids, IA 52403	366-1408	Monday through Thursday from 8:30 AM to 6:30 PM. Friday from 8:30 AM to 4:30 PM.	Access to public computers Monday through Thursday from 8:00 AM to 7:00 PM and Friday from 8:00 AM to 5:00 PM. Bread pantry Tuesday through Friday.
Heart and Solutions 3100 E. Avenue NW, Suite 105 Cedar Rapids, IA 52405 306 Hwy 1 SE, Suite B Cedar Rapids, IA 52314	800-531-4236	Monday through Friday, by appointment only. Flexible hours including days and some evenings.	Group, Family, Couple's, and Individuals for ages 3 and up. Behavioral Health Intervention Services. Accepts Title 19 (all MCOs), BC/BS, SED funding, MHDD funding, Crime Victim's Compensation, and private pay.
Horizons – A Family Service Alliance 819 5 th Street SE Cedar Rapids, IA 52401	398-3943 or 1-877-653-3123	Monday through Friday from 8:00 AM to 5:00 PM .	Service for individuals, couples, family, children and adults.
Keys to Living 1642 42 nd Street NE Cedar Rapids, IA 52402	377-2161	Monday and Tuesday from 8:00 AM to 8:00 PM; Wednesday and Thursday from 8:00 AM to 5:00 PM; Friday 8:00 AM until 2:00 PM.	Individual and family counseling. Marriage counseling.

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The Olson Marriage and Family Therapy Clinic 1650 Matterhorn Drive Northeast Cedar Rapids, IA 52402	368-6493	Monday – Friday: Noon to 9:00 P.M. Saturday: 9:00 A.M. to Noon	The Gerald and Audrey Olson Marriage and Family Therapy Clinic offers marriage and family therapy graduate students at Mount Mercy University the opportunity to provide low-cost mental health services to individuals, couples, and families in Cedar Rapids and the greater eastern Iowa area. Under the direct supervision of a licensed mental health practitioner, student interns are able to address a wide range of mental health concerns including: Depression, Anxiety, Mood Disorders, Eating Disorders, Attention Deficit / Hyperactivity Disorder, Pervasive Developmental Disorders, Oppositional Defiant Disorder, Sexual Dysfunction. www.olsonmftclinic.com
Planned Parenthood of East Central Iowa 3425 1 st Avenue SE Cedar Rapids, IA 52402	363-8572	Monday from 10:00 AM to 5:00 PM; Tuesday from 9:00 AM to 4:00 PM; Wednesday from 11:00 AM to 7:00 PM; Thursday from 1:00 PM to 5:00 PM; Friday from 9:00 AM to 3:00 PM.	Specially trained staff members are available that can talk with individuals about their pregnancy options. Exams, birth control, testing for HIV and sexually transmitted diseases. Abortion referral, general health care, LGBT services, men’s health care, morning-after pill (emergency contraception), pregnancy testing and services, STD treatment and vaccines, women’s health care. www.ppheartland.org
Veterans Center 4250 River Center Ct NE, Suite D Cedar Rapids, IA 52402	378-0016	Monday, Tuesday, Friday and Saturday from 8:00 AM to 4:30 PM; Wednesday and Thursday from 8:00 AM to 6:30 P.M.	Counseling for combat veterans of war. Family, marital, alcohol, substance abuse, and post-traumatic stress disorder counseling. Also serves survivors of military sexual trauma. Can see active military and provide treatment for family that has lost a loved one in the military.
MENTAL HEALTH COUNSELING			
Abbe Center for Community Mental Health 520 11 th Street NW Cedar Rapids, IA 52405	398-3562	Monday, Tuesday and Thursday from 8:00 AM to 6:00 PM. Wednesday from 8:00 AM to 8:00 PM. Friday from 8:00 AM to 4:00 PM.	Provide outpatient mental health services for children, adolescents, families and adults. Services include assessments/evaluations, therapy, medication management, crisis/emergency services as well as community consultation/education. www.abbe.org
Abbe Center for Community Mental Health Adult Day Treatment 520 11 th Street NW Cedar Rapids, IA 52405	398-3562	Monday, Wednesday and Friday from 9:00 AM to 12:00 PM.	Provides a structured, therapeutic program for individuals needing intensive services. Services focus on crisis and symptom stabilization and/or post-hospitalization needs. Program components include small group therapy, goal setting, stress management, illness education and wellness recovery action planning.
Abbe Center for Community Mental Health Club 520 Wellness Center 520 11 th Street NW Cedar Rapids, IA 52405	398-3562	Tuesday through Thursday from 1:00 PM to 4:00 PM. Friday from 1:00 PM to 3:45 PM.	Consumer run, recovery focused social support center. Offers structured activities, social opportunities, vocational assistance and recovery support group. Dual recovery anonymous group available to individuals with mental illness and substance abuse issues.

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Abbe Center for Community Mental Health Community Support 520 11 th Street NW Cedar Rapids, IA 52405	398-3562	Monday, Tuesday and Thursday from 8:00 AM to 5:00 PM. Wednesday from 8:00AM to 8:00 PM. Friday from 8:00 AM to 4:00 PM.	Provides an array of home and community based services designed to assist individuals with a chronic mental illness in living as independently as possible in the community. Focus is on illness management and moving forward in the recovery process. Individual and group services offered. Nurses available to provide medication oversight.
Abbe Center for Community Mental Health Intensive Psychiatric Rehabilitation 520 11 th Street NW Cedar Rapids, IA 52405	398-3562	Monday through Friday, by appointment only.	The IPR curriculum allows the consumer to identify and overcome barriers to assist them in their recovery process. IPR does require individuals to be an active participant in the rehabilitation process. Individual and group (Cohort) services available.
Abbe Center for Community Mental Health Life Skills 520 11 th Street NW Cedar Rapids, IA 52405	398-3562	Monday and Wednesday from 1:00 PM to 3:00 PM; Tuesday and Thursday from 10:00 AM to 12:00 PM.	Habilitation service that assists individuals who have “stabilized” and now need ongoing skill development. Skills addressed are community integration, coping skills/problem-solving, independent living, leisure skills, developing support networks, and interpersonal skills.
Abbe Center for Community Mental Health Transitional Living 520 11 th Street NW Cedar Rapids, IA 52405	286-9822	Services provided Monday through Friday from 7:00 AM to 7:30 PM; additional hours on Saturday, Sunday, and holidays.	Habilitation services (skill teaching) which focus on independent living skills are provided in the home or community setting.
Aging Services, Inc. Mental Health Outreach 317 7 th Avenue SE, Suite 302B Cedar Rapids, IA 52401	398-3644	Monday through Friday from 8:00 AM to 4:30 PM.	Mental health services and in-home therapy and treatment for older adults experiencing mental illness, unable to access traditional services due to physical frailty. Financial eligibility guidelines.
Crisis & Assessment Services Mercy Medical Center 701 10 th Street SE Cedar Rapids, IA 52403	398-6476	24 hours per day, 7 days per week.	A mental health access program to provide information, referral, assessment, admission, insurance verification and easy access to mental health issues both public and private. Outpatient services available. Accepts crisis calls.
Family Psychology Associates 1221 Center Point Road NE Cedar Rapids, Iowa 52402	378-1199	Monday through Thursday from 8:00 AM to 8:00 PM. Friday from 8:00 AM to 4:00 PM.	Counseling for individuals, couples, children and families; accepts most health insurances and Title19. Services include assessments/evaluations, therapy, and community consultation/education, play therapy, EMDR (Eye movement desensitization and reprocessing) and psychological testing.
HOPE Homeless Outreach Program (Abbe) 520 11 th Street NW Cedar Rapids, IA 52405	398-3562	Monday through Friday, by appointment only.	Homeless outreach effort. Identifies and delivers mental health services to the homeless and serious mental illness. Works from referrals from the police, visits shelters, provides emergency services and identifies people who need help.
Horizons 819 5 th Street SE Cedar Rapids, IA 52401	398-3943	Monday, Tuesday, Wednesday and Friday from 8:00 AM to 5:00 PM and Thursday from 8:00 AM to 5:00 PM.	Service for individuals, couples, family, children and adults.

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Mercy Family Counseling 1340 Blairs Ferry Rd, Suite A Hiawatha, IA 52233	398-6575	Monday through Friday from 8:00 AM to 4:30 PM.	Provides services that address a whole range of individual, couple, and family issues. Families who have concerns about their child's behavior, emotional, attention or learning difficulties may seek help at Mercy Family Counseling. Counseling services for adults address marital and family difficulties, anxiety, depression, grief and adjustment to illness issues. Testing for all ages is available to evaluate personality, learning and neurobehavioral concerns.
Mercy Medical Behavioral Services 701 10 th Street SE Cedar Rapids, IA 52403	398-6553	24 hours a day, seven days a week.	Inpatient hospitalization for mental health/substance abuse patients requiring a safe, supportive environment. Mental Health Unit (locked) Services for individuals. For adults 18 years and older.
National Suicide Prevention Lifeline	1-800-273-8255 (TALK)	24 hours a day.	24-hour suicide prevention hotline.
St. Luke's Hospital Adult Partial Hospitalization 1030 5 th Avenue SE, Suite 2000 Cedar Rapids, IA 52403	369-8176	Monday through Friday from 8:30 AM to 4:30 PM.	Assists adults who are experiencing life crisis or emotional problems. Provides intensive treatment while client remains outpatient. Also provides community support services and psychiatric home visits for Title 19 and Linn County MHDD patients. Offers goal setting and coping, social skills, therapy and talk groups, and adult partial program.
St. Luke's Family Counseling Center St. Luke's Children's Campus 1077 North Center Point Road Hiawatha, IA 52233	369-7952	Monday through Thursday from 8:00 AM to 5:00 PM. Friday from 8:00 AM to 4:00 PM.	Marital, family and individual counseling.
Tanager Place Mental Health Clinic 1030 5 th Avenue SE Cedar Rapids, IA 52403	286-4545	Monday, Tuesday and Thursday from 8:00 AM to 7:00 PM. Wednesday from 8:00 AM to 6:00 PM. Friday from 8:00 AM to 4:30 PM.	Tanager Place's Mental Health Clinic provides comprehensive outpatient mental health services to children, adolescents and families. Professional staff offer medication management, individual and family therapy, play therapy, music therapy and applied behavior analysis for children with an autism spectrum disorder. Individualized care and specific treatment goals are established for all patients. www.tanagerplace.org
SUBSTANCE ABUSE & GAMBLING COUNSELING			
Alcoholics Anonymous	365-5955 1-888-425-2666	24 hours per day.	Call for information on AA and al-anon meetings in Cedar Rapids area. www.al-anon-alateen.org or www.aa-cedarrapids.org

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ASAC Adult Residential 3601 16 th Avenue SW Cedar Rapids, IA 52404	390-4611	24 hours a day. Office hours are Monday through Friday from 8:00 AM to 5:00 PM.	22-bed residential substance abuse treatment program for men and women 18 years of age and older. Ten bed halfway house program. www.asac.us
ASAC Downtown Office: 317 7 th Avenue SE, Suite 203 Cedar Rapids, IA 52401	247-4873	Monday through Friday from 8:00 AM to 5:00 PM and by appointment.	Substance abuse assessments and individual and group treatment services for adults including extended outpatient, intensive outpatient and aftercare. Serves Spanish-speaking population. www.asac.us
ASAC East Office 4837 1 st Avenue SE, Suite 206 Cedar Rapids, IA 52402	447-1921	Monday through Friday from 8:00 AM to 5:00 PM and by appointment.	Substance abuse assessments and individual and group treatment services for adults including extended outpatient, intensive outpatient and aftercare. www.asac.us
ASAC Heart of Iowa 4050 Bowling Street SW Cedar Rapids, IA 52404	862-1050	24 hours a day. Office hours are Monday through Friday from 8:00 AM to 5:00 PM.	Residential, outpatient, and halfway house services for pregnant women and women with children. On-site housing for 36 families. www.asac.us
ASAC West Office 3601 16 th Avenue SW Cedar Rapids, IA 52404	390-4611	Monday through Friday from 8:00 AM to 5:00 PM.	Substance abuse assessments and individual and group treatment services for adults. Services include extended outpatient, intensive outpatient, aftercare, and family counseling for concerned others. Residential treatment for adults. Youth residential and outpatient programs. www.asac.us
ASAC Youth Services 3601 16 th Avenue SW Cedar Rapids, IA 52404	390-4611	24 hours a day. Office hours are Monday through Thursday from 8:00 AM to 8:00 PM; Friday from 8:00 AM to 5:00 PM.	Youth residential and outpatient services. ASAC's Youth Residential program has 22 beds for male and female adolescents ages 13 – 18. Joint program with Four Oaks. www.asac.us
Dual Diagnosis Program Sedlacek Treatment Center 5975 Rockwell Drive NE Cedar Rapids, IA 52402	398-6226	Monday-Friday from 8:00 AM to 4:30 PM.	Services provided for persons who have diagnoses of chemical dependency. The program has three levels of care based on the patient's severity of illness: Intensive Outpatient, Extended Outpatient, and Aftercare. Individual counseling education provided.
Iowa Gambling Treatment Program Iowa Department of Public Health Lucas State Office Building Des Moines, IA 50319-0075	1-800-BETS OFF (1-800-238-7633)	24 hours per day, seven days per week. Office hours: 9:00 AM to 5:00 PM.	Gambling information and referral services and connections to gambling treatment centers.
Iowa Substance Abuse Information Center 3750 Williams Blvd SW Cedar Rapids, IA 52404	398-5133 or 1-866-242-4111	Phones answered 24 hours per day, seven days per week. Office hours (Linden Library) 9:00 AM to 5:00 PM.	Educational materials available. Referrals to treatment centers. Media resources. Training center. Behavioral health employer listing statewide database. www.drugfreeinfo.org

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Prelude Behavioral Services 430 Southgate Avenue Iowa City, IA 52240	877-355-4804	24 hours per day, seven days per week. Call for assistance.	Problem gambling services, assessment and evaluation, family services, individual and group counseling, continuing care, financial counseling, transitional housing, and prevention/education. Inpatient unit.
Mercy Hospital – Sedlacek Treatment Center 5975 Rockwell Drive NE Cedar Rapids, IA 52402	398-6226	Treatment is Monday through Thursday. Counselors available Monday through Friday from 8:00 AM to 4:30 PM.	Assessments, evaluations, OWI evaluations, school consultations, outpatient aftercare, family and education programs.
SASC Gambling Treatment Program 4403 1 st Avenue SE, Suite 307 Cedar Rapids, IA 52402	319-294-1599 24 Hour Crisis Line: 1-888-771-6771	Monday, Wednesday, and Thursday from 8:00AM to 5:00 PM. Tuesday from 10:00 AM to 7:00 PM. Friday from 8:00 AM to 3:00 PM. By appointment only through crisis line.	CRISIS SERVICES: Crisis line is answered 24 hours a day 1-888-771-6771. COUNSELING SERVICES: Individual, group, and family. DISTANCE TREATMENT: Counselors can provide services to those that cannot be seen in the office by offering sessions through phone, email, internet, or mail. FINANCIAL COUNSELING: Counselors can help establish a budget and/or develop a debt repayment plan for gamblers. All services are confidential
St. Luke’s Chemical Dependency Services 810 1 st Avenue NE Cedar Rapids, IA 52403	363-4429	Monday, Tuesday and Thursday from 8:00 AM to 9:30 PM, and Wednesday and Friday from 8:00 AM to 4:30 PM.	Chemical dependency evaluations, intensive outpatient treatment, aftercare, relapse prevention, intervention training, family and individual counseling and information and referral. Extended outpatient program. Dual diagnosis outpatient group.
Tanager Place Mental Health Clinic 1030 5 th Avenue SE Cedar Rapids, IA 52403	286-4545	Monday, Tuesday and Thursday from 8:00 AM to 7:00 PM. Wednesday from 8:00 AM to 6:00 PM. Friday from 8:00 AM to 4:30 PM.	Tanager Place’s Mental Health Clinic offers outpatient therapy for children with substance abuse issues. Children have the opportunity to work directly with a certified Drug and Alcohol Counselor to create an individualized treatment plan. www.tanagerplace.org
The Salvation Army 1000 C Avenue NW Cedar Rapids, IA 52405	364-9131	Monday through Friday from 8:30 AM to 4:30 PM. Closed 12:00 PM to 1:00 PM for lunch. All days by appointment. Breakfast served from 8:00 AM to 9:00 AM Lunch served from 12:00 PM to 1:00 PM	The Salvation Army is both a social service and a religious organization. The Army practices an integrated ministry uniting spiritual, social and physical support. Seeks first to meet the immediate needs of families and individuals in crisis and stabilize their situations. Spiritual counsel is made available to those who seek it. The Salvation Army's core social services focus on meeting basic human needs. Locally, social service programs include emergency disaster services, senior activities, community meal and pantry program, homeless prevention and transportation assistance, holiday programs and youth activities. Transportation assistance may include tickets for the City bus and purchase of gas for qualifying individuals. The Salvation Army does not have volunteers to provide transportation. Rental and utility assistance.

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