



VETERANS RESOURCES

2020

Name & Location	Phone Number	Days/Hours	Services Provided
VETERANS BENEFITS RESOURCE SERVICES			
Freedom Foundation 609 Center Point Road NE Cedar Rapids, IA 52402	319-826-2010	Monday, Tuesday, Thursday & Friday 8 AM - 3 PM Wednesday 8 AM - 4 PM Saturday 8 AM - 12PM	Freedom Foundation serves the needs of Active Duty, Reservists-National Guard & Honorably Discharged Veterans. Services & Programs Offered: Veteran Emergency Financial Assistance Fund (Provides financial assistance for rent/utilities/auto repairs/medical transportation/emergency transportation). Shelter & Housing Program-Free Thursday Veteran Weekly Luncheon serving @11:45 AM. Veterans' Center has big screen TVs-computer lab, pool table-card table and a small library. Food pantry open Tuesday, Wednesday, Thursday and Saturday http://www.usfreedomfoundation.org/
Iowa Department of VA 7105 NW 70th Avenue Camp Dodge – Building 3465 Johnston, IA 50131-1824	515-252-4698 or 800-838-4692		The website provides a listing of all State and Federal benefits including information about Veteran Affairs offices by County, Iowa Veterans Home, Veterans Cemetery, Iowa Trust Fund, Education and Employment, Forms and Applications, and Resources. (Note: Linn County Veterans Affairs can assist Veterans in filing for any of these benefits.) www.va.iowa.gov
Linn County Veterans Affairs 1240 26th Avenue Court SW Cedar Rapids, IA 52404	319-892-5160	Monday - Friday, 7:30 AM - 4 PM, by appointment	Veteran Service Officers (VSOs) are available to help Veterans and dependents understand and file for Federal, State and County VA benefits. A Relief program is available to assist those with financial difficulties with rent, utilities, and mortgage interest. This program does have income and asset limitations. Income eligible Veterans 1 x per week can request Save A lot grocery gift card. Must provide DD214 discharge that shows 90 days active duty beyond ADT and schooling. Must have an Honorable Discharge. VSO's are available to help Veterans and their dependents apply for compensation and pension programs. These include but are not limited to: Compensation for Service Connected Disability/Death Non-Service Connected Disability Pension Aid and Attendance for Nursing Home and Housebound Veterans Application for Iowa Veterans Home Networking with Veteran's Administration Hospitals, other VA Facilities, & Social Service Agencies https://www.linncounty.org/154/Veteran-Affairs
Midwest Military Outreach Inc. 50 Second Avenue Bridge Cedar Rapids, Iowa 52401	319-321-1387	Hours by appointment, Call 24/7	Midwest Military Outreach's mission is to empower and retain the talent of Service members, Veterans and their families as they transition to productive civilian life. MMO provides support in the critical life areas of; family, employment, educational, financial education and health- Information and Referral Service. www.midwestmilitaryoutreach.org
For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cellphone at 319-739-4211, or 1-866-469-2211. 211 now has an app that can be downloaded by searching "211 Iowa" on either Apple App store or Google Play. For more information you can visit www.211iowa.org/211app . To obtain a copy of the Resource Charts, go to www.linncounty.org/communityservices or contact Linn County Community Services at 319-892-5600. For questions about the Resource Charts, contact Linn County Community Services at 319-892-5600.			

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Military One Source	800-342-9647	Available 24/7	Military OneSource is a confidential Department of Defense funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, reserve members and their families. Information includes, & not limited to: deployment, reunion, relationships, grief, spouse employment and education, parenting & childhood services. It is a virtual extension to installation services. www.militaryonesource.mil
United States Department of VA			Comprehensive Federal website for all Veterans Affairs benefits including health care, Federal benefits for compensation, education and training, home loans, vocational rehabilitation, burials and memorials, resources, and locations. (Note: Linn County Veterans Affairs can assist with any of the applications.) www.va.gov
VA Community Resource and Referral Center (CRRC) 1535 1st Avenue SE Cedar Rapids, IA 52403	319-365-0898	Monday - Friday, 8 AM - 4 PM (except federal holidays)	Access to resources for Housing, Employment, Vocational Rehabilitation, Veteran's Justice Outreach and HUD-VASH Housing Vouchers for Veterans that are enrolled in the VA Medical System. Food pantry. Laundry shower facilities and clothing closet on site Social work services available. Mental Health services by appointment.
COUNSELING SERVICES			
Cedar Rapids Vet Center 4250 River Center Ct NE Ste. D Cedar Rapids, IA 52402	319-378-0016	Monday and Thursday, 8 AM - 7 PM <i>After 4:30 PM by appointment only</i> Wednesday, 8 AM - 6:30 PM Tuesday & Friday, 8 AM - 4:30 PM	Free counseling for combat Veterans of war eras. Offers family, marital, alcohol, substance abuse & PTSD counseling. Also serves survivors of military sexual trauma regardless of when it occurred and provides bereavement service to family members of active duty personnel who died while on active duty. Active duty service members may also seek counseling. Support Groups upon request.
United States Department of VA			We provide free, confidential counseling and treatment to Veterans for both mental and physical health problems linked to Military Sexual Trauma; MST refers to sexual assault or repeated, threatening sexual harassment while in the military. This could have occurred while the Veteran was serving on active duty, ADT, or inactive duty training. https://www.mentalhealth.va.gov/mentalhealth/msthome/index.asp
Veterans Justice Outreach Program 1535 1st Ave SE Cedar Rapids, IA 52402	319-383-2617	Monday - Friday, 8 AM - 4 PM. (except federal holidays)	The Veterans Justice Outreach Program (VJO) acts as a liaison between the VA, the Judicial system, and the Veteran. VJO works with Veterans who are confronted with criminal legal matters, and provides education to law enforcement entities, and the judicial system pertaining to the issues of the Veteran population. Eligibility determination is based on each individual's service. All Veterans are encouraged to apply for VA medical services.

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EMPLOYMENT SERVICES			
Iowa Works 4444 1ST Avenue NE Ste. 436 (Lower Level Lindale Mall) Cedar Rapids, IA 52402	319-365-9474	Monday, Tuesday, Thursday & Friday, 8:30 AM - 4:30 PM Wednesday 9 AM-4:30PM	Iowa's one-of-a-kind program, Home Base Iowa, connects veterans and transitioning service members to career opportunities. Assistance includes but is not limited to: job searches, resumes, and training resources. To qualify for services, you must meet eligibility criteria. Contact Iowa Works for more information. www.iowaworkforcedevelopment.gov/veteran-employment-services
Home Base Iowa			Home Base Iowa connects Iowa businesses with qualified veterans and their spouses looking for career opportunities. The program also provides resources to help connect veterans and their families with education and in transitioning to a new community. https://www.homebaseiowa.gov/about/bi/
Vocational Rehabilitation & Employment for Service Disabled Veterans 3165 Williams Blvd SW Suite 200 Cedar Rapids, IA 52404	319-378-5582	Monday - Friday, 8 AM - 5 PM By appointment only	Employment training assistance, education programs and independent living services may be provided to Veterans with service-connected disabilities rated at least 10% or more by the Veterans Administration. Services are provided only after a determination of entitlement is made by a counselor.
FOOD			
Freedom Foundation 609 Center Point Rd NE Cedar Rapids, IA 52402	319-826-2010	Tuesday, 9 AM - 12 PM Wednesday, 1 PM - 4 PM Thursday, 9 AM - 11:15 AM Saturday, 10 AM - 12 PM	Veterans must show their DD214 (once only.) Veterans may obtain food items 2 times a month. Food pantry home deliveries by appointment for PTSD/Surgery Recovery/Severe Illness issues. http://www.usfreedomfoundation.org/food-pantry.html
Linn County Veterans Affairs 1240 26th Avenue Court SW Cedar Rapids, IA 52404	319-892-5160	Monday - Friday, 1 PM - 3:30 PM No appointment needed to use the food pantry.	Income eligible Veterans 1 x per week can request Save A lot grocery gift card. Must provide DD214 discharge from military that shows 90 days active duty beyond ADT/schooling and Honorable Discharge. https://www.linncounty.org/154/Veteran-Affairs
VA Community Resource and Referral Center (CRRC) 1535 1st Avenue SE Cedar Rapids, IA 52403	319-365-0898	Monday - Friday, 8 AM - 3:30PM. (except federal holidays)	Food pantry is available to Veterans who are enrolled in VA Medical. Veterans can access the pantry 1x per month.
HOUSING & HOMELESSNESS			
"Operation Home" Supportive Services for Veteran Families (SSVF) Veterans Memorial Building 50 2 nd Ave. Bridge Mezzanine Level (M102) Cedar Rapids, IA. 52404	2-1-1 or 319-531-6421	Monday - Friday 8 AM - 5:00 PM. Call ahead for an appointment.	Must be a Veteran or have a Veteran in the household. Must have had at least one (1) day of active duty and meet income guidelines. Operation Home can serve any discharge status, other than "dishonorable." https://www.hacap.org/what-we-do/veteran-support/

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MEDICAL			
Cedar Rapids VA Clinic (CBOC) 2230 Wiley Blvd SW Cedar Rapids, IA 52404	319-369-4340	Monday - Friday, 8 AM - 4:30 PM. (except federal holidays) Must call - schedule appointment	Must be enrolled in the VA Medical system. Five (5) primary care providers are available. Services provided include: tele-retinal eye exams, speech pathology, psychiatrist and psychiatric pharmacist (not a pharmacy), dietitian, physical therapist, lab, social worker, VIC cards, and substance abuse counselor.
Iowa City VA Hospital 601 Highway 6 West Iowa City, IA. 52246	319-338-0581 or 800-637-0128	24/7 Emergency Care. Hours vary for other services.	Medical services for Veterans enrolled in VA Medical care. Emergency room available. Appointment is necessary with a primary care doctor. Call or go to www.myhealth.va.gov to use My Health Vet to schedule an appointment.
TRANSPORTATION			
Volunteer Transportation Network/DAV 601 Highway 6 West Iowa City, IA 52246	319-339-7061	Call to leave a message with name and return phone number	Veterans must have a VA Appointment in Iowa City. A 7-day advance notice is requested for a ride. Must be ambulatory and able to get in and out of the Van unassisted. Van is available based on available Volunteer Drivers.
Travel Office Iowa City VA Hospital 601 Highway 6 West Iowa City, IA 52246	319-338-0581 ext. 636009	Call to schedule.	Veterans must have a scheduled appointment at the Iowa City VA Hospital. Call ahead several days in advance to schedule a pick-up. This service is available for veterans who are wheelchair bound.