



BASIC NEEDS RESOURCES 2023

Specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
Catherine McAuley Center 1220 5th Ave SE Cedar Rapids, IA 52403	319-731-0456	The Day Center is open for drop-in on Tuesdays and Thursdays between 10:30 am - 12:30 pm Tu,Th 10:30 AM - 12:30 PM	Women's Day Center services: -Rest: Find a safe, quiet space to rest or nap during program hours. -WIFI & Charging Stations: Access internet, computers, printers, chargers, and outlets. -Laundry & Hygiene Services: Use showers, wash clothing, and access personal care items like shampoo, soap, towels, menstrual products, and more. -Food Pantry: Select a variety of healthy foods from the pantry to take with you. -Case Management: Support and counseling to ensure basic needs are met, and connection/referrals to community resources and services. cmc-cr.org
Harambee House 404 17th Street SE Cedar Rapids, IA 52403	319-366-1408	Closed daily 12 PM - 1 PM W 2:00 PM - 5:00 PM	Walk-in services available each Wednesday from 2pm-5pm. Walk-in services include: clothing vouchers (as available), free food and donated items (as available), computer access, phone available for local calls, referrals for services and resource flyers.

For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cell phone 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.linncountyiowa.gov/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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Name & Location	Phone Number	Days/Hours	Services Provided
Matthew 25 - Tool Library 201 3rd Ave SW Cedar Rapids, IA 52404	319-200-2788	Tu,Th 2:00 PM - 5:00 PM Sa 9:00 AM - 12:00 PM	Borrow small tools and hand tools for free from our Tool Library. Larger tools and power tools have a low daily fee. You can also purchase inexpensive used and new tools. The Tool Library is located in the BACK of the Matthew 25 building. The entrance is located off the alley. https://www.matthew-25.org/housing/tool-library/
BABY ITEMS			
Birthright of Cedar Rapids 375 Collins Rd NE Cedar Rapids, IA 52402	319-393-3251	Thursday by appointment only M	Free pregnancy test - no appointment. Free and confidential assistance for pregnant women including professional referrals, maternity clothing vouchers and a welcome baby basket. www.birthright.org/cedarrapids or connect via Facebook
Bridgehaven 4250 Glass Rd. NE, Suite 100 Cedar Rapids, IA 52402	319-364-8967	M,Tu,W 10:00 AM - 5:00 PM Th 10:00 AM - 7:00 PM F 10:00 AM - 4:00 PM	Services are provided to pregnant women, pregnant couples and men and women with children under 18. Free pregnancy testing and counseling. Prenatal, parenting and life skills classes available. Benefits provided to weekly class attendees. Benefits are clothes, food and formula for men, women and children. Need to interview to register. One time emergency assistance to non-clients. One free ultrasound. Post-abortion classes for men and women.



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Families Helping Families of Iowa 6000 7th Street SW Cedar Rapids, IA 52404	319-294-9706	M,Tu,W,Th,F 8:00 AM - 3:00 PM Su 1:00 PM - 3:00 PM	Supporting children in foster care, relative placement and other suitable placement. Our programs (for children ages 0-18) include a Clothing Closet, Shoe Voucher Program, extracurricular activity scholarships, tutoring assistance, school supplies, haircuts, birthday bundles and senior photos. www.familieshelpingfamiliesofiowa.org
Helping Hands Store Room First Presbyterian Church 864 12th Street Marion, IA 52302	319-377-7309	Tu,Th 1:00 PM - 3:00 PM	Clothes for all ages. No baby furniture available. Must be referred for service by pastor, school nurse, social worker, food bank, etc. Call for additional information. https://fpcmarion.org/externally-serving/local/helping-hand-storeroom Follow on our Facebook Page: Facebook.com/helpinghandsstoremarion
Olivet Clothes Closet 230 10th Street NW Cedar Rapids, IA 52405	319-364-7946	Tu,W,Th,F 8:30 AM - 11:30 AM Sa 9:00 AM - 11:30 AM	Food pantry, variety of clothing and household items available. www.olivetmission.org
Wee Care Shop 420 6th Street SE Cedar Rapids, IA 52403	319-364-8909	Sa 12:00 PM - 3:00 PM	Provides necessary baby items for YPN or partner agency participants. www.ypniowa.org Diaper bank hours (drive up only) Monday 1p-5p and Thursday 2:30p-5:30p. www.ypniowa.orgDiaper



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CLOTHING & HOUSEHOLD ITEMS			
American Red Cross Emergency Services 317 7th ave se Cedar Rapids, IA 52401	319-393-3500 800-982-2438	Tu,W,Th 9:00 AM - 3:00 PM 24 hours a day for victims of fire & natural disasters M 8:30 AM - 4:30 PM	Temporary housing and food for victims of fire and natural disasters based on damage assessment. www.redcross.org
Bridgehaven 701 Center Point Road NE Cedar Rapids, IA 52402	319-364-8967	M,Tu,W 10:00 AM - 5:00 PM Th 10:00 AM - 7:00 PM F 10:00 AM - 4:00 PM	Services are provided to pregnant women, pregnant couples and men and women with children under 18. Free pregnancy testing and counseling. Prenatal, parenting and life skills classes available. Benefits provided to weekly class attendees. Benefits are clothes, food and formula for men, women and children. Need to interview to register. One time emergency assistance to non-clients. One free ultrasound. Post-abortion classes for men and women.
Goodwill of the Heartland 2405 Mt. Vernon Road SE Cedar Rapids, IA 52403	319-739-5080	M,Tu,W,Th,F 9:00 AM - 9:00 PM Sa 9:00 AM - 8:00 PM Su 10:00 AM - 6:00 PM	A variety of used clothing & household items at reasonable prices. www.goodwillheartland.org



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Goodwill Outlet Store 8200 6th Street SW Cedar Rapids, IA 52403	866-466-7881	M,Tu,W,Th,F,Sa 10:00 AM - 6:00 PM Su 11:00 AM - 5:00 PM	Shopping the new Outlet Store makes finding incredible deals easier than ever. General merchandise is only \$1.49/pound. Books are only 25 cents each! (50 cents for hardcovers) Furniture is priced as marked. All items are cash and carry. *The Outlet Store does not accept donations. Donations are accepted at all other Goodwill of the Heartland store locations.
Helping Hands Ministry 601 2nd Ave SE Cedar Rapids, IA 52401	319-366-2651 Prefer phone or walk-in.	M,Tu,W,Th,F 10:00 AM - 4:00 PM	Helping Hands Ministry (HHM) serves people needing financial assistance, referrals, supportive services and advocacy. HHM primarily provides referrals and limited financial assistance for rent, utilities, auto gas, and ID replacement. HHM also provides financial and life coaching and printed resource lists and information. Personal care items and laundry soap are distributed as they are donated. www.ecc-cr.net
Helping Hands Storeroom	319-377-7309	Tu,Th 1:00 PM - 3:00 PM	Free used clothing & small household items available by referral only. Pastor, school nurse, social worker, food bank. https://fpcmarion.org/externally-serving/local/helping-hand-storeroom Follow on our Facebook Page: Facebook.com/helpinghandsstoremarion



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Mission of Hope 1700 B Avenue NE Cedar Rapids, IA 52402	319-365-1782	Food Pantry M,Tu,W,Th,F 9:00 AM - 3:00 PM	Hot meals served Monday through Friday from 12:00 PM to 1:00 PM. Need to show ID for food pantry. Clothing closet available by appointment only. www.missionofhopecr.org
Olivet Neighborhood Mission 230 10th Street NW Cedar Rapids, IA 52405	319-364-7946	Tu,W,Th,F 8:30 AM - 11:30 AM Sa 9:00 AM - 11:30 AM	Free clothing outlet for those in need. Household items also available at no, or minimal, cost. Lamps, dishes, sheets. May apply for food once every 30 days. Must present photo ID. Everyday a selection of free bread. www.olivetmission.org
Sleep in Heavenly Peace	319-929-9885		We are a 100% volunteer organization that seeks community involvement in funding, building, delivering, assembling and dressing out new, sturdy beds to kids who have no bed of their own. We service only children ages 3-17 in Linn County. http://shpbeds.org/
Southeast Linn Community Center 108 South Washington Street Lisbon, IA 52253	319-455-2844	M,Tu,W,Th,F 9:00 AM - 4:00 PM Food Pantry M,Tu,W,Th,F 9:00 AM - 4:00 PM	Serving Lisbon and Mt. Vernon School District residents. Clothing for all ages. Bedding and accessories when available. Food pantry. Senior transportation.



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St. Vincent de Paul 928 7th Street SE Cedar Rapids, IA 52403	319-365-5091	Tu,W,Th,F,Sa 9:00 AM - 4:00 PM	A variety of used clothing & household items at reasonable prices. For those who cannot afford to buy, you can apply for a voucher. Clothing vouchers are taken Tuesday-Thursday 9am to 12:00 pm, You will need a photo ID, medical card or social security card for everyone that you are getting clothes for. www.crsvdp.org
The Salvation Army Thrift Stores 5824 Council Street NE Cedar Rapids, IA 52402	319-294-6775	M,Tu,W,Th,F,Sa 9:00 AM - 9:00 PM	A variety of used clothing & household items at reasonable prices.
Together We Achieve 1150 27th Ave SW Cedar Rapids, IA 52404	319-432-9754	M,Tu,W,Th,F 4:30 PM - 7:00 PM	Household, personal Care and Baby Items available once per month. Www.togetherweachieve.org
Treasures at Bridgehaven Pregnancy Center 405 8th Avenue SE Cedar Rapids, IA 52402	319-364-1988	M,Tu,W 10:00 AM - 5:00 PM Th 10:00 AM - 7:00 PM F 10:00 AM - 4:00 PM	Clothing & household items such as small appliances, kitchen supplies, and baby supplies available in resale shop at reasonable prices. Clothing in all sizes, infant to adult. All proceeds go to Bridgehaven. www.treasurescr.com/about-us

FURNITURE & APPLIANCES



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St. Vincent de Paul 928 7th St SE Cedar Rapids, IA 52403	319-365-5091	Tu,W,Th,F,Sa 9:00 AM - 2:00 PM	Used furniture and small appliances available at a reasonable cost. For those who cannot afford to buy, must fill out an application and must be approved. Applications are taken Wednesday and Thursday from 9am -12pm, must bring a paper copy of your lease along with a photo ID. www.crsvdp.org
The Salvation Army Thrift Stores 5824 Council Street NE Cedar Rapids, IA 52402	319-294-6775	M,Tu,W,Th,F,Sa 9:00 AM - 9:00 PM	Used furniture and appliances available at a reasonable cost.
VA Community Resource and Referral Center (CRRC) 3117 1st Ave SE Cedar Rapids, IA 52402	319-365-0898	except Federal holidays M,Tu,W,Th,F 8:00 AM - 4:00 PM	Provide clothing, showers, washer and dryer and personal hygiene items to Veteran's. Must be registered with the VA or become registered with VA or verify eligibility with discharge papers (DD214) of VA ID card. Food pantry. Bus passes.