



# EMPLOYMENT RESOURCES 2025

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

Name & Location	Phone Number	Days/Hours	Services Provided
GENERAL RESOURCES			
Corridor Careers	319-398-5847 to talk to an Account Executive	Support staff are only available during business hours, but our self-serve website is always open. M,Tu,W,Th,F 8:00 AM - 5:00 PM	Website resource that connects employers and job seekers in Eastern Iowa. Provides local job details, employer information, digital resume services, and career tips for job seekers. Provides expertise and assistance in reaching recruitment goals for employers.  Offers a variety of tools and an array of digital outreach networks, from hyperlocal digital advertising to larger job sites with national reach. Partners with external groups to host career-focused events featuring local employers and what Eastern Iowa can offer.  Please contact us online or via phone; no walk-in services available. <a href="https://www.corridorcareers.com/">https://www.corridorcareers.com/</a>

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](http://www.211iowa.org/211app). To obtain a copy of the Resource Charts, go to [www.linncountyiowa.gov/communityservices](http://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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<b>Goodwill of the Heartland</b> 1441 Blairs Ferry Road NE Cedar Rapids, IA 52402	319-739-5011 General 866-466-7881	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Employment and training services are offered to individuals with disabilities and other employment barriers in the community. We offer work readiness training to help individuals get back in the work force, as well as a variety of on-the-job occupational skills training programs in the career pathways of healthcare, custodial, hospitality, retail and light manufacturing. All of these training programs are designed to give individuals the tools needed to obtain and maintain employment. Job exploration, job placement and job retention services are offered to help individuals find employment and provide the supports to maintain that employment.
<b>Iowa Legal Aid</b> 317 7th Avenue SE Cedar Rapids, IA 52401	319-364-6108 800-532-1275	Phone applications: Monday - Friday, 9 AM - 11 AM & 1:30 PM - 3:30 PM, except Thursday afternoons Emergency applications accepted on Thursday afternoons M,Tu,W,Th,F 8:30 AM - 4:30 PM	Iowa Legal Aid can help with unemployment benefits and wage garnishments. Assistance also available for family law, custody and landlord issues. Free legal services provided for people who meet income and asset guidelines.



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<b>IowaWORKS</b> 4444 1st Avenue NE Cedar Rapids, IA 52402	319-365-9474	M,Tu,Th,F 8:30 AM - 4:30 PM W 9:00 AM - 4:30 PM	The Iowa Works team provides many free services including: Unemployment insurance applications and assistance, computer training (internet, word, keyboarding, excel and email), access to computers and printers, one-on-one assistance with job search, resume critiques, mock interviewing, National Career Readiness Certification testing, workshops to enhance job search skills to be successful in the ever evolving job search arena, networking opportunities for job seekers and regional job fairs and many other opportunities. The Workforce Innovation and Opportunity Act funds also provide access to a variety of affordable training, education resources, work-based learning opportunities, and supports for in-school/out of school youth (14-24), adults (18+), dislocated workers, low-skilled or lowincome persons with the vision to build a Future Ready Iowa with a pipeline of workers who are prepared to meet the workforce needs of Iowa's current and emerging industries.



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<b>Kirkwood Career Services</b> 6301 Kirkwood Blvd SW Cedar Hall 2092 Cedar Rapids, IA 52404	800-332-2055 x5540	Call for more information M,Tu,W,Th,F 8:00 AM - 5:00 PM	Kirkwood's Career Services is a free resource to our students, alumni, and community members. We offer assistance in job seeking skills, or the career decision making process. For more information please visit: <a href="http://www.kirkwood.edu/careerservices">http://www.kirkwood.edu/careerservices</a> . We also have a free job posting site open to all at <a href="http://www.kirkwood.edu/jobs">www.kirkwood.edu/jobs</a> . Services open to students and non-students, free of charge.
<b>Opportunity Center at the Ladd Library</b> 3750 Williams Blvd SW Cedar Rapids, IA 52404	319-739-0456	W,F 9:00 AM - 12:00 PM Hours are subject to change. M,Tu,W,Th,F 9:00 AM - 4:00 PM	The Opportunity Center is a unique partnership that connects people's work and career goals with employment opportunities that offer livable wages. It provides resources for education, job training and placement, financial literacy and other other workshops to promote sustainability. Specifically offering assistance with navigating local resources to overcome barriers to employment, completing a resume and online job applications, workshops for basic computer skills and work readiness skills training, access to computers and printers, one-on-one assistance with job search, resume critiques, and mock interviewing. <a href="https://www.crlibrary.org/opportunity-center">https://www.crlibrary.org/opportunity-center</a>



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<b>Promise Jobs</b> 4444 1st Avenue NE Cedar Rapids, IA 52402	319-365-9474	M,Tu,Th,F 8:30 AM - 4:30 PM W 9:00 AM - 4:30 PM	Must be receiving Family Investment Program (FIP) benefits to qualify for service. Services and activities include job seeking skills, assessments, career counseling, training, group and individual job search, unpaid work experience, vocational training, and post-secondary training. Transportation and childcare assistance available while you job search or participate in training. Work clothes and uniform funding may be available.
<b>OLDER WORKER RESOURCES</b>			
<b>AARP Foundation Senior Employment</b> 3311 SW 9th Street Des Moines, IA 50315	515-287-1787 Fax 800-775-6776 For age 55+	M,Tu,W,Th,F 9:00 AM - 2:00 PM	Administers the Senior Community Service Employment Program (SCSEP). SCSEP helps lowincome job seekers age 55+ gain the skills needed to re-enter or remain in the workforce. Provides participants with temporary training and income to prepare them for finding employment in the community. <a href="http://www.aarp.org/foundation">www.aarp.org/foundation</a>
<b>RESOURCES FOR OTHER POPULATIONS</b>			
<b>Bureau of Refugee Services</b> 1914 Carpenter Avenue Des Moines, IA 50314	515-875-5600 800-362-2780	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Vocational planning and job placement for persons who are blind or visually impaired. Independent living services, library service for blind and physically handicapped.



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<b>Cedar Rapids Vet Center</b> 4250 River Center Ct NE Cedar Rapids, IA 52402	319-378-0016	M,Th 8:00 AM - 7:00 PM Tu,F 8:00 AM - 4:30 PM W 8:00 AM - 6:30 PM	Counseling services for combat veterans including individual, group, marriage and family counseling. Military sexual trauma and bereavement counseling for veterans.
<b>Vocational Rehabilitation &amp; Employment for Service Disabled Veterans</b> 1642 42nd St NE Cedar Rapids, IA 52402	319-378-5582 319-378-5583	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Employment training assistance and independent living services are provided to Veterans with service-connected disabilities rated at least 20% or more by the Veterans Administration. Based on eligibility.
RESOURCES FOR PERSONS WITH DISABILITIES			
<b>Iowa COMPASS</b> 100 Hawkins Drive Iowa City, IA 52242	800-779-2001	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Iowa Compass has information about programs and services for lowans with disabilities, their families and service providers. Access thousands of unique local, state and national programs for people with health related conditions and disabilities. Call, email or search the website for answers to your disability-related questions. <a href="http://www.iowacompass.org">www.iowacompass.org</a>



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<b>Iowa Department for the Blind</b> 524 4th Street Des Moines, IA 52309	515-281-1336 800-362-2587 Des Moines	Please leave message Aids & devices store open Tuesday, Wednesday & Thursday, 9 AM - 12 PM M,Tu,W,Th,F 8:00 AM - 4:30 PM	Vocational planning and job placement for persons who are blind or visually impaired. Independent living services, library service for blind and physically handicapped.
<b>Iowa Vocational Rehabilitation Services</b> 4444 1st Ave NE Cedar Rapids, IA 52402	319-294-9308	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Career counseling. Assistive technology. Skill/academic training. Physical restoration. Job development and placement. Worksite modification. Employer education and follow-up. Tools/work equipment. Must have documented disability which causes some problems in getting, preparing for or keeping a job. Must be able to work.
<b>Systems Unlimited</b> 925 American Way SW Cedar Rapids, IA 52404	319-364-9195	Supported Employment, any hours M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides job exploration and preparation, job placement and coaching for any individuals with barriers to employment. Day programming, volunteer opportunities, movies, arts and crafts, computer classes and cooking classes.
VOCATIONAL SERVICES			
<b>Systems Unlimited</b> 4089 21st Avenue SW Cedar Rapids, IA 52404	319-364-1985	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides job placement and job coaching to persons with disabilities. Offers a Day Habilitation Program.