



REFUGEE & IMMIGRANT RESOURCES 2023

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

Name & Location	Phone Number	Days/Hours	Services Provided
ADVOCACY			
Cedar Rapids Civil Rights Commission 50 2nd Ave Bridge Cedar Rapids, IA 52401	319-286-5036	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides outreach and enforcement of civil rights laws specifically in areas of housing, employment, public accommodation, credit and education as it relates to discrimination based on race, national origin, religion, gender, sexual orientation, marital or familial status, and other.
Wake Up For Your Rights	319-423-8661	www.wakeupforyourrights.org	Provides support to immigrant/refugee population with understanding their rights in the community. Provides education to law enforcement on cultural differences and helps to build bridges between community and law enforcement.
EDUCATION			
Kirkwood Community College Center for Lifelong Learning 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	319-784-1510 Main 319-784-1523 ESL 319-784-1528 KPACE	Call to schedule appointment ESL & KPACE by appointment only M,Tu,W,Th 8:00 AM - 5:00 PM F 8:00 AM - 12:00 PM	Provides free ESL programming for immigrants and refugees. Services include ESL classes, High School Completion (HiSET), KPACE, Adult Basic Education/Tutoring. Call to make appointment for group information sessions.

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
St Mark's United Methodist Church 4700 Johnson Avenue NW Cedar Rapids, IA 52405	319-396-6361	ESL & citizenship Monday at 10:30 AM & 6 PM, Friday at 10:30 AM. M,Tu,W,Th,F 9:00 AM - 3:00 PM	Provides ESL and citizenship classes, job skills training, basic household support for families and individuals in need on a regular basis.
EMPLOYMENT			
Catherine McAuley Center 1220 5th Ave SE Cedar Rapids, IA 52403	319-731-0445	M,Tu,W,Th,F 8:30 AM - 5:00 PM F 9:00 AM - 1:00 PM	Provides employment support for immigrant and refugee job seekers through resume building, interview skill development and employment search assistance. cmc-cr.org
Iowa Workforce Development Center 4444 1st Ave 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	A state agency committed to providing employment services for individual job seekers through IowaWORKS partnership. Can file an unemployment claim online at https://www.iowaworkforcedevelopment.gov/file-claim-unemployment-insurancebenefits Translation available.
ETHNIC COMMUNITY BASED ORGANIZATIONS			
Intercultural Center of Iowa 3117 1st Ave SE Cedar Rapids, IA 52402	866-217-0429	M,Tu,W,Th 9:00 AM - 6:30 PM F 9:00 AM - 4:30 PM	Provides education, accommodation, and resources to the community with the purpose of encouraging equality and reducing the gap in services to the refugee and minority cultural community.



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L.U.N.A. Iowa	800-770-1650 24-hour Iowa Hotline 866-256-7668 Crisis Line 24/7 Spanish & English	M,Tu,W,Th,F 8:30 AM - 5:00 PM	Serves to empower, educate, and advocate for victims/survivors of domestic violence and sexual assault in our community, so that they may build futures free from violence. Services include: 24-hour crisis line (available in English and Spanish).
Monsoon United Asian Women of Iowa 1700 1st Avenue Iowa City, IA 52240	319-466-9000 866-881-4641 Helpline	M,Tu,W,Th,F 9:00 AM - 5:00 PM	Provides support to survivors of domestic violence, sexual assault and human trafficking from the Asian and Pacific Islander community. Provides multilingual advocates. Provides crisis advocacy; safety plans; individual and group counseling; liaising with law enforcement, employers and educational institutions; criminal justice and legal advocacy; court accompaniment; immigration assistance, medical care support and advocacy; help with housing, education, employment and government benefit applications; finding childcare; assistance with victim compensation, registration and notification.



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Name & Location	Phone Number	Days/Hours	Services Provided
Nissa African Family Services 1700 S 1st Avenue Iowa City, IA 52240	319-338-7617 866-881-4641 24-Hour Helpline		Functions as a resource advocate for African communities affected by domestic violence and sexual assault by providing crisis advocacy; safety plans, individual and group counseling; liaising with the law enforcement, employers and educational institutions; criminal justice and legal advocacy. Court accompaniment; immigration assistance; medical care support. Help with housing, education, employment, and government benefit applications, finding child care; assistance with victim's compensation, registration and notification; follow-ups; and any information and recommendations related to needs of victims/survivors of domestic violence and sexual assault.
Path of Hope 2050 12th Ave Coralville, IA 52241	319-229-7718 866-775-6367	M,Tu,W,Th,F 8:30 AM - 4:30 PM	Provides assistance to assist immigrant and refugee individuals and families including cultural adjustment, school enrollment, ongoing case management services, and immigration assistance.
Power of Women and Children 5110 16th Ave SW Cedar Rapids, IA 52404	319-804-0091		Provides direct support to immigrant families, particularly recent arrivals from Africa. This includes food, clothing, diapers, transportation and translation.



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Refugee and Immigrant Association 2701 Rochester Ave Iowa City, IA 52245	319-202-0610	www.refugeeimmigrant.org	Provides translation in five different East African languages, transportation. Storage in Cedar Rapids provides home furnishings to newly arrived families.
United We March Forward 1700 B Avenue NE Cedar Rapids, IA 52402	319-210-8573		Connects individuals in the community to local resources and focuses on economic development. Provides education between multicultural populations and its community through workshops and network partnerships. Provides linguistically and culturally appropriate services.
FAMILY			
Bridgehaven 701 Center Point Rd 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	Offers parenting and pregnancy support services including pregnancy testing, ultrasounds, and options counseling. Earn While You Learn classes that include access to assistance for food, clothing, diapers and formula while taking classes. Conversational English and ESL classes offered.
HACAP 1515 Hawkeye Drive Hiawatha, IA 52233	319-393-7811 Main line 319-739-0016 WIC	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Provides assistance with applying for WIC benefits. Also offers Head Start, affordable housing, mobile food pantries, and a variety of programs focused on healthy child and family development.



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Young Parents Network 420 6th Street SE Cedar Rapids, IA 52401	319-364-8909	M,Tu,W,Th,F 8:00 AM - 4:00 PM	Programs offered include prenatal and parenting education groups for children aged 0-5 and parents under 27 and access to YPN's diaper bank. Home-based services and sexual abuse education also offered. Services for Hispanic mothers include group classes and prenatal programming all spoken in Spanish. Services for African families include parenting support, employment support, housing & education needs, and support groups.
FEDERAL GOVERNMENT			
Office of US Congresswoman Ashley Hinson 118 3rd Ave SE Ste 206 Cedar Rapids, IA 52401	319-364-2288	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides assistance with federal government agencies, visa and immigration question/concerns. Staff can help obtain information on the status of a claim and help find answers to matters pending within the federal government. Staff can request an explanation of a decision made by an agency. USCIS forms are available at www.uscis.gov or through the Congressman's office.



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Office of US Senator Chuck Grassley 111 7th Avenue SE Cedar Rapids, IA 52401	319-363-6832	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides assistance with federal government agencies, visa and immigration question/concerns. Staff can help obtain information on the status of a claim and help find answers to matters pending within the federal government. Staff can request an explanation of a decision made by an agency. USCIS forms are available at www.uscis.gov or through the Senator's office.
Office of US Senator Joni Ernst 111 7th Avenue SE Cedar Rapids, IA 52401	319-365-4504	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides assistance with federal government agencies, visa and immigration question/concerns. Staff can help obtain information on the status of a claim and help find answers to matters pending within the federal government. Staff can request an explanation of a decision made by an agency. USCIS forms are available at www.uscis.gov or through the Senator's office.
HEALTH			
Eastern Iowa Health, Dental Clinic 1225 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300	M,Tu,W,Th 8:00 AM - 5:00 PM F 8:00 AM - 12:00 PM	Quality Family Practice, OB/GYN services, and dental services in Cedar Rapids. Provides preventive screenings for men and women, behavioral health assessments and urgent care. In-office procedures include prenatal care and on-site social workers are available. Interpretation services available.



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Eastern Iowa Health, OB/GYN 4251 River Center Ct NE Cedar Rapids, IA 52402	319-730-7300	M,Tu,W 8:00 AM - 7:00 PM Th,F 8:00 AM - 5:00 PM	Quality Family Practice, OB/GYN services, and dental services in Cedar Rapids. Provides preventive screenings for men and women, behavioral health assessments and urgent care. In-office procedures include prenatal care and on-site social workers are available. Interpretation services available.
Eastern Iowa Health, Pediatric and Family Practice 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300	M,F 8:00 AM - 5:00 PM Tu,W,Th 8:00 AM - 7:00 PM	Quality Family Practice, OB/GYN services, and dental services in Cedar Rapids. Provides preventive screenings for men and women, behavioral health assessments and urgent care. In-office procedures include prenatal care and on-site social workers are available. Interpretation services available.
Linn County Public Health 1020 6th St SE Cedar Rapids, IA 52401	319-892-6093	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Provides initial health assessment for refugees. Provides immunization services for immigrants and refugees. Provide testing, treatment, and referral for communicable diseases.
INTERPRETATION SERVICES			
getConnectivity 3117 1st Ave SE Cedar Rapids, IA 52402	319-892-0177	Services offered 24/7 M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides video remote interpreting services for foreign language and sign language interpretation.



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Hands Up Communications 4211 Glass Rd NE Cedar Rapids, IA 52402	319-213-9920	Services offered 24/7 M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides quality American Sign Language and foreign language interpreting services in any setting; including medical, legal, K12, post-secondary, business, etc. Phones are answered 24/7 to assist with any interpreting need that arises. Video remote interpreting is available.
Humble Language Institute 3513 Royal Dr SW Cedar Rapids, IA 52404	319-213-1266 319-361-6699	Services offered 24/7 M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides on-site foreign language interpretation services. Available 24/7 to assist with any interpreting needs that arise.
LEGAL			
Catholic Charities of the Archdiocese of Dubuque 420 6th Street SE, Suite 220 Cedar Rapids, IA 52401	319-364-7121	Call to schedule appointment M,Tu,W,Th,F 8:30 AM - 5:00 PM	We offer FREE legal immigration consultations and provide affordable, immigration legal services. To get started, a consultation appointment is required. The program offers assistance with green cards, naturalization, family reunification petitions, fiance visas, asylum, DACA, TPS, VAWA, U visas, unaccompanied immigrant children cases, and other humanitarian legal services. https://catholiccharitiesdubuque.org/immigration-legal-services



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Iowa Migrant Movement for Justice 2024 Forrest Avenue Des Moines, IA 50311	515-255-9809	Call to schedule appointment	Legal services for low income immigrants. Provides immigration clinics around the state of Iowa by appointment only. Calls are taken the first Monday of the month for appointments at clinics held that month.