



# VETERANS RESOURCES 2023

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

Name & Location	Phone Number	Days/Hours	Services Provided
<b>COUNSELING SERVICES</b>			
<b>Cedar Rapids Vet Center</b> 4250 River Center Ct NE Cedar Rapids, IA 52402	319-378-0016	Tu,F 8:00 AM - 4:30 PM W 8:00 AM - 6:30 PM After 4:30 PM by appointment only M,Th 8:00 AM - 7:00 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.
<b>United States Department of Veterans Affairs</b>			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. <a href="https://www.mentalhealth.va.gov/mentalhealth/msthome/index.asp">https://www.mentalhealth.va.gov/mentalhealth/msthome/index.asp</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 Coummunity Services at 319-892-5600.



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Veterans Justice Outreach Program</b> 1535 1st Ave SE Cedar Rapids, IA 52402	319-383-2617	except federal holidays M,Tu,W,Th,F 8:00 AM - 4:00 PM	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 issues of the Veteran population. Eligibility determination is based on each individual's service. All Veterans are encouraged to apply for VA medical services.
<b>EMPLOYMENT SERVICES</b>			
<b>Iowa Works</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	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.  <a href="http://www.iowaworkforcedevelopment.gov/veteran-employment-services">www.iowaworkforcedevelopment.gov/veteran-employment-services</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Vocational Rehabilitation &amp; Employment for Service Disabled Veterans</b> 3165 Williams Blvd SW Ste. 200 Cedar Rapids, IA 52404	319-378-5582	by appointment only M,Tu,W,Th,F 8:00 AM - 5:00 PM	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.
<b>FOOD</b>			
<b>Cedar Rapids VA Community Resource and Referral Center (CRRC)</b> 3117 1st Ave SE, Suite A Cedar Rapids, IA 52402	319-365-0898	except federal holidays M,Tu,W,Th,F 8:00 AM - 4:00 PM	Food pantry is available to Veterans who are enrolled in VA Medical. Veterans can access the pantry 1x per month.
<b>Freedom Foundation</b> 4001 Center Point Rd. NE Cedar Rapids, IA 52402	319-826-2010	M,Tu,W,Th,F 8:00 AM - 2:00 PM Office hours to M-F 8am-2pm and Sat. 8am-12pm Sa 8:00 AM - 12:00 PM	Veterans must show their Honorable Discharge DD214 (once only.) Veterans may obtain food items 2 times a month. Website: <a href="http://www.usfreedomfoundation.org/food-pantry.html">http://www.usfreedomfoundation.org/food-pantry.html</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Linn County Veteran Affairs</b> 1240 26th Avenue Court SW Cedar Rapids, IA 52404	319-892-5160	M,Tu,W,Th,F 7:30 AM - 4:00 PM	Income eligible Veterans seeking relief help can request Save A lot grocery gift card up to 3 times per year. Must provide DD214 discharge from military that shows 90 days active duty beyond ADT/schooling and Honorable Discharge. <a href="http://www.linncountyiowa.gov/154/Veteran-Affairs">www.linncountyiowa.gov/154/Veteran-Affairs</a>
<b>HOUSING &amp; HOMELESSNESS</b>			
<b>"Operation Home" Supportive Services for Veteran Families (SSVF)</b> 50 2nd Ave. Bridge Cedar Rapids, IA 52404	211 319-531-6421	Call ahead for an appointment M,Tu,W,Th,F 2:00 PM - 11:00 PM	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." <a href="http://www.hacap.org/what-we-do/veteran-support/programs/">http://www.hacap.org/what-we-do/veteran-support/programs/</a>
<b>MEDICAL</b>			
<b>Cedar Rapids VA Clinic (CBOC)</b> West Town Center, 3500 Dalton Wy Suite 400 Cedar Rapids, IA 52404	319-369-4340	(except federal holidays) Must call - schedule appointment M,Tu,W,Th,F 8:00 AM - 4:30 PM	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.



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Iowa City VA Hospital</b> 601 Highway 6 West Cedar Rapids, IA 52246	319-338-0581 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 <a href="http://www.myhealth.va.gov">www.myhealth.va.gov</a> to use My Health Vet to schedule an appointment.
<b>TRANSPORTATION</b>			
<b>Travel Office Iowa City VA Hospital</b> 602 Highway 6 West Cedar Rapids, IA 52247	319-338-0581 x636009	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.
<b>Volunteer Transportation Network/DAV</b> 601 Highway 6 West Cedar Rapids, 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.
<b>VETERANS BENEFIT RESOURCE SERVICES</b>			



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Freedom Foundation</b> 609 Center Point Road NE Cedar Rapids, IA 52402	319-826-2010	M,Tu,Th,F 8:00 AM - 3:00 PM W 8:00 AM - 4:00 PM Sa 8:00 AM - 12:00 PM	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. <a href="http://www.usfreedomfoundation.org/">http://www.usfreedomfoundation.org/</a>
<b>Home Base Iowa NEW</b>			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. <a href="https://www.homebaseiowa.gov/about/bi/">https://www.homebaseiowa.gov/about/bi/</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Iowa Department of VA</b> 7105 NW 70th Avenue Johnston, IA 50131	515-252-4698 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.) <a href="http://www.va.iowa.gov">www.va.iowa.gov</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Linn County Veteran Affairs</b> 1240 26th Avenue Court SW Cedar Rapids, IA 52404	319-892-5160	By appointment. Doors lock at 3:45 pm. M,Tu,W,Th,F 7:30 AM - 4:00 PM	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. Must provide DD214 discharge that shows 90 days active duty beyond ADT and schooling. Must have an Honorable Discharge. VSOs 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.  <a href="http://www.linncountyiowa.gov/154/Veteran-Affairs">www.linncountyiowa.gov/154/Veteran-Affairs</a>





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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Midwest Military Outreach Inc.</b> 50 Second Avenue Bridge Cedar Rapids, IA 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. <a href="http://www.midwestmilitaryoutreach.org">www.midwestmilitaryoutreach.org</a>
<b>Military One Source</b>	800-342-9647	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. <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>
<b>United States Department of Veterans Affairs</b>			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.) <a href="http://www.va.gov">www.va.gov</a>



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<b>VA Community Resource and Referral Center (CRRC)</b> 3117 1st Ave SE, Cedar Rapids, Cedar Rapids, IA 52402	319-365-0898	except federal holidays M,Tu,W,Th,F 8:00 AM - 4:00 PM	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 and shower facilities and clothing closet on site. Social services available. Mental Health services by appointment.