



RESOURCE GUIDE

WE'RE HERE TO SUPPORT YOU.

A Community Guide to Food Assistance, Mental Health and Wellness Services and Financial Resources



CONTACT US FOR MORE INFORMATION

localresources@ahrensfamilyfoundation.org

641-236-5518 ext. 109 or visit www.ahrensfamilyfoundation.org/local-resources



FOOD RESOURCES

- **Blessed Community Meal:** Curbside Pick up at the Grinnell United Methodist Church on Wednesdays from 6:00-6:30pm. Call 641-236-3757 to reserve a meal.
- **Fareway:** Double Up Food Bucks program from SNAP to be used on the purchase of fresh produce. Buy \$1 worth of SNAP eligible product and receive \$1 to be used on fresh produce.
- **Farmer's Market:** Beginning in June, located at Central Park. Thursday's 3:00-6:00pm, Saturday's 10:00am-Noon. Debit, credit, SNAP cards accepted, and Double Up Food Bucks program available. WIC and Senior Checks accepted. Call 641-236-6555 or go to www.grinnellfarmersmarket.com to learn more.
- **Grinnell Food Coalition:** Grocery vouchers for individuals and families experiencing hardships.
- **Grinnell Giving Gardens:** During the spring-summer growing season. For a map of garden locations visit www.imaginegrinnell.org/garden.
- **Grinnell School District:** If you have children 1-18, sign up for weekly meals. Meals are available on Monday and Wednesday from 11:00am-Noon at the High School. Call the district at 641-236-2700 to sign up or fill out this form: www.docs.google.com/forms/d/e/1FAIpQLSejlsqvgTDxqs-SNA4A74_eFLPknZ59sLps0et1e16rhYk6pw/viewform
- **Local Foods Connection:** Weekly food box of seasonal food, free to LFC clients. Referrals from MICA, your local physician, Station Clubhouse, or your faith leader. Learn more at www.localfoodsconnection.com.
- **Meals-On-Wheels:** Meals available for homebound seniors ages 60 & older. To sign up call, 319-874-6861.
- **MICA:** A box of food is available twice a month. Call 641-236-3923 for an appointment. Brooklyn food pantry - 130 B Front St. Brooklyn. Hours on Wednesdays 1:00-5:00pm, call 641-522-7182 for more information. Malcom food pantry - 602 4th St. Malcom. Call 641-528-4004 for more information.
- **SNAP- Supplemental Nutrition Assistance Program:** Find out eligibility and an application through DHS www.dhs.iowa.gov/how-to-apply.
- **Montezuma Food Pantry:** 501 N. Front St. Montezuma; Monday 10:00am-12:30pm, Wednesday 2:00- 4:30pm, Thursday 4:30-6:00pm and Friday 12:30-2:00pm. Free choice food pantry available once a month, visit www.facebook.com/MontezumaFoodPantry for more information.
- **Iowa State University Extension and Outreach:** <https://spendsmart.extension.iastate.edu/>
- **Virtual Education on nutrition, meal planning, and healthy eating on a budget.** Contact Grisel at (515)-412-0751 or email gchavez@iastate.edu or Abby at (563)-583-6496



MENTAL HEALTH RESOURCES

- **Mental Health Counselors** in the Grinnell area offering telehealth services. Therapy over the phone or online.
 - **Bridget Baechtel:** www.grinnellsurgeons.com/en/mental_health/mental_health_appointment_request_form
 - **Capstone:** 641-260-8270
 - **Davis Psychological Associates:** 641-236-0632
 - **Gallegos Counseling:** 641-324-6283
 - **Grinnell Counseling:** Kun-Hong Lu, 641-236-8811
 - **Healthy Homes Family Services:** 641-236-0273
 - **Hope Family Counseling:** www.hopefamilycounseling.com
 - **Jeff Wells:** 641-236-4680
 - **Midwest Counseling:** 641-236-1644
 - **Red Couch Counseling:** Erik Kohl, www.redcouchcounselingdsm.com
 - **Steiner and Associates:** 877-944-1200
- **JPK Fund:** Serving those in the Poweshiek County area who are in need of mental health services but are unable to afford care or medications. Please reach out to your local mental health care provider, email localresources@ahrensfamilyfoundation.org or call 641-236-5518, ext. 109
- **NAMI:** www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf
- **CICS (Central Iowa Community Services)** provides coordination and financial support for mental health and disability services to eligible applicants. Call 641-236-9199 for more information.
- **Warm Line:** A peer-run, confidential, telephone listening line for non-crisis situations. Available from 2:00pm-10:00pm daily. 1-844-775 WARM (9276)
- **AA Meetings Online:** www.aa-intergroup.org/directory.php
- **Social Connectedness for the Homebound:** Iowa Department on Aging www.iowaaging.gov/sites/default/files/library-documents/Social_Connectedness_for_the_Homebound_Resources_2020.03.pdf



FINANCIAL RESOURCES

LOCAL RESOURCES

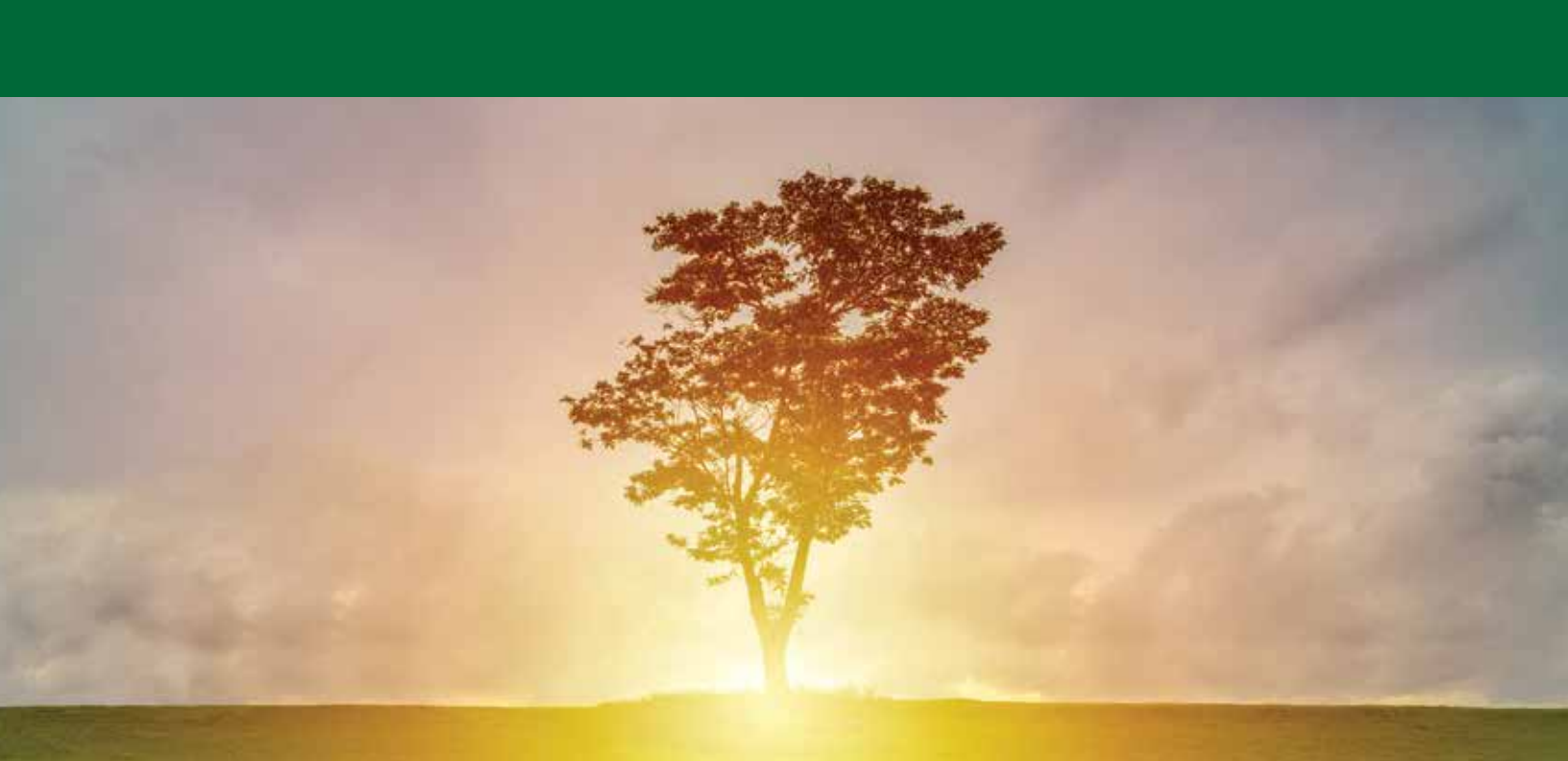
- **General Assistance for Poweshiek County:** www.poweshiekcounty.org/general-assistance
- **Grinnell Ministerial Association:** provides for lodging, food, gas, and other needs for people in Grinnell. Call 641-236-4136.
- **Poweshiek Housing Assistance Fund:** assistance with rent, utility bills, and other issues surrounding housing. For more information, call 641-236-5518 or talk with your landlord.
- **Rent Assist** for the City of Grinnell, email rentassist@iowatelecom.net or call 641-236-2611.
- **Rent Assistance** information for the county covering all sections. www.211iowa.org
- **John M. Campbell Fund:** Financial assistance for groceries, taxi services, utilities, rent assistance and medical services for income-eligible Grinnell residents. Call Sharon Mealey at the city offices at 641-236-2600 or fill out this form, www.grinnelliowa.gov/DocumentCenter/View/257/Campbell-Fund-Form?bidId=
- **MICA:** Low-income home energy assistance program. Call 641-236-3923 for an appointment.
- **Emergency Loan Program (SEG):** This program provides no-interest loans for emergencies such as car repair, temporary loss of income, or medical emergencies. It is also intended to serve as an alternative to predatory loans. For more information, email GrinnellMicroFinance@gmail.com
- **Grinnell Small Business Relief Fund:** See the Chamber of Commerce website or fill out this form: www.docs.google.com/forms/d/e/1FAIpQLSf2I5REJD1y9OeSWASpBkKZg7lc7_SXFadF_X6uMXt75VNJQ/viewform
- **Iowa State University Extension and Outreach Family Finance Program Specialist:** Help with revise a budget, prioritize bills, pay down debt, connect with community resources to stretch reduced incomes, and other personal finance topics – totally free of charge. <https://www.extension.iastate.edu/humansciences/finance>
- **General Assistance from ISU:** Covering finances, mental health, parenting, etc. <https://www.extension.iastate.edu/humansciences/disaster-recovery>

STATE RESOURCES

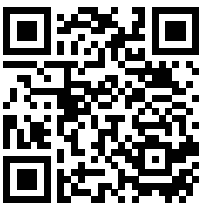
- **Iowa Economic Development Authority:** Loans, relief, and guidelines for small business owners. www.iowaeconomicdevelopment.com/our-agency-detail-resources/6710
- **Iowa Legal Aid during COVID-19:** Resources on housing, unemployment, taxes, public benefits, etc. www.iowalegalaid.org/resource/2020-coronavirus-outbreak-what-you-need-to-know#TOC
- **Iowa Workforce Development:** Updates and resources on unemployment during COVID-19 crisis www.iowaworkforcedevelopment.gov/COVID-19
Temporary Job opportunities: www.iowaworkforcedevelopment.gov/temp-jobs
- **Medicare/Medicaid:** www.iowaaging.gov/sites/default/files/library-documents/3.24.20_Memo.pdf

For more community resources regarding help during the coronavirus pandemic, please visit the Drake Community Library website - www.grinnell.lib.ia.us/covid19-resource-page

As the Coronavirus pandemic continues, the outreach and available support will continue to evolve and update frequently. Please be advised that some of the resources listed above may expire or discontinue services.



YOUR COMMUNITY STANDS WITH YOU.



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SPONSORS HELPING:

A coalition of Grinnell residents representing the Claude W. and Dolly Ahrens Foundation, MICA, Imagine Grinnell, Tiger Packs, Local Foods Connection, Grinnell Chamber of Commerce, Grinnell College, Drake Community Library and our local churches and schools have come together to address food insecurity issues arising from the COVID-19 pandemic.



TO DONATE TO THE FOOD VOUCHER FUND:

Tax deductible contributions can be made online at www.ahrensfamilyfoundation.org/local-resources or sent by mail to:
Claude W. and Dolly Ahrens Foundation
1510 Penrose Street
P.O. Box 284
Grinnell, IA 50112