



BASIC NEEDS RESOURCES

2021

Due to the ongoing COVID-19 pandemic, specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
BABY ITEMS			
Birthright, Inc. 375 Collins Rd NE, Ste 107 Cedar Rapids, IA 52402	319-393-3251	Call first, services are by appointment only	Free pregnancy test. 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	Monday & Thursday 10 AM - 7 PM Tuesday, Wednesday & Friday 10 AM - 5 PM	Services are provided to pregnant women, pregnant couples and men and women with children under 18. Free pregnancy testing and options discussion. One free ultrasound. Prenatal, parenting and life skills classes available. Benefits provided to weekly class attendees. Benefits are clothes, food, formula and baby care items for men, women and children. Need to interview to register. One time emergency assistance (within past 5 years) to non-clients. Post-abortion classes for men and women. Pregnancy and infant loss support. www.bridgehavencr.org
Families Helping Families of Iowa 3516 Center Point Road NE Cedar Rapids, IA 52402	319-294-9706	Monday – Friday, 8 AM - 3 PM Sunday 1 – 3 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.
Helping Hands Storeroom First Presbyterian Church 864 12 th Street Marion, IA 52302	319-377-7309	Tuesday & Thursday 1 PM - 3 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.
Olivet Neighborhood Mission 230 10 th Street NW Cedar Rapids, IA 52405	319-364-7946	Tuesday - Friday 8:30 AM - 11:30 AM Saturday 9 AM - 11:30 AM	Food pantry, variety of clothing and household items available. www.olivetmission.org
Wee Care Shop 420 6 th Street SE, Suite 180 Cedar Rapids, IA 52403	319-364-8909	Must be a YPN programming participant Open to parents prenatal through children up to age 5	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.

For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cellphone 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.linncounty.org/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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CLOTHING & HOUSEHOLD ITEMS			
American Red Cross Emergency Services 317 7 th Ave SE Cedar Rapids IA 52401	1-800 REDCROSS 1-800-733-2767	24 hours a day	Temporary housing and food for victims of fire and natural disasters based on damage assessment. www.redcross.org
Bridgehaven 4250 Glass Rd NE Suite 100 Cedar Rapids IA 52402	319-364-8967	Monday & Thursday 10 AM - 7 PM Tuesday, Wednesday & Friday 10 AM - 5 PM	Services are provided to pregnant women, pregnant couples and men and women with children under 18. Free pregnancy testing and options discussion. One free ultrasound. Prenatal, parenting and life skills classes available. Benefits provided to weekly class attendees. Benefits are clothes, food, formula and baby care items for men, women and children. Need to interview to register. One time emergency assistance (within past 5 years) to non-clients. Post-abortion classes for men and women. Pregnancy and infant loss support. www.bridgehavencr.org
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Goodwill of the Heartland 2000 Scotty Drive SW Cedar Rapids, IA 52404 5520 Council Street NE Cedar Rapids, IA 52402 2405 Mt. Vernon Road SE Cedar Rapids, IA 52403 3202 7 th Avenue Marion, IA 52302	319-739-5044 319-739-5055 319-739-5080 319-739-5045	Monday - Saturday 10 AM - 7 PM Sunday 11 AM - 5 PM	A variety of used clothing & household items at reasonable prices. www.goodwillheartland.org
Harambee House 404 17 th Street SE Cedar Rapids, IA 52403	319-366-1408	Monday - Friday 8 AM - 4 PM	Free used clothing as staff is available, usually from 9 AM to 11 AM. Bread available on Tuesdays until gone. Free use of computer for job, housing, or resource needs. Lobby phone available for local calls only.
Helping Hands Storeroom First Presbyterian Church 864 12 th Street Marion, IA 52302	319-377-7309	Tuesdays & Thursdays 1 - 3 PM	Free used clothing & small household items available by referral only. Pastor, school nurse, social worker, food bank.
Mission of Hope 1700 B Avenue NE Cedar Rapids, IA 52402	319-365-1782	Food Pantry: Monday - Friday 9 AM - 3 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
Sleep in Heavenly Peace	319-929-9885 Email mark.conzett@shpbeds.org		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/

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Olivet Neighborhood Mission 230 10 th Street NW Cedar Rapids, IA 52405	319-364-7946	Tuesday - Friday 8:30 AM - 11:30 AM Saturdays 9 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 15 days. Must present photo ID. Everyday a selection of free bread. www.olivetmission.org
St. Vincent de Paul 928 7 th Street SE Cedar Rapids, IA 52401	319-365-5091	Tuesday - Friday 9AM – 4PM Saturday 9 AM - 2 PM	A variety of used clothing & household items at reasonable prices. For those who cannot afford to buy, must fill out an application and must be approved. Applications for food accepted Tuesday through Saturday from 9 AM to 12 PM. Rent and utility assistance Wednesday and Thursday from 9 AM to 2 PM. www.crsvdp.org
Southeast Linn Community Center 108 South Washington St Lisbon, IA 52253	319-455-2844	Monday - Friday 9 AM - 4 PM	Serving Lisbon and Mt. Vernon School District residents. Clothing for all ages. Bedding and accessories when available. Food pantry. Senior transportation.
The Salvation Army Thrift Stores 5824 Council Street NE Cedar Rapids, IA 52402	319-294-6775	Monday - Saturday 9 AM – 7 PM Sundays 12 PM – 5 PM	A variety of used clothing & household items at reasonable prices.
Together We Achieve 1150 27 th Ave SW Cedar Rapids, IA 52404	319-432-9754	Monday – Friday 4 PM - 7 PM Saturday 12 PM – 6 PM	Household, Personal Care and Baby Items available once per month.
Treasures at Bridgehaven Pregnancy Center 405 8 th Avenue SE Cedar Rapids, IA 52401	319-364-1988	Thursdays 10 AM - 7 PM Monday, Tuesday, Wednesday & Friday 10 AM - 5 PM Saturday 10 AM - 2 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.
FURNITURE & APPLIANCES			
St. Vincent de Paul Salvage Center 928 7 th Street SE Cedar Rapids, IA 52401	319-365-5091	Tuesday - Friday 9AM – 4PM Saturday 9 AM - 2 PM	A variety of used clothing & household items at reasonable prices. For those who cannot afford to buy, must fill out an application and must be approved. www.crsvdp.org
The Salvation Army Thrift Stores 5824 Council Street NE Cedar Rapids, IA 52402	319-294-6775	Monday - Saturday 9 AM – 7 PM Sundays 12 PM – 5 PM	Used furniture and appliances available at a reasonable cost.
VA Community Resource and Referral Center (CRRC) 1535 1 st Avenue SE Cedar Rapids, Iowa 52403	319-365-0898	Monday – Friday 8 AM - 4 PM (except Federal holidays)	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.