

Southeast Valley Area Resource Guide



Mental Health Services

Families First Counseling Services

5 N. 27th St
Fort Dodge, IA
Ph: 888-316-3025

Children and Families of Iowa

111 Ave O West
Fort Dodge, IA
Ph: 515-573-2193

Lutheran Services in Iowa

704 Central Ave #200
Fort Dodge, IA
Ph: 515-955-2199

Mid-Iowa Family Therapy Clinic

1426 Central Ave Ste B
Fort Dodge, IA
PH: 515-573-5128

Youth Shelter Care of Iowa

301 Ave M West
Fort Dodge, IA
PH: 515-955-4831

Youth and Shelter Services

105 S Marshall
Boone, IA
PH: 515-432-7983

Therapists**Catholic Charities**

10/2026

3 N 17th St
Fort Dodge, IA
Ph: 515-576-4156

Website: <https://www.cathchar.com>

Specializes in Aggression Replacement Therapy, Child Therapy, Family Planning, Grief Therapy, Marriage Counseling, Mental Health Therapy, Parental Crisis, Teen Pregnancy Prevention Education, Teen Pregnancy Support Most insurance plans accepted including Medicaid and Medicare

Families First Counseling Services

5 N. 27th St
Fort Dodge
Ph: 888-316-3026

Website: <https://www.families-first.net>

Individual and play therapy offered, specializes in child therapy
Medicaid, Blue Cross/Blue Shield insurance accepted

Children and Families of Iowa

111 Ave O West
Fort Dodge, IA
Ph: 515-573-2193

Website: <https://cfiowa.org>

Individual, couples, family, child, and play therapy offered
Medicaid insurance accepted

Lutheran Services in Iowa

704 Central Ave #200
Fort Dodge, IA
Ph: 515-955-2199

Website: www.lsiowa.org

Specializes in individual, couples, and family Oppositional Defiance, Depression, Anxiety, Anger Management, and Health Relationships
Most Insurance accepted including Medicaid

Berryhill Mental Health Center

720 Kenyon Road
Fort Dodge, IA
Ph: 515-955-7171

Website: www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx

Individual, couple, family, and group therapy offered
Specializes in Aggression Replacement Therapy, Child Therapy, Family Therapy.
Most insurances accepted, including Medicaid and Medicare

Lutheran Family Services

409 Kenyon Rd Ste C
Fort Dodge, IA 50501
PH: 515-573-3138

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Website: <https://lutheranfamilyservice.org/mental-health-counseling>

Individual, family, couple, and pregnancy therapy available

Most insurance plans accepted, including Medicaid

Mid Iowa Family Therapy Clinic

1426 Central Ave Suite B

Fort Dodge, IA

Ph: 515-573-5128

Individual, family, grief, marriage therapy offered

Medicaid insurance accepted

Therapeutic Solutions- Cindy Wilson

728 1st Ave N Ste. #2

Fort Dodge, IA

PH: 515-576-6233

Individual, family, child, art/play therapy offered

Most Insurance accepted

Timi Jordison Psychological Services

1728 Central Ave #14

Fort Dodge, IA

PH: 515-573-3628

Individual, child, grief therapy

Must be at least 5 years or older

Most Insurance accepted

Youth Shelter Care of Iowa

301 Ave M West

Fort Dodge, IA

PH: 515-955-4831

Individual, family, couples therapy

Specializes in Aggression Replacement Therapy, Soft Skills

Most Insurances accepted

Integrative Counseling Practices

531 S 29th St. #1

Fort Dodge, IA 50501

Ph: 712-790-9318

Individual, Couples, Family therapy

Parent Child Interaction (PCIT)

Genesis Mental Health Associates

1218 Central Ave

Fort Dodge, IA

PH: 515-576-6441

Individual, Family, Child, Couples Therapy

Most Insurances accepted

Youth and Shelter Services

105 S Marshall

Boone, IA

Ph: 515-432-7983

Website: www.yss.org

Individual, couples, family and group therapy

Most Insurances accepted

Private Victories Counseling- Jean Lumsden- LMFT

115 E Lincoln Way #340

Jefferson, IA

PH:712-830-2545

Serves families, couples, and individuals

Authentic Therapy of Iowa

822 Central Ave #401

Fort Dodge, IA 50501

Ph: 515-570-2838

Email: sara@authentictherapyofiowa.com

Magnolia Counseling and Therapy

1813 1st Ave S

Fort Dodge, IA 50501

Ph: 515-573-0933

Website: <https://www.magnoliatherapy.org>

Behavioral, family, trauma, anxiety, addiction, and other services

Most insurances accepted

Substance Abuse Treatment

Community and Family Resources

211 Ave M West

Fort Dodge, IA 50501

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Ph: 515-576-7261

Website: <https://www.cfrhelps.org>

CFR's programs use a blend of evidence-based approaches that have been shown to be helpful in assisting individuals to achieve their goals. The clinical teams at each facility are composed of professional staff who understand substance use, mental health, and gambling disorders.

YWCA

Women and Children's Facility

826 1st Ave N

Fort Dodge, IA

PH: 515-573-3931

Website: <https://www.ywcafd.org>

Women can go attend residential treatment and bring their children. It is a 2-4 month Program (can be shorter or longer, depending on needs and what insurance will pay for)
Women can attend without their children.

Youth and Shelter Services

712 Burnett Ave

Ames, IA

PH: 515-233-3141

Website: <https://yss.org>

YSS provides a full continuum of care designed to meet youth where they are and guide them toward long-term success. Our programs support the whole person through every stage of growth, helping young people build stability, confidence, and a strong foundation for the future. Services include mental health and counseling services, youth housing and homeless services, addiction treatment and recovery, prevention, education, and youth development.

Alcoholics Anonymous (AA)

1408 5th Ave S

Fort Dodge, IA 50501

Ph: 515-955-7723

Crisis/Emergency Information

Domestic/Sexual Assault Outreach Center (DSAOC)

Location is in Fort Dodge, but kept confidential for the safety of the individuals they serve

PH: 515-955-2273 or Toll-Free: 888-356-2006

Website: <https://www.dsaoc.com>

Domestic Violence services, Crisis/Emergency Information, Housing and Shelter,
Mental Health counseling

Crisis Intervention Services

809 Central Ave Suite 305

Fort Dodge, IA

PH: Sexual Assault Services: 515-851-1123 Domestic Assault Services: 515-570-2185

Website: <https://www.cishelps.org>

Crisis Intervention Services, Crisis Shelter, Emergency Shelter, Family Safety,
Food Assistance, Rental and Utility Deposit Assistance

Beacon of Hope Ministries

1021 1st Ave N

Fort Dodge, IA

PH: 515-955-3366

Website: <https://beaconofhopeshelter.com>

Homeless shelter for men over the age of 18. They also provide food and clothing for the
men staying in the shelter

Lotus Community Project

2980 170th St

Vincent, IA

PH: 515-570-8802

Website: <https://www.lotuscommunityproject.org>

Lotus is a homeless shelter for women and children covering Webster, Hamilton,
Wright, Humboldt, Pocahontas, and Calhoun counties. Within their program they offer
several services to the participants to help them reestablish within their community.

Kaden's Kloset

107 N 4th St

Humboldt, IA

PH: 515-332-1899

Website: <https://www.kadenskloset.com/humboldt.html>

Meeting the needs of children and families in their community and beyond. Families are
able to shop the closet FREE of charge for household items, clothing, etc. By
appointment only. Located inside Faith United Methodist Church

Iowa Child Abuse Hotline

PH: 1-800-362-2178

To make a report of suspected Child Abuse or Elder Abuse, call the above number.
The more information you have the better it will be. They want to know how many
children living in the home, ages, names, parents names, address, phone numbers, is
their a safety risk to the Child Protective Worker going into the home (ex: are their
weapons in the home, aggressive background)

A.C.C.E.S.S. (Assault Care Center Extending Shelter and Support)

Sexual Assault Services PH: 800-203-3488 or 515-292-5378

10/2026

Domestic Violence Services PH: 855-983-4641 or 515-292-0519
Housing and Shelter Services PH: 855-696-2980 or 515-292-0543

****BOONE AND GREENE COUNTY RESIDENTS ONLY**

Offers free and confidential assistance to victims of all ages
Weekly support groups for domestic abuse and sexual assault
Rape Crisis-advocacy for rape victims
One-on-one Counseling
Educational programming and parenting classes for healthier dynamics in the home.

Pre-Natal/Infant/Parenting

WIC-Webster County

723 1st Ave So
Fort Dodge, IA
PH: 515-573-4107

Website: https://www.webstercountya.gov/departments/health_department

WIC services children birth-5 years, pregnant women, and women who have given birth in the last 6 months. WIC helps parents properly feed their children nutritious meals during the critical years of growth and development. WIC helps increase immunization rates, decrease anemia in children, and improves regular access to health care.

UnityPoint Health - Trinity Family Planning Clinic

802 Kenyon Rd. Suite 2C
Fort Dodge, IA
PH: 515-574-6650

Website: <https://www.unitypoint.org/locations/unitypoint-health--trinity-family-planning>

With caring and confidential help from Trinity Family Planning, you receive the support you need to make positive health decisions for things such as free or low-cost birth control, free or low-cost STI testing and treatment for men and women, cancer screenings, pregnancy testing.

Early Head Start

214 S 13th St
Fort Dodge, IA
Ph: 888-484-1039

Early Head Start serves pregnant women and children up to the age 3 years old. Early Head Start meets weekly in the home for at least 90 minutes, they cover parenting skills, ensure your child(ren) are developmentally on track. They also can assist daily needs of the child (diapers, car seats, clothing, etc (if donations and funding allow))

Upper Des Moines

113 S 10th St
Fort Dodge, IA

PH: 515-576-7774

Website: www.udmo.com

Upper Des Moines works in conjunction with general relief offices to provide emergency assistance programs and services to low income residents in need. Upper Des Moines can help pay for private housing, they have a Baby Room where you can call and schedule an appointment and visit the room and get necessities for your baby (clothes, diapers, etc) **WEBSTER COUNTY

Caring Hands Closet

501 Court St

Rockwell City, IA

PH: 712-297-8323

Part of Calhoun County Public Health

Pregnant moms/young families earn rewards for taking care of their health, the health of their babies, and learning positive parenting and lifestyle skills.

**CALHOUN COUNTY

H.O.P.E.S (Healthy Opportunities for Parents to Experience Success)

1000 W Lincoln Way

Jefferson IA

PH: 515-386-3228

Baby Boutique, In-home family support program, specializing in parenting education and strengthening families.

Open to expectant parents and parents of children ages 0-3

Services offered at no cost **OPEN TO GREENE COUNTY RESIDENTS ONLY

Medication/Prescription/Insurance Needs

Webster County Community Services General Assistance

723 1st Ave So

Fort Dodge, IA

PH: 515-573-1485

Website: https://www.webstercountyiowa.gov/departments/health_department

General Assistance can offer short term financial assistance for rent, utilities, transportation for medical care, and prescription medications.

Hawk-i (Healthy and Well Kids in Iowa) Insurance

723 1st Ave S

Fort Dodge, IA

PH: 515-573-4107

Website: https://www.webstercountya.gov/departments/health_department

Hawk-i is a low cost/no cost health insurance for children. The cost per month is based on the family size and income. This program is managed locally by Webster County Health Department

Food Pantries

Lord's Cupboard Food Pantry

127 N 10th St

Fort Dodge, IA

PH: 515-576-7586

Tuesday: 9:30am-1:30pm

Thursday: 9:30am-11:30am

Friday: 1:00pm-3:00pm

Dayton Food Pantry

208 2nd Ave NW

Dayton, IA

PH: 515-547-2405

Held 3rd Saturday of every month 10:00am-11:30am

Salvation Army

126 N 7th St

Fort Dodge, IA

PH: 515-576-1281

Tuesday: 9:00am-12:00pm and 12:30pm-2:30pm once a month

Thursday: 9:00am-12:00pm and 12:30pm-2:30pm once a month

Corpus Christi:

415 N 8th St

Fort Dodge, IA

PH: 515-955-6077

Wednesday: 10:00am-3:00pm

Proteus

107 1st Ave N

Fort Dodge, IA

PH: 515-573-8225

Monday: 9:00am-4:00pm

Dwelling Place Food Pantry

307 E Gallup Rd

Jefferson, IA
PH: 515-386-8576
Website: www.idwell.org
Open every other Tuesday 6:00pm-8:00pm

Christian Action Resource Center (ARC)

112 E Harrison St
Jefferson, IA
PH: 515-386-8262
Contact New Opportunities Greene County Family Development Council (515-386-2719)
for a voucher to be able to go to food pantry
Thursdays: 9:00am-11:00am

Calhoun County Family Development Center

334 Richmond St
Rockwell City, IA
PH: 712-297-7721
Monday - Friday: 9:00am-3:00pm
Food Pantry, LIHEAP, Utility Crisis Assistance, Financial Literacy Counseling

Health Services

Community Health Center of Fort Dodge

126 N 10th St
Fort Dodge, IA
PH: 515-576-6500
Website: <https://www.chcfd.com>

Community Health Center accepts most insurances and also a sliding fee scale for the underinsured. They offer a wide array of services including behavioral health, dental care, family planning, immunizations, medical/prescription needs, mental health therapy, and preventative healthcare education.

I-Smile Dental Home Initiative

723 1st Ave S
Fort Dodge, IA
10/2026

PH: 515-573-4107

Website: https://www.webstercountya.gov/departments/health_department

I-Smile is part of Webster County Public Health. They connect families with preventative dental care and education for their children. Dental screenings and preventative fluoride varnish to children and pregnant women enrolled in WIC and children in pre-school.

Quitline Iowa

PH: 800-784-8669

Website: <https://quitlineiowa.org/en-us>

Free program through Iowa HHS that will help you create an easy to follow Smoking/Tobacco Quitting Plan

Community Adolescent Pregnancy Prevention

723 1st Ave S

Fort Dodge, IA

PH: 515-573-4107

Website: https://www.webstercountya.gov/departments/health_department

Managed by Webster County Public Health, provides teen awareness, teen parent support group, youth and parent community awareness. Increases adolescent's access to family planning services.

Calhoun County Public Health

501 Court St

Rockwell, City, IA

PH: 712-297-8323

Website: https://www.calhouncounty.iowa.gov/county_offices/public_health

Serves all age groups. Services include child and adult immunizations, maternal health services, family foundations, family planning, early detection health screenings, preventative health education, environmental health, food and water safety, and health maintenance nursing/personal care.