

Parents Anonymous of Iowa and Parenting Way can be reached by:

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13,942,232 site visits

2-1-1 provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more. Learn more about your local 2-1-1 by looking it up here.

[FIRST CALL FOR HELP 2-1-1 \(IOWA\)](#)

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211 Dial 2-1-1 from service area

(319) 739-4211 Alternative Number

(866) 469-2211 Alternative Number

2-1-1 information and referral service for the following counties in Iowa: Appanoose, Benton, Black Hawk, Bremer, Buchanan, Butler, Cedar, Chickasaw, Davis, Des Moines, Floyd, Grundy, Henry, Iowa, Jefferson, Johnson, Jones, Keokuk, Lee, Linn, Louisa, Mahaska, Marshall, Mitchell, Monroe, Poweshiek, Tama, Van Buren, Wapello, and Washington.

[IOWA STATE UNIVERSITY EXTENSION/URBANDALE \(IOWA\)](#)

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211 Dial 2-1-1 from service area

(515) 252-7858 Alternative Number

(800) 304-0334 Alternative Number

2-1-1 information and referral service for the following counties in Iowa: Audubon, Boone, Buena Vista, Calhoun, Carroll, Cerro Gordo, Cherokee, Clay, Crawford, Dickinson, Emmet, Franklin, Greene, Guthrie, Hamilton, Hancock, Hardin, Humboldt, Ida, Kossuth, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Pocahontas, Sac, Sioux, Story, Webster, Winnebago, Woodbury, Worth, and Wright

[PROJECT CONCERN/DUBUQUE \(IOWA\)](#)

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211 Dial 2-1-1 from service area

(563) 588-3980 Alternative Number

(866) 220-2642 Alternative Number

2-1-1 information and referral service for the following counties in Iowa: Delaware, Dubuque, and Jackson.

[UNITED WAY 2-1-1 \(CENTRAL\) IOWA](#)

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(800) 244-7431 Alternative Number

(515) 246-6555 Alternative Number

211 Dial 2-1-1 from service area

2-1-1 information and referral service for the following counties in Iowa: Adair, Adams, Clarke, Dallas, Decatur, Jasper, Lucas, Madison, Marion, Polk, Ringgold, Taylor, Union, Warren, and Wayne.

[UNITED WAY 2-1-1 \(QUAD CITIES - IOWA\)](#)

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211 Dial 2-1-1 from service area  
(563) 355-9900 Alternative Number  
(888) 680-4636 Alternative Number

2-1-1 information and referral service for the following counties in Iowa: Clinton, Muscatine, and Scott. Also serves Rock Island County, Illinois.

Learn more about 2-1-1 by visiting [www.211us.org](http://www.211us.org)

### **UNITED WAY 2-1-1 (CENTRAL) IOWA**

Des Moines, IA 50312 [view map](#)

211 - Dial 2-1-1 from service area  
(800) 244-7431 - Alternative Number  
(515) 246-6555 - Alternative Number

[Home Page Link](#)

[Database Search Link](#)

Email to: [211@desmoines-redcross.org](mailto:211@desmoines-redcross.org)

HOURS:24 hr/7 days

PARENT AGENCY:Partnership between the American Red Cross and United Way of Central Iowa

DESCRIPTION:2-1-1 information and referral service for the following counties in Iowa: Adair, Adams, Clarke, Dallas, Decatur, Jasper, Lucas, Madison, Marion, Polk, Ringgold, Taylor, Union, Warren, and Wayne.