



IMMIGRANT & REFUGEE 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
ADVOCACY			
Cedar Rapids Civil Rights Commission 50 2nd Ave Bridge Cedar Rapids, IA 52401	319-286-5036	Monday - Friday 8 AM - 5 PM	Provides outreach and enforcement of civil rights laws specifically in areas of housing, employment, public accommodation, credit and education as it relates to discrimination based on race, national origin, religion, gender, sexual orientation, marital or familial status, and other.
Wake Up For your Rights	319-423-8661	www.wakeupforyourrights.org	Provides support to immigrant/refugee population with understanding their rights in the community. Provides education to law enforcement on cultural differences and helps to build bridges between community and law enforcement.
EDUCATION			
Catherine McAuley Center 1220 5 th Ave SE Cedar Rapids, IA 52403	319-363-4993	Monday & Wednesday 8 AM - 8 PM Tuesday & Thursday 8 AM - 7 PM Friday 8 AM - 12 PM Saturday 9 AM - 12 PM	Provides free one-on-one ESL tutoring for immigrants and refugees through their Adult Basic Education Program. Also provides basic math and citizenship instruction. Group conversation classes also available.
Kirkwood Community College Center for Lifelong Learning 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	Main: 319-784-1510 ESL: 319-784-1523 KPACE: 319-784-1528	Monday - Thursday 8 AM - 5 PM Friday 8 AM - 12 PM Call to schedule appointment ESL & KPACE by appointment only	Provides free ESL programming for immigrants and refugees. Services include ESL classes, High School Completion (HiSET), KPACE, Adult Basic Education/Tutoring. Call to make appointment for group information sessions.
St Mark's United Methodist Church 4700 Johnson Avenue NW Cedar Rapids, IA 52405	319-396-6361	ESL & citizenship Monday at 10:30 AM & 6 PM, Friday at 10:30 AM Open Monday- Friday 9 AM - 3 PM	Provides ESL and citizenship classes, job skills training, basic household support for families and individuals in need on a regular basis.
EMPLOYMENT			
Catherine McAuley Center 1220 5 th Ave SE Cedar Rapids, IA 52403	319-363-4993	Monday - Thursday 8:30 AM - 5 PM Friday 9 AM - 1 PM	Provides employment support for immigrant and refugee job seekers through resume building, interview skill development and employment search assistance.
<p>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.</p>			

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Iowa Workforce Development Center Lindale Mall 4444 1 st Ave NE, Suite 436 Cedar Rapids, IA 52402	319-365-9474	Monday, Tuesday, Thursday, Friday 8:30 AM - 4:30 PM Wednesday 9 AM - 4:30 PM	A state agency committed to providing employment services for individual job seekers through IowaWORKS partnership. Can file an unemployment claim online at https://www.iowaworkforcedevelopment.gov/file-claim-unemployment-insurance-benefits Translation available.
ETHNIC COMMUNITY BASED ORGANIZATIONS			
Intercultural Center of Iowa 3255 Williams Blvd SW #2 Cedar Rapids, Iowa 52404	866-217-0429	Monday - Friday 8 AM - 5 PM	Provides education, accommodation, and resources to the community with the purpose of encouraging equality and reducing the gap in services to the refugee and minority cultural community.
L.U.N.A. Iowa Latinas for a New Dawn Offices in Des Moines & Marshalltown	Crisis Line 24/7 Spanish & English 866-256-7668 24-hour Iowa Hotline: 800-770-1650	Monday-Friday 8:30 AM – 5 PM	Serves to empower, educate, and advocate for victims/survivors of domestic violence and sexual assault in our community, so that they may build futures free from violence. Services include: 24-hour crisis line (available in English and Spanish).
Monsoon Asian and Pacific Islanders in Solidarity 1700 1 st Street, Suite 18, Eastdale Plaza Iowa City, IA 52240	319-466-9000 Helpline 866-881-4641	Monday-Friday 9 AM – 5 PM	Provides support to survivors of domestic violence, sexual assault and human trafficking from the Asian and Pacific Islander community. Provides multilingual advocates. Provides crisis advocacy; safety plans; individual and group counseling; liaising with law enforcement, employers and educational institutions; criminal justice and legal advocacy; court accompaniment; immigration assistance, medical care support and advocacy; help with housing, education, employment and government benefit applications; finding childcare; assistance with victim compensation, registration and notification.
NISAA African Family Services 1700 S 1st Avenue, Suite A & B Iowa City, IA 52240	319-338-7617 24-Hour Helpline 866-881-4641		Functions as a resource advocate for African communities affected by domestic violence and sexual assault by providing crisis advocacy; safety plans, individual and group counseling; liaising with the law enforcement, employers and educational institutions; criminal justice and legal advocacy. Court accompaniment; immigration assistance; medical care support. Help with housing, education, employment, and government benefit applications, finding child care; assistance with victim's compensation, registration and notification; follow-ups; and any information and recommendations related to needs of victims/survivors of domestic violence and sexual assault.
Path of Hope 2050 12th Ave Coralville, IA 52241	319-229-7718 866-775-6367	Monday-Friday 8:30 AM - 4:30 PM	Provides assistance to immigrant and refugee individuals and families including cultural adjustment. School enrollment, ongoing case management services, and immigration assistance.
Power of Women and Children 5110 16th Ave SW, Suite 4 Cedar Rapids, IA 52404	319-804-0091		Provides direct support to immigrant families, particularly recent arrivals from Africa. This includes food, clothing, diapers, transportation and translation.
Refugee and Immigrant Association 2701 Rochester Ave Iowa City, IA 52245	319-202-0610	www.refugeeimmigrant.org	Provides translation in five different East African languages, transportation. Storage in Cedar Rapids provides home furnishings to newly arrived families.

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United We March Forward 1700 B Avenue Northeast Cedar Rapids, IA 52402	319-210-8573	info@unitedwemarchforward.org	Connects individuals in the community to local resources and focuses on economic development. Provides education between multicultural populations and its community through workshops and network partnerships. Provides linguistically and culturally appropriate services.
FAMILY			
Bridgehaven 701 Center Point Rd NE Cedar Rapids, IA 52402	319-364-8967	Monday & Thursday 10 AM - 7 PM Tuesday, Wednesday, & Friday 10 AM - 5 PM	Offers parenting and pregnancy support services including pregnancy testing, ultrasounds, and options counseling. Earn While You Learn classes that include access to assistance for food, clothing, diapers and formula while taking classes. Conversational English and ESL classes offered.
HACAP 1328 2 nd Ave SE Cedar Rapids, IA 52403	Main line: 319-393-7811 WIC: 319-739-0016	Monday-Friday 8 AM - 4:30 PM	Provides assistance with applying for WIC benefits & LIHEAP assistance. Also offers Head Start, affordable housing, mobile food pantries, and a variety of programs focused on healthy child & family development.
Matthew 25 201 3rd Ave SW Cedar Rapids, IA 52404	319-362-2214	Monday-Friday 10 AM – 2 PM	Services offered include a "New Farmer Program" offering beginning, small-scale farmers, including recent immigrants, resources to grow food and build community bonds. Housing services include opportunities to rent and own a home through Matthew 25; get a home energy audit, home repair assistance, and a tool library.
YPN 420 6th Street SE, Suite 260 Cedar Rapids, IA 52401	319-364-8909	Monday - Friday 8 AM - 4 PM	Programs offered include prenatal and parenting education groups for children aged 0-5 and parents under 27 and access to YPN's diaper bank. Home-based services and sexual abuse education also offered. Services for Hispanic mothers include group classes and prenatal programming all spoken in Spanish. Services for African families include parenting support, employment support, housing & education needs, and support groups.
FEDERAL GOVERNMENT			
Office of US Senator Charles Grassley 111 7th Avenue SE, Suite 6800 Cedar Rapids, IA 52401	319-363-6832	Monday - Friday 8 AM - 5 PM	Provides assistance with federal government agencies, visa and immigration question/concerns. Staff can help obtain information on the status of a claim and help find answers to matters pending within the federal government. Staff can request an explanation of a decision made by an agency. USCIS forms are available at www.uscis.gov or through the Senator's office.
Office of US Senator Joni Ernst 111 7th Avenue SE, Suite 480 Cedar Rapids, IA 52401	319-365-4504	Monday - Friday 8 AM - 5 PM	Provides assistance with federal government agencies, visa and immigration question/concerns. Staff can help obtain information on the status of a claim and help find answers to matters pending within the federal government. Staff can request an explanation of a decision made by an agency. USCIS forms are available at www.uscis.gov or through the Senator's office.
Office of US Congresswoman Ashley Hinson 118 3 rd Ave SE, Suite 206 Cedar Rapids IA 52401	319-364-2288	Monday - Friday 8 AM - 5 PM	Provides assistance with federal government agencies, visa and immigration question/concerns. Staff can help obtain information on the status of a claim and help find answers to matters pending within the federal government. Staff can request an explanation of a decision made by an agency. USCIS forms are available at www.uscis.gov or through the Congresswoman's office.

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HEALTH			
Linn County Public Health 1020 6 th St SE Cedar Rapids, IA 52401	319-892-6093	Monday - Friday 8 AM - 4:30 PM	Provides initial health assessment for refugees. Provides immunization services for immigrants and refugees. Provide testing, treatment, and referral for communicable diseases.
Eastern Iowa Health Center Family Medicine Pediatrics Behavioral Health 1201 3rd Ave SE Cedar Rapids, IA 52403 Women's Health 4251 River Center Ct NE Cedar Rapids, IA 52402 Dental Health 1225 3 rd Avenue SE Cedar Rapids, IA 52403	319-730-7300	Monday and Friday 8 AM - 5 PM, Tuesday - Thursday 8 AM - 7 PM Thursday and Friday 8 AM - 5 PM Monday-Wednesday 8 AM - 7 PM Monday-Thursday 8 AM - 5 PM Friday 8 AM - 12 PM	Quality family practice, pediatrics, OB/GYN services, behavioral health and dental services in Cedar Rapids. Provides preventative screenings for men and women, behavioral health assessments and urgent care. In-office procedures include prenatal care and on-site social workers are available. Interpretation services available.
IMMIGRATION LEGAL SERVICES			
Catholic Charities of the Archdiocese of Dubuque 420 6th Street SE, Suite 220 Cedar Rapids, IA 52401	319-364-7121	Monday - Thursday 8:30 AM - 5 PM Friday 8:30 AM - 2:30 PM	Catholic Charities' Immigration Legal Services (ILS) program provides affordable immigration legal services to immigrants and refugees of all faiths and backgrounds. The ILS program assists immigrants with family-based immigration applications, such as green card, citizenship, DACA, employment authorization, petitions for visa relatives, VAWA petitions, U visas, and Special Immigrant Juvenile Status (this is not an exhaustive list). The initial legal consultation is FREE. Please contact our office to schedule your free legal consultation. https://catholiccharitiesdubuque.org/immigration-legal-services
Iowa Justice For Our Neighbors 2024 Forrest Avenue Des Moines, IA 50311	515-255-9809	Call to schedule appointment	Legal services for low income immigrants. Provides immigration clinics around the state of Iowa by appointment only. Calls are taken the first Monday of the month for appointments at clinics held that month.
INTERPRETATION SERVICES			
Connectivity Video Remote Interpreting 3117 1st Ave SE Cedar Rapids, Iowa 52402	319-892-0177	Monday - Friday 8 AM - 5 PM Services offered 24/7	Provides video remote interpreting services for foreign language and sign language interpretation.
Hands Up Communications 4211 Glass Road NE, Suite B Cedar Rapids, Iowa 52402	319-213-9920	Monday - Friday 8 AM - 5 PM Services offered 24/7	Provides quality American Sign Language and foreign language interpreting services in any setting; including medical, legal, K12, post-secondary, business, etc. Phones are answered 24/7 to assist with any interpreting need that arises. Video remote interpreting is available.
Humble Language Institute 3513 Royal Dr SW Cedar Rapids, IA 52404	319-213-1266; 319-361-6699	Monday-Friday 8AM - 5PM, Services offered 24/7	Provides on-site foreign language interpretation services. Available 24/7 to assist with any interpreting needs that arise.