

# National Association of Adult Survivors of Child Abuse [www.NAASCA.org](http://www.NAASCA.org)

*Note: Please send corrections, additions and updates to:* [maudnmildred@hotmail.com](mailto:maudnmildred@hotmail.com)

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>IOWA</b>			
<b>National Helpline</b>	Hotline 1-800-4-A-CHILD Hotline 1-800-422-4453 Crisis counselors available 24/7 Founded in 1957 by Sara O'Meara and Yvonne Fedderson. Childhelp is a leading national non-profit organization dedicated to helping victims of child abuse and neglect. Serving the United States, it's Territories and Canada, our hotline is staffed 24 hours a day 7 days a week with professional counselors who, through interpreters can provide assistance in 170 languages. We also offer a range of programs, please see our website for regional details.	Childhelp Prevention and Treatment of Child Abuse	<a href="http://www.childhelp.org">www.childhelp.org</a> <a href="mailto:info@childhelp.org">info@childhelp.org</a> Email support form on the website
<b>Statewide</b>	24hr Hotline 1-800-770-1650 Textline text IOWAHELP to 20121 The Iowa Victim Service Call Center is a statewide domestic and sexual violence call center. The call center is a product of the Iowa Attorney General's Office and is staffed 24 hours a day, 7 days a week and 365 days a year. All services provided are completely FREE and confidential and is a great resource for victims and survivors. Our advocates are trained to help you whether you are calling as a victim of crime or a friend or family member concerned about a love one or anyone else. We are completely confidential and anonymous and our advocates are fully trained in issues related to domestic violence and sexual abuse. Reaching out for help is the first step towards improving your situation.	IOWA Victim Service Call Center IOWA 1-800-770-1650 Office / Hotline Textline, IOWAHELP to 20121	<a href="http://www.survivorshelpline.org/">www.survivorshelpline.org/</a>
<b>Statewide</b>	24hr Hotline 1-800-770-1650 TEXTLine IOWAHELP to 20121	Iowa Coalition Against Sexual Assault 515-244-7424 Office	<a href="http://www.iowacasa.org">www.iowacasa.org</a>
<b>Statewide</b>	1-800-770-1650 Domestic violence TEXTLine IOWAHELP to 20121	Iowa Coalition Against Domestic Violence 515-244-8028 Office	<a href="http://www.icadv.org">www.icadv.org</a>
<b>Adel</b>	DV Crisis Hotline 800-400-4884 SA Crisis Hotline 800-550-0004	Crisis Intervention & Advocacy Adel	<a href="http://www.supportingsurvivors.org/">www.supportingsurvivors.org/</a>

	Crisis hotlines Emergency shelter for homeless Information and referrals.	IA 50003 515-993-4095 Office	
<b>Algona</b>	800-479-9071 Sexual Assault 855-424-9133 Domestic Abuse 24 Hour crisis hotlines Support and advocacys for victims of domestic and sexual violence Emergency shelter Crisis counseling	Crisis Intervention Service Algona 641-423-0490 Main Office	<a href="http://www.cishelps.org">www.cishelps.org</a> <a href="mailto:cis@CISHELPS.org">cis@CISHELPS.org</a>
<b>Algona</b>	24h/7 Crisis Line 1-800-382-5603 Supportive hotline, information and referrals.	Family Crisis Center of North Iowa, Inc PO Box 642 Algona IA 50511 712-722-4404 Main Office	
		<a href="http://www.facebook.com/Family-Crisis-Center-240735002943890/">www.facebook.com/Family-Crisis-Center-240735002943890/</a>	
<b>Ames</b>	1-855-983-4641 Domestic Abuse Or 1-800-203-3488 Sexual Assault 1-855-696-2980 Shelter crisis Line Safe tempoary shelter for women and their children Crisis response services Short term counseling to adult survivors of child sexual abuse and domestic violence. Support groups for children who have witnessed family violence Serving Boone and Green Counties	Access PO Box 1429 Ames IA 50014 515-292-0500 Office	<a href="http://www.assaultcarecenter.org">www.assaultcarecenter.org</a> <a href="mailto:director@assaultcarecenter.org">director@assaultcarecenter.org</a>
<b>Atlantic</b>	24/7 Hotline 1-800-382-5603 Serving Adair, Audubon, Cass, Shelby, Fremont, Mills, Montgomery and Page.	Family Crisis Support Network PO Box 11 Atlantic IA 50022 712-722-4404 Main Office	
		<a href="http://www.facebook.com/Family-Crisis-Center-240735002943890/">www.facebook.com/Family-Crisis-Center-240735002943890/</a>	
<b>Burlington</b>	24hr Crisis Line 1-866-921-3354 Emergency shelter Medical and legal advocacy Counseling groups Support groups All services FREE of charge.	Family Resources 218 N 3rd Street Suite 515-16 Burlington IA 52601 563-326-6431 Main Office 563-445-0557 Counseling 563-322-1200 Survivors Resouces	<a href="http://www.famres.org">www.famres.org</a>
<b>Burlington</b>	Sheter Line 1-800-373-1043 Safe shelter for women and children Medical, legal and court advocacy Individual counseling Domestic violence support group Sexual assault support group	YWCA: Domestic Violence Shelter & Sexual Assault Center 616 North 8th Street Burlington IA 52501 1-800-373-1043 Shelter	
<b>Carroll</b>	24/7 Crisis Line 1-800-382-5603 Crisis hotline	Domestic and Sexual Assault Outreach Center Carroll IA 51401 712-722-4404 Main Office	
		<a href="http://www.facebook.com/Family-Crisis-Center-240735002943890/">www.facebook.com/Family-Crisis-Center-240735002943890/</a>	

<b>Cedar Rapids</b>	Healing from Sexual Abuse and Trauma	Richelle Derfus Cedar Rapids IA 52404 319-936-7008 Office	<a href="http://www.richellederfus.com/">www.richellederfus.com/</a>
<b>Cedar Rapids</b>	Support for adult survivors of sexual abuse, incest, domestic violence, rape and sexual assault Contact Margie for group info <a href="mailto:margie@lamplighters.com">margie@lamplighters.com</a>	Lamplighters Movement Cedar Rapids Iowa	<a href="http://www.thelamplighters.com">www.thelamplighters.com</a> <a href="mailto:margie@lamplighters.org">margie@lamplighters.org</a>
<b>Cedar Rapids</b>	24/7 Hotline 319-363-2093 Or 800-208-0388 Toll Free We provide shelter and support to individuals who are in crisis due to homelessness, poverty, domestic violence or sexual assault. Emergency shelter Domestic violence victims services.	Waypoint 318 fifth Street SE Cedar Rapids IA 52401 319-365-1458 Office.	<a href="http://www.waypointservices.org">www.waypointservices.org</a>
<b>Charles City</b>	SA 24hr Hotline 800-479-9071 DV 24hr Hotline 641-424-9133 24 Hour crisis hotlines Support and advocacys for victims of domestic and sexual violence Emergency shelter Crisis counseling	Crisis Intervention Service Charles City 641-423-0490 Main Office	<a href="http://www.cishelps.org">www.cishelps.org</a> <a href="mailto:cis@CISHELPS.org">cis@CISHELPS.org</a>
<b>Cherokee</b>	24hr Hotline 1-877-362-4612 Crisis & follow up counseling Group counseling Emergency safe shelter Legal and personal advocacy Services for survivors of domestic abuse, adult sexual abuse and survivors of incest in all 19 Counties of Region 1 - Buena Vista, Calhoun, Carroll, Cherokee, Clay, Crawford, Dickinson, Emmet, Ida, Lyon, Monona, O'Brien, Osceola, Palo Alto, Plymouth, Pocahontas, Sa, Sioux & Woodbury Counties.	Centers Against Domestic Abuse and Sexual Assault PO Box 963 Cherokee IA 51012 712-262-4612 Main Office	<a href="http://www.iowacasa.org/">www.iowacasa.org/</a> <a href="http://www.caasaonline.org/">www.caasaonline.org/</a>
<b>Clinton</b>	24hr Crisis Line 1-866-921-3354 24 Hour crisis hotline Emergency shelter Medical and legal advocacy Counseling groups Support groups All services FREE of charge	Family Resources - Domestic Violence and Sexual Assault Resource Center 511 South 3rd Street 1st Floor Clinton IA 52732 563-242-0887 Clinton Office 563-445-0557 Counseling 563-322-1200 Survivors Resources	<a href="http://www.famres.org">www.famres.org</a> <a href="mailto:info@famres.org">info@famres.org</a>
<b>Council Bluffs</b>	24hr DV Hotline 712-328-0266 Toll Free Hotline 888-612-0266 Counseling for sexual abuse Emergency shelter Legal advocacy, hospital response Education and support groups	Phoenix House Catholic Charities DV/SA Program Council Bluffs IA 51503 712-256-2059 Office/ Shelter	<a href="mailto:communications@dmdiocese.org">communications@dmdiocese.org</a>

[www.catholiccharitiesdm.org](http://www.catholiccharitiesdm.org)

<b>Creston</b>	24hr Hotline 1-888-782-6632 Referrals to emergency shelter Crisis intervention Medical and legal advocacy Counseling Support groups as available Serving Adams, Clarke, Decatur, Ringgold, Taylor & Union Counties Plus Corning-Adams Mt. Ayr-Ringgold Bedford-Taylor <a href="https://www.facebook.com/notes/slutwalk-des-moines/iowa-sexual-assault-and-domestic-abuse-programs/498855656819255/">www.facebook.com/notes/slutwalk-des-moines/iowa-sexual-assault-and-domestic-abuse-programs/498855656819255/</a>	Rural Iowa Crisis Center PO Box 384 Creston IA 50801 641-782-2706 Office	
<b>Davenport</b>	24hr Toll Free 866-921-3354 24 Hour crisis hotline Emergency shelter Medical and legal advocacy Counseling groups Support groups All services FREE of charge.	Family Resources 2800 Eastern Avenue Davenport IA 52803 563-326-6431 Office 563-445-0557 Counseling 563-322-1200 Survivor Resources	<a href="http://www.famres.org">www.famres.org</a> <a href="mailto:info@famres.org">info@famres.org</a>
<b>Decorah</b>	Hotline 800-383-2988 Local Hotline 563-382-2989 Medical and legal advocacy Individual counseling Support groups. <a href="http://www.helpingservices.org/services/domestic-advocacy-services/">www.helpingservices.org/services/domestic-advocacy-services/</a>	Helping Services Decorah IA 52101 563-837-1720 Office.	<a href="http://www.helpingservices.org">www.helpingservices.org</a> <a href="mailto:info@helpingservices.org">info@helpingservices.org</a>
<b>Des Moines</b>	DV 24/7 Hotline 515-243-6147 We have been restoring hope, building futures and changing lives for Iowa's most vulnerable for 125 years. Our domestic violence services provide a unique approach to helping victims rebuild their lives. Emergency shelter Resources, referrals and assistance Medical and legal advocacy Individual and group counseling Community counseling and support groups in Polk and Warren Counties.	Children & Families of Iowa 1111 University Avenue Des Moines IA 50314 515-288-1981 Office <a href="http://www.cfiowa.org/programs/domestic-violence/">www.cfiowa.org/programs/domestic-violence/</a>	<a href="http://www.cfiowa.org">www.cfiowa.org</a> <a href="mailto:contactus@cfiowa.org">contactus@cfiowa.org</a>
<b>Des Moines</b>	The Lamplighters Movement. This Chapter provides support to adult MALE survivors of childhood sexual abuse, incest, rape, sexual assault and domestic violence. For further information please see our website.	The Lamplighters Movement Male Chapter Des Moines Iowa <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a>	<a href="http://www.thelamplighters.org">www.thelamplighters.org</a>
<b>Des Moines</b>	Hotline 515-286-3600 We provide crisis intervention and on going supportive services regardless of law enforcement involvement or the length of time since the assault or abuse occurred . Law and judicial advocacy	Polk County Crisis & Advocacy Services 2309 Euclid Avenue Des Moines IA 50310 515-286-3600 Office / Hotline	

Counseling sessions  
 Support groups  
 Art therapy for children traumatized  
 by violent crime  
 Referrals to appropriate services  
 All services FREE of charge.  
[www.facebook.com/PolkCountyCrisisandAdvocacyServices](http://www.facebook.com/PolkCountyCrisisandAdvocacyServices)

**Dubuque** DV Crisis Hotline 800-383-2988 Helping Services [www.helpingservices.org](http://www.helpingservices.org)  
 24 Hour crisis hotline Dubuque [info@helpingservices.org](mailto:info@helpingservices.org)  
 Medical and legal advocacy IA 52001  
 Individual counseling 563-387-1720 Main Office  
 Support groups [www.helpingservices.org/services/](http://www.helpingservices.org/services/)

**Dubuque** Local Hotline 563-556-1100 Dubuque Community Domestic  
 We serve three Counties in North Violence Program  
 east Iowa: Dubuque, Delaware and PO Box 1301  
 Buchanan. Offering safe emergency Dubuque  
 shelter, supportive counseling. IA 52004  
 Medical and legal advocacy 563-556-1100 Office / Hotline  
[www.dubuquey.org/social-responsibility/victim-services-shelter/](http://www.dubuquey.org/social-responsibility/victim-services-shelter/)

**Dubuque** 1-866-921-3354 Toll Free Family Resources [www.famres.org](http://www.famres.org)  
 24 Hour crisis hotline Nesler Building, [info@famres.org](mailto:info@famres.org)  
 Emergency shelter 799 Main  
 Medical and legal advocacy Suite 224,  
 Counseling groups Dubuque  
 Support groups IA 52001  
 All services FREE of charge 563-326-6431 Main Office

**Dubuque** IOWA SA Hotline 888-557-0310 Riverview Center [www.riverviewcenter.org](http://www.riverviewcenter.org)  
 IOWA DV Hotline 800-770-1650 2600 Dodge Street [info@riverviewcenter.org](mailto:info@riverviewcenter.org)  
 Emergency shelter Dubuque  
 Medical and legal advocacy IA 52003  
 Individual and group counseling 563-557-0310 Office  
 Services FREE of charge  
 Serving Buchanan, Delaware,  
 Dubuque Counties

**Forest City** SA Crisis Hotline 800-479-9071 Crisis Intervention Service [www.cishelps.org](http://www.cishelps.org)  
 DV Crisis Hotline 641-424-9133 Forest City [cis@CISHELPS.org](mailto:cis@CISHELPS.org)  
 Support and advocacys for victims 641-423-0490 Main Office  
 of domestic and sexual violence  
 Emergency shelter  
 Crisis counseling

**Fort Dodge** Safe shelter for victims of domestic YWCA of Fort Dodge  
 violence and sexual assault 826 1st Avenue North  
 Individual counseling Fort Dodge  
 Support groups in English/Spanish IA 50501  
 Public awareness education 515-573-3931 Office

**Grinnell** Crisis Helpline 1-800-270-1620 Grinnell Advocates  
 Grinnell College Advocates is a Grinnell College  
 staff supervised, student PO Box 805  
 organization that aims to create Grinnell  
 greater awareness about issues IA 50112  
 surrounding sexual assault and Advocate 641-260-1615  
 dating violence on and around Crisis Services 800-270-1620  
 campus. On Call peer advocates [www.grinnell.edu/about/offices-services/crssj/support](http://www.grinnell.edu/about/offices-services/crssj/support)  
 can be reached on 641-260-1615

<b>Grundy Center</b>	Hotline 1-888-746-4673 Information for victims of domestic violence	Seeds of Hope Grundy Center IA 50638 1-888-746-4673 Office / Hotline	<a href="mailto:seedsofhope@hotmail.com">seedsofhope@hotmail.com</a>
	<a href="http://Seeds of Hope, Domestic Violence/Sexual Abuse Assistance (angelfire.com)"><u>Seeds of Hope, Domestic Violence/Sexual Abuse Assistance (angelfire.com)</u></a>		
<b>Hampton</b>	Sexual Assault 800-479-9071 Domestic Abuse 641-424-9133 24 Hour crisis hotlines Support and advocacys for victims of domestic and sexual violence Emergency shelter Crisis counseling	Crisis Intervention Service Hampton 641-423-0490 Main Office	<a href="http://www.cishelps.org"><u>www.cishelps.org</u></a> <a href="mailto:cis@CISHELPS.org"><u>cis@CISHELPS.org</u></a>
<b>Iowa City</b>	Hotline 1-800-373-1043 Our mission is to provide the most comprehensive support and advocacy services to victims and survivors, focusing on immediate and long term safety, empowerment dignity and hope. Information and resources for those needing to flee an abusive situation Serving Iowa to Cedar, Johnson, and Washington Counties.	Domestic Violence Intervention Program PO Box 3170 Iowa City IA 52244 1-800-373-1043 Office/Hotline	<a href="http://www.dvipiowa.org"><u>www.dvipiowa.org/</u></a> <a href="mailto:dvip@dvipiowa.org"><u>dvip@dvipiowa.org</u></a>
<b>Marshalltown</b>	Sexual Assault 1-800-203--3488 Domestic Abuse 855-983-4641 We are a dual agency working with victims /survivors of sexual assault and domestic violence in Marshall, Jasper, Poweshiek, and Tama We offer support groups	Domestic Violence / Sexual Assault Center PO Box 1507 Marshalltown IA 50158 515-292-0500 Main Office 1-855-696-2980 Shelter Office	<a href="mailto:dvassc@marshallnet.com"><u>dvassc@marshallnet.com</u></a> <a href="http://www.assaultcarecenter.org/"><u>www.assaultcarecenter.org/</u></a>
<b>Mason City</b>	Sexual Assault 800-479-9071 Domestic Violence 641-424-9133 24 Hour crisis hotlines Support and advocacys for victims of domestic and sexual violence Emergency shelter Crisis counseling	Crisis Intervention Service Mason City 641-423-0490 Main Office	<a href="http://www.cishelps.org"><u>www.cishelps.org</u></a> <a href="mailto:cis@CISHELPS.org"><u>cis@CISHELPS.org</u></a>
<b>Manchester</b>	IOWA SA Hotline 888-557-0310 IOWA DV Hotline 800-770-1650 24 Hour hotlines Emergency shelter Mediacal and legal advocacy Individual and group counseling Services FREE of charge Serving Buchanan, Delaware, Dubuque Counties	Riverview Center 118 West Main Street Manchester IA 52057 563-927-1524 Office	<a href="http://www.riverviewcenter.org"><u>www.riverviewcenter.org</u></a> <a href="mailto:info@riverviewcenter.org"><u>info@riverviewcenter.org</u></a>
<b>Muscatine</b>	Toll Free Hotline 1-866-921-3354 24 Hour crisis hotline Emergency shelter Medical and legal advocacy Counseling groups Support groups All services FREE of charge	Family Resource 119 Sycamore Street Suite 200 Muscatine IA 52761 563-263-0067 Office	<a href="http://www.famres.org"><u>www.famres.org</u></a> <a href="http://info'famres.org"><u>info'famres.org</u></a>
<b>Osage</b>	Sexual Assault 800-479-9071	Crisis Intervention Service	<a href="http://www.cishelps.org"><u>www.cishelps.org</u></a>

Domestic Violence 641-424-9133  
24 Hour crisis hotlines  
Support and advocacys for victims  
of domestic and sexual violence  
Emergency shelter  
Crisis counseling

Osage  
641-423-0490 Main Office

[cis@CISHELPS.org](mailto:cis@CISHELPS.org)

**Ottumwa**

SA Crisis Hotline 1-800-270-1620  
Or 1-800-464-8340 Toll free  
An emergency shelter for women  
survivors of domestic violence and  
sexual assault.  
Support groups  
Service area: Appanoose, Davis,  
Jefferson, Monroe, Wapello and  
Wayne.  
[www.facebook.com/Crisis-Center-Womens-Shelter-240735002943890/](http://www.facebook.com/Crisis-Center-Womens-Shelter-240735002943890/)

Crisis Center and Women's  
Shelter  
Ottumwa  
IA 52501  
800-464-8340 Office / Hotline  
[help@ottumwacrisiscenter.org](mailto:help@ottumwacrisiscenter.org)

**Postville**

Resource Line 800-383-2988  
Or Local Line 563-382-2987  
24 Hour crisis hotline  
Medical and legal advocacy  
Individual counseling  
Support groups

Domestic & Sexual Abuse  
Resource Center Services  
Postville  
IA 52162  
563-387-1720 Main Office  
[www.helpingservices.org/services/](http://www.helpingservices.org/services/)

[www.helpingservices.org](http://www.helpingservices.org)  
[info@helpingservices.org](mailto:info@helpingservices.org)

**Sioux Center**

24hr Hotline 1-800-382-5603  
Safe shelter housing  
Medical and legal advocacy  
Community outreach program  
Counseling available  
Peer Support groups  
All services FREE of charge.  
[www.facebook.com/Family-Crisis-Center-240735002943890/](http://www.facebook.com/Family-Crisis-Center-240735002943890/)

Family Crisis Center  
PO Box 295  
Sioux Center  
IA 51250  
712-722-4404 Office

**Sioux City**

1-800-982-7233 Toll free  
712-258-7233 Sioux City  
712-546-6764 LeMars  
24 Hour crisis hotlines  
Safe emergency shelter  
Medical and legal advocacy  
FREE short term counseling  
Support groups for domestic  
violence victims  
Multicultural outreach program

SAFE Place  
Sioux City  
IA 51102  
1-800-982-7233 Office / Hotline  
[SafePlace | Siouland's Safe Haven \(safeplacesiouxland.org\)](http://safeplacesiouxland.org)  
[Safe Place Siouland | Facebook](#)

**Waterloo**

Local hotline 319-352-0037  
Toll Free 1-800-410-7233  
Information for victims of domestic  
violence.

Friends of Families Inc  
Waterloo  
IA 50702  
319-234-0232 Office

[www.fofia.org/](http://www.fofia.org/)

**Waverly**

Local Hotline 319-352-0037  
Or Toll Free 1-800-410-7233  
24 Hour crisis hotlines  
Safe shelter for victims of domestic  
violence or sexual assault  
Counseling for survivors  
Support groups for domestic  
violence and sexual assault.

Cedar Valley Friends of the  
Family  
Waverly  
IA 50677  
319-352-1108 Office

[admin@cvfriendsofthefamily.org](mailto:admin@cvfriendsofthefamily.org)