

FAMILY RESOURCE GUIDE

2020-2021

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Barbie







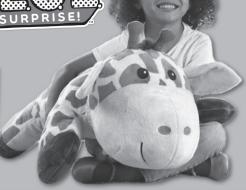


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This guide contains information from companies/organizations that offer family services in the Dubuque County area. Inclusion does not indicate endorsement of any listing. The Kids Expo Team and sponsors cannot be responsible for errors/omissions of any kind. Submit changes or new listings to dcearlychild@gmail.com. To request this guide, contact Dubuque County Early Childhood at (563) 588-1620.

Arts • Before-/After-School Programs

ARTS

Academy of Ballet/Dubuque City Youth Ballet (DCYB)583-2047

2085 Mullin Rd., Dbq 52001 www.balletdubuque.com

E-mail: marina@balletdubuque.com

• Classical ballet training for ages 6-adult with beginner through advanced classes.

www.creativeadventurelab.org

 Fun, skill-building activities for the whole family, all designed to spark creative thinking.
 Visit to design, build, climb, paint, and explore.

Dubuque Museum of Art.....557-1851 701 Locust St., Dbq 52001 www.dbgart.org

 Offers traveling art exhibitions and art classes for adults and children.

Hobby Lobby Creative Center.557-0680 3925 Dodge St., Dbq 52003

· Hours: 9 a.m.-8 p.m.; closed Sundays.

Michaels Arts & Crafts 584-0339 2455 NW Arterial. Dbg 52002

www.michaels.com

BEFORE-/AFTER-SCHOOL PROGRAMS

Before & After-School Care.....556-3371

 Offered by Dubuque Community YMCA/ YWCA at various locations.

Before- and After-School Programs At St. Mark Youth Enrichment. 582-6211 1201 Locust St., Dbg 52001

www.stmarkyouthenrichment.org

 Located at various elementary schools on Monday to Friday on regularly scheduled school days with homework help, instruction, snacks, and more.

Leadership Enrichment After-School Program (LEAP)552-3130

210 Jones St., Dbq 52001 www.dbqschools.org/district/programs/ leadership-enrichment-school-programs-leap

Rereavement/Grief • Rirthday Parties • Camps

Bereavement/Grief • Birthday Parties • Camps		
BEREAVEMENT/GRIEF	Capri College	
Angel Wings Support Group 590-3681 At Resources Unite, 1900 JFK Rd., Dbq 52002	Capri Camp for Kids 395 Main St., Dbq 52001	
 Support group for the loss of a child; spend time with others experiencing a similar loss. Meets on 1st Wednesday of every month from 7-9 p.m. 	Dubuque Community YMCA/YWCA Camps	
Compassionate Friends Support	E-mail. imo@dubuquey.org	
 Group	Dubuque Humane Society Kids 'N Critters Camp	
Leonard Funeral Home &	Girl Scouts Camps 583-9169	
Crematory	2644 Pennsylvania Åve., Dbq 52001	
Mount Olivet Cemetery 582-7392	Loras College All-Sports Camps	
10566 Military Rd., Dbq 52003	588-7053 1450 Alta Vista St., Dbq 52001	
Threshold Singers515-451-2291 E-mail: rtsboeke@gmail.com • A group who sing songs of comfort/healing for those experiencing birth, death, illness, joy,	www.lorasallsportscamps.com • Instruction in 3 different sports with sessions in June and July for girls and boys ages 7-14.	
grief, or transition. Will sing for 15-20 minutes locally at no charge.	NICC Kids on Campus. 557-8271, ext. 380 844-642-2338 ext. 1399 8342 NICC Dr., Peosta 52068	
BIRTHDAY PARTIES	Email: walsh-weitzk@nicc.edu	
Happy Joe's	St. Mark Youth Enrichment Summer Camps	
McDonald's PlayPlace 583-8286 2250 Flint Hill Dr., Dbq 52003	 Offered Monday-Friday with a nutritious meal and theme-based instruction, enrichment activities, and fun field trips. 	
RMB MAGIC 556-8584 Bob Beardsley	University of Dubuque	
 Stand-up and walk-around magic/balloon animals for parties and special occasions. 	for Kids	
CAMPS	·	
Boy Scouts Camp 556-4343	CHILD CARE & PRESCHOOLS	
10601 Military Rd., Dbq 52003	ABC Learning Early Childhood	
www.scoutsiowa.org	Center	
Camp Albrecht Acres	 15 Nightengale Ln., Dbq 52003 Provides a safe and nurturing environment, so children can explore new possibilities while According to the control of the contro	

E-mail: info@albrechtacres.org

• Weekly summer camps for individuals with

special needs and winter respite weekends.

certain schools.

acquiring knowledge. Care for children ages 6

weeks-12 years and transportation available to



Supporting
Children's
Healthy Mental
Development
in the
First Five Years

It helps to understand your child's development and know what new milestones to look for next. Your child's doctor and 1st Five can help!

1st Five helps children 0-5 years old by helping to find resources to assist with physical development, social-emotional development, autism, family stressors, and more!





Child Care & Preschools

Aquin's Little Angels Early Childhood and Preschool......563-852-7020

210 Grant St., Cascade 52033

Child Care Resource & Referral. 557-1628 Referral Line......1-855-CHILD-01 2728 Asbury Rd., Ste 215, Dbq 52001

· Supports quality child care by helping families select providers who meet their needs. Also offers on-site consultation and educational opportunities to preschools, child care centers, and home providers. Preschool scholarship available to families who meet income qualifications.

Cool School 556-3371 35 N. Booth St.., Dbq 52001

· Supports licensed child care for children in kindergarten through 5th grade. Offered at Booth St. location for non-school days and summer.

Dubuque Child Care, LLC 556-0943 3074 Cedar Crest Ct., Dbg 52003

Dubuque Community School District

www.dbaschools.ora/preschool

· 4-year-old voluntary preschool programs free to children who are age 4 by September 15. See web site for list of participating preschools.

Dubuque, Delaware and Jackson County lowa Head Start......563-235-3700 Operated by CDI Head Start

10502 St. Joseph Dr., Dbg 52003

· Head Start provides comprehensive child development to children 3-5 years of age. Teaching staff from our 13 classrooms promote academic, social and emotional development, along with providing social, health, nutrition services and play opportunities in safe settings for a minimum of 24 hours weekly. Head Start is a free preschool program to qualifying families.

Dubuque Community YMCA/YWCA Child Care/Y Creative Learning . 556-3371 35 N. Booth St., Dbg 52001

· Licensed child care for children 3-5 years old, including free 4-year-old preschool. Preschool with wrap-around child care is available.

Dubuque Montessori School 556-5101 2605 Pennsylvania Ave., Dbg 52001

www.dubuquemontessori.org

E-mail: office@dubuquemontessori.org

· Offering preschool and kindergarten programs for children ages 2-6. Utilizes the Montessori philosophy to provide enriching developmental experiences where children are free to play and learn at their own pace in areas of practical life, sensorial, math, science, language, geography, culture, art, music, and movement.

Early Learners Child Development Centers

3495 Windsor Ave., Dbg 52001583-3501 610 Duggan Dr., Dbq 52003556-8160

Finley/Dubuque Community YMCA/YWCA Child Care Center 589-2640

300 N. Grandview Ave., Dbg 52001

· Licensed child care for children 6 weeks to 4 vears. Infant, toddler, and preschool programs with wrap-around child care is available.

Frog Hollow Kids Campus 582-2200 5005 Asbury Rd., Dbg 52002

 A full-day preschool, nurturing and educating children from 6 weeks to 12 years. Quality, child-driven program is directed by experienced and educated teachers equipped with exceptional resources and a constantly evolving program.

Grand View Child Development

Center...... 582-1125

3342 John Wesley Dr., Dbg 52002

· Offers infant care, preschool, and summer elementary programs. Focuses on each child and individual rates of development and diversity of interests.

Hills & Dales Childcare Center .. 583-5033 3505 Stoneman Rd., Dbg 52002

www.hillsdales.org

· Offers child care services for children infant age and up, including before-/after-school care, 2- to 3-year-old preschool, and free 4-year-old preschool program.

Holy Family Catholic Early Childhood Centers 582-1246

2005 Kane St., Dbq 52001

www.holyfamilydbg.org/early-childhood

· Dedicated to children's intellectual/emotional growth in a faith-filled environment. Child care in 5 early childhood centers; preschool for age 3; free 4-year-old preschool; school-age care; and dual-language/Spanish immersion pre-k.

Child Care & Preschools

Holy Ghost Early Childhood

2981 Central Ave., Dbq 52001

· Offering infant to school-age care.

Key West Early Childhood

10244 Key West Dr., Dbq 52003

www.kwecc.com

 Licensed preschool/child care serving ages 2-5 with free 4-year-old preschool and school-age summer camp. Provides developmentally appropriate activities to enhance children's growth, including cognitive, physical, social, and emotional development.

The Kid Project Child Care

Center...... 563-875-2080

415 9th Ave. SW, Dyersville 52040

Little Leaps Learning Academy . 588-2800 715 W. Locust, Dbg 52001

 Offers preschool and child care for children ages 0-5 years old and before-/after-school care plus summer camp for kindergarten to 12 years.

Little Rascals Daycare and

1125 Rockdale Rd., Dbq 52003

Little Treasures Daycare and

2035 Radford Rd., Dbg 52002

Martia Theisen ChildCare Center ...587-8830 1584 White St., Dbq 52002 childcare@steeplesquare.com

A safe, beautiful, home-like environment conveniently located in downtown Dubuque.

Mercy Child Development Center...589-9680 250 Mercy Dr., Dbq 52001

Mini Masterpieces Preschool..... 543-1106 1205 Cleveland Ave., Dbq 52003



Child Care & Preschools • Clothing & Household

	•
Noah's Ark Preschool	University of Dubuque Marge Kremer Child Care Center
Northeast Iowa Community College Child Development Center 556-5110 8342 NICC Dr., Peosta 52068	Western Dubuque Montessori
Our Redeemer Lutheran Preschool 588-1247, ext. 110 2145 JFK Rd., Dbq 52002 www.orlpreschool.org • Offers Christian preschool where children ages 3-5 can grow and learn physically, spiritually, intellectually, emotionally, and socially. Resurrection Early Childhood	Young-Uns Preschool and Child Care Center
Center	of the whole child. Is a 5 star on the Quality Rating System.
Romper Stompers Childcare Center	CLOTHING & HOUSEHOLD ITEMS Coats for Kids
after school. St. Anthony Early Childhood Center and Our Lady of Guadalupe Spanish Immersion Preschool	Community Clothes Closet 588-1415 680 Main St., Dbq 52001 • Provides gently used interview appropriate clothing. Call for open hours.
St. Columbkille Early Childhood.583-1620 1220 Rush St., Dbq 52003 St. Francis Xavier Early Childhood Center563-875-7376	Cancer Society
203 2nd St. SW, Dyersville 52040	Earth Angels
St. Joseph the Worker Early Childhood Center582-1246 2105 St. Joseph St., Dbq 52001	 Takes donations of gently used household items to give to those in need.
St. Mary School	Mission Thrift Store 398 Main St., Dbq 52001

 Resale store offers second-hand clothing, household, and furniture items at low cost.

• Catholic school serving preschool to 8th grade.

well-rounded members of the community.

Develops each individual's potential to become

Open Closet 583-6572 1276 White St., Dbg 52001

www.almosthomedbq.org

· Offered at St. John's Lutheran Church on 1st and 3rd Saturday of the month. No cost for clothing. Coats for Kids in late October.

St. Vincent De Paul....584-2225, 584-2226 1351 Iowa St., Dbg 52001 4990 Radford Ct., Dbg 52002 www.svdpusa.org

· Call to obtain name and telephone number of representative who will furnish a voucher for clothing, furnishings, or food. Resale store offers second-hand clothing and household items at low cost

Goodwill Super Center......557-3158 2121 Holliday Dr., Dbg 52002

· Resale store offers second-hand clothing and household items at low cost

COUNSELING SERVICES/ SUPPORT GROUPS

Achieving Maximum Potential ... 542-9736 2005 Asbury Rd., Dbq 52001 www.ampiowa.org

Asbury Counseling and Evaluation Services LLC......588-3500 5900 Saratoga Rd., Ste 4A, Dbg 52002

www.asburycounseling.com

Batterer's Education Program ... 557-5199 (BEP)......1-800-485-8151

745 Main St., Dbg 52001

 Program for offenders of domestic violence through agency referral or voluntary attendance.

Birthright 556-1991 National Hotline1-800-550-4900 221 W. 9th St., Dbq 52001

www.birthright.org/landingpage/lp-dubuque

· Offers support and maternity clothing for expectant mothers and clothing for infants through 1 year. No fee for clothing.

Body and Soul 556-9642 2728 Asbury Rd., Ste 777, Dbg 52001 www.relaxlivewell.com

· Offers counseling, coaching, yoga, spa services.

Child Care in Dubuque

- · Helping families find quality child care services!
- Helping professionals start their own child care business!

Quality Child Care Matters!

CCR&R Dubuque: 563-557-1628

CCR&R Parent Referrals: 855-244-5301





Catholic Charities......563-588-05581-800-772-2758

1229 Mt. Loretta Ave., Dbg 52003 www.catholiccharitiesdubuque.org

· Provides counseling on sliding-fee scale to individuals, couples, families, and children from school age to adolescence. Most insurance accepted. Addresses parenting issues, parent/ child relationships, self-esteem, grief/loss, and marital/couple relationship issues.

Cedar Valley Friends of the Family 24-Hour Crisis Line1-800-410-7233 www.cvfriendsofthefamily.org

· Offers emergency shelter; rapid rehousing; homeless prevention.

Children and Adults with Attention Deficit/Hyperactivity Disorder ... 557-7529 3200 Asbury Rd., Dbq 52002 www.chadd.org

Child Health Specialty Clinic 556-3700 Community Circle of Care........ 556-3700 Pediatric Integrated Health...... 583-5545 799 Main St., Ste 230, Dbg 52001 www.chsciowa.org

· Serves children with special health care needs (birth to age 22), including serious emotional and behavioral challenges. Helps families find local services; access care coordination; and attend support groups. Sliding-fee scale for clinic services; no charge for non-clinic services

Compass Counseling 564-4114 1545 Associates Dr., Ste 105, Dbg 52001 www.compasscounselingdbq.com

Cornerstone at Four Oaks...... 557-3100 2460 Kerper Blvd., Dbg 52001

 Provides career and educational opportunities to help move families to self-sufficiency, achieving goals through home visits and peer support groups. To qualify, head of household must be receiving Family Investment Partnership benefits. Services are free and confidential.

Crisis Recovery Team through lowa Help Line1-855-800-1239 www.foundation2.org

Crossroads Counseling Center . 556-0699 300 Main St., Ste 230 Dbg 52001 www.crossroadsdbq.com

• Offers a wide range of high-quality mental health services to children, teens, adults, and families.

Department of Human Services 557-8251 799 Main St., Nesler Center, Ste 410, Dbg 52001 www.dhs.iowa.gov

· Provides case management for mental illness; home- and community-based services for those with mental illness: and services to families in need and children in foster care

Dubuque County Mental Health and Disability Services 589-7870

720 Central Ave., Dbg 52001

 Provides help for those in east central region who are interested in accessing mental health and developmental disability services.

Dubuque Dispute Resolution Center (DDRC) 589-4395 1300 Main St., Dbg 52001

Dubuque Neurology 583-1558 2140 JFK Rd., Ste C, Dbg 52001

Offers assessments/services for children.

Families First Counseling

Services of Iowa1-888-316-3025 419 N. Grandview Ave., Ste 5, Dbg 52001 www.families-first.net

· Offers remedial services, safety and permanency services, child mental health waiver; public health assessments; community treatment services; behavioral health integrated services; therapy services for all ages.

Families Anonymous...... 556-4975

www.FamiliesAnonymous.org

· A self-help support group for families/friends who are affected by substance abuse or behavioral problems of a loved one.

Filitti Counseling Services....... 223-8566 Jon Filitti

2728 Asbury Rd., Ste 950, Dbq 52001

· Offers counseling for families and individuals.

Helping Services for

Northeast Iowa, Inc. 582-5317 2728 Asbury Rd., Ste 510, Dbg 52001

www.helpingservices.org

· Supports and promotes the health of children and

adults by providing programs/resources to help eliminate substance use/abuse for youth and adults plus parenting skills training with emphasis on families of children ages 9-14.

Homb Therapy, LLC580-1990 Julie C. Homb, LMHC, CVSP

3388 Kennedy Circle, Dbg 52002

 Counseling services to children, teens, adults, and couples, specializing in developmental trauma and victimization. Accepts most insurance and Crime Victim Compensation.

Hillcrest Community Health Services	
Downtown	583-6431
Asbury Road	583-7357
220 W. 7th St., Dbg 52001	

2005 Asbury Rd., Dbq 52001

www.hillcrest-fs.org

 Offers residential treatment for behavior disorder and mental illness; family/marriage counseling; youth mentoring; Woman, Infants, and Children (WIC); day treatment and independent living sites for adults with mental illness; homeless outreach; mental health counseling; sexual abuse treatment groups for children and adolescents; health care and education for reproductive system; adoption services. Slidingfee scale; accepts Title 19 and some insurance. No one denied services for financial reasons.

lowa Helpline	1-855-800-1239
 Has counselors for calls or 	n counseling needs.
lowa Legal Aid	588-4653
	1-800-942-4619
799 Main St., Ste 280, Dbq	52001
www.iowalegalaid.org	

 Free legal services for low-income individuals on civil matters, including family violence, housing, income, health, education, consumer.

J4BG......447-7344

1420 Central Ave., Dbq 52001

· Mentors and coaches to help youth.

JDR Counseling Services, LLC...519-8288 Joel Reicks, LMHC

3388 Kennedy Circle, Ste 1, Dbq 52002 www.jdrcounselingservices.com

E-mail: joelreicks@jdrcounselingservices.com

 Serves children, teens, and adults with a focus on individual and family mental health to create positive connections. Offers Monday-Friday, day, and nighttime hours.



Is your child struggling? LSI can help!

Consider Behavioral Health Intervention Services (BHIS) and Therapy

You want the best for your child and so do we. Call **888.457.4692** to learn more about BHIS and Therapy. Schedule an assessment today!

Are you seeking services for a loved one with a disability?

We empower people with disabilities and mental illness to reach their full potential.

Call **563.582.0044** today!

LSI provides hourly SCL and respite options. We service clients funded by the CMH, ID, BI, and Habilitation waivers.

www.life-connections.org

 Counseling services open to the public including individual, family, and couple therapy.
 Free counseling services for Title 19/Medicaid.
 Also accepts insurance and hawk-i.

Lutheran Services in Iowa (LSI). 582-0044 2255 JFK Rd. (Asbury Sq.), Dbq 52002 www.lsiowa.org

 Services include counseling for children, adults, families; social, emotional, and behavioral issues; life skills building for people with disabilities; respite care for family caregivers; adoption and foster care; case management for children with severe emotional disturbance; assistance for those who don't qualify for traditional services. Insurance accepted including Medicaid, TRICARE, Blue Cross/Blue Shield, UnitedHealthcare, and others. Call 1-888-457-4692 to set up an assessment.

Medical Associates Psychiatry.. 584-3500 200 Mercy Dr., Dbq 52001 www.mahealthcare.com

Offers services for children, teens, and families

www.mhadbq.org

• Provides education, advocacy, networking, and legislative action on mental health issues.

Mercy Medical Center Mental Health Crisis Line........... 589-8280

Substance Abuse Center 589-8291
Psychiatric Services 589-9299

250 Mercy Dr., Dbq 52001 www.mercydubuque.com

Mothers of Preschoolers (MOPS)556-7724

11893 JFK Rd., Dbq 52001 www.ehope.org/MOPS,

E-mail: MOPS@ehope.org

 A moms' group for mothers of children ages birth to kindergarten. Support and education offered that is relevant to this season of life.

National Alliance on

• A support service for people with mental illness, including their family and friends.

National Suicide Hotline ..1-800-273-8255

 Behavioral health intervention for children ages 5-17 with skill-based services in homes.
 Offers couples/individual counseling, STEPS program, training for parent-child interaction therapy.

Pathway of Hope at

Salvation Army 556-1573

1099 Iowa St., Dbq 52001

E-mail: cindy.kohlmann@USC.salvationarmy.org

 Works with disadvantaged families giving them tools to grow increased stability and self-sufficiency. Helps break cycle of crisis and enable a path out of intergenerational poverty.

Pediatric Psychology at

 Offers child and family counseling, therapy, and intervention plus consultation and training.

Reynolds Counseling 284-7613

Amanda Reynolds

810 Locust St., Dbq 52001

• Offers counseling for children, teens, adults.

www.riverviewcenter.org

 Offers sexual assault, prevention, intervention, and support for children, women, and men; free and confidential 24-hour crisis intervention; legal and medical advocacy; short- and long-term therapy for victims and significant others.

Routley Center for Solution-Focused Counseling, PC.....588-4476

988 W. 3rd St., Ste 108, Dbq 52001 www.routleycenter.net

Cultural Opportunities • Dental Services

E-mail: steppingstones@ehope.org

 Offers mentoring and education through Earn While You Learn program for women pregnant or with children age 4 or under. Earn baby bucks for diapers, wipes, and other basics necessities.

Substance Abuse

E-mail: info@sasc-dbg.org

 Provides assessment and counseling services for teens, adults, and families experiencing problems related to alcohol, drugs, and gambling. Sliding-fee scale, Medicaid, and most health insurances accepted.

 Offers counseling for children, teens, adults, and families for anxiety, stress, depression, grief, and substance abuse. Services include clinical hypnotherapy, play therapy, cognitive therapy, and wellness coaching.

UnityPoint Health/Finley Hospital Intensive Outpatient Program.... 589-2309 350 Grandview Dr., Ste 4222, Dbq 52001 www.unitypoint.org/Dubuque

Waypoint Domestic Violence

 Provides domestic violence victims with emotional support, referrals, advocacy, and groups.

CULTURAL OPPORTUNITIES

www.cityofdubuque.org/citylife
• Helps community learn about city services.

Mathias Ham House 557-9545

2241 Lincoln Ave., Dbq 52001 www.rivermuseum.com/hamsite

 National Register of Historic Sites built in 1856 with tours offered from May through October. Multi-Cultural Family Center...... 582-3681 1157 Central Ave., Dbq 52001 www.mfcdbq.org

 Offers cooking and reading nights; children and teen programs; field trips; Alcoholics Anonymous; language and computer classes; mentoring; tutoring; and cultural celebrations.

DENTAL SERVICES

Dental Services at Crescent Community Health

Center.....563.690-2852 1690 Elm St., Ste 300, Dbq 52001 www.crescentchc.org

 Offers oral health services provided by a dentist and a dental hygienist; preventive and restorative dental services: translation services.



Dental Services • Educational Opportunities

www.unitypoint.org/dubuque/services-vna.aspx

 Offers age-specific oral health education and screenings; dental care coordination; assistance in accessing professional dental care; and possible assistance for dental care if income eligible and funds are available.

Dubuque Pediatric Dentistry 556-6383

Dr. Steve Leifker, Board Certified 1645 JFK Rd., Dbq 52002 www.dbqkidsdentist.com

• Specialist in pediatric dentistry for infants, children, teens, and special needs.

Epworth Family Dentistry ... 563-876-3396

Dr. Kim Kissell 255 Bierman Rd., Epworth 52045 www.epworthfamilydentistry.com

Murray | 4200 Asbury Rd., Dbq 52002 www.triexceptional.com

Kramer Family Dental556-3468

Dr. Anna Kramer-Miller, Dr. Meghan Brown-Monroe

968 W. 3rd St., Dbq 52001 www.kramerfamilydental.com

Midwest Dental Center 588-2585 2055 Holliday Dr., Dbg 52002

Peckosh Pediatric Dentistry 582-1478

Dr. Valerie Peckosh 3455 Stoneman Rd., Ste 2B, Dbq 52002

Schultz Family Dentistry........... 582-5000 3480 Hillcrest Rd., Dbg 52001

Riverview Family Dentistry...... 583-3788

666 Loras Blvd., Dbq 52001

University of Iowa Dental Clinic319-335-7499

lowa City, 52246

• Services provided at the lowa City clinic with reduced fees. Call for an appointment.

EDUCATIONAL OPPORTUNITIES

Archdiocese of Dubuque Center556-2580 1229 Mt. Loretta Ave., Dbq 52001 www.dbqarch.org

 Provides professional, spiritual, and consultative services plus coordinates adult faith programs for persons with disabilities.

Boy Scouts of

 Provides young men and women, ages 5-20, with an exciting year-round program designed to build desirable qualities of character, citizenship, and fitness. Financial aid available based on need.

Dubuque Community School

 Strives to prepare world-class learners and citizens of character in a safe and inclusive learning community.

Student & Family education and support Nights at St. Mark Youth

www.stmarkyouthenrichment.org

Registration held in fall and spring.

Four Oaks/Parents as Teachers. 557-3100 2460 Kerper Blvd., Dbg 52001

 Free family education and support program that provides information to families on child development for children ages prenatal to kindergarten. Families receive 2 home visits monthly with learning activities; developmental screenings; early intervention; and groups to share successes and concerns with other parents.

Girl Scouts of Eastern Iowa and Western Illinois......583-9169

21700 Girl Scout Rd., Epworth, 52045 www.gseiwi.org

 Provides young girls with year-round programs and activities. Financial aid available.

Educational Opportunities • Emergency Information

Holy Family Catholic Schools.... 582-5456 2005 Kane St., Dbq 52001 www.holyfamilydbq.org

Tri-state area's only full Catholic school system, offering progressive programs from preschool to 12th grade at area sites. Nurtures the gifts of each child, fostering peace, justice, and service in the name of Jesus Christ. Innovative programs and technology usage engage students with varying interests and learning levels, personalizing growth and achievement.

 Gathers a network of partners working on advancing equity in the community.

Iowa State University (ISU) Dubuque County Extension Office........... 583-6496 14858 W. Ridge Ln., Ste 2, Dbq 52003 www.extension.iastate.edu/dubuque

 Serves children, youth, and families with educational programs and services, like 4-H, to help to meet the challenges of a changing world.

 Provides school improvement; student learning; school-community planning; educational/instructional materials; professional development; and services for children with special needs. Free screenings for children ages birth-3 to identify special needs and offers free speech-language therapy; occupational/physical therapy; social work; school psychology; special education nursing; audiology and hearing; early childhood special education; vision; transition from school to adult life; and parent assistance.

 Caring volunteers are matched with youth ages 5-15 and meet weekly or twice a month.
 Volunteers make a one-year commitment and maintain a consistent one-to-one relationship. The National Education Center for Agricultural Safety (NECAS) 557-0354 "Progressive Agricultural Safety Days" 8342 NICC Dr., Peosta 52068 safetyday@nlcc.edu

 Dedicated to preventing illnesses, injuries, deaths among farmers/ranchers, agricultural/ horticultural workers, including families and employees.

NICC Dubuque Center 844-642-2338 ext, 3100 700 Main St., Dbq 52001 www.nicc.edu

 Provides English-language classes for nonnative speakers; basic instruction in reading, writing, and math; dyslexia tutoring services; and HSED Preparation and Testing (formerly the GED).

Presentation Lantern Center 557-7134 900 Jackson St., Ste LL5-1, Dbq 52001 www.theLanternCenter.org

 Drop-in and welcoming center for adult internationals that offer: hospitality, English language education, resources, citizenship test preparation, and advocacy, especially to women.

Two by Two Character Building513-0059

470 W. 4th St., Dbq 52001 www.twobytwoeducation.org E-mail: info@twobytwoeducation.org

 Program supports development of responsible citizens with strong character who care for, respect, and appreciate people, animals, and the environment

EMERGENCY INFORMATION

American Red Cross

of the Tri-States800-733-2767 2400 Asbury Rd., Dbg 52001

www.redcross.org/ia/dubuque

 Provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies. Offers CPR and water safety training. For children, offers first-aid program, basic aid training, and babysitter's training.

Emergency Information • Financial Assistance

Child Abuse and Neglect Reporting 24-Hour Reporting Line1-800-362-2178 General Office557-8251	Area Residential Care (ARC) of Dubuque Area
Domestic Violence 24-Hour	E-mail: info@arearesidentialcare.org
Crisis Line 1-800-332-5899	Advocates for persons with intellectual disabilities. Provides financial aid for those in
Dubuque Community YMCA/YWCA	need.
Victim Services Shelter556-1100	
Provides emergency shelter to victims of	ARK Advocates 556-1785
violence and their children in Dubuque County.	900 Jackson St., Ste LG-1, Dbq 52001
Services are free and confidential.	www.arkadvocates.org
octvices are free and confidential.	Advocates for and offers financial assistance
Dubuque County	to those with intellectual disabilities: holds
-	fundraisers; has volunteer opportunities.
Sheriff's Department	
770 Iowa St., Dbq 52001	Consumer Credit Counseling Service
www.dbqcosheriff.com	of Greater Dubuque 582-3885
Dubuque Fire Department	810 Locust St., Dbq 52001
Fire Prevention Office and	010 Locust St., Dbq 32001
Dubuque Fire Marshal 589-4160	Department of Human Services 557-8251
11 W. 9th St., Dbq 52001	799 Main St., Nesler Center, Dbg 52001
www.cityofdubuque.org/fire	www.dhs.iowa.gov
www.cityoldubuque.org/ille	Access to general relief for emergency financial
Dubuque Police Department	services and applications for Family Investment
General Information 589-4410	Partnership; Aid to Dependent Children; Food
Non-Emergency Dispatch 589-4415	Stamps, Title 19, and child care assistance.
770 Iowa St., Dbq 52001	
www.cityofdubuque.org/police	Dubuque County Commission on
Emergency9-1-1	Veteran Affairs and General Assistance
Homeless Hotline 24/72-1-1	for Veterans 589-7840
1-866-469-2211	36 E. 8th St., Dbq 52001
Information & Referral2-1-1	www.dubuquecounty.org/veterans-affairs
	 Assists veterans and veteran families with rent,
1-866-469-2211	utilities, medical, burial, and special needs.
Offers easy way to call and access local information and resources. Available for all	Files disability and pension claims. Eligibility
ages and income.	based on requirements.
ages and income.	Duburus County
	Dubuque County
Hillcrest Homeless Hotline	General Relief
855-800-1239	36 E. 8th St., Dbq 52001
000-000-1203	Operation: New View Community
FINANCIAL ASSISTANCE	Action Agency (CAA)556-5130
I IIIAITOIAE AGGIGTAITGE	1473 Central Ave., Dbg 52001
Apples for Students Program at	www.operationnewview.org
St. Mark Youth Enrichment 582-6211	Provides services and resources to families
1201 Locust St., Dbg 52001	and people living in poverty, including Head
www.stmarkyouthenrichment.org	Start, outreach, energy assistance, emergency
Offers basic school supplies to students in	assistance, and Santa's Helper programs.
need. Available to children grades K-5 in local	
mublic and namedial selection. Desirted the such	DATH at Hillcrost

agency.

public and parochial schools. Register through school counselors or principals by end of the

previous school year or through a service

PATH at Hillcrest

2005 Asbury Rd., Dbq 52001

Family Services 588-0605

· Provides services for homeless persons with

Financial Assistance • Food Programs

a mental illness, including outreach, case management, support services (transportation, food, blankets, housing search assistance), and financial assistance for security deposits.

www.dacuonline.org

 Assists those temporarily in need by offering limited help through payments to creditors and for other basic needs.

Social Security

 Supplemental Security Income (SSI) program provides financial support to disabled adults and children who have limited income and resources. Call for appointment or complete online application at web site.

Society for Special Needs......... 556-6200 Referrals made through Visiting Nurse Association.

 Provides medical assistance for a variety of services, including health care equipment, devices, and supplies.

 Offers referrals and information regarding a wide variety of community resources, including child care, medical care, financial assistance, supplemental food programs, and more.

FOOD PROGRAMS

Child and Adult Food

 A nutrition education and reimbursement program for registered home providers of child care. Helps children receive nutritious meals.

Dubuque Area Labor Harvest 583-3933 215 W. 6th St., Dbg 52001

 Food given away 8-10 times per year and breakfast served on Saturdays when food is not given out. Check local newspaper for listings.

Dubuque County Veteran

www.dubuquecounty.org

 Provides food vouchers to veterans or spouses of a veteran who qualify. Also makes available a food pantry.

Dubuque Food Pantry 583-4440 1598 Jackson St., Dbg 52001

 Free groceries, meats, and paper products.
 Can be used once every 2 months, except in emergency circumstances. Referral from a social service agency or church is required.

Emergency Food Pantry at

Food Pantry at Multi-Cultural

Food Stamps......557-8251
Department of Human Services (DHS)

799 Main St., Nesler Center, Dbq 52001 www.dhs.iowa.gov

 Application for food stamps. Applicants need proof of social security number and identification. Can receive every four months.

Hope House Catholic Worker..... 582-9079 1592 Locust St., Dbg 52001

· Provides food pantry.

New Life Food Pantry 556-5090 835 S. Grandview Heights, Dbg 52003

 Provides food to families with limited income.
 If on FIP/Food Stamps, clients will need a referral from Department of Human Services.

St. Vincent De Paul Vouchers 582-3733 4990 Radford Ct., Dbq 52002 1351 Iowa St., Dbq 52001

 Provides food vouchers with a referral from a church, pastor, or social service agency.

Women, Infants, and Children

220 W. 7th St., Dbg 52001

 Provides information and food vouchers to pregnant women, breast-feeding mothers, and mothers who have had a baby in the last 6 months. Also provides food vouchers to parents with children up to 5 years of age.

Free/Reduced Price Meals • Health Care/Safety Programs

FREE/REDUCED PRICE MEALS

· Open to all ages on Thursday evenings.

Dubuque Area Labor Harvest......582-5947

423 Locust St., Dbg 52001

 Food giveaway on second Saturday and free breakfasts on other Saturdays of month.

Dubuque Rescue Mission 583-1394 398 Main St., Dbq 52001 www.dbqrescue.org

• Free meal program for all in need. Emergency housing for men.

Hope House 582-9079

1592 Locust St., Dbg 52001

 Meals open to all ages on Sundays and Mondays. Also offers food pantry. No identification required. No appointments necessary. **St. John Episcopal Church** 556-0252 1410 Main St., Dbg 52001

 Offers a free meal every 5th Sunday at 1458 Locust St. Open to all ages.

St. Luke Methodist Church 582-4543 1199 Main St., Dbg 52001

 Serving every Saturday even if it falls on a holiday. Open to all ages.

St. Patrick Church-Foley Hall.... 583-9749 1425 lowa St., Dbq 52001

· All ages. Serving Wednesdays at 5 p.m.

HEALTH CARE/SAFETY PROGRAMS

Advanced Wellness Center....... 556-6292 2442 Meinen Ct., Dbq 52002 www.advancedwcdbq.com

 Serves children, teens, and adults ages 10 years up for acute care, physicals, illness, weight loss.



Health Care/Safety Programs

Asbury Family Chiropractic 582-3424 5555 Saratoga Rd., Dbq 52002

www.asburyfamilychiropractic.com

• Helps patients regain their health naturally through chiropractic care.

Balanced Integrative Health & Wellness......284-2422

4855 Asbury Rd., Ste 7, Dbg 52002

• Works with children and parents with chronic illnesses like ADHD, ADD, autism, etc.

Burger Chiropractic...... 582-1188 1340 Delhi St., Dbq 52001 www.burgerchiropractic.com

Cascade Family Health

Child Health Specialty Clinic 556-3700

Community Circle of Care........ 583-5545
Pediatric Integrated Health 583-5545

799 Main St., Ste 230, Dbq 52001 www.chsciowa.org

 Serves children with special health care needs (birth to age 22), including serious emotional and behavioral challenges. Helps families find local services; access care coordination; and attend support groups. Sliding-fee scale for clinic services; no charge for non-clinic services.

Child Safety Seat Check

Dubuque Police Department..... 589-4100 770 lowa St., Dbg 52001

www.cityofdubuque.org/childpassenger E-mail: police@cityofdubuque.org

 Free child safety seat installation by appointment and educational materials.

Children and Adults with Attention Deficit/Hyperactivity Disorder ... 557-7529 3200 Asbury Rd., Dbq 52002

www.chadd.org

City of Dubuque Childhood Lead Poisoning Prevention Program.. 589-1724 1300 Main St., Dbg 52001

www.cityofdubuque.org/803/lead-hazard-control

 Offers education and case management of lead poisoned children plus funding and information on safe lead removal from housing units and lead screening.

City of Dubuque

Public Health Department........ 589-4181 1300 Main St., Dbg 52001

www.cityofdubuque.org/health

 Child lead poisoning prevention program, Green and Healthy Homes Program, food inspections, and animal control.

 Provides pregnancy tests and post-abortion counseling; limited sexually transmitted infection testing; free limited obstetric ultrasound. Services are free and confidential; must meet with counselor before receiving services.

 Helps schedule and pay for travel arrangements to hospitals for children treated for cancer.

Crescent Community

www.crescentchc.org

 Offers primary health care services; oral health services; diagnostic laboratory services; preventive health services; patient case management; pharmacy services; preventive and restorative dental services; and translation services.

Department of Human

Services 557-8251

799 Main St., Nesler Center, Dbq 52001 www.dhs.iowa.gov

 Application for Title 19 and for families with limited income to receive medical care at University of Iowa Hospitals and Clinics.

Dubuque Area Council for the Prevention of

Child Abuse 557-3100

 Community coalition does advocacy and awareness projects on child abuse prevention.

Health Care/Safety Programs

Dubuque County Public Health Department/Board

www.dubuquecounty.org

 Water testing, well permitting, septic permitting, time of transfer, grants to counties, and septic pumper inspections.

Dubuque Noon Lions Club

Vision Screenings 556-3742

www.dubuquenoonlions.com E-mail: grandpah01@aol.com

 Provides eye wear for low-income individuals; free vision screenings for children in child care, preschool, and school; and open screenings.

Dyersville Family Practice... 563-875-2776 1121 3rd St. SW, Dyersville 52040

Epworth Family Chiropractic 563-876-3231 116 W. Main St., Epworth 52045

Family First Chiropractic

www.ffcwc.com

E-mail: dr.hinderman@gmail.com

 Helping families achieve health and wellbeing by providing safe, drug-free, natural chiropractic care and wellness education.



Family-friendly office with play area and affordable family care plans.

Fullness of Life

The Gabriel Project1-800-771-5790

 Helps with crisis pregnancy intervention with many local parishes participating.

Grand River Medical Group557-9111
Family Practice583-9300
Pediatrics Clinic557-3900

1515 Delhi St., Ste 100, Dbq 52001 320 N. Grandview Ave., Dbq 52001 1500 Delhi St., Ste 3500, Dbq 52001

Offers same-day, Sat., after-hours appointments.

Harmony Factor......556-9642

2728 Asbury Rd., Ste 777, Dbq 52001

 Offers infants to adults gentle, drug-free, non-invasive options to take charge of health and well being using stress management, biofeedback technologies, and education.
 Private sessions and group workshops available.

Mark the Calendar!

Kids Expo
Dubuque County
will happen on
October 2, 2021

www.dcearlychild.org (563)588.1620

Health Care/Safety Programs

hawk-i (Healthy & Well Kids in lowa) 556-6200 Toll Free1-800-257-8563 www.dhs.iowa.gov/hawk-i

· Offers no-cost or low-cost health insurance for children ages 0-19 with no insurance and are ineligible for Medicaid. Must meet income requirements and be an lowa resident.

Health From Within Chiropractic Wellness Center of Dubuque 556-6252 4855 Asbury Rd., Dbq 52002

Healthy Living Chiropractic 552-7236 8558 Kapp Dr., Ste B, Peosta 52068 www.healthvlivingdubugue.com

· Chiropractic care and health assessments for the whole family and sports rehabilitation.

Hillcrest Community Health Services Downtown 583-6431 Asbury Road......583-7357 220 W. 7th St., Dbq 52001 2005 Asbury Rd., Dbq 52001 www.hillcrest-fs.org

· Offers reproductive health exams; sexually transmitted infection tests; pregnancy tests; birth control; nutrition services for pregnant women and children: counseling, dental hygienist, and nursing education for pregnant women. Also offers stop smoking classes; residential treatment for behavior disorder and mental illness; family and marriage counseling; youth mentoring; Woman, Infants, and Children (WIC); day treatment and independent living for adults with mental illness; homeless outreach: mental health counseling: sexual abuse groups for children and teens; adoption services. Sliding-fee scale: accepts Title 19 and some insurance. No one denied services. for financial reasons.

Hospice of Dubuque...... 582-1220 1670 JFK Rd.. Dbg 52002

· Provides physical and emotional support to terminally ill patients and their families. No one is denied services for financial reasons.

Hy-Vee 583-2199, 583-6148, 583-5204 Three sites in Dbg

• Offers nutrition and fitness programs for families and children

lowa Safety Identification

Program 564-6250

2511 Windsor Ave., Dbg 52001

· Provides safety identification materials to participants and families to use in the event a participant becomes missing.

Keystone AEA...... 556-3310 Special Needs Services 1-800-632-5918 2310 Chaney Rd., Dbg 52001 www.aea1 k12 ia us

• Free screenings for children birth-3 years to identify special needs. Services include speech-language therapy; occupational and physical therapy; school psychology; special education nursing; audiology and hearing; early childhood special education: vision: transition from school to adult life, and parent assistance.

Kobusch Chiropractic 588-4730 4655 Old Highway Rd., Dbq 52002

Little Bits and Vacuums 845-7036 2600 Dodge St., Plaza 20 C9, Dbg 52003 www.littlebitsandvacuums.com

· Has autism products (e.g., games, eating accessories) available.

Medical Associates Clinic 584-3000 East Campus - 1000 Langworthy, Dbq 52001 West Campus - 1500 Associates Dr., Dbg 52002

www.mahealthcare.com

· Access same-day appointments for sick children and evening/Saturday hours. Access comprehensive well-child services; diabetes program; pediatric dietitian; and vaccines.

Mercy Family Pharmacy 583-5846 1920 Elm St., Dbg 52001

· Offers health and medication services with locations throughout Dubuque County.

Mercy Home Care 589-8899 250 Mercy Dr., Dbg 52001

· Offers in-home health care providers and medical equipment.

Mercy Medical Center Info 589-8000 250 Mercy Dr., Dbg 52001 www.mercvdubuque.com

Health Care/Safety Programs • Housing-Permanent/Rental/Rehab

Mercy Medical Center

www.mercydubuque.com/dyersville

Merritt Family Chiropractic .563-852-5060 713 1st Ave. W. Cascade 52033

School Resource Officers........... 589-4100 770 lowa St., Dbq 52001

www.cityofdubuque.org/police

 Partners with Dubuque Schools to have officers in schools for safety and education of students.

Tri-State Family Practice, LLP ... 557-5900 1500 Delhi St., Dbq 52001

Tri-State Independent

www.tristateblind.org

 Assists in finding aides and modified equipment; offers counseling on vision loss; teaches skills to maintain independence in living environments, including kitchen and computers.

Tri-State Independent Physicians582-7055

2140 JFK Rd., Ste E, Dbq 52002 www.tristateipa.com

Unified Therapy Services............ 583-3408 4121 Pennsylvania Ave., Dbq 52002 www.unifiedtherapy.com

 Pediatric-focused outpatient clinic offering physical, occupational, and speech-language therapy. Therapists believe in a collaborative approach to assist children and young adults achieve functional goals. Treats a variety of diagnoses from developmental delays to serious neurological disorders. Call to set up a free developmental screening.

350 N. Grandview Ave., Dbq 52001 www.unitypoint.org/dubuque

UnityPoint Health Clinic/ Cascade Medical Center 563-852-5050 610 2nd Ave. NE, Cascade 52033 www.unitypoint.org/dubuque Comprehensive eye care for the entire family, including evaluations for infants on up, urgent care for injury and inflection, foreign body removal, and conjunctivitis or pink eye. Large selection of kid's frames and packages.

www.unitypoint.org/dubuque/services-vna.aspx

 Help with applications for Medicaid (Title 19) and hawk-i. Assists with accessing medical and dental care plus possible transportation. Offers case management services. Child Care Nurse Consultants provide training for child care providers on health and safety issues.

HOUSING-PERMANENT/RENTAL/ REHAB

ECIA/Eastern Iowa Regional Housing
Authority (EIRHA).......556-4166

7600 Commerce Park, Dbq 52002 www.ecia.org

 Programs available for families with limited income to receive assistance outside city limits. Income guidelines for assistance.

 Offers housing for low-income elderly and disabled adults.

 Housing Education & Rehab Training with Dubuque Schools for entitled students.

 Volunteer group that helps build or renovate homes for purchase to families with limited income. Family is expected to help with project.



Housing-Temporary Shelters

Services include affordable housing and income-based rent.

Housing, City of Dubuque.......... 589-4230 350 W. 6th. Ste 312, Dbg 52001

Provides qualified renters with financial assistance and inspectors to perform housing code inspections for assisted housing. Offers financial assistance and housing rehabilitation for first-time home buyers. Other programs include Circles Initiative for persons working to get out of poverty; family self-sufficiency program; lead paint hazard reduction; Healthy Homes Program with assistance for remediation of health and safety issues in low-to moderate-income housing; and low-interest loans to homeowners and rental property.

Kennedy Manor Apartments 556-5125 2671 Owen Ct., Dbq 52001

Subsidized housing for families on limited income.

Lead & Healthy Homes Program, City of Dubuque..... 589-1724 350 W. 6th St., Ste 312, Dbq 52001

Offers home improvement services.

Manasseh House Apartments.... 557-4450 2080 Elm St., Dbq 52001

 Single rooms available for women in drugand smoke-free environment with deposit required. Rent includes all utilities, telephone access, computer accessibility, direct TV, free laundry, community kitchen, living rooms, and 24-hour security. Supportive services include educational support, computer training, life skills classes, access to health care, and information.

 1, 2, and 3 bedroom apartments for low- to moderate-income families. Convenient neighborhood locations, coin-operated laundry, off-street parking, low deposits, and handicapped accessible units. Section 8 and HUD approved.

Operation: New View, Green Iowa Americorps556-5130

1473 Central Ave., Dbg 52002

· Subsidized housing units; application required.

Rehabilitation Department, City of Dubuque......589-4239

350 W. 6th St., Ste 312, Dbq 52002

· Subsidized housing units; application required.

www.homzmanagement.com

E-mail: sheridanvillage@homzmanagement.com

 Subsidized 2 bedroom family apartments and 3 bedroom townhouses in quiet cul-de-sac location. Income-based rent.

HOUSING-TEMPORARY SHELTERS

 Helps those in need get back on the path home by offering shelter, services, and support.

Dubuque Community YMCA/YWCA Domestic Violence Shelter...... 556-1100 Toll Free......1-800-332-5899

P.O. Box 1301, Dbq 52004

 Emergency shelter for women/children experiencing abuse. Referrals to other resources and free counseling for children and adults.

Dubuque Rescue Mission 583-1394 398 Main St., Dbq 52001 www.dbgrescue.org

 Offers emergency housing for men and free meal program for all in need.

Heartland Boarding House 583-0635 1266 Jackson St., Dbg 52001

· Weekly and monthly units available.

 Daytime hospitality and referral assistance to other agencies as needed.

Housing Referrals2-1-1

 Connects people with unmet needs to appropriate resources. Provides assistance to homeless to assure safety, dignity, selfsufficiency.

Libraries • Music

Life House Maternity

Home......513-1988

www.lifehouseministry.org

• Offers maternity home dedicated to women between ages 12-24.

 Offers hospitality to Dubuque area women alone or with children, who are in need of transitional housing and related support services.

Mary's Inn Maternity Home 552-6288

• Offers maternity home dedicated to single pregnant mothers.

Operation Home and PATH Program, Hillcrest Family

www.hillcrest-fs.org

• Offers assistance to homeless families that are veterans or have substance abuse issues.

www.openingdoorsdbq.org

 Offers hospitality to area women, alone or with children, in need of emergency housing.

LIBRARIES

Carnegie-Stout Public Library ... 589-4225 360 W. 11th St., Dbq 52001 www.dubuque.lib.ia.us

 Provides resources for enjoyment, enlightenment, and knowledge plus literacy tools for youth. Children's programs and activities are available. Serves Dubuque and surrounding communities with a collection of books, audio, video, and digital materials plus Internet access.

Cascade Public Library.......563-852-3222 301 1st Ave. W., Cascade 52033 www.cascade.lib.ia.us

Charles C. Meyers Library 589-3100 2195 Grace St., Dbg 52001

www.dubcolib.org

 Serves rural residents and contracting communities in 5 locations. Provides books, computer access terminals. Wi-Fi, magazines, printing and copying, fax, DVDs, online resources and eBooks, and programming for all ages.

Epworth Branch......563-876-3388

Farley/Drexler Branch 563-744-3371

Holy Cross Branch563-870-2082

James Kennedy Public Library

www.dyersville.lib.ia.us

 Offers infant through 5th grade programs including storytimes, reading programs, book week, back-to-school parties, holiday parties.

Peosta Branch 556-5110, ext. 224 www.dubcolib.lib.ia.us

 Serves rural residents and contracting communities in 5 locations. Provides books, computer access terminals, Wi-Fi, magazines, printing and copying, fax, DVDs, online resources, eBooks, and programming for all ages.

Nicholas J. Schrup Library 588-6320 1550 Clarke Dr., Dbq 52001 www.clarke.edu/office/library

Wahlert Memorial Library 588-7009 1450 Alta Vista St., Dbq 52001

MUSIC

Colts......582-4872

2300 Twin Valley Dr., Dbq 52003 www.colts.org

E-mail: colts@colts.org

 Offers Pandemonium Steel Drum Ensemble for 5th-8th grade students; Dubuque Colts Area Summer Band for students in grades 4-8; Colt Cadets Drum and Bugle Corps, a musical and dance training program for children ages 11-17.

Dubuque Symphony Orchestra . 557-1677 2728 Asbury Rd., Ste 900, Dbq 52001



Photography • Schools-Private & Public

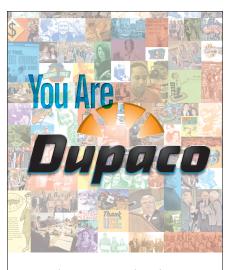
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www.dubuquesymphony.org • Dubuque's only professional symphony performs classics concerts at the Five Flags Theater, pops concerts, and chamber concerts. Supports Dubuque Youth Ensembles, an instrumental training program for young	Siebe Studio
musicians.	www.weberportraitdesign.com
Kephart-West Music	SCHOOLS-PUBLIC & PRIVATE
Moondog Music	Aquin Catholic Schools563-852-3331 608 3rd Ave NW Cascase, 52033
Music Men Barber Shop Chorus 552-7064	Audubon Elementary School552-3300 605 Lincoln, Dbq 52001
Northeast Iowa School of Music 690-0151	
2728 Asbury Rd., Ste 200, Dbq 52001 www.nisom.com	Beckman Catholic High School
E-mail: admin@nisom.com • Programs for all ages from preschoolers	
through senior citizens, including private lessons, group classes, and performance ensembles.	Bryant Elementary School 552-3400 1280 Rush St., Dbq 52003
Rondinelli Music/Audio 583-8271 3414 Pennsylvania Ave., Dbq 52002	Carver Elementary School552-4500 2007 Radford Rd., Dbq 52002
Uncle Ike's Music and Sound 556-6052 4989 Radford Ct., Dbq 52002	Cascade Elementary School
PHOTOGRAPHY	
Capture the Moment Photography563-543-4095 217 1st Ave. E., Dyersville 52040	Cascade Junior/Senior High School563-852-3201 505 Johnson St. NW, Cascade 52033
www.capture-moment.com	Drexler Middle School 563-744-3371 405 3rd Ave. NE, Farley 52046
Elite Images Photography583-9369 5025 Wolff Rd., Ste 104, Dbq 52002 www.eliteimages.com	Dubuque Schools-Public552-3000 Dubuque Community School District 2300 Chaney Rd., Dbq 52001
The Joy of Photography556-1111 www.thejoyofphotography.biz	www.dbqschools.org
Studio 506 Photography 563-599-9761 507 Tahoe Ct., Farley 52046	Dubuque Senior High School552-5500 1800 Clarke Dr., Dbq 52001
Nauman Photography	Dyersville Elementary School563-875-8484 813 12th Ave. SW, Dyersville 52040
Reflections Photography 503-5505 2189 Tuscany Ridge Dr., Dbq 52002 www.rbrfoto.com	School815-747-3117 100 School Rd., East Dubuque, IL 61025

Schools-Public & Private

East Dubuque Junior and Senior High School	Holy Family Catholic Schools
Eisenhower Elementary	, , , ,
School	Hoover Elementary School 552-3700 3259 St. Anne Dr., Dbq 52001
Eleanor Roosevelt Middle School552-5000	Irving Elementary School 552-3800 2520 Pennsylvania Ave., Dbq 52001
2001 Radford Rd., Dbq 52002	Jefferson Middle School 552-4700
Epworth Elementary	1105 Althauser St., Dbq 52001
School	Kennedy Elementary School 552-3900 2135 Woodland Dr., Dbq 52002
Farley Elementary School 563-744-3308 405 3rd Ave. NE, Farley 52046	LaSalle Catholic
Fulton Elementary School 552-3650 2540 Central Ave., Dbq 52001	Lincoln Elementary School 552-4050 555 Nevada St., Dbq 52001
Hempstead High School 552-5200 3715 Pennsylvania Ave., Dbq 52002	Marshall Elementary School 552-4100 1450 Rhomberg Ave., Dbq 52001







Ready to join something better? **Join Dupaco.**

Everyone who works or lives in the area is eligible for membership.



Dupaco.com/join 800-373-7600

Schools-Public & Private • Shopping

Schools-Fublic & Fitvate - Shopping		
Mazzuchelli Catholic Middle School	Western Dubuque School District	
Our Lady of Guadalupe Spanish Immersion Program 556-4194 2160 Rosedale Ave., Dbq 52001	SHOPPING	
Peosta Elementary School588-9010 8522 Burds Rd., Peosta 52068	Bicycle World	
Prescott Elementary School 552-4200 1151 White St., Dbq 52001	Bike Shack	
Resurrection Elementary School	The Calico Bean Market	
Sageville Elementary School 552-4300 12015 Sherrill Rd., Dbq 52002	Carter's Children's Clothing 556-0362 2445 NW Arterial, Ste 100, Dbq 52002	
Seton Catholic School	Free Flight Bikes, Skis & Fitness 582-4500 5010 Wolff Rd., Dbq 52002 www.freeflightbikes.com	
Seton Catholic -Farely	Koppes Kreations	
1198 Rush St., Dbq 52003	Lowe's of Dubuque	
St. Francis Xavier School 563-875-7376 203 2nd St. SW, Dyersville 52040	Mural Inspirations Create It!590-8404 www.muralinspirations.com • Offers mural paintings and paint parties.	
Table Mound Elementary	Ollers murai paintings and paint parties.	
School	River Lights Bookstore 2nd Edition	
Tri-State Christian School231-3701 5025 Saratoga Rd., Dbq 52002 www.tscs.org	www.riverlights.com Sam's Club	
Wahlert Catholic High School 583-9771 2005 Kane St., Dbq 52001	4400 Asbury Rd., Dbq 52002 www.samsclub.com • Members receive \$10 for every \$500 spent on qualifying purchases. Order online by 5	
Washington Middle School 552-4800 51 N. Grandview Ave., Dbq 52001	p.m. and pick up next day. Exclusive offers electronically loaded and redeemed through	
Western Dubuque High School	checkout on select items. Speciality services include fuel station, free health screenings, hearing aid center, photo, tire/battery center, optical, pharmacy.	

Sports/Recreation

Sports/Necreation		
TOMY Outlet Store 563-875-5613 2021 9th St. SE, Dyersville 52040	Cobra Lanes 563-744-3008 107 2nd St. NE, Farley 52046	
 www.rc2corp.com Offers innovative toys and die-cast collectibles, including farm toys, American Muscle vehicles, and Learning Curve Toys. 	Creslanes	
	Derby Grange Golf & Recreation 556-4653	
SPORTS/RECREATION	13079 Derby Grange Rd., Dbq 52002 www.derbygrangegolf.com	
Adam's Dance Connection 845-9729 4855 Asbury Rd., Ste 8, Dbq 52002 E-mail: akiefferdance@yahoo.com	 Scenic driving range, 9-hole par 3, challenging miniature golf, 6 automatic batting cages, concession stand, and party pavilion. 	
All Around Academy of Gymnastics	• Offers free program for newcomers.	
4292 Dodge St., Dbq 52003 Almost Famous Dance, Cheer &	The Dream Center	
Gymnastics319-465-4111	www.dubuquedreamcenter.com	
908 1st St. NW, Farley 52046 231 Cedar St., Ste A, Monticello 52310 www.almostfamousdancestudio.com	 Offers community center with group activities and educational programming for youth. 	
E-mail: office@almostfamousdancestudio.com	Dubuque Area	
Offers dance for ages 3 to 18 and Mommy and Me for age 2.	Swimmin' Hurricanes	
Alpine Tennis & Fitness 556-1234	E-mail: coachdoug@teamdash.org	
1090 Cedar Cross Rd., Dbq 52003	Data and Discrete Old to	
www.alpinetennisdbq.com	P.O. Box 1746, Dbq 52004	
AYSO Region 419564-4718	www.dubuquebikeclub.org	
2615 Dodge St., Dbq 52003	Dubuque Bike CoopNA	
www.ayso419.org	2206 Central Ave., Dbq 52001	
Ballroom by Jennifer815-281-0430 2600 Dodge St. (Hwy 20), Dbq 52003 www.BallroombyJennifer.com	 Helps people with reasonable means get a bike. 	
www.ballioonbyJenniler.com	Dubuque Community	
Bunker Hill Golf Course 589-4100	YMCA/YWCA556-3371	
2200 Bunker Hill Rd., Dbq 52001 www.cityofdubuque.org/parks	35 N. Booth St., Dbq 52001 www.dubuquey.org	
www.cityoldubuque.org/parks	E-mail: info@dubuquey.org	
Cascade Lanes	 Welcomes people of all ages, abilities, and backgrounds in programs to address youth development, domestic violence, seniors, 	
Cascade Swimming Pool 563-852-3842 405 2nd Ave. NE, Cascade 52033	social and economic needs, child care, and health and wellness. Financial assistance is available.	
Challenge to Change 542-1168		
www.challengetochangeinc.com	Dubuque County	
Offers yoga and art camps for kids.	Conservation Board556-6745 13606 Swiss Valley Rd., Peosta 52068	
Cherry Lanes	www.dubuquecounty.org/Conservation	
	Provides nature, conservation, and environmental programs in parks and at nature center.	
	==:::=	

Sports/Recreation

& Gymnastic Club	games at Derby Grange Golf & Recreation and other sites. Anyone can play with open registration.
 E-mail: miss.dee@dbqdanceandgym.com Classes are offered in selected disciplines to students 18 months through adult, including tumbling, gymnastics, dance team, tap, ballet, 	P.O. Box 1873, Dbq 52004 www.dubuquesoccer.org
jazz, pointe, parent-tot classes, and ballroom.	Dubuque Sports Complex 239-11
Dubuque Driving Range	12614 Nightengale Ln., Dbq 52003 www.dubuquesportscomplex.com
· •	Dubuque Water Sports Club

Dubuque Martial Arts Group 588-1012 3430 Dodge St., Dbg 52003 www.dubmag.com

Dubuque Karate Club.......583-8256

E-mail: dubmag@aol.com

805 Century Dr., Dbg 52002

Dubuque Dance Studio

· Classes for adults and children. Gain confidence, self-control, and achieve selfdefense skills: make new friends and have fun.

Dubuque Pony League Baseball.....NA P.O. Box 3318, Dbg 52004

www.dbqpony.org

E-mail: info@dbqpony.org

.....NA

· Youth baseball league for ages 4-18 with

9-1127

P.O. Box 3377, Dbq 52004 www.dbawsc.com

E-mail: dubuquewsc.info@gmail.com

Dubuque Wrestling Club 581-7741

E-mail: dwcwrestle@gmail.com

· Provides affordable, year-round training for wrestlers in the tri-state area.

Dubuque Youth Hockey 2736 Mineral St., Dbg 52001 www.dubuquehockey.org

Thank you



The sponsor of this year's Family Resource Guide. Their support allowed the guide to be distributed to over 10,000 families!

Theatre Arts

1110411071110		
Dyersville Aquatic Center 563-875-8675 1300 Aquatic Dr., Dyersville 52040	Studio 5678	
 Zero-depth pool features 2 slides, a kiddie area, and sand volleyball. 	Sundown Mountain Resort 556-6676 16991 Asbury Rd., Dbq 52002	
Dyersville Karate Club 563-923-5775 1110 16th Ave. SE, Dyersville 52040	www.sundownmtn.com Offers 21 trails, 4 chairlifts, 2 ski carpets, 2 separate teaching areas with 1 especially	
Flora Pool	designed for children, 100 teaching pros, rental department with the latest equipment, and lodge with healthy food and drinks. Parents	
Heritage Trail	can ski with children or enroll kids ages 4-11 in Kids Park, a high-energy creative 2-4 hour lesson that makes learning snow skills fun while teaching safety.	
Epworth, and Farley. Available for walking, biking, cross-country skiing, and snowmobiling.	Sutton Pool	
Mississippi Valley	Total Fitness Recreation	
Running AssociationNA	Center	
P.O. Box 854, Dbq 52004	1110 16th Ave Ct. SE, Dyersville 52040	
www.mvradubuque.com	E-mail: totalfitness@dyersville.com	
Moser's School of Dance &	West Side Cympostics 592 9552	
Gymnastics	West Side Gymnastics 583-8553 1003 Century Dr., Dbq 52002	
E-mail: dmoser@iowatelecom.net	Xtreme Dance 556-0538	
 Classes available in tap, jazz, hip-hop, 	1075 Cedar Cross Rd., Dbq 52003	
gymnastics, and ballet for boys and girls ages 2-1/2 through adult with beginner through	www.xtremedancedbq.com	
elite levels. For recreation or competition with locations in Manchester, Dyersville,	THEATRE ARTS	
Independence, Monticello, Clermont, Elkader, Guttenberg, Edgewood, and Strawberry Point.	Bell Tower Theater	
	www.belltowertheater.net	
Parks and Recreation, City of Dubuque	E-mail: info@belltowertheater.net • Provides high-quality programs offering	
Leisure Services	entertainment and arts learning to kids of all	
2200 Bunker Hill Rd., Dbq 52001 www.cityofdubuque.org/leisureservices	ages.	
 Offers year-round and after-school activities for 	Five Flags Center	
children and youth.	Administration 589-4254	
Peosta Community Center556-8751	Ticket Office	
7896 Burds Rd., Peosta 52068	405 Main St., Dbq 52001	
Strata Country	www.fiveflagscenter.com	
Skate Country	 Offers opportunity to attend plays, concerts, and sporting events throughout the year. Call 	
www.skatecountrydubuque.com	ticket office for more information on events.	
•	Grand Opera House 588-4356	
Springer's Martial Arts Academy582-1400	Box Office	
1880 Radford Rd., #1, Dbq 52002	135 W. 8th St., Dbq 52001	
 Offers karate classes for kids as young as 5 years. Children learn self-discipline, respect, 	www.thegrandoperahouse.com	
goal-setting, and value of exercise. Improve	E-mail: director@thegrandoperahouse.com	
attention span, focus, and self-confidence in a	Great Midwestern Educational	

30

positive, friendly, and motivating classroom.

Transportation Services • Volunteer Opportunities

Theatre Company	P.O. Box 80, Peosta 52068 childadvocacy.iowa.gov • Offers Court Appointed Special Advocates Program and Foster Care Review Board.
Rising Star Theatre Company	Clare Cares
University of Dubuque Heritage Center	700 Locust St., Ste 195, Dbq 52001 www.dbqfoundation.org Dubuque County Early
TRANSPORTATION SERVICES	Childhood
#1 Green Cab	www.dcearlychild.org • Works collaboratively with the community to promote high-quality child care, health care, and family services for young children. Public
A1 Taxi & Delivery Service582-1818 www.a1taxidbq.com	is welcome to attend meetings and participate in activities. Many volunteer opportunities
Burlington Trailways 583-3397 950 Elm St., Dbq 52001	are available to serve on board of directors and committees plus volunteering for office work. Programs supported include preschool scholarships, family support services, health
Jule Transit	services for children and child care providers, and child care provider grants, mentoring, and professional development. March of Dimes
Regional Transit Authority	Mentor Dubuque at Hillcrest Family Services
Starlight Taxi 556-6666	1900 JFK Rd., Dbq 52001 www.resourcesunite.com
• Download app to find drivers. VOLUNTEER OPPORTUNITIES TO WORK WITH CHILDREN	Special Spaces
AmeriCorps	Toys for Tots
1550 Clarke Dr., #1546, Dbq 52001	432 Bluff St., Dbq 52001 www.dubuque-ia.toysfortots.org

Youth Activities & Attractions

215 W. 6th St., Dbq 52001 www.dbqunitedway.org

YOUTH ACTIVITIES & ATTRACTIONS

 Kids in grades kindergarten through 12th can become a 4-H member with activities that challenge participants' skills and help them learn from others who care. 4-H has opportunities for volunteering, from being a local club leader to volunteering at the lowa State Fair

AMC Star Dubuque 141-888-262-4386 2835 NW Arterial, Dbg 52002

American Lady Cruises......557-9700 1630 E 16th St., Dbq 52001

AY McDonald Park

Kerper Blvd. & Hawthorn St., Dbq 52002

• Is an 8-acre park with fishing piers.

Becker Woodcarving Museum 563-875-2087

15346 Becker Ln., Dyersville 52040

 Call ahead for appointment to view the woodworks of famous NE lowa carver, Jack Becker.

Boys/Girls Club of Greater Dubuque......585-0599

1299 Locust St., Dbq 52001 www.boysgirlsclubdubuque.com

 Provides kids in 1st-12th grades with a club that promotes health, education, social, and character development. Membership fee is \$10.00. Meals provided to members at 5 p.m. on Monday-Friday evenings and noon on Saturday.

E-mail: info@crystallakecave.com

 Natural living cave with guided tours, gift shop, gem-mining sluice, picnic grounds.

Czipar's Apple Orchard..... 582-7476 8610 Rt. 52 S., Dbg 52003

Dubuque Arboretum

www.dubuquearboretum.net

Dubuque Area Attraction

Information1-800-798-8844

www.americasriver.com www.traveldubuque.com

Dubuque Area Youth Leadership Council (DAYLC)

www.daylc.org

Dubuque by Carriage 580-0558

E-mail: dbqbycarr@yahoo.com

 Conducts casual games for all ages with free lessons and membership. Meets at the library.

Dubuque County Fair Association

588-1406

14569 Old Highway Rd., Dbq 52002 www.dbqfair.com

Dyer-Botsford Doll Museum .563-875-2414 331 1st Ave E, Dyersville 52040

 Home of Dyersville's founder, a restored Victorian features a rare revolving German Feather Christmas tree, German ornaments, and a collection of over 1,200 dolls.

Eagle Point Park 589-4263

2601 Shiras Ave., Dbq 52001 www.cityofdubuque.org/parks

E.B. Lyons Interpretive Center, Mines of Spain Recreation Area 556-0620 8991 Bellevue Heights, Dbq 52003 www.minesofspain.org

 Located on 1,439 acres of forest, savannas, wetland, creeks, cliffs, and tall grass prairies found throughout rugged terrain south of Dubuque. Features 12 hiking trails; 5 miles of cross country ski trails; educational and interpretive programs on area history and natural resources; Julien Dubuque Monument; canoe access; Horseshoe Bluff Interpretive Area; view of the Mississippi River; free field trips and youth presentation; and Interpretive Center/Visitor Center.

Youth Activities & Attractions

Field of Dreams

Grand Harbor Resort

 Has 193 guest rooms; 25,000 square feet of waterpark fun; and huge interactive game room. Collect tickets to redeem for prizes.
 Birthday party packages available each day waterpark is open. Group rates available for 15+

Julien Dubuque Monument....... 556-0620 1810 Monument Dr., Dbq 52003 www.minesofspain.org

 Located at the Mines of Spain Recreation Area; listed on National Register of Historic Places

McAleece Park & Recreation

Complex Skateboard Park 589-4263 1801 Admiral Sheehy Dr., Chaplain Schmitt Island

Hwy 151/61 N., Dbq 52001

National Farm Toy Museum ..563-875-2727 1110 16th Ave. SE, Dyersville 52040 www.nationalfarmtoymuseum.com E-mail: farmtoys@dyersville.com

 A small-scale adventure into the history of agriculture; explore farm toy collections, pedal tractors, dioramas, and unique exhibits on agriculture's history. Discover farming changes throughout the years and the history of tractors that continue to help make successful harvests.



National Mississippi River Museum & Aquarium557-95451-800-226-3369 350 E. Third St., Dbq 52001 www.rivermuseum.com

· Interactive activities for all ages.

The New Vienna Heritage

Museum......563-921-3165

7396 Columbus St., New Vienna 52065

 A former convent, converted to a German Museum features 23 rooms of antiques, artifacts, and quilts. Handicap accessible.

The Old Jail Museum &

Historical Society 557-9545

36 E. 8th St., Dbq 52001

 From year 1857, the jail exhibits Dubuque County Historical Society's unique and interesting artifacts.

Youth Activities & Attractions

Park and Recreation City of Dubuque......589-4263 2200 Bunker Hill Rd., Dbq 52001

www.cityofdubuque.org/parks

 Year-round and after-school activities for youth and young adults. Activities available at no cost or low cost to people with limited income.

Phoneix Theatres	556-0009
555 JFK Rd., Dbq 52001	

Sky Tours at YMCA Union Park Camp484-4248 11764 JFK Rd., Dbq 52001

• Features 9 high altitude zip lines.

Storybook Hill Children's Zoo.... 588-2551 12201 N. Cascade Rd., Dbq 52003

Open June through Labor Day.

Swiss Valley Nature Center....... 556-6745 13606 Swiss Valley Rd., Peosta 52068 www.dubuquecounty.org

 Includes nature center with interpretive displays, live animal exhibits, library, and avian room for bird watching. Offers free programs on animals, wildlife, compost, geology, habitats, hiking/survival, hunter safety, bugs, Native Americans, trees, and watershed/ pollution.

E-mail: yapppers@dbqfoundation.org

 Area high school students work to address local youth needs. Meetings twice a month to engage in team-building activities, volunteering, fundraising, and granting money to non-profits.



Mark the Calendar!

Kids Expo
Dubuque County
will happen on
October 2, 2021

www.dcearlychild.org (563)588.1620



NOTES:



most effectively serve: the basic needs of families & children, which includes food, shelter, education, safety and health.

THEISEN'S AWARDS OVER

\$350,000

TO LOCAL CHARITIES ANNUALLY

Visit www.theisens.com/about-Theisens/we-give-back for more information