

Information and Resources (updated 6/4/25)

<https://www.findhelp.org/>

ADOPTION, UNEXPECTED PREGNANCY	
Hillcrest Family Services (Dubuque)	563-207-5396 Robin
American Adoptions of Iowa (Waterloo)	800-236-7846 Hannah Schulte
Mary's Inn Maternity Home	563-552-6288
Opening Doors Dubuque	563-582-7480
Clarity Clinic, Dubuque (free medical, advoc)	563-556-5250
CHILD ABUSE/SEXUAL ABUSE	
DHS	800-362-2178, Press option 1
Child Protection Center, Allen Hosp, Waterloo	319-226-2345
Hiawatha CPC (not 24/7)	319-369-7908
St. Luke's CPServices	319-369-8229
St. Luke's advocate, Heather	319-369-7979
Riverview Center, advoc for Delaware County	563-557-0310
AUTISM SERVICES	
U of I Specialty Clinic Dubuque	563-556-3700
Lighthouse Autism Center, Cedar Rapids	563-526-0533
Carvel Autism Center, Dubuque, Cedar Rapids	312-210-9232
Child Serve Cedar Rapids	319-351-5437
ABA Therapy, Jenny Davis	jennydavis@abcofiowa.com
Beyond Behavior Autism Services, CR, DUB	319-409-7418; 563-526-0400
CLOTHING/HOUSEHOLD	
HACAP Delaware County	563-927-4627
Carol's Closet, Strawberry	563-608-9649
Camp Courageous Manchester Garage Sale	563-927-2120
The Loan Closet: wheelchair, walkers, Pat Becker	563-608-1913
Or Sue McCormac (see above)	563-920-9701
Delhi Thrift Store	304 Franklin St: Fri pm, Sat am
Goodwill Independence, Dyersville	319-334-3400, 563-875-0090
Guttenberg Resource Center	563-252-3215
Sleep in Heavenly Peace, beds for kids	www.shpbeds.org
Shepherd of the Hills Ministry, St. Olaf	563-783-2409
COUNSELING/BEH HEALTH	
RFH Beh. Services	563-927-7997
www.psychologytoday.com apply filter to find therapist	
Abbe Center Manchester	563-927-6700
Rise Counseling and Consult: Dyersville, Elkader,	319-224-0722

Sunrise Therapy (kids and adults) Monticello	319-480-2221
Unalome Counseling: Colleen Portzline, Manchest	319-431-0152
Waves Healing Therapy, Stephanie Dingbaum	319-431-0152
Cornerstone, Edgewood, Guttenberg	563-928-6435
Full Circle Independence; med only	319-433-3600
IHH (adult) Abbe Center: Buch, Del, Fayette	563-927-6700 or 319-261-576
Dani Nelson, Abbe Center	319-261-0576
IHH Dub County, Hillcrest	563-557-4422
IHH Clayton Co, NEI BH	563-382-3649
Wapsi Valley Fam Couns, Jackie Schultz, Independ	319-361-4867
NE IA Behavioral Health: Clayton/Fayette	563-382-3649
Life Connections, Emily Krapfl	563-920-7617; e.krapfl@life-connections.com
Families First, Oelwein, Tiffany, intakes	888-316-3025; 319-433-0395, ext 114
Families, Inc. (school based mental health serv.)	563-927-4357 Jennifer Hahn
Sex Offender treatment program, Des Moines	Counseling for Growth and Change,
John Meyer Counseling; sex offender option	Dubuque (563) 284-2125
Nicole Pasker, life coach, nicolepasker@gmail	563-929-1943
Seva Health: Jessica Goltz	jessicagcoaching@gmail.com
Medicaid pt: free through Flowstate, telehealth	Contact MCO
CRISIS/EMERGENCY RESOURCES	
Suicide prevention 988	They can activate mobile crisis
Mental Health Access Center: F2	501 13 th St NW, CR 319-892-5612
Crisis Text Line	Text HOME to 741741
Foundation 2: Ryan Seth	319-247-0030; cell 319-540-3655
F2/Law Enforcement Liaison, Dawnette Richmond	319-540-0439
Elevate Crisis Center: Fayette and Clayton County	833-370-0719
YLI (mobile crisis Fayette/Clayton/Dubuque Co)	855-581-8111
Brownstone Youth Crisis Stabilization, Waterloo	319-291-2455
North Iowa Regional Services, Waterloo crisis stabl	319-291-2455
Tanager Place Summit House Youth Stabilization	319-286-4552, ext 242
NAMI Wellness Center, Manchester	Ellen 563-557-6264; 601 Grant St
Iowa Warm Line	844-775-9276
Friends of the Family, safe shelter, DV	800-410-SAFE
Rhonda's House: Peer respite MH, Dewitt IA	563-659-1171
Senior Life Solutions	7470
COMMUNITY ACTION	
HACAP: Delaware	563-927-4629
Operation Threshold: Buchanan	319-334-6081
NE Ia. Community Action: Fayette/Clayton	563-382-8436
Dubuque County, HACAP	563-556-5130
DENTAL ASSISTANCE	
Crescent Community Health Dubuque	563-690-2850
www.dhs.iowa.gov/dental-wellness-plan	
U of I Dental Clinic	319-335-7499

Iowa City Free Clinic	319-337-4459
Parrott-Stiles Free Dental Clinic, Ia City	319-337-7909
People's Comm Health Clinic, Waterloo	319-874-3000; not accepting new pt 2/20/25
His Hands Free Clinic, Cedar Rapids	319-862-2636
Hawkeye Comm College Dental Clinic	319-296-1030; hygiene and exams only
www.freeclinicsofiowa.org	
Iowa Mission of Mercy (free 1x1r clinic)	www.iowamom.org Sept 19-20, 2025
Dubuque Pediatric Dentistry	563-556-6383
Rapids Dental, CR, sched online or text	www.rapidsdental.com 319-249-6970
Dr. Richard Wolken, Monticello	319-465-4666
West 1 st Dental, Cedar Falls	319-483-6444
Eastern Iowa Health Center, CR	319-730-7300
Geriatric and Spec Needs, U of I	319-335-7373
Spec Needs Pediatric	319-353-6711
DOMESTIC VIOLENCE	
Iowa Domestic Violence 24 hr. hotline	800-770-1650
Waypoint	319-365-1458; crisis line, 800-208-0388;0
Domestic Violence Advocate: Bobbie Sue	563-542-8153
Friends of the Family	319-352-7233, crisis line, 800-410-7233
Helping Services of EI; Clayton, Fayette Co	24/7 Resources line: 800-383-2988
Allen Child Protection Center	319-226-2345
Riverview Center, Sexual Abuse	563-557-0310
DISABILITY SERVICES	
SSDI/SSI Dub SSA	877-405-3650
RISE, LTD	563-245-1868 (Valerie X105 for referrals)
Imagine the Possibilities: ICF/ID, RCF/Day Hab.	563-652-5252
B & D Services: ID/BI, Hab, SCL Services	319-334-6997
Penn Center: RCF, MI, Elderly, CBS, Hab. home	RCF, 563-922-2881; CBS 563-927-1636
MH & D Services of East Central Region, Peggy P	563-927-5116
RHD ACT Cedar Rapids	319-826-2823
RHD ACT Waterloo	319-290-2714
TASC, NE Iowa, Waukon	563-568-4060
IHH—MI, Medicaid, Abbe Center	563-927-6700
Elevate I-START (ID/DD Fayette/Clayton Co.)	833-370-0719
Easter Seals of Iowa, wheelchair ramps	515-289-1933
Able Up Iowa, finan. Assist for wc ramps	515-292-2972; www.ableupiowa.org to apply
Child Health Spec Clinic, Dubuque	563-556-3700
DME & PHARMACY	
Long Term Medical, Manchester	563-927-3836
Advantage Home Medical	319-465-1003
Loan Closet, Pat Becker	563-608-1913
SafeNet Rx; online charitable pharmacy	515-276-0066, www.safenetrx.org
Cost Plus Drugs: online pharm at cost	www.costplusdrugs.com
Extra Help	www.ssa.gov

BI Cares Foundation: Jardiance	800-556-8317
Lilly Cares Foundation: Trulicity	www.lilly.com
Merck and Co: Keytruda, Januvia	www.merck.com
Novocare; Tresiba, Victoza, Novolog	www.novocare.com
Bristol Meyers Squibb: Eliquis	www.bmspaf.org
Caremark CVS	www.caremark.com
Amazon Pharmacy	www.pharmacy.amazon.com
Brehme	563-927-3509
Clayton Strawberry, Elkader	563-933-4762; 563-245-2530
Walmart Manchester	563-927-4988
www.needymeds.org	www.goodrx.com
Check manufacture website for limitations	
EATING DISORDER TREATMENT	
NAMI Dubuque support group online, Wed 6p	563-557-6264
National Assoc of Anorexia Nervosa and Asso Diso	www.anad.org online support, app
National Eating Disorders Assoc	www.nationaleatingdisorders.org
Natl Alliance for Eating Disorders	www.nationalallianceforeatingdisorders.com
Clementine Programs, Naperville, ILL	866-678-0923
Emily Program, St. Paul, MN	888-364-5977
Timberline Knolls, Lemont, ILL	844-455-0876
Linden Oaks Behavioral Health, Naperville, ILL	630-305-5027
Rogers Beh Health, Milwaukee, Wi	800-767-4411
Center for Discovery, Glenview, ILL	877-575-3453
EMPLOYMENT/EDUCATION	
Iowa Works Dubuque	563-556-5800, Marla Loecke
Iowa Works Waterloo	319-235-2123
Iowa Vocational Rehab	563-588-4697; fax 563-556-8664
Iowa State Extension Office	563-9274201
Older Worker Employment Program	319-287-1167 or 319-215-8967
Northeast Iowa Community College HSED	844-642-2338
Learn English NEICC adult literacy	844-642-2338 ext 3600
Iowa Spanish Helpline: resources for SSpeakers	515-344-3936
EYE CARE MEDICAID/MOLINA	
Sigma Eye Care, Monticello	319-465-5114
Cedar Valley Eye Care, Waterloo	319-233-2020
Iowa Kids Sight (screening Lions and U of I)	319-353-7616
Wolfe Clinic, Waterloo	319-287-5980
FAMILY CENTERED SERVICES	
Life Connections	319-774-2045
Hillcrest Family Services	563-583-7357
Full Circle Independence	319-433-3600
Tanager Place Cedar Rapids	319-369-9164
Families, Inc.	563-927-4357
Families Inc Jennifer Hahn	563-920-2909

FINANCIAL ASSISTANCE	
RMC financial assistance, Sara Mattice	7587
HHS, online at www.dhs.iowa.gov	
HHS Redetermination for app/referrals	855-889-7985
DHS: Delaware, Buchanan	319-334-6091
DHS: Fayette	563-422-5634
DHS: Clayton	563-422-5634
Leann can assist w/ waivers and T19	7908
Delaware County Community Services	563-927-5116
Buchanan County Community Services	319-334-7450
Clayton County Community Services	563-245-1865
HACAP: food, clothing, hygiene, heating Delaware	563-927-4629
Operation Threshold: Buchanan	319-334-6081 Jane Arthur
One Another Program, ministers Buch Co	319-332-1695, Kathy Smith, T/Th 1-3pm
NE IA. Community Action: Fayette	563-422-3354
NE IA Elkader office	563-245-2452; Guttenberg 563-380-3728
HACAP Dubuque County	563-556-5130
WIC, Del Co 1 st , 2 nd Wed of the month; Methodist	Church, 413 E Butler, 9am-4pm
FOOD	
Food Pantry: HACAP, M and TH; Manchester	563-927-4629
Dyersville Food pantry; 2 nd /4 th W; 8:30-9:30	Mickey 563-543-7031; Lisa 563-542-1204
Hopkinton Food pantry, by appt	Mary Wendt, 563-920-5526
Independence Food Pantry	319-334-2451
Straw. Pt. Food Pantry, St Mary's Catholic Church	563-933-6166
Straw Pt Food Pantry, Delaine Gruman	563-920-2753
Clayton Co Food shelf, ST. Olaf	563-783-2409
Mobile food pantry: Manchester; 1 st Th of Month	563-927-3324; Del Co 3:30-4:30
Second Helpings: United Methodist Church (Man)	563-927-4439; serving 4:30-5:30
Senior Meal Delivery: NEI3A	800-779-8707
Delhi Sr Meals, Methodist Church; Carol Jebens	563-927-2505 on Wed at 11:30
Delhi Thrift Store and Food Pantry	Friday afternoons and Sat mornings, Delhi
Mom's Meals Delivery	800-877-6667
Sister's Home Style Entrees Delivery	(515) 332-1928
SNAP (food stamps) DHS	319-334-6091
Call county community action for local pantries	
GRIEF & LOSS	
Compassionate Friends (loss of child)	818-747-2198
www.compassionatefriends.org	
Mercy One Dubuque Grief support group	563-589-9660
Mercy CR Bereavement Group	319-398-6735; hospice related support
Grieving.com	
Grief Share: St. Joe Elkader, 2/25/25	563-245-2548
Grief Support Group @ Guttenberg Resource Ct.	563-252-3215
www.griefshare.org	

Grief in Common, Hope Again, Grief Anonymous	
Catholic Charities Grief support group, Dub	Sister Rita Cameron 563-588-2008
www.psychologytoday.com apply grief/loss filter	
www.dougv.org grief support for kids	
HEALTH CARE/MEDICAL ASSISTANCE	
RMC financial assistance, Sara Mattice	7587
HHS, online at www.hhs.iowa.gov	Leann for help with application or PE, 7908
HHS Delaware/Buchanan	319-334-6091
HHS Fayette/Clayton	563-422-5634
HAWK-I, Dub VNA, Del, Clay, Fayett	563-556-6200
HAWK-I Buchanan County (BL Hawk co)	319-292-2211
IA Navigator, help on Marketplace, Medicaid, Hawk	515-978-9570
Iowa Total Care (provider number)	833-404-1061
Healthcare Market Place, www.healthcare.gov	800-318-2596
Crescent Community Health Center (Dubuque)	563-690-2850
People's Clinic Waterloo	
Clarity Clinic, Dubuque	
Eastern Iowa Health Center, CR	319-730-7300
Free Clinics of Iowa	www.freeclinicsofiowa.org
Community Health Free Clinic, Cedar Rapids	www.communityhfc.org
Leann can assist w/ waivers and T19	7908
His Hands Free Clinic, CR; by appt only	319-862-2636; www.hishandsclinic.org
Pay it Forward: **call Leann w/questions	Brehme, Clayton, Del Co Comm Services
Loan Closet, Pat Becker	563-608-1913
Prescriptions: check manufacture website for coupons	
Medicare, SHIP, Amanda Willenbring	927-7767
Delaware County Public Health	563-927-7551
HOME CARE	
RMC Home Care	7303
Above and Beyond	319-465-3059
Gunderson Palmer	319-283-4489, Oelwein
Gunderson Palmer	563-422-6267, West Union
Circle of Life, Strawberry Point (not Medicare)	563-589-8899
Recover Health	319-373-6294
Home Instead (not Medicare)	563-585-1409; Janet Schauff
Centerwell (Kindred at Home, previously)	319-393-4742; Jamie Duscher
HOSPICE	
Above and Beyond, Monticello 50 mi radius	866-233-1533
St. Croix Hospice, Strawberry Point	319-200-4900
Care Initiatives Manchester	563-363-8000
Cedar Valley Hospice, Independence	319-291-9000

Compassus, Cedar Falls	319-343-5159
HOUSING/HOMELESSNESS/REPAIRS	
Homeless Hotline (referrals go to Dub shelter); resource and referral line (ECIA.ORG)	833-587-8322; get on the rapid rehousing list
Dubuque Rescue Mission, adult men	563-583-1394
Teresa Shelter, adult women	563-690-0086
Warming Center, opens at 5pm	1598 Jackson St, Dubuque
Waypoint Coordinated Entry Cedar Rapids	319-366-7999
Salvation Army Women Shelter Waterloo	319-232-0397
Salvation Army Mens Shelter Waterloo	319-233-1952
St. John Catholic Worker House, CR	319-362-9041
Almost Home Dubuque, St John's Lutheran Church	563-583-6572
Opening Doors Dubuque,(women/children)	563-582-7480
ECIA: Katie, Lead Paint, Older home repair	563-690-5776
EIRHA, Section 8 (eirha.org) Kristi Oberhoffer	563-556-4166 ext 219
Regional Homeless Coordinator, Ashley Noonan	anoonan@ecia.org; 833-587-8322
www.iowahousingsearch.org	
Ia Northland Regional Housing Authority	
Waypoint (women/children/dom violence)	319-365-1458
Friends of the Family; Dom. Violence shelters	319-352-1108 or 800-410-7233
FOF homeless assistance Buch, Fay, Clayton	319-233-3094; 800-874-3463
Shelter House, Iowa City	319-351-0326
Hillcrest Homelessness Prevention	563-588-0605, ext. 1377
Section 504 Home Repair Program	319-352-1715
Kartay Apartments	319-334-7110
Rental Options Buchanan County	www.growbuchanan.com
Fuel/heating assistance, HACAP	563-927-4629
Hertz Management Corp	536-933-4973
Bed Bug Control: Budget pest control	563-588-4315
Orkin Extermination	563-583-9779
Terminex of NE Iowa	319-291-7200
LEGAL ASSISTANCE	
Iowa Legal Aid; M-TH 9-11am, 1:30-3:30	800-532-1275
Legal Hotline for Older Iowans	800-992-8161
LGBTQ	
Oneiowa.org	
www.translife.org	
www.thetrevorproject.org	866-488-7386
Gay Parents to Be	www.gayparentstob.com
Family Equality	www.familyequality.org
NEURO PSYCH TESTING, EVAL	
U of I Neurology, online referral form, fax records	
Mercy Center for Memory Health	https://www.mercycare.org/services/neurology/memory/

PARENTING	
Maternal Health Program, Dub VNA	563-556-6200
Clarity Clinic, Dubuque	563-556-5250
Four Oaks FaDSS, Julie Weber	563-513-6439
CHSC Dub. Center, Autism, etc, Fam. Navigators	563-583-5545
Family Support Network, Children @ Home	888-425-4371, childcare expense money; disabil
Hawk-I, Dub VNA	563-556-6200
Parents as Teachers	927-7551
Keystone Early Access; Ann Hagensick Coordinat.	800-632-5918, ext 4121; keystoneaea.org
Head Start, Jonell Moore; Manchester, Earlville	563-542-8196 or 563-556-5130
Early Head Start: Clayton, Fayette	563-245-2452; neicac.org
Head Start Dyersville HACAP: Amy Knockel	563-875-0215
Head Start/Early Dubuque:	319-393-7811
Young Parents Network	319-364-8909
Parent Share and Support: Crisis Child Care	319-364-8909
WIC, Clayton Co VNA	888-836-7867, cell: 563-880-0941
Youth for Christ Delaware County	319-393-7996
Adolescent support: www.kidshealth.org	
www.teenlineonline.org , helpline	800-852-8336
www.mindfulnessforteens.com	
www.girlshealth.gov	
ADD/ADHD information, www.chadd.org	866-200-8098
Regional Autism Assistance Program	319-283-4135 or 866-279-5023
PEER SUPPORT	
NAMI Wellness Center, Manchester	601 Grant St, M/W; 563-557-6264
Iowa Warm Line	844-775-9276
Celebrate Recovery, Christ Community Church	563-927-4772
Rhonda's House Peer Respite	563-659-1171
SENIOR SERVICES & LTC	
Northeast Iowa Area Agency on Aging (NEI3A)	800-779-8707
Elderly Waiver, HHS	319-334-6091
In-home Caregiver list	Leann 7908 or RMC HH 7303
Senior Life Solutions, Eric L	563-927-7560
PACE prog of All-inclusive Care for the Elderly	Unity Point Hiawatha: 319-451-5000, Laura K
Senior Planet: online learning community	www.seniorplanet.org
Alzheimer's disease, www.alz.org	800-272-3900
ALZ support group, Indep library, 12/20, 6-7pm	Call ALZ hotline to reg
Palliative Care, Joni Henderson, BCHC Med Assoc	319-334-2541; fax 319-332-0955
Memory Care Kits	Manchester Public Library; 927-3719
Parkinson's Support Group, Anamosa, Jo Regional	319-481-6327
Amer Parkin Dis Assoc, online forum	www.apdaparkinson.org
CR Metro Parkinson's Assoc, support groups	www.crmetroparkinsons.com
Family Caregivers Center of Mercy, CR	fcgc@mercycore.org 319-221-8866

Caregiver Resource Center, Dubuque	Taylor, 563-690-9679
Advance Directives/POA Leann has forms	7908
Del Co DOT: Safe Basic Driving Test	PCP fax letter to Barb, 563-927-3729, need tested
Iowa Department of the Blind; indep living serv	800-362-2587
Good Neighbor Society	563-927-3907
Sr Dining Hopkinton @comm center M and W	
Independence Senior Center, M-F	319-334-7011
Lamont Senior Meals on Fridays	319-334-7011
Delhi Senior Meals, Church	
Greely Senior Meals	
Edgewood Convalescent Home	563-928-6461
Elkader Care Center	563-245-1620
Strawberry Point Memory Care	563-933-6037
Social Security Admin Dubuque office	877-405-3650
Medicare--SHIP services, Amanda Willenbring	7767
Senior Housing, Michelle Ries	563-927-9004
Transportation, Scenic Valley Program, call RTA	800-839-5005
Dementia Friendly Community	Cheri Orcutt, 563-920-8745
	grow@thebuildcommunity.com
Caregiver Support Group Ellen Kennedy, Dyersv	563-690-9679, 3-4pm 1 st Thur of month
Virtual Caregiver Support Group, M 2-3pm	NEISA, 800-779-8707
Elderly Waiver provider number	877-344-9628
Medical Alert systems: Leann has a handout	
SNUG, check in app	www.snugsafe.com
Kate Farms Supp Nutrition	866-834-7473
LinCare Supp Nutrition	800-965-2689
SUBSTANCE ABUSE OUTPATIENT	
Pathways Independence	319-334-6163
Abbe Center Cedar Rapids	319-398-3562
Area Substance Abuse Council ASAC	319-390-4611 (in Manchester 1 day/wk
Subst. Abuse Services for Clayton Co	563-245-1546
Northeast Iowa Behavioral Health	800-400-8923
CRUSH of Iowa , recovery comm center	319-200-5970; www.crushofiowa.com
A New Day Behavioral health and subs abuse crisis	2505 Wilbricht Lane, Dub; walk-in M-F, 8-5
New Directions Counseling Services, Waterloo	319-232-2086
Mercy One Horizons	319-272-8560
www.dubuqueaa.org online meetings/list of area meetings	
AA Dubuque Area Intergroup	563-557-9196
www.sober.com	find local AA meetings, sober app, resources
www.smartrecovery.org online comm./meeting schedule	
Celebrate Recovery, Manchester Methodist church	
St. Gregory Center, Baynard Ia	888-915-4295

SUICIDE PREVENTION (see Crisis/Emerg)	
988	
Foundation 2	800-332-4224
F2 support groups, Nancy Oehlert	319-362-2174
Suicide survivor support group, @RMC, Second Tue, 6-7:30, Vets room	563-608-7800, Colleen Jennings
Nami Dub, Healing Hearts, 2 nd W, 6-7pm	563-590-2512 Barb, Director of Families
Question/Persuade/Refer (QPP Training)	TBA
Your Life Iowa, www.yourlifeiowa.org	855-581-8111
TRANSPORTATION	
RTA: Delaware	800-839-5005
OnBoard Transit: Buchanan Co	319-233-5213
Earl Public Transit/Neicac: Clayton, Fayette	866-382-4259
JETS Jones County transit	319-465-6564
Jones County Vol Center: vol drivers	319-560-0811
Access2Care: Iowa Total Care	877-271-4819; www.access2care.com
Access2care: Molina	866-849-2062
Access2Care: Wellpoint	844-544-1389
A1 Taxi	563-582-1818
Cozy Van, based out of Waterloo	866-322-9826
Hometown Taxi: Clayton, Fayette	563-582-5809
American Secure Car	319-334-8804
Riverside Line Express (Clayton Co)	319-837-7777
BnB Transit (north)	319-427-1305
Road to Recovery; American Cancer Society	800-227-2345
Mercy Medical Angels,	https://www.mercymedical.org/request-assistance
In-home, private pay caregiver list	may take patients to dr appt in CR, etc
VETERAN SERVICES	
Delaware County Veteran Affairs	563-927-5116
Buchanan County Veteran Affairs	319-334-7450
Fayette County Veteran Affairs	319-283-3329
Clayton County Veteran Affairs	563-245-1865
Vets 4 Warriors: Peer support by Vets 24/7	855-838-8255
Dubuque VA Clinic	563-588-5520
Iowa City VA	319-338-0581
Veteran's Crisis Line in Iowa	988, then press 1 or text 838255
Veteran's support group, NAMI Dubuque	2 nd 4 th Thur: david@namidubuque.org
National Center for PTSD	www.ptsd.va.gov