




Dubuque County



# Family

## Resource Guide

2024-2025



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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 dclearlychild@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 | balletdubuque.com  
• Classical ballet training for ages 6-adult with beginner through advanced classes.

**Centrally Rooted** ..... 563-500-7641  
2230 Central Ave., Dbq 52001  
www.centrallyrooted.com  
• Building confidence via creative arts - Mindful musicians, rooted lessons, exploration lab and more for all ages and abilities.

**Creative Adventure Lab** ..... 513-0046  
210 Jones St., Dbq 52001  
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.

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

**Dubuque Museum of Art** ..... 557-1851  
701 Locust St., Dbq 52001  
www.dbqart.org  
• Offers traveling art exhibitions and art classes for adults and children.

**Michaels Arts & Crafts** ..... 584-0339  
2455 NW Arterial, Dbq 52002  
www.michaels.com

#### BEFORE/AFTER SCHOOL PROGRAMS

**Before & After-School Care** ..... 556-3371  
• Offered by Dubuque Community YMCA at various locations.

**Before- and After-School Programs At St. Mark Youth Enrichment** ..... 582-6211  
P.O. Box 568, Dbq 52004  
www.stmarkyouthenrichment.org  
• Serving Audubon, Lincoln, Marshall, & Peosta Elementary with planned activities after-school like reading, STEAM learning or physical activities.



## Bereavement/Grief • Birthday Parties • Camps

**Leadership Enrichment After-School Program (LEAP)** ..... 552-3130  
www.dbqschools.org

### BEREAVEMENT/GRIEF

**Angel Wings Support Group**... 590-3681  
At Resources Unite, 1900 JFK Rd., Dbq 52002  
• 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.

**Clarity Clinic** ..... 563-239-9090  
3365 Hillcrest Rd., Dbq 52002  
• Offers pregnancy loss support.

**Compassionate Friends Support Group** ..... 590-2292  
At Mercy Medical Center, Conf. Rm 1B  
250 Mercy Dr., Dbq 52001  
www.compassionatefriends.org  
• Support group for parents who have lost children. Meets on 4th Tuesday of every month from 7-8:30 p.m.

**Leonard Funeral Home & Crematory** ....  
..... 556-6788  
2595 Rockdale Rd., Dbq 52003

**Mount Olivet Cemetery** ..... 582-7059  
10566 Military Rd., Dbq 52003

**Safe Passage Singers** ..... 515-451-2291  
E-mail: rtsboeke@gmail.com  
• A group who sing songs of comfort/healing for those experiencing birth, death, illness, joy, grief, or transition. Will sing for 15-20 minutes locally at no charge.

**Star Legacy Foundation**..... 952-715-7731  
iowa@starlegacyfoundation.org

### BIRTHDAY PARTIES

**All Around Gymnastics** ..... 556-0820  
855 Century Dr., Dbq 52002

**Captured on Canvas** ..... 563-663-9070  
555 JFK Rd., Dr., Dbq 52002

**Happy Joe's** ..... 556-0820  
855 Century Dr., Dbq 52001  
• Dine-in and carry-out pizza plus fun birthday party packages for all ages with free sundae.

**McDonald's PlayPlace** ..... 583-8286  
2250 Flint Hill Dr., Dbq 52003

**On the Fly Inflatables** ..... 815-520-4998  
www.otfinflatables.com

**RMB MAGIC** ..... 556-8584  
Bob Beardsley  
• Stand-up and walk-around magic/balloon animals for parties and special occasions.

**The Fun Station Dubuque** ..... 554-6583  
555 JFK Rd., Dbq 52002

### CAMPS

**Boy Scouts Camp** ..... 556-4343  
10601 Military Rd., Dbq 52003  
www.scoutsiowa.org

**Camp Albrecht Acres** ..... 552-1771  
14837 Sherrill Rd., Sherrill 52073  
www.albrechtacres.org  
• Weekly summer camps for individuals with special needs and winter respite weekends.

**Capri College** ..... 588-2379  
Capri Camp for Kids  
395 Main St., Dbq 52001

**Dubuque Community YMCA/YWCA Camps** ..... 556-3371  
35 N. Booth St., Dbq 52001  
www.dubuquey.org

**Dubuque Humane Society C.A.R.E. Day Camp** ..... 582-6766  
4242 Chavenelle Rd., Dbq 52002  
www.dbqhumane.org  
• Camps offered to kids in 1st to 8th grades during the summer.

**Frogwarts Camp** ..... 542-5452  
1505 Fairview Place., Dbq 52001  
• A role-play summer creativity camp inspired by the Harry Potter series.



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## CONNECTIONS THAT COUNT

Hundreds of Clarke students work at and support tri-state businesses, and that investment continues after college. Nearly 1 in 3 of our alumni choose to stay in Dubuque County, making the region a great place to learn, live, work, and play.

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TRAVEL DUBUQUE



AMY DUEHR '16M  
HOSPICE OF DUBUQUE



BRAD MENSEN '15D  
PHYSICAL THERAPY SOLUTIONS  
CLARKE UNIVERSITY

FIRST-YEAR / TRANSFER / ADULT / MASTER'S / DOCTORAL



## Camps • Child Care & Preschools

**Girl Scouts Camps**.....583-9169  
21700 Girl Scout Rd., Epworth 52045

**Loras College All-Sports Camps**.....  
.....588-7053

1450 Alta Vista St., Dbq 52001  
www.lorasallsportscamps.com  
• Instruction in 3 different sports with sessions in June and July for girls and boys ages 7-14.

**NICC Kids on Campus**. 557-8271, ext. 380  
844-642-2338 ext. 3139  
8342 NICC Dr., Peosta 52068

**St. Mark Youth Enrichment Summer Heroes Camps** ..... 582-6211  
P.O. Box 568, Dbq 52004  
www.stmarkyouthenrichment.org  
• A fun way to make new friends, and strengthen academic skills. Registration opens late February for elementary kids in Dubuque & Western Dubuque. Runs June - July.

**University of Dubuque for Kids**. 589-3000  
2000 University Ave., Dbq 52001  
www.dbq.edu/udforkids

### CHILD CARE & PRESCHOOLS

**ABC Learning Development Center**.....583-6654  
15 Nightengale Ln., Dbq 52003  
• Provides a safe and nurturing environment, so children can explore new possibilities while acquiring knowledge. Care for children ages 6 weeks-12 years and transportation available to certain schools.

**Aquin's Little Angels Early Childhood and Preschool**.....563-852-7020  
411 4th Ave NW, Cascade 52033

**Dubuque Child Care Center**.....556-0943  
3074 Cedar Crest Ct., Dbq 52003

**Early Learners Child Development Center**  
610 Duggan Dr., Dbq 52003 .....556-8160

**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.

**Dubuque Community School District Preschools** ..... 552-5879  
www.dbqschools.org/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 Community YMCA Child Care/Y Creative Learning** .....  
.....556-0443  
7788 Chavenelle Rd., Dbq 52002  
• Licensed child care for children 6 weeks - 5 years old, including free 4-year-old preschool. Preschool with wrap-around child care is offered at Seedlings.

**Dubuque Montessori School** .... 556-5101  
2605 Pennsylvania Ave., Dbq 52001  
www.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.

**Frog Hollow Kids Campus** ..... 582-2200  
5005 Asbury Rd., Dbq 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**....  
3342 John Wesley Dr., Dbq 52002 582-1125  
• Offers infant care, preschool, and summer elementary programs. Focuses on each child and individual rates of development and diversity of interests.

## Child Care & Preschools

**Hills & Dales Childcare Center** .. 583-5033  
3505 Stoneman Rd., Dbq 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 Ghost Early Childhood Center**  
2981 Central Ave., Dbq 52001.....582-2578

**Holy Family Catholic Early Childhood Centers** ..... 582-1246  
2005 Kane St., Dbq 52001  
www.holyfamilydbq.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.

**Little Treasures Preschool and Daycare**  
.....556-3800  
2035 Radford Rd., Dbq 52002

**Iowa Head Start**.....556-5130  
Operated by HACAP  
220 W 7th St., Dbq 52003  
• Head Start provides child development to children 3-5 years of age. Teaching staff from our 10 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.

**Key West Early Childhood Center**..... 583-1881  
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.



**Dubuque County  
Early Childhood**

**563-588-1620**  
2310 Chaney Rd  
Dubuque, IA 52001  
www.dcearlychild.org  
Find us on Facebook!

*Supporting  
local families through:*

- Parents as Teachers Program
- Child Care Provider Grants
- Child Care Trainings
- Child Health Programs
- Preschool Oral Health Screenings
- Prenatal/Postpartum Support
- Kids Expo - Dubuque County



*Help us raise healthy  
& successful children*

*Brighter Futures  
for us all.*



## Child Care & Preschools

**Little Leaps Learning Academy Key West**  
.....563-582-4002

2155 S. Park Ct., Dbq 52003

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

**Little Rascals Preschool & Daycare School** .....582-2400  
1125 Rockdale Rd., Dbq 52003

**The Kid Project Child Care Center**..... 563-875-2080  
415 9th Ave. SW, Dyersville 52040

**Martia Theisen Child Care 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

**Noah's Ark Child Development Center**.....557-8629  
1755 Delhi St., Dbq 52001

- Offers high quality, educational programs for children ages 12 weeks through 5 years with highly trained and qualified staff who focus on helping children achieve development physically, intellectually, spiritually, and socially using traditional teaching methods and principles.

**Northeast Iowa Community College Child Development Center**..... 556-0801  
8342 NICC Dr., Peosta 52068

### 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 Center** .....583-5206  
4320 Asbury Rd., Dbq 52002

**Romper Stompers Childcare Center**.....556-1500  
2307 Central Ave., Dbq 52001

**Romper Room Childcare Center**.....451-3040  
1275 Main St., Dbq 52001

**School Age Child Care**..... 556-3371  
Operated by Dubuque Community YMCA/YWCA  
• Licensed child care for children in kindergarten through 5th grade at 9 school sites before and after school.

**Summer Advenuturs**..... 556-0443  
7788 Chavenelle Rd., Dbq 52002  
• Supports licensed child care for children in kindergarten through 5th grade. Offered at Booth St. location for non-school days and summer.

**Our Lady of Guadalupe Early Childhood**.....556-2820  
2005 Kane St., Dbq 52001

**St. Columbkille Early Childhood**.....583-1620  
1220 Rush St., Dbq 52003

**St. Francis Xavier Early Childhood** .....563-875-7376  
613 6th Ave SE, Dyersville 52040

**St. Joseph the Worker Early Childhood Center**..... 582-1246  
2105 St. Joseph St., Dbq 52001

**University of Dubuque Marge Kremer Child Care Center** .....585-7461  
1001 McCormick St., Dbq 52001

**Western Dubuque Community School District Preschools**.....563-744-3885  
310 4th St. SW, P.O. Box 68, Farley 52046  
www.wdbqschools.org

## Clothing & Household

**Young-Uns Preschool and Child Care Center**..... 584-0845  
3375 Kennedy Circle, Dbq 52002

- Provides developmentally-appropriate child care for infants through school-age children, including free 4-year-old preschool. Ensures a nurturing, relaxed, and safe environment that fosters independence, self-esteem, and needs of the whole child. Is a 5 star on the Quality Rating System.

## CLOTHING & HOUSEHOLD ITEMS

**Coats for Kids**..... 556-5130  
220 W. 7th St., Dbq 52001

- Helps kids receive coats for the winter and other times by referral. HACAP collects and distributes coats each fall.

**Community Clothes Closet**..... 588-1415  
680 Main St., Dbq 52001  
• Provides gently used interview appropriate clothing. Call for open hours.

**Discovery Shop: American Cancer Society** ..... 582-9800  
2197 University Ave., Dbq 52001  
• Offers second-hand clothing and household items at low cost.

**Earth Angels**..... 552-1835  
1900 JFK Rd., Dbq 52002  
• Takes donations of gently used household items to give to those in need.

**Mission Thrift Store**  
398 Main St., Dbq 52001 .....583-3443  
998 Central Ave., Dbq 52001 .....587-8164  
www.dbqrescue.org  
• Resale store offers second-hand clothing, household, and furniture items at low cost.

**Oh Happy Play**.....563-227-7800  
ohhappyplay.org  
• Provides access to sustainably sourced toys.

**Open Closet**..... 583-6572  
1276 White St., Dbq 52001  
www.almosthomedbq.org  
• Offered at St. John's Lutheran Church on 1st Saturday & 3rd Thursday of the month. No cost for clothing. Coats for Kids in October.



- ✦ We are a free nationally accredited home visiting program for families with kids Prenatal-5 who live in Dubuque County
- ✦ We come to you and bring fun activities that support healthy development
- ✦ We offer parent support & share information about every stage of your child's development
- ✦ Free resources, screenings, and ways to connect with other parents
- ✦ Because kids don't come with manuals!

563.557.3100x4

parentsasteachers@four Oaks.org



Funding by the McDonough Foundation and Dubuque County Early Childhood

# DUBUQUE

## When Quality Child Care Matters!

helping families find quality child care services!  
CCR&R PARENT REFERRAL  
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Helping professionals start their own business!  
CCR&R DUBUQUE  
563-557-1628

## Connect With Us

Email: [childcare@episervice.org](mailto:childcare@episervice.org)  
Text: [1847childcare](tel:1847childcare) to 89925

Iowa CHILD CARE Resource & Referral  
[www.iowaccrr.org](http://www.iowaccrr.org)

[f](#) [i](#) [s](#) [t](#) [v](#)



## Counseling Services/Support Groups

**St. Vincent De Paul**....584-2225, 584-2226  
1351 Iowa St., Dbq 52001  
4990 Radford Ct., Dbq 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 Holiday Dr., Dbq 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.weareamiowa.com

**Asbury Counseling and Evaluation Services LLC** ..... 588-3500  
3500 Dodge St., Dbq 52003  
www.asburycounseling.com

**Birtheright** ..... 556-1991  
National Hotline ..... 1-800-550-4900  
221 W. 9th St., Dbq 52001  
www.birtheright.org/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, Dbq 52001  
www.relaxlivewell.com  
• Offers counseling, coaching, yoga, spa services.

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

**Cedar Valley Friends of the Family 24-Hour Crisis Line** ..... 319-352-0037  
www.fofia.org  
• Offers emergency shelter; rapid rehousing; homeless prevention.

**Catholic Charities** ..... 588-0558  
..... 1-800-772-2758  
1229 Mt. Loretta Ave., Dbq 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.

**Clarity Clinic** ..... 563-239-9090  
3365 Hillcrest Rd., Dbq 52002  
Health Care Department.....556-5250  
Tree of Life Department.....556-5250  
• Pregnancy resource center that provides limited medical services, options consultation, and parenting education to people facing pregnancy decisions. All of the services are free of charge to clients.

**Compass Counseling** ..... 564-4114  
2728 Asbury Rd., Ste., 650 Dbq 52001  
www.compasscounselingdbq.com

**Child Health Specialty Clinic** .... 556-3700  
**Community Circle of Care**..... 556-3700  
**Pediatric Integrated Health** ..... 583-5545  
1789 Elm St., 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.

**Cornerstone at Four Oaks**..... 557-3100  
900 Alta Vista St., Dbq 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 Iowa Help Line** ..... 1-855-800-1239  
www.foundation2.org

## Counseling Services/Support Groups

**Crossroads Counseling Center** . 556-0699  
300 Main St., Ste 230 Dbq 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  
205 Bluff St., Dbq 52001  
www.hhs.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  
210 Jones St., Dbq 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)** ..... 589-4113  
1300 Main St., Dbq 52001

**Dubuque Neurology** ..... 583-1558  
2140 JFK Rd., Ste C, Dbq 52001  
• Offers assessments/services for children, teens.

**Families First Counseling Services of Iowa** ..... 1-888-316-3025  
2774 University Ave., Dbq 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 all ages.

**Families Anonymous**..... 800-736-9805  
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**.. 563-543-7471  
**Jon Filitti**  
2728 Asbury Rd., Ste 950, Dbq 52001  
• Offers counseling for families and individuals.



## Mental Health & Therapy Services

Are you not feeling like yourself? **LSI can help!**

Learn more about setting up an intake or therapy session call:

**1 (888) 457-4692**

**We empower  
children, adults, and  
families of all ages,  
with disabilities and  
mental illness to  
reach their full  
potential!**

### Benefits

- We accept most insurance
- Flexible appointment scheduling
- Therapy sessions in a warm, non-judgmental environment
- Accessible virtual therapy sessions are available
- Specialty therapies like play therapy, trauma-informed treatment, and Eye Movement Desensitization and Reprocessing (EMDR)

LSI provides hourly SCL and respite options.

We service clients funded by the CMH, ID, BI, and Habitation waivers.

To learn more about our disability services call:

**(563) 582-0044**



## Counseling Services/Support Groups

**Helping Services for Northeast Iowa, Inc.** .....582-5317  
2728 Asbury Rd., Ste 510, Dbq 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.

**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 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. Sliding-fee scale; accepts Title 19 and some insurance. No one denied services for financial reasons.

**Homb Therapy, LLC** .....580-1990  
Julie C. Homb, LMHC, CVSP  
3388 Kennedy Circle, Dbq 52002  
• Counseling services to children, teens, adults, and couples, specializing in developmental trauma and victimization. Accepts most insurance and Crime victim Compensation.

**Iowa's Domestic Abuse Program**557-7244  
(BEP) .....1-800-485-8151  
745 Main St., Dbq 52001  
• Program for offenders of domestic violence through agency referral or voluntary attendance.

**Iowa Helpline** .....1-855-800-1239

**Iowa Legal Aid** .....1-800-532-1275  
744 Main St., Ste 1, 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.jdr-counselingservices.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.

**Life Connections** .....265-8694  
210 Jones St., Ste. 108, Dbq 52001  
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.

**Mental Health of America Dubuque County** .....563-513-9239  
P.O. Box 283, Dbq 52004  
www.mhadbq.org  
• Provides education, advocacy, networking, and legislative action on mental health issues.

**Mental Health Crisis Line** .....988

**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 for assessment.

**Medical Associates Psychiatry**..584-3500  
200 Mercy Dr., Dbq 52001  
www.mahealthcare.com  
• Offers services for children, teens, and families.

**Moms Connect** .....563-277-7682  
• Works with mothers who lack a safe and healthy support system. Offers scheduled gatherings for moms to connect with one another and supports moms in accessing resources within Dubuque to provide for their families.

## Counseling Services • Cultural Opportunities

**MomCo (MOPS)** .....556-7724  
11893 JFK Rd., Dbq 52001  
www.ehope.org/MOPS  
• A moms' group for mothers of children ages birth to kindergarten. Support and education offered that is relevant to this season of life.

**Monsoon Asians & Pacific Islanders in Solidarity** .....556-1677  
1789 Elm St. Dbq 52001  
• Provides culturally specific services to victims/survivors of domestic violence, sexual assault and human trafficking in Asia and Pacific Islander communities in Iowa. Offers range of free and confidential program for families, youths and campuses, and community health.

**National Alliance on Mental Illness (NAMI)** .....557-6264  
225 W. 6th St., Dbq 52001  
• A support service for people with mental illness, including their family and friends.

**National Suicide Hotline** .....988

**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 Medical Associates** .....584-3500  
1000 Langworthy St., Dbq 52001  
www.mahealthcare.com  
• Offers child and family counseling, therapy, and intervention plus consultation and training.

**Psychiatric Services** .....589-9299  
250 Mercy Dr., Dbq 52001  
www.mercydubuque.com

**Reynolds Counseling** .....275-6605  
Amanda Reynolds 810 Locust St., Dbq 52001  
• Offers counseling for children, teens, adults.

**Routley Center for Solution-Focused Counseling, PC** .....588-4476  
988 W. 3rd St., Ste 108, Dbq 52001  
www.routleycenter.net

**Riverview Center, Inc.** .....557-0310  
**Sexual Abuse Hotline** .....1-888-577-0310  
1789 Elm St., Dbq 52001  
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.

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

**Substance Abuse Service Center** .....582-3784  
799 Main St., Ste 110, Dbq 52001  
www.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.

**3 Willows Wellness Center** .....556-5000  
2223 Key Way Dr., Suite A, Dbq 52001  
www.3willowswellness.com

- 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.

**Waypoint Domestic Violence Services** .....319-365-1458  
24-Hour Crisis Line .....1-800-208-0388  
318 5th St. SE, Cedar Rapids 52401  
www.waypointservices.org  
• Provides domestic violence victims with emotional support, referrals, advocacy, and groups.

## CULTURAL OPPORTUNITIES

**City Life** .....589-4180  
1805 Central Ave., Dbq 52001  
www.cityofdubuque.org/citylife  
• Engaging communities in local government and civil processes. Engages with local neighborhood associations.



## Dental 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 Memorial Day to Labor Day.

**Multi-Cultural Family Center** ..... 582-3681  
1157 Central Ave., Dbq 52001  
www.mfcdqbq.org | info@mfcdqbq.org  
• Offers cooking and reading nights; children and teen programs; field trips; language and computer classes; mentoring; tutoring; and cultural celebrations.

## DENTAL SERVICES

**Dental Services at Crescent Community Health Center** ..... 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 at Visiting Nurse Association (VNA)** ..... 556-6200  
..... 1-800-862-6133  
660 Iowa St., Dbq 52001  
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  
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  
255 Bierman Rd., Epworth 52045  
www.epworthfamilydentistry.com

**Exceptional Dentistry** ..... 556-2711  
4200 Asbury Rd., Dbq 52002  
www.triexceptional.com

## Dental • Educational Opportunities

**Kramer Family Dental** ..... 556-3468  
968 W. 3rd St., Dbq 52001  
www.kramerfamilydental.com

**Midwest Dental Center** ..... 588-2585  
2055 Holliday Dr., Dbq 52002  
www.midwestdental.com

**Schultz Family Dentistry** ..... 582-5000  
3422 Asbury Rd., Dbq 52001

**Riverview Family Dentistry** ..... 583-3788  
3480 Hillcrest Rd., Dbq 52001

**Wildflower Kids Dentistry** ..... 582-1478  
3455 Stoneman Rd., Ste 2B, Dbq 52002

**University of Iowa Dental Clinic** ..... 319-335-7499  
801 Newton Rd., Iowa City, 52246  
• Services provided at the Iowa City clinic with reduced fees. Call for an appointment.

## EDUCATIONAL OPPORTUNITIES

**Archdiocese of Dubuque Center** 556-2580  
1229 Mt. Loretta Ave., Dbq 52003  
www.dbqarch.org  
• Provides professional, spiritual, and consultative services for persons with disabilities.

**Boy Scouts of America** ..... 556-4343  
10601 Military Rd., Dbq 52003  
www.scoutsiowa.org  
• 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.

**Girl Scouts of Eastern Iowa and Western Illinois** ..... 583-9169  
21700 Girl Scout Rd., Epworth, 52045  
www.girlscoutstoday.org  
• Provides young girls with year-round programs and activities. Financial aid available.

**Dubuque Community School District** ..... 552-3000  
2300 Chaney Rd., Dbq 52001 | dbqschools.org  
• Strives to prepare world-class learners and citizens of character in a safe and inclusive learning community.

**Four Oaks/Parents as Teachers** 557-3100  
2460 Kerper Blvd., Dbq 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.

**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.

**Inclusive Dubuque** ..... 588-2700  
700 Locust St., Dbq 52001 | includedbq.org  
• 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.

**Keystone AEA** ..... 556-3310  
Educational Support ..... 1-800-632-5918  
2310 Chaney Rd., Dbq 52001  
www.aea1.k12.ia.us  
• 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.



# Free Developmental Screenings!

### Is your child meeting milestones?

If you're having concerns or just want to check your child's development, our therapists will assess fine and gross motor skills, sensory responses, and speech patterns to see if therapy is recommended or if they are developing at a typical pace.

Screens do not require a doctor referral.



www.unifiedtherapy.com | 563.583.4003 | Dubuque, IA & Lancaster, WI



## Educational Opportunities • Emergency Information

### Mentor Dubuque at Hillcrest

**Family Services** ..... 583-7357  
2005 Asbury Rd., Dbq 52001  
www.hillcrest-fs.org

- 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.

**NICC Dubuque Center** ..... 844-642-2338  
ext, 3700 700 Main St., Dbq 52001  
www.nicc.edu

- Provides English-language classes for non-native speakers. Assist with High School Equivalency preparation and testing. College credit courses available, as well as, short term certificate programs/training.

### The National Education Center for

**Agricultural Safety (NECAS)** ..... 557-0354  
..... 888-844-6322

"Progressive Agricultural Safety Days"

8342 NICC Dr., Peosta 52068

safetyday@nec.edu

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

**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 women.

**St. Mark Youth Enrichment** ..... 582-6211

P.O. Box 568., Dbq 52004

www.stmarkyouthenrichment.org

- After school and summer care serving Audubon, Lincoln, Marshall, & Peosta Elementary with planned activities after-school like reading, STEAM learning or physical activities.

**Western Dubuque County School District**

..... 563-744-3885

310 4th St. SW, P.O. Box 68, Farley 52046

www.wdbqschools.org

**Two by Two Character Building** .....

..... 513-0059

3250 Kennedy Circle, Dbq 52002

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, the environment and themselves.

## EMERGENCY INFORMATION

### Child Abuse and Neglect Reporting

**24-Hour Reporting Line** ... 1-800-362-2178

General Office ..... 557-8251

**American Red Cross of the Tri-States** .....

..... 800-733-2767

2400 Asbury Rd., Dbq 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.

**Dubuque Community YMCA/YWCA**

**Victim Services Shelter** ..... 556-1100

- Provides emergency shelter to victims of violence and their children in Dubuque County. Services are free and confidential.

**Dubuque County Sheriff's Department** ....

..... 589-4406

770 Iowa St., Dbq 52001 | dbqcosheriff.com

**Dubuque Fire Department Fire Prevention Office and Dubuque Fire Marshal** .....

..... 589-4160

11 W. 9th St., Dbq 52001

www.cityofdubuque.org/fire

## Emergency Information • Financial Assistance

### Dubuque Police Department

**General Information** ..... 589-4410

**Non-Emergency Dispatch** ..... 589-4415

770 Iowa St., Dbq 52001

www.cityofdubuque.org/police

**Emergency** ..... 9-1-1

**Homeless Hotline 24/7** ..... 2-1-1

..... 1-866-469-2211

**Information & Referral** ..... 2-1-1

..... 1-866-469-2211

- Offers easy way to call and access local information and resources. Available for all ages and income.

### Hillcrest Mobile Crisis Hotline

..... 855-800-1239

- Mobile Crisis Outreach is available to anyone within 60 minute radius of Cedar Rapids, Iowa City, and Dubuque. If you need assistance outside the area, the 24 hour Foundation phone line is available to anyone. .

### Monsoon Asians & Pacific Islanders in

**Solidarity** ..... 866-881-4641

### National Domestic Violence 24-Hour

**Hotline** ..... 1-800-799-7233

## FINANCIAL ASSISTANCE

**ARK Advocates** ..... 556-1785

900 Jackson St., Ste LG-1, Dbq 52001

www.arkadvocates.org

- Advocates for and offers financial assistance to those with intellectual disabilities; holds fundraisers; has volunteer opportunities.

### Apples for Students School Supply

**Program - St. Mark Youth Enrichment** .....

..... 582-6211

P.O. Box 568., Dbq 52004

www.stmarkyouthenrichment.org

- Provides basic school supplies to 3,600 kids in public & private elementary, middle and high schools in Western Dubuque, Dubuque & Eastern Dubuque district areas. Register at the Back to School Bash or with school counselor in early August.

### Area Residential Care (ARC) of Dubuque

**Area** ..... 556-7560

3355 Kennedy Circle, Dbq 52002

www.arearesidentialcare.org

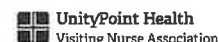
E-mail: info@arearesidentialcare.org

- Advocates for persons with intellectual disabilities. Provides financial aid for those in need.

### Consumer Credit Counseling Service

**of Northeastern Iowa** ..... 800-714-4388

http://www.cccsofiowa.org



Healthy child development is possible when we work together!

**Developmental Screening** takes a closer look at how your child is developing. 1<sup>st</sup> Five supports primary care providers with screening how your child speaks, learns, acts and plays at 9, 18, and 30-month well-child exams.

1<sup>st</sup> Five can help with developmental screening support and connections to resources for physical development, social-emotional development, autism, family stressors, and more!

Ask your child's healthcare provider today about developmental screening, and 1<sup>st</sup> Five Support.

For more information contact VNA at 563-556-6200 or visit <https://hhs.iowa.gov/1stfive>



## Financial Services • Food Programs

**Department of Human Services..557-8251**  
799 Main St., Nesler Center, Dbq 52001  
www.dhs.iowa.gov

- Access to general relief for emergency financial services and applications for Family Investment Partnership; Aid to Dependent Children; Food Stamps; Title 19; and child care assistance.

**Dubuque County General Relief 589-7840**  
36 E. 8th St., Dbq 52001

**Dubuque County Commission on Veteran Affairs and General Assistance for Veterans ..... 589-7840**  
36 E. 8th St., Dbq 52001  
www.dubuquecounty.org/veterans-affairs

- Assists veterans and veteran families with rent, utilities, medical, burial, and special needs. Files disability and pension claims. Eligibility based on requirements.

**HACAP (Hawkeye Area Community Action Plan) ..... 556-5130**  
220 W. 7th St., Dbq 52001 | www.hacap.org

- Provides services and resources to families and people living in poverty, including Head Start, outreach, energy assistance, and emergency assistance.

**PATH at Hillcrest Family Services ..... 588-0605**  
2005 Asbury Rd., Dbq 52001

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

**People in Need..... 581-7995**  
2155 University Ave., Dbq 52001  
www.dacuonline.org

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

**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.

**Social Security Administration..... 1-877-405-3650**  
1635 Associates Dr., Ste 101, Dbq 52002  
www.socialsecurity.gov

- 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.

**United Way Services ..... 588-1415**  
215 W. 6th St., Dbq 52001  
www.dbqunitedway.org

- 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

**Dubuque Area Labor Harvest .... 582-5947**  
215 W. 6th St., Dbq 52001

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



*From your friends at  
Managed Solutions Group,  
we look forward  
to another successful  
2024-2025 school year!*

**Managed SOLUTIONS GROUP** A CES COMPANY

www.managedsolutionsgroup.com | 563-588-9020

## Food Programs • Free/Reduced Meals • Health Care

**Child and Adult Care Food Program ..... 319-739-0600**  
1515 Hawkeye Dr, Hiawatha, IA 52233

- CACFP is federally funded program sponsored by HACAP. Offered to Child Care Providers whose Child Development Home is registered with the State of Iowa. Program offers financial reimbursement to providers serving nutritious meal to children in their care along with offering free nutrition training, in home providers support and professional development.

**Dubuque County Veteran Affairs..... 589-7840**  
36 E. 8th St., Dbq 52001 | www.dubuquecounty.org

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

**Emergency Food Pantry at Resources Unite..... 231-6280**  
1900 JFK Rd., Dbq 52001

**Dubuque Food Pantry ..... 583-4440**  
1310 White St., Dbq 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.

**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., Dbq 52001

- Provides food pantry.

**Salvation Army ..... 556-1573**  
1099 Iowa St., Dbq 52001

- 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 .... 584-2226**  
1351 Iowa St., Dbq 52001

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

**Women, Infants, and Children (WIC) ..... 557-4444**  
220 W. 7th St., Dbq 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

**Dubuque Area Labor Harvest .... 582-5947**  
1610 Garfield Ave., Dbq 52001

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

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

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

**Hope House ..... 582-9079**  
1592 Locust St., Dbq 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**  
1458 Locust St., Dbq 52001

- Offers a free meal every 5th Sunday and mini food pantry open to all ages.

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

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

**St. Patrick Church-Foley Hall..... 582-7646**  
1425 Iowa 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.advancedwcdqbq.com

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



## Health Care/Safety Programs

**Asbury Family Chiropractic** ..... 582-3424  
2100 Asbury Rd., Dbq 52001  
www.asburyfamilychiropractic.com  
• Helps patients regain their health naturally through chiropractic care.

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

**Balanced Integrative Health & Wellness** ..  
..... 284-2422  
4855 Asbury Rd., Ste 7, Dbq 52002  
• Provide women's and men's and pediatric yearly health visits, adults and pediatric fudnation/intragrative visits and acutes care for all ages.

**Crescent Community Health Center** .....  
..... 690-2850  
1690 Elm St., Ste A, Dbq 52001  
www.crescentchc.org  
• Offers a wide range of healthcare services to people from birth to old age. Clinic offers onsite pharmacy, laboratory, and x-ray services.

**Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)** ..  
..... 557-7529  
3200 Asbury Rd., Dbq 52002 | chadd.org

**Child Health Specialty Clinic** ..... 556-3700  
1789 Elm St., Ste 230, Dbq 52001  
• 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.

**Community Circle of Care** ..... 583-5545

**Child Safety Seat Check Dubuque Police Department** ..... 589-4100  
770 Iowa St., Dbq 52001  
www.cityofdubuque.org/childpassenger  
E-mail: police@cityofdubuque.org  
• Free child safety seat installation by appointment and educational materials.

## Health Care/Safety Programs

**Community Partnerships for Protecting Children** ..... 563-321-3401  
• Community-based framework for child protection. Partnerships work to prevent child abuse, neglect, re-abuse, safely decrease the number of out-of-home placements, and promote timely reunification when children are placed in foster care.

**City of Dubuque Childhood Lead Poisoning Prevention Program**.. 589-4100  
50 W. 13th St., Dbq 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., Dbq 52001 | cityofdubuque.org  
• Child lead poisoning prevention program, Green and Healthy Homes Program, food inspections, and animal control.

**Clarity Clinic** ..... 556-5250  
3365 Hillcrest Rd., Dbq 52002  
www.clarityclinic.com  
• 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.

**Compass to Care** ..... 231-0458  
www.compassstocare.org  
Email: info@compassstocare.org  
• Helps schedule & pay for travel arrangements to hospitals for children treated for cancer.

**Department of Human Services**.. 557-8251  
205 Bluff St., Ste. 1, Dbq 52001  
www.hhs.owa.gov  
• Application for Title 19 and for families with limited income to receive medical care at University of Iowa Hospitals and Clinics.

**Dubuque County Public Health Department/Board of Health** ..... 557-7396  
1225 Seippel Rd., Dbq 52002  
www.dubuquecounty.gov/223/Health-Department  
• Water testing, well permitting, septic permitting, time of transfer, grants to counties, and septic pumper inspections.

**Dubuque Noon Lions Club Vision Screenings** ..... 599-7505  
www.dubuquenoonlions.com  
• Provides eye wear for low-income individuals; free vision screenings for children in child care, preschool, and school; and open screenings.

**Empowerment** ..... 608-897-6991  
2223 Keyway Dr, Dbq 52002  
• Self defense for adults & children that specialize in personalized, age specific moves and techniques. Promote loving, being and protecting yourself.

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

**Fuerste Eye Clinic** ..... 582-0769  
2140 JFK Rd., Ste F, Dbq 52002  
www.fuersteclinic.com

**Fullness of Life Chiropractic** ..... 583-2095  
150 JFK Rd., Ste 10, Dbq 52002  
www.fullnessoflifechiro.com

**Family First Chiropractic Wellness Center** ..... 556-6921  
998 Fremont, Ste L1, Dbq 52003 | ffwc.com  
www.familyfirstchiropracticwellness.com  
• Helping families achieve health and well-being by providing safe, drug-free, natural chiropractic care and wellness education. Family-friendly office with play area and affordable family care plans.

**Grand River Medical Group** ..... 557-9111  
1515 Delhi St., Ste 100, Dbq 52001

**Family Practice** ..... 583-9300  
4025 Westmark Dr., Dbq 52001

**Pediatrics Clinic** ..... 557-3900  
1500 Delhi St., Ste 100, Dbq 52001  
• Offers same-day, Sat., after-hours appointments.

**The Gabriel Project** ..... 1-800-771-5790  
• Helps with crisis pregnancy intervention with many local parishes participating.

**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.

Amerigroup Iowa, Inc.

is proud to support

**Kids Expo and Dubuque County Early Childhood!**



www.myamerigroup.com/IA



## Health Care/Safety Programs

**hawk-i (Healthy & Well Kids in Iowa)** ..... 556-6200  
Toll Free ..... 1-800-257-8563  
[www.dhs.iowa.gov](http://www.dhs.iowa.gov)

- 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 Iowa 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.healthylivingdubuque.com](http://www.healthylivingdubuque.com)  
• Chiropractic care and health assessments for the whole family and sports rehabilitation.

**Hy-Vee** ..... 583-2199, 583-6148, 583-5204  
Three sites in Dbq  
• Offers nutrition and fitness programs for families and children.

**Hospice of Dubuque** ..... 582-1220  
1670 JFK Rd., Dbq 52002  
• Provides physical and emotional support to terminally ill patients and their families. No one is denied services for financial reasons.

**Keystone AEA** ..... 800-632-5918  
Special Needs Services .....  
2310 Chaney Rd., Dbq 52001 | [www.aea1.k12.ia.us](http://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.

**Historic Bluffs Family Practice** ..... 239.1175  
666 Loras Blvd., Dbq 52001  
[www.historicbluffspc.com](http://www.historicbluffspc.com)

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

**KidSight/Lion's Club** ..... 319-353-7616  
Iowa KidSight - Vision Screening 2yrs -5yrs.  
[kidsight@uiowa.edu](mailto:kidsight@uiowa.edu)

**Let's Connect for Dubuque County Children** ..... 599-5212  
• Community coalition does advocacy and awareness projects on child abuse prevention.



## Dubuque Noon Optimist Club

*Dubuque Noon Club is one of largest Optimist Clubs in Iowa and growing stronger. Celebrating 70 years!*

*OPTIMIST—bringing out the best in kids.*

Are you interested in support the youth in our community?  
Visit us on Facebook to learn more about joining the club!

PO Box 223 | Dubuque IA 52004 | Facebook/dubuquenoonooptimist  
[DubuqueNoonOptimist@gmail.com](mailto:DubuqueNoonOptimist@gmail.com)

## Health Care/Safety Programs

**Hillcrest Community Health Services Asbury** ..... 583-7357  
2005 Asbury Rd., Dbq 52001 | [hillcrest-fs.org](http://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.

**Medical Associates Clinic** ..... 584-3000  
**East Campus** – 1000 Langworthy, Dbq 52001  
**West Campus** – 1500 Associates Dr., Dbq 52002  
[www.mahealthcare.com](http://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.

**MercyOne Pharmacy** ..... 583-9370  
• Offers health and medication services with locations throughout Dubuque County.

**MercyOne Medical Equipment**... 589-8118  
250 Mercy Dr., Dbq 52001  
• Offers in-home health care providers and medical equipment.

**Mercy Medical Center Info** ..... 589-8000  
**Emergency** ..... 589-9666  
250 Mercy Dr., Dbq 52001 | [mercydubuque.com](http://mercydubuque.com)  
**Mecial Associates Clinic - Cascade** .....  
..... 563-852-7756  
805 Johnson St. SW, Cascade 52033

**Mercy Medical Center Dyersville** .....  
..... 563-875-7101  
1111 3rd St. SW, Dyersville 52040  
[www.mercydubuque.com/dyersville](http://www.mercydubuque.com/dyersville)

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

**School Resource Officers** ..... 589-4438  
770 Iowa St., Dbq 52001  
[www.cityofdubuque.org](http://www.cityofdubuque.org)  
• Partners with Dubuque Schools to have officers in schools for safety and education of students.

**Tri-State Independent Blind Society** .....  
1068 Cedar Cross Rd., Dbq 52001... 556-8746  
[www.tristateblind.org](http://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 Family Practice, LLP** ... 557-5900  
1500 Delhi St., Dbq 52001

**Tri-State Independent Physicians** .....  
..... 582-7055  
3500 Dodge., Ste 213 Dbq 52003  
[www.tristatedocs.com](http://www.tristatedocs.com)

**Vaassen Chiropractic** ..... 585-2225  
3338 Center Grove Dr., Ste. 2, Dbq 52003

**Unified Therapy Services** ..... 583-4003  
4121 Pennsylvania Ave., Dbq 52002  
[www.unifiedtherapy.com](http://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.

**UnityPoint Health/Finley Hospital Information** ..... 582-1881  
350 N. Grandview Ave., Dbq 52001  
[www.unitypoint.org/dubuque](http://www.unitypoint.org/dubuque)

**Vision Health Center** ..... 556-3937  
505 Cedar Cross Rd., Dbq 52003  
[www.visionhealthcenter.net](http://www.visionhealthcenter.net)

• Comprehensive eye care for the entire family, including evaluations for infants on up, urgent care for injury and infection, foreign body removal, and conjunctivitis or pink eye. Large selection of kid's frames and packages.



## Housing - Permanent/Rental/Rehab

**Visiting Nurse Association (VNA)** ..... 1-800-862-6133  
660 Iowa St., Dbq 52001  
www.unipoint.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.

**Wellpoint** ..... 833-731-2140  
• Administers accessible and patient-centered Medicaid health care services. (Formally known as Amerigroup Iowa, Inc.)

### HOUSING-PERMANENT/ RENTAL/REHAB

**Ecumenical Towers** ..... 556-5125  
250 W. 6th St., Dbq 52001  
• Offers housing for low-income elderly and disabled adults.

**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.

**Four Mounds Foundation** ..... 557-7292  
4900 Peru Rd., Dbq 52001  
www.fourmounds.org  
• Housing Education & Rehab Training with Dubuque Schools for entitled students.

**Habitat for Humanity** ..... 556-0057  
4949 Chavenelle Rd., Dbq 52002  
www.dubuquerestore.org

**Hillcrest Apartments** ..... 556-9430  
3290 Hillcrest Rd., Dbq 52001  
• Services include affordable housing and income-based rent.

**Kennedy Manor Apartments** ..... 556-5125  
2671 Owen Ct., Dbq 52001  
• Subsidized housing for families on limited income.

**Housing, City of Dubuque** ..... 589-4230  
350 W. 6th, Ste 312, Dbq 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.

**Manasseh House Apartments** ..... 557-4450  
2080 Elm St., Dbq 52001  
• Supportive affordable housing for single men and women. Supportive services include educational support, computer training, life skills classes, access to health care, and information.

**Lead & Healthy Homes Program, City of Dubuque** ..... 589-1724  
350 W. 6th St., Ste 312, Dbq 52001  
• Offers home improvement services.

**Affordable Housing Network Inc (AHNI)** ..  
..... 583-9653  
90 Main St., Dbq 52001  
• 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. Supportive housing services provided.

**Penn Place Apartments** ..... 556-5858  
3702 Pennsylvania Ave., Dbq 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.

**Sheridan Village** ..... 557-7706  
3260 Getty Terrace, Dbq 52001  
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

### HOUSING-TEMPORARY SHELTERS

**Almost Home** ..... 583-6572  
1276 White St., Dbq 52001  
• 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 resources & free counseling for children & adults.

**Dubuque Rescue Mission** ..... 583-1394  
398 Main St., Dbq 52001  
www.dbqrescue.org  
• Offers emergency housing for men and free meal program for all in need.

**Hope House** ..... 582-9079  
1592 Locust St., Dbq 52001  
• Daytime hospitality and referral assistance to other agencies as needed.

**Housing Referrals** ..... 2-1-1  
• Connects people with unmet needs to appropriate resources. Provides assistance to homeless to assure safety, dignity, self-sufficiency.

**Maria House** ..... 582-6286  
1561 Jackson St., Dbq 52001  
www.openingdoorsdbq.org  
• 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 Services** ..... 583-7357  
220 W. 7th St., Dbq 52001  
www.hillcrest-fs.org  
• Offers assistance to homeless families that are veterans or have substance abuse issues.

**Teresa Shelter** ..... 690-0086  
1111 Bluff St., Dbq 52001  
www.openingdoorsdbq.org  
• Offers hospitality to area women, alone or with children, in need of emergency housing.



- Free Online, text and phone support
- Free incentives to keep you motivated\*
- Coaches who understand your struggle to quit while you're pregnant and help you stay quit after your baby is born
- Personalized quit plans and proven strategies
- Operated by national Jewish Health, the nation's leading respiratory hospital

\*varies by state

For local support on Maternal Health topics and for a Quitline Referral Call:  
**Dubuque Visiting Nurse Association**  
660 Iowa ST, Dubuque IA 52001  
563-556-6200



UnityPoint Health  
Visiting Nurse Association



## Libraries • Music

### LIBRARIES

**Carnegie-Stout Public Library ... 589-4225**  
360 W. 11th St., Dbq 52001  
[www.dubuque.lib.ia.us](http://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](http://www.cascade.lib.ia.us)

**Charles C. Meyers Library ..... 589-3100**  
Univeristy of Dubuque Campus  
2195 Grace St., Dbq 52001

**Dubuque County Libraries Asbury Main Branch ..... 582-0008**  
5290 Grand Meadow Dr., Asbury 52002  
[www.dubcolib.org](http://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**

**Holy Cross Branch ..... 563-870-2082**

**James Kennedy Public Library.....**  
.....563-875-8912  
320 1st Ave. E., Dyersville 52040  
[www.dyersville.lib.ia.us](http://www.dyersville.lib.ia.us)

**Nicholas J. Schrup Library ..... 588-6320**  
1550 Clarke Dr., Dbq 52001  
[www.clarke.edu/office/library](http://www.clarke.edu/office/library)

**Peosta Branch ..... 556-5110, ext. 2224**  
[www.dubcolib.lib.ia.us](http://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.

**Wahlert Memorial Library ..... 588-7009**  
Loras College Campus  
1450 Alta Vista St., Dbq 52001

### MUSIC

**Alexxus Entertainment..... 590-5815**  
1611 Amy Ct., Dbq 52002

## Photography • Schools - Public & Private

**Colts..... 582-4872**  
2300 Twin Valley Dr., Dbq 52003  
[www.colts.org](http://www.colts.org)  
E-mail: [colts@colts.org](mailto: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  
[www.dubuquesymphony.org](http://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 musicians.

**Kephart-West Music..... 583-7333**  
4496 Dodge St., Dbq 52003

**Moondog Music..... 583-7041**  
806 Wacker Dr., #120, Dbq 52002

**Music Men Barber Shop Chorus 552-7064**

**Northeast Iowa School of Music 690-0151**  
2728 Asbury Rd., Ste 200, Dbq 52001  
[www.nisom.com](http://www.nisom.com)  
E-mail: [admin@nisom.com](mailto:admin@nisom.com)  
• Programs for all ages from preschoolers through senior citizens, including private lessons, group classes, and performance ensembles.

**Rondinelli Music/Audio..... 583-8271**  
3250 Dogde St., Dbq 52002

**Uncle Ike's Music and Sound..... 556-6052**  
4989 Radford Ct., Dbq 52002

### PHOTOGRAPHY

**Capture the Moment Photography ..... 543-4095**  
217 1st Ave. E., Dyersville 52040  
[www.capture-moment.com](http://www.capture-moment.com)

**Elite Images Photography..... 583-9369**  
5025 Wolff Rd., Ste 104, Dbq 52002  
[www.eliteimages.com](http://www.eliteimages.com)

**The Joy of Photography..... 556-1111**  
[www.thejoyofphotography.biz](http://www.thejoyofphotography.biz)

**Studio 506 Photography ..... 599-9761**  
507 Tahoe Ct., Farley 52046

**Nauman Photography ..... 599-1655**  
561 Obeche Ct., Dbq 52003  
[www.naumanphoto.com](http://www.naumanphoto.com)

**Siebe Studio..... 556-6111**  
4605 Old Hwy Rd., Dbq 52002  
[www.siebestudioonline.com](http://www.siebestudioonline.com)

**Weber Portrait Design ..... 556-1265**  
[www.weberportraitdesign.com](http://www.weberportraitdesign.com)

### SCHOOLS—PUBLIC & PRIVATE

**Alta Vista Campus..... 552-5800**  
1090 Alta Vista St., Dbq 52001

**Aquin Catholic Schools..... 563-852-3331**  
608 3rd Ave NW, Cascade 52033

**Audubon Elementary School..... 552-3300**  
605 Lincoln, Dbq 52001

**Beckman Catholic High School**  
.....563-875-7188  
1325 9th St. SE, Dyersville 52040

**Bryant Elementary School ..... 552-3400**  
1280 Rush St., Dbq 52003

**Carver Elementary School ..... 552-4500**  
2007 Radford Rd., Dbq 52002

**Cascade Elementary School.. 563-852-3335**  
110 Harrison St. SE, Cascade 52033

**Cascade Junior/Senior High School.....**  
.....563-852-3201  
505 Johnson St. NW, Cascade 52033

**Drexler Middle School..... 563-744-3371**  
405 3rd Ave. NE, Farley 52046

**Dubuque Montessori School ..... 500-3442**  
2605 Pennsylvania Ave., Dbq 52001

SCHOOL IS WHERE CHILDREN BUILD THE

# FUTURE

Two days a month is all it takes for students to become chronically absent, affecting their academic success.

As a community, we can all help children get to school every day so they can learn, flourish and realize their dreams.



**Community Foundation**  
OF GREATER DUBUQUE

Every Child Reads

[dbqfoundation.org/ECR](http://dbqfoundation.org/ECR)  
563-588-2700



## Schools - Public & Private

- Dubuque Schools—Public** .....552-3000  
Dubuque Community School District  
2300 Chaney Rd., Dbq 52001  
www.dbqschools.org
- Dubuque Senior High School** ....552-5500  
1800 Clarke Dr., Dbq 52001
- Dyersville Elementary School**.....  
.....563-875-8484  
813 12th Ave. SW, Dyersville 52040
- Eisenhower Elementary School**..552-3500  
3170 Spring Valley Rd., Dbq 52001
- East Dubuque Elementary School**.....  
.....815-747-3117  
100 School Rd., East Dubuque, IL 61025
- East Dubuque Junior and Senior High School**.....815-747-3188  
200 Parklane Dr., East Dubuque, IL 61025
- Eleanor Roosevelt Middle School**.....  
.....552-5000  
2001 Radford Rd., Dbq 52002
- Epworth Elementary School**563-876-5514  
201 Jacoby Dr., East Epworth 52045
- Farley Elementary School**...563-663-9652  
405 3rd Ave. NE, Farley 52046
- Fulton Elementary School** ..... 552-3650  
2540 Central Ave., Dbq 52001
- Hempstead High School** ..... 552-5200  
3715 Pennsylvania Ave., Dbq 52002
- Holy Family Catholic Schools**.... 582-5456  
2005 Kane St., Dbq 52001  
www.holyfamilydbq.org
- Hoover Elementary School** ..... 552-3700  
3259 St. Anne Dr., Dbq 52001
- Irving Elementary School** ..... 552-3800  
2520 Pennsylvania Ave., Dbq 52001
- Jefferson Middle School** ..... 552-4700  
1105 Althausen St., Dbq 52001
- Kennedy Elementary School** ..... 552-3900  
2135 Woodland Dr., Dbq 52002
- LaSalle Catholic** .....563-870-2405  
835 Church St., Holy Cross 52053
- Lincoln Elementary School**..... 552-4050  
555 Nevada St., Dbq 52001
- Marshall Elementary School**..... 552-4100  
1450 Rhomberg Ave., Dbq 52001
- Mazzuchelli Catholic Middle School**..... 582-1198  
2005 Kane St., Dbq 52001
- Our Lady of Guadalupe Spanish Immersion Program**..... 556-4194  
2005 Kane St., Dbq 52001
- Peosta Elementary School**..... 588-9010  
8522 Burds Rd., Peosta 52068
- Prescott Elementary School**..... 552-4200  
1151 White St., Dbq 52001
- Resurrection Elementary School** .....  
.....583-9488  
4320 Asbury Rd., Dbq 52002
- Sageville Elementary School**..... 552-4300  
12015 Sherrill Rd., Dbq 52002
- Seton Catholic School**.....563-556-5967  
7597 Burds Rd., Peosta, IA 52068
- Seton Catholic -Farley**.....563-744-3290  
210 2nd Ave. SE, Farley, IA 52046
- St. Columbkille Elementary School**..... 582-3532  
1220 Rush St., Dbq 52003
- St. Francis Xavier School**....563-875-7376  
203 2nd St. SW, Dyersville 52040
- Table Mound Elementary School**.....  
.....552-4400  
100 Tower Dr., Dbq 52003
- Tri-State Christian School**..... 231-3701  
5025 Saratoga Rd., Dbq 52002  
www.tscs.org
- Wahlert Catholic High School**.... 583-9771  
2005 Kane St., Dbq 52001

## Schools • Shopping • Sports/Recreation

- Washington Middle School** ..... 552-4800  
51 N. Grandview Ave., Dbq 52001
- Western Dubuque High School** .....  
.....563-876-3442  
302 5th Ave. SW, Epworth 52045
- Western Dubuque School District** ..... 563-744-3885  
310 4th St. SW, Farley 52046  
www.wdbqschools.org
- Plato's Closet**..... 845-7782  
806 Wacker Dr., Dbq 52001  
Consignment store
- River Lights Bookstore 2nd Edition**.....  
.....556-4391  
1098 Main St., Dbq 52001  
www.riverlights.com
- Sam's Club** ..... 587-0576  
4400 Asbury Rd., Dbq 52002  
www.samsclub.com
- Sprout** ..... 563-690-1500  
3350 JFK Rd., Dbq 52001  
A Children's Boutique
- THEISENS HOME FARM AUTO** .. 557-8222  
2900 Dodge St., Dbq 52001  
Shop the best brands at great prices!
- TOMY Outlet Store** ..... 563-875-5613  
2021 9th St. SE, Dyersville 52040  
www.rc2corp.com  
• Offers innovative toys and die-cast collectibles, including farm toys, American Muscle vehicles, and Learning Curve Toys.
- As They Grow** ..... 845-7999  
3368 Center Grove Dr., Dbq 52001  
Consignment store
- Bicycle World**..... 556-6122  
1072 Central Ave., Dbq 52001
- Bike Shack** ..... 582-4381  
3250 Dodge St., Dbq 52003
- The Calico Bean Market** ..... 557-8159  
352 Bluff St., Dbq 52001  
www.calicobeanmarket.com
- Carter's Children's Clothing** ..... 556-0362  
2445 NW Arterial, Ste 100, Dbq 52002
- Free Flight Bikes, Skis & Fitness** .....  
.....582-4500  
5010 Wolff Rd., Dbq 52002  
www.freeflightbikes.com
- Kennedy Mall** ..... 556-1994  
555 JFK., Dbq 52001
- Adam's Dance Connection**..... 845-9729  
4855 Asbury Rd., Ste 8, Dbq 52002  
E-mail: akiefferdance@yahoo.com
- All Around Academy of Gymnastics** .....  
.....587-9268  
4292 Dodge St., Dbq 52003

## SPORTS/RECREATION

# CONLON



## Sports/Recreation

**Almost Famous Dance, Cheer & Gymnastics**..... 319-465-4111  
908 1st St. NW, Farley 52046  
231 Cedar St., Ste A, Monticello 52310  
www.almostfamousdancestudio.com  
E-mail: office@almostfamousdancestudio.com  
• Offers dance for ages 3 to 18 and Mommy and Me for age 2.

**Alpine Tennis & Fitness** ..... 556-1234  
1090 Cedar Cross Rd., Dbq 52003  
www.alpinetennisdbq.com

**AYSO Region 419**..... 564-4718  
2615 Dodge St., Dbq 52003 | aysor419.org

**Ballroom by Jennifer**..... 815-281-0430  
2600 Dodge St. (Hwy 20), Dbq 52003  
www.BallroombyJennifer.com

**Bunker Hill Golf Course** ..... 589-4100  
2200 Bunker Hill Rd., Dbq 52001  
www.cityofdubuque.org/parks

**Cascade Lanes** ..... 563-852-3133  
1303 1st Ave. E., Cascade 52033

**Cascade Swimming Pool** .... 563-852-3842  
405 2nd Ave. NE, Cascade 52033

**Challenge to Change**..... 542-1168  
www.challengetochangeinc.com  
• Offers yoga and art camps for kids.

**Cherry Lanes** ..... 690-4823  
Port of Dubuque, 301 Bell St., Dbq 52001

**Cobra Lanes** ..... 563-744-3008  
107 2nd St. NE, Farley 52046

**Creslanes** ..... 583-9766  
255 S. Main St., Dbq 52003

**Derby Grange Golf & Recreation** 556-4653  
13079 Derby Grange Rd., Dbq 52002  
www.derbygrangegolf.com  
• Scenic driving range, 9-hole par 3, challenging miniature golf, 6 automatic batting cages, concession stand, and party pavilion.

**Distinctively Dubuque**..... 557-9049  
• Offers free program for newcomers.

**The Dream Center**..... 845-7591  
1600 White St., Dbq 52001  
www.dubuquedreamcenter.com  
• Offers community center with group activities and educational programming for youth.

**Dubuque Area Swimmin' Hurricanes** ..... 543-1105  
P.O. Box 1062, Dbq 52004 | teamdash.org  
E-mail: coachdoug@teamdash.org

**Dubuque Bicycle Club**.....NA  
P.O. Box 1746, Dbq 52004  
www.dubuquebikeclub.org

**Dubuque Bike Coop** .....NA  
2206 Central Ave., Dbq 52001  
• Helps people with reasonable means get a bike.

**Dubuque Community YMCA/YWCA** ..... 556-3371  
35 N. Booth St., Dbq 52001  
www.dubuqueym.org  
E-mail: info@dubuqueym.org  
• Welcomes people of all ages, abilities, and backgrounds in programs to address youth development, domestic violence, seniors, social and economic needs, child care, and health and wellness. Financial assistance is available.

**Dubuque County Conservation Board**..... 556-6745  
13606 Swiss Valley Rd., Peosta 52068  
www.dubuquecounty.org/Conservation  
• Provides nature, conservation, and environmental programs in parks and at nature center.

**Dubuque Driving Range**..... 556-5420  
10704 Rt. 52 N., Dbq 52001

**Dubuque Dance Studio & Gymnastic Club** ..... 556-1842  
2612 University Ave., Dbq 52001  
www.dbqdanceandgym.com  
E-mail: dubuquedance@gmail.com  
• Classes are offered in selected disciplines to students 18 months through adult, including tumbling, gymnastics, dance team, tap, ballet, jazz, pointe, parent-tot classes, and ballroom.

## Sports/Recreation

**Dubuque Karate Club**..... 583-8256  
805 Century Dr., Dbq 52002

**Dubuque Martial Arts Group** ..... 588-1012  
3430 Dodge St., Dbq 52003  
www.dubmag.com  
E-mail: dubmag@aol.com  
• Classes for adults and children. Gain confidence, self-control, and achieve self-defense skills; make new friends and have fun.

**Dubuque Pony League Baseball**.....NA  
P.O. Box 3318, Dbq 52004  
www.dbqpony.org  
E-mail: info@dbqpony.org  
• Youth baseball league for ages 4-18 with games at Derby Grange Golf & Recreation and other sites. Anyone can play with open registration.

**Dubuque Soccer Club** .....NA  
P.O. Box 1873, Dbq 52004  
www.dubuquesoccer.org

**Dubuque Sports Complex**..... 239-1127  
12614 Nightengale Ln., Dbq 52003  
www.dubuquesportscomplex.com

**Dubuque Water Sports Club** .....NA  
P.O. Box 3377, Dbq 52004  
www.dbqWSC.com  
E-mail: dubuquewsc.info@gmail.com

**Dubuque Wrestling Club** ..... 581-7741  
www.dwcwrestling.com  
E-mail: dwcwrestle@gmail.com  
• Provides affordable, year-round training for wrestlers in the tri-state area.

**Dubuque Youth Hockey Association**..... 585-1423  
2736 Mineral St., Dbq 52001  
www.dubuquehockey.org

**Dyersville Aquatic Center** ... 563-875-8675  
1300 Aquatic Dr., Dyersville 52040  
• Zero-depth pool features 2 slides, a kiddie area, and sand volleyball.

GRAND RIVER CENTER

## A VENUE THAT CARES

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The Grand River Center is now a sensory-inclusive venue, in partnership with KultureCity. This achievement highlights our commitment to improving the guest experience by making our venue accessible to everyone, regardless of sensory needs.



KultureCity App

www.grandrivercenter.com

563.690.4500

500 Bell St. Dubuque, IA



## Theatre Arts • Transportation • Volunteer

**Dyersville Karate Club**.....563-923-5775  
1110 16th Ave. SE, Dyersville 52040

**Flora Pool**..... 589-4246  
2525 Green St., Dbq 52001

**Heritage Trail** ..... 556-6745  
www.dubuquedubue.org

- 26-mile all-season trail from Dubuque to Dyersville, passing through Graf, Durango, Epworth, and Farley. Available for walking, biking, cross-country skiing, and snowmobiling.

**Mississippi Valley Running Association**  
P.O. Box 854, Dbq 52004  
www.mvradubuque.com

**Parks and Recreation, City of Dubuque Leisure Services**..... 589-4263  
2200 Bunker Hill Rd., Dbq 52001

www.cityofdubuque.org/leisureservices  
• Offers year-round and after-school activities for children and youth.

**Moser's School of Dance & Gymnastics**..  
.....563-875-2846

1413 8th Ave. SE, Dyersville 52040  
E-mail: dmoser@iowatelecom.net  
• Classes available in tap, jazz, hip-hop, gymnastics, and ballet for boys and girls ages 2-1/2 through adult with beginner through elite levels. For recreation or competition with locations in Manchester, Dyersville, Independence, Monticello, Clermont, Elkader, Guttenberg, Edgewood, and Strawberry Point.

**Peosta Community Center**..... 556-8751  
7896 Burds Rd., Peosta 52068

**Springer's Martial Arts Academy** .....  
..... 582-1400

1880 Radford Rd., #1, Dbq 52002  
• Offers karate classes for kids as young as 5 years. Children learn self-discipline, respect, goal-setting, and value of exercise. Improve attention span, focus, and self-confidence in a positive, friendly, and motivating classroom.

**Studio 5678** ..... 582-3430  
5540 Saratoga Rd., Dbq 52002

**Sundown Mountain Resort** ..... 556-6676  
16991 Asbury Rd., Dbq 52002  
www.sundownmtn.com

- Offers 21 trails, 4 chairlifts, 2 ski carpets, 2 separate teaching areas with 1 especially designed for children, 100 teaching pros, rental department with the latest equipment, and lodge with healthy food and drinks. Parents 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.

**Sutton Pool** ..... 589-4247  
1900 Hawthorne St., Dbq 52001

**Total Fitness Recreation Center** .....  
.....563-875-2727

1110 16th Ave Ct. SE, Dyersville 52040  
E-mail: totalfitness@dyersville.com

**Vibe Dance Company** ..... 590-6417  
3430 Dodge St. #3, Dbq 52003

**West Side Gymnastics** ..... 583-8553  
1003 Century Dr., Dbq 52002

**Xtreme Dance** ..... 556-0538  
1075 Cedar Cross Rd., Dbq 52003  
www.xtremedancedbq.com

## THEATRE ARTS

**Bell Tower Theater**..... 588-3377  
2728 Asbury Rd., Dbq 52001  
www.belltowertheater.net  
E-mail: info@belltowertheater.net  
• Provides high-quality programs offering entertainment and arts learning to kids of all ages.

**Five Flags Ticket Office** ..... 589-4254  
405 Main St., Dbq 52001  
www.fiveflagscenter.com

- Offers opportunity to attend plays, concerts, and sporting events throughout the year. Call ticket office for more information on events.

**Grand Opera House Box Office**. 588-1305  
135 W. 8th St., Dbq 52001  
www.thegrandoperahouse.com

## Transportation Services

**Rising Star Theatre Company**.....  
.....563-231-0110  
2100 Stone Hill Drive St., Dbq 52003  
www.risingstartheatrecompany.com

**Little Bird Creativity Company**.. 542-5452  
1505 Fairview Pl., Dbq 52001  
www.frogwarts.org

**University of Dubuque Heritage Center**...  
.....585-7469  
2255 Bennet St., Dbq 52001

## TRANSPORTATION SERVICES

**#1 Green Cab** ..... 495-4444  
2705 Jackson St., Dbq 52001

**A1 Taxi & Delivery Service** ..... 582-1818  
www.a1taxidbq.com

**Burlington Trailways** ..... 583-3397  
950 Elm St., Dbq 52001

**Go Cab** ..... 563-400-6446  
1865 Grace St., Dbq 52001

**DuRide (for Seniors)** ..... 451-4999  
2728 Asbury Rd., Dbq 52001

**The Jule Public Transit**..... 589-4196  
Intermodel Transportation Center  
950 Elm St., Dbq 52001  
www.JuleTransit.org  
• Students grades K-8 ride free. Students in high school and college ride free with school ID.

**Regional Transit Authority**..... 588-4592  
7600 Commerce Park, Dbq 52002  
• Daily service in Dubuque for work, school, and child care; also available between Dubuque surrounding counties. Weekly service between Dubuque, Bellevue, and Maquoketa; monthly services between Dubuque and Iowa City. Call in advance to set up ride.

**Starlight Taxi**..... 556-6666

**Uber Service** ..... NA  
• Download app to find drivers.



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Hills & Dales is dedicated to building meaningful lives for individuals with disabilities by offering services that support the whole person and enhance community inclusion.

Dubuque, Iowa | 563-556-7878 | @hillsdales





## Volunteer Opportunities

### VOLUNTEER OPPORTUNITIES TO WORK WITH CHILDREN

**AmeriCorps** ..... 584-8644  
1550 Clarke Dr., #1546, Dbq 52001  
www.cityofdubuque.org/ameriCorps

**Child Advocacy** ..... 582-6219  
P.O. Box 80, Peosta 52068  
childadvocacy.iowa.gov  
• Offers Court Appointed Special Advocates Program and Foster Care Review Board.

**Clare Cares** ..... 581-8921

**Community Foundation of Greater Dubuque** ..... 588-2700  
700 Locust St., Ste 195, Dbq 52001  
www.dbqfoundation.org

**Dubuque Noon Optimist Club** .....  
DubuqueNoonOptimist@gmail.com

**Resources Unite** ..... 231-6280  
1900 JFK Rd., Dbq 52001  
www.resourcesunite.com

**Special Spaces** ..... 580-3146  
P.O. Box 6, Peosta 52068  
• Creates dream bedrooms for children with life threatening illnesses.

**Dubuque County Early Childhood** ..... 588-1620  
2310 Chaney Rd., Dbq 52001  
www.dcearlychild.org  
• Works collaboratively with the community to promote high-quality child care, health care, and family services for young children. Public is welcome to attend meetings and participate in activities. Many volunteer opportunities are available to serve on board of directors and committees plus volunteering for office work. Programs supported include preschool scholarships, family support services, health services for children and child care providers, and child care provider grants, mentoring, and professional development.

**Mentor Dubuque at Hillcrest Family Services** ..... 845-0768  
2005 Asbury Rd., Dbq 52001  
www.hillcrest-fs.org  
• Caring volunteers matched with youth ages 5-15 to meet weekly or twice a month. Volunteers make a one-year commitment and maintain a consistent one-to-one relationship.

**Toys for Tots** ..... 590-3840  
432 Bluff St., Dbq 52001  
www.dubuque-ia.toysfortots.org  
• Gathers donations for children in need.

**United Way Services** ..... 588-1415  
215 W. 6th St., Dbq 52001  
www.dbqunitedway.org

## YOUTH ACTIVITIES & ATTRACTIONS

**4-H** ..... 583-6496  
ISU Dubuque County Extension Office  
14858 W. Ridge Ln., Ste 2, Dbq 52003  
www.extension.iastate.edu/dubuque  
• Kids in grades K-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.

**AMC Star Dubuque 14** ..... 582-7801  
2835 NW Arterial, Dbq 52002

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

**AY McDonald Park**  
Kerper Blvd. & Hawthorn St., Dbq 52002

## Youth Activities & Attractions

**Becker Woodcarving Museum** .....  
..... 563-875-2087  
15346 Becker Ln., Dyersville 52040

**Boys/Girls Club of Greater Dubuque** .....  
..... 585-0599  
1299 Locust St., Dbq 52001  
www.boysgirlclubdubuque.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.

**Crystal Lake Cave, LLC** ..... 556-6451  
6684 Crystal Lake Cave Rd., Dbq 52003  
www.crystallakecave.com  
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., Dbq 52003

**Dubuque Arboretum & Botanical Gardens** ..... 556-2100  
3800 Arboretum Dr., Dbq 52001  
www.dubuquearboretum.net

**Dubuque Area Attraction Information** .....  
..... 1-800-798-8844  
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

**Dubuque Chess Club**  
bjdarr@hotmail.com  
• Conducts casual games for all ages with free lessons and membership. Meets at the St. John's Episcopal Church.

**Eagle Point Park** ..... 589-4263  
2601 Shiras Ave., Dbq 52001

**Dubuque County Fair** ..... 588-1406  
14569 Old Highway Rd., Dbq 52002  
www.dbqfair.com

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

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

**Fenelon Place Elevator** ..... 582-6496  
512 Fenelon Pl., Dbq 52001  
www.fenelonplaceelevator.com

**Field of Dreams Movie Site, Inc.** .....  
..... 1-888-875-8404  
28995 Lansing Rd., Dyersville 52040  
www.fodmoviesite.com

**General Zebulon Pike** ..... 582-1204  
Lock & Dam No. 11  
3000 Volunteer Dr., Dbq 52001

**Grand Harbor Resort & Waterpark** .....  
..... 690-4000  
350 Bell St., Dbq 52001  
www.grandharborresort.com

**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.

**Junior Achievement** ..... 845-0545  
900 Jackson St., Dbq 52001  
www.jaheartland.org

**McAleece Park & Recreation Complex Skateboard Park** ..... 589-4263  
1801 Admiral Sheehy Dr., Chaplain Schmitt Island Hwy 151/61 N., Dbq 52001

**Im On Arena (Ice Arena)** ..... 582-3647  
1800 Admiral Sheehy Dr., Dbq 52001  
www.MystiqueIceCenter.com

**National Farm Toy Museum** ..... 875-2727  
1110 16th Ave. SE, Dyersville 52040  
www.nationalfarmtoymuseum.com

**National Mississippi River Museum & Aquarium** ..... 557-9545  
350 E. Third St., Dbq 52001  
www.rivermuseum.com  
• Interactive activities for all ages.



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## Youth Activities & Attractions

**Phoenix Theatres.....**556-0077  
555 JFK Rd., Dbq 52001

**Sky Tours at YMCA Union Park Camp .....**484-4248  
11764 JFK Rd., Dbq 52001  
• Features 9 high altitude zip lines.

**Storybook Hill Children's Zoo.....**590-1019  
12201 N. Cascade Rd., Dbq 52003  
• Open June through Labor Day.

**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.

**Trolleys of Dubuque, Inc.....**552-2896  
2728 Asbury Rd., Dbq 52001  
[www.trolleysofdbq.com](http://www.trolleysofdbq.com)

**Park and Recreation City of Dubuque .....**589-4263

1157 Central Ave., Dbq 52001  
[www.cityofdubuque.org/parks](http://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.

**Swiss Valley Nature Center .....**556-6745  
13606 Swiss Valley Rd., Peosta 52068  
[www.dubuquecounty.org](http://www.dubuquecounty.org)

**The Fun Station .....**554-6583  
555 JFK Rd., Dbq 52002  
[www.gofunstation.com](http://www.gofunstation.com)


**Veterans Memorial Park & Miracle League Park of Dubuque.....**589-4263  
2970 Miracle League Dr., Dbq 52001  
• All-inclusive playground and baseball field providing children and adults of all abilities the chance to play alongside their peers.

**YAPPERS.....**588-2700  
700 Locust St., Ste 195, Dbq 52001  
E-mail: [yappers@dbqfoundation.org](mailto:yappers@dbqfoundation.org)



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