


2015-2016



Dubuque
County



Family

Resource Guide

Produced through a collaboration of



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The Family Resource Guide contains information from companies and organizations that offer services and activities for children in the Dubuque County area. Inclusion in this guide does not indicate endorsement of any listing. The Kids Expo Committee or sponsors cannot be responsible for any errors, omissions, or typographical errors. Any missing or incorrect information should be submitted to sedward24@aol.com to be placed in or corrected in the next published guide. To obtain additional copies, contact Dubuque County Early Childhood at 563-588-1620.

Arts • Before-and-After-School Program

ARTS

Academy of Ballet/Dubuque City Youth Ballet (DCYB) 583-2047
2085 Mullin Rd., Dbq 52001
www.balletdubuque.com
E-mail: marina@balletdubuque.com

- Studios located in the Grand Opera House.
- Classical ballet training for ages 6-adult.
- Beginner through advanced classes.
- Professionally trained staff.
- Performance opportunities available.

Dubuque Museum of Art 557-1851
701 Locust St., Dbq 52001
www.dbqart.com

- Offers traveling art exhibitions and art classes for adults and children.
- Hours: Tuesday-Friday 10 a.m.-5 p.m., Saturday and Sunday 1-4 p.m., closed holidays and Mondays.

Hobby Lobby Creative Center..... 557-0680
3925 Dodge St., Dbq 52002

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

Matter Creative Center 556-0117
140 E. 9th St., Dbq 52001
www.mattercreative.center
E-mail: info@mattercreative.center

- Art classes, pottery painting, building lab, and birthday parties.
- Open to all ages and abilities.

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

BEFORE-/AFTER-SCHOOL PROGRAMS

After-School Care..... 556-3371
Offered by Dubuque Community YMCA/YWCA
At various locations

After-School Tutoring 583-1729
Offered by Westminster Church
2155 University Ave., Dbq 52001

- Offered to students from Irving School grades 3-5.
- Academic homework help, snacks, and games.

Before-and-After-School Program • Birthday Parties • Camps

Before- and After-School Programs at St. Mark Youth

Enrichment..... 582-6211

1201 Locust St., Dbq 52001

www.stmarkyouthenrichment.org

- Located at various elementary schools on Monday through Friday on regularly scheduled school days.
- Academic, themed-based program providing homework help, reading and math instruction, character building, and more.
- Includes nutritious snack or meal.
- All programs have certified teachers providing the instruction.

BIRTHDAY PARTIES

Fun-N-Games Company..... 581-4589

Bob Slattery

- Unique entertainment solutions for schools, corporate events, picnics, and more.

Happy Joe's..... 556-0820

855 Century Dr., Dbq 52002

- Dine-in and carry-out pizza. Voted best in the tri-state last 15 years.
- Offers fun birthday party packages for all ages with free sundae. Call for details.

LT Amusements 584-9142

13306 Harvest Moon Ridge, Sherrill 52073

www.ltamusements.com

McDonalds PlayPlace..... 583-8286

2250 Flint Hill Dr., Dbq 52003

RMB MAGIC 556-8584

Bob Beardsley

- Stand-up and walk-around magic/balloon animals for parties, special occasions, corporate events, birthday parties, and magic shows.

CAMPS

Boy Scouts Camp..... 556-4343

10601 Military Rd., Dbq 52003

www.scoutsiowa.com

Camp Albrecht Acres 552-1771

14837 Sherrill Rd., Sherrill 52073

www.albrechtacres.org

E-mail: info@albrechtacres.org

- Nestled on 40 acres of wooded land, Camp Albrecht Acres is a private, not-for-profit organization that serves individuals with special needs.

- Weekly summer camp sessions, winter respite weekends, Camp Bee-A-Friend day camps (for children on the Autism Spectrum and typical developing children) are available.

- Camper to counselor ratio is 3 to 1 and 1 to 1 when needed.

- Nursing services available 24 hours daily during camp session.

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

E-mail: info@dubcommy.org

Dubuque Humane Society

Kids 'N Critters Camp..... 582-6766

4242 Chavenelle Rd., Dbq 52002

www.dbqhumane.org

- Offered to kids in 4th to 6th grade.
- Kicks into gear every year during the summer.
- The Kids & Companions Club is a free club offered to kids under age 12. Meets the 1st Saturday at 11 a.m.

Girl Scouts Camps 583-9169

2644 Pennsylvania Ave., Dbq 52001

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

1450 Alta Vista St., Dbq 52004

www.lorasallsportscamps.com

E-mail: sports.camp@loras.edu

- Instruction in 3 different sports selected from over 40 sports. Small counselor-to-camper ratios.
- Awards based on Christian values and sportsmanship.
- 4 one-week sessions in June and July for girls and boys ages 7-14.
- A fun-filled, life-changing adventure.

NICC Kids on Campus ... 557-8271 ext. 247

..... 1-888-642-2338 ext. 247

Town Clock Center for Professional Development

680 Main St., Dbq 52001

Camps • Child Care & PreSchools

Summer Camps..... 582-6211

At St. Mark Youth Enrichment

1201 Locust St., Dbq 52001

www.stmarkyouthenrichment.org

- Monday-Friday from 12-4 p.m.; 5-week program. Located at St. Mark Youth Enrichment.
- Begins with a nutritious meal.
- Designed to help students retain what they have learned during the school year. Theme-based instruction and enrichment activities; fun-filled field trips.

University of Dubuque

For Kids..... 589-3221

2000 University Ave., Dbq 52001

CHILD CARE & PRESCHOOLS

ABC Learning Childhood Center.. 583-6654

15 Nightengale Ln., Dbq 52003

- ABC Learning is a loving Christian early childhood facility that strives to provide a safe and nurturing environment, which allows children to explore and discover new possibilities while acquiring knowledge.
- Care for children age 6 weeks-12 years.
- Transportation available to certain schools.
- Open Monday through Friday; Saturday by availability.

Aquin's Little Angels..... 563-852-7020

4th Ave. NW, Cascade 52033

Aquin Preschool..... 563-852-5277

608 3rd Ave. NW, Cascade 52033

Child Care Resource & Referral... 557-1628

Referral Line 1-855-299-0499

2728 Asbury Rd., Ste 215, Dbq 52001

- Provides free child care referrals for parents seeking child care and preschool scholarships.
- Free or low-cost educational opportunities for child care professionals and parents.
- Offers Respite Care program with child care for parents in need of break from stresses of parenting; requires referral from agency.

Children's House

Montessori Preschool..... 556-3769

15711 Monastery Rd., Peosta 52068

- Class is 9 a.m.-11:30 a.m. for children age 3-5.
- Children experience the areas of math, language, science, geography, music, art, and practical life skills.

- Activities are designed to nourish love of nature, creativity, respectful interaction, self-motivation, and self-discipline.

Dubuque Chapter of the Iowa

Family Child Care Association..... 556-5054

E-mail: woodnbear@aol.com

- Offers a variety of educational programs with social meetings where providers can share ideas/problems and help to create solutions.
- Membership is open to all interested in quality child care.
- Meet every 3rd Monday at Finley Hospital.
- Affiliate of the Iowa Family Child Care Association.

Dubuque Child Care LLC..... 556-0943

3100 Cedar Crest Rdg., Ste 5, Dbq 52003

Dubuque Community

Preschools 552-5879

www.dubuque.k12.ia.us/preschool/index.html

- 4-year-old voluntary preschool program.
- Free to children who are 4 by Sept. 15.
- Visit web site for complete list of participating preschools.

Dubuque Community YMCA/YWCA

Preschool and Child Care 556-3371

35 N. Booth St., Dbq 52001

- Licensed child care for children 6 weeks to 12 years. Programs in 13 schools and 3 full-day programs.
- Y Creative Learning Center is an on-site program at the Y. Provides care for children 3-5 years of age. A preschool program is conducted daily with wrap-around child care available.
- Finley/Dubuque Community YMCA/YWCA Child Care Center is located adjacent to Finley Hospital; this program provides full-day infant through kindergarten child care.
- School-Age Child Care provides before- and after-school care at elementary schools.
- For non-school days, a full-day, school-age program is available.

Dubuque Montessori School..... 556-5101

2605 Pennsylvania Ave., Dbq 52001

www.dubuquemontessori.org

E-mail: dmschool@qwestoffice.net

- A parent-run, not-for-profit organization located at the familiar red barn offering preschool and kindergarten programs for age 2-6. Toddlers need not be potty trained.

(Continued on next page)

MORE for Kids!

DOG-O-WEEN CONTEST

A Halloween Costume Contest for Dogs!
Fun for the whole family! Enter your dog to compete
for prizes or watch the parade of entries!

Coming to Theisen's of Dubuque

NEW TIME

Sunday, October 25 · 4 PM

Registration starts at 3 PM



COMING SOON

TOY SALE

Wednesday, October 21 through Tuesday, December 1



more For you!
THEISEN'S[®]
HOME • FARM • AUTO

2900 DODGE STREET, DUBUQUE • 563-557-8222
Mon.-Sat. 7am - 9pm; Sun. 9am - 6pm

adno=621416-01

Child Care & Preschools

- Utilizes the Montessori philosophy to provide an enriching developmental experience in an environment where children are free to play, learn, and explore at their own pace. Classroom time is spent in the basic subject areas of practical life, sensorial, math, science, language, geography, culture, art, music, and movement.

Early Learners Child Development Centers

3495 Windsor Ave., Dbq 52001 **583-3501**
610 Duggan Dr., Dbq 52003 **556-8160**

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

300 North Grandview, Dbq 52001

Frog Hollow **582-2200**

5005 Asbury Rd., Dbq 52002

- A full-day preschool, nurturing and educating children from 6 weeks to 12 years of ages.
- Quality, child-driven early childhood program is directed by experienced and educated teachers equipped with exceptional resources and a constantly evolving program.
- Reading readiness program, exploration-based activities, and constant social and emotional interaction with peers and adults are constantly enhanced.
- Hours: Monday-Friday 5:30 a.m.-6 p.m.

Grand View Child Development Center **582-1125**

3342 John Wesley Dr., Dbq 52002

- Offers infant care, preschool, and summer elementary programs.
- A faith-based center offering Montessori programming. Program focuses on each child and his/her individual rate of development and diversity of interests.
- Takes great pride in quality staff that surrounds each child with love and understanding.
- Call for more information, program times, and to arrange a private tour.
- Preschool programs: 8:30 a.m.-11:30 a.m. or 1-3:30 p.m. Open from 6 a.m.-6 p.m. for infant care and early childhood extended care needs.

Head Start – Operation: New View Community Action

Agency **556-5130 ext. 39**
1473 Central Ave., Dbq 52001

- Head Start is a free federally funded program

for preschool-age children from qualifying families.

- Children who attend Head Start receive a minimum of 20 hours per week participation in a variety of educational activities.
- They also receive assistance with medical and dental care, have healthy meals and snacks, and enjoy playing indoors and outdoors in safe settings.
- Head Start classrooms are located in Dubuque, Delaware, and Jackson Counties.

Hills and Dales

Childcare Center **583-5033**

3505 Stoneman Rd., Dbq 52002

www.hillsdales.org

- Hours: 5:30 a.m.-7 p.m.
- Inclusive care for children with and without disabilities, age infant and up.
- Highest Quality Rating System Level of 5.
- Before-/after-school program. Participant in free 4-year-old preschool program. 2- and 3-year-old preschool also available.

Holy Family Catholic Early **582-5456**

Childhood Centers

2005 Kane St., Dbq 52001

www.holyfamilydbq.org

- Early childhood centers are dedicated to children's intellectual and emotional growth in a faith-filled environment.
- Full child care available starting at 6 weeks old.
- Offers 3-year-old preschool and 4-year-old pre-K for children living in Iowa and who turn 4 before September 15.
- Provides the community with 5 early childhood centers, infant and toddler care, child care for ages 2-5, and school-age care. Includes many of the child care centers listed in this section of the guide.
- Dual language and Spanish immersion pre-K programs available.

Holy Ghost Early Childhood **582-2578**

And Extended Care

2981 Central Ave., Dbq 52001

- Infants to school age care.

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

10244 Keywest Dr., Dbq 52003

- Licensed preschool/child care serving ages 2-5.
- Free 4-year-old preschool.
- School-age summer camp.

(Continued on next page)

Child Care & PreSchools

- Provides developmentally appropriate activities to enhance children's growth and learning in all areas of development, including cognitive, physical, social, and emotional.

Kid Project Child Care

Center 563-875-2080
415 9th Ave SW, Dyersville 52040

Kids of the Kingdom Preschool 557-9290
2899 Hales Mill Rd., Dbq 52002

- A fully accredited, non-profit organization affiliated with the Dubuque Community YMCA/YWCA.
- Preschool program serves children from age 3-5.
- Focus on physical, emotional, intellectual, social, and creative development. Enhance children's spiritual development.

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

Little Treasures, Inc. 556-3800
Preschool & Daycare
2035 Radford Rd., Dbq 52002

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

Mini Masterpieces 543-1106
1205 Cleveland Rd., Dbq 52003

Noah's Ark Preschool 557-8629
1755 Delhi St., Dbq 52001

- Christian early childhood preschool.
- Offers young children and their families many well-rounded opportunities for achieving maximum development physically, intellectually, spiritually, and socially.
- Helps to develop healthy personalities with Christian values of respect for all people, respect of the gifts of nature, a conscience to base future judgments, a healthy openness to all feelings, and a foundation for the continued growth of a secure self-image.

Northeast Iowa Community College
Child Development Center 556-5110
8342 NICC Dr., Peosta 52068

Our Redeemer

Lutheran Preschool 588-1247 ext. 110
2145 JFK Rd., Dbq 52002
www.redeemerps.pvt.k12.ia.us
• Christian setting in which young children

KIDS Take the STAGE

**After-School Youth Theater Classes
For Kids in Pre-School
through 8th Grade**

**Three Sessions of Classes
Fall, Winter and Spring**

Bell Tower Theater

**2728 Asbury Road Dubuque, IA
(563) 588-3377
www.belltowertheater.net**

adno=621424-01

Child Care & PreSchools • Clothing & Household Items

can grow and learn physically, spiritually, intellectually, emotionally, and socially.

- Offers preschool for children who are 3, 4, and 5 years old.
- Class times available: Monday/Wednesday or Tuesday/Thursday from 9-11:30 a.m. for 3-year-olds or Monday-Thursday from 8:30-11:30 a.m. or 12:30-3:30 p.m. for 4- and 5-year-olds.

Pooh's Corner Children Center 583-8275

3507 Keystone Dr., Dbq 52002

Prodigy..... 588-2800

715 W Locust, Dbq 52001

- Offers preschool and child care for children 0-5 years old.
- Offering before-/after-school care and summer camp for kindergarten to 12 years.
- Open weekdays from 5:30 a.m.-6 p.m.

Resurrection Early Childhood 583-5206

4320 Asbury Rd., Dbq 52002

Romper Stompers Childcare Center 556-1500

2307 Central Ave., Dbq 52001

St. Anthony Early Childhood.....556-2820

2160 Rosedale Ave., Dbq 52001

St. Columbkille Early Childhood583-1620

1220 Rush St., Dbq 52003

St. Francis Xavier Early Childhood ...875-7376

203 2nd St. SW, Dyersville 52040

St. Joseph the Worker

Early Childhood Center..... 582-1246

2105 St. Joseph St., Dbq 52001

St. Mary Elementary Preschool .815-747-3010

701 Hwy 35 N, East Dbq, IL 61025

www.stmary-ed.org

- Catholic elementary school serving pre-school through 8th grade.

University of Dubuque Marge

Kremer Child Care Center585-7461

1001 McCormick St., Dbq 52001

Western Dubuque County School

District Preschools.....563-744-3885

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

www.w-dubuque.k12.ia.us

Young-Uns Child

Care Center 584-9284 or 584-0845

3375 Kennedy Circle, Dbq 52002

- Provides developmentally-appropriate child care for infants through school-age children.
- Ensures a nurturing, relaxed, and safe environment that fosters independence, self-esteem, and meets the needs of the whole child.
- Monday, Wednesday, and Friday preschool program for 4-year-olds; Tuesday/Thursday program for 3-year-olds; Monday-Friday 9:30 a.m.-2:30 p.m. pre-k program. Monday, Tuesday, Thursday, and Friday afternoon preschool.
- Also offers a Monday-Friday program from 8:30-11:30 a.m. for 4-year-old class and a Monday/Wednesday program from 8:45-11:45 a.m. for 3-year-old class.

CLOTHING & HOUSEHOLD ITEMS

Coats for Kids - Operation: New View

Community Action Agency 556-5130

1473 Central Ave., Dbq 52001

- A program to help kids receive coats for the winter months. In Dubuque County, Operation: New View collects, cleans, and distributes coats each fall.
- Coats are available throughout the year through referral.

Discovery Shop 582-9800

American Cancer Society

2197 University Ave., Dbq 52001

- Resale store offers second-hand clothing and household items at low cost.
- Call for store hours.

Goodwill Resale Store..... 557-3158

2121 Holiday Dr., Dbq 52002

- Resale store offers second-hand clothing and household items at low cost.
- Hours: Monday-Saturday from 9 a.m.-10 p.m., Sunday 10 a.m.-8 p.m.

Mission Thrift Store..... 583-3443

398 Main St., Dbq 52001

235 W 2nd St., Dbq 52001

www.dbqrescue.org

- Resale store offers second-hand clothing, household, and furniture items at low cost.
- Hours: Monday-Friday 9:30 a.m.-5:30 p.m., Sat 9 a.m.-4:30 p.m.

Clothing & Household Items • Counseling Services/Support Groups

Open Closet..... 583-6572

1276 White St., Dbq 52001

www.almosthomedbq.org

- Offered at St. John's Lutheran Church on 1st and 3rd Saturday of the month from 9-11 a.m.
- No cost for clothing.
- Coats for Kids in late October.

St. Vincent De Paul 584-2226

1351 Iowa St., Dbq 52001

4990 Radford Ct., Dbq 52002

www.svdpusa.org

- Contact 582-3733 to obtain name and telephone number of St. Vincent representative.
- The representative will furnish the voucher for clothing, furnishings, or food.
- Resale store offers second-hand clothing and household items at low cost.
- Hours: Monday-Friday 9 a.m.-7 p.m., Saturday 9 a.m.-5 p.m.

COUNSELING SERVICES/ SUPPORT GROUPS

Achieving Maximum Potential 564-7746

1157 Central Ave., Dbq 52001

www.ampiowa.org

Asbury Counseling and

Evaluation Services 588-3500

5900 Saratoga Rd., Ste 4A, Dbq 52002

www.asburycounseling.com

Batterer's Education Program..... 557-5199

(BEP) 800-485-8151

745 Main St., Dbq 52001

- Program is offered to offenders of domestic violence.
- May be referred by an agency or attend voluntarily.

Birthingright 556-1991

National Hotline 800-550-4900

www.birthingright.org/landingpage/lp-dubuque

1125 Main St., Dbq 52001

- Offers support and maternity clothing for expectant mothers and clothing for infants through 1 year.
- No fee for clothing.
- Hours: Monday 4-6 p.m., Tuesday-Friday 12-3 p.m., and Saturday 10 a.m.-12 p.m.

Body and Soul..... 556-9642

Fountain Park

2728 Asbury Rd., Ste 777, Dbq 52001

www.relaxlivewell.com

Dubuque County Early Childhood

Supporting local families through:

- Preschool Scholarships
- Parents as Teachers Program
- Child Care Provider Grants & Trainings
- Child Health Programs
- Kindergarten Survey
- Kids Expo-Dubuque County



Contact us at (563) 588-1620, 2310 Chaney Road,
Dubuque, IA 52001, www.dcearlychild.org



Find us on 

For Dubuque County, we want ...
healthy & successful children.

adno-621711-01

Counseling Services/Support Groups

Catholic Charities 588-0558

..... **800-772-2758**

1229 Mt. Loretta Ave., Dbq 52003

www.arch.pvt.k12.ia.us/Charities/charitieshome

- Provides counseling to individuals, couples, families, and children from grade-school age through adolescence.
- Cost of services is on a sliding-fee scale. Most insurance accepted.
- Areas addressed could include but are not limited to parenting issues, parent/child relationship struggles, self-esteem, grief/loss, and marital/couples relationship issues.

Cedar Valley Friends of the Family

24-Hour Crisis Line..... 800-410-7233

www.cvfriendsofthefamily.org

- Offers emergency shelter; school and community prevention; rapid rehousing and homeless prevention.

Children and Adults with Attention

Deficit/Hyperactivity Disorder 557-7529

www.chadd.org

Cornerstone at Four Oaks..... 557-3100

180 W 15th St., Dbq 52001

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

Counseling Services

Child Health Specialty Clinic..... 583-5545

799 Main St., Ste 230, Dbq 52001

www.chsciowa.org

E-mail: PIHDubuque@healthcare.uiowa.edu

- Offers child and adolescent mental health services in collaboration with state and local resource facilities.
- Services spread through a variety of mental health and outreach programs.
- Offers care coordination in conjunction with Pediatric Integrated Health program.
- Offers support groups for parents and siblings of children with mental health or behavioral concerns.

Crisis Recovery Team at

Hillcrest Family Services 855-800-1239

www.hillcrest-fs.org

Crossroads Counseling Center 556-0699

909 Main St., Ste 505, Dbq 52001

www.crossroadsdbq.com

- Crossroads Counseling Center offers a wide range of programs and services to children, teens, adults, and families. Offers multiple outpatient programs and outreach to community sites (homes and schools).
- All programs embrace a commitment to providing services that are high-quality, well-researched, comprehensive, and least restrictive.

Dubuque Dispute Resolution

Center (DDRC) 589-4395

1300 Main St., Dbq 52001

- Offers free mediation services to Dubuque city residents who have disputes with each other.
- All cases are confidential.

Families Anonymous 556-4975

www.FamiliesAnonymous.org

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

Families First Counseling

Services of Iowa..... 888-316-3025

880 Locust St., Ste 130, Dbq 52001

www.families-first.net

- Offers remedial services, safety and permanency services, child mental health waiver, local public health agency assessments, and supported community treatment services.

Filitti Counseling Services..... 563-223-8566

2728 Asbury Rd., Ste 950, Dbq 52001

www.filitticounseling.com

Helping Services for

Northeast Iowa, Inc. 582-5317

2728 Asbury Rd., Ste 510, Dbq 52001

www.helpingservices.org

- Works to support and promote the health of children and adults living in Northeast Iowa.
- Parenting and family skills training with the emphasis on families of children age 9-14.
- Support and provide programs to help eliminate substance use/abuse for youth and adults.
- Opportunities to work with a substance abuse coalition.
- Resources in the area of parenting, alcohol, tobacco, marijuana, meth, and other drugs.

Counseling Services/Support Groups

Hillcrest Family Services 583-7357

2005 Asbury Rd., Dbq 52001

www.hillcrest-fs.org

- Services include: residential treatment for those with behavior disorder and mental illness; family and marriage counseling; Big Brothers Big Sisters Program; 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 to prevent problems of the reproductive system; adoption services.
- Sliding-fee scale; Title 19 card accepted; some other insurance accepted. No one is denied services for financial reasons.

Iowa Legal Aid 588-4653

..... 800-942-4619

799 Main St., Town Clock Plaza, Ste 280, Dbq 52001

www.iowalegalaid.org

- Free legal counseling and advice; serves low-income individuals in a variety of civil matters.
- Services include problems of family violence, housing, income maintenance,

health, education, and consumer.

- Phone intakes Monday-Friday 9-11 a.m. and 1:30-3:30 p.m.; emergency assistance applications taken anytime.
- Also age 60 and over regardless of income may get free legal advice by calling Legal Hotline for Older Iowans at 1-800-992-8161.

Life Connections 563-265-8694

1766 Central Ave., Dbq 52001

www.lifeconnections4u.net

E-mail: s.mctaggart@lifeconnections4u.net

- Counseling services open to the public.
- Free counseling services for Title 19/ Medicaid.
- Individual, family, and couples therapy.

Lutheran Services in Iowa (LSI) 582-0044

2255 JFK Rd. (Asbury Sq.), Dbq 52002

www.lsiowa.org

- Services include: therapy and counseling services for children, adults, and families; social, emotional, and behavioral issues; life skill building for people with disabilities; respite care for family caregivers; adoption and foster care; case management to families with children who have severe emotional

(Continued on next page)



Join the DoPack!

Kids, open a savings account
and become part of the **DoPack**

POSITIVE ACTION CLUB FOR KIDS



www.dupaco.com/dopack

adno=621410-01

Supporting the
Community
for Over **60** Years!



Kendall Hunt Publishing • Westmark • Great River Learning

adno=621412-01

Counseling Services/Support Groups

disturbance; programs to assist families and youth who don't qualify for traditional services.

- Insurance accepted including Medicaid, Title 19, Blue Cross/Blue Shield, and TRICARE.

Make It A Great Day!

Ultimate Potential Coaching..... 581-7583

..... **580-8554**

679 Bluff St., Dbq 52001

E-mail: info@makeitagreatdayonline.com

- One-on-one coaching as well as group seminars and workshops in all areas of life, including relationships, parenting, health, learning for any age, child behavioral issues, career, finances, recreation, spirituality, and legacy.

Psychiatric Services at 589-9299

Mercy Health Center

www.mercydubuque.com/psychiatric-services

Mothers of Preschoolers

(MOPS) 556-7724

11893 JFK Rd., Dbq 52001

www.ehope.org/MOPS

E-mail: MOPS@ehope.org

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

National Alliance for the

Mentally Ill 564-2933

900 Jackson St., Ste LL5-2B, Dbq 52001

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

New Directions..... 319-232-2086

3136 Brockway Rd., Ste B, Waterloo 50701

www.newdirections4.qwestoffice.net

- Behavioral health intervention services for children and teens age 5-17 with skill-based services in clients' homes.

Pediatric Psychology at 584-4441

Medical Associates

1000 Langworthy Ave., Dbq 52001

www.mahealthcare.com

- Functions as a subdivision in the Dept. of Pediatrics.
- Offers individual child and family counseling, therapy, and intervention plus consultation, education, and training.

Riverview Center, Inc..... 557-0310

..... **888-557-0310**

2600 Dodge St., Ste D4, Dbq 52003

www.riverviewcenter.org

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

Routley Center for Solution-Focused

Counseling, PC..... 588-4476

988 W 3rd St., Ste 108, Dbq 52001

www.routleycenter.net

Stepping Stones..... 557-3774

1600 White St., Dbq 52001

www.ehope.org

E-mail: new.beginnings.hope@gmail.com

- Mentoring through an Earn While You Learn curriculum for pregnant women or women with children age 3 and under.
- Clients earn cash that can be used to purchase diapers, wipes, and other low-cost basics necessities.

Substance Abuse

Service Center (SASC)..... 582-3784

799 Main St., Ste 110, Dbq 52001

www.sasc-dbq.org

E-mail: info@sasc-dbq.org

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

Three Willows Wellness 556-5000

160 W 10th St., Dbq 52001

www.3willowswellness.com

- Offers individual and family counseling for children, adolescents, and adults, including on anxiety, stress, depression therapy, grief, and substance abuse.
- Services include clinical hypnotherapy, play therapy, cognitive therapy, therapeutic yoga, Ayurveda Health Assessment, and wellness coaching.

Visitation Exchange Program 583-1729

Westminster Church

2155 University Ave., Dbq 52001

- Safe drop and exchange for non-custodial parental visits.
- Please call for appointment.

Waypoint Domestic Violence



TO DO LIST

GO TO THE DOCTOR

~~DRIVE TO PHARMACY.~~

GO HOME AND GET BETTER

With locations at Medical Associates East and West

Skip the drive to a pharmacy

and pick up your prescription in the
same building as your doctor's office.

Mercy Family Pharmacy.

Your prescription for a busy life.



Mercy
FAMILY PHARMACY

adno=622733-01

Counseling Services/Support Groups • Cultural Opportunities • Dental Services

Services..... 319-365-1458 ext. 6145
24-Hour Crisis Line..... 800-208-0388
318 5th St. SE, Cedar Rapids 52401
www.waypointservices.org
E-mail: waypoint@waypointservices.org

- Serves domestic violence victims in Dubuque, Delaware, and Buchanan Counties.
- Provides emotional support, information, referral, legal advocacy, and support groups.

CULTURAL OPPORTUNITIES

Dubuque Cultural Key Card..... 556-5130
1473 Central Ave., Dbq 52001
• Provides families with limited income access to the cultural offerings of Dubuque at free or discounted admission.

Mathias Ham House 557-9545
2241 Lincoln Ave., Dbq 52001
www.mississippirivermuseum.com
• National Register of Historic Sites built in 1856.
• Open May 1-October 31 for tours. Hours: 10 a.m.-5 p.m. with last tour at 4:30 p.m.

Multi-Cultural Family Center 582-3681
1157 Central Ave., Dbq 52001
www.mfcdqbq.org

- Is a community center that empowers families and community members to reach their potential and build unity out of diversity. Offers programs for families, youth, adults, and senior citizens. Programming includes: cooking nights, reading nights, children's and teen's programs, field trips, Alcoholics Anonymous, language classes, computer classes, mentoring and tutoring, celebration and education of many different cultures.
- Summer hours: Monday-Thursday from 11-7 p.m., Friday from 11 a.m.-5 p.m., and Saturday from 9 a.m.-noon. Fall hours (September through May): Monday-Thursday from 12-8 p.m., Friday 12-6 p.m., and Saturday 9 a.m.-noon.

DENTAL SERVICES

Child Dental Clinic at..... 690-2850
Crescent Community Health Center
www.crescentchc.org
1789 Elm St., Ste A, Dbq 52001
• 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
1454 Iowa St., Dbq 52001
www.unitypoint.org/dubuque/services-vna.aspx
• Age-specific oral health education and screening.
• Dental care coordination services and assistance in accessing professional dental care.
• Possible assistance for dental care if income eligible and funds are available.

Dubuque Pediatric Dentistry 556-6383
Dr. Steve Leifker
Dr. Natalie Ghosheh
Dr. Fred Cheung
1645 JFK Rd., Dbq 52002
www.dubuquepediatricdentistry.com
• Specialists in pediatric dentistry for infants, children, teens, and special needs.

Epworth Family Dentistry
Dr. Kim Kissell and
Dr. Ryan Oetken 563-876-3396
255 Bierman Rd., Epworth 52045
www.epworthfamilydentistry.com

Family Dentistry
Dr. Kristen Berning 556-2711
4200 Asbury Rd., Dbq 52002
www.drkristenberning.com

Dr. Valerie Peckosh 582-1478
Pediatric Dentist
3455 Stoneman Rd., Ste 2B, Dbq 52002

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

Schultz Family Dentistry 582-5000
3422 Asbury Rd., Dbq 52002

University of Iowa Dental
College..... 319-335-7447
Iowa City
• Services provided at the Iowa City clinic with reduced fees. Call for an appointment.

Educational Opportunities

EDUCATIONAL OPPORTUNITIES

Archdiocese of Dubuque Center.. 556-2580

1229 Mt. Loretta Ave., Dbq 52003

www.arch.pvt.k12.ia.us

- Coordinates adult faith programs for persons with disabilities.
- Provides professional, spiritual, and consultative services.
- Assistance to school library media centers.
- In-services on media literacy copyright and media center management.

Boy Scouts of America..... 556-4343

10601 Military Rd., Dbq 52003

www.scoutsiowa.com

- Provides young males, age 7-20 an exciting year-round program designed to build desirable qualities of character, citizenship, and fitness.
- Financial aid available based on need.

Care and Play with Me 556-3371

At Dubuque Community YMCA/YWCA

35 N. Booth St., Dbq 52001

E-mail: mheri@dubuquey.org

- Provides early learning readiness group.
- 2 sessions a week for 2 groups of caregivers

and their children.

- Tuesday and Thursday from 9-11 a.m. at St. Paul Evangelical Lutheran Church.
- Wednesday and Friday from 2-4 p.m. at Dubuque Community YMCA/YWCA West.

Discovery Hollow 564-2195

- A creative and educational opportunity to explore values-based learning through community-based programs offered for adults and children as well as for peer groups of all ages.

Dubuque Community School

District..... 552-3000

2300 Chaney Rd., Dbq 52001

www.dubuqueschools.org

- Enrollment and public school issues.

Four Oaks/Parents as Teachers.... 557-3100

180 W 15th St., Dbq 52001

- Free, voluntary, family education and support program designed to provide practical, timely information to families on child development with children age prenatal to kindergarten living in Dubuque County.

(Continued on next page)

GET READY FOR KINDERGARTEN!

Each Holy Family elementary will be hosting a night of activities specifically for students entering kindergarten next year.

FALL PRE-K ACTIVITY NIGHTS

Holy Ghost

October 15, 5:30–7 p.m.

St. Anthony & Our Lady of Guadalupe

October 16, 5:15–7 p.m.

Resurrection

November 12, 5–6 p.m.

St. Columbkille

October 15, 5–6 p.m.



adno=621441-01

Educational Opportunities

- Parents as Teachers families receive 2 one-hour home visits per month providing parent-child learning activities; group meetings filled with fun and educational activities; opportunities to share successes and concerns with other parents; developmental screenings for child to identify problems early to assist with appropriate interventions; health, hearing, vision, lead screenings; immunization and dental monitoring.
- Through a partnership with Dubuque Schools, serves 4-year-old children who are participating in the voluntary pre-K program. Also serves pre-K through K in Title 1 schools. Through a partnership with Dubuque County Early Childhood, serves eligible children age prenatal through kindergarten entry.

Girl Scouts of Eastern Iowa and Western Illinois 583-9169

2644 Pennsylvania Ave., Dbq 52001

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

Holy Family Catholic Schools 582-5456

2005 Kane St., Dbq 52001

www.holyfamilydbq.org

- The tri-state area's only full Catholic school system, offering progressive programs from preschool through 12th grade.
- Schools include Wahlert Catholic High School, Mazzuchelli Catholic Middle School, and elementary school sites including Holy Ghost, Resurrection, St. Anthony and Our Lady of Guadalupe, St. Columbkille.
- Programs and staff nurture 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 interest and learning levels, personalizing growth and achievement.
- Several schools and staff at all levels have been recognized nationally for their focus on student achievement.

Iowa State University (ISU) Dubuque County Extension Office 583-6496

14858 W Ridge Ln., Dbq 52003

www.extension.iastate.edu/dubuque

- Serves children, youth, and families of all ages with educational services and help to meet the challenges of a changing world.

- Services are free and confidential.
- Programs include 4-H and financial management assistance.

Keystone AEA 556-3310

Educational Support 800-632-5918

2310 Chaney Rd., Dbq 52001

www.aea1.k12.ia.us

- Focus on providing school improvement, student learning, school-community planning, educational/instructional materials, professional development, and services for children with special needs. Serves birth-21 years.
- Free services include speech-language therapy, occupational and physical therapy, school 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 screenings for children birth-3 to identify special needs.
- As educational partners, Keystone AEA staff, schools, teachers, and parents help all children reach their potential.

Mentor Dubuque 563-845-0768

1989 Asbury Rd., Ste 515, Dbq 52001

www.hillcrest-fs.org

- Is a program of Hillcrest Family Services.
- Offers community- and school-based mentoring opportunities.
- Caring volunteers are matched with youth age 5-15 and meet with children weekly or twice a month. Volunteers make a one-year commitment and maintain a consistent one-to-one relationship.

NICC Dubuque Center 557-8271

700 Town Clock Plaza, Dbq 52001

www.nicc.edu

- HSED Preparation and Testing (formerly the GED).
- English-language classes for non-native speakers.
- Basic educational instruction in reading, writing, and math.
- Dyslexia tutoring services.
- Hours: Monday-Thursday 8 a.m.-8 p.m., Friday 8 a.m.-3 p.m., 2nd and 4th Saturday 8am-noon.

Presentation Lantern Center 557-7134

900 Jackson Street, Ste LL5-1, Dbq 52001

www.presentationlanterndbq.org

(Continued on next page)

Educational Opportunities • Emergency Information

- Drop-in center offering hospitality, educational opportunities, community resources, citizenship test preparation, and advocacy, especially to women.
- Learning resources available for non-English speaking persons.
- Hours: Monday, Wednesday, Friday 10 a.m.-3 p.m., Tuesday and Thursday 1-7 p.m.

Family Education and Literacy Nights at St. Mark Youth Enrichment 582-6211

1201 Locust St., Dbq 52001

www.stmarkyouthenrichment.org

- Typically held several times a year in fall and spring.

The National Education Center for Agricultural Safety 557-8271

..... 888-844-6322

"Safety Days for Children"

8342 NICC Dr., Peosta 52068

www.necasag.org

Two by Two Character Building.... 513-0059

470 W. 4th St., Dbq 52001

www.twobytwoeducation.org

E-mail: info@twobytwoeducation.org

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

Western Dubuque County

School District 563-744-3885

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

www.w-dubuque.k12.ia.us

EMERGENCY INFORMATION

American Red Cross

of the Tri-States 583-6451

2400 Asbury Rd., Dbq 52001

www.redcross.org/ia/dubuque

- A humanitarian organization that provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies.
- Offers First-Aid for Children Today, a comprehensive health and safety program for kids age kindergarten through 3rd grade. Teaches kids how to live a healthy lifestyle, prevent and respond to injuries, and protect the environment.
- Offers Basic Aid Training program for age 8-12 to teach emergency action steps, how

to be safe in different situations, and the importance of avoiding harmful substances.

- Offers Babysitter's Training for age 11-15 to teach youth how to supervise infants through school-age children, prepare simple meals, first-aid, and more.
- Provides first-aid, CPR, and water safety training.

Child Abuse and Neglect Reporting

..... 800-362-2178

Dubuque Community YMCA/YWCA

Victim Services Shelter 556-1100

Domestic Violence

Crisis Line 800-332-5899

- 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

www.dbqcosheriff.com

Dubuque Fire Department

Fire Prevention Office 589-4161

Dubuque Fire Marshall 589-4160

11 W 9th St., Dbq 52001

www.cityofdubuque.org

Dubuque Police Department 589-4410

770 Iowa St., Dbq 52001

www.cityofdubuque.org/police

E-mail: police@cityofdubuque.org

Emergency 9-1-1

Homeless Hotline 24/7 2-1-1

1789 Elm St., Ste B, Dbq 52001

Information & Referral 2-1-1

1789 Elm St., Ste B, Dbq 52001

- Offers a streamlined and efficient way to access information and resources in Dubuque, Delaware, and Jackson counties. Available for individuals of all ages and income.

Financial Assistance

FINANCIAL ASSISTANCE

Apples for Students Program at

St. Mark Youth Enrichment 582-6211

1201 Locust St., Dbq 52001

www.stmarkyouthenrichment.org

- Offers basic school supplies to students in need. Available to children in local schools (public and parochial), grades K-5.
- Parents can register through their school counselors or principals by the end of the previous school year or through a service agency with whom they work.
- Program also provides extra supplies to local middle and high schools.

Area Residential Care (ARC)

of Dubuque Area 556-7560

www.arearesidentialcare.org

E-mail: info@arearesidentialcare.org

3355 Kennedy Circle, Dbq 52001

- Advocates with and for persons with intellectual disabilities.
- Provides financial aid for those in need who have a family member with intellectual disabilities.
- Holiday gifts for those who have no parents.

Department of Human Services... 557-8251

www.dhs.iowa.gov

4th Floor, Nesler Center, Dbq 52001

- Application for Family Investment Partnership, Aid to Dependent Children, Food Stamps, and Title 19 card.
- General relief for emergency financial services.

Dubuque County Commission on

Veteran Affairs 589-7840

799 Main St., Ste 350, Dbq 52001

www.dubuquecounty.org

- Assists veterans and veteran families with rent, utilities, medical, burial, and special needs.
- File disability and pension claims.
- Eligibility based on requirements: veteran with an honorable discharge, resident of Dubuque County, income guidelines, apply for any and all benefits, register for work (unless disabled), and have emergency basic needs that cannot be met by other means.

General Assistance for Veterans... 589-7840

350 Main St., Ste 350, Dbq 52001

- Referrals from Operation New View and Project Concern.

- General relief provides rental and utility payments, soap and paper products, and burial to eligible indigent Dubuque County residents.
- To be eligible for this program, clients must meet the specific requirements, sign all releases, and meet income guidelines.

Homeless Prevention and Rapid

Re-Housing 588-3980

At Project Concern

1789 Elm St., Ste B, Dbq 52001

www.project-concern.org

- Provides supportive services for homeless and their families meeting federal homeless guidelines.
- Financial assistance provided when funding is available.

Operation New View Community

Action Agency (CAA) 556-5130

1473 Central Ave., Dbq 52001

www.operationnewview.org

- A social service agency providing services and resources to families and people living in poverty.
- Programs include Head Start, Outreach, Energy Assistance, and Emergency Assistance.
- Santa's Helper program to help keep Christmas in the family. Families who have special needs during the holidays are featured in the Dubuque Telegraph Herald with their needs listed. Names are not used, only ages and needs.

PATH at..... 588-0605

Hillcrest Family Services

220 W 7th St., Dbq 52001

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

Social Security

Administration 877-405-3650

www.socialsecurity.gov

1635 Associates Dr., Ste 101, Dbq 52002

- Supplemental Security Income (SSI) program provides financial support to disabled adults and children who have limited income and resources.
- Complete online child disability report at www.ssa.gov or call to schedule an appointment.

Financial Assistance • Food Programs

Society for Special Needs 588-3980

Referrals made through Information & Referral
1789 Elm St., Ste B, Dbq 52001

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

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 others.

FOOD PROGRAMS

Child and Adult Food

Care Program (CACFP).....563-875-7452

.....563-590-5435

750 5th St. NW, Dyersville 52040

- A nutrition education and reimbursement program for registered child development home care providers.
- Helps to assure parents that their children are receiving nutritious meals that contribute

to a reduction in spending on health care and remedial education.

- Children served are aged 0 to 12 years old.
- Homes must serve meals meeting CACFP meal pattern requirements; allow their home to be monitored; maintain menus, meal counts, and attendance records; and attend training.

Dubuque Area Labor Harvest 582-5947

423 W Locust, Dbq 52001

- Food given away 8-10 times per year.
- Call or check local paper for listings.
- Must have an ID and a box.
- On Saturdays when food is not given out, breakfast is held from 7 a.m.-8:30 p.m.

Dubuque County Commission on

Veteran Affairs 589-7840

799 Main St., Ste 350, Dbq 52001

www.dubuquecounty.org

- Provides food vouchers to veterans or spouses of a veteran who qualify.



Proud to sponsor
the Dubuque
County Kids Expo

adno=621415-01

COMPREHENSIVE PEDIATRIC CARE

- > wellness and preventive
- > pediatric immunizations
- > sport and school exams
- > acute/chronic illnesses
- > neonatology
- > juvenile diabetes treatment/education
- > pediatric psychology



MEDICAL ASSOCIATES

C L I N I C®
PEDIATRICS DEPARTMENT

East Campus: 1000 Langworthy, 563-584-3440
West Campus: 1500 Associates Dr., 563-584-4440

Dubuque, Iowa • www.mahealthcare.com

adno=621413-01

Food Programs • Free/Reduced Price Meals • Health Care/Safety Programs

Dubuque Food Pantry 583-4440

1598 Jackson St., Dbq 52001

- Free groceries including paper products and meats.
- Referral from a social service agency or church is required.
- Can be used once every 2 months, except in emergency circumstances.
- Hours: Monday, Wednesday, Friday from 1-4 p.m., Tuesday from 9 a.m.-12 p.m.

Food Stamps..... 557-8251

Department of Human Services (DHS)

799 Main St., Ste. 410, Dbq 52001

www.dhs.ia.gov

- Application for food stamps available.

Hope House.....582-9079

1592 Locust St., Dbq 52001

- Food pantry from 3 p.m.-4 p.m. and 7 p.m.-8 p.m. on Monday-Sunday.

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 a Department of Human Services.

SHARE Program 556-5130

1473 Central Ave., Dbq 52001

www.operationnewview.org

- Voucher program for families, allowing groceries to be purchased at reduced prices.

St. Vincent De Paul Food

Vouchers 582-3733

4990 Radford Ct., Dbq 52003

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.
- Provides food vouchers to parents with infants and children up to 5 years of age.

FREE / REDUCED PRICE MEALS

Dubuque Area Labor

Harvest Meal..... 583-3933

423 W Locust, Dbq 52001

- Free breakfast on Saturday from 7-8:30 a.m. (except on food give-away Saturdays).
- Open to all ages.

Dubuque Rescue Mission..... 583-1394

398 Main St., Dbq 52001

www.dbqrescue.org

E-mail: mihmr@mchsi.com

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

CAFE MEALS 582-3648

First Congregational United Church of Christ

255 W 10th St., Dbq 52001

- Open to all ages.
- Thursday evenings at 5:30 p.m.

Hope House..... 582-9079

1592 Locust St., Dbq 52001

- Meals open to all ages on Sundays and Mondays at 6 p.m.

St. John Episcopal Church..... 556-0252

1410 Main St., Dbq 52001

- Offers a free meal every 5th Sunday at 12 p.m. at 1458 Locust St.
- Open to all ages.

St. Luke Methodist Church..... 582-4543

1199 Main St., Dbq 52001

- Serving every Saturday at 5:30 p.m. even if it falls on a holiday.
- Open to all ages.

St. Patrick Church-Foley Hall 583-9749

1425 Iowa St., Dbq 52001

- Open to all ages.

HEALTH CARE/SAFETY PROGRAMS

Always call 9-1-1 in case of an emergency.

Asbury Family Chiropractic..... 582-3424

5555 Saratoga Rd., Dbq 52002

www.asburyfamilychiropractic.com

- Helps patients regain their health naturally through chiropractic care.
- Hours: Monday-Friday from 9 a.m.-6 p.m.

Burger Chiropractic 582-1188

1340 Delhi St., Dbq 52001

Health Care/Safety Programs

Cascade Family Health Center 563-852-7756

805 Johnson St. SW, Cascade 52033

Cascade Medical Center563-852-5050

610 2nd Ave. NE, Cascade 52033

Child Health Specialty Clinic..... 556-3700 Health Services

799 Main St., Ste 230, Dbq 52001

www.chsciowa.org

E-mail: PIHDubuque@healthcare.uiowa.edu

- Hours: Monday-Thursday 7 a.m-5:30 p.m.
- Provides services to children and youth with special health care needs (from birth to 22 years of age) including those with serious emotional and behavioral challenges that severely disrupt relationships and daily activities.
- Helps families find and organize other local services their children may need, including home care, family-to-family support, insurance coverage, child care, and school health.
- Sliding-fee scale for clinic services; no charge for care coordination, family support, or other non-clinic services.
- Offers care coordination in conjunction with

Pediatric Integrated Health program.

- Offers support groups for parents and siblings of children with mental health or behavioral concerns.

Child Safety Seat Check

Dubuque Police Department 589-4410

770 Iowa St., Dbq 52001

www.cityofdubuque.org/childpassenger

E-mail: police@cityofdubuque.org

- Free child safety seat installation by appointment.
- Reference materials.

City of Dubuque Childhood Lead

Poisoning Prevention Program 589-1724

1300 Main St., Dbq 52001

www.cityofdubuque.org

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



Construction and forestry customers worldwide rely on superior Dubuque Works engineering and craftsmanship for their heavy equipment needs. Every workday, employees from across the tri-states roll up their sleeves to build industry-leading crawlers, backhoes, skid steers and forestry equipment.



JOHN DEERE



www.JohnDeere.com

adho-621411-01

Health Care/Safety Programs

City of Dubuque

Public Health Dept. 589-4181

1300 Main St., Dbq 52001

www.cityofdubuque.org

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

Clarity Clinic..... 556-5250

2100 Asbury Rd., Ste. 6, Dbq 52001

www.clarityclinic.com

- Provides pregnancy tests and post-abortion counseling; limited sexually transmitted infection testing; free limited obstetric ultrasound.
- Must meet with counselor before receiving services.
- Personalized assessments and referrals.
- Services are free and confidential.
- Hours: Monday-Thursday 9 a.m.-4 p.m.

Community Circle of Care 556-3700

799 Main St., Ste 230, Dbq 52001

www.communitycircleofcare.org

- Offers child and adolescent mental health services in collaboration with state and local resource facilities.
- Services are spread through a variety of mental health and outreach programs as well as managed and substance abuse care.

Crescent Community

Health Center 690-2850

1789 Elm St., Ste A, Dbq 52001

www.crescentchc.org

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

Department of Human Services... 557-8251

4th Floor Nesler Center, Dbq 52001

www.dhs.state.ia.us

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

Dubuque County Public Health Dept.

and Board of Health 557-7396

13047 City View Dr., Dbq 52002

www.dubuquecounty.org

E-mail: dbqcohealth@dbqco.org

- Water testing, well permitting, septic permitting, time of transfer, grants to counties, septic pump inspections.

Dubuque Family Practice..... 583-9300

320 N. Grandview Ave., Dbq 52001

- Same-day appointments available.
- Extended hours on Saturday 8 a.m.-12 p.m.

Dubuque Internal Medicine PC ... 557-9111

1515 Delhi St., Ste 100, Dbq 52001

Dubuque Noon Lions Club

Vision Screenings..... 542-5842

5473 Park Place, Dbq 52002

www.dubuquenoonlions.com

E-mail: janesteele@hotmail.com

- Provides eye wear (frames and lenses) for qualified low-income Individuals
- Conducts free vision screenings for children age 2-5 at child cares, preschools, and schools.
- Conducts open screenings for in-home children and all others age 2-4 who are not under the care of a doctor.

Dubuque Pediatrics..... 557-5911

1500 Delhi St., Ste 3500, Dbq 52001

Dyersville Family Practice..... 563-875-2776

1121 3rd St. SW, Dyersville 52040

Epworth Family Chiropractic 563-876-3231

116 W Main St., Epworth 52045

Family First Chiropractic

Wellness Center 556-6921

998 Fremont, Dbq 52003

www.ffcwc.com

E-mail: hindermanchiropractic@gmail.com

- Helping families achieve a higher state of health and well-being by providing safe, drug-free, natural chiropractic care and wellness education.
- Family-friendly office including play area.
- Affordable family care plans to fit any budget.

Finley Hospital — see Unity Point Health

Fuerste Eye Clinic 582-0769

2140 JFK Rd., Ste F, Dbq 52002

Health Care/Safety Programs

hawk-i (Healthy Kids in Iowa)..800-257-8563
Health From Within — Chiropractic
Wellness Center of Dubuque 556-6252
 4855 Asbury Rd., Ste 6, Dbq 52001

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

- Chiropractic care and health assessments for the whole family.
- Sports rehabilitation.
- Vitamins and supplements.

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

- Services include: reproductive health exams by licensed medical staff; sexually transmitted infection testing; pregnancy tests and birth control; nutrition services for pregnant women and children 0-5 years; counseling, dental hygienist, and nursing education for pregnant women.
- All family planning services are confidential and on a sliding-fee scale structure.

- Free abstinence-based educational programs, anti-tobacco programs, stop smoking classes, and Just Eliminate Lies clubs.
- Additional services include: residential treatment for those with behavior disorder and mental illness; family and marriage counseling; Big Brothers Big Sisters Program; 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; adoption services.
- Sliding-fee scale; Title 19 card accepted; some other insurance accepted. No one is denied services for financial reasons.

Hospice of Dubuque County 582-1220
 1670 JFK Rd., Dbq 52002

- Provides support to terminally ill patients and their families.
- Hospice team fosters emotional and physical comfort through control of pain, nausea, and other symptoms.
- No one is denied services for financial reasons.

Make Crescent Community Health Center your medical and dental home!



Health Assessment Physicals, Women's Annual Exams, General Practitioner Services.

- Free use of Wellness Center for current patients of Crescent.
- Mental Health and Pharmacy services available.

Pediatrician on site for Sports/School Physicals and Immunizations.

Dental Cleanings, Exams, and X-rays available.

Dental Appointments:
563-690-2852

Medical Appointments:
563-690-2863
Wellness Center:
563-690-2411

**Open enrollment for
 uninsured November 1, 2015-
 January 21, 2016.**


**Crescent Community
 HEALTH CENTER**

1789 Elm St, Suite A, Dubuque, IA 52001

idno=621408-01

Health Care/Safety Programs

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

- Free services include speech-language therapy, occupational and physical therapy, school 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 screening for children birth-3 to identify special needs.
- As educational partners, Keystone AEA staff, schools, teachers, and parents help all children reach their potential.

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

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

- Same-day appointments when a child is sick, including convenient evening and Saturday hours.
- Offers comprehensive well-child services, individual juvenile diabetes program, pediatric dietitian services; new vaccine combinations for fewer injections.
- Provider collaboration with Mercy Medical Center's Autism Clinic.

Mercy Home Care..... 589-8118
 250 Mercy Dr., Dbq 52001
 • In-home health care providers.

Mercy Medical Center
Information..... 589-8000
Emergency 589-9666
 250 Mercy Dr., Dbq 52001

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

New Beginnings for Moms..... 557-3774
 1290 Jackson St., Dbq 52001
www.ehope.org/mentoring-for-moms

School Resource Officers..... 587-3807
 770 Iowa St., Dbq 52001
www.cityofdubuque.org/police

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

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

Tri-State Independent
Blind Society..... 556-8746
 3333 Asbury Rd., Dbq 52002
www.tristateblind.org
E-mail: tristateblind@qwestoffice.net

- Provides assistance in finding appropriate aides and modified equipment (e.g., magnifiers, talking clocks, etc.).
- Teaches skills to allow visually impaired people to maintain maximum independence in their living environment, including kitchen and computer skills.
- Provides support and counseling in coping with/and adjusting to loss of vision.

Tri-State Independent Physicians . 582-7055
 2140 JFK Rd., Ste E, Dbq 52002

Unified Therapy Services..... 583-4003
 4121 Pennsylvania Ave., Dbq 52002
www.unifiedtherapy.com

- Pediatric-focused outpatient clinic offering physical, occupational, and speech-language therapy services.
- 8,800 square feet facility helps to address each patient's individual deficits and delays by providing 9 private treatment rooms, a large gym, and a simulated apartment.
- An abundance of swings, pediatric equipment, and unique lighting designed for children with special needs.

Unity Point Health (formerly Finley Hospital)
Information..... 582-1881
Emergency 589-2460
 350 N Grandview Ave., Dbq 52001

Vaassen Chiropractic & Acupuncture..... 585-2225
 3338 Center Grove Dr., Ste. 2, Dbq 52003
www.dbqwellness.com

Vision Health Center
.....556-3937/563-872-5975
 505 Cedar Cross Rd., Dbq 52003
 113 State St., Bellevue, 52031
www.visionhealthcenter.net
E-mail: vhc@yousq.net
 • Comprehensive eye care for the entire

(Continued on next page)

Health Care/Safety Programs • Housing-Permanent & Rental

family, including complementary InfantSee eye evaluations, urgent care for injury and inflection, foreign body removal, conjunctivitis or pink eye.

- Large selection of kid's frames, kid's packages, and designer sun wear.
- Saturday appointments available.

Visiting Nurse Association.....800-862-6133 (VNA)..... 556-6200
1454 Iowa St., Dbq 52001

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

- Assessment of resources including help with applications for Medicaid (Title 19) and hawk-i plus hawk-i outreach.
- Assistance with accessing medical and dental care, including possible assistance for medical care if income eligible and funds are available.
- EPSDT Care for Kids Program services to assist Medicaid (Title 19) children to access medical and dental care, including assistance with in-town transportation for care.
- Case management services.
- Child Care Nurse Consultant services provide training for child care providers on health and safety issues.

HOUSING—PERMANENT & RENTAL ECIA/EIRHA..... 556-4166
7600 Commerce Park, Dbq 52002
www.easterniowaregionalhousing.org

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

Ecumenical Towers..... 556-8476
250 W 6th St., Dbq 52001

- Low-income elderly and disabled adult housing.
- Efficiency and 1-bedroom apartments available to elderly/disabled adults with limited income.

Four Mounds Foundation..... 557-7292
4900 Peru Rd., Dbq 52001

www.fourmounds.org

- HEART program (Housing Education & Rehab Training) with Dubuque Schools for entitled students.

Does your child need health insurance?

Healthy and Well Kids in Iowa (**hawk-i**) offers free or low-cost health insurance for children under 19 years old. The **hawk-i** program covers doctor visits, immunizations, hospital care, eye exams and glasses, prescription drugs, routine dental and much more. A family of four making \$70,000 may be eligible for **hawk-i**.

To find out if your children qualify, go to www.hawk-i.org. You can even complete the application online.

As one of the participating **hawk-i** health plans, UnitedHealthcare offers children the very best health care coverage. Call the **hawk-i** program today to learn more! 1-800-257-8563.



A proud partner in Iowa's **hawk-i** program

adno-e21418-01

Housing-Permanent & Rental • Housing-Temporary Shelters

Habitat for Humanity 556-2195

900 Jackson St., Ste LL5-2E, Dbq 52001

www.habitatdubuque.org

E-mail: habitat@habitatdubuque.org

- Volunteer group which helps build or renovate homes for purchase to families with limited income.
- The family is expected to help with the project.

Hillcrest Apartments 556-9430

3290 Hillcrest Rd., Dbq 52003

E-mail: hillcrest3290@gmail.com

- Services include affordable housing, income-based rent.
- Clean, well-maintained, comfortable apartments with 1, 2, and 3 bedroom units.

Housing, City of Dubuque 589-4230

350 W 6th, Ste 312, Dbq 52001

- Hours: Monday-Friday 8 a.m.-5 p.m.
- Provides qualified renters financial assistance and inspectors to perform housing code inspections for assisted housing.
- Low income, financial assistance, housing rehabilitation for first-time home buyer.
- Other programs include Circles Initiative with community support to 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; Rehabilitation Program providing low-interest loans to homeowners and rental property; assists in rehabilitation of properties.

Kennedy Manor Apartments 556-5125

2671 Owen Ct., Dbq 52002

- Subsidized housing for families on limited income.

Manasseh House Apartments 557-4450

2080 Elm St., Dbq 52001

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

Mercy Housing 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 some handicapped accessible units.
- Section 8 and HUD approved.

Penn Place Apartments 556-5858

3702 Pennsylvania Ave., Dbq 52002

- Subsidized housing units, application required.

Shelter Plus Care 588-3980 Offered by Project Concern

1789 Elm St., Ste B, Dbq 52001

- Providing permanent supportive housing for homeless disabled individuals.
- Rent-subsidized apartments for qualified applicants. Persons disabled by severe mental illness, chronic substance abuse, or HIV/AIDS will be given preference for the program.

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

Domestic Violence Shelter 556-1100 or 800-332-5899

Dubuque Community YMCA/YWCA

P.O. Box 1301, Dbq 52004

- Emergency shelter for women and children who are experiencing abuse.
- Referral assistance available to other agencies as needed.
- Provides free counseling for children and adults.

Dubuque Rescue Mission 583-1394

398 Main St., Dbq 52001

www.dbqrescue.org

E-mail: mihmr@mchsi.com

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

Heartland Boarding House 583-0635

1266 Jackson, Dbq 52001

- Weekly and monthly units available.

Housing-Temporary Shelters • Libraries

Hope House..... 582-9079

1592 Locust St., Dbq 52001

E-mail: dbqcatholicworker@gmail.com

- Daytime hospitality.
- Referral assistance to other agencies as needed.

Housing Referrals

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

1789 Elm St., Ste B, Dbq 52001

- Connects people who have unmet needs with the appropriate resources.
- Provides assistance to the homeless to assure safety, dignity, and self-sufficiency.
- Financial assistance provided when funding is available.

Maria House 582-7480

1561 Jackson St., Dbq 52001

- Offering hospitality to Dubuque area women alone or with children, who are in need or transitional housing and related support services.
- Office hours are Monday-Friday 8 a.m.-4:30 p.m.

Teresa Shelter..... 690-0086

1111 Bluff St., Dbq 52001

- Offering hospitality to Dubuque area women alone or with children, who are in need of emergency housing.

LIBRARIES

Carnegie-Stout Public Library589-4225

360 W. 11th St., Dbq 52001

www.dubuque.lib.ia.us

- Mission is to improve the quality of life by providing resources for individual enjoyment, enlightenment, and knowledge and tools that enhance the literacy of youth.
- A wide array of children's programs and activities are available.
- Serves the Dubuque and surrounding communities with a collection of over 270,000 books, audio, and video materials. Also provides an increasing number of digital materials in a variety of formats. Free Internet access.

Cascade Public Library..... 563-852-3222

301 1st Ave W, Cascade 52033

www.cascade.lib.ia.us

Join us in our
Winter Wonderland...
...it's SNOWtastic!



3 week Learn-to-Ski/Board
only \$90

Family Weekend - Jan 9 & 10
1/2 Price for Kids!



SUNDOWN
MOUNTAIN RESORT







www.sundownmtn.com
(563) 556-6676 x143

adno=622104-01

Libraries • Music • Photography

Dubuque County Libraries

Asbury Main Branch 582-0008
 5900 Saratoga Plaza, Ste 5, Asbury 52002
Epworth Branch 563-876-3388
Farley/Drexler Branch..... 563-744-3372
Holy Cross Branch 563-870-2082
Peosta/NICC Branch 563-556-5110 ext. 224
www.dubcolib.lib.ia.us

- Dubuque County Library serves rural residents and contracting communities from 5 convenient locations throughout the county. All branches provide books, computer access terminals, Wi-Fi, magazines, printing and copying, fax, DVDs, online resources, eBooks, and programming for all ages.

James Kennedy Public Library

Dyersville..... 563-875-8912
 320 1st Ave E, Dyersville 52040
www.dyersville.lib.ia.us

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

MUSIC

Colts..... 582-4872
 1101 Central Ave., Dbq 52001
www.colts.org
E-mail: colts@colts.org

- Offers Pandemonium Steel Drum Ensemble for 5th-8th grade students; Dubuque Colts Area Summer Band for students in grades 4-8; Colt Cadets Drum and Bugle Corps, a musical and dance training program for children age 11-16.
- Colts Drum and Bugle Corps, a musical and dance group. The Colts have been Drum Corps International World Finalists many times in recent history and are recognized nationwide.

Dubuque Symphony Orchestra.... 557-1677
 866-803-9280
 2728 Asbury Rd., Ste 900, Dbq 52001
www.dubuquesymphony.org

- Dubuque's only professional symphony that performs classics concerts each year (from October to April) at the historic Five Flags Theater, numerous pops concerts, and chamber concerts.
- Supports the Dubuque Youth Ensembles, an instrumental training program for young musicians. Auditions are held in the spring of each year or by audition.

Kephart's Music Center 583-7333
West Music Store..... 800-728-7333
 4496 Dodge St., Dbq 52003

Kindermusik 556-3769
 Located at Kephart's/West Music Center

- Happy and fun music experiences for children age 18 months-3-1/2 years.
- Parent and child attend class together for 1/2-hour class once each week to sing, dance, and play musical instruments.
- Music experiences provide opportunities for a child to grow in his/her abilities, build confidence in a group, and develop enjoyment of music.

Northeast Iowa School of Music.. 690-0151
 2728 Asbury Rd., Ste 200, Dbq 52001
www.nisom.com
E-mail: admin@NISOM.com

- Programs for all ages from preschoolers through senior citizens.
- Private lessons, group classes, and performance ensembles.
- Numerous community events and programs.

PHOTOGRAPHY

Capture the Moment Photography 875-8956
 217 1st Ave E, Dyersville 52040
www.capture-moment.com

Elite Images Photography..... 583-9369
 5025 Wolff Rd., Ste 104, Dbq 52002
www.eliteimages.com

Fine Art Photography 543-8131
 by Joey Wallis and Sarah Ehrlers
 1175 Arrowhead Dr., Dbq 52003
www.joey.smugmug.com
www.sarahehrler.com

Hoeger Photography 563-744-3227
 507 Tahoe Ct., Farley 52046

Hot Shots Photography
Image Gallery 563-876-3316
 636 Crownline Dr., Epworth 52045

The Joy of Photography 556-1111
 3350 Center Grove, Dbq 52003
www.thejoyofphotography.biz

Nauman Photography 599-1655
 561 Obeche Ct., Dbq 52003
www.naumanphoto.com
E-mail: greg@naumanphoto.com

Photography • Schools-Public and Private

Reflections Photography 663-4456
6075 Stockwood Dr., Dbq 52002
www.rbrstudios.com
• Children's specials.

Siebe Studio 556-6111
4605 Old Hwy Rd., Dbq 52003
www.siebestudio.com

Wal-Mart Portrait Studios 582-6400
4200 Dodge St., Dbq 52003

Weber Portrait Design 556-1265
3408 Meggan St., Asbury 52002
www.weberportraitdesign.com

SCHOOLS—PUBLIC AND PRIVATE

Audubon Elementary School 552-3300
605 Lincoln, Dbq 52001

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

Bryant Elementary School 552-3400
1280 Rush St., Dbq 52001

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

Dubuque Lutheran School 588-0614
2145 JFK Rd., Dbq 52002
• Kindergarten through grade 5.

Dubuque Schools—Public 552-3000
Dubuque Community School District
2300 Chaney Rd., Dbq 52001
www.dubuque.k12.ia.us

Dubuque Senior High School 552-5500
1800 Clarke Dr., Dbq 52001

Eisenhower Elementary School 552-3500
3170 Spring Valley Rd., Dbq 52001

Eleanor Roosevelt Middle School. 552-5000
2001 Radford Rd., Dbq 52001

Fulton Elementary School 552-3650
2540 Central Ave., Dbq 52001

Hempstead High School 552-5200
3715 Pennsylvania Ave., Dbq 52002



As a parent or caregiver, you want the very best care for your child.

In Iowa, home providers and child care centers that participate in the **Quality Rating System** program, referred to as QRS, show their commitment to best practices supporting the health, safety, and development of children as well as to their own professional development.

When you visit a child care program, ask if they participate in QRS. What is their rating? Do they have written procedures such as a safe sleep policy? The answer to each of these questions should be YES!

For the very best care for your child, choose a professional provider who participates in QRS. For more details, visit www.dcearlychild.org.



Build a Better Child Care Business!

Sign up for ChildNet training! ChildNet is a 10-week training series for home providers. Participants receive a stipend!

For more information about ChildNet or to register, call (563) 557-1628.

adno=622110-01

Schools-Public and Private • Shopping

Holy Ghost Elementary 556-1511

2981 Central Ave., Dbq 52001

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 52001

Lincoln Elementary School..... 552-4050

555 Nevada St., Dbq, 52001

Marshall Elementary School..... 552-4100

1450 Rhomberg Ave., Dbq 52001

Mazzuchelli Middle School..... 582-1198

2005 Kane St., Dbq 52001

www.holyfamilymiddleschool.org

Our Lady of Guadalupe

Spanish Immersion Program 556-4194

2160 Rosedale St., Dbq 52001

Prescott Elementary School..... 552-4200

1151 White St., Dbq 52001

Resurrection Elementary School .. 583-9488

4300 Asbury Rd., Dbq 52002

Sageville Elementary School..... 552-4300

12015 Sherrill Rd., Dbq 52002

St. Anthony Elementary School 556-2820

2175 Rosedale Ave., Dbq 52001

St. Columbkille Elementary

School..... 582-3532

1220 Rush St., Dbq 52003

St. Francis Xavier School..... 563-875-7376

203 Second St., Dyersville 52040

St. Mary Elementary School 815-747-3010

701 Hwy 35 N, East Dbq, IL 61025

www.stmary-ed.org

- Catholic elementary school serving pre-school through 8th grade.

Table Mound Elementary

School..... 552-4400

100 Tower Dr., Dbq 52003

Tri-State Christian School 815-777-3800

11084 W. US Hwy. 20, Galena, IL 61036

Wahlert High School..... 583-9771

2005 Kane St., Dbq 52001

Washington Middle School 552-4800

51 N Grandview Ave., Dbq 52001

Western Dubuque

School District 563-744-3885

405 3rd Ave NE, Farley 52046

www.w-dubuque.k12.ia.us

SHOPPING

Bicycle World..... 556-6122

1072 Central Ave., Dbq 52001

Bike Shack 582-4381

3250 Dodge St., Dbq 52003

Dubuque Bunk Beds 580-3516

E-mail: info@dbqbunkbeds.com

***Thank you to these
Kids Expo Shining
Star Sponsors:***

Alliant Energy

American Trust

Dubuque Bank & Trust

**NICC Dyslexia Tutoring
& Reading Program**

Shopping • Sports/Recreation

Free Flight Bikes, Skis

& Fitness 582-4500

5010 Wolff Rd. & Radford Rd., Dbq 52002

www.freeflight.com

Lowe's of Dubuque 588-8008

4100 Dodge St., Dbq 52003

MC Sports 583-3432

2585 NW Arterial (Asbury Place), Dbq 52002

Mural Inspirations 590-8404
Create It!

www.muralinspirations.com

- Paints on walls, furniture, canvases, and tile or any surface that can be painted.
- Mobile paint parties.

River Lights Bookstore

2nd Edition 556-4391

1098 Main St., Dbq 52001

- Hours: Monday-Wednesday from 10 a.m.-6 p.m., Thursday-Friday from 10 a.m.-8 p.m., Saturday-Sunday from 10 a.m.-4 p.m.

Samuelson Petal Tractors..... 563-875-6222

525 5th St. NW, Dyersville 52040

Sam's Club 587-0576

4400 Asbury Rd., Dbq 52002

www.samsclub.com

- Cash Rewards – Plus Members receive \$10 for every \$500 spent on qualifying purchases.
- MasterCard Credit Card – Earn 5% cash back on gas purchases; 3% on dining and travel; and 1% on other eligible purchases.
- Click N Pull – Order online by 5 p.m. and it's available for pick up the following day.
- Instant Savings Booklet – Exclusive offers electronically loaded and redeemed through the checkout on select items.
- Specialty Services Available – Fuel station, complimentary health screenings, 200% freshness guarantee, hearing aid center, photo, tire and battery center, optical, and pharmacy.

The Calico Bean Market..... 563-557-8159

352 Bluff St., Dbq, 52001

www.calicobeanmarket.com

TOMY Outlet Store..... 563-875-5613

2021 9th St. SE, Dyersville 52040

www.rc2corp.com

- Hours: Monday-Saturday from 9 a.m.-5 p.m.

- Offering a diverse line of innovative toys and die-cast collectibles, including farm toys, American Muscle vehicles, and Learning Curve Toys.

Toy Collector Club of America &

SpecCast Outlet 563-975-9263

1235 16th Ave Ct. SE, Dyersville 52040

www.toycollectorclub.com

SPORTS/RECREATION

Almost Famous Dance, Cheer &

Gymnastics 319-465-4111

231 Cedar St., Ste A, Monticello 52310

www.almost-famous-dance.com

E-mail: almostfamousdance@hotmail.com

- Dance for age 3 to 18.
- Mommy and Me for age 2.

Alpine Tennis & Fitness 556-1234

1090 Cedar Cross Rd., Dbq 52003

AYSO Region 419 563-663-9085

www.dubuqueayso.org



project **concern**

**2-1-1 information
& referral**

1789 Elm St. #B

Dubuque, IA 52001

563-588-3980 | 2-1-1

adno=623697-01

Sports/Recreation

Ballroom by Jennifer 815-281-0430
 2600 Dodge St. (Hwy 20), Dbq 52002
www.BallroombyJennifer.com
E-mail: jennifer@ballroombyjennifer.com

Best Shot Paintball 588-1077
 P.O. Box 3078, Dbq 52004

Bunker Hill Golf Course 589-4261
 2200 Bunker Hill Rd., Dbq 52001

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

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

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

- Scenic driving range, 9-hole par 3, challenging miniature golf, 6 automatic batting cages, concession stand, and party pavilion.

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

Dubuque Bicycle Club
 P.O. Box 1746, Dbq 52004
www.dbqbike.org

Dubuque Community
YMCA/YWCA..... 556-3371
 35 N. Booth St., Dbq 52001
 4170 Pennsylvania Ave., Dbq 52001 (west location)
www.dubuquey.org
E-mail: info@dubcommy.org

- Welcomes people of all ages, abilities, and backgrounds in programs to meet the needs of a diverse community.
- Special programs target youth development, domestic violence, seniors, those with social

- and economic needs, child care, and health and wellness.
- Financial assistance is available for members and program participation.
- Includes Teen Center for students in grades 6-12; a structured place to meet with other teens.

Dubuque Dance Studio
& Gymnastic Club 556-1842
 2612 University Ave., Dbq 52001
www.dbqdanceandgym.com
E-mail: miss.dee@dbqdanceandgym.com

- Classes are offered in selected disciplines to students 18 months through adult, including tumbling, gymnastics, dance team, tap, ballet, jazz, pointe, parent-tot classes, and ballroom.

Dubuque Driving Range 556-5420
 10701 Rt. 52 N, Dbq 52001

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 men, women, and children for safe, effective, relaxed training.
- Gain confidence, self-control, and achieve self-defense skills.
- Make new friends and have fun.

Dubuque Pony League
Baseball..... 557-9119
 P.O. Box 3318, Dbq 52004
www.dbqpony.org
E-mail: dbq@dbqpony.org
E-mail: ggy@gregyoko.com

- Youth baseball league for age 4-18.
- Anyone who wants to play can play with open registration.
- Games played at Derby Grange Golf and Recreation and other sites.

Dubuque Soccer Club
www.dubuquesoccer.org

Dubuque Sports Complex..... 556-9893
 12614 Nightingale Ln., Dbq 52003

Dubuque Water Ski Club
 1675 Greyhound Park Rd., Dbq 52001
E-mail: klbrown@mchsi.com

Sports/Recreation

Dubuque Youth Hockey

Association..... 585-1423
2736 Mineral St., Dbq 52001

Dyersville Aquatic Center 563-875-8675

1300 Aquatic Dr., Dyersville 52040

- Zero-depth pool features 2 slides, a kiddie area, and sand volleyball.

Dyersville Karate Club

325 Northern Ave., Earlville 52041

Flora Pool..... 589-4246

2565 Green St., Dbq 52001

Heritage Trail 556-6745

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

Leisure Services..... 589-4263

2200 Bunker Hill Rd., Dbq 52001

www.cityofdubuque.org/439/leisure-services

E-mail: parkrec@cityofdubuque.org

Mississippi Valley

Running Association..... 582-6838

P.O. Box 854, Dbq 52004

www.mvradubuque.com

E-mail: mvra@mvradubuque.com

Moser's School of Dance &

Gymnastics 563-875-2846

..... 563-928-6843

E-mail: dmoser@iowatelecom.net

1413 8th Ave SE, Dyersville 52040

- Classes in tap, jazz, hip-hop, gymnastics, and ballet.
- Boys and girls ages 2-1/2 through adult with beginners through elite.
- Recreational or competitive.
- Locations include Manchester, Dyersville, Independence, Monticello, Clermont, Elkader, Guttenberg, Edgewood, and Strawberry Point.

Peosta Community Center 556-8751

7896 Burds Rd., Peosta 52068

Skate Country 556-4224

5630 Saratoga Rd., Asbury 52002

Springer's Martial Arts Academy .. 582-1400

1880 Radford Rd., #1, Dbq 52002

- Offers fun and exciting karate classes for kids as young as 5 years old.
- Children learn self-discipline, respect, goal-setting, and the value of exercise.
- Children improve their attention span, focus, and self-confidence in a positive, friendly, and motivating classroom setting.
- 2 free introductory classes offered any time.

Studio 5678 582-3430

5540 Saratoga St., Dbq 52002

Sundown Mountain Resort..... 556-6676

16991 Asbury Rd., Dbq 52002

www.sundownmtn.com

- 21 trails, 4 chairlifts, 2 ski carpets, and 2 separate teaching areas with 1 especially designed for children.
- Over 100 teaching pros.
- Parents can ski with children or enroll kids age 4-11 in Kids Park, a high-energy creative 2-4 hour lesson that makes learning snow skills fun while teaching safety.
- Rental department with all the latest equipment in skiing and snowboarding.
- Lodge with lots of healthy food and drinks.

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: aschwartz@dyersville.com

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

- Produces plays and special events throughout the year.
- Helps young people discover the creative outlet of theater through classes and workshops for kindergarten through 8th grade.
- Offers the free Summer Musical Program where kids age 7 to 16 can be involved in all aspects of creating a musical for an audience.

Five Flags Center

Administration 589-4254

Ticket Office 589-4258

www.fiveflagscenter.com

405 Main St., Dbq 52001

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

Grand Opera House..... 588-4356

Box Office..... 588-1305

135 W. 8th St., Dbq 52001

www.thegrandoperahouse.com

E-mail: director@thegrandoperahouse.com

Great Midwestern Educational

Theatre Company..... 542-5452

Amy Ressler, Director

E-mail: gmetc@hotmail.com

TRANSPORTATION SERVICES

Jule Transit 589-4196

2401 Central Ave., Dbq 52001

www.JuleTransit.org

- Hours: Monday-Thursday 6 a.m.-6:40 p.m., Friday 6 a.m.-2:40 p.m., Saturday 8 a.m.-2:40 p.m.
- Students grades K-8 ride free. Students in high school and college ride free with school ID.

Regional Transit Authority 800-839-5005

7600 Commerce Park, Dbq 52002

- Hours: Monday-Friday 6 a.m.-5 p.m.
- Daily service in Dubuque for work, school, and child care plus also available between Dubuque surrounding counties.
- Weekly service between Dubuque, Bellevue,

and Maquoketa. Monthly services between Dubuque and Iowa City.

- Open to citizens of Delaware, Dubuque, and Jackson Counties.
- Call in advance to set up ride.

VOLUNTEER OPPORTUNITIES TO WORK WITH CHILDREN

AmeriCorps..... 584-8644

1500 Clarke Dr., Dbq 52001

www.cityofdubuque.org/ameriCorps

Child Advocacy 582-6219

P.O. Box 80, Peosta 52068

childadvocacy.iowa.gov

- Offers 2 programs including Court Appointed Special Advocates and Foster Care Review Board.

Community Foundation of

Greater Dubuque..... 588-2700

700 Locust St., Ste 195, Dbq 52001

www.dbqfoundation.org

Dubuque County Early Childhood 588-1620

2310 Chaney Rd., Dbq 52001

www.dcearlychild.org

- Working collaboratively within this community to facilitate access to high-quality child care, health care, and family services for all young children.
- The public is welcome to attend meetings and participate in activities.
- Many volunteer opportunities available to serve on board and committees plus office work.
- Many programs funded to support early childhood, such as preschool scholarships, family support services, and child care provider grants and professional development.

Foster Grandparents..... 588-3980

Project Concern

1789 Elm St., Ste B, Dbq 52001

E-mail: fgpcordinator@project-concern.org

- Seniors 55 and older mentor children at local school or child care centers.
- Assignments are given for volunteers to work one to one with the children providing assistance, for example, with reading.
- Volunteers must commit to a minimum of 15 hours a week, and they receive a stipend of \$2.65 an hour for their service (which does not affect their income). They also receive mileage reimbursement or transportation assistance to the volunteer site.

Volunteer Opportunities to Work with Children • Youth Activities and Attractions

Mentor Dubuque563-845-0768

1989 Asbury Rd., Ste 515, Dbq 52001

www.hillcrest-fs.org

- Is a program of Hillcrest Family Services.
- Offers community- and school-based mentoring opportunities.
- Caring volunteers are matched with youth age 5-15 and meet with children weekly or twice a month. Volunteers make a one-year commitment and maintain a consistent one-to-one relationship.

Resources Unite 581-2850

2728 Asbury Rd., Dbq 52001

www.resourcesunite.com

United Way Services 588-1415

215 W. 6th St., Dbq 52001

www.dbqunitedway.org

YOUTH ACTIVITIES AND ATTRACTIONS

4-H..... 583-6496

ISU Dubuque County Extension Office

14858 W Ridge Ln., Dbq 52003

www.extension.iastate.edu/dubuque

- Anyone in grades kindergarten through 12 can become a 4-H member.
- Activities will challenge participants' skills and help them learn from others who care.
- 4-H has opportunities for volunteering, from being a local club leader to volunteering at the Iowa State Fair.
- There are opportunities that last from single events to a year.

AMC Star Dubuque 14 888-262-4386

2835 NW Arterial, Dbq 52002

Becker Woodcarving Museum..... 563-875-2087

15126 Becker Ln., Dyersville 52040

- Call ahead to view the woodworks of famous Northeast Iowa carver, Jack Becker.
- By appointment only.

Boys/Girls Club

of Greater Dubuque 585-0599

1299 Locust St., Dbq 52001

www.bgcdubq.org

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

Saturday.

- Hours: Monday-Friday 3-8 p.m. and Saturdays 10 a.m.-3 p.m. Closed Sunday.

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.com

E-mail: dabg@questoffice.net

Dubuque Area Attraction

Information 800-798-8844

www.americasriver.com

www.traveldubuque.com

Dubuque Area Youth Leadership Council (DAYLC)

P.O. Box 688, Dbq 52004

Dubuque by Carriage..... 580-0558

26270 17th St., Maquoketa 52060

Dubuque Chess Club 556-1662

3585 Copperfield, Dbq 52002

- Conducts casual games for all age groups with free lessons and membership.
- Meets the 1st and 3rd Saturday of every month at the public library.

Dubuque County Fair Association.... 588-1406

14569 Old Highway Rd., Dbq 52002

www.dbqfair.com

Dyer-Botsford Doll Museum 563-875-2414

331 First Ave E, Dyersville 52040

- Home of Dyersville's founder, a restored Victorian features a rare revolving German Feather Christmas tree, German ornaments, and a collection of over 1,200 dolls.
- Open May 1st through early November.

Youth Activities and Attractions

Eagle Point Park 589-4263

2901 Shiras Ave., Dbq 52001

www.cityofdubuque.org

E.B. Lyons Interpretive Center, Mines of Spain Recreation Area 556-0620

8991 Bellevue Heights, Dbq 52003

www.minesofspain.org

- Located on 1439 acres of upland forest, bottomland forest, savannas, wetland, creeks, cliffs, and tall grass prairies found throughout rugged terrain just south of Dubuque.
- Features 12 hiking trails, 5 miles of cross country ski trails, educational and interpretive programs on area cultural history and natural resources, Julien Dubuque Monument, canoe access, Horseshoe Bluff Interpretive Area, view of the Mississippi River.
- Free programs offered to public, including field trips and youth organizations with topics like mining, farming, geology, Native Americans, prairies, forests, wetlands, mammals, reptiles, amphibians, birds, and more.
- Includes an Interpretive Center, which serves as the Visitor Center and the Park Office.

Fenelon Place Elevator 588-2357

512 Fenelon Place, Dbq 52001

www.dbq.com/fenplco

Field of Dreams

Movie Site, Inc. 888-875-8404

28995 Lansing Rd., Dyersville 52040

www.fodmoviesite.com

General Zebulon Pike 582-0881

Lock & Dam No. 11

11 Lock Rd., Dbq 52001

Grand Harbor Resort

& Waterpark 690-4000

350 Bell St., Dbq 52001

www.grandharborresort.com

- 25,000 square feet of wet fun for the entire family, including waterslides, tube rides, rope ladders, waterspouts and chutes, squirt guns, water canyons, lazy river, activity pools, and hot tub whirlpools.
- 193 guest rooms great for family getaways.
- Huge interactive game room with favorite video and arcade rooms. Collect tickets to redeem for prizes.
- Birthday party packages available each day waterpark is open. Group rates available for 15+.

Julien Dubuque Monument..... 556-0620

www.minesofspain.org

1810 Monument Dr., Dbq 52003

- Located at the Mines of Spain Recreation Area and is listed on the National Register of Historic Places.

Jumpin' Janes 582-4454

4292 Dodge St., Dbq 52003

www.jumpinjan.es.com

- Giant inflatables and play equipment. Family arcade and food.
- Offers birthday packages that include a private room.
- Hours: Tuesday-Saturday 10 a.m.-8 p.m., Sunday 11 a.m.-6 p.m., closed Monday except for school holidays.

Kids in the Kitchen 583-2875

Tonya Grawe

1015 Mela, Dbq 52003

McAleece Park & Recreation

Complex Skateboard Park 589-4263

Admiral Sheehy Dr. on Chaplain Schmitt Island Hwys. 151/61 N, south of Greyhound Park, Dbq 52001

Mystique Ice Center..... 583-4949

www.MystiqueIceCenter.com

1800 Admiral Sheehy Dr., Dbq, 52001

National Farm Toy Museum 563-875-2727

1110 16th Ave SE, Dyersville 52040

www.nationalfarmtoymuseum.com

E-mail: farmtoys@dyersville.com

- A small-scale adventure into the history of agriculture. Open daily from 8 a.m.-6 p.m.
- Explore collections of farm toys, pedal tractors, dioramas, and unique exhibits on agriculture's history.
- Discover how farming has changed throughout the years and the history of tractors that continue to help make successful harvests.

National Mississippi

River Museum & Aquarium..... 557-9545

..... 800-226-3369

350 E Third St., Dbq 52001

www.rivermuseum.com

- Interactive Activities for all ages.
- Summer hours: 9 a.m.-6 p.m. (Memorial weekend-Labor Day), fall hours: 9 a.m.-5 p.m. (after Labor Day-Halloween), winter hours: 10 a.m.-5 p.m. (November 1st-until Memorial weekend).

Youth Activities and Attractions

Park and Recreation

City of Dubuque 589-4263

2200 Bunker Hill Rd., Dbq 52002

- Year-round and after-school activities for youth and young adults.
- Activities available at no cost or low cost to people with limited income.
- Office Hours: Monday-Friday 8 a.m.-5 p.m.

Storybook Zoo 588-2551

12201 N. Cascade Rd., Dbq 52003

- Open June 2-Labor Day.

Swiss Valley Nature Center 556-6745

13606 Swiss Valley Rd., Peosta 52068

www.dubuquecounty.com

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

The New Vienna Heritage Museum

7396 Columbus St., New Vienna 52065

- A former convent, converted to a German Museum featuring 23 rooms of antiques, artifacts, and handcrafted quilts.
- Open daily from 1-4 p.m. May through November. Handicap accessible.

The Old Jail Museum &

Historical Society..... 557-9545

8th & Central Ave., Dbq 52001

- The 1857 jail exhibits the Dubuque County Historical Society's most unique and interesting artifacts.

Trolleys of Dubuque, Inc..... 552-2896

www.trolleysofdbgq.com

2728 Asbury Rd., Dbq 52001

YAPPERS 588-2700

700 Locust St., Ste 195, Dbq 52001

E-mail: office@dbgqfoundation.org

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

Thank you to these Kids Expo Bronze Sponsors:

Dubuque Area Council for the
Prevention of Child Abuse

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Four Oaks/Parents As Teachers

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- ☐ Need help with play skills or coordination?
- ☐ Have limited vocabulary or memory?
- ☐ Lack strength or coordination to throw or kick a ball?
- ☐ Have a hard time being understood because of speech?
- ☐ Require help with dressing, toileting, cooking, or chores?
- ☐ Need assistance with wheelchair management or orthotics?
- ☐ Lack social skills? (eye contact, turn taking, or safety awareness)
- ☐ Walk on his/her toes or trip a lot?
- ☐ Limit your community outings due to behavior?
- ☐ Have difficulties with feeding?

Call Today - (563) 583-4003



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