NORTH CEDAR RESOURCE NAVIGATION

CONNECTING YOUTH AND FAMILIES WITH: ACADEMIC, MEDICAL, MENTAL HEALTH, DENTAL, SOCIAL/EMOTIONAL AND OTHER SUPPORT SERVICE NEEDS.

Happy Holidays

NORTH CEDAR SCHOOL COMMUNITY!

As the weather continues to get colder and colder and we are moving into the winter season - Please remember to reach out to Emily the school resource navigator if you are in need of proper winter clothing, gloves, winter boots, home heating assistance, food, utility assistance ext. call or text! 563-886-4711

IOWA LEGAL AID

Providing: free civil legal assistance

Available Food

- **1st Friday** of the Month - 3:30-4:30 Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn Street, Tipton
- **2nd Tuesday** of the Month - 3:30-4:30 Mobile Food Pantry @ Bennett Ambulance Building, 145 Main St, Bennett
- **2nd Saturday** of the Month - 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- **2nd, 4th & 5th Saturdays** of the Month - 11:00-12:00 Shared Blessings Free Meal Drive Thru @ First United Methodist Church, 607 Lynn Street, Tipton
- **3rd Tuesday** of the Month - 3:30-4:30 Mobile Food Pantry @ West Branch Fire Dept, 105 S 2nd St, West Branch
- **3rd Saturday** of the Month - 9:00-10:00 Food Pantry Drive Thru at Foursquare Church, 1100 N Hwy 38, Tipton
- **Every Wednesday** - 5:30-6:30 Food Pantry @ St. John's UCC, 320 9th Ave, Clarence

Mechanicsville Community Cupboard
Location: 307 E First St, Mechanicsville
Date/ Time: 2nd & 4th Thursdays each month 6—7PM & 4th Saturday 9-10AM
Bring Photo ID - Available to North Cedar School District Residents

DEC 16th: Anamosa St Paul's Lutheran Church 201 N. Ford St 3-4 pm
DEC 22nd: Olin Elementary School 2|2 Trilby St 3:30-4:30pm

Financial Consultation

If you're concerned about your finances and not sure where to start, get free, confidential financial help from a Family Finance Educator at Iowa State University Extension and Outreach. For more information, visit their Managing Personal Finances in Tough Times webpage or leave a message at 1-800-447-1985, and someone will call you back
-Managing Personal Finances in Tough Times-

Eviction and Foreclosure Prevention Program

The Iowa Finance Authority has housing assistance programs for eligible Iowans. Visit their website for updates , eligibility, and resources.

- **Iowa Finance Authority Housing Programs**
- **1-855-300-5885; 515-348-8813 (English and Spanish)**

Upcoming Free Online Parenting Workshops

The Science of Parenting team from Iowa State University has scheduled online workshops to help parents learn strategies to use. The two workshops are Understanding Research and Reality and Positive Discipline. Both workshops focus on the objective of sharing research-based information that fits each family's own reality. The first workshop has broad parenting strategies focused around family science theories, while the second workshop addresses the common question of "how do I practice positive discipline and manage my child's behavior?".

FREE CLOTHES

Email or text me: I can send you pictures of what's available and/ or we can Facetime/zoom and you can pick out what you like!

Pediatric Covid-19 Vaccines

Eligibility: Children **Ages 5-11** are authorized to get the Pfizer Covid-19 vaccine.
Vaccines Available at Cedar County Public Health Office
Walk in Wednesdays: 8:30am- 1pm & 2pm-3:45pm OR
Call to Schedule: (563)-886-2226

Contact: Emily Smith
School Resource Navigator
Call/text: 563-886-4711
Email: esmith@north-cedarstu.org