

NAVIGATE & EDUCATE

A MONTHLY NEWSLETTER - APRIL 2022

By Resource Navigator Emily Smith
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DECATEGORIZATION YOUTH SURVEY

Scott County Kids
Decategorization is seeking to
capture youth voices to help
guide future program
development and funding.

Scott County Kids
oversees
Decategorization in the
following counties:
Cedar, Clinton, Des
Moines, Dubuque,
Henry, Jackson, Lee,
Louisa, Muscatine, Scott



HACAP FOOD RESERVOIR SURVEY

The HACAP Food
Reservoir needs your
input. Do you
currently attend any
of their mobile food
pantries? or would
you like to be able to
attend a mobile
pantry in your
community? Please
take this brief survey
to help us better
meet your needs!
Thank you.



SCHOOL RESOURCE CLOSET

Free Clothing and Hygiene Products Available!
**Currently Taking Donations: Contact School
Resource Navigator Emily Smith**

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
Bring Photo ID - Available to North Cedar School District Residents
April 1st: Tipton UMC 607 Lynn St 3:30-4:30 pm
April 11th: Olin Elementary School 212 Trilby St 3:30-4:30 pm
April 12th: Bennett Ambulance Service bldg. 145 Main St. 3:30-4:30 pm
April 19th: West Branch Fire Department 105 S. 2nd St. 3:30-4:30 pm
April 21st: Anamosa St Paul's Lutheran Church 201 N. Ford St 3-4 pm

VIRTUAL CALMING ROOM

"Intended for helping you learn self-soothing techniques and coping skills through several videos and websites"

Music and Sounds
Visual Relaxation
Breathing Exercises
Yoga and Meditation
Creative Activities
Useful Apps



Learn skills for Psychological First Aid (PFA) a 3-hour online course designed to help people gain skills to manage distress and cope with post-disaster stress and adversity. This training will assist people who want to learn new skills for dealing with crisis and support others in the aftermath of a disaster or traumatic event.

April 26 and 28, 2022 • 6:00 PM to 7:30 PM
or
May 24 and 26, 2022 • 6:00 PM to 7:30 PM
Online Training

Please RSVP and specify the month you are interested in to Karen Hyatt at khyatt@dhs.state.ia.us and training link will be sent.

