

NAVIGATE & EDUCATE

Monthly Newsletter: December 2023

Need Winter Clothes?

NC school Resource Closet has a variety of coats, snow-pants and snow-boots available for FREE.

Contact Ms. Emily for more info.

988

MENTAL HEALTH AND CRISIS RESOURCE

988 IS NOW KNOWN AS THE SUICIDE AND CRISIS LIFELINE.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

- If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.
- Your call is confidential and free.

Should I Call the Lifeline?

- **No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, call the Lifeline.**
- People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness, to name a few.

What is a "crisis?" - Any stress or pressure that has been become too great for you to cope with alone.

Available Food

- **1st Friday** of the Month - 3:30-4:30 Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn St, Tipton
- **1st, 2nd, 3rd, & 4th Tuesdays** of the month - 4:00-6:00 Food Pantry @ Bennett School
- **2nd Saturday** of the Month - 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- **2nd & 4th Wednesdays** of the Month - 3:30-5:30 Food Pantry @ First UCC, 600 Mulberry St, Tipton
- **2nd & 4th Saturdays** of the Month - 11:00-11:45 Shared Blessings Free Meal @ First United Methodist Church, 607 Lynn St, Tipton
- **2nd & 4th Thursdays** of the Month - 6:00-7:00 Bring Photo ID, UMC, 307 E First St, Mechanicsville
- **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
- **1st and 3rd Saturdays** of the month 10:00-1:00 and **2nd and 4th Wednesdays** 3:00-7:00, Hein Manor bottom level 807 3rd St. Durant

211 Iowa

Search Tool:

Search for resources in Iowa:
<https://www.211iowa.org/>

Many people in our community struggle when trying to navigate and connect to services they need.

United Way 211 is a free, confidential information and referral helpline and website serving 42 counties in Iowa.

Does your child need a bed?

Free Twin Size Beds

To qualify as a bed recipient, you must be the legal guardian of the child or children ages 3-17 years old receiving the bed. Please submit the online SHP Application Form mentioned above.

<https://shpbeds.org/apply/>

Words on Wellness:

Reliable, research-based information about nutrition, exercise, and food safety. Newsletters may include cooking recipes. Visit www.extension.iastate.edu/humanosciences/wellness

Bright Beginnings

Offering Free, Non- Judgmental Support for you and your family.

One on one program encouraging healthy pregnancies and successful parenting. For Parents of Children Aged 0-5

Call Suzane for more info:
563-349-2037

CAROL ASSISTANCE CENTER

102 West Washington St.,
Wheatland, IA

Phone: 563-374-1520
Services: Clothing, Food,
Household Goods

Contact Ms. Emily - 563.886.4711; esmith@north-cedarstu.org