

GENERAL – HELP IS HERE! TALK TO SOMEONE TODAY!!!

If you live in Illinois and are in crisis, [CLICK HERE](#).

If you live in Iowa and are in crisis, [CLICK HERE](#).

National Suicide Crisis Hotline: 1-800-273-TALK (8255)

RENT/UTILITY ASSISTANCE

ILLINOIS [Click Here](#)

IOWA [Click Here](#)

[Project Now](#) (Low-Income Home Energy Assistance-IOWA)

MONEY MANAGEMENT

[Consumer Credit of the Quad Cities](#) | 800.838.8830

FOOD/NUTRITION

[Women, Infants, Children \(WIC\) IOWA](#)

[Women, Infants, Children \(WIC\) ILLINOIS](#)

PREGNANCY/BIRTH CONTROL

[Birthright of Davenport](#) | 2020 Harrison Street, Davenport, IA 52803 | 563.324.5261

[Pregnancy Resources of the Quad Cities](#) | 309.797.3636—Illinois | 563.386.3737—Iowa

[Women’s Choice Center, Bettendorf](#) | 2740 Happy Joe Drive, Suite 2, Bettendorf, IA 52722 | 563.332.0475

DISABILITY SERVICES

[ARC of the Quad Cities](#) | 4016 9th Street, Rock Island, IL 61201 | 309.786.6474

[Children’s Therapy Center](#) | 4450 48th Avenue Court, Rock Island, IL 61201 | 3901 W. Locust Street, Davenport, IA 52804 | 309.558.0145

[Handicapped Development Center](#) | 3402 Hickory Grove Road, Davenport, IA 52806 | 563.391.4834 | 4201 Brady Street, Davenport, IA 52806 | 563.823.0121

[Hand-in-Hand](#) | 3860 Middle Road, Bettendorf, IA 52722 | 563.332.8010

SENIOR SERVICES

[Project Now | Senior Services](#) | Rock Island County Senior Center | 2221 11th Street, Rock Island, IL 61201 | 309.788.6335

[Western Illinois Center on Aging](#) | 729 34th Avenue, Rock Island, IL 61201 | 309.793.6800 | 800.322.1051

[CASI – Center for Active Seniors](#) | 1035 W. Kimberly Road, Davenport, IA 52806 | 563.386.7376

[Alternatives for Older Adults](#)

SHELTERS/HOUSING

[Homeless Shelter Directory – Illinois Quad Cities](#)

[Davenport Iowa Homeless Shelter List](#)

[QC Haven of Hope](#) (fka St. Joseph the Worker House) – women/children only | 901 20th Street, Rock Island, IL 61201 | 309.558.6178

[Christian Care](#) – men only | 2209 3rd Avenue, Rock Island, IL 61201 | 309.786.5734

[Humility Homes](#) | 1016 W. 5th Street, Davenport, IA 52802 | 563.322.8065

[King’s Harvest Ministries](#) | 824 W. 3rd Street, Davenport, IA (shelter) | 563.570.4536

[Bethany for Children and Families](#) | 1830 6th Avenue, Moline, IL 61265 | 309.797.7700 | 2195 E. 53rd Street, Davenport, IA 52807 | 563.324.9169

[The Salvation Army of the Quad Cities](#) | 563.324.4808
[Housing Authority of Bettendorf](#) | 800.942.4648
[Moline Housing Authority](#) | 309.764.1819
[Rock Island Housing Authority](#)

TRANSPORTATION

[MetroLink](#) | 309.788.3360
[QC Transit](#)

HOT MEAL SITES

[Churches United of the Quad Cities](#) | 563.324.4808
DINNER served M-F (6pm) @ Zion Lutheran Church | 1216 W. 8th Street, Davenport
DINNER served M-TH (6pm) @ Mt. Zion Missionary Baptist Church | 1501 6th Avenue, East Moline
[Kings Harvest Ministries](#) | 824 W. 3rd Avenue, Davenport | 563.570.4536
LUNCH served W-F (12-1pm)
BREAKFAST served SAT (9-10am)
[Café on Vine](#) | 563.324.4472 | 932 W. 6th Street, Davenport
LUNCH & BREAKFAST served M-F
LUNCH served on SAT
DINNER served on SUN
[Christian Care](#) | 2209 3rd Avenue, Rock Island | 309.786.5734
BREAKFAST served SUN and SAT (630am)
LUNCH served M-F (12pm)
DINNER served SUN and SAT (630pm)

LEGAL ASSISTANCE

[Iowa Legal Aid](#) | 563.324.4472 | 736 Federal Street, #2309, Davenport | 563.322.6216
[Illinois Legal Aid](#)

HEALTHCARE

[Community Health Care Quad Cities](#) | 563.336.3000
[Free and Income Based Clinics IOWA Quad Cities](#)
[Free and Income Based Clinics ILLINOIS Quad Cities](#)

DOMESTIC VIOLENCE

[Family Resources, Inc.](#) | IL-309.797.1777 | IA 563.326.9191 | toll-free 866.921.3354
[Christian Care](#) | 2209 3rd Avenue, Rock Island | 309.786.5734

SUBSTANCE ABUSE/ADDICTION – TREATMENT

Center for Alcohol & Drug Services | 563.326.1150 | 12160 Utah Avenue, Davenport

VETERANS

[Quad Cities Veteran Outreach Center](#) | 563.529.4782 | 2720 W. Locust Street, 9B, Davenport

MENTAL HEALTH/COUNSELING

[Robert Young Center for Community Mental Health](#) | 24/7 crisis hotline 309.779.2999 | 309.779.3000

[Vera French Community Mental Health Center](#) | 563.383.1900

[Eagle View Behavioral Health](#) | 24/7 hotline 833.398.2453 | 563.396.2100

IMMIGRANTS/REFUGEES

[World Relief](#) | 309.764.2279 | 1852 16th Street, Moline

SEXUAL ASSAULT/ABUSE

[Family Resources, Inc.](#) | IL-309.797.1777 | IA 563.326.9191 | toll-free 866.921.3354

UNEMPLOYMENT ASSISTANCE

[Iowa Workforce Development Center](#)

[Partners in Job Training – Rock Island](#)