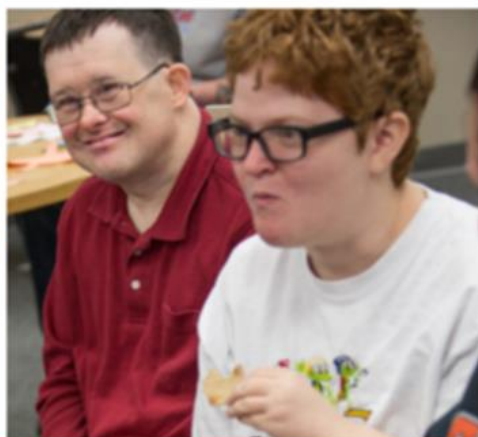


DICKINSON COUNTY



RESOURCES *for families*

Updated March 2026

NUMBERS TO KNOW

Alliance for the Mentally Ill

Support, education and information to families, friends and individuals with mental illness.

1-800-950-NAMI 1-800-950-6264

Bets Off

Iowa Gambling Treatment Program Hotline for gambling concerns for yourself or others.

1-800-BETSOFF 1-800-238-7633

Better Business Bureau, Des Moines

Financial Information

1-515-243-8137

Consumer Protection Division - Attorney General

Consumer rights.

1-515-281-5926

Healthy Families

Available 24/7 - Prenatal health care questions and information.

1-800-369-2229

Iowa Concern

Available 24/7 - Financial questions, legal issues, family transitions.

1-800-447-1985

ISU Extension and Outreach's Answer Line

Questions related to home and family.

Monday-Friday: 9:00-Noon; 1:00-4:00 p.m.

1-800-262-3804

ISU Extended and Continuing Education

Off-campus credit courses, non-credit conferences.

1-800-262-0015

National Human Trafficking Hotline

Call specialists are available 24/7 if you need help or see something suspicious.

1-888-373-7888 Or text "HELP" to BEFREE (233733)

National Runaway Switchboard

A person can report oneself as a runaway or report that a family member has run away.

1-800-786-2929 1-800-RUNAWAY

Poison Control

Health concerns related to coming in contact with poison.
1-800-222-1222

Mental Health & Disabilities Services EMERGENCY CRISIS LINES

Seasons Center Mobile Crisis Response 1-844-345-4569
Assessment & Stabilization Center 1-712-560-7996
Plains Area Mental Health 1-888-546-0730
YourLifelowa.org 1-855-581-8111

Veteran's Medical Center

Medical care and mental health services. (Sioux Falls)
1-800-316-8387

Veteran's Regional Office

Information on veterans' benefits (Des Moines)
1-800-827-1000

Your Life Iowa

*Find support 24/7 for problems with Alcohol, Drugs, Gambling, Mental Health
and Suicidal Thoughts* YourLifelowa.org
1-855-581-8111 or TEXT 1-855-895-8398

ABUSE

CAASA: Centers Against Abuse and Sexual Assault

712-363-5762
HOPE Line 1-877-362-4612

Child and Dependent Adult Abuse and Neglect Reporting

1-800-362-2178

FCC: Family Crisis Center of NW Iowa

Sioux Center 712-722-4404
HOTLINE 1-800-382-5603
www.familycrisiscenters.org

Iowa Sexual Abuse Hotline

1-800-284-7821

National Human Trafficking Hotline

1-888-373-7888

Or Text "HELP" to BEFREE (233733) if you need help or see something suspicious.

BEHAVIORAL HEALTH SERVICES

All Rise

Spirit Lake, 1320 Lake Street
712-330-7237

Avera - Farm & Rural Stress Hotline

Farm Stress, Financial Questions, Connections to Resources
1-800-691-4336

Catholic Charities

Spencer, 607 1st Ave West (PO Box 1124)
712-580-4320

Elevate

Milford, 910 10th St.
712-338-6200

H.E.A.R.T. Kinnections

Spirit Lake, 605 Lake Street #5
712-339-2422

Imperfectly Enough Psychiatry PLLC

Milford, 610 Okoboji Ave Suite 1
712-330-5347

Lakes Counseling

Spirit Lake, 507 18th Street, Suite A
712-336-8126

Lutheran Services of Iowa

Spencer, 20 West 4th Street
712-262-4083

NAMI - National Alliance for the Mentally Ill

24-Hour Crisis Line: 1-800-950-6264
OR, IN A CRISIS? TEXT NAMI TO 741741
www.nami.org

National Institute on Drug Abuse Help Line

1-800-662-4357

Northwest Iowa Counseling Associates PC

Spencer, 920 South Grand Ave
712-262-6111

On the Rock Counseling

Milford, 814 Okoboji Ave
775-374-5360

Plains Area Mental Health

Spirit Lake, 710 Lake St. Suite 2
712-320-8112

Rosecrance Jackson Centers

Spencer, 1713 McNaughton Way
712-584-2030

Seasons Center for Behavioral Health

Spirit Lake, 1401 Hill Avenue
1-800-242-5101

Shade of the Tree

Spirit Lake, 900 Lake Street
712-330-9140

Veterans Counseling Center

712-255-3808

Your Life Iowa

1-855-581-8111

CHILDREN'S SERVICES

Best Care for Better Babies

Spirit Lake, 2301 Highway 71 South
712-339-6050

<http://dickinsoncountyiowa.gov/public-health-3/>

Cherish Center

Cherished Women/Cherished Kids (Parent Support for Moms)

Dads of Cherished Kids (Parent Support for Dads)

Cherish House (Maternity Home)

Milford, 1004 22nd Street
712-338-3333

Email: info@cherishcenter.org

www.cherishcenter.org

Child Health Specialty Clinics

Spencer, 1200 First Avenue East
712-264-6362

Dickinson County Department of Health & Human Services

Dickinson County Courthouse, 1802 Hill Avenue, Suite 2401
Spirit Lake, 712-336-2555

Dickinson County Head Start

Milford, 1525 Three Cross Road

Contact: Angie Mitchell, ECP Coordinator for UDMO Head Start,
at 712-339-1163

Dickinson County Public Health

Spirit Lake, 2301 Highway 71 South
712-339-6050

8:00 a.m. to 4:30 p.m.

<http://dickinsoncountyiowa.gov/public-health-3/>

Lakes Regional Healthcare: Home Care and Hospice

Spirit Lake, 2301 Highway 71 South
712-336-8709

Lutheran Services in Iowa

Spencer, 20 W 4th Street
712-262-4083

Mid Sioux Opportunity - WIC

Spencer, 714 10th Ave E

1-800-859-2025

MomCo

Immanuel Lutheran Church

For moms of babies and toddlers, childcare provided.

Spirit Lake, 2300 27th Street

8:30 to 10:30 a.m. the first and third Wednesday of the month

Seasons Center for Behavioral Health

Spirit Lake, 1401 Hill Avenue

1-800-242-5101

CLOTHING

Thee Garage Sale/Cherished Again

Children's Clothing and Household Furnishings
Milford, 1004 22nd Street
712-338-3334

King & Queens Local: Kaden's Closet Local

Community Outreach for Foster and Adoptive Parents (Infants to 18 years)
Good News Community Church
Okoboji, 1010 Julia Street
712-332-5698

St. Joseph Catholic Church

Milford, 1309 Okoboji Avenue
712-338-2274

Upper Des Moines Opportunity

(Southeast Corner of Great Lakes Mall)

Coats Only.

Spirit Lake, 1575 18th Street
712-336-1112

DISASTER ASSISTANCE

Emergency Management

Dickinson County Courthouse

Spirit Lake, 1802 Hill Avenue, Suite B103
712-336-3987

LERT - Lutheran Early Response Team

Immanuel Lutheran Church

Spirit Lake, 2300 27th Street
Contact Nyla Bertram at 712-336-1010
Ellie Menz, IOWAY Director, 515-370-1159

Red Cross

800-REDCROSS

Salvation Army

10755 Burt Street
Omaha, NE 68114
402-898-7700

DONATIONS ONLINE: salvationarmy.usa.org

EDUCATION

Dickinson County EMS Association
712-336-2889

Dickinson County Head Start
Milford, 1525 Three Cross Road
Contact: Angie Mitchell, ECP Coordinator for UDMO Head Start,
at 712-339-1163

Elderbridge Agency on Aging
Spencer, 714 10th Avenue East, Suite 1
1-800-243-0678
712-262-1775
<http://elderbridge.org>

Iowa Lakes Community College
Spirit Lake, 2008 Hill Avenue
712-336-3439
Estherville - 1-800-242-5106
Emmetsburg - 1-800-242-5108

Iowa Legal Aid
507 7th Street #402
Sioux City, IA 51101
1-800-352-0017
712-277-8686
www.iowalegalaid.org

Iowa State University Extension and Outreach - Dickinson County
Spirit Lake, 1600 15th Street
712-336-3488
www.extension.iastate.edu/dickinson

Prairie Lakes AEA
Spencer, 23 East 7th Street
712-262-4704
712-346-5003 for referrals

Vocational Rehabilitation
217 West 5th Street, PO Box 3093
Spencer, IA 51301
712-262-9585
www.dvrs.state.ia.us

EMERGENCY ASSISTANCE

Atlas of the Lakes

Arnolds Park, 56 Okoboji Grove Road N
712-332-6390

Dickinson County Veterans Affairs

Dickinson County Courthouse
Spirit Lake, 1802 Hill Avenue, Suite 1508
712-336-0883

Dickinson County Community Services

Dickinson County Courthouse
Spirit Lake, 1802 Hill Avenue, Suite 2502
712-336-0775

Upper Des Moines Opportunity

(Southeast Corner of Great Lakes Mall)

Spirit Lake, 1575 18th Street
712-336-1112

www.udmo.com

EMERGENCY NUMBERS

Ambulance, Fire, Police
In an Emergency, Dial 9-1-1.
Non Emergency: 712-336-2525

Dickinson County Crime Stoppers
712-336-2345

Dickinson County Emergency Management
Spirit Lake, 1802 Hill Avenue, Suite B103
712-336-3987

Dickinson County Sheriff's Office
712-336-2793

Lakes Regional Health Care
712-336-1230

POLICE DEPARTMENTS
Arnolds Park Police Department
712-332-2227

Lake Park Police Department
712-336-2525

Milford Police Department
712-336-2525

Okoboji Police Department
712-332-7845

Spirit Lake Police Department
712-336-5776

EMPLOYMENT ASSISTANCE

Ascend Staffing

Spirit Lake, 1710 Lincoln Avenue
712-336-2048

Hope Haven

Spirit Lake, 1710 Gary Ave
712-336-4052

ILCC Rehabilitation Education and Services

300 South 18th
Estherville, IA 51334
712-362-5433

or

217 West 5th Street
Spencer, IA 51301
712-262-9585

Iowa Workforce Development

217 West 5th Street
Spencer, IA 51301
712-262-1971
1-800-798-7224

Workforce Innovation and Opportunity Act (WIOA)

217 West 5th Street
Spencer, IA 51301
712-262-1971
1-800-798-7224

FINANCIAL ASSISTANCE

Atlas of the Lakes

Arnolds Park, 56 Okoboji Grove Road N
712-332-6390

Dickinson County Community Services

Dickinson County Courthouse
Spirit Lake, 1802 Hill Avenue, Suite 2502
712-336-0775

Dickinson County Department of Health & Human Services

Dickinson County Courthouse
Spirit Lake, 1802 Hill Avenue, Suite 2401
712-336-2555
1-866-336-2555

Dickinson County Veterans Affairs

Dickinson County Courthouse
Spirit Lake, 1802 Hill Avenue, Suite 1508
712-336-0883

Rural Development

Farm Service Agency
306 11th Street Southwest Plaza
Spencer, IA 51301
Contact Sheila Zobrist at 712-262-3173
or
1621 Lake Avenue
Storm Lake, IA 50588
Contact Arnold Thomas at 712-732-1200

Social Security Administration

Spencer, 1610 12th Avenue Southwest
1-866-273-6050

Upper Des Moines Opportunity - Energy Assistance

(Southeast Corner of Great Lakes Mall)
Spirit Lake, 1575 18th Street
712-336-1112
www.udmo.com

FINANCIAL COUNSELING

Atlas of the Lakes

Arnolds Park, 56 Okoboji Grove Road N
712-332-6390

Cherish Center

Financial Peace
Milford, 1004 22nd Street
712-338-3333
info@cherishcenter.org
www.cherishcenter.org

ISU Extension and Outreach - Dickinson County

*Financial Management and Counseling
or Farm Management and Agribusiness*
Spirit Lake, 1600 15th Street
712-336-3488
www.extension.iastate.edu/dickinson

Lutheran Services in Iowa

20 West 4th Street
Spencer, IA 51301
712-262-4083

FOOD

Dickinson County Department of Health & Human Services

Dickinson County Courthouse
Spirit Lake, 1802 Hill Avenue, Suite 2401
712-336-2555 or 1-866-336-2555

Dinner Date - Lake Park

Lake Park Community Center
Lake Park, 903 Market Street
Tuesday and Thursday at 11:30 a.m.
Contact Jim Kessler at 712-832-3540

Dinner Date - Spirit Lake

Lakes Area Senior Center
Spirit Lake, 2101 Zenith Avenue
712-336-5247

Food Pantry Spirit Lake

Spirit Life Fellowship
Spirit Lake, 2504 Enterprise Avenue
712-336-0114
Second and Fourth Saturdays from 8:00 to 10:00 a.m.

Meals on Wheels - Spirit Lake, Arnolds Park, Okoboji, Milford

Spirit Lake
712-336-4444

Meals on Wheels - Lake Park

Carstensen's Meat & Grocery
201 N Market Street, Lake Park
712-832-3620

Mobile Food Pantry – Lake Park

United Methodist Church
Lake Park, 1471 135th Ave
712-348-0475
First Thursday from 4:30 to 6:30 p.m.

Mobile Food Pantry – Milford

Downtown Church
Milford, 2105 N Ave
712-338-4740
Third Thursday from 4:30 to 6:30 p.m.

Sister's Home Style Entrees

(frozen meals delivered to your door)

1303 22nd Street N.

Humboldt, IA 50548

515-332-1828

www.shse@sisterentrees.com

Upper Des Moines Opportunity

(Southeast Corner of Great Lakes Mall)

Spirit Lake, 1575 18th Street

712-336-1112

www.udmo.com

The Well Food Pantry

Good News Community Church

Okoboji, 1010 Julia Street

First and Third Saturdays from 9:00 to 11:00 a.m.

Women, Infants and Children

Mid-Sioux Opportunity

Spencer, 714 10th Ave E

1-800-859-2025

HEALTH CONCERNS

Alzheimer's and Related Disorders

1-800-272-3900

Deaf Services Commission of Iowa

515-281-3164

www.state.ia.us/government/dhr/dhs

Dickinson County Public Health

*Immunizations, blood pressure checks, child safety seat program,
developmental screenings*

Spirit Lake, 2301 Highway 71 South
712-339-6050

www.lakeshealth.org/services/dickinson-county-public-health-immunizations/

Eye Care America, National American Academy of Ophthalmology

1-877-887-6327

Family Crisis Line - Spirit Lake

24-Hours

712-336-1255

1-877-362-4612

Farmer's Stress Hotline - Avera

24-Hours/7 days a week

For farmers, ranchers, rural residents, and concerned family members

1-800-691-4336 Free and Confidential

Free Medical Services

Estherville Lutheran Church

Estherville, 208 N 8th Street

712-209-1213

Second Tuesday of each month, Check-in Time 6:00 to 6:30 p.m.

Gentiva

Spirit Lake, 1370 Lake Street

1-888-436-8482

Good Samaritan Society - Home Care

Spirit Lake, 1710 Lincoln Avenue, Suite A

712-336-3412

800-832-5342

www.good-sam.com

Hearing Aid Bank, Lions

515-232-2215

Hearing Impaired

Hearing Aid Helpline: 1-800-521-5247

Hearing and Speech - National Association: 1-800-638-8255

Hear Now (Financial Aid): 1-800-648-HEAR (1-800-648-4327)

Helpline: 1-800-EAR-WELL (1-800-327-9355)

Iowa Compass Center for Disabilities and Development

1-800-779-2001

www.medicine.uiowa.edu/iowacompass

Iowa Department for the Blind

Des Moines, 524 Fourth Street

515-281-1333

800-362-2587

contact@blind.state.ia.us

<https://blind.iowa.gov>

Kindred Hospice

Spirit Lake, 1370 Lake Street

712-336-2941

866-752-4692

Lakes Regional Family Medicine

Spirit Lake, 2301 Highway 71 south

Monday-Friday: 8:00 am – 5:00 pm

712-336-3750

www.lakeshealth.org/services/family-medicine/

Lakes Regional Healthcare

Spirit Lake, 2301 Highway 71 South

712-336-1230

www.lakeshealth.org

Lakes Regional Healthcare - Home Care/Hospice

Spirit Lake, 2301 HWY 71 South

712-336-8709

Mesothelioma Guide

1-888-385-2024

www.mesotheliomaguide.com/mesothelioma/

QuickCare at Lakes Regional Family Medicine

Same-day appointments for common, non-emergent health concerns such as earache, allergies, nausea, minor burns or cuts, or cold or flu symptoms.

Available Monday through Thursday from 1:00 pm to 6:00 pm and Saturdays from 8:00 am to 12:00 pm. Call for an appointment.

Spirit Lake, 2301 Highway 71 South

712-336-3750

www.lakeshealth.org/services/quickcare-at-lakes-regional/

St. Croix Hospice

Spirit Lake, 802 Lake Street Suite 3

712-264-5674

www.stcroixhospice.com

Teen Health Line

1-800-443-8336

Veteran's Affairs Medical Center

Sioux Falls, SD 2501 West 22nd Street

1-800-316-8387

www.va.gov

Veteran's Affairs - Spirit Lake Clinic

Spirit Lake, 1850 Royal Ave

712-336-6400

Vision Impaired

American Foundation for the Blind

1-800-232-5463 www.afb.org

HOUSING

Accura Health Care of Milford/Stonebridge Suites Assisted Living

Milford, 1600 13th Street
712-338-4742

www.accura.healthcare/milford-location

Accura Health Care of Spirit Lake

Spirit Lake, 1912 Zenith Avenue
712-336-3300

www.accura.healthcare/spirit-lake-location

Atlas of the Lakes

Arnolds Park, 56 Okoboji Grove Road N
712-332-6390

Community Housing Initiatives

Spencer, 14 West 21st Street
712-262-5965

Discovery House

Spirit Lake, 1411 Hill Avenue
712-336-4740
712-336-5340

Heritage Landing Senior Living Apartments

Milford, 1305 Jeppeson Road
712-338-2909

www.good-sam.com

Keelson Harbour Senior Living

Spirit Lake, 2810 Aurora Avenue
712-336-4501

Fax: 712-336-4509

<https://www.keelsonharbour.com/>

Low-Rent Housing Agency

Section 8 HUD Voucher Office serving Dickinson County

Spirit Lake, 710 Lake Street, Suite 5
712-336-2318

Fax: 712-336-3760

Murphy Management

Broadway Village, Sunrise Apartments, Milford & Spirit Lake
208 East State Street
Algona, IA 50511
515-295-2927

Northwest Iowa Regional Housing Authority

919 2nd Avenue Southwest, PO Box 336
Spencer, IA 51301
712-262-7460

Riverwest Apartments

Milford, 668 Terrace Park Blvd
712-338-7228

WEL-Life Assisted Living at Spirit Lake

Spirit Lake, 1819 23rd Street
712-336-3553

www.wlspiritlake.com

LEGAL SERVICES

Iowa Civil Rights Commission

515-281-4121

www.state.ia.us/government/crc

Iowa Concern

1-800-447-1985

www.extension.iastate.edu/iowaconcern

Iowa Legal Aid

506 Nebraska Street

Sioux City, IA 51101

712-277-8686

1-800-352-0017

Iowa Mediation Services

20 West 6th Street

Spencer, IA 51301

712-262-7007

Juvenile Court Services

Estherville, 609 1st Ave North Suite #3

712-362-5729

Lawyer Referral Service of Iowa State Bar Association

1-800-532-1108

University of Iowa Legal Clinic

College of Law

Iowa City, IA 52242

319-335-9034

www.law.uiowa.edu/legalclinic

MEDICAL EQUIPMENT & LOAN CLOSETS

Avera Home Medical Equipment

2301 US71 Suite D
Spirit Lake, IA 51360
712-339-6140

Iowa Compass

1-800-779-2001

Lake Park American Legion Auxiliary

112 Park Drive
Lake Park, IA 51347
Jim Kessler 712-330-1738

Milford American Legion Auxiliary Unit 384

LaVonne Siemers
1360 Terrace Park Blvd
West Okoboji, IA 51351
712-332-5089

Sanford Home Medical

1310 Lake Street
Spirit Lake, IA 51360
712-336-9363
1-866-838-8934

SENIOR SERVICES

Atlas of the Lakes

Arnolds Park, 56 Okoboji Grove Road N
712-332-6390

Alzheimer's and Related Disorders

1-800-272-3900

Dependent Adult Abuse

1-800-362-2178

Dickinson County Community Services

Dickinson County Courthouse

Spirit Lake, 1802 Hill Avenue, Suite 2502
712-336-0775

Dickinson County Department of Health & Human Services

Dickinson County Courthouse

Spirit Lake, 1802 Hill Avenue, Suite 2401
712-336-2555

Dickinson County Public Health

Spirit Lake, 2301 Highway 71 South
712-339-6050

8:00 a.m. to 4:30 p.m.

<http://dickinsoncountyiowa.org/public-health/>

Dickinson County Veteran Affairs

Dickinson County Courthouse

Spirit Lake, 1802 Hill Avenue, Suite 1508
712-336-0883

Disability Rights Iowa

666 Walnut Street #1440

Des Moines, IA 50309

800-779-2502 or 515-278-2502

www.disabilityrightsowa.org

Elderbridge Agency on Aging

714 10th Avenue East Suite 1

Spencer, IA 51301

1-800-243-0678

712-262-1775

<http://elderbridge.org>

FOOD....See FOOD Section in this Resource Guide

Gentiva Hospice

Spirit Lake, 1370 Lake Street
712-336-2941

Good Samaritan Society - Home Care

Spirit Lake, 1710 Lincoln Avenue
712-336-3412
800-832-5342

www.good-sam.com/dickinson

Home Instead Senior Care

Milford, 1608 Okoboji Avenue
712-338-6150
712-262-0456

www.homeinstead.com/602

HOUSING...see HOUSING section in this Resource Guide

InHome Fitness Solutions

Keeping You Strong, Keeping You Home
515-422-6343

tdukes@inhomefitnesssolutions.com

Lakes Regional Healthcare - Home Care/Hospice

Spirit Lake, 2301 HWY 71 South, PO Box AB
712-336-8709

Northwest Iowa RSVP/Volunteer Program

Spirit Lake, 800 21st Street
712-336-6577

Monday and Tuesday 8:00 a.m. to 3:00 p.m.
Wednesday 8:00 am to 2:00 pm

Respite Angels

Caregiver Relief in Dickinson, Clay and Emmet Counties
712-229-6064

respite.angels@yahoo.com

Seniors and Lawman Together

Dickinson County Sheriff's Office
Spirit Lake, IA 51360
712-336-2793

SHIIP

Senior Health Insurance Information Program
*To check Medicare part D/Medicare Advantage plans to
ensure proper drug coverage*
712-336-6698

Social Security

Spencer, 1610 12th Avenue Southwest
1-866-273-6050

Stay In Home Care, Inc.

Milford, 800 Okoboji Ave
Or mailing
PO Box 431, Arnolds Park, IA 51331
712-346-7019
stayinhomecare.com

Upper Des Moines Opportunity

(Southeast Corner of Great Lakes Mall)
Spirit Lake, 1575 18th Street
712-336-1112
www.udmo.com

Veteran's Affairs Home Health Care

Spirit Lake, 1850 Royal Ave
712-336-6400
712-336-6425

SUPPORT GROUPS

AA - Alcoholics Anonymous & Al-Anon

MONDAY - AA

11:30 a.m. 712-336-0657

IA Great Lakes Women's Group

Spirit Lake, Senior Center, 2100 Zenith Ave

8:00 p.m. 712-336-0657 **(Al-Anon at same time)**

Chip Group

Milford, St, Joseph's School, 1301 Okoboji Ave.

**1st Monday open meeting*

TUESDAY - AA

7:00 P.m. 712-336-0657

Discussion Group

Spirit Lake, Lakes Regional Healthcare - downstairs

WEDNESDAY - AA

12:00 p.m. 712-336-0657

Noon Brown Bag

Spirit Lake, Discovery House, 1411 Hill Ave

7:00 p.m. 712-336-0657

IA Great Lakes Group

Milford, Harbor of Joy, 1204 L Ave

THURSDAY - AA

8:00 p.m. 712-336-0657

Candlelight Meeting

Arnolds Park, Arnolds Park City Hall, 1107 S. Hwy 71

FRIDAY - AA

3:00 p.m. 712-336-0657

Milford, Harbor of Joy, 1204 L. Ave

8:00 p.m. 712-336-0657

Keep It Simple Group

Spirit Lake, First Presbyterian Church, 3501 Hill Ave

SATURDAY - AA

11:00 a.m. 712-336-0657

Women's Big Book Study

Spirit Lake, Lakes Regional Healthcare - basement

SATURDAY - AA

8:00 p.m. 712-336-0657

12 & 12 Group

Spirit Lake, St, Alban's Church, 2011 23rd Street

SUNDAY - AA

10:30 a.m. 712-336-0657

Big Book Group

Spirit Lake, Spirit Lake Public Library, 702 16th Street

7:00 p.m. 712-336-0657 (Al-Anon at same time)

Beginner's Group

Spirit Lake, Discovery House, 1411 Hill Ave

Alzheimer's Caregiver Support Group

First Thursday 2:00-3:00 p.m.

Keelson Harbour Senior Living, 2810 Aurora Avenue

Spirit Lake, 712-336-2941 - Robin or Heather

<https://www.keelsonharbour.com/>

Bereaved Parents

Third Tuesday at 7:00 p.m.

Good News Community Church, 1010 Julia Street

Okoboji, Contact Dar Winkowitsch at 712-330-7582

Celebrate Recovery

12-Step Program for Hurts, Habits, Hang-Ups or Addictions

Tuesday 7:00 p.m. No Appointment Necessary.

Good News Community Church, 1010 Julia Street

Okoboji, Contact Kaleb Winebrinner at 712-330-2089 or 712-332-5698

Grief Share

Lost a spouse, child, family member or friend.

Mondays 6:30-8:30 p.m. April-July & Sept-December

Okoboji Bible Conference, 7 Okoboji Grove Rd.

Arnolds Park, 712-330-7091

Iowa Great Lake Memory Care Support Group

Wednesdays 10:00-11:30 a.m.

First Presbyterian Church, 3501 Hill Ave

Spirit Lake, 712-336-1649 - office@fpcspiritlake.org

Narcotics Anonymous – Lakes Area

Thursdays 7:00 p.m. 1-800-897-6242

Spirit Lake, Discovery House, 1411 Hill Ave

Parkinson's Disease Support Group

2nd Tuesday of month at 9:30am-10:30 a.m.

Bedell Family YMCA Community Room, 1900 41st Street
Spirit Lake, 712-336-3488 Hosted by ISU Extension

Respite Angels Caregiver Support Group

Thursdays at 9:30-11:30 a.m.

Calvary United Methodist Church, 679 W. Okoboji Grove Road
Arnolds Park, 712-229-6064 respite.angels@yahoo.com

TRANSPORTATION

3-7s

712-339-3777

Boji Rides

712-339-5886

Golden Mullet

712-331-1945

Harley Rides

712-330-2587

Lakes Taxi

712-339-0329

My Taxi

712-330-2726

Okoboji Cab

712-209-5060

VIP Rides

913-777-1159

Regional Transit Authority RIDES

1-800-358-5037

712-262-7920