

### Special Supplement Food Program for Women, Infants, & Children (WIC)

provides services to low resource mothers, infants and children who are at risk for poor nutrition. WIC provides supplemental foods and nutrition education to clients. Clinics are held throughout the service area. The program also evaluates the growth rate of children and links with other programs to provide effective nutrition and health services to at-risk families. WCCA does not administer the WIC program in Pottawattamie County. Please call 1(800)338-4129 for more information.



**Outreach** provides families with available services in each county. These services include the programs WCCA offers as well as those available from local, county and state agencies. Staff perform client intake, assessment, and provide referrals. In addition, staff work closely with local organizations to coordinate community resources to resolve local poverty issues. All WCCA counties have an Outreach center, which may also maintain a food pantry and free clothing room. Assistance with the Emergency Food and Shelter Program may be obtained here. Each Outreach center has a Certified Family Development Specialist, who is assisted by Senior Aides and volunteers. Many of the offices also participate in Holiday Projects for Thanksgiving and/or Christmas that involve a variety of options.

### Outreach offices:

Cass–Atlantic	(712)243-5421
Crawford–Denison	(712)263-3538
Fremont–Sidney	(712)374-3367
Harrison–Logan	(712)644-3388
Mills–Malvern	(712)624-8172
Monona–Onawa	(712)423-2603
Montgomery–Red Oak	(712)623-2339
Page–Shenandoah	(712)246-2585
Pottawattamie–Council Bluffs	(712)322-2621
Shelby–Harlan	(712)755-5135

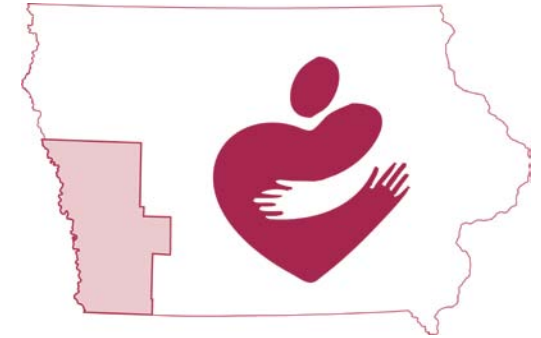


### VISION

West Central's vision is to make a positive impact on citizens of the 10 counties we serve. It is our objective to provide opportunities for people to become responsible, independent, self-reliant members of society. We will be recognized by our clients and partners as an organization that cares about all those that it serves as well as those it employs. We will promote an environment that nurtures and encourages innovation and creativity. We will take a leadership role in creating a more unified system to serve the best interests of the low-resource client.

**West Central Community Action is private, non-profit, tax-exempt 501(c)3 organization. Please call (712)755-5135 if you are interested in donating or volunteering.**

# West Central Community Action



West Central Community Action's mission is to assist families and individuals to reach their highest potential.

*Serving: Cass, Crawford, Fremont, Harrison, Mills, Monona, Montgomery, Page, Pottawattamie & Shelby counties.*

WCCA is an Equal Opportunity Provider and Employer

[www.westcentralca.org](http://www.westcentralca.org)

**Low-Income Home Energy Assistance Program (LIHEAP)** assists households with their fuel bills to assure continuation of service or restore utility services based on household income, household size, type of fuel, type of housing, and several other household factors. Emergency crisis intervention is also available to repair or replace heating systems or purchase blankets and/or heaters. Please call (712)755-5135 for more information.



**Weatherization Assistance Program** helps low-income households increase the energy efficiency of their homes and save money on fuel costs. Staff evaluate homes and private contractors are engaged to insulate attics/walls, repair or replace windows and doors, install weather stripping, and perform minor repairs. Eligible households are prioritized, based on heating costs on a county basis. Please call (712)755-5135 for more information.

**Senior Aides Employment and Training Program** provides part-time employment, part-time on-the-job training, and additional income to persons over 55 years of age with limited income. WCCA places Senior Aides in positions for public and non-profit community organizations to work 20 hours a week. The Senior Service America, Inc. coordinates the federally funded project. Please call (712)755-5135 for more information.

**I CARE – Project Helper – Aquila – Alliant Assistance** is a program that assist utility customers with energy assistance to prevent shut-offs and to ensure continuation of service. Funds are donated by customers of respective utility companies. Please call (712)755-5135 for more information.

**Child and Adult Care Food Program (CACFP)** promotes good nutrition, positive eating habits, and attitudes for children in registered family and group day care homes. Daycare providers are given nutritional consultation and menu reviews. Meal cost reimbursement is provided to these daycares through this program. Staff perform in-service training, home visits, safety and sanitation inspections, and record keeping reviews. Participation is open to any registered daycare home. Please call (712)755-5135 for more information.



**Child Care Resource and Referral (CCR&R)** links parents, childcare providers, communities and employers to enhance the quality and availability of childcare through southwest and south central Iowa. WCCA is the lead agency for a 23 county service area in the childcare development field. Please call 1-800-945-9778 for more information or visit [www.swiowachildcare.org](http://www.swiowachildcare.org).

**Head Start** is a comprehensive early childhood development program funded to serve 492 children and their families. Family involvement is a keystone to the program with support services provided in Health, Dental, Mental Health, Social Services, Nutrition, Disability Services, and Transportation. Head Start has a high level of volunteer participation from members within the communities. Twenty-eight classrooms are maintained, and serve children 5 days a week with a minimum of 160 days per year. The program also has 13 Wrap Around classrooms. The Wrap Around programs serve families from 6:30am-6pm, 5 days a week for 50 weeks of the year for parents working or attending school. Please call 1(800)698-5886 for more information.



**Family Development and Self-Sufficiency (FaDSS)** provides intense support to selected families indicating a desire to get out of poverty. Client self-sufficiency is the Agency's primary mission. As a home visiting program, Specialists meet with the family in their own home. Building on the family's strengths, specific plans are developed with the family to help them achieve control over their lives and realize proper employment. Home visits, on-going assessment, goal-setting, support, referrals to community resources and advocacy are the core service components. Please call (712)322-2621 for more information.