

## **Personal Development**

- **Project Healing Waters (Fly fishing).** Recreation Therapy. 1<sup>st</sup> and 3<sup>rd</sup> Tuesday from 5:30pm-8:30pm. Contact Joni Osmundson 515-699-5999 x4980 or Program Lead Dale Sanders 515-601-0750 or [dale.sanders@projecthealingwaters.com](mailto:dale.sanders@projecthealingwaters.com)
- **Catch Des Moines.** Online resources to find activities, events, and programs in the Des Moines area. More info on website [www.catchdesmoines.com](http://www.catchdesmoines.com) or email [webmaster@catchdesmoines.com](mailto:webmaster@catchdesmoines.com)
- **Golf for Injured Veterans Everywhere (GIVE).** Veterans work on golf game, may receive refurbished golf clubs if do not have any clubs, and receive a lifetime membership card for free and discounted golf. Warrior Run Golf Course Norwalk, IA. Contact Joni Osmundson 515-699-5999 x4980 or Klay Queck 515-699-5999 x5228 to enroll.
- **Team River Runner Iowa.** Paddle sport organization (kayak, canoe, stand up paddle board) for veterans and disabled veterans – includes adaptive paddle sports to accommodate various disabilities. Des Moines. Contact Nick Dodson 515-661-8185 or [nickd32@gmail.com](mailto:nickd32@gmail.com). More info on website at [www.teamriverrunner.org/DesMoines](http://www.teamriverrunner.org/DesMoines)
- **Adaptive Sports Iowa.** Athletics for individuals with disabilities including: baseball, basketball, cycling, track & field. Winter skiing, and Iowa Games. Des Moines. More info contact 888-777-8881, [info@adaptivesportsiowa.org](mailto:info@adaptivesportsiowa.org) or visit website [www.adaptivesportsiowa.org](http://www.adaptivesportsiowa.org)
- **Veterans Riding to Live.** A group of cyclists who love to ride! Some standard and adaptive bikes are available (contact 5 days prior to request bike). Various bike trails in Des Moines. Contact Joni Osmundson, x4980.
- **Iowa Lifetime Hunting/Fishing License for Resident, Disabled Veterans.** Iowa DNR. More info contact 515-725-8200 or visit [www.iowadnr.gov](http://www.iowadnr.gov)
- **City of Des Moines Volunteer Opportunities** – Trash Bash/Litter Removal, Transplanting the Tropics, Bald Eagle Day, Cemetery Cleanup, Community Gardens, etc). Des Moines area. More info contact Callie Le-au Courtright 515-248-6380 or Hannah Champeau 515-248-6373.
- **Professional Readiness & Employment Program at Evelyn K Davis Center.** Evelyn K. Davis Center-Prep. 801 University Ave, Unit 3. Mon-Thurs 8am-6pm, 2<sup>nd</sup> Sat of the Month only 9am-12pm. More info contact 515-697-7700, email [info@evelynkdaviscenter.org](mailto:info@evelynkdaviscenter.org) or visit website [www.evelynkdaviscenter.org/Pages/prep.aspx](http://www.evelynkdaviscenter.org/Pages/prep.aspx)
- **Open Music Clinic.** Join other veterans for a weekly “jam session”. Various instruments will be provided. Des Moines VA, Bldg 12, 1<sup>st</sup> Floor Music Clinic. Mon 6pm-8pm. More info contact Matt Lloyd x4983.
- **Dress For Success.** Provides business attire for women seeking employment (limited men’s clothes sometimes available). Also have regular women’s group meetings that focus on networking, skill development, and retaining employment. 6000 Grand Ave Des Moines, IA 50312. Mon 6pm-8pm, Tues-Thurs 9am-3pm, second Sat of every month 11am-1pm. Call 515-288-0130 or drop-in. More info email [desmoines@dressforsuccess.org](mailto:desmoines@dressforsuccess.org)
- **Animal Rescue League Volunteer.** One time or recurrent volunteer opportunities. Register at [www.arl-iowa.org](http://www.arl-iowa.org). More info contact Mike Siebrecht 515-262-9503 or email [msiebrecht@arl-iowa.org](mailto:msiebrecht@arl-iowa.org)
- **Animal Lifeline of Iowa.** Special needs/no kill shelter, various volunteer opportunities. Register online at [www.animal-lifeline.com](http://www.animal-lifeline.com) More info call 515-285-7387

- **Supported Employment/Vocational Rehabilitation Counseling.** VA counselors who provide vocational counseling, refer you to appropriate opportunities and services specific to your needs, and help you reach employment goals. Vocational Rehabilitation and Employment (VR&E) Des Moines VA. By appointment. Ask PCP to enter consult.
- **Compensated Work Therapy.** Paid work therapy through the VA, for eligible veterans, while working with employment counselors with ultimate goal of reintegration to community employment. CWT Des Moines VA. By appointment. Ask PCP to enter consult.
- **Goodwill of Central Iowa.** Offers employment services as well as paid training programs (skilled training in food service, retail, janitorial, industrial, etc.). Des Moines and Central Iowa. Contact 515-265-5323 or email [dmgoodwill@dmgoodwill.org](mailto:dmgoodwill@dmgoodwill.org)
- **St. Vincent de Paul.** Offers career training (National Career Readiness Certificate), adult literacy (improve reading, writing, comprehension), and financial planning classes, as well as HiSET/GET test prep. 1426 6<sup>th</sup> Avenue and 520 Army Post Rd Des Moines. Mon-Sat 8:30am-5pm. Contact 515-282-8327 for 6<sup>th</sup> Avenue location and 515-282-8328 for Army Post Rd location
- **IowaWORKS Center.** Provides employment readiness services and training as well as job placement resources. IowaWORKS – Iowa Workforce Development. 200 Army Post Rd Des Moines, IA 50315 – Serving Boone, Dallas, Jasper, Madison, Marion, Polk, Story, and Warren counties. Mon-Fri 8:30am-4:30pm (opens at 9am on Wed). Contact 515-281-9619 or email [Region11.Web@iwd.iowa.gov](mailto:Region11.Web@iwd.iowa.gov)
- **Des Moines Art Center.** Volunteer for special events, Art Classes offered (scholarships available). Des Moines Art Center 4700 Grand Ave Des Moines, IA. More info visit website [www.desmoinesatcenter.org](http://www.desmoinesatcenter.org) or call 515-271-0316
- **National Veterans Creative Arts Festival.** Local competition in visual arts, creative writing, dance, drama, and music. Visual Arts entries contact Theresa Johnson x4838 or Joni Osmundson x4980; Performing Arts contact Suzanne Anderson x4949 or Matt Lloyd x4983. Entries due by 2/15/19
- **National Veterans Golden Age Games.** Multi-event sports and recreational seniors' competition program for veterans 55+; Practices for events will be held prior to the Games. Recreation Therapy. More info contact Joni Osmundson x4980 or Amber Krakau x4982.
- **Iowa Games.** Sports and recreation opportunities through Olympic style festivals, events, and programs. Summer and Winter games available! Visit website for more info [www.iowagames.org](http://www.iowagames.org) or call 888-777-8881
- **I Tried Scuba.** Try the sport of SCUBA in an indoor and safe environment! Must sign up ahead of time with Joni Osmundson x4980. Cost is \$5. Urbandale Pool.
- **Des Moines Ballroom Dancing.** Community classes available of free introductory classes at the VA in the future. Recreation Therapy. More info contact Joni Osmundson x4980
- **PESI (Professional Education System Institute).** Non-profit organization that offers continuing education in health related fields. They no offer their live conferences and webinars at no cost to veterans. Must call to register at 1-800-844-8260. More info at website PESI.com