Happy October everyone! Don’t forget LiHEAP energy assistance will start accepting applications October 1st if you are in need of utility assistance. You can contact the program directly at (319) 739-0100.

Did you know that now is a great time to look for seasonal positions many employers are starting to hire for seasonal holiday work. This can be a great way to get your foot in the door with an employer. Check out the Iowa workforce website to register for open positions. Already have your dream job now may be the time to consider taking a class to upgrade your skills to help you excel in your work place. Workforce offers classes in forklift, OSHA, manufacturing, CPR, computer programs. You can also obtain a National Career Readiness Certificate this may help you stand out!

Are you or someone in your family experiencing a Mental Health crisis?

MOBILE CRISIS OUTREACH (MCO) responds on-site 24/7/365 for community members of all ages in the East Central Region. Contact: 1-855-800-1239

Check out these web sites:

iowaworkforcedevelopment.gov

www.LinnCounty.org

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What does working as an Industrial Mechanic look like?

- Repairing and Maintaining Mechanical Equipment
- Controlling Machines and Processes
- Inspecting Equipment, Structures, or Material
- Handling and Moving Objects
- Performing General Physical Activities

Average Salary $52,000

Education / Apprenticeship Opportunities

Kirkwood Community College—Industrial Maintenance Technology 2 year AAS degree

- The employers below have registered as apprenticeship sponsors in Iowa. They may or may not have current openings. You can learn about current openings by contacting one of the employers.

- Alliant Energy CR,
- Conagra Foods CR
- International Automotive Components IC
- Rockwell CR

Job Opportunities

Wendling Quarries, Inc.
Robins, IA

Rockwell Collins
Cedar Rapids

ADM
Cedar Rapids
Welcome to 380 Express
Let someone else drive.

Why:
Avoid the hassle of traffic on I-380! Relax! Get some work done! Enjoy some personal time! All buses are 2018 models with free Wi-Fi, charging ports in each seat, comfortable commuter seating, and restrooms available.

Who:
380 Express is available to everyone. All buses are equipped with wheelchair lifts and securment to accommodate persons with disabilities.

When:
The service operates with buses stopping at each stop every 30 minutes during the morning and afternoon peak times, and every 60 minutes throughout the mid-day.

Where do I park:
All stops connect to a hub for local public transit systems, Iowa City, Coralville, Cedar Rapids Transit, and RAMBUS. In addition, several stops also offer local parking ramps, where users can pay to park & ride: Cedar Rapids GTC, Coralville Intermodal, Iowa City Court Street Transportation Center. The Kirkwood stop offers a free DOT designated park-and-ride lot.

Section 8
Family Self-Sufficiency

Phone:
319-286-5872
Fax:
319-286-5870

Token Transit

Token Transit is a simple, secure, easy-to-use app that allows riders to purchase bus passes with their phone. Once purchased, the rider simply has to show the driver the purchased, activated pass to board the bus.

Passengers of a 65 years and older must present proof of age or disability to driver. Please visit www.380express.com for validation requirements.

GET HERE
GET HIRE
GET ICE

380 Express
Cedar Rapids - Iowa City

FARES

One-way, Exact change or 
General Public
Child (under 6 yrs.)
Senior (60+yrs.) and Disabled

$3.50
FREE
$1.75

10-Ride Pass. Must use
General Public
Senior (60+yrs.) and Disabled

$32.50
$16.25

Monthly - Unlimited. Must use
General Public
Senior (60+yrs.) and Disabled

$125.00
$62.50

Phone:
319-286-5872
319-286-5870

Fax:
319-286-5870

www.380express.com
319-362-0375

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319-362-0375

Stop Locations

Stop locations:
- Cedar Rapids Courthouse Transportation Center
- Woman of Mercy (625 College Park
- Blended
- Coralville Intermodal Busway
- University of Iowa Hospitals & Clinics - Westside Drive
- AHA South bus stop on west side of Hawkins Drive near intersection of Eshenfelder Drive
- PM NorthFax at stop on west side of Hawkins Drive Center for Disability Services and Development
- Urban Resorts Cedar Rapids

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