



This resource guide lists programs that provide direct basic needs and services such as child care, clothing and household items, employment services, financial support, food, health care, housing, immigration and refugee services, mental health / substance abuse programs, shelter, and transportation.

## GENERAL

**Helpline Center** • Visit [www.helplinecenter.org](http://www.helplinecenter.org) • Dial 2•1•1 or 339-4357 • Text your zip code to 898211  
 • Text 211SiouxFalls to 898211 to receive weekly community information reminders  
 24-hour information & referral line. Referrals to community programs for financial assistance, food, clothing, medical assistance, social service programs, government agencies, volunteer opportunities, child care, and much more.

**National Suicide Prevention Lifeline (NSPL)** Online crisis chat: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) (800) 273-8255  
 Provides immediate 24-hour assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider.

**Public Safety** Emergency: Dial 9•1•1  
**City of Sioux Falls - Police Department** 320 W. 4<sup>th</sup> Street 367-7000  
**Minnehaha County Sheriff** 320 W. 4<sup>th</sup> Street 367-4300

**Center of Hope** 225 E. 11<sup>th</sup> Street, Suite 101 334-9789  
 Winter clothing (new and gently used) and bikes for work are available at a minimal cost. Faith community nurses available most days for health questions and concerns. Telephone and internet usage available at no charge.

**Department of Social Services (DSS)** 811 E. 10<sup>th</sup> Street 367-5444  
 To Report Child Abuse: (877) 244-0864  
 TANF, Medicaid, CHIP, Adult Services and Aging, Child Support, and Child Protection Services.

**Family Visitation Center** 311 E. 14<sup>th</sup> Street 275-2071  
 Provides a safe and supportive environment for children to visit with non-custodial adults when there has been domestic abuse, child abuse, conflict with visitation, or when there has been a long-term difficulty between parent and child.

**Hope Prison Ministry** 338-7526  
 Helps men and women after release from incarceration by providing them with clothes and resources needed to find food, transportation, housing, and other items on a one-time basis.

## CHILD CARE

**Child Care Assistance - DSS** 811 E. 10<sup>th</sup> Street 367-5444 Ext. 5  
 Financial help with child care costs for low-income families who are working or seeking employment.

**Child Care Helpline** 1000 N. West Avenue, Suite 310 Dial 2•1•1 or 339-4357  
 Assists parents in their search for quality child care through referrals.

## CLOTHING / HOUSEHOLD ITEMS

**Furniture Mission** 209 N. Nesmith Avenue 977-6800  
 Provides recycled furniture and household goods - must have a referral by a community agency.

**Goodwill Industries** 3400 S. Norton Avenue 731-1930  
 4701 E. 41<sup>st</sup> Street 338-2431  
 120 N. Kiwanis Avenue 334-2028  
 Clothing and household items. Free emergency clothing with referral from social service agencies.

**St. Vincent de Paul Thrift Store** 431 N. Cliff Avenue, Suite 101 335-5823  
 Good, clean, affordable clothing, furniture, and household items.

**Union Gospel Mission Thrift Store** 703 E. 8<sup>th</sup> Street 334-6732  
Offers reasonably priced clothing and household items to the public and free assistance to those in need.

**EMPLOYMENT**

**BRIDGES Employment Resource Center** 2300 W. 46<sup>th</sup> Street 333-3318  
Assists adults 40 and older interested in seeking employment. Services include: individual job coaching, interviewing techniques, employment workshops, and an annual job fair. Computer classes and resume writing offered for small fee.

**Dress for Success** 620 W. 18th Street 610-0665  
Provides professional attire, a network of support, and career development tools to help women thrive in life and work.

**Experience Works, Inc.** 100 S. Spring Avenue, Suite 140 332-7991  
Provides Community Service projects for workers 55 years of age or older who meet income guidelines, training opportunities and on-the-job and work experience opportunities with financial incentives to employers.

**Goodwill Industries Connection Center** 3400 S. Norton Avenue 357-6171  
Assists individuals with barriers to employment by providing assistance with job search, application, and interview preparation skills. Computers with printing capability and local fax service available for job searches at no charge.

**South Dakota Department of Labor** 811 E. 10<sup>th</sup> Street 367-5300  
Provides job referrals, employment training, computers for job searching, and veteran services.

**FINANCIAL**

**Community Outreach, The** 225 E. 11<sup>th</sup> Street, Suite 200 331-3935  
Offers assistance with rent, utility bills, and other miscellaneous needs. Must seek assistance from Minnehaha County Human Services first for financial help.

**Inter-Lakes Community Action Partnership (ICAP)** 505 N. Western Avenue 334-2808  
Assists with weatherization, heat bills (when available), and security deposit for permanent housing.

**Low Income Energy Assistance Program (LIEAP)** (800) 233-8503  
Assists with heating costs: propane and fuel oil July 1 through April 30; electric and gas October 1 to May 15.

**Minnehaha County Human Services** 521 N. Main Avenue, Suite 201 367-4217  
Eligibility based assistance with rent and deposits, utility bills, IDs, food and non-food items, dental and medical care, prescriptions, and burials.

**Salvation Army, The** 800 N. Cliff Avenue 338-6649  
Emergency assistance with rent (to prevent eviction) and utilities (disconnection notices only, not deposits). Also provides emergency assistance with food, prescriptions, and work tools/special shoes with employment verification. Must seek assistance from Minnehaha County Human Services first.

**St. Vincent de Paul Society** 431 N. Cliff Avenue 338-4111  
Provides assistance with rent, utilities, and in some other areas. Diapers may be available to walk-in clients.

**FOOD**

**Banquet, The** 900 E. 8<sup>th</sup> Street 335-7066  
Provides a prepared meal for persons who are homeless, traveling through, or in need of long-term supplemental food help. Meal served: 7:00am – 8:00am and 6:00pm - 7:30pm, Monday – Friday; 11:30am - 12:30pm, Saturday.

**Banquet West, The** Nordstrom-Johnson Building, 100 N. Lyon Boulevard  
Meal served: 6:00pm – 7:30pm, Tuesday and Wednesday

**Bishop Dudley Hospitality House** 101 N. Indiana Avenue 809-8424  
Lunch served: 11:30am, Monday – Friday.

**Economic Assistance & SNAP - DSS** 811 E. 10<sup>th</sup> Street, Department 41 367-5444 Ext. 1  
Supplemental food program that enables eligible households to obtain a more nutritious diet.

<b>Faith Temple Food Giveaway</b>	Nordstrom-Johnson Building, 100 N. Lyon Boulevard	332-2303
4:00pm, most Fridays, offers free food to anyone 18 years of age or older with no restriction on who or how many times.		
<b>First Christian Church</b>	524 W. 13 <sup>th</sup> Street	338-9474
Meal Served: 6:00pm – 7:00pm, Friday		
<b>Food Pantry – Feeding South Dakota</b>	4701 N. Westport Avenue	335-6921
Provides 3-5 day supply of food, once every 90 days per household, bring photo ID and proof of current physical address		
<b>Food To You - Mobile Food Pantry</b>		336-3597
Mobile food pantry that may be utilized once a month, no referral needed. Sites rotate each week; call for information.		
<b>Meals on Wheels</b>	2300 W. 46 <sup>th</sup> Street	333-3305
Congregate meal 11:30am – 12:45pm, Monday - Friday, call for information on alternative locations and times. Home delivered meals available for those who are eligible. Suggested donation \$3.75 age 60 and over, \$6.50 under age 60.		
<b>Nightwatch Canteen – First United Methodist Church</b>	401 S. Spring Avenue	336-3652
4:45pm - 5:15pm, Sunday: Raven parking lot C, on 6th Street 5:30pm - 6:00pm, Sunday: First United Methodist Church (west parking lot), 12th and Spring		
<b>Sallie’s Table – Salvation Army, The</b>	800 N. Cliff Avenue	338-6649
Weekend meal served 5:30pm – 6:30pm, Saturday and Sunday		
<b>Union Gospel Mission</b>	701 E. 8 <sup>th</sup> Street	334-6732
Breakfast: 6:15am, lunch: 12:00pm, and 8:00pm Chapel with meal served immediately after. Every day and open to all.		
<b>Women, Infants, and Children (WIC)</b>	1200 N. West Avenue	367-5228
Provides assistance for pregnant, breastfeeding, and post-partum women and also children up to 5 years of age. Participants must meet income guidelines.		

**HEALTH**

<b>Alpha Center</b>	801 E. 41 <sup>st</sup> Street	361-3500
Free pregnancy tests, Earn While You Learn incentive program, life skills classes, limited ultrasounds, STD testing, pregnancy options counseling, post-abortion support, and medical and community referrals. Available 24-hours a day.		
<b>Avera Medical Group Health Care Clinic</b>	300 N. Dakota Avenue, Suite 117	322-6800
<b>Urgent Care</b>	5:30pm – 7:00pm, 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays	
<b>Coyote Clinic, Urgent Care</b>	5:30pm – 7:00pm, 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays	
Provides primary health care. Accepts most insurance, Medicare, Medicaid, and people with no insurance.		
<b>Avera McKennan Hospital</b>	1325 S. Cliff Avenue	322-8000
Full service hospital with 24-hour emergency care.		
<b>Avera Ask-A-Nurse</b>		322-6877
<b>Avera Urgent Care</b>	1035 S. Highline Place	322-2945
<b>Avera Urgent Care</b>	6000 W. 41 <sup>st</sup> Street	362-8544
<b>Birthright</b>	Bishop Dudley Hospitality House, 101 N. Indiana Avenue	809-8409
Provides free pregnancy testing, crisis pregnancy lay counseling and a 24-hour hotline service at (800) 550-4900.		
<b>Destiny Outreach After Hours Acute Care</b>	225 E. 11 <sup>th</sup> Street, 2 <sup>nd</sup> Floor	951-8158
Walk-in acute care for uninsured individuals of all ages. 6:00pm – 8:30pm, Thursday.		
<b>Falls Community Health</b>	521 N. Main Avenue, Suite 100	Medical Clinic: 367-8793 Dental Clinic: 367-8022
A sliding scale fee family practice medical clinic with four locations and a dental clinic with emphasis on health promotion and disease prevention, mental health counseling, psychiatry services, and pharmacy assistance to clinic clients.		
<b>Sanford Health Midtown Clinic</b>	1205 S. Grange Avenue, MB2, Suite 301	312-8350
Provides healthcare education and STI testing for men and women in their reproductive years. Fees based on income.		

**Sanford Hospital** 1305 W. 18<sup>th</sup> Street 333-1000  
 Full service hospital with 24-hour emergency care.  
**My Sanford Nurse** 333-4444  
**Sanford Acute Care** 26<sup>th</sup> & Sycamore, 41<sup>st</sup> & Sertoma, and 69<sup>th</sup> & Minnesota 332-2883  
**Sanford Walk-in Clinic** 900 E. 54<sup>th</sup> Street N. 332-2883

**Sioux Falls VA Medical Center** 2501 W. 22<sup>nd</sup> Street 336-3230  
 Provides health care services, 24-hour emergency care, and benefits for veterans.

**South Dakota Urban Indian Health** 711 N. Lake Avenue 339-0420  
 Provides full primary health care services and is a primary care provider for Medicaid. Provides medical and dental transports for Native American clients only, prefer a 24-hour notice but are available for emergency transports.

**USD Dental Clinic** 521 N. Main Avenue, Suite 202 367-8046  
 The clinic provides most dental care including exams, x-rays, cleanings, fillings and extractions, and night guards.

**HOUSING AND RELATED ASSISTANCE**

**Berakhah House – Volunteers of America (VOA)** 400 N. Western Avenue 332-4017  
 Provides short-term emergency housing and supportive services to homeless veterans in a safe, secure, and respectful environment designed to enhance individual growth, employment options, finance, and housing opportunities.

**Glory House** 4000 S. West Avenue 988-9100  
 Transitional alcohol and drug treatment facility serving men and women. Most individuals served are referred by the correctional system or by primary inpatient treatment centers. Outpatient services available.

**Heartland House - ICAP** 505 N. Western Avenue 334-2808  
 Transitional housing and security deposit for eligible persons for permanent housing.

**Housing Resource Center – Lutheran Social Services (LSS)** 701 E. 41<sup>st</sup> Street, Suite 100 330-9494  
 Consumer Credit Counselors help individuals, couples, and families with budgeting, foreclosure prevention, and provides information for renters on rights and responsibilities, delinquent rent, tax credit referrals, and fair housing.

**Safe Home** 320 W. 3<sup>rd</sup> Street 367-7441  
 Provides permanent housing to persistently homeless adults (over 21) who have severe alcohol issues.

**Sioux Falls Fair Housing – City of Sioux Falls** 235 W. 10<sup>th</sup> Street 978-6564  
 A resource that can answer questions regarding possible discrimination in housing because of race, color, national origin, religion, gender, familial status (families with children), and / or disability.

**Sioux Falls Housing** 630 S. Minnesota Avenue 332-0704  
 Various programs to assist eligible households with their rent. Assistance based on household income and size.

**South Dakota Housing Search** [www.sdhousingsearch.com](http://www.sdhousingsearch.com) (877) 428-8844  
 SDHousingSearch.com is a housing locator, listing everything from apartments to single-family units.

**Transitional Housing - Salvation Army, The** 1017 N. Sherman Avenue 338-6649  
 Case management and residential housing unit for men, primarily veterans, who struggled with homelessness.

**IMMIGRATION / REFUGEE RESOURCES**

**Caminando Juntos** 617 W. 7<sup>th</sup> Street 274-3735  
 The Presentation Sisters Hispanic Ministry responds to the needs of the Spanish speaking community by assisting with ESL classes, accessing health care, immigration and interpretation services, self-esteem, and parenting classes, etc.

**Lutheran Social Services (LSS) Center for New Americans - LSS** 114 S. Main Avenue, Suite 100 339-4601  
 Services include reception and placement, case management, employment services, English language training, child care while attending English classes, community orientation, and information and referral.

**Community Interpreter Service - LSS** 731-2010  
 Provides interpretation and written translation to the major languages and other minor, regional or tribal dialects. Able to facilitate on-site interpretation, message relay, conference call, written translation, and video interpretation.

**Multi-Cultural Center (MCC)**

515 N. Main Avenue

367-7401

Provides experiences and service for all people to learn, celebrate, and share through our community's cultural diversity. Programs include English classes, driver's training for adults, job skills training, Interpretation and Translation Program, and youth programs.

**MENTAL HEALTH / SUBSTANCE ABUSE**

**Sioux Falls Mental Health Guide**

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

Dial 2•1•1 or 339-4357

**12 Step Programs (AA, NA, GA, Al-Anon)**

Dial 2•1•1 or 339-4357

**Arch Halfway House**

516 W. 12<sup>th</sup> Street

332-6730

Carroll Institute's transitional home that responds to the needs of chemically dependent men.

**Catholic Family Services**

523 N. Duluth Avenue

988-3775

Counselors are trained to deal with any issue in a variety of ways and strive to empower adults, children, couples and families to find solutions to issues in a Christian atmosphere. Psychological testing and assessments are also available.

**Changes & Choices Recovery Center**

310 S. 1<sup>st</sup> Avenue, Suite 100

332-9257

Carroll Institute's residential recovery program for women which provides a secure drug-free place of residence, daily nutrition, 24-hour staff, counseling, employment assistance, individual treatment plans, relapse prevention, life skills, stress management, spirituality, anger management, corrective thinking, financial responsibility, and parenting.

**Face It TOGETHER Sioux Falls**

5020 S. Tennis Lane, Suite 4

274-2262

Community addiction management organization dedicated to helping individuals and family members get well from the disease of addiction to drugs and alcohol and to raising community awareness surrounding the disease.

**Heuermann Counseling Clinic**

2210 W. Brown Place

336-1974

Free counseling service that is staffed by volunteer, credentialed, licensed, and experienced therapists who provide short-term counseling for uninsured people who are having temporary difficulties.

**Minnehaha County Detox Center**

Public Safety Building, 500 N. Minnesota Avenue

367-5297

Provides a safe place for detoxification from alcohol and other drugs with 24-hour structure and support. Services available to those who are incapacitated by alcohol or drugs or who are pregnant and abusing alcohol or drugs.

**South Dakota QuitLine**

(866) 737-8487

Provides tobacco users telephone coaching support and quit-tobacco products at no-cost.

**Southeastern Behavioral HealthCare**

100 W. 5<sup>th</sup> Street

336-0503

2000 S. Summit Avenue

336-0510

Community Support Services offers treatment and rehabilitation to people with a mental illness. Counseling and Children's Services has outpatient counseling, psychiatry, and psychological services.

**Volunteers Of America (VOA)**

1310 W. 51<sup>st</sup> Street

334-1414

**LifeMarks Behavioral Health - VOA**

Sliding fee scale. Clinicians trained in assessments, individual and group counseling, mediation, and crisis intervention.

**Heisler Chemical Dependency Treatment - VOA**

Substance use evaluations and chemical dependency residential, outpatient, and aftercare available.

**SHELTERS**

**Bishop Dudley Hospitality House**

101 N. Indiana Avenue

809-8424

Emergency shelter program with separate sleeping areas for 80 men, 20 women, and 7 families. Drop-in center providing laundry, showers, phone usage, personal hygiene kits, and assistance with job and housing searches.

**Children's Inn**

409 N. Western Avenue

338-4880

24-hour toll-free crisis line: (888) 378-7398

Emergency shelter and crisis intervention program for victims of domestic abuse, sexual assault, stalking, and child abuse & neglect. Services include: shelter, crisis intervention, counseling, case management, support groups, court advocacy, medical outreach, and parenting classes.

**St. Francis House**

1301 E. Austin Street

334-3879

Provides shelter, clothes, bus passes, and food for as many as 16 men, 23 women, and 7 families on any given night. Three meals a day and case management is offered.

**Union Gospel Mission**

701 E. 8<sup>th</sup> Street

334-6732

Temporary shelter for homeless men, women, and children. 70 beds for males, 48 beds for females / children. Serves breakfast at 6:15am, lunch at 12:00pm, and at 8:00pm is Chapel with meal served immediately after. Available every day and open to all. Offers spiritual counseling, clothing, and youth programs.

**TRANSPORTATION**

**Calvary Episcopal Cathedral**

500 S. Main Avenue

336-3486

Offers limited gas assistance. Please call ahead to ensure eligibility and availability of assistance.

**Pass-It-On Program**

Various locations

367-4217

Sponsored by the City of Sioux Falls and administered by Minnehaha County Human Services. Provides citizens of our community that may be experiencing financial hardships with public transportation by distributing bus passes at no cost.

**Project C.A.R.**

332-2777

Provides safe transportation for elderly riders going to specific sponsor activities such as church, some volunteer activities, etc. Sponsoring churches are First Congregational, First Lutheran, Our Savior's Lutheran, St. John American Lutheran, St. Mark's Lutheran, and Asbury United Methodist.

**Sioux Area Metro (SAM)**

Bus Stop: 120 E. 11<sup>th</sup> Street

367-7151

Public transportation serving Sioux Falls. Transit service is available on most routes from 5:45am – 8:45pmpm, Monday - Friday and from 7:45am to 6:45pm, Saturday. Daily, weekly, and monthly passes are available. Fares: \$1.50 Single Ride, \$.75 for children ages 6 – 10, seniors and disabled individuals may apply for eligibility cards for half price fare, and veterans ride for free with identification.

**Paratransit - SAM**

367-7613

Curb-to-curb transportation for individuals who are unable to use the fixed-route system because of a disability. Service is provided within a defined Paratransit service area.

**Sioux Empire Wheels to Work**

941-4318

Assists single parent families who are in the process of becoming independent wage earners and who have a transportation issue which cannot be address with public transportation.

**Sioux Falls Immunization Coalition**

Dial 2-1-1

Provides transportation for parents and children to/from appointments for immunizations.

**Workers on Wheels (WOW)**

230 W. 46<sup>th</sup> Street

333-3317

Provides elderly community members with planned transportation (10 day advanced notice needed) for medical appointments and grocery shopping.

