



This resource guide lists community programs, who are part of the 211 resource database, that provide direct basic needs and services such as clothing and household items, employment services, family and parenting financial support, food, health care, housing, mental health, shelter, and transportation.

• Visit www.helplinecenter.org • Dial 2-1-1 • Text your zip code to 898211

GENERAL

Helpline Center

• Dial 2•1•1 • Text your zip code to 898211

Courage to call

• Text 211SiouxFalls to 898211 to receive weekly community information reminders

A 24-hour information, referral, and crisis helpline that provides resource information covering topics such as food, clothing, financial, medical, mental health, employment, shelter, volunteer opportunities, and much more.

National Suicide Prevention Lifeline (NSPL) Online crisis chat: www.suicidepreventionlifeline.org (800) 273-8255

The National Suicide Prevention Lifeline's mission is to provide immediate 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
Minnehaha County Sheriff

320 W. 4th Street
320 W. 4th Street

367-7000
367-4300

Department of Social Services (DSS)

To Report Child Abuse:
To Report Elder Abuse:
811 E. 10th Street

(877) 244-0864
367-5444, Ext. 4
367-5444

TANF, Medicaid, CHIP, Adult Services and Aging, Child Support, and Child Protection Services.

Volunteer Connections - Helpline Center

1000 N. West Avenue, Suite 310

Dial 2-1-1

Connecting you to local volunteer activities that match your interest and the time you have to give.

CLOTHING / HOUSEHOLD ITEMS

Career Closet - Multi-Cultural Center (MCC)

515 N. Main Avenue

367-7401

Providing career clothing for women and men at no cost for individuals needing clothing for interviews and employment.

Center of Hope

225 E. 11th Street, Suite 101

334-9789

Provides: Pastoral Care; Winter clothing (new and gently used) at minimal cost; Bikes for work at a minimal cost; Faith community nurses for health questions and concerns; and Computers for resume and job searching. .

Furniture Mission

209 N. Nesmith Avenue

977-6800

Provides recycled furniture and household goods - must have a referral from a community agency.

Goodwill Industries

3400 S. Norton Avenue
4701 E. 41st Street
120 N. Kiwanis Avenue

731-1930
338-2431
334-2028

Clothing and household items. Free emergency clothing with referral from social service agency.

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.

Kings Kloset - King of Glory Church

1001 E. 17th Street

271-3456

Offers assistance with household items like: toilet paper, soap, shampoo, baby wipes, and laundry detergent.

Hours: 9:30am - 11:30am, 3rd Saturday of every month; Doors open at 9:30am; first come, first serve.

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Necessities for Neighbors 5509 W. 41st Street 361-3683
 Monthly distribution of household products (specifically diapers, laundry soap, toilet paper, and feminine hygiene products). Hours: First Sunday of every month; Random numbers drawing at 2:45pm. People will then line up in numerical order. Doors open at 3:00pm. Distribution ends at 4:00pm.

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. 8th 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. 46th Street 333-3318
 Assists adults age 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.

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.

Sioux Falls Job Service Office 811 E. 10th Street 367-5300
 Assists job seekers to apply for positions for which they are qualified and provides job search assistance classes. Computers are available for conducting job searches and applying on-line. Workforce training is an employment and training program designed for adults and youth to increase their skills that will result in employment and higher earnings.

FAMILY/PARENTING

Angels Helping Those in Need 951-9779
 Offers assistance with diapers, formula, personal hygiene, food, and birthday items. Phone intake 9:00am - 7:00pm.

Birth to 3 - Center for Disabilities 1400 W. 22nd Street 357-1439
 Provides early intervention services, at no cost, for families who have children from birth to age three that have difficulty learning, growing, or behaving like other children in their age group or have a medical condition.

Cherub's Closet - Oak Hills Baptist Church 6201 S. Lyncrest Avenue 332-2647
 Provides diapers, wipes, and clothing for families in need. Hours: 1:30pm - 3:30pm, 3rd Saturday of each month.

Child Care Assistance - DSS 811 E. 10th 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.

Family Visitation Center 311 E. 14th 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.

Holy Innocents Ministry - St. Vincent de Paul Society 431 N. Cliff Avenue 338-4111
 Offers diapers at no charge to eligible individuals. 9:00am - 11:30pm, first 3 Wednesday and Saturday each month.

Kids Kloset - First Christian Church 524 W. 13th Street 338-9474
 A clothing giveaway for children ages infant to size 12. Hours: 10:00am - 12:00pm, 1st and 3rd Wednesday each month.

Lutheran Social Services (LSS) 705 E. 41st Street, Suite 100 357-0131
 Offers a variety of counseling services for individuals, families, including home based mental health services



Sioux Empire United Way 1000 N. West Avenue, Suite 120 336-2095
 Assists the community through programs including Dolly Parton's Imagination Library, Connecting Kids, Ready to Start, Sioux Empire Smiles, and grants for non-profit agencies providing health and human services programs.

Southeastern Behavioral Healthcare 200 S. Summit Avenue 336-0510
 Incorporating counseling, case management, and family support services, with the goal of assisting in the development of a nurturing and stable family environment in which children may grow.

Volunteers of America 1310 W. 51st Street 334-1414
 Offers assessments, individual and group counseling, and crisis intervention for youth and families.

Women, Infants, and Children (WIC)
Minnehaha County Office of Child and Family Services 1200 N. West Avenue 367-5228
 Works to improve the nutritional status of its participants through education and early intervention.

FINANCIAL

Community Outreach, The 225 E. 11th 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.

Lifeline - South Dakota Public Utilities Commission (800) 332-1782
 Reduces the cost of landlines in all areas and cell phones in certain areas.

Low Income Energy Assistance Program (LIEAP) (800) 233-8503
 Assists with heating costs: propane and fuel oil July 1 to April 30; electric heat and natural 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 Sioux Falls, 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.

FOOD

Banquet, The 900 E. 8th 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 - DSS
Minnehaha County 811 E. 10th Street, Department 41 367-5444, Ext. 1
 Provides SNAP (Food Stamps), TANF, and Medicaid programs for children and low income families.

Faith in Action Food Pantry 821 S. Cloudas Avenue 338-7596
 Food and hygiene pantry available once a month to those in need, photo ID required. Hours: 4:30pm - 6:30pm, Thursday



Faith Temple Food Giveaway	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.		
First Christian Church	524 W. 13 th Street	338-9474
Meal Served: 6:00pm – 7:00pm, Friday		
Food Pantry – Feeding South Dakota	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		
Food To You - Mobile Food Pantry		336-3597
Mobile food pantry that may be utilized once a month, no referral needed. Sites rotate each week; call for information.		
Meals on Wheels	2300 W. 46 th Street	333-3305
Congregate and home delivered meals, call for information on locations and times. Suggested donation \$4.00 - \$6.75.		
Nightwatch Canteen – First United Methodist Church	401 S. Spring Avenue	336-3652
Breakfast: 9:00am - 10:00am, Sunday; First United Methodist Church (west parking lot), 12th and Spring		
Dinner: 4:45pm - 5:15pm, Sunday: Raven parking lot C, on 6th Street		
Dinner: 5:30pm - 6:00pm, Sunday: First United Methodist Church (west parking lot), 12th and Spring		
Sallie’s Table – Salvation Army Sioux Falls, The	800 N. Cliff Avenue	338-6649
Weekend meal served 5:30pm – 6:30pm, Saturday and Sunday		
Union Gospel Mission	701 E. 8 th Street	334-6732
Breakfast: 6:15am, lunch: 12:00pm, and 8:00pm Chapel with meal served immediately after. Every day and open to all.		

HEALTH

Alpha Center	801 E. 41 st 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.		
Avera Medical Group Health Care Clinic Urgent Care / Coyote Clinic	300 N. Dakota Avenue, Suite 117	322-6800
5:30pm – 7:00pm, Tuesday Provides primary health care. Accepts most insurance, Medicare, Medicaid, and people with no insurance.		
Avera McKennan Hospital	1325 S. Cliff Avenue	322-8000
Full service hospital with 24-hour emergency care.		
Avera Ask-A-Nurse		322-6877
Avera Urgent Care	1035 S. Highline Place	322-2945
Avera Urgent Care	6000 W. 41 st Street	362-8544
Birthright	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.		
Destiny Outreach After Hours Acute Care	225 E. 11 th Street, 2 nd Floor	951-8158
Walk-in acute care for uninsured individuals of all ages. 6:00pm – 8:30pm, Thursday.		
Falls Community Health	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.		
Sanford Health Midtown Clinic	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 th Street	333-1000
Full service hospital with 24-hour emergency care.		
My Sanford Nurse		333-4444
Sanford Acute Care	26 th & Sycamore, 41 st & Sertoma, and 69 th & Minnesota	332-2883
Sanford Walk-in Clinic	900 E. 54 th Street N.	332-2883

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- Sioux Falls VA Medical Center** 2501 W. 22nd Street 336-3230
Provides physical and mental 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 and families for permanent housing.
- Housing Resource Center – LSS** 701 E. 41st 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. 3rd 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. 10th Street 978-6564
Provides information 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 (877) 428-8844
A housing locator listing Section 8, market rate, and income based units.
- Transitional Housing - Salvation Army Sioux Falls, 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. 7th 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.
- 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
12 Step Programs (AA, NA, GA, Al-Anon)**

www.helplinecenter.org

Dial 2•1•1 or 339-4357
Dial 2•1•1 or 339-4357

Arch Halfway House - Carrol Institute

516 W. 12th Street

332-6730

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. 1st 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.

Lutheran Social Services

705 E. 41st Street, Suite 100

357-0131

Offers a variety of counseling services for individuals, families, couples, or groups.

NAMI (National Alliance on Mental Illness)

121 S. Main Avenue, Suite E

610-7226

Provides practical support group, useful education, and understanding to people who are living and coping with neurobiologically-based brain diseases and to their family members. Support groups and education provided for individuals with a mental health diagnosis and their family members, call for information on times and locations.

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. 5th 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. 51st 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

Arise Youth Center East - LSS

621 E. Presentation Street

221-2346

Temporary care alternative for youth, services include identifying assistance programs and court system collaboration.

Bishop Dudley Hospitality House

101 N. Indiana Avenue

809-8424

Emergency shelter program with separate sleeping areas for men, women, and 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 and neglect. Services include 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 3 meals a day, and case management for men, women, and families.

Union Gospel Mission

701 E. 8th Street 334-6732

Temporary shelter for homeless men, women, and children. Offers spiritual counseling, clothing, youth programs and 3 meals a day with Chapel before dinner.

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

Provides bus passes, sponsored by the City of Sioux Falls and administered by Minnehaha County Human Services.

Project C.A.R.

332-2777

Provides safe transportation for elderly riders going to specific sponsor activities with a referral from a partner agency.

Sioux Area Metro (SAM)

Bus Stop: 120 E. 11th Street 367-7151

Provides a fixed route transit service for the general public. Most routes are available from 5:45am – 8:45pmpm, Monday - Friday and 7:45am to 6:45pm, Saturday. Single ride fare: \$1.50 adult; \$.75 for children ages 6-10, seniors, and eligible disabled individuals. Veterans ride for free with identification.

Paratransit - SAM

367-7613

Scheduled curb-to-curb transportation within a defined service area for individuals who are unable to use the fixed-route system because of a disability.

Sioux Empire Wheels to Work

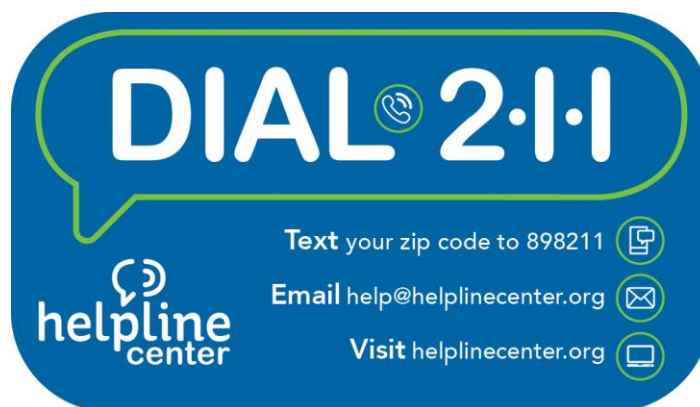
941-4318

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.

Workers on Wheels (WOW)

230 W. 46th Street 333-3317

Provides elderly individuals with planned medical and grocery shopping transportation (10 day notice needed).



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