

Community Resources

PROGRAM	ADDRESS & PHONE	DESCRIPTION
Ask-A-Nurse	605-322-6882 1-800-658-3535	Registered nurse to answer any medical question and give referrals. Also offers a variety of classes to prepare for childbirth, breast feeding, etc... Reduce cost or free classes available upon request.
Alpha Health Services	801 E 41 St Sioux Falls, SD 57105 605-361-3500 1-800-992-5742	Pregnancy testing and counseling.
Alpha's Baby Closet	801 E 41 st St Sioux Falls, SD 57105 605-361-3500	Education incentive based program. Participants can earn ABC points, which can be exchanged for baby items. (clothes, furniture, diapers, etc...)
American Indian Services Incorporated	817 N. Elmwood Ave Sioux Falls, SD 57104 605-334-4060	Indian Child Welfare Act Program: family intervention, children's programs, referral service, and emergency services such as food pantry referrals, gas, etc...
Avera Bereavement Center	605-322-3400	Support of individuals and families affected by infant death
Avera McKennan Health Care Clinic	300 N Dakota Ave Suite 117 Sioux Falls, SD 57104 605-322-6800	Primary health care to non-insured: free of charge to non-insured Monday-Friday 9:00am- 5:00pm.
Avera McKennan Hospital Women's Center	800 E. 21 st St Sioux Falls, SD 57110 Main # 605-322-8000 WC # 605-322-3400	
The Banquet	900 E 8th Sioux Falls, SD 57103 605-335-7066	Nutritious meals for anyone at no cost. Monday-Wednesday-Friday 7-8 AM Monday -Friday: 6pm-7:30pm Saturday: 11:30am-12:30pm
The Banquet Project SOS	300 N Main Ave Sioux Falls, SD 57104 605-335-7066	Distribute school supply packets to children of families in need.
Bethany Christian Services	400 S Sycamore Ave Suite 105-2 Sioux Falls, SD 57110 605-336-6999	Pregnancy Counseling Interim Foster Care Adoption Services
Birth to 3 Connections	1400 W. 22 ST Sioux Falls, SD 57104 1-800-658-3080 605-357-1439, 357-1420	Helps families access services for infants and toddlers with developmental delays. Early interventions services, resources, and offers support.

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Birthright	300 N Main Ave Sioux Falls, SD 57104 605-977-4781	Provides free pregnancy testing and counseling. Newborn clothing and diapers for those meeting certain requirements.
Bishop Dudley House	(605)-809-8424	Homeless Shelter
Bright Start	4402 East 3rd Street Sioux Falls, SD 57103 (605) 274-0233	Bright Start Home targets expectant mothers and is designed to help them improve their health in order to give birth to healthy babies.
Car Seat Program Avera Health	605-321-8370	Infant car seat is available to parents that meet certain requirements.
Car Seat Program Sanford Health	605-333-0698	Infant car seat is available to parents that meet certain requirements.
Car Seat Installation and checks along with car seats	Fire Station 3 2820 S. Minnesota Ave.	9-11 am each Saturday Car seat techs to assist you with instillation . Free car seats but you must provide proof of state assistance.
Catholic Family Services	523 N Duluth Sioux Falls, SD 57104 605-988-3775	Adoption and counseling services provided.
Center of Hope	225 E. 11th St., Suite 101 Sioux Falls, SD 57104 334-9789	Winter clothing, bikes for work, faith ministry, nurse, computer for email/resume, phones
Child Abuse Reporting	605-367-5444	
Child Care Services	Department of Social Services 367-5444, ext. 5	Helps pay for daycare expenses when working or going to school. Income requirements.
Child Protection Services	811 E 10 th St Sioux Falls, SD 57103 605-367-5460	Investigations of child abuse and neglect. Adoptions, licensing of foster homes and day care centers.
Child Support Enforcement	811 E. 10 St. Sioux Falls, SD 57103 605-367-5464 1-800-286-9145	Responsible for location of absent parents, establishing support orders and enforcing support orders.
Children's Inn	409 N. Western Ave. 605-338-4880	24 hour emergency shelter for women and children of domestic violence and child
CHIPS (Children's Health Insurance Program)	811 E. 10 th St. Sioux Falls, SD 57103 605-367-5500	Free health insurance for children under the age of 19. Coverage includes doctor, hospital, glasses, prescription drugs, dental,
Compass Center (Rape & Domestic violence) violence)	401 E 8 th St, Suite 211 Sioux Falls, SD 57103 605-339-0116 1-877-IN-CRISIS	24 hour hotline for help of victims of rape and domestic violence. Temporary shelter, support groups and referrals.
Communicable Disease Program	1200 N. West Ave Sioux Falls, SD 57103 605-367-5370	Information and referral on sexually transmitted disease and other communicable disease. Free HIV testing. STD screening available.

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Community Outreach	231 N Weber Sioux Falls, SD 57103 605-331-3935	Assessment and referral for housing, legal aid, medical services, employment, education, financial assistance, rental assistance, utility assistance, vouchers for food, clothing, furniture, and gasoline
County Extention Expanded Food and Nutrition	Sioux Falls Regional Center 2001 E 8th Street, Sioux Falls, SD, 605-782-3290	Educational program to help people gain knowledge and skills to stretch food dollars and have a healthier diet.
Department of Human Services Human Services	521 N. Main Ave. Sioux Falls, SD 57104 605-367-4217	Emergency assistance for food, rent, utilities, transportation and medical needs.
Dept of Labor One Stop Career Center	811 E. 10 th St. Sioux Falls, SD 57103 605-367-5300	Job placement, unemployment insurance, resume, internet job search, and use of computers.
Department of Social Services-DSS	811 E. 10 th St. Sioux Falls, SD 57103 605-367-5500	TANF, Medicaid, Title 19, food stamps, baby care, CHIPS, LIF, child protection services, and foster care.
Dolly Parton Books Imagination Library imaginationlibrary.com/us a	Sioux Empire United Way 1000 N. West Ave., #120 336-2095	Dolly Parton's Imagination Library is a book gifting program that mails free books to children from birth to age five in participating communities within the United States children from birth until they begin school.
East River Legal Services	335 N. Main Ave # 300 Sioux Falls, SD 57104 605-336-9230	Civil legal services to eligible, low income clients.
Educated Mommy	207 W. 37th St. Sioux Falls, SD 57105 605-338-0228	ElegantMommy.com offers affordable maternity clothing, educational classes ranging from birthing classes on breastfeeding & cloth diapers.
Falls Community Health	521 N. Main Ave. Medical: 367-8793 Dental: 367-8022	Family practice medical and dental clinic. Sliding fee scale.
Family Visitation Center	311 E. 14th St. 275-2071	Provides a safe and supportive environment for children to visit with non-custodial adults.
First Step Counseling Services	4320 S. Louise Ave Sioux Falls, SD 57106 605-361-1505	Low cost, community based intensive chemical dependency treatment program; including: information, referral, outpatient treatment,
Food Giveaway by Faith Temple Church	332-2303	Each Friday at 4pm in the Nordstrom-Johnson building at the Sioux Empire Fairgrounds-100 N. Lyon Blvd. Free food for anyone 18 years of

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Food Pantry	3501 N. 4th Ave. Sioux Falls, SD 57104 605-3356921	Provides a 3-5 day supply of food. Must be referred by a service agency or church.
Food to You Mobile Food Pantry	336-3597	Mobile food pantry that may be utilized once a month by families and/or individuals. No referrals required. Site rotates each week; call for location.
Food Stamps	811 E. 10 th St. Sioux Falls, SD 57103 605-367-5500	Supplemental food program that enables eligible households to obtain a more nutritious diet. Income, resources and household size
Furniture Mission	209 N. Nesmith 997-6800	Provides recycled furniture and household goods- must have a referral from a community agency.
Good Shepard Center	300 N. Main Ave. 332-3176	Drop in center providing laundry, showers, phone calls, bus passes. Lunch served daily 11:30am, Tues-Fri.
Head start & Central Services Center	1101 N Western Sioux Falls, SD 57104 605-367-8488	Comprehensive development program for children and families.
Health Kids Klub	811 E. 10 th St. Sioux Falls, SD 57103 605-367-5500 Pierre 605-773-3495	A comprehensive health care program that provides treatment for illnesses children may have and serves as a well-care program, helping to prevent illnesses before they happen.
211 HELP line	1000 N West Ave Suite 310 Sioux Falls SD 57104 605-339-4357	24-hour resource center service information
Heartland House	505 N. Western Ave.	Transitional housing program families (must have children) experiencing homelessness. The goal is self sufficiency.
Indian Education & Homeless Ed	201 E 38 th St Sioux Falls, SD 57105 605-367-4282	Provides tutoring, cultural presentations and assistance for academics.
Interlakes Community Action Partnership	505 N. Western Ave. 334-2808	Assists homeless families with deposit and with heat bills when funds are available. Weatherization assistance.
Low Income Energy Assistance Program	800-233-8503	Assists with heating costs; propane and fuel oil July 1-April 30; electric and gas Oct. 1-May 15
Lutheran Social Services	621 Presentation Street	Assist birthparents in reaching decisions regarding their future and future of their child. Parenting and adoption options are explored.
Adoption/Birthparents Counseling	Sioux Falls, SD 57104 605-221-2346	Adoption program provide options for couples experiencing infertility to pursue having a

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Lutheran Social Services Consumer Credit Counseling Services	705 E 41 st St. Sioux Falls, SD 57105 605-330-2700	Helps with debt management.
Lutheran Social Services Housing Resource Center	705 E 41 st St. Sioux Falls, SD 57105 605-330-9494	Teaching low-income wage earners how to own a home. The tenant landlord-counseling program provides counseling and information on issues relating to renting.
Lutheran Social Services Refugee & Immigration	620 W. 18 th St. Sioux Falls, SD 57104 605-339-4601	Assists in resettlement of refugees , employment training and English language instruction.
Medicaid	811 E. 10 th St. Sioux Falls, SD 57105 605-367-5500	Medical assistance program for certain low-income people who are aged, blind, disabled or members of families with children.
Necessities for Neighbors Neighbors	Peace Lutheran Church	3-4pm,first Sunday of each month
New Horizons Adoption Agency	2500 W 49 th St Sioux Falls SD 57109 605-332-0310 Sioux Falls, SD 57109 605-332-0310	Pre and post placement counseling support and services for birthparents and adoptive parents.
NU2U Thrift Store	3817 S. Western Ave 275-4205	Helps families in need by providing 3 outfits twice a year.
Project Awareness	310 S. 1 st Ave Sioux Falls, SD 57104 605-332-5542	Community oriented alcohol and drug prevention, crisis intervention, and education. Counseling and referral services, which serves
Rape and Domestic Abuse Center (Compass Center)	401 E. 8 th St Suite 211 Sioux Falls, SD 57103 605-339-0116 1-877-IN-CRISIS	Help for those who are raped or abused.
Relationship University	334-1414	
Sioux Area Metro SAM	Bus Stop-120 E. 11th St 357-7151	City transportation. SAM provides three services for citizens of Sioux Falls.
Sanford Health Downtown Clinic	401 E. 8th St., Suite 230 334-5099	Provides healthcare education and STI testing for men and women in their reproductive years. Fee based on income. income

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SF Fire and Rescue	605-367-7174	Car seat instillation and checks each Saturday Saturday, Fire Station 3, 2820 S. Minnesota Ave. Must provide proof of state assistance.
SFPD	605-367-7231	SFPD give away toddler and infant car seats 1 Saturday a month.
St. Francis House	1301 E. Austin Sioux Falls, SD 57103 605-334-3879	Temporary over night shelter for men, women, and children.
St. Vincent DePaul	431 N. Cliff Ave Sioux Falls, SD 57103 605-335-5823	Provides affordable clothing and furniture.
St. Vincent DePaul Diaper Bank	431 N. Cliff Ave Sioux Falls, SD 57103 605-335-5823	10-12pm first three Wednesday's and Saturday's each month, 431 N. Cliff Ave. bring Dakota ID, Medicaid, Social Sec. or birth certificate for each child must be present.
SD Department of Labor	811 E. 10th St., Dept. 41 367-5300	Job listings, job placement and employment training.
TANF (Temporary Assistance For Needy Families)	811 E. 10 th St. Sioux Falls, SD 57103 605-367-5300	TANF is a temporary public assistance program. The focus is to help families to help them selves and move from welfare to work by promoting
Teddy Bear Den Calvary Episcopal Cathedral	500 S. Main Sioux Falls, SD 57105 605-335-2730	Education incentive based program for limited income pregnant women and families. Participants earn teddy bear credits which can be exchanged for baby items; such as, clothes, furniture, etc...
VOA Chemical Dependency Services for Youth	1401 W. 51 st St Sioux Falls, SD 57105 605-334-1414	Inpatient, outpatient, and aftercare treatment for youth with chemical abuse/addiction issues.
VOA Education/Employment	908 N. West Ave Sioux Falls, SD 57104 605-367-4293	Pre-employment training: job seeking skills, career assessment, career planning, GED or High School Diploma completion.
Union Gospel Mission	701 E 8 th St Sioux Falls, SD 57103 605-334-6732	Temporary lodging, meals, clothing, and spiritual counseling.
Urban Indian Health (SD)	711 N Lake Ave Sioux Falls, SD 57104 605-339-0420	Transportation for in town medical appointments. Provides medical services for women and teens on Thursday mornings. Referrals for food, lodging, and clothing.
USD Dental Clinic	521 N. Main Ave., Suite 202	The clinic provides dental exams, x-rays, cleanings, dental work, oral hygiene instructions, etc.
WIC	1200 N. West Ave Sioux Falls, SD 57104 605-367-5215 605-367-5228	A supplemental nutrition program that provides nutrition education, food and access to other health care needs. Income guidelines.

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