

Basic Needs Resource Guide

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Employment

Disability Support Services offered at Dakotabilities

1116 S. 4th Avenue, Sioux Falls, SD 57105

Hours: 24 hours a day / 7 days a week Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-334-4220

Eligibility: Adults or young adults with disabilities

Coverage Area: Sioux Falls area

Community-based training in work and/or residential settings for adults or young adults with disabilities.

Job Center offered at Goodwill of the Great Plains

3401 S. Duluth Avenue, Sioux Falls, SD 57105

Hours: 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 12:00noon (CT), Friday

Phone: 605-357-6171

Eligibility: Adults searching for employment

Coverage Area: Areas of Rapid City and Sioux Falls

Assists individuals with barriers to employment by providing assistance with job search, applications, interview, computer access, and faxing.

Youth and Adult Mentorship Services offered at Hurdle Life Coach Foundation/CHANGE

3708 S. Hawthorne Avenue, Sioux Falls, SD 57105

Website: www.hurdlelifecoachfoundation.com

Email: thehurdlelifecoach@gmail.com

Hours: 9:00am - 5:00pm (CT), Monday - Friday

Phone: 605-838-7898

Eligibility: Youth 12-17, Adults 18 and up

Coverage Area: Lincoln and Minnehaha counties

Provides coaching, education and mentorship services to both youth and adults in transition; life transition, work transition or transition from incarceration and homelessness.

BRIDGES Employment Resource Center offered at Active Generations

2300 W. 46th Street, Sioux Falls, SD 57105

Website: <http://activegenerations.org/>

Email: bridgeserc@activegen.org

Hours: Call for appointment: 8:00am - 12noon (CT), Monday - Friday Meetings with Job Coaches are available throughout the week.

Phone: 605-333-3318

Eligibility: Specializes in assisting older workers, but can help job seekers of any age.

Coverage Area: Sioux Falls area

Assists adults in seeking employment (specializing in those 40+). Services include individual job coaching, interviewing techniques, employment workshops, computer access, basic computer classes and an annual job fair.

Supported Employment offered at Lifescape

4100 S. Western Avenue, Sioux Falls, SD 57105

Hours: Call for information

Phone: 605-444-9974

Eligibility: Open to adults with disabilities

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Many people supported at LifeScope choose to participate in training opportunities that prepare them to find competitive employment. Others utilize employment services to support their current employment or aid in the search for community employment.

Employment Preparedness:

- Training and skill development
- Understanding of the workday, breaks, and use of sick/vacation days
- Feedback on job performance
- Pay for actual work completed while learning skills
- Training for catering, baking and food preparation services, custodial and maintenance services, clerical, data entry, and pre-sort mail services

Community Employment:

- Employment Specialists help create career goals, perform assessments, work with area businesses, and provide job coaching
- Currently support over 90 people working in the community
- Have relationships with over 60 businesses

Dress for Success Sioux Falls offered at EmBe

300 W. 11th Street, Sioux Falls, SD 57104

Website: <https://siouxfalls.dressforsuccess.org> **Email:** siouxfalls@dressforsuccess.org

Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday or by appointment

Phone: 605-610-0665

Eligibility: Women, 16 years of age and older, who are currently looking for employment or looking for career development opportunities.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

Provides women's professional clothing for those looking for, as well as obtaining employment

- For a scheduled interview, one appropriate career outfit is provided, including accessories, footwear, and additional cosmetic/toiletry items
- With confirmed employment, clients may return to Dress for Success for up to one week's worth of attire suited for her employment setting

In addition to clothing, offers access to career coaching, as well as programming to help find and retain employment, and mentoring.

Women's Programs offered at EmBe

300 W. 11th Street, Sioux Falls, SD 57104

Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday or by appointment

Phone: 605-610-0665

Eligibility: Women to the Workforce: Women who are unemployed/underemployed, are actively seeking employment and can commit to attending the weeks of facilitated sessions. Tapestry Women's Career Network: Employed women who are seeking support and networking with others to stay engaged and progress in their career path. Making Cent\$ Financial Education program: Women who are motivated to take control of their finances and can meet attendance requirements.

Women's Leadership: Women seeking development opportunities in their personal and professional lives.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Women to the Workforce is a career development program designed to help prepare participants to obtain employment.

Tapestry Women's Career Network provides support and encouragement to women in the workplace. Making Cent\$ provides financial education and tools. Women's Leadership Program helps develop female leaders.

Job Corps offered at Human Learning Services (HLS)

517 W. 10th Street, Sioux Falls, SD 57104

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 800-733-5627

Eligibility: Youth ages 16 - 24 years old, income qualified or receiving public assistance

Coverage Area: Aurora, Beadle, Bon Homme, Brookings, Brown, Brule, Buffalo, Charles Mix, Clark, Clay, Codington, Davison, Day, Deuel, Douglas, Edmunds, Faulk, Grant, Gregory, Hand, Hanson, Hughes, Hutchinson, Hyde, Jerauld, Jones, Kingsbury, Lake, Lincoln, Lyman, Marshall, McCook, McPherson, Mellette, Miner, Minnehaha, Moody, Roberts, Sanborn, Spink, Stanley, Todd, Tripp, Turner, Union, and Yankton Counties.

A residential education and vocational training program that is available at no cost to qualified youth ages 16 - 24. Provides training toward a GED or high school diploma and a skilled trade.

Post-High School and Therapy Services offered at Teachwell Solutions

715 E. 14th Street, Sioux Falls, SD 57104

Website: <http://teachwell.org> **Email:** info@teachwellsolutions.org

Hours: 7:30am - 4:00pm (CT), Monday - Friday

Phone: 605-367-7680

Eligibility: Referral required

Coverage Area: South Dakota

Provides employment and independent living skills to young adults, ages 18-21, with disabilities who require assistance and support while pursuing transition goals and objectives. Job and Career Development - offers a number of supports to career-bound high school students and adults seeking employment.

Care Center offered at Center of Hope

1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57104

Website: www.centerofhopesf.org **Email:** info@centerofhopesf.org

Hours: 9:00am - 5:00pm (CT), Tuesday - Friday

Phone: 605-334-9789

Eligibility: Open to all, this is a ministry especially for those who struggle including financially.

Coverage Area: Sioux Falls area

Clothing Section - Provides winter clothing (new and gently used) at minimal cost. Transportation section - Bikes for work at minimal cost. The bike shop, with free bike repair assistance is open 9:00am - 4:30pm, Tuesday, Wednesday, Friday and 10:00am - 4:30pm, Thursdays.

South Dakota Rehabilitation Center for the Blind offered at South Dakota Department of Human Services

2900 W. 11th Street, Suite 101, Ste 101, Sioux Falls, SD 57104

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-367-5260

Eligibility: Individuals who have a vision loss creating difficulty for them at home or work. Individuals are referred by a rehabilitation counselor or teacher.

Coverage Area: South Dakota

The SD Rehabilitation Center for the Blind assist individuals to learn how low vision or non-sighted skills can enhance to improve independence.

National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation

811 E. 10th Street, Dept. 41, Sioux Falls, SD 57103

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-759-6149

Eligibility: Individuals and families who have done any farm or ranch work in the last 2 years

Coverage Area: South Dakota

Depending upon availability of funds, provides farm or ranch workers assistance with on the job training assistance, job search/placement assistance; financial support for education training and job placement; emergency financial services such as, but not limited to rental assistance and transportation costs, daycare expenses, tools, uniforms.

Job Service Office offered at South Dakota Department of Labor and Regulation

811 E. 10th Street, Sioux Falls, SD 57103

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Walk-ins welcome, appointment preferred.

Phone: 605-367-5300

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Liaison Services offered at South Dakota Network Against Family Violence and Sexual Assault

2520 E. River Ridge Place, Suite 200, Sioux Falls, SD 57103

Hours: Call for information

Phone: 800-670-3989

Eligibility: Individuals with a disability, who have been sexually assaulted

Coverage Area: South Dakota

Types of services provided:

- Case management
- Civil legal advocacy (protection orders, accompanying to court hearings)
- Civil legal assistance (provided by attorney or paralegal)
- Criminal justice advocacy/ court accompanying
- Crisis intervention
- Employment assistance (job training, coaching, supported or sheltered employment)
- Forensic exam assistance (provided by nurse or forensic examiner)
- Hospital/clinic accompanying
- Language services (interpreters and translators)
- Long term Care (assist with connecting to services for daily needs)
- Peer Support connections
- Personal Planning (assist victim/ survivor with goal-setting and develop plans to accomplish)
- Respite (connect to short term care to victim/survivor to relieve primary caregiver)
- Transportation
- Victim/Survivor advocacy (actions designed to assist victim/survivor in obtaining support, resources or services, including housing, employment shelter services, health care, victim's compensation, etc.)

Sioux Council Youth Programs offered at Boy Scouts of America

800 N. West Avenue, Sioux Falls, SD 57104

Website: www.siouxcouncil.org **Email:** sioux.council@scouting.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-361-2697

Eligibility: Vary by program, see description

Coverage Area: East River South Dakota

For local membership information, go to www.beascout.org

Lions: for youth in kindergarten and is an introduction to Cub Scouts.

Tiger Cubs: for youth who are in the first grade, with an adult member of their family. The program calls for equal participation from the child and adult. Tiger Cubs stress fun, activity, and relationship building between the child and adult, as well as members of the Tiger Cub group.

Cub Scouts: for youth in the 2nd - 5th grades and features age-appropriate activities and projects that involve the family and builds the youth's self-esteem, leadership, and values.

Scouts BSA: for youth 6th - 12th graders and introduces initiative and independence.

Venturing: for young men and women 14 and older. The programs are outdoor and high adventure oriented, often with church youth groups as sponsors.

Career Interest Exploring: available to young men and women in middle school through 21 years of age. Exploring gives young people a chance to explore careers in medicine, animal care, law enforcement, computers, engineering, etc. and other special interests or hobbies.

Community Health Resource Center offered at Avera

102 N. Krohn Place, Suite 100, Sioux Falls, SD 57103

Email: chrc@avera.org

Hours: Call for information.

Phone: 605-504-0190

Eligibility: Open to all.

Coverage Area: Sioux Falls area

Community Health Workers providing assistance with connecting to and navigating healthcare, applying for jobs, and connecting to other community resources.

Service to the Blind and Visually Impaired - Sioux Falls offered at South Dakota Department of Human Services

811 E. 10th Street, Department 22, Sioux Falls, SD 57103

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-362-3630

Eligibility: Must be blind or visually impaired and want to obtain or retain employment.

Coverage Area: Counties of Aurora, Beadle, Bon Homme, Brookings, Charles Mix, Clay, Davison, Deuel, Douglas, Hanson, Hutchinson, Jerauld, Kingsbury, Lake, Lincoln, McCook, Miner, Minnehaha, Moody, Sanborn, Turner, Union, and Yankton State agency that works with individuals who are blind and or visually impaired in the area of employment and independent living. Services are available if applicants meet eligibility criteria, some services are based on economic need.

Vocational Rehabilitation - Sioux Falls Office offered at South Dakota Department of Human Services

811 E. 10th Street, Department 21, Sioux Falls, SD 57103

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-5330

Eligibility: Individuals with a disability, i.e. a physical or mental impairment which constitutes or results in a substantial impediment to employment. Individuals that can benefit from vocational rehabilitation services in achieving an employment outcome. Require vocational rehabilitation services to prepare for, enter, engage in, or retain gainful employment.

Coverage Area: Counties of Lincoln, McCook, and Minnehaha

Helps individuals with disabilities to gain and maintain compatible employment in an area of their choice. Services include vocational counseling and guidance, vocational assessments, training opportunities, on-the-job training, work site accommodations, and job placement services.

Hovland Learning Center offered at Southeast Technical College

2320 N. Career Avenue, Sioux Falls, SD 57107

Hours: 8:00am - 4:30pm (CT), Monday - Thursday Friday by appointment

Phone: 605-367-7997

Eligibility: Eligible participants are 18 years of age, have a valid Social Security card or alternate supporting documentation, and are not enrolled in any high schools.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

GED; English as a Second Language; and basic skills development classes. No-cost classes for those who qualify.

Non-Traditional Student Service offered at Southeast Technical College

2320 N. Career Avenue, Sioux Falls, SD 57107

Website: www.southeasttech.edu **Email:** StudentSuccess@southeasttech.edu

Hours: 7:30am - 5:00pm (CT), Monday, Wednesday, Thursday 7:30am - 6:00pm (CT), Tuesday 7:30am - 4:00pm (CT), Friday

Phone: 605-367-7624

Eligibility: Southeast Technical College prospective and current students

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Provide assistance to single parents, displaced homemakers, and non-traditional students for:

- Career assessment
- Career opportunities
- Support and guidance
- Life skill development

Support Services offered at South Dakota Deaf Resource & Outreach Programs

524 N. Sycamore Avenue, Suite 2, Sioux Falls, SD 57110

Website: sddrop.org **Email:** Programs@sddrop.org

Hours: 11:30am - 4:00pm (CT), Monday - Thursday, other hours by appointment

Phone: 605-362-2618

Eligibility: Open to individuals who are deaf or hard of hearing, family members, service providers, community members, and/or teachers of deaf or hard of hearing persons

Coverage Area: South Dakota

Support for deaf/hard of hearing individuals and families, including direct instruction and communication equipment.

BRIDGES Employment Resource Center offered at Active Generations

5500 E. Active Gen. Place, Sioux Falls, SD 57110

Website: <http://activegenerations.org/> **Email:** bridgeserc@activegen.org

Hours: Call for appointment: 8:00am - 12noon (CT), Monday - Friday Meetings with Job Coaches are available throughout the week.

Phone: 605-333-3318

Eligibility: Specializes in assisting older workers, but can help job seekers of any age.

Coverage Area: Sioux Falls area

Assists adults in seeking employment (specializing in those 40+). Services include individual job coaching, interviewing techniques, employment workshops, computer access, basic computer classes and an annual job fair.

Education and Integration Services offered at Southeastern Behavioral Healthcare

500 E. 54th Street N., Sioux Falls, SD 57104

Hours: Special Education and Adult Day services: 9:00am - 3:00pm (CT), Monday - Friday

Phone: 605-335-8956

Eligibility: Individuals must have a diagnosis of a developmental disability to access HCBS Funding. Children or adults who do not meet HCBS funding criteria can receive services if there is another funding source such as a local school district.

Coverage Area: South Dakota. Can serve individuals from other states if funding is available and the referring state is willing to accept South Dakota program standards.

Provides services and supports to children and adults with developmental disabilities by providing support, skills and encouragement needed to achieve hopeful and successful futures.

Services provided to program participants include:

- Special education
- Adult day programs
- Vocational programs
- Home-based instruction
- Residential living facilities
- Consultations
- Psychiatric services
- Medication management
- Counseling
- Transition Program

Disability Support Services offered at Sesdac

1314 E. Cherry Street, Vermillion, SD 57069

Website: www.sesdac.org **Email:** sesdac@sesdacinc.org

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential services: 24 hours a day / 7 days a week

Phone: 605-624-4419

Eligibility: Adult Services

Coverage Area: Southeastern South Dakota

Sesdac provides services and supports to individuals with intellectual and developmental disabilities. Services include Day Services, Transition Services, Employment Supports, Residential Services, and Educational Services.

Job Service Office offered at South Dakota Department of Labor and Regulation

904 E. Cherry Street, Vermillion, SD 57069

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Appointment only, call or email to schedule

Phone: 605-677-6900

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Job Service Office offered at South Dakota Department of Labor and Regulation

No Physical Address, Brookings, SD 57006

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-688-4350

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Job Service Office offered at South Dakota Department of Labor and Regulation

3113 Spruce Street, Suite 124, Yankton, SD 57078

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Wednesday, and Friday 9:00am - 5:00pm (CT), Thursday Walk-ins welcome, appointment preferred.

Phone: 605-668-2900

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Supported Living Services offered at Ability Building Services

909 W. 23rd Street, Yankton, SD 57078

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-665-2518

Eligibility: Must have a developmental disability that occurs before the age of 21 and be 14 years and older; Call for more information

Coverage Area: South Dakota

Emphasis is placed on high quality services that are flexible, creative, innovative and orientated toward practical and useful life skills. Services include:

- Semi-independent supervised apartments
- Group residence
- Independent home-based services-monitoring/support
- Educational services
- Service coordination
- Nursing services
- Alternative services
- Prevocational services
- Integrated vocational services-job development

Job Service Office offered at South Dakota Department of Labor and Regulation

1321 N. Main Street, Mitchell, SD 57301

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Appointment only, call or email to schedule

Phone: 605-995-8060

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Job Service Office offered at South Dakota Department of Labor and Regulation

1000 18th Street S.W., Suite 5, Huron, SD 57350

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Walk-ins welcome, appointment preferred.

Phone: 605-353-7155

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Job Service Office offered at South Dakota Department of Labor and Regulation

2001 9th Avenue S.W., Suite 200, Watertown, SD 57201

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Walk-ins welcome, appointment preferred.

Phone: 605-882-5131

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Job Service Office offered at South Dakota Department of Labor and Regulation

420 S. Roosevelt Street, Aberdeen, SD 57401

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Appointment only - call or email to schedule

Phone: 605-626-2340

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Support Services offered at South Dakota Deaf Resource & Outreach Programs

14 S. Main Street, Suite 305, Aberdeen, SD 57401

Website: sddrop.org **Email:** Programs@sddrop.org

Hours: 10:00am - 3:00pm (CT), Monday - Thursday, other hours by appointment

Phone: 605-626-2668

Eligibility: Open to individuals who are deaf or hard of hearing, family members, service providers, community members, and/or teachers of deaf or hard of hearing persons

Coverage Area: South Dakota

Support for deaf/hard of hearing individuals and families, including direct instruction and communication equipment.

Job Service Office offered at South Dakota Department of Labor and Regulation

116 W. Missouri Avenue, Pierre, SD 57501

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Appointment only, call or email to schedule.

Phone: 605-773-3372

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation

221 S. Central Avenue, Suite #33, Pierre, SD 57501

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-494-3608

Eligibility: Individuals and families who have done any farm or ranch work in the last 2 years

Coverage Area: South Dakota

Depending upon availability of funds, provides farm or ranch workers assistance with on the job training assistance, job search/placement assistance; financial support for education training and job placement; emergency financial services such as, but not limited to rental assistance and transportation costs, daycare expenses, tools, uniforms.

Career Launch SD offered at South Dakota Department of Labor and Regulation

123 W. Missouri Avenue, Pierre, SD 57501

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-773-3101

Eligibility: High school students and youth ages 14-24

Coverage Area: Cities of Belle Fourche, Box Elder, Brookings, Lead/Deadwood, New Underwood, Rapid City, Sioux Falls, Spearfish, Sturgis, Yankton

Helps youth ages 14-24 explore education and career options.

Job Service Office offered at South Dakota Department of Labor and Regulation

2330 N. Maple Avenue, Suite 1, Rapid City, SD 57701

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (MT), Monday - Wednesday, Friday 9:00am - 5:00pm (MT), Thursday Walk-ins welcome, appointment preferred.

Phone: 605-394-2296

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation

730 E. Watertown Street, Rapid City, SD 57701

Hours: 7:30am - 4:00pm (MT), Monday - Friday

Phone: 605-394-5120

Eligibility: Individuals and families who have done any farm or ranch work in the last 2 years

Coverage Area: South Dakota

Depending upon availability of funds, provides farm or ranch workers assistance with on the job training assistance, job search/placement assistance; financial support for education training and job placement; emergency financial services such as, but not limited to rental assistance and transportation costs, daycare expenses, tools, uniforms.

Support Services offered at South Dakota Deaf Resource & Outreach Programs

2310 N. Maple Avenue, Rapid City, SD 57701

Website: sddrop.org **Email:** Programs@sddrop.org

Hours: 8:00am - 12:00noon (MT), Monday - Friday (afternoons by appointment)

Phone: 605-394-6864

Eligibility: Open to individuals who are deaf or hard of hearing, family members, service providers, community members, and/or teachers of deaf or hard of hearing persons

Coverage Area: South Dakota

Support for deaf/hard of hearing individuals and families, including direct instruction and communication equipment.

Job Center offered at Goodwill of the Great Plains

611 Lindbergh Avenue, Rapid City, SD 57701

Hours: 9:00am - 9:00pm (MT), Monday - Saturday 10:00am - 6:00pm (MT), Sunday

Phone: 605-341-3581

Eligibility: Adults searching for employment

Coverage Area: Areas of Rapid City and Sioux Falls

Assists individuals with barriers to employment by providing assistance with job search, applications, interview, computer access, and faxing.

Liaison Services offered at South Dakota Network Against Family Violence and Sexual Assault

816 6th Street, Suite 100, Rapid City, SD 57701

Hours: Call for information.

Phone: 800-670-3989

Eligibility: Individuals with a disability, who have been sexually assaulted

Coverage Area: South Dakota

Types of services provided:

- Case management
- Civil legal advocacy (protection orders, accompanying to court hearings)
- Civil legal assistance (provided by attorney or paralegal)
- Criminal justice advocacy/ court accompanying
- Crisis intervention
- Employment assistance (job training, coaching, supported or sheltered employment)
- Forensic exam assistance (provided by nurse or forensic examiner)
- Hospital/clinic accompanying
- Language services (interpreters and translators)
- Long term Care (assist with connecting to services for daily needs)
- Peer Support connections
- Personal Planning (assist victim/ survivor with goal-setting and develop plans to accomplish)
- Respite (connect to short term care to victim/survivor to relieve primary caregiver)
- Transportation
- Victim/Survivor advocacy (actions designed to assist victim/survivor in obtaining support, resources or services, including housing, employment shelter services, health care, victim's compensation, etc.)

South Dakota Army National Guard Education Service Specialist offered at South Dakota Department of the Military

2823 W. Main Street, Rapid City, SD 57702

Hours: 9:00am - 5:00pm (MT), Monday - Friday

Phone: 605-737-6079

Eligibility: Visit a recruiter for specific requirements for enlistment and benefits

Coverage Area: South Dakota

Assists Guard members with higher education planning, preparation and funding.

Educational Counseling offered at SeekLearnGrow

3011 Stockade Drive, Rapid City, SD 57702

Website: www.seeklearngrow.org **Email:** Info@SeekLearnGrow.org

Hours: Virtual office. Will meet by appointment or will communicate by phone or email.

Phone: 605-939-0396

Eligibility: Our services are open primarily to adult students, military families and former foster children.

Coverage Area: South Dakota

Free educational counseling to include document retrieval, career and school research, access to testing and tutoring, help with financial aid, mentors, and community resources.

Job Service Office offered at South Dakota Department of Labor and Regulation

120 Industrial Drive, Suite 8, Spearfish, SD 57783

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (MT), Monday - Wednesday, and Friday 9:00am - 5:00pm (MT), Thursday Appointment only, call or email to schedule.

Phone: 605-642-6900

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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 online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Senior Community Service Employment Program offered at National Indian Council on Aging

8500 Manual Boulevard N.E., Albuquerque, NM 87112

Hours: Call for information.

Phone: 505-292-2001

Eligibility: Low income people aged 55 and older

Coverage Area: Counties of: Aurora, Buffalo, Beadle, BonHomme, Brookings, Brown, Brule, Campbell, Charles Mix, Clark, Clay, Codington, Corson, Custer, Davison, Day, Dewey, Douglas, Deuel, Fall River, Faulk, Grant, Gregory, Haakon, Hamlin, Hughes, Hutchinson, Hyde, Jackson, Jerauld, Jones, Kingsbury Lake, Lawrence, Lincoln, Marshall, McCook, McPherson, Meade, Mellette, Miner, Minnehaha, Moody, Oglala, Pennington, Perkins, potter, Roberts, Sanborn, Stanley, Todd, Tuner, Union, Walworth, Yankton, Ziebach

The Senior Community Service Employment Program (SCSEP) at NICOA (National Indian Council on Aging) serves elderly, low-income people by building their job skills, work experience, confidence, financial security, and wellbeing.

Helps elders find work, develop new skills, new talents, and earn income by participating in our on-the-job training and employment program.

Family/Parenting/Child Care

Fire Department offered at City of Sioux Falls Fire Rescue

2820 S. Minnesota Avenue, Fire Headquarters, Sioux Falls, SD 57105

Hours: 8:00am - 5:00pm (CT), Monday - Friday Sioux Falls Fire Rescue provides car seat installation and checks each Saturday from 9:00am - 11:00am at Fire Station 3, 2820 S. Minnesota Avenue. Car seat technicians are available to provide the information necessary for keeping your child safe in the vehicle. Sioux Falls Fire Rescue also provides car seats should you not have one for your child. To receive a free car seat, you must provide proof of state assistance.

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Preschool Assistance offered at Sioux Falls Hope Coalition

Sioux Falls, SD 57105

Website: FreePreschool.com **Email:** info@sfhopecoalition.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-595-3344

Eligibility: Early learning/preschool age children ages 3-5

Coverage Area: Sioux Falls area

Our goal is to ensure every child has the opportunity to experience preschool (regardless of their family's ability to pay tuition) and arrive at kindergarten ready to learn.

Community Health Worker Program offered at Transforming Wealth

620 W. 18th Street, Suite 3, Sioux Falls, SD 57104

Website: <https://transformingwealth.org/> **Email:** info@transformingwealth.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday No services provided on-site. Call for information.

Phone: 605-368-1307

Eligibility: Open to all

Coverage Area: Sioux Falls area

Supporting individuals through:

- Providing direct support to any individual or family asking for help with basic needs such as rides, phone calls, bail funds, meal sharing, peer counseling, financial counseling, wellness coaching, and more.
- Overcoming barriers to community resources
- Helping people access support in the community
- Improving health disparities

Child Seat Distribution Program offered at South Dakota Child Safety Seat Distribution Program

5015 S. Western Avenue, Suite 120, Sioux Falls, SD 57108

Website: <https://dss.sd.gov/childcare/childsafetyseat/> **Email:** sdsu.frn@sdstate.edu

Hours: 8:00am - 5:00pm (CT), Monday - Friday Please make an appointment for installation and education.

Phone: 605-312-8390

Eligibility: Family must participate in an income eligible program such as WIC, CHIP, Medicaid, SNAP, Head Start, or Child Care Assistance

Coverage Area: Counties of Brookings, Brown, Lincoln, Meade, Minnehaha, and Pennington.

Call for distribution agency locations and times. Keeping children safe by providing child safety seats at no cost to families that meet income eligibility requirements to ensure that they are in the best child seat for their height and weight until they are at least 4'9. At 4'9, most children can safely wear a seat belt.

Fire Department offered at City of Sioux Falls Fire Rescue

100 S. Minnesota Avenue, Fire Station 1, Sioux Falls, SD 57104

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

DSS Child Care Services offered at South Dakota Department of Social Services

811 E. 10th Street, Sioux Falls, SD 57103

Website: www.dss.sd.gov/childcare **Email:** CCS@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday After hours contact local law enforcement

Phone: 605-367-5444

Eligibility: Call for information

Coverage Area: South Dakota

Provides financial help for child care costs for families who are working and/or going to school.

Diaper Program offered at Oak Hills Baptist Church

6201 S. Lyncrest Avenue, Sioux Falls, SD 57108

Website: <http://oakhills.net/reach/cherubs-closet> **Email:** cherubscloset@oakhills.net

Hours: 1:00pm - 3:00pm (CT), 3rd Saturday of the month

Phone: 605-332-2648

Eligibility: Open to families with children in diapers up to size 6 and/or including size 2T in clothing.

Coverage Area: Sioux Falls area

Provides diapers and clothing for families in need. Hours: 1:00pm - 3:00pm, 3rd Saturday of each month.

Fire Department offered at City of Sioux Falls Fire Rescue

3100 W. 69th Street, Fire Station 4, Sioux Falls, SD 57108

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Necessities for Neighbors offered at Charis Ministry Partners

1300 E. 10th Street, East Side Lutheran Church, Sioux Falls, SD 57103

Hours: 9:00am - 5:00pm (CT), Monday - Friday

Eligibility: Open to all. Service can be utilized 1/month to either location but not both.

Coverage Area: Southeastern South Dakota

A monthly distribution of toilet paper, laundry soap, feminine hygiene products and diapers. 1st Sunday of each month at Peace Lutheran Church from 3:00-4:00pm; 3rd Tuesday of each month First Lutheran Church from 6:00-7:00pm. Guests may visit 1 time per month to either location, but not both.

Necessities for Neighbors offered at Charis Ministry Partners

5509 W. 41st Street, Peace Lutheran Church, Sioux Falls, SD 57106

Hours: 3:00pm - 4:00pm (CT), 1st Sunday of each month Doors open at 3:00pm, people who are in the line at 4:00pm will be served.

Eligibility: Open to all. Service can be utilized 1/month to either location but not both.

Coverage Area: Southeastern South Dakota

A monthly distribution of toilet paper, laundry soap, feminine hygiene products and diapers. 1st Sunday of each month at Peace Lutheran Church from 3:00-4:00pm; 3rd Tuesday of each month First Lutheran Church from 6:00-7:00pm. Guests may visit 1 time per month to either location, but not both.

Fire Department offered at City of Sioux Falls Fire Rescue

5200 W. 41st Street, Fire Station 6, Sioux Falls, SD 57106

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Fire Department offered at City of Sioux Falls Fire Rescue

2700 E. 49th Street, Fire Station 9, Sioux Falls, SD 57103

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Diapers offered at Society of St. Vincent de Paul

431 N. Cliff Avenue, Sioux Falls, SD 57103

Hours: 1st week of the month: 9:00am - 11:00am (CT), Wednesday and Saturday 2nd week of the month: 9:00am - 11:00am (CT), Wednesday and Saturday 3rd week of the month: 9:00am - 11:00am (CT), Wednesday and Saturday No distribution the last week of the month

Phone: 605-338-4111

Eligibility: Children under 3 years old. Must be South Dakota resident with a current valid ID.

Coverage Area: Sioux Falls area

Offers diapers at no charge to eligible individuals. 9:00am - 11:00am Wednesday and Saturday on the 1st, 2nd and 3rd week of each month (no distribution the last week of the month).

Fire Department offered at City of Sioux Falls Fire Rescue

2010 E. Nye Street, Fire Station 5, Sioux Falls, SD 57103

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Fire Department offered at City of Sioux Falls Fire Rescue

1000 N. Kiwanis Avenue, Fire Station 8, Sioux Falls, SD 57104

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Fire Department offered at City of Sioux Falls Fire Rescue

301 S. Sycamore Avenue, Fire Station 2, Sioux Falls, SD 57110

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Fire Department offered at City of Sioux Falls Fire Rescue

320 Whitewood Circle, Fire Station 10, Sioux Falls, SD 57107

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Fire Department offered at City of Sioux Falls Fire Rescue

2333 N. Valley View Road, Fire Station 11, Sioux Falls, SD 57107

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Fire Department offered at City of Sioux Falls Fire Rescue

1100 E. Benson Road, Fire Station 7, Sioux Falls, SD 57104

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

Food Pantry offered at St. Katharine Drexel Catholic Church

1800 S. Katie Avenue, Suite 1, Sioux Falls, SD 57106

Website: <https://skd.ogknights.org/> **Email:** parishoffice@stkdsfsd.org

Hours: 9:00am - 4:00pm (CT), Monday - Thursday 9:00am - 3:00pm (CT), Fridays (School year) 9:00am - 12:00pm (CT), Fridays (Summer) Hours subject to change for holidays and weather.

Phone: 605-275-6870

Eligibility: Individuals have to be at least 18 years or older.

Coverage Area: Sioux Falls area

Offers 1 bag of groceries that contain 8-10 non-perishable items and 1 bag of diapers and wipes.

Fire Department offered at City of Sioux Falls Fire Rescue

3300 S. Faith Avenue, Fire Station 12, Sioux Falls, SD 57110

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-367-8092

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offers car seat safety checks and distribution (with proof of state aide) from 9:00am - 11:00am, Saturdays

DSS Child Care Services offered at South Dakota Department of Social Services

1310 Main Avenue S., Suite 101, Brookings, SD 57006

Website: www.dss.sd.gov/childcare **Email:** CCS@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-688-4330

Eligibility: Call for information

Coverage Area: South Dakota

Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services

3113 Spruce Street, Suite 200, Yankton, SD 57078

Website: www.dss.sd.gov/childcare **Email:** CCS@state.sd.us

Hours: 8:00am - 12:00noon;1:00pm - 5:00pm (CT), Monday - Friday

Phone: 605-668-3030

Eligibility: Call for information

Coverage Area: South Dakota

Provides financial help for child care costs for families who are working and/or going to school.

Child Seat Distribution Program offered at South Dakota Child Safety Seat Distribution Program

1057 8th Street, Pugsley Center, Room 201, Northeast Region Distributing Agency - Child & Family Resource Network, Brookings, SD 57007

Website: <https://dss.sd.gov/childcare/childsafetyseat/>

Email: sdsu.frn@sdstate.edu

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-688-5730

Eligibility: Family must participate in an income eligible program such as WIC, CHIP, Medicaid, SNAP, Head Start, or Child Care Assistance

Coverage Area: Counties of Brookings, Brown, Lincoln, Meade, Minnehaha, and Pennington.

Call for distribution agency locations and times. Keeping children safe by providing child safety seats at no cost to families that meet income eligibility requirements to ensure that they are in the best child seat for their height and weight until they are at least 4'9. At 4'9, most children can safely wear a seat belt.

DSS Child Care Services offered at South Dakota Department of Social Services

116 E. 11th Avenue, Mitchell, SD 57301

Website: www.dss.sd.gov/childcare

Email: CCS@state.sd.us

Hours: Call for information

Phone: 605-995-8000

Eligibility: Call for information

Coverage Area: South Dakota

Provides financial help for child care costs for families who are working and/or going to school.

Child Seat Distribution Program offered at South Dakota Child Safety Seat Distribution Program

2905 3rd Avenue, S.E., Aberdeen, SD 57401

Website: <https://dss.sd.gov/childcare/childsafetyseat/>

Email: sdsu.frn@sdstate.edu

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-226-5675

Eligibility: Family must participate in an income eligible program such as WIC, CHIP, Medicaid, SNAP, Head Start, or Child Care Assistance

Coverage Area: Counties of Brookings, Brown, Lincoln, Meade, Minnehaha, and Pennington.

Call for distribution agency locations and times. Keeping children safe by providing child safety seats at no cost to families that meet income eligibility requirements to ensure that they are in the best child seat for their height and weight until they are at least 4'9. At 4'9, most children can safely wear a seat belt.

DSS Child Care Services offered at South Dakota Department of Social Services

3401 10th Avenue S.E., Aberdeen, SD 57401

Website: www.dss.sd.gov/childcare

Email: CCS@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-626-3160

Eligibility: Call for information

Coverage Area: South Dakota

Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services

912 E. Sioux Avenue, Pierre, SD 57501

Website: www.dss.sd.gov/childcare

Email: CCS@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-773-3612

Eligibility: Call for information

Coverage Area: South Dakota

Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services

221 Mall Drive, Suite 101, Rapid City, SD 57701

Website: www.dss.sd.gov/childcare

Email: CCS@state.sd.us

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Phone: 605-394-2525

Eligibility: Call for information

Coverage Area: South Dakota

Provides financial help for child care costs for families who are working and/or going to school.

Child Seat Distribution Program offered at South Dakota Child Safety Seat Distribution Program

3645 Sturgis Road, Suite 110, West Region Distributing Agency - Early Childhood Connections, Rapid City, SD 57702

Website: <https://dss.sd.gov/childcare/childsafetyseat/> **Email:** sdsu.frn@sdstate.edu

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday Call to schedule an appointment to ensure seat availability.

Phone: 888-999-7759

Eligibility: Family must participate in an income eligible program such as WIC, CHIP, Medicaid, SNAP, Head Start, or Child Care Assistance

Coverage Area: Counties of Brookings, Brown, Lincoln, Meade, Minnehaha, and Pennington.

Call for distribution agency locations and times. Keeping children safe by providing child safety seats at no cost to families that meet income eligibility requirements to ensure that they are in the best child seat for their height and weight until they are at least 4'9. At 4'9, most children can safely wear a seat belt.

Vehicle Safety Hotline - National Highway Traffic Safety Administration offered at United States Department of Transportation

1200 New Jersey Avenue, S.E., Washington, DC 20590

Hours: Office Hours: 8:30am - 5:30pm (ET), Monday - Friday (excludes Federal Holidays)

Phone: 888-327-4236

Eligibility: Open to all

Coverage Area: United States

A hotline set up for individuals to report problems regarding auto safety or child safety seats. Information can be obtained about auto safety and auto recalls in the United States.

Financial

SD Cares Rental Assistance Program offered at South Dakota Housing Development Authority

No Physical Address, Sioux Falls, SD 57105

Hours: Applications currently being accepted.

Eligibility: Must be a renter; Have income at or below 80% of AMI for respective county; Owe past due rent or utilities or unable to pay current expenses.

Coverage Area: South Dakota

Provides rental and utility assistance. Assistance provided is not a loan and does not have to be paid back. Online only application - fill this out first.

Center for Financial Resources offered at Lutheran Social Services - Southeast Region

705 E. 41st Street, Suite 100, Sioux Falls, SD 57105

Website: <https://lsssd.org/what-we-do/center-for-financial-resources/> **Email:** cccs@lsssd.org

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 888-258-2227

Eligibility: Open to anyone seeking help with personal finance issues

Coverage Area: Counties of Davison, Lincoln, McCook, Minnehaha, Turner, and Yankton.

Center for Financial Resources provides financial counseling and education; homeownership counseling and education; debt management plans; bankruptcy counseling; and Sharpen Your Financial Focus.

Shelter Plus Care offered at Sioux Falls Housing and Redevelopment Commission

620 S. Minnesota Avenue, Sioux Falls, SD 57104

Website: www.siouxfallshousing.org **Email:** sfhrc@siouxfallshousing.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 800-664-1349

Eligibility: Must be actively homeless and have a severe and persistent mental health issue

Coverage Area: City of Sioux Falls and Minnehaha County

Provides rental assistance via a voucher to individuals and families who are homeless and have a severe and persistent mental health issue.

Housing Opportunities for People with Aids offered at Sioux Falls Housing and Redevelopment Commission

630 S. Minnesota Avenue, Sioux Falls, SD 57104

Website: www.siouxfallshousing.org **Email:** sfhrc@siouxfallshousing.org

Hours: Main office is closed to the public. Paperwork may be dropped off from 8:00am - 5:00pm (CT), Monday - Friday. Please call for appointments or more information.

Phone: 605-332-0704

Eligibility: Serves persons who are diagnosed with HIV/AIDS and meet income limitations.

Coverage Area: South Dakota

Provides short or long term rental assistance and mortgage payment assistance to persons who are diagnosed with HIV/AIDS and meet income limitations.

Housing Education Programs offered at Sioux Empire Housing Partnership, Inc.

200 N. Phillips Avenue, Suite 200, Suite 200, Sioux Falls, SD 57104

Website: <http://www.siouxempirehousing.org/> **Email:** sehp@siouxfalls.com

Hours: 8:00am - 5:00pm (CT), Monday - Friday Evening sessions and Saturday classes available once a month

Phone: 605-339-0942

Eligibility: Individuals interested in homeownership or rental education, financial literacy and establishing or rebuilding credit. Youth seeking financial literacy.

Coverage Area: South Dakota

Sioux Empire Housing Partnership (SEHP) offers housing education programs, such as Homebuyer & Rental Education, Financial Literacy and Debt Management, and Credit Review Services.

Minnehaha / Lincoln County Human Services offered at Minnehaha County

521 N. Main Avenue, Suite 201, Sioux Falls, SD 57104

Website: <https://www.minnehahacounty.gov/dept/hs/appAssistance/appAssistance.php> **Email:** humanservices@minnehahacounty.gov

Hours: 7:30am - 5:00pm (CT), Monday - Friday

Phone: 605-367-4217

Eligibility: Minnehaha County and Lincoln County residents and emergency assistance for transients

Coverage Area: Counties of Minnehaha and Lincoln

Provides eligibility-based financial assistance with shelter, rent and deposits, utility bills, IDs, food and non-food items, dental and medical care, prescriptions, and burials.

Genesis Mentoring Program offered at Community Outreach, The

1915 E. 8th Street, Suite 105, Empower Campus, Sioux Falls, SD 57104

Website: www.thecommunityoutreach.org **Email:** info@thecommunityoutreach.org

Hours: 8:00am - 12:00noon (CT);1:00pm to 4:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

Phone: 605-331-3935

Eligibility: Low income families or individuals. Must have an adequate source of income to retain their household;desire to work with volunteer Mentors on goal setting, financial literacy, budgeting, and other daily living skills consistent with their goals;and be willing to commit to the program for at least one year.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

A program designed to help low-income families or individuals become more financially self-sufficient. Mentors work with Genesis participants during an 18-week period to help them: set personal goals, increase financial knowledge;set and maintain a household budget, and pursue life changes needed to achieve their goals.

Emergency Services offered at Inter-Lakes Community Action Partnership

505 N. Western Avenue, Sioux Falls, SD 57104

Hours: 8:00am - 12:00noon;1:00pm - 4:30pm (CT), Monday - Friday

Phone: 605-334-2808

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

505 N. Western Avenue, Sioux Falls, SD 57104

Hours: 8:00am - 12:00noon;1:00pm - 4:30pm (CT), Monday - Friday

Phone: 605-334-2808

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Basic Needs Financial Assistance offered at Society of St. Vincent de Paul

431 N. Cliff Avenue, Sioux Falls, SD 57103

Hours: For Sioux Falls residents only (We cannot provide aid to residents of Hartford, Harrisburg, Brandon, and all other surrounding towns) Please fill out the Online Assistance Request form at svdpsd.com/get-help. If the form does not show, it is not open. Based on volunteer availability we open the form up on Sunday afternoons at 4:00pm and if possible a second time Wednesday afternoons at 4:00pm.

Phone: 605-338-4111

Eligibility: Open to those in need;residents of Sioux Falls.

Coverage Area: City of Sioux Falls

Provides financial assistance with rent and utilities, and vouchers for food, cleaning supplies/hygiene items, prescriptions, clothing, household items, and some furniture. Check online to see if application is open.

Rent and Utility Bill Assistance offered at Community Outreach, The

1915 E. 8th Street, Suite 105, Empower Campus, Sioux Falls, SD 57104

Website: <http://thecommunityoutreach.org/> **Email:** info@thecommunityoutreach.org

Hours: 8:00am - 12:00noon;1:00pm to 4:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday Appointments for all financial assistance are scheduled daily at 8:00am, for the next 2 days.

Phone: 605-331-3935

Eligibility: -Open to residents of Lincoln, McCook, Minnehaha, and Turner Counties. -For most clients from Minnehaha County, a meeting with Minnehaha County Human Services will be required prior to the appointment with a TCO Caseworker.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Offers financial assistance for rent or deposit, prevention of eviction and/or utility shut off, and has limited work related transportation and car repair assistance. Must seek assistance from Minnehaha County Human Services first for financial help.

Rent Assistance offered at Salvation Army Sioux Falls, The

900 N. Cliff Avenue, Sioux Falls, SD 57104

Hours: Caseworker is available for rental and utility assistance via phone from 1:00pm - 4:00pm (CT), Monday - Friday (last client taken at 3:30pm).

Phone: 605-332-2331

Eligibility: Open to those who qualify

Coverage Area: Counties of Minnehaha and Lincoln

Emergency assistance with rent (to prevent eviction), utility assistance, food. Must seek assistance from Minnehaha County Human Services first.

Emergency Services offered at Inter-Lakes Community Action Partnership

104 N. Main Street, Suite 140, Canton, SD 57013

Hours: 8:00am - 4:00pm (CT), Monday

Phone: 605-940-1909

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

104 N. Main Street, Suite 140, Canton, SD 57013

Hours: 8:00am - 4:00pm (CT), Monday

Phone: 605-940-1909

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Minnehaha / Lincoln County Human Services offered at Minnehaha County

723 E. 5th Street, Canton, SD 57013

Website: <https://www.minnehahacounty.gov/dept/hs/appAssistance/appAssistance.php>

Email:

humanservices@minnehahacounty.gov

Hours: 7:30am - 5:00pm (CT), Monday - Friday

Phone: 605-367-4217

Eligibility: Minnehaha County and Lincoln County residents and emergency assistance for transients

Coverage Area: Counties of Minnehaha and Lincoln

Provides eligibility-based financial assistance with shelter, rent and deposits, utility bills, IDs, food and non-food items, dental and medical care, prescriptions, and burials.

Emergency Services offered at Inter-Lakes Community Action Partnership

400 S. Main Avenue, Turner County Courthouse, Lower Level, Parker, SD 57053

Hours: 8:00am - 4:00pm (CT), Tuesday 8:00am - 4:30pm (CT), Thursday

Phone: 605-940-1909

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

400 S. Main Avenue, Turner County Courthouse, Lower Level, Parker, SD 57053

Hours: 8:00am - 4:00pm (CT), Tuesday 8:00am - 4:30pm (CT), Thursday

Phone: 605-940-1909

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

130 W. Essex Avenue, McCook County Courthouse, Main Level, Salem, SD 57058

Hours: 8:00am - 4:30pm (CT), Monday and Wednesday

Phone: 605-425-2271

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

130 W. Essex Avenue, McCook County Courthouse, Main Level, Salem, SD 57058

Hours: 8:00am - 4:30pm (CT), Monday and Wednesday

Phone: 605-425-2271

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

112 E. Pipestone, Flandreau, SD 57028

Hours: 8:00am - 4:00pm (CT), Monday, Wednesday, Thursday

Phone: 605-997-2824

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

112 E. Pipestone, Flandreau, SD 57028

Hours: 8:00am - 4:00pm (CT), Monday, Wednesday, Thursday

Phone: 605-997-2824

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

111 N. Van Eps Avenue, Madison, SD 57042

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-256-6518

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

111 N. Van Eps Avenue, Madison, SD 57042

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-256-6518

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

108 E. Highway 34, Howard, SD 57349

Hours: Vary; call for information.

Phone: 605-772-5712

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

108 E. Highway 34, Howard, SD 57349

Hours: Vary; call for information.

Phone: 605-772-5712

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

415 8th Street S., Brookings, SD 57006

Hours: 10:00am - 5:00pm (CT), Monday, Tuesday, Thursday, and Friday 10:00am - 4:30pm (CT), Wednesday

Phone: 605-692-6391

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

415 8th Street S., Brookings, SD 57006

Hours: 12:00noon - 5:00pm (CT), Monday - Thursday Walk-ins only accepted on an emergency basis only

Phone: 605-692-6391

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Center for Financial Resources offered at Lutheran Social Services - Southeast Region

920 Broadway Avenue, Suite 1, Yankton, SD 57078

Website: <https://lsssd.org/what-we-do/center-for-financial-resources/>

Email: cccs@lsssd.org

Hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday

Phone: 888-258-2227

Eligibility: Open to anyone seeking help with personal finance issues

Coverage Area: Counties of Davison, Lincoln, McCook, Minnehaha, Turner, and Yankton.

Center for Financial Resources provides financial counseling and education; homeownership counseling and education; debt management plans; bankruptcy counseling; and Sharpen Your Financial Focus.

Center for Financial Resources offered at Lutheran Social Services - Southeast Region

403 N. Lawler Street, 2nd Floor, Mitchell, SD 57301

Website: <https://lsssd.org/what-we-do/center-for-financial-resources/>

Email: cccs@lsssd.org

Hours: By appointment

Phone: 605-330-2700

Eligibility: Open to anyone seeking help with personal finance issues

Coverage Area: Counties of Davison, Lincoln, McCook, Minnehaha, Turner, and Yankton.

Center for Financial Resources provides financial counseling and education; homeownership counseling and education; debt management plans; bankruptcy counseling; and Sharpen Your Financial Focus.

Emergency Services offered at Inter-Lakes Community Action Partnership

202 2nd Street S.W., Kingsbury County Courthouse, Upper Level, De Smet, SD 57231

Hours: 8:00am - 10:30am; 2:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 10:30am (CT), Friday

Phone: 605-874-3701

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

202 2nd Street S.W., Kingsbury County Courthouse, Upper Level, De Smet, SD 57231

Hours: 8:00am - 10:30am;2:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 10:30am (CT), Friday

Phone: 605-854-3701

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

300 4th Street, Hamlin County Courthouse, Hayti, SD 57241

Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12:00noon (CT), Friday

Phone: 605-783-3867

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

300 4th Street, Hamlin County Courthouse, Hayti, SD 57241

Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12:00noon (CT), Friday

Phone: 605-783-3867

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

408 4th Street W., Deuel County Courthouse, Clear Lake, SD 57226

Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday

Phone: 605-874-2062

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

408 4th Street W., Deuel County Courthouse, Clear Lake, SD 57226

Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday

Phone: 605-874-2062

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

7 8th Avenue S.E., Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday Must call for an appointment

Phone: 605-886-7674

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

7 8th Avenue S.E., Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday Must call for an appointment

Phone: 605-886-7674

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

116 N. Commercial Street, Clark, SD 57225

Hours: 11:00am - 5:00pm (CT), Monday - Friday

Phone: 605-532-3722

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

116 N. Commercial Street, Clark, SD 57225

Hours: 11:00am - 5:00pm (CT), Monday - Friday

Phone: 605-532-3722

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Emergency Services offered at Inter-Lakes Community Action Partnership

210 E. 5th Avenue, County Courthouse, Milbank, SD 57252

Hours: 8:00am - 5:00pm (CT), Monday - Friday Call to schedule an appointment

Phone: 605-432-6571

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

210 E. 5th Avenue, County Courthouse, Milbank, SD 57252

Hours: 8:00am - 5:00pm (CT), Monday - Friday Call to schedule an appointment

Phone: 605-432-6571

Eligibility: Vary by program

Coverage Area: East Central South Dakota

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Programs offered at GROW South Dakota

104 Ash Street E., Sisseton, SD 57262

Website: www.growsd.org **Email:** info@growsd.org

Hours: 8:00am - 4:30pm (CT), Monday - Friday (summer hours may vary)

Phone: 605-698-7654

Eligibility: All programs have varying income guidelines, service areas and eligibility restrictions. Availability and sources of funds may vary.

Coverage Area: South Dakota

Home ownership preparation services and Home Buyer Education classes. For eligible individuals/families, down payment/closing cost assistance or low-cost loans for purchasing a home or home improvements may be available.

Small Business Assistance offered at Four Bands Community Fund, Inc.

412 S. Main Street, Eagle Butte, SD 57625

Website: www.fourbands.org **Email:** info@fourbands.org

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Phone: 605-964-3687

Eligibility: Open to all potential and existing Native American owned businesses in South Dakota

Coverage Area: Counties of Dewey and Ziebach, and all potential and existing Native American owned businesses in South Dakota

Providing business training/coaching, financial empowerment coaching, and lending to potential and existing Native American owned businesses in South Dakota.

Never Give Up Hope offered at FoY Foundation, Inc.

429 Kansas City Street, Suite 2-3, Rapid City, SD 57701

Website: www.FoYFoundationInc.org **Email:** FoYFoundationInc@gmail.com

Hours: 9:00am - 3:00pm (MT), by appointment

Phone: 605-721-7775

Eligibility: Adults 18 - 65 years old undergoing invasive major surgery to remove cancer.

Coverage Area: South Dakota

Helps adult cancer patients who need surgery with rent/mortgage payments.

Bankruptcy Advice Helpline offered at CareConnect USA

2019 Sandy Pond Lane, Waxhaw, NC 28173

Website: <http://careconnectusa.org/free-bankruptcy-advice/> **Email:** info@careconnectusa.org

Hours: 9:00am - 8:00pm (ET), Monday - Friday

Phone: 800-379-0985

Eligibility: Must have burdensome debt without ability to pay it back in a timely manner.

Coverage Area: United States

Free Bankruptcy Advice Hotline 800-379-0985.

Debt Counseling Helpline offered at CareConnect USA

2019 Sandy Pond Lane, Waxhaw, NC 28173

Website: <https://careconnectusa.org/debt-relief-help-line/> **Email:** info@careconnectusa.org

Hours: 9:00am - 6:00pm (ET), Monday - Friday

Phone: 800-453-1738

Eligibility: Must have unsecured (credit card) debt and a willingness to receive counseling.

Coverage Area: United States

Debt Relief Helpline 800-453-1738.

Private Student Loan Relief Helpline offered at CareConnect USA

2019 Sandy Pond Lane, Waxhaw, NC 28173

Website: careconnectusa.org/private-student-loan-relief **Email:** info@careconnectusa.org

Hours: 8:00am - 5:00pm (ET), Monday - Friday

Phone: 888-669-1064

Eligibility: Open to student loan borrowers who have private loans through a bank or credit union.

Coverage Area: Nationwide

Helpline for student loan borrowers who have a private loan from a bank or credit union. This helpline discusses options for payment reductions and catching up missed loan payments. Options include settling previous debts and issuing a new loan with low interest rate.

Food

Summer Feeding Program offered at EmBe

909 W. 33rd Street, Our Savior's Lutheran Church, Sioux Falls, SD 57105

Website: embe.org **Email:** info@embe.org

Hours: 11:00am - 1:00pm (CT), Monday - Friday Closed July 4, 2024

Phone: 605-336-3660

Eligibility: Children up to age 18.

Coverage Area: Sioux Falls area

Providing free nutritious meals during summer months from June 3, 2024 - August 16, 2024.

Statewide Mobile Food Distribution Program offered at Feeding South Dakota

Sioux Falls, SD 57105

Website: www.feedingsouthdakota.org/mobile **Email:** info@feedingsouthdakota.org

Hours: Find locations and schedules on website.

Eligibility: When picking up food, guests will be asked to register their household and self-declare their income.

Coverage Area: South Dakota

Distributes free food to individuals and families. Visit website to see list of location dates/times in your area.

Worship Services offered at Faith Temple Church

2121 W. 33rd Street, Sioux Falls, SD 57105

Website: www.faithtemplesiouxfalls.com **Email:** staff@faithtemplesiouxfalls.com

Hours: Office hours: 9:00am - 11:30am; 12:30pm - 2:30pm (CT), Monday - Friday

Phone: 605-332-2303

Eligibility: Open to all

Coverage Area: Sioux Falls area

Wednesday at 6:00pm, Community Meal (open to anyone who wants to come).

Cougar Cupboard offered at University of Sioux Falls

1101 W. 22nd Street #1600, USF Mears Library, Sioux Falls, SD 57105

Website: www.usiouxfalls.edu/student-life/cougar-cupboard **Email:** student.life@usiouxfalls.edu

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-331-6711

Eligibility: Open to USF students

Coverage Area: Campus of USF

Provides students in need with food (non-perishable and fresh) and hygiene items.

Meals on Wheels offered at Active Generations

2300 W. 46th Street, Sioux Falls, SD 57105

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Meals delivered between: 10:45am - 1:00pm (CT) Monday - Friday

Phone: 605-333-3305

Eligibility: Homebound persons age 60 and over, their spouse, and / or dependent adult living with them. People under 60 must contact Dakota at Home (833) 663-9673 to enroll.

Coverage Area: Counties of Hanson, Lake, Lincoln, McCook, Minnehaha, Turner, and Union

Congregate and home delivered meals, call for information on locations and times. Suggested donation \$5.00 - \$7.95.

Food Assistance offered at Calvary Cathedral

500 S. Main Avenue, CALVARY EPISCOPAL CATHEDRAL, Sioux Falls, SD 57104

Website: www.calvarycathedral.net **Email:** frontdesk@calvarycathedral.net

Hours: 9:00am - 1:00pm (CT), Monday - Friday

Phone: 605-336-3486

Eligibility: Call for information

Coverage Area: Sioux Falls area

Limited food assistance. Please call ahead to ensure availability of assistance.

Dinner offered at Nightwatch Canteen

401 S. Spring Avenue, Sioux Falls, SD 57104

Website: www.sfumc.org **Email:** fumc@sfumc.org

Hours: 5:30pm - 6:15pm (CT), Sundays

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Providing an evening meal for those in need in the community. Meals will be served out of the Nightwatch Van.

Meal delivery services are not available.

Food To You, the mobile food pantry offered at Charis Ministry Partners

1912 W. 13th Street, St. John Lutheran Church, Sioux Falls, SD 57104

Website: www.charissf.org **Email:** foodtoyouxiouxfalls@gmail.com

Hours: Distribution time: 6:00pm - 7:00pm (CT), Thursday

Phone: 605-271-2163

Eligibility: Open to all; services may be utilized one time per calendar month. Must come to distribution for items, no delivery service available.

Coverage Area: Sioux Falls area

Mobile food pantry that may be utilized once per calendar month, no referral needed. Distribution time: 6:00pm - 7:00pm (CT), Thursday Doors open at all locations at 5:00pm (CT) 1st Thursday (East Side Lutheran Church, 1300 E. 10th Street) 2nd Thursday (Messiah New Hope Lutheran, 5001 E. Madison Street) 3rd Thursday (Augustana Lutheran Church, 235 N. Prairie) 4th Thursday (St. John Lutheran Church, 1912 W. 13th Street) 5th Thursday (No distribution)

Summer Feeding Program offered at EmBe

300 W. 11th Street, Sioux Falls, SD 57104

Website: embe.org **Email:** info@embe.org

Hours: 7:00am - 9:00am (CT), Monday - Friday Closed on July 4, 2024.

Phone: 605-336-3660

Eligibility: Children up to age 18.

Coverage Area: Sioux Falls area

Providing free nutritious meals during summer months from June 3, 2024 - August 16, 2024.

Summer Feeding Program offered at EmBe

300 W. 11th Street, Sioux Falls, SD 57104

Website: embe.org **Email:** info@embe.org

Hours: 11:00am - 1:00pm (CT), Monday - Friday Closed on July 4, 2024.

Phone: 605-336-3660

Eligibility: Children up to age 18.

Coverage Area: Sioux Falls area

Providing free nutritious meals during summer months from June 3, 2024 - August 16, 2024.

Sack Lunch offered at Lunch is Served, Inc.

1109 E. 14th Street, People Ready, Sioux Falls, SD 57104

Hours: Contact People Ready for hours.

Phone: 605-330-9244

Eligibility: Workers who would otherwise not get a mid-day meal while on the job.

Coverage Area: City of Sioux Falls

A non-profit ministry that provides a sack lunch to working adults in the Sioux Falls area.

Food To You, the mobile food pantry offered at Charis Ministry Partners

235 N. Prairie Avenue, Augustana Lutheran Church, Sioux Falls, SD 57104

Website: www.charissf.org **Email:** foodtoyouxiouxfalls@gmail.com

Hours: 6:00pm - 7:00pm (CT), 3rd Thursday of each month Doors open at 6:00pm, people who are in the line at 7:00pm will be served.

Phone: 605-271-2163

Eligibility: Open to all; services may be utilized one time per calendar month. Must come to distribution for items, no delivery service available.

Coverage Area: Sioux Falls area

Mobile food pantry that may be utilized once per calendar month, no referral needed. Distribution time: 6:00pm - 7:00pm (CT), Thursday Doors open at all locations at 5:00pm (CT) 1st Thursday (East Side Lutheran Church, 1300 E. 10th Street) 2nd Thursday (Messiah New Hope Lutheran, 5001 E. Madison Street) 3rd Thursday (Augustana Lutheran Church, 235 N. Prairie) 4th Thursday (St. John Lutheran Church, 1912 W. 13th Street) 5th Thursday (No distribution)

Dinner offered at Nightwatch Canteen

205 E. 6th Street, Raven Industries Parking Lot C, Sioux Falls, SD 57104

Website: www.sfumc.org **Email:** fumc@sfumc.org

Hours: 4:45pm - 5:15pm (CT), Sunday

Phone: 605-336-3652

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Providing an evening meal for those in need in the community. Meals will be served out of the Nightwatch Van. Meal delivery services are not available.

Meal Service offered at Union Gospel Mission

220 N. Weber Avenue, UGM Men's Shelter, Sioux Falls, SD 57103

Website: UGMsiouxfalls.com **Email:** office@ugmsiouxfalls.com

Hours: Shelter is open 365 days a year Doors close at 10:00pm (CT)

Phone: 605-334-6732

Eligibility: Open to all

Coverage Area: Sioux Falls area

Meal service is served daily at: Breakfast at 6:30am - 7:30am Lunch at 11:30am - 12:30pm Dinner: 5:30pm - 6:30pm, with Chapel at 7:00pm

Food Box Program offered at Union Gospel Mission

220 N. Weber Avenue, UGM Men's Shelter, Sioux Falls, SD 57103

Website: <https://ugmsiouxfalls.com/> **Email:** office@ugmsiouxfalls.com

Hours: 1:00pm - 5:00pm (CT), Tuesday and Thursday

Phone: 605-334-6732

Eligibility: Open to all

Coverage Area: Sioux Falls area

Food Box Program: 1:00pm - 5:00pm (CT), Tuesday and Thursday Please note - individuals must bring their own box or bag to put food in.

Daytime Program offered at Bishop Dudley Hospitality House

101 N. Indiana Avenue, Sioux Falls, SD 57103

Website: www.bdhh.org **Email:** info@bdhh.org

Hours: Office Hours: 8:00am - 5:30pm (CT), Monday - Sunday Lunch: 11:30am (CT), Monday - Friday (Must be present at 11:30am to receive the meal) 3:30pm (CT), Saturday and Sunday Bishop Dudley is closed for 2 hours each day: -between the hours of 7:00am - 8:00am and close at 5:30pm - 6:30pm Check-in: 6:30pm - 8:00pm (CT), unless a guest has work verification with case manager to check in late.

Phone: 605-809-8424

Eligibility: Open to all

Coverage Area: Sioux Falls area

Lunch served: 11:30am, Monday - Friday

Worship and Meal offered at Church on the Street

330 N. Weber Avenue, Heritage Park, Sioux Falls, SD 57106

Website: churchonthestreetsf.org **Email:** office@churchonthestreetsf.org

Hours: Saturday Worship: 11:00am (CT), 2nd Saturday of the month during the months of May through October.

Phone: 605-271-4522

Eligibility: Open to all

Coverage Area: Sioux Falls area

A monthly ecumenical worship service with children's activities. Each service is hosted by a ministry partner. Worship is followed by a community meal/picnic.

Sack Lunch offered at Lunch is Served, Inc.

900 E. 8th Street, Banquet, The, Sioux Falls, SD 57103

Hours: Contact The Banquet for hours.

Phone: 605-335-7066

Eligibility: Workers who would otherwise not get a mid-day meal while on the job.

Coverage Area: City of Sioux Falls

A non-profit ministry that provides a sack lunch to working adults in the Sioux Falls area.

Hot Meals - Downtown offered at Banquet, The

900 E. 8th Street, Sioux Falls, SD 57103

Website: www.thebanquetsf.org **Email:** volunteer@thebanquetsf.org

Hours: Breakfast: 7:00am - 8:00am (CT), Monday - Friday Lunch: 11:30am - 12:30pm (CT), Monday - Saturday Dinner: 6:00pm - 7:30pm (CT), Monday - Friday Office Hours: 9:30am - 4:30pm (CT), Monday - Friday

Phone: 605-335-7066

Eligibility: Open to all

Coverage Area: Sioux Falls area

Provides a prepared meal for persons who are homeless, traveling through, or in need of long-term supplemental food help. Meal served: Breakfast: 7:00am - 8:00am, Monday - Friday; Lunch: 11:30am - 12:30pm, Saturday; Dinner: 6:00pm - 7:30pm, Monday - Friday.

Food To You, the mobile food pantry offered at Charis Ministry Partners

1300 E. 10th Street, East Side Lutheran Church, Sioux Falls, SD 57103

Website: www.charissf.org **Email:** foodtoyouSiouxfalls@gmail.com

Hours: 9:00am - 5:00pm (CT), Monday - Friday

Eligibility: Open to all; services may be utilized one time per calendar month. Must come to distribution for items, no delivery service available.

Coverage Area: Sioux Falls area

Mobile food pantry that may be utilized once per calendar month, no referral needed. Distribution time: 6:00pm - 7:00pm (CT), Thursday Doors open at all locations at 5:00pm (CT) 1st Thursday (East Side Lutheran Church, 1300 E. 10th Street) 2nd Thursday (Messiah New Hope Lutheran, 5001 E. Madison Street) 3rd Thursday (Augustana Lutheran Church, 235 N. Prairie) 4th Thursday (St. John Lutheran Church, 1912 W. 13th Street) 5th Thursday (No distribution)

Community Engagement Center offered at Sioux Falls School District

201 West Avenue, Door M, Axtell Park Building, Sioux Falls, SD 57104

Hours: Office hours: 7:30am - 4:30pm (CT), Monday - Friday Food Pantry: 9:00am - 3:00pm (CT), Monday, Tuesday, Thursday, Friday

Phone: 605-367-4547

Eligibility: Open to families with a child or children in the Sioux Falls School District

Coverage Area: Sioux Falls area

Provides free resources for families that have a child in the Sioux Falls School District.

Sack Lunch offered at Lunch is Served, Inc.

210 N. Sherman Avenue, St. Francis House, Sioux Falls, SD 57103

Hours: Contact St. Francis House for hours.

Phone: 605-334-3879

Eligibility: Workers who would otherwise not get a mid-day meal while on the job.

Coverage Area: City of Sioux Falls

A non-profit ministry that provides a sack lunch to working adults in the Sioux Falls area.

Food Distribution offered at Faith Temple Food Giveaway

100 N. Lyon Boulevard, Nordstrom-Johnson Building, Sioux Empire Fairgrounds, Sioux Falls, SD 57107

Website: <http://faithtemplefood.com> **Email:** staff@faithtemplesiouxfalls.com

Hours: Cars can start lining up: 2:00pm (CT), Friday Food Giveaway: 4:00pm - 6:00pm (CT), Friday

Phone: 605-332-2303

Eligibility: Must be 18 or older to receive food. There is no limit of guests who can receive boxes, nor is there a limit of adults per vehicle.

Coverage Area: Sioux Falls area

Offers free food to anyone 18 years of age or older. There is no restriction on who can come, or how many times you can come. ?A pre-packaged box of food in a drive thru style giveaway. Guests will stay in their vehicles and will follow a predetermined route via the north entrance of the fairgrounds off of Madison Street.

Worship Services/Church Activities offered at Wesley United Methodist Church

1700 E. 6th Street, Sioux Falls, SD 57103

Website: www.wumcsf.org **Email:** wumc1700@outlook.com

Hours: Office Hours: 9:00am - 1:00pm (CT), Monday - Thursday

Phone: 605-338-4562

Eligibility: Open to all

Coverage Area: Sioux Falls area

Wednesdays at 5:30pm, Fellowship Meal (free;open to all).

Emergency Food Pantry offered at Salvation Army Sioux Falls, The

900 N. Cliff Avenue, Sioux Falls, SD 57103

Hours: 9:30am - 11:30am (CT), Monday - Friday 1:00pm - 3:30pm (CT), Monday - Friday Closed the 2nd Thursday of every month.

Phone: 605-332-2331

Eligibility: Assistance is provided one time in a 60 day period;Everyone regardless of immigration status is welcome to the food pantry.

Coverage Area: Counties of Minnehaha and Lincoln

Provides food assistance one time in a 60 day period. When available, personal hygiene supplies are offered.

Food To You, the mobile food pantry offered at Charis Ministry Partners

1300 E. 10th Street, Sioux Falls, SD 57103

Website: www.charissf.org **Email:** foodtoyouxiouxfalls@gmail.com

Hours: Distribution time: 6:00pm - 7:00pm (CT), Thursday

Phone: 605-271-2163

Eligibility: Open to all;services may be utilized one time per calendar month. Must come to distribution for items, no delivery service available.

Coverage Area: Sioux Falls area

Mobile food pantry that may be utilized once per calendar month, no referral needed. Distribution time: 6:00pm - 7:00pm (CT), Thursday Doors open at all locations at 5:00pm (CT) 1st Thursday (East Side Lutheran Church, 1300 E. 10th Street) 2nd Thursday (Messiah New Hope Lutheran, 5001 E. Madison Street) 3rd Thursday (Augustana Lutheran Church, 235 N. Prairie) 4th Thursday (St. John Lutheran Church, 1912 W. 13th Street) 5th Thursday (No distribution)

Sack Lunch offered at Lunch is Served, Inc.

710 N. Marion Road, Banquet West, Sioux Falls, SD 57107

Hours: Contact The Banquet West for hours.

Phone: 605-335-7066

Eligibility: Workers who would otherwise not get a mid-day meal while on the job.
Coverage Area: City of Sioux Falls
A non-profit ministry that provides a sack lunch to working adults in the Sioux Falls area.

Food Giveaway offered at Sermon on the Mount Church

1512 E. Mulberry Street, Sermon on the Mount Mennonite Church, Sioux Falls, SD 57103

Hours: 5:00pm - 6:00pm (CT), Tuesday

Phone: 605-357-9125

Eligibility: Open to all

Coverage Area: Sioux Falls

Located across the street from Laura B. Anderson Elementary School, this 1-hour, 5:00pm - 6:00pm, Tuesday food giveaway provides a variety of breads, treats, cupcakes, and sandwiches.

Dinner offered at Nightwatch Canteen

400 N. Valley View Road, Hayward Elementary School, Sioux Falls, SD 57107

Website: www.sfumc.org **Email:** fumc@sfumc.org

Hours: 5:15pm - 6:15pm (CT), Monday

Phone: 605-336-3652

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Providing an evening meal for those in need in the community. Meals will be served out of the Nightwatch Van. Meal delivery services are not available.

Sioux Falls School District - Elementary Schools offered at Sioux Falls School District

No Physical Address, Sioux Falls, SD

Hours: Vary by location; call for information.

Phone: 605-367-7900

Eligibility: Open to all, children K - 5th grades Elementary Immersion Center: pre-school - grade 5

Coverage Area: Sioux Falls area

A list of all elementary schools in the Sioux Falls School District is listed in the program description.

Hot Meals - West offered at Banquet, The

710 N. Marion Road, 5th & Marion Road, Sioux Falls, SD 57107

Website: www.thebanquetsf.org **Email:** volunteer@thebanquetsf.org

Hours: 6:00pm - 7:30pm (CT), Monday - Friday

Phone: 605-335-7066

Eligibility: Open to all

Coverage Area: Sioux Falls area

Dinner served: 6:00pm - 7:30pm, Monday - Friday

Food Pantry offered at Messiah New Hope Lutheran Church

5001 E. Madison Street, Sioux Falls, SD 57110

Website: www.messiahnewhope.com **Email:** mnhoffice1@gmail.com

Hours: 10:00am - 12:00noon (CT), Mondays weekly 6:00pm - 7:00pm (CT), 4th Wednesday of every month

Phone: 605-333-0971

Eligibility: Open to all

Coverage Area: Sioux Falls area

An emergency pantry and will provide prepackaged boxes based on family size.

Food To You, the mobile food pantry offered at Charis Ministry Partners

5001 E. Madison Street, Messiah New Hope Lutheran Church, Sioux Falls, SD 57110

Website: www.charissf.org **Email:** foodtoyouxiouxfalls@gmail.com

Hours: Distribution time: 6:00pm - 7:00pm (CT), Thursday

Phone: 605-271-2163

Eligibility: Open to all; services may be utilized one time per calendar month. Must come to distribution for items, no delivery service available.

Coverage Area: Sioux Falls area

Mobile food pantry that may be utilized once per calendar month, no referral needed. Distribution time: 6:00pm - 7:00pm (CT), Thursday Doors open at all locations at 5:00pm (CT) 1st Thursday (East Side Lutheran Church, 1300 E. 10th Street) 2nd Thursday (Messiah New Hope Lutheran, 5001 E. Madison Street) 3rd Thursday (Augustana Lutheran Church, 235 N. Prairie) 4th Thursday (St. John Lutheran Church, 1912 W. 13th Street) 5th Thursday (No distribution)

Community Meals offered at Salvation Army Sioux Falls, The

800 N. Cliff Avenue, Sioux Falls, SD 57104

Website: <https://centralusa.salvationarmy.org/siouxfalls/cure-hunger/>

Hours: See description for hours of meals

Phone: 605-332-2331

Eligibility: See description

Coverage Area: Counties of Minnehaha and Lincoln

Serves an evening meal 5:00pm - 6:00pm, Saturday and Sunday

Food Pantry offered at Brandon Area Food Pantry

406 S. Main, Brandon, SD 57005

Email: BrandonAreaFoodPantry@alliancecom.net

Hours: 4:00pm - 6:00pm (CT), Tuesday, Thursday

Phone: 605-582-7001

Eligibility: Open to those in need of emergency food supplies in the Brandon Valley School District.

Coverage Area: Brandon Valley School District (Brandon, Valley Springs, Corson, Rowena, parts of Sioux Falls within the Brandon Valley school district and Renner)

A community wide pantry (Brandon Valley School District) where individuals in need can receive an emergency supply of 5 days of food assistance and personal care items up to 4 times a year.

Food Pantry offered at Baltic Food Bank

550 3rd Street, Old School Gym, Baltic, SD 57003

Website: <https://baltic.govoffice.com/?SEC=8F406A5B-FD32-4BE3-9E1B-7DA74025E797>

Hours: 6:30pm - 7:30pm (CT), 2nd Wednesday of each month 10:30am - 11:30am (CT), 4th Saturday of each month

Phone: 605-529-5032

Eligibility: Must be resident of Baltic, Crooks or Colton, South Dakota

Coverage Area: Baltic, Crooks and Colton, South Dakota

The Baltic Food Bank is located in the Old School Gym and has distributions 2/month. Leave a message for emergency needs.

Food Pantry offered at Daily Bread Food Pantry, The

47381 246th Street, 47381 246th Street, Dell Rapids, SD 57022

Website: www.facebook.com/The-Daily-Bread-Food-Pantry-Dell-Rapids-1563869330323986/

Hours: 5:00pm - 6:00pm (CT), Free food is distributed 2nd, 3rd, and 4th Mondays of each month 5:00pm - 6:00pm (CT), Free meal is served on the 1st Monday of the month until it's gone.

Phone: 605-428-5111

Eligibility: Open to those that live in Dell Rapids or surrounding small town residents.

Coverage Area: Surrounding local and small town communities.

A needs-based pantry that provides food and school supplies to local and surrounding small town residents.

Food Pantry offered at Storehouse Community Food Pantry, The

301 1/2 E. 4th Street, Dell Rapids, SD 57022

Website: www.facebook.com/Dell-Rapids-Community-Food-Pantry-The-Storehouse-443299162412935/

Hours: 5:00pm - 6:00pm (CT), Wednesday

Eligibility: Concentrates on Dell Rapids citizens, but will try accommodate others in the area if that city does not have a food pantry. Amount of bags given is based on family size.

Coverage Area: Cities of Dell Rapids, Trent, Colton
Gives out food including frozen meat.

Lighthouse Ministry offered at United Methodist Church of Dell Rapids

505 E. 5th Street, Dell Rapids, SD 57022

Website: www.umcdr.com **Email:** umcsec@siouxvalley.net

Hours: Office Manager Available: 1:00pm - 5:00pm (CT), Monday and Wednesday Pastor Jan and Office Hours: 9:30am - 12:00noon (CT), Monday - Thursday Light House Meal: 5:30pm - 6:30pm, Wednesdays (year-round)

Phone: 605-428-3185

Eligibility: Open to all

Coverage Area: City of Dell Rapids

A free weekly meal open to those in need of food for the belly or soul, served in the SonShine Room of the church.

Bread Box, The offered at Ignite Life Church

512 E. 5th Street, Dell Rapids, SD 57022

Website: www.facebook.com/IgniteLifeChurchDellRapids **Email:** ignitelifechurch@goldenwest.net

Hours: 10:00am - 12:00noon (CT), Saturday and Sunday Businesses can pick up large quantities from 11:45am to 12:00noon

Phone: 605-428-3756

Eligibility: Open to all

Coverage Area: Cities of Dell Rapids and Trent

Free food giveaway.

HOPE Waivers offered at South Dakota Department of Human Services

3800 E. Highway 34, Division of Long Term Services and Supports, Hillsvie Plaza, Pierre, SD 57501

Website: <https://dhs.sd.gov/en/ltss/hope-waiver> **Email:** DakotaAtHome@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 833-663-9673

Eligibility: Open to those 65 and older or age 18 and older with a qualifying disability

Coverage Area: South Dakota

Provides home and community-based services to people who need nursing facility level of care. The waiver allows people age 65 and older, and people age 18 and older who have a qualifying disability, to live at home or in the setting that is most independent for them.

Programs and Services offered at Dysphagia Outreach Project, The

300 W. Carolina Avenue, Suite 9, Ruston, LA 71270

Website: www.dysphagiaoutreach.org **Email:** team@dysphagiaoutreach.org

Hours: Online database;monitored daily

Eligibility: For individuals diagnosed with dysphagia and their caregivers.

Coverage Area: United States

Collects and distributes dysphagia supplies to individuals in need, establish a dysphagia awareness advocacy program, provide education services relating to appropriate prescription and use of dysphagia supplies, and assist in establishing a network of interconnected dysphagia support groups across the country.

Cooked Meals offered at Lasagna Love

Williamstown, MA 1267

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Eligibility: Open to all

Coverage Area: South Dakota

Provides 1 cooked meal per month for families in need;also delivers the meal. Currently, serving South Dakota.

- Please note: there may be a 1 - 7 week wait for the meal delivery.
- Practices contactless delivery

It may be possible to cater to families with dietary restrictions and meals are not limited to just lasagnas;other dishes may be available.

To request a meal delivery: sign up here. (www.lasagnalove.org/request)

Clothing

Thrift Store offered at Goodwill of the Great Plains

3400 S. Norton Avenue, Sioux Falls, SD 57105

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-731-1930

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store and Document Shredding Services offered at Goodwill of the Great Plains Sioux Falls

3400 S. Norton Avenue, Sioux Falls, SD 57105

Website: www.goodwillgreatplains.org **Email:** sfnm@goodwillgreatplains.org

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 877-608-7775

Eligibility: Open to all

Coverage Area: Sioux Falls area

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Proceeds benefit the community by offering individuals with barriers work training and employment opportunities. Goodwill has a clothing voucher program. Must be referred from a social service agency. Sioux Falls Thrift Store Locations: 4701 E. 41st Street;120 N. Kiwanis Avenue;3400 S. Norton Avenue.

Kids Kloset offered at God's Grace Church

524 W. 13th Street, Sioux Falls, SD 57104

Website: www.godsgracesf.com **Email:** Office@GodsGraceSf.com

Hours: Call for information

Phone: 605-338-9474

Eligibility: Children ages infant to size 12.

Coverage Area: City of Sioux Falls

Clothing giveaway for children infant to size 12. Hours: 10:00am - 12:00noon, 1st and 3rd Wednesday each month.

Earn While You Learn offered at Teddy Bear Den

500 S. Main Avenue, Sioux Falls, SD 57104

Website: <http://teddybearden.org> **Email:** info@teddybearden.org

Hours: 11:00am - 1:00pm (CT), Tuesday - Thursday, Saturday

Phone: 605-335-2730

Eligibility: Pregnant, referred by participating agency (WIC, SNAP, or Medicaid) or their health care provider. Women can register even after they have had their child since the Den assists participants until their child is two years old. All pregnant teens are automatically eligible.

Coverage Area: Sioux Falls area

An incentive and education based program for parents to earn teddy credits which can be exchanged for new baby items such as clothing, diapers, blankets, bottles, highchairs, and strollers.

Dress for Success Sioux Falls - Closet Sale offered at EmBe

300 W. 11th Street, Sioux Falls, SD 57104

Website: www.embe.org/program/dress-for-success/

Email: dfssoffice@embe.org

Hours: 10:00am - 7:00pm (CT), Friday, November 10, 2023 9:00am - 12:00noon (CT), Saturday, November 11, 2023 Dates for 2024: March 22 - 23, August 2 - 3, November 8-9

Phone: 605-610-0665

Eligibility: Open to the public

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Dress for Success Sioux Falls sells womenswear and accessories to the public 3 times a year, typically in March, July, and November.

Earn Your Way offered at Center of Hope

1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57104

Website: www.centerofhopesf.org/earn-your-way

Email: info@centerofhopesf.org

Hours: 9:00am - 5:00pm (CT), Tuesday - Friday

Phone: 605-334-9789

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Qualifying individuals can use their God-given gifts to bless the community through community service to earn:

- bikes as transportation
- work boots/shoes
- some work clothing
- ID cards
- birth certificates

Pregnancy Services - Sioux Falls offered at Birthright

300 N Dakota Avenue, Suite 501, Sioux Falls, SD 57104

Website: www.birthright.org/siouxfalls

Email: SiouxFalls@birthright.org

Hours: 12:00noon - 2:00pm (CT), Monday 10:30am - 2:00pm (CT), Tuesday and Friday Thursdays open by appointment

Helpline: 24 hours a day / 7 days a week

Phone: 605-809-8409

Eligibility: Open to all

Coverage Area: Eastern South Dakota

Provides free pregnancy testing, community resource referrals and a 24-hour confidential helpline service.

Thrift Store offered at Goodwill of the Great Plains

120 N. Kiwanis Avenue, Sioux Falls, SD 57104

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-334-2028

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store and Document Shredding Services offered at Goodwill of the Great Plains Sioux Falls

120 N. Kiwanis Avenue, Sioux Falls, SD 57104

Website: www.goodwillgreatplains.org

Email: sfnm@goodwillgreatplains.org

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-334-2028

Eligibility: Open to all

Coverage Area: Sioux Falls area

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Proceeds benefit the community by offering individuals with barriers work training and employment opportunities. Goodwill has a clothing voucher program. Must be referred from a social service agency. Sioux Falls Thrift Store Locations: 4701 E. 41st Street; 120 N. Kiwanis Avenue; 3400 S. Norton Avenue.

Thrift Store offered at Union Gospel Mission

705 E. 8th Street, Sioux Falls, SD 57103

Hours: REGULAR RETAIL HOURS 10:00am - 5:00pm (CT), Monday 9:00am - 5:00pm (CT), Tuesday - Friday PUBLIC CLOTHING ASSISTANCE HOURS 10:00am - 4:00pm (CT), Monday and Wednesday LARGE GROUP CLOTHING ASSISTANCE (Organizations bringing groups in, please call to schedule an appointment) 10:00am - 4:00pm (CT), Tuesday and Thursday

Phone: 605-334-6732

Eligibility: Open to all. Financial assistance for clothing - eligibility requirements apply. Must fill out application.

Coverage Area: Sioux Falls area

Offers reasonably priced clothing and household items to the public and free assistance to those in need.

Gender-Diverse Clothing Closet offered at Transformation Project, The

500 N. Western Avenue, Suite 300, Sioux Falls, SD 57104

Website: www.transformationprojectsd.org **Email:** info@transformationprojectsd.org

Hours: Check website for appointment availability.

Phone: 605-836-3105

Eligibility: Open to all

Coverage Area: South Dakota

Providing Transgender & Gender Diverse individuals in need of clothing a meeting with a personal stylist to choose clothing, shoes and accessories and take home a week's worth at no cost to them.

Fill out an online application or call to book an appointment.

Society of St. Vincent de Paul Sioux Falls - Thrift Store offered at Society of St. Vincent de Paul

431 N. Cliff Avenue, Suite 101, Sioux Falls, SD 57103

Hours: 9:00am - 5:00pm (CT), Monday - Thursday, Saturday 9:00am - 6:00pm (CT), Friday No walk-ins for assistance accepted. Call the Society and leave a message to schedule a home visit.

Phone: 605-338-4111

Eligibility: Open to all

Coverage Area: Sioux Falls area

Provides good, clean, affordable clothing, furniture, and household items.

Thrift Store offered at Goodwill of the Great Plains

4701 E. 41st Street, Sioux Falls, SD 57110

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-338-2431

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store and Document Shredding Services offered at Goodwill of the Great Plains Sioux Falls

4701 E. 41st Street, Sioux Falls, SD 57110

Website: www.goodwillgreatplains.org **Email:** sfnm@goodwillgreatplains.org

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-338-2431

Eligibility: Open to all

Coverage Area: Sioux Falls area

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Proceeds benefit the community by offering individuals with barriers work training and employment opportunities. Goodwill has a clothing voucher program. Must be referred from a social service agency. Sioux Falls Thrift Store Locations: 4701 E. 41st Street; 120 N. Kiwanis Avenue; 3400 S. Norton Avenue.

Thrift Store offered at Bargain Basement Thrift Store, The

228 Saint Olaf Avenue, Baltic, SD 57003

Website: www.facebook.com/people/The-Bargain-Basement/100063723753385/

Hours: 2:30pm - 6:30pm (CT), Monday and Tuesday 1:30pm - 5:30pm (CT), Thursday and Friday 9:00am - 12:00noon (CT), Saturday

Phone: 605-529-5400

Eligibility: Open to all

Coverage Area: Baltic area

Serves the community with reasonably priced goods on a daily basis, and donating items as needed.

Thrift Store offered at Goodwill of the Great Plains

2508 Fox Run Parkway, Yankton, SD 57078

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-665-8847

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store offered at Goodwill of the Great Plains

625 Main Avenue, Brookings, SD 57006

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-692-2085

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store offered at Goodwill of the Great Plains

1415 W. Haven, Unit 6, Mitchell, SD 57301

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-996-3640

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store offered at Goodwill of the Great Plains

2318 9th Avenue S.E., Watertown, SD 57201

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-886-6379

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store offered at Goodwill of the Great Plains

424 S. Brown County Highway 19, Aberdeen, SD 57401

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-225-0822

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store offered at Goodwill of the Great Plains

1902 Eastgate Avenue, Pierre, SD 57501

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: 605-494-3033

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store offered at Goodwill of the Great Plains

611 Timmons Boulevard, Rapid City, SD 57703

Hours: 9:00am - 9:00pm (MT), Monday - Saturday 10:00am - 6:00pm (MT), Sunday

Phone: 605-731-1930

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Thrift Store offered at Goodwill of the Great Plains

611 Lindbergh Avenue, Rapid City, SD 57701

Hours: 9:00am - 9:00pm (MT), Monday - Saturday 10:00am - 6:00pm (MT), Sunday

Phone: 605-737-3955

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Shelters

24/7 Hotline Number offered at Domestic Violence Hotline for South Dakota

No Physical Address, Sioux Falls, SD 57105

Hours: 24 hours a day / 7 days a week

Phone: 800-430-7233

Eligibility: Open to anyone in a domestic violence situation, friends, or concerned loved ones

Coverage Area: South Dakota

Provides support and crisis intervention 24 hours a day / 7 days a week.

Women's Center (Shelter) offered at Union Gospel Mission

703 E. 8th Street, Sioux Falls, SD 57103

Website: ugmsiouxfalls.com **Email:** womencenter@ugmsiouxfalls.com

Hours: Check-in: 8:00am - 8:00pm (CT), Monday - Sunday Shelter is open 365 days a year Doors get locked at 8:00pm (CT)

Phone: 605-334-6732

Eligibility: Open to women over 18 years of age. Families will be considered on a case by case basis. Female youth - of any age can stay with mother figure Male youth - ages 11 and under

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

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

Men's Center (Shelter) offered at Union Gospel Mission

220 N. Weber Avenue, UGM Men's Shelter, Sioux Falls, SD 57103

Website: ugmsiouxfalls.com **Email:** office@ugmsiouxfalls.com

Hours: Shelter is open 365 days a year Doors close at 10:00pm (CT)

Phone: 605-334-6732

Eligibility: Open to men over 19 years of age Father/sons that need to stay together will be considered on a case by case basis

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

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

Overnight Program offered at Bishop Dudley Hospitality House

101 N. Indiana Avenue, Sioux Falls, SD 57103

Website: www.bdhh.org **Email:** info@bdhh.org

Hours: 6:00am (CT), Wake up 6:45am (CT), Shelter closes / all guests are required to leave 8:00am (CT), Shelter opens for daytime check-in 5:30pm - 6:30pm (CT), Shelter closes 6:30pm - 8:00pm (CT), Daily evening check-in

Phone: 605-809-8424

Eligibility: Open to all

Coverage Area: Sioux Falls area

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

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority

505 N. Western Avenue, Inter-Lakes Community Action Partnership, Sioux Falls, SD 57104

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-334-2808

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

Shelter and Crisis Intervention Services offered at Childrens Home Shelter for Family Safety

113 N. St. Paul Avenue, Sioux Falls, SD 57103

Website: www.chssd.org/shelter **Email:** shelter@chssd.org

Hours: 24 hours a day / 7 days a week

Phone: 605-338-4880

Eligibility: Any victim of domestic violence, sexual assault, stalking, human trafficking, and/or child abuse and neglect.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, Turner, and Union, but not limited to these

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.

Axis180 offered at Volunteers of America, Dakotas

3201 S. Theodore Avenue, Sioux Falls, SD 57106

Website: www.voa-dakotas.org **Email:** axis180@voa-dakotas.org

Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday

Phone: 605-366-7803

Eligibility: Homeless youth ages 16 - 21

Coverage Area: South Dakota

Provides shelter, case management, life skills, and education services to young people ages 16 to 21, who are preparing for independent living. The program provides young people with a safe, supportive environment while they learn the skills necessary to succeed on their own.

Arise Youth Center East offered at Lutheran Social Services - Southeast Region

621 E. Presentation Street, Sioux Falls, SD 57104

Website: <https://lsssd.org/what-we-do/detention-alternatives/>

Email: info@lsssd.org

Hours: 24 hours a day / 7 days a week

Phone: 605-221-2346

Eligibility: Children aged 10-17

Coverage Area: Currently set only to serve Minnehaha County for Reception Center. Shelter Care in South Dakota upon approval (runaway/homeless Safe Place walk in services available). Evening Report Center available to local court system referrals and taking referrals for youth who have successfully completed court-mandated Evening Report Center services who want to continue in the voluntary ERC program.

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

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority

920 Broadway Avenue, Suite 1, Rural Office of Community Services, Yankton, SD 57078

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-665-4559

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority

1307 N. Main, Rural Office of Community Services, Mitchell, SD 57301

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-996-9626

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority

106 West S.W., Rural Office of Community Services, Wagner, SD 57380

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-384-3883

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority

17 Park Avenue, ROCS Lake Andes Office, Lake Andes, SD 57356

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-487-7634

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority

7 W. Kemp, Inter-Lakes Community Action Partnership, Watertown, SD 57201

Hours: 8:00am - 4:00pm (CT), Monday - Friday

Phone: 605-954-8093

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority

420 S. Washington Street, The Journey Home, Aberdeen, SD 57401

Hours: 9:00am - 2:00pm (CT), Monday - Friday

Phone: 605-725-7031

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

Transitional Shelter offered at Maggie's House

15 Wasuya Avenue, Kyle, SD 57752

Email: maggieshousetlp@gmail.com

Hours: 24 hours a day / 7 days a week

Phone: 605-455-1214

Eligibility: Ages 17 - 21

Coverage Area: Great Plains

Provides a safe and stable environment enriched with culturally appropriate and evidence based services to youth aging out of foster care, trafficked, homeless, parenting teens, and young adults ages 17-21.

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority

111 New York Street, Volunteers of America, Northern Rockies, Rapid City, SD 57701

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Phone: 605-341-8336

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

24/7 Crisis Intervention Safeline offered at National Runaway Safeline

3141 B N. Lincoln Avenue, Chicago, IL 60657

Website: www.1800RUNAWAY.org **Email:** info@1800runaway.org

Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday Hotline hours: 24 hours a day / 7 days a week / 365 days a year

Phone: 800-786-2929

Eligibility: Youth 21 years of age and under and families

Coverage Area: United States

? Confidential, 24/7 crisis intervention for runaway and homeless youth and their families via phone, chat, email, and bulletin board. Referrals, conference calling with a parent upon youth's request, conflict mediation, and information hotline. Free bus tickets home to family or shelter for qualified youth ages 12-21. Call 1-800-RUNAWAY (786-2929) or visit www.1800runaway.org.

Housing

Renter's Guide to Sioux Falls offered at South Dakota Housing Development Authority

Sioux Falls, SD 57105

Website: <https://www.sdhousing.org/news-blog/the-renters-guide-to-sioux-falls>

Email: info@sdhda.org

Hours: The website is available 24 hours a day / 7 days a week

Eligibility: Open to all

Coverage Area: Sioux Falls area

The South Dakota Housing Development Authority (SDHDA) has put together some valuable tools and resources for those on the hunt for an affordable apartment in Sioux Falls.

Inpatient Treatment for Women offered at Volunteers of America, Dakotas

1401 W. 51st Street, Sioux Falls, SD 57105

Website: www.voa-dakotas.org

Email: info@voa-dakotas.org

Hours: 24 hours a day / 7 days per week

Phone: 605-334-1414

Eligibility: Pregnant and parenting women aged 18 and older are eligible for the New Start for Women program.

Coverage Area: Located in Sioux Falls, but serving residents of South Dakota

Offers substance use evaluations for adolescents and adults. The evaluation is the first step in determining if the individual needs further assistance with their substance use.

Residential Program offered at Glory House of Sioux Falls

4000 S. West Avenue, Sioux Falls, SD 57105

Hours: 24 hours a day / 7 days a week

Phone: 605-332-3273

Eligibility: Adult, employable, eligible according to referral agency criteria, willing to comply with rules and programming

Coverage Area: Located in Sioux Falls, but serving residents of South Dakota

Transitional program provides assistance with employment, money management, recovery from substances, as well as co-occurring conditions assisting the individual in establishing and the continuation of applying these life skills.

Housing Resource Center offered at Lutheran Social Services - Southeast Region

705 E. 41st Street, Sioux Falls, SD 57105

Website: <https://lsssd.org/what-we-do/center-for-financial-resources/>

Email: cccs@lsssd.org

Hours: 8:00am - 7:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday Occasionally Saturdays - Call for information

Phone: 605-330-2700

Eligibility: Open to all

Coverage Area: Sioux Falls area

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.

Family Self-Sufficiency Program offered at Sioux Falls Housing and Redevelopment Commission

630 S. Minnesota Avenue, Sioux Falls, SD 57104

Hours: Main office is closed to the public. Please call for an appointment or more information from 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-332-0704

Eligibility: Must be on section 8 Voucher, or Public Housing rental assistance programs.

Coverage Area: City of Sioux Falls and communities in Minnehaha County

Helping highly motivated, low-income individuals and families with becoming economically self-sufficient.

Housing Assistance Programs offered at Sioux Falls Housing and Redevelopment Commission

630 S. Minnesota Avenue, Sioux Falls, SD 57104

Website: www.siouxfallshousing.org **Email:** sfhrc@siouxfallshousing.org

Hours: Main office is closed to the public. Paperwork may be dropped off between 8:00am - 5:00pm (CT), Monday - Friday. Call for appointments or more information.

Phone: 605-332-0704

Eligibility: Must fall within income guidelines

Coverage Area: City of Sioux Falls and Minnehaha County

Does not provide one-time or immediate rental assistance. Offers various programs to assist eligible households with their rent. Assistance based on household income and size. Also, has list of low income rental units in the area.

Ex-Offender Transitional Housing offered at Kingdom Boundaries Prison Aftercare

417 S. Summit Avenue, Sioux Falls, SD 57104

Hours: 6:00am - 6:00pm (CT), Monday - Friday

Phone: 605-695-0048

Eligibility: Can only house male ex-offenders.

Coverage Area: South Dakota

Transitional housing for up to 20 males. Program also helps anyone re-entering society after incarceration including finding employment, clothes, furniture, etc. (based on what is currently available).

Felon Friendly Housing List offered at Health Connect of South Dakota

320 S. 3rd Avenue, Suite B, Sioux Falls, SD 57105

Hours: Please call to set up an appointment time.

Phone: 605-371-1000

Eligibility: Available to all

Coverage Area: Sioux Falls area

A list of housing options that are felon friendly in the Sioux Falls area is available on the Health Connect website.

Transition in Place Program offered at Volunteers of America, Dakotas

1113 E. 14th Street, Sioux Falls, SD 57104

Website: www.voa-dakotas.org **Email:** info@voa-dakotas.org

Hours: 9:00am - 4:30pm (CT), Monday - Saturday

Phone: 605-334-1414

Eligibility: Homeless and at risk veterans and families.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Works to house eligible veterans (Homeless and at risk veterans and families) in community-based housing. Once accepted into the program, services would include: assistance with rent;furniture;utilities;food and coordination with community resources.

HUD South Dakota offered at United States Department of Housing and Urban Development

4301 W. 57th Street, Suite 101, Sioux Falls Field Office, Sioux Falls, SD 57108

Website: www.hud.gov/southdakota **Email:** sd_webmanager@hud.gov

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-330-4223

Eligibility: Open to all

Coverage Area: South Dakota

Provides information on low income (subsidized) rental units and public housing authorities.

Sober Living Home offered at Oxford House

8 Oxford Houses in Sioux Falls, Sioux Falls, SD 57104

Hours: Residential services are 24 hours a day / 7 days a week

Phone: 605-569-2111

Eligibility: Houses for men, women, women and children; no co-ed houses

Coverage Area: Cities served: Aberdeen, Rapid City, and Sioux Falls.

Established to provide a safe, supportive and structured environment where men, women and women with children can live while learning to live without drugs and alcohol.

Transitional Housing offered at St. Francis House

210 N. Sherman Avenue, Sioux Falls, SD 57103

Website: www.stfranchishouse.com **Email:** info@stfranchishouse.com

Hours: Intake: 8:00am - 3:00pm (CT), Monday - Friday Shelter: 24 hours a day / 7 days a week

Phone: 605-334-3879

Eligibility: Homeless or those in need of shelter (must have no violence in background check, no alleged, or convicted crimes of a sexual nature, and no petty theft charges). This is a zero-tolerance facility (cannot be under the influence of alcohol or drugs).

Coverage Area: Sioux Falls area

Provides transitional housing, clothes, bus passes, 3 meals a day, and case management for men, women, and families.

Safe Home offered at Minnehaha County

320 W. 3rd Street, Sioux Falls, SD 57104

Website: www.minnehahacounty.gov/dept/hs/safe_home/safe_home.php

Hours: Call for information

Phone: 605-367-7441

Eligibility: Adults who are dealing with alcohol dependence and have been homeless for an extended period of time. US Citizen and resident of Minnehaha County.

Coverage Area: Located in Sioux Falls, and serving residents of Minnehaha County

Safe Home is a Housing First model program that involves the program components of case management, groups, monitoring, and community.

Inmate and Ex-Offender Support Services offered at Hope Prison Ministry

PO Box 284, Sioux Falls, SD 57104

Website: www.hopeprisonministry.com **Email:** hopeprisonministry@gmail.com

Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday

Phone: 605-338-7526

Eligibility: All prison inmates released within the last 6 months and have not been assisted by Hope Prison Ministry previously.

Coverage Area: South Dakota

Helps men and women after release from incarceration by providing them with clothes and resources needed to find food, housing resource information and other items on a one-time basis.

Marissa's House offered at Call to Freedom

Sioux Falls, SD 57104

Website: www.calltofreedom.org **Email:** info@calltofreedom.org

Hours: Call for information

Phone: 605-759-3565

Eligibility: Women 18+ and their children (call for age specific information) (Victims/Survivors of Human Trafficking and sexual exploitation)

Coverage Area: South Dakota

Call to Freedom provides victim-centered responsive services to those who have experienced sexual exploitation and human trafficking. Our Vision is to create a cohesive community model of care and support for victims, bringing communities together while educating and advocating to stop human trafficking.

SHARE Program (Transitional Housing) offered at Southeastern Behavioral Healthcare

1508 W. Russell Street, Sioux Falls, SD 57104

Hours: 7:00am - 8:00pm (CT), Monday - Friday 7:00am - 7:00pm (CT), Saturday and Sunday - staff on site

Phone: 605-336-0503

Eligibility: Adults (18 or older) with a severe mental illness diagnosis and substance abuse disorder.

Coverage Area: Sioux Empire

The transitional housing is part of the Community Support Services division of Southeastern. Psychiatric services to adults diagnosed with a severe mental illness who are in need of case management and/or medication management is provided.

The transitional housing is an 11 bed facility (each with their own private bathroom) that provides supportive services to individuals who are homeless or currently residing in an unstable environment who have a substance use disorder as well as a severe mental illness.

This is a sober living environment. Residents are provided 2 meals per day Monday - Friday and 3 meals Saturdays and Sundays. Residents are expected to participate in constructive daily activity outside of the transitional facility 9:00am - 3:00pm, Monday - Friday. Life skills groups and assistance with medication management are also provided. On site laundry.

Junk Removal offered at WeHAUL Hauling & Junk Removal

1705 E. Spruce Street, Sioux Falls, SD 57103

Website: <https://wehaulhaulingandjunkremoval.com/> **Email:** wehaulfsd@gmail.com

Hours: 7:00am - 7:00pm (CT), Monday - Saturday Sunday by appointment

Phone: 320-841-2010

Eligibility: Open to all

Coverage Area: Sioux Falls area

WeHAUL provides hauling & junk removal services throughout the Sioux Falls area. Offers full home clean-outs, eviction clean-outs, property clean-up, furniture & appliance removal, delivery services, and more.

Sober Living Home offered at Tallgrass Recovery and Sober Living Homes

27048 Tallgrass Avenue, Sioux Falls, SD 57108

Hours: 24 hours a day / 7 days a week

Phone: 605-368-5559

Eligibility: Individuals with alcohol and/or chemical dependency.

Coverage Area: Located in Sioux Falls, but serving residents of southeastern South Dakota

Offers a residential campus and sober living homes using an alcoholics anonymous approach.

Moving Assistance offered at Moving Assistance Program

No Physical Address, Sioux Falls, SD

Website: www.siouxfallsmidco.org **Email:** map@sio.midco.net

Hours: Answering machine is available 24 hours a day / 7 days a week Calls reviewed several times a day. All calls will be answered within 24 hours excluding weekends.

Phone: 605-221-5950

Eligibility: Anyone 18 or older within the Federal Poverty Guidelines who is looking to move to a better or safer living condition

Coverage Area: City limits of Sioux Falls

Provides moving assistance to individuals and families in Sioux Falls who financially cannot afford to physically move to a better or safer living condition. Requires 2 weeks advance notice for all moves. Does not offer assistance with packing.

Teen Challenge of the Dakotas

600 W. 16th Avenue S., Brookings, SD 57006

Hours: Office hours: 8:30am - 5:00pm (CT), Monday - Friday

Phone: 605-693-9753

Eligibility: Men, 18 years and older with life controlling problems such as addictions

Coverage Area: Located in Brookings, but serving residents of South Dakota

A residential, Christian discipleship program utilizing biblical principles including faith and genuine repentance to help men (18 years and older) overcome life-controlling problems such as addictions.

Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute

901 S. Miller, Mitchell, SD 57301

Website: www.dakotacounseling.net **Email:** info@dakotacounseling.net

Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 2:00pm (CT), Friday to schedule appointment Treatment center is open 24 hours a day / 7 days a week / 365 days a year

Phone: 605-995-8180

Eligibility: Open to all

Coverage Area: Located in Mitchell, but serving residents of South Dakota

Provides professional prevention services, education, assessment, intervention, counseling, referral, group and individual therapy, social detoxification, transitional living and continued care for those affected directly or indirectly by mood-altering chemical use or dependency.

Halfway House and Detox Center offered at Human Service Agency

119 19th Street N.E., Watertown, SD 57201

Hours: 24 hours a day / 7 days a week

Phone: 605-884-0650

Eligibility: Halfway House: Males, 18 and over, diagnosed with substance use disorder and mental illness. Detox: Available for males and females, 18 and over. Admission criteria is either currently experiencing intoxication or withdrawal symptoms with the desire for recovery. Crisis Intervention: Available for 18 and over experiencing severe Mental Health crisis or suicidal thought.

Coverage Area: Located in Watertown, but serving residents of South Dakota

A therapeutic place of residence for persons suffering from mental illness and chemical dependency. Offering dignity and serenity for chemically dependent and or mentally ill persons to continue the journey of recovery, healing, and wholeness.

Sober Living Services offered at Reflections Recovery Home

110 E. 7th Avenue, Redfield, SD 57469

Website: <https://www.reflectionsrecovery.sd.gov/>

Email: reflectionsrecovery.sd@gmail.com

Hours: 24 hours a day / 7 days a week

Phone: 605-460-2444

Eligibility: Men 18 years and older.

Coverage Area: United States

A structured sober living home for men centered on residents and providing a healthy environment with shared values of accountability, reflection, growth, and empowerment. With the help of staff, residents encourage each other in long-term sobriety to enable a successful recovery.

Sober Living Home offered at Oxford House

2 Oxford Houses in Aberdeen, Aberdeen, SD 57401

Hours: Residential services are 24 hours a day / 7 days a week

Phone: 605-254-7636

Eligibility: Houses for men, women, women and children; no co-ed houses

Coverage Area: Cities served: Aberdeen, Rapid City, and Sioux Falls.

Established to provide a safe, supportive and structured environment where men, women and women with children can live while learning to live without drugs and alcohol.

Paint South Dakota offered at South Dakota Housing Development Authority

3060 E. Elizabeth Street, Pierre, SD 57501

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-773-7603

Eligibility: The nominee must own and currently live in the home to be painted. It cannot be a business, rental house, units or property used for other purposes besides a primary residence. The nominee must need their home repainted and would otherwise not be able to paint the house due to their financial or physical difficulty.

Coverage Area: South Dakota

Bringing people together, providing a new coat of paint to a household in need, and helping beautify the community.

A volunteer group nominates the home of someone in the community. Paint and primer are purchased by the organization and reimbursed by SDHDA. The volunteer group is responsible for supplies such as caulk, scrapers, ladders, brushes, and buckets.

If an applicant would like to nominate themselves, they are responsible for finding the volunteers to do the painting.

SD Housing Search offered at South Dakota Housing Development Authority

Pierre, SD 57501

Website: www.sdhousingsearch.com **Email:** info@sdhda.org

Hours: Website: 24 hours a day / 7 days a week

Eligibility: Open to all

Coverage Area: South Dakota

A free housing locator providing information on Section 8 and income based rental units.

Housing Assistance offered at South Dakota Housing Development Authority

3060 E. Elizabeth Street, Pierre, SD 57501

Website: <https://www.sdhousing.org/> **Email:** info@sdhda.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-773-3181

Eligibility: Program guidelines apply

Coverage Area: South Dakota

Provides mortgage and down payment assistance, housing construction and rehabilitation, homelessness prevention, and rental assistance.

Treatment Program offered at Rosebud Sioux Tribe

719 Hospital Drive, Alcohol Treatment Center, Rosebud, SD 57570

Website: www.greatplainsbehavioralhealth.org/rosebud-sioux-tribe-alcohol-drug-tr

Hours: 24 hours a day / 7 days a week

Phone: 605-747-2342

Eligibility: Enrolled member of federally recognized tribe

Coverage Area: Located in Rosebud, but serving South Dakota

Culturally sensitive adult and youth outpatient treatment programs and residential alcohol treatment facility. After care programs, youth alcohol and drug assessments, and youth treatment placement.

Sober Living Home offered at Oxford House

3602 Arizona Street, Rapid City, SD 57701

Hours: 9:00am - 9:00pm (MT), Monday - Sunday

Phone: 605-569-2111

Eligibility: Houses for men, women, women and children; no co-ed houses

Coverage Area: Cities served: Aberdeen, Rapid City, and Sioux Falls.

Established to provide a safe, supportive and structured environment where men, women and women with children can live while learning to live without drugs and alcohol.

Full Circle offered at West River Mental Health

350 Elk Street, Rapid City, SD 57701

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday

Phone: 605-343-7262

Eligibility: Pregnant and parenting women

Coverage Area: Located in Rapid City, but serving residents of South Dakota

A residential substance abuse treatment and prevention program for pregnant and parenting women. Intensive inpatient treatment is offered along with prenatal care, parenting information, case management, and continued care in a residential facility for those who have completed treatment. Also, offers MAT (Medication Assisted Treatment).

Residential Treatment Program offered at New Dawn Center

19271 SD Highway 79, Vale, SD 57788

Hours: Facility is open and staffed 24 hours a day / 7 days a week.

Phone: 605-309-5105

Eligibility: Men who have completed prior treatment programs, or awaiting admittance to treatment facility

Coverage Area: Located in Vale, but serving residents of South Dakota

Provides transitional, clinically-managed, low-intensity, open-ended residential treatment program. Residents are encouraged to take part in the outdoor operation of the facilities and participate in any of the recreational therapy programs. ASAM level 3.1 transitional substance abuse treatment.

Rural Development Multi-Family Housing Rentals offered at United States Department of Agriculture

No Physical Address, , SD

Hours: Available online 24 hours a day / 7 days a week

Phone: 202-720-1494

Eligibility: Website is open to all

Coverage Area: South Dakota

Through the website, people who are looking for low-cost rentals, can find units for rent in rural South Dakota. Search based on county or town. Then, contact the property company regarding how to apply. To find apartments in rural areas: 1. Go to www.rd.usda.gov 2. Scroll down on left hand side, it says, Find Rural Rentals 3. Then click on South Dakota in the map 4. Then, select your County.

Immigration/refugee resources

Caminando Juntos - Presentation Sisters Hispanic Ministry Center offered at Presentation Sisters

311 E. 14th Street, Sioux Falls, SD 57104

Website: www.facebook.com/CaminandoJuntosSiouxFalls **Email:** marketing@presentationsisters.org

Hours: 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 4:00pm (CT), Friday

Phone: 605-274-3735

Eligibility: Must be of Latino origin

Coverage Area: Sioux Falls area

Responds to the needs of the Spanish-speaking community by helping them access community resources and basic necessities, continue their education, find employment, housing, and health care, change their immigration status, apply for citizenship, or obtain a work permit.

Multi-Cultural Center offered at Lutheran Social Services - Southeast Region

300 E. 6th Street, Center for New Americans, Sioux Falls, SD 57104

Website: www.lssSD.org **Email:** info@lsssd.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-731-2000

Eligibility: Open to all

Coverage Area: Sioux Falls area

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, youth programs, and legal assistance.

Center for New Americans offered at Lutheran Social Services - Southeast Region

300 E. 6th Street, Center for New Americans, Sioux Falls, SD 57104

Website: <https://lsssd.org/what-we-do/center-for-new-americans/> **Email:** info@lsssd.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-731-2000

Eligibility: Refugee or Asylee status within 5 years of date of arrival. ESL classes, interpreter services, and immigration counseling services available to both immigrants and refugees.

Coverage Area: Sioux Falls area

Services include case management, employment services, education services, English language training, community orientation, immigration counseling services, and information and referral

Community Interpreter Service offered at Lutheran Social Services - Southeast Region

300 E. 6th Street, Center for New Americans, Sioux Falls, SD 57104

Website: <https://lsssd.org/what-we-do/center-for-new-americans/>

Email: info@lsssd.org

Hours: 24 hours a day / 7 days per week

Phone: 605-731-2010

Eligibility: Open to all

Coverage Area: South Dakota

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 offered at Lutheran Social Services - Southeast Region

515 N. Main Avenue, The Coliseum, Sioux Falls, SD 57104

Website: www.lssSD.org

Email: info@lsssd.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-731-2000

Eligibility: Open to all

Coverage Area: Sioux Falls area

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, youth programs, and legal assistance.

United States Department of Homeland Security

245 Murray Lane S.W., Washington, DC 20528

Hours: Call for information

Phone: 202-282-8000

Eligibility: Open to all

Coverage Area: United States

The Department of Homeland Security was formed after the terrorist attacks of September 11, 2001, as part of a national effort to safeguard the United States against terrorism. Missions include:

- Preventing terrorism and enhancing security
- Managing borders
- Administering immigration laws
- Securing cyberspace
- Ensuring disaster resilience

Oversees:

- U.S. Immigration and Customs Enforcement
- U.S. Citizenship and Immigration Services
- Federal Law Enforcement Training Centers
- Federal Protective Services
- U.S. Customs and Border Protection
- Transportation Security Administration (TSA)
- U.S. Coast Guard
- U.S. Secret Service
- Federal Emergency Management Agency (FEMA)

Language Translation Services offered at LanguageLine Solutions

1 Lower Ragsdale Drive, Building 2, Monterey, CA 93940

Website: www.languageline.com **Email:** customercare@languageline.com

Hours: 24 hours a day / 7 days a week

Phone: 800-752-6096

Eligibility: Open to all

Coverage Area: United States, UK, Costa Rica

Provides 24-hour interpreting service as well as translation/localization and video interpreting to over 240 languages.

Mental Health / Substance Abuse

Community Counseling Clinic offered at Sioux Falls Psychological Services

2109 S. Norton Avenue, Sioux Falls, SD 57105

Website: www.offermehope.com **Email:** sfps@offermehope.com

Hours: Monday - Friday Visit website or call for office hours.

Phone: 605-334-2696

Eligibility: Open to individuals, families, and couples with limited to no funds.

Coverage Area: Sioux Falls area

Located in the offices of Sioux Falls Psychological Services, the Community Counseling Clinic has served the community for over 20 years by providing therapy to families, couples, and individuals with limited or no funds. Under the supervision of highly credentialed doctoral level faculty, master's degree students provide quality therapy to families, couples and individuals in a safe and confidential environment. No one is turned away due to a lack of ability to pay. Help for those experiencing a variety of problems, including:

- loneliness and isolation
- anxiety and depression
- trauma, abuse, and betrayal
- anger and conflict
- grief and loss
- communication issues
- family or lifestyle transitions
- parenting difficulties
- behavioral changes
- relationship challenges
- medical, spiritual, or identity issues
- separation, divorce, or remarriage
- marital affairs

Counseling Services offered at Sioux Falls Psychological Services

2109 S. Norton Avenue, Sioux Falls, SD 57105

Website: www.offermehope.com **Email:** sfps@offermehope.com

Hours: Monday - Friday Visit website or call for details for hours.

Phone: 605-334-2696

Eligibility: Open to all

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Offers a full range of psychological services including therapy and assessments for children, adolescents, couples, and families. Telemental health services offered. Sioux Falls Psychological Services currently has one therapist intern that is fluent in Spanish and English.

Student Services offered at Augustana University

2001 S. Summit Avenue, Sioux Falls, SD 57197

Hours: Administrative hours: 8:00am - 5:00pm (CT), Monday - Friday Campus Safety: 24 hours a day / 7 days a week

Phone: 605-274-0770

Eligibility: Call for information

Coverage Area: Campus of Augustana University, and surrounding area

Augustana University offers a variety of support services to its students including:

- Campus Safety:
- (605) 274-4014

- Emergency Notification System
- Student Counseling Services:
- (605) 274-5215

- Student Health Services:
- (605) 274-5552

- Childcare Services:
- (605) 274-4701

- Residential Life On-Call Director:
- (605) 310-3045

- Dining Services:
- (605) 274-4800

- Disability Services:
- (605) 274-4631

- Tutoring:
- (605) 274-4131

- Writing Assistance Center:
- (605) 274-5441

Counseling and Children's Services offered at Southeastern Behavioral Healthcare

2000 S. Summit Avenue, Sioux Falls, SD 57105

Hours: 8:00am - 8:00pm (CT), Monday 8:00am - 6:00pm (CT), Tuesday, Thursday 8:00am - 7:00pm (CT), Wednesday 8:00am - 12:00noon (CT), Friday Evenings by appointment

Phone: 605-336-0510

Eligibility: Call for information

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

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.

Counseling Services offered at Psychiatric Services, LLC

2116 S. Minnesota Avenue, Suite 5, Sioux Falls, SD 57105

Email: clientservices@strivingtoimprove.org

Hours: 8:00am - 5:00pm (CT), Wednesday

Phone: 605-697-5352

Eligibility: Open to all

Coverage Area: Counties served: Brookings, Lincoln, McCook, Minnehaha, and Turner.

Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Counseling Services offered at Waystone Counseling Services

2116 S. Minnesota Avenue, Suite 1B, Sioux Falls, SD 57105

Website: <https://waystonecounseling.clientsecure.me/> **Email:** waystonecounseling@gmail.com

Hours: Call for information.

Phone: 605-681-6429

Eligibility: Open to individuals aged 12 years and older

Coverage Area: Sioux Falls area

Counseling services for teens and adults.

Counseling Services offered at Clear Path Counseling

3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105

Hours: 8:00am - 4:00pm (CT), Monday - Thursday

Phone: 605-215-1701

Eligibility: Individuals 18 years of age and older

Coverage Area: Sioux Falls area

Offers mental health counseling for adults, including individual, LGBTQ+, substance abuse, and cognitive behavioral therapy.

Counseling Services offered at Cultivate Counseling, LLC

3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105

Hours: Call for information.

Phone: 605-610-9629

Eligibility: Ages 7+

Coverage Area: Sioux Falls area

Provides individual mental health counseling for children (ages 7+), adolescents, and adults experiencing personal, relational, and psychological challenges.

Counseling Services offered at Balance Point, LLC

3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105

Hours: 8:00am - 5:00pm (CT), Monday - Thursday

Phone: 605-524-8910

Eligibility: Open to all

Coverage Area: Southeastern South Dakota

Provides individual, couple, and family therapy services. Collaborative space to challenge life's ups and downs.

Counseling Services offered at Sioux Falls Wellness Counseling

3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105

Website: www.siouxfallswellness.com **Email:** rita@siouxfallswellness.com

Hours: 11:00am - 8:00pm (CT), Monday - Thursday 10:00am - 5:00pm (CT), Friday 10:00am - 3:00pm (CT), Saturday

Phone: 605-610-9228

Eligibility: Adolescents and adults (12+)

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Substance abuse and mental health counseling for individuals, couples, and families. Issues to be addressed include, but are not limited to; depression, bipolar, substance abuse and addiction, anxiety, adjustment disorders, self-esteem, trauma, self injury, personality disorders, stress management, phase of life issues, grief, eating disorders, abuse, anger, co-occurring disorders, and relationships. Eye Movement Desensitization and Reprocessing (EMDR) technique available. Offers telehealth services; not all issues are appropriate to address through distance counseling. Videoconferencing available.

Counseling Services offered at Clarity Counseling, LLC

108 E. 38th Street, Suite 700, Sioux Falls, SD 57105

Website: www.claritycounselingsf.com **Email:** brandy@clarity605.com

Hours: 9:00am - 5:00pm (CT), Monday, Tuesday, Thursday, Friday 10:00am - 5:00pm (CT), Wednesday

Phone: 605-231-9308

Eligibility: Open to all over the age of 14

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Confidential counseling services, finding clarity in the expected, unexpected, and everything in between. Serving clients 12 years of age and older on the topics of abuse, attention deficit / hyperactive disorder (ADD/ADHD), adoption, alcohol abuse, Asperger's syndrome, autism, behavioral issues, bipolar disorder, borderline personality, chronic impulsivity, codependency, coping skills, divorce, domestic abuse, domestic violence, dual diagnosis, eating disorders, family conflict, grief, infertility, infidelity, obsessive compulsive disorder (OCD), oppositional defiance (ODD), parenting, pregnancy, prenatal and postpartum, self-esteem, self-harming, sexual addiction, insomnia, weight loss, and women's issues. Treatment approaches include cognitive behavioral therapy (CBT), family systems therapy, marital therapy, interpersonal therapy, mindfulness based, motivational interviewing, and solution focused brief counseling.

Telehealth services available.

Student Services offered at University of Sioux Falls

1101 W. 22nd Street, Sioux Falls, SD 57105

Website: www.usiouxfalls.edu **Email:** admissions@usiouxfalls.edu

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-331-5000

Eligibility: Open to all

Coverage Area: Campus of University of Sioux Falls, and surrounding area

University of Sioux Falls offers a variety of support services to its students including Campus Safety, Safe Walk Program, student counseling services, veteran benefits, residential life, disability services, dining services and tutoring.

Counseling Services offered at Behavior Management Counseling Services

3610 S. Western Avenue, Suite 2, Sioux Falls, SD 57105

Hours: 8:00am - 6:00pm (CT), Monday - Friday

Phone: 605-274-1700

Eligibility: Open to all

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Offering individual, couples, group, and family therapy for all ages. Specializing in work with children and adolescents. Utilizes play therapy, parent/ child interactive therapy, behavior modification, Cognitive Behavioral Therapy (CBT), and Acceptance and Commitment Therapy (ACT). Experience working with those suffering from depression, generalized and separation anxiety, school refusal, social phobia, and Obsessive Compulsive Disorder (OCD). Other areas include social skills training, behavior problems, emotional regulation, selective mutism, trichotillomania (hair pulling), grief and loss, Post Traumatic Stress (PTSD), Attention Deficit / Hyperactivity Disorder (ADD/ADHD), Asperger's and autism spectrum, pediatric bipolar disorder, mood disorders, Disruptive Mood Dysregulation. Virtual and in-office visits available.

Offering groups for children:

- OCD and Worry Free, a psychotherapy group for kids ages 8-13 with obsessive compulsive disorder
- Kids, Boundaries, and Manners, an 8-week learning group designed to help children understand body boundaries and personal space.

SAMHSA Trauma Grant offered at Volunteers of America, Dakotas

1310 W. 51st Street, Sioux Falls, SD 57105

Hours: 8:00am - 7:30pm (CT), Monday and Wednesday 8:00am - 6:00pm (CT), Tuesday 8:00am - 7:00pm (CT), Thursday 8:00am - 5:00pm (CT), Friday

Phone: 605-334-1414

Eligibility: Open to individuals 4 - 17 years of age

Coverage Area: Southeastern South Dakota

Trauma - Focused Treatment is a service designed for children and adolescents ages 4-17 and their families who have been impacted by traumatic events, with a focus on those who have experienced multiple Adverse Childhood Experiences and/ or COVID related Trauma.

Behavioral Health offered at Volunteers of America, Dakotas

1310 W. 51st Street, Sioux Falls, SD 57105

Website: <https://portal.voa-dakotas.org/client/intake> **Email:** info@voa-dakotas.org

Hours: Inpatient services: 24 hours a day / 7 days a week Walk-in assessments: 1:00pm - 3:00pm (CT), Wednesday Office Hours: 8:00am - 8:30pm, Monday - Thursday 8:00am - 5:00pm, Friday Assessments by appointment: Monday - Friday

Phone: 605-334-1414

Eligibility: Adolescents (4-18 years old) and adults (18+)

Coverage Area: Located in Sioux Falls, serving South Dakota via telehealth

A full continuum of mental health and substance use services for youth (ages 12 - 18, including pregnant teens) and adults, includes assessments, individual and family counseling, intensive outpatient treatment, inpatient treatment, transitional care, and aftercare counseling for adults and adolescents.

Re-Entry Services for Women offered at Volunteers of America, Dakotas

1310 W. 51st Street, Sioux Falls, SD 57105

Website: www.voa-dakotas.org **Email:** info@voa-dakotas.org

Hours: Vary; call for information

Phone: 605-334-1414

Eligibility: Women coming out of jail or prison who have custody or will be regaining custody of minor children

Coverage Area: Southeastern South Dakota

One of only four programs in the nation that works with mothers in prison, their children, and the children's caregiver to break cycles of poverty and incarceration and to change the future for these families.

Counseling Services offered at Family Ties Christian Counseling

3500 S. Phillips Avenue, Suite 121, Sioux Falls, SD 57105

Website: familytieschristiancounseling.com **Email:** educator.84@hotmail.com

Hours: 9:00am - 6:00pm (CT), Tuesday, Thursday

Phone: 605-359-0034

Eligibility: Open to all

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner States of Iowa, South Dakota, and Minnesota
Individual, couples/marriage, and family counseling. Topics covered include depression, anxiety, obsessive compulsive disorder (OCD), attention deficit/hyperactivity disorder (ADHD), adjustment disorders, bipolar, post traumatic stress (PTSD), child sexual abuse, domestic violence, marriage issues, spiritual issues, women's issues, church leadership abuse issues, Asperger's, social skills, self-esteem, bullying, and individuals whose spouses have addiction issues (porn, alcohol, etc).

Counseling Services offered at Linking the Gap Counseling

3500 S. Phillips Avenue, Sioux Falls, SD 57105

Website: www.linkingthegapsd.com **Email:** contact@linkingthegapsd.com

Hours: 8:00am - 7:00pm (CT), Monday - Thursday 8:00am - 3:00pm (CT), Friday

Eligibility: Ages 10 - 75

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth. Also serves Minnesota
Offers in person counseling as well as telehealth options. Provides a variety of mental health services. Some of those services include: treatment for eating disorders, substance abuse evaluations, internet addiction evaluation and treatment, therapy for individuals with dual intellectual and/or developmental disabilities and mental health, caregiver counseling, ambiguous loss counseling, as well as trauma services, such as Eye Movement Desensitization and Reprocessing (EMDR) therapy.

Provides the following: individual counseling, substance abuse counseling, psychological assessments, outpatient substance abuse treatment, grief/bereavement counseling, dialectical behavioral therapy, child abuse survivor counseling for adults, family counseling, mental health screening, trauma informed therapy, cognitive behavioral therapy, adolescent/youth counseling, parent counseling, spouse/intimate partner abuse counseling, and internet (tele-health) counseling.

Also provides supervision for licensure for LPC, MPC-MH, and LCSW.

Counseling Services offered at Family Service, Inc.

2210 S. Brown Place, Sioux Falls, SD 57105

Website: www.sdfsi.org **Email:** support@sdfsi.org

Hours: 8:00am - 6:00pm (CT), Monday, Wednesday 8:00am - 7:00pm (CT), Tuesday 8:00am - 7:00pm (CT), Thursday 8:00am - 5:00pm (CT), Friday Saturday appointments are sometimes available and limited.

Phone: 605-336-1974

Eligibility: Open to all

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Family Service, Inc provides affordable counseling to all ages.

Heuermann Counseling Clinic offered at Family Service, Inc.

2210 S. Brown Place, Sioux Falls, SD 57105

Website: www.sdfsi.org **Email:** support@sdfsi.org

Hours: 8:00am - 6:00pm (CT), Monday, Wednesday 8:00am - 7:00pm (CT), Tuesday 8:00am - 7:00pm (CT), Thursday 8:00am - 5:00pm (CT), Friday Saturday appointments are sometimes available and limited.

Phone: 605-336-1974

Eligibility: Individual income below \$26,355 per year and no insurance; family based on number of individuals in the family.

Coverage Area: Sioux Falls area

A free counseling service that is staffed by MSW student interns, credentialed, licensed and experienced therapists who provide short-term counseling for uninsured people who are having temporary difficulties.

Sanford Women's - Mental Health Services offered at Sanford Health

1500 W. 22nd Street, Suite 301, Sioux Falls, SD 57105

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Session times vary; call for information

Phone: 605-328-7700

Eligibility: Open to all

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Provides services to adults and adolescents; service specialty areas for adults include post-partum emotional response, infant loss, depression, anxiety, insomnia, life changes and adjustments; service specialty areas for adolescents include parent/child relationships, bullying, peer and relationship issues, and life adjustments.

Sanford Psychiatry and Psychology Clinic offered at Sanford Health

2400 W. 49th Street, Sioux Falls, SD 57105

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-312-8700

Eligibility: Treatment services for children, adolescents, adults, and seniors

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy.

Mental Health Counseling Services offered at New Idea Counseling, LLC

2500 W. 49th Street, Suite 202, Sioux Falls, SD 57105

Website: <https://newideacounseling.com> **Email:** anne@newideacounseling.com

Hours: By appointment only: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday

Phone: 605-271-2676

Eligibility: Open to all ages 8+

Coverage Area: Located in Sioux Falls and licensed to serve clients located in South Dakota, Minnesota, Iowa, and Nebraska via telehealth.

Areas of specialty care include Transgender/Gender Diverse Assessment and Care, and Asperger's Syndrome/high functioning Autism Spectrum Disorder. Anne is a WPATH Certified Transgender Specialist, collaborating with primary care, endocrinology, and surgical teams across the U.S

Anger Management for Adults offered at Lutheran Social Services - Southeast Region

705 E. 41st Street, Suite 100, Sioux Falls, SD 57105

Website: <https://lsssd.org/what-we-do/behavioral-health-services/> **Email:** info@lsssd.org

Hours: Call for more information.

Phone: 605-444-7500

Eligibility: Open to adults

Coverage Area: Sioux Falls area

6-week class to learn how to better manage and express anger. Individual counseling also available.

Behavioral Health Services offered at Lutheran Social Services - Southeast Region

705 E. 41st Street, Suite 100, Sioux Falls, SD 57105

Website: <https://lsssd.org/what-we-do/behavioral-health-services/>

Email: info@lsssd.org

Hours: 8:00am - 8:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday

Phone: 855-334-2953

Eligibility: Open to all

Coverage Area: Counties of Bon Homme, Clay, Davison, Hanson, Hutchinson, Lake, Lincoln, McCook, Miner, Minnehaha, Moody, Sanborn, Turner, Union, and Yankton.

Offers a variety of counseling services on a sliding fee scale for individuals, families, couples, or groups.

Anger Management for Young Men offered at Lutheran Social Services - Southeast Region

705 E. 41st Street, Suite 100, Sioux Falls, SD 57105

Website: <https://lsssd.org/what-we-do/behavioral-health-services/>

Email: info@lsssd.org

Hours: Class times vary, call for information Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-357-0131

Eligibility: Young men under 18

Coverage Area: Sioux Falls area

Anger management class for young men. Class meets once a week for six weeks. The group's objectives are identifying anger and accepting that it exists, understanding how and where anger is learned, taking responsibility for behavior, and selecting choices in expressing anger.

Therapy offered at Lifescape

1020 W. 18th Street, Sioux Falls, SD 57105

Hours: 8:00am - 6:00pm (CT), Monday - Friday

Phone: 605-791-7400

Eligibility: Open to all who could benefit from therapy services.

Coverage Area: Located in Sioux Falls and Rapid City, but serving South Dakota via telehealth.

Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

Mental Health Counseling and Parenting Classes offered at Recourse Solutions Sioux Empire

LLC

629 S. Minnesota Avenue, Suite 203, Sioux Falls, SD 57104

Hours: 9:00am - 5:00pm (CT), Monday - Thursday

Phone: 605-271-6979

Eligibility: Open to those 10 and up.

Coverage Area: South Dakota and Iowa via telehealth. Social Early Neutral Evaluation (SENE) is available in Minnesota via telehealth.

Providing mental health services, Positive Indian Parenting (parenting education for Native American parents), and court approved parent education classes for parents who are separated or divorced.

Behavioral Health Clinic offered at Avera Behavioral Health

2412 S. Cliff Avenue, Suite 200, Sioux Falls, SD 57105

Hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday Evening groups and additional scheduling options available

Phone: 605-322-4079

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

- Individual, group, couples, and family counseling for all ages. Issues covered included depression, anxiety, borderline personality disorder, bipolar disorder, anorexia, bulimia, healthy weight loss, grief, attention-deficit / hyperactivity disorder (ADD/ADHD), chronic pain, family separation, divorce, self-destructive behaviors, self-esteem, abuse issues, anger management, and/or any other mental health disorder including PTSD.

- Offering neuropsychological and psychological testing, biofeedback, eye movement desensitization (EMDR), and EAP (employee assistance program) services and training.

- Group therapy including borderline personality disorder treatment groups including STEPPS, STAIRWAYS, and STRIDES;dialectical behavioral therapy (DBT) group;Best Me Group (social skills group for kids 6-10);and pain management group.

Behavioral Health Triage Services offered at Avera Behavioral Health

2412 S. Cliff Avenue, Avera Professional Plaza, Sioux Falls, SD 57105

Hours: 8:00am - 5:00pm (CT), Monday - Friday Can leave message 24 hours a day / 7 days a week

Phone: 605-322-4086

Eligibility: Open to all

Coverage Area: Sioux Falls area, or those that can drive to Sioux Falls for appointment

Offers crisis/sooner access mental health therapy sessions for patients experiencing increased mental health needs.

Addiction Recovery Program offered at Avera Behavioral Health

2412 S. Cliff Avenue, Avera Professional Plaza, Sioux Falls, SD 57105

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-322-5700

Eligibility: Open to individuals, couples, and families affected by addiction or co-occurring issues.

Coverage Area: Eastern South Dakota

Individuals, couples, or families can get treatment for co-occurring issues of substance abuse/addictive disorders.

Sanford Women's - Mental Health Services offered at Sanford Health

5019 S. Western Avenue, Suite 200, Sioux Falls, SD 57108

Hours: 7:00am - 7:00pm (CT), Monday - Thursday 7:00am - 5:00pm (CT), Friday Nights and weekends available upon request

Phone: 605-328-7700

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

Provides services to adults and adolescents;service specialty areas for adults include post-partum emotional response, infant loss, depression, anxiety, insomnia, life changes and adjustments;service specialty areas for adolescents include parent/child relationships, bullying, peer and relationship issues, and life adjustments.

Counseling Services offered at Counseling Cafe, The

4804 S. Minnesota Avenue, Suite 108, Suite 108, Sioux Falls, SD 57108

Website: thecounselingcafesf.com **Email:** info@thecounselingcafesf.com

Hours: 8:30am - 8:00pm (CT), Monday 8:30am - 6:00pm (CT), Tuesday - Thursday 7:30am - 12:00noon (CT), Friday

Phone: 605-271-8008

Eligibility: Adults and children ages 9 years and above

Coverage Area: South Dakota, Northwest Iowa and Minnesota

Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include evaluations and assessments and professional therapy and counseling.

Counseling Services offered at Midwest Health Management Services

4109 S. Carnegie Circle, Sioux Falls, SD 57106

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-275-4711

Eligibility: 18 years and older

Coverage Area: Located in Sioux Falls but covers South Dakota via telemental health.

Provides support, direction and oversight for professionals who are experiencing potentially impairing mental health and substance use related illnesses.

Counseling Services offered at Counseling Resources

4109 S. Carnegie Circle, Sioux Falls, SD 57106

Hours: 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 2:00pm (CT), Friday

Phone: 605-331-2419

Eligibility: Ages 17 years and older

Coverage Area: Eastern South Dakota

Outpatient mental health, substance abuse and co-occurring disorders therapy. Caring, confidential and professional.

Functional and Integrative Medicine Clinic offered at Avera

1000 E. 23rd Street, Suite 140, Sioux Falls, SD 57105

Website: www.avera.org/services/cancer-care/cancer-support-services

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-322-1542

Eligibility: Must have or have had a diagnosis of cancer or be a family/support member of a cancer patient.

Coverage Area: Located in Sioux Falls but serving the Avera Footprint. Licensed clinical social worker in South Dakota and Minnesota

Oncology Outpatient Therapist offers counseling for individuals with cancer.

Adult Services offered at Integrative Wellness

5000 S. Minnesota Avenue, Suite 200, Suite 200, Sioux Falls, SD 57108

Website: www.integrativewellnesssd.com **Email:** integrativewellness@midconetwork.com

Hours: Day and evening hours vary by therapist

Phone: 605-271-1348

Eligibility: Open to all

Coverage Area: Sioux Falls area

Offering professional therapy for:

- depression
- addiction
- anxiety
- borderline personality disorder
- grief and loss
- trauma and abuse
- family of origin
- geriatrics
- play therapy
- parenting
- Attention Deficit / Hyperactivity Disorder (ADD/ADHD)
- blended family issues
- divorce
- custody
- sexual abuse support / counseling group for women
- gender identity and sexual orientation

Children's Services offered at Integrative Wellness

5000 S. Minnesota Avenue, Suite 200, Suite 200, Sioux Falls, SD 57108

Website: www.integrativewellnesssd.com **Email:** integrativewellness@midconetwork.com

Hours: Day and evening hours vary by therapist

Phone: 605-271-1348

Eligibility: Open to all

Coverage Area: Sioux Falls area

Offering professional therapy for child and adolescent issues including:

- depression
- anxiety
- anger management
- grief and loss
- trauma and abuse
- behavioral issues
- play therapy
- Attention Deficit Hyperactivity Disorder (ADD/ADHD)
- blended family issues
- divorce
- custody

Counseling Services offered at WEvolve Counseling Services, LLC

5000 S. Minnesota Avenue, Suite 315, Sioux Falls, SD 57108

Hours: By appointment.

Phone: 605-212-2335

Eligibility: Adolescents 15+ and adults

Coverage Area: Located in Sioux Falls, but serving South Dakota via telemental health

Provides individual therapy and assessments for mental health and/or substance use. Serving adolescents and adults seeking support with anxiety, depression, mood disorders, adjustment disorders, life transitions, trauma, substance use disorders, etc. Telemental health available.

Medication Management and Psychotherapy offered at Concordia Mind Health

5000 S. Minnesota Avenue, Suite 201, Sioux Falls, SD 57108

Website: www.concordiamindhealth.com **Email:** concordiamindhealth@gmail.com

Hours: 8:00am - 5:00pm (CT), Monday through Friday

Phone: 605-400-9975

Eligibility: Ages 5 - 100

Coverage Area: Sioux Falls and surrounding area; licensed in Minnesota and Iowa; South Dakota via telemental health.

Services provided are Telemental Health, Clinical Psychiatric Visits, Adult Psychiatry, Child and Adolescent Psychiatry, Psychiatric Medication Services, Spravato Treatments, and TMS Treatments.

Counseling Services offered at Renew Counseling Services LLC

3400 W. 49th Street Suite 200, Sioux Falls, SD 57106

Hours: 9:00am - 8:00pm (CT), Mondays 8:00am - 8:00pm (CT), Tuesdays 9:00am - 5:00pm (CT), Thursdays 9:00am - 11:00am (CT), Saturdays Flexible in hours as needs present. Phone will be answered Monday - Friday and messages will be returned within a few hours Monday - Sunday.

Phone: 605-777-0588

Eligibility: Please call to identify needs.

Coverage Area: Located in Sioux Falls, telehealth throughout the State of South Dakota.

Committed to meeting the needs of each individual within a safe and confidential environment.

Counseling Services offered at Wellness Collective, The

2333 W. 57th Street, Suite 103, Sioux Falls, SD 57108

Website: www.wellnesscollectivesd.com **Email:** info@wellnesscollectivesd.com

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-271-5640

Eligibility: Open to all

Coverage Area: Sioux Empire area

The Wellness Collective is a multidisciplinary clinic that provides mental health, medical, and restorative services.

Counseling Services offered at Four Directions Counseling, Inc.

No Physical Address, Sioux Falls, SD 57109

Website: www.fourdirectionscounselinginc.com **Email:** kb.fourdirections@gmail.com

Hours: Flexible appointments available including evenings and Saturdays.

Phone: 605-359-5709

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Specializes in assessment and therapy for children, youth, and families involved in forensic settings such as the court system and child welfare. Services are provided throughout the community including the office, school, and home setting.

Supervision, consultation, and training available for social workers, counselors. Organization training available on developing and providing effective treatment and services within forensic settings.

Behavioral Health Services offered at Center for Family Medicine

1115 E. 20th Street, Sioux Falls, SD 57105

Website: www.centerforfamilymed.org **Email:** info@c4fm.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-339-1783

Eligibility: Open to all

Coverage Area: Sioux Falls area

Mental health services including individual, marital, and family therapy and also offers Medication Assisted Therapy (MAT).

Counseling Services offered at Beck Counseling Services

2121 W. 63rd Place, Suite 400, Sioux Falls, SD 57108

Hours: 8:00am - 7:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), every other Friday

Phone: 605-838-8910

Eligibility: Open to adults

Coverage Area: Located in Sioux Falls, but serving South Dakota and Minnesota via telehealth.

Helping individuals and couples walk through various complexities and challenges they face in life.

Counseling Services offered at Midwest Wellness Institute, PLLC

4308 S. Arway Drive, Sioux Falls, SD 57106

Website: www.mwihealth.org/ **Email:** office@mwihealth.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday Office staff works remotely some days; please call before stopping in.

Phone: 605-573-2000

Eligibility: Open to all

Coverage Area: South Dakota

MWI Health finds innovative ways to improve lives with team of mental health providers, offering psychiatric evaluations, medication management, and individual psychotherapy in Sioux Falls, SD, with telehealth options available.

Counseling Services offered at Leah Weins

3220 W. 57th Street, Suite 111, Oak Center II Apartments, Sioux Falls, SD 57108

Website: www.leahweins.com **Email:** office@leahweins.com

Hours: Day hours only.

Phone: 605-321-1223

Eligibility: Open to adults, family, and couples

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner and telehealth throughout South Dakota

Counseling for individuals, couples and families; premarital, marital and blended family support with needs such as, depression, anxiety disorders, sexual abuse, addiction, vocation & identity exploration, life transitions & adjustment, grief & trauma. Offering telehealth sessions.

Counseling Services offered at Kristi Hamilton Counseling

3220 W. 57th Street, Suite 100A, Sioux Falls, SD 57108

Hours: 9:00am - 6:00pm (CT), Monday - Friday Evening hours available upon request.

Phone: 605-310-4596

Eligibility: Open to all

Coverage Area: Sioux Falls area

Provides individual and family counseling for adolescents and adults

Support Groups offered at Empire Mental Health Support

737 W. 10th Street, Suite 103, Sioux Falls, SD 57104

Website: www.facebook.com/empirementalhealthsupport.org **Email:** empiremhs@outlook.com

Hours: 6:30pm - 8:00pm (CT), Sundays 2:00pm - 3:30pm (CT), Fridays Zoom is available for the Friday and Sunday sessions.

Phone: 605-359-0995

Eligibility: Open to individuals 18 years of age and older

Coverage Area: Sioux Falls area

Support groups for people impacted by mental illness diagnoses led by trained facilitators of people with lived experiences. Group members help each other by sharing their lived experiences and learned wisdom.

Counseling Services offered at Stronghold Counseling Services, Inc.

4300 S. Louise Avenue, Suite 201, Sioux Falls, SD 57106

Website: www.strongholdcounseling.com **Email:** info@strongholdcounseling.com

Hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

Phone: 605-334-7713

Eligibility: Open to all

Coverage Area: South Dakota

Assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.

Counseling Services offered at Robin Rossow LLC

3220 W. 57th Street, Suite 111, Sioux Falls, SD 57108

Hours: 8:00am - 2:00pm (CT), Monday, Wednesday 8:00am - 3:00pm (CT), Tuesday, Thursday

Phone: 605-250-1226

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Individual counseling for those experiencing anxiousness, overwhelm, feelings of being stuck, relationship challenges, perinatal & postpartum challenges, fertility challenges, work/career challenges, sadness, grief, and past or present trauma.

Counseling Services offered at Kristen Ericsson Counseling & Psychotherapy

3220 W. 57th Street, Suite 111, Sioux Falls, SD 57108

Hours: 8:00am - 3:00pm (CT), Monday - Friday

Phone: 605-270-1057

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Works with clients toward personal growth and healing.

Counseling Services offered at Deb Thompson Counseling

3220 W. 57th Street, Suite 100A, Sioux Falls, SD 57108

Hours: 9:00am - 6:00pm (CT), Monday - Friday

Phone: 605-331-6359

Eligibility: Open to all

Coverage Area: Sioux Falls area

Individual and couples therapy. Offers Internal Family Systems therapy.

Counseling Services offered at Daniel T. Digatono

4410 S. Tennis Lane, Sioux Falls, SD 57106

Hours: 8:00am - 9:00pm (CT), Monday - Thursday 8:00am - 6:00pm (CT), Friday 9:00am - 2:00pm (CT), Saturday

Phone: 605-360-3024

Eligibility: Open to all

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Counseling for individuals, couples, and families on a variety of issues (including abuse).

Counseling Services offered at Ronda Maass

4410 S. Tennis Lane, Sioux Falls, SD 57106

Hours: 9:00am - 5:00pm (CT), Tuesday - Thursday 9:00am - 3:00pm (CT), Friday All sessions are by appointment.

Phone: 605-212-4019

Eligibility: Open to all

Coverage Area: South Dakota, Northwest Iowa & Southwest Minnesota.

Helping clients toward hope, healing and peace in their unique journey.

Counseling Services offered at Talking Pointe, The

3701 W. 49th Street, Suite 202C, Sioux Falls, SD 57106

Hours: 9:00am - 5:00pm (CT), Monday - Friday

Phone: 605-215-1309

Eligibility: Children, teens, and adults

Coverage Area: Sioux Falls and surrounding areas. Telehealth appointments are available for east river clients.

Counseling services offered are individual counseling, couples counseling, family counseling, youth counseling, and marriage counseling.

Counseling Services offered at Thrive Counseling and Evaluation

3701 W. 49th Street, Suite 206, Sioux Falls, SD 57106

Website: www.thrivecounselingandevaluation.com **Email:** info@thrivecounselingandevaluation.com

Hours: 9:00am - 6:00pm (CT), Monday - Thursday by appointment

Phone: 605-271-6582

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Individual, family and couple's assessment and counseling for mental health and chemical dependency. Issues treated include:

- anxiety
- depression
- mood disorders
- adjustment disorders
- substance abuse disorders
- domestic abuse/violence
- grief and loss
- trauma
- relational issues
- significant life changes

Offering sessions via telehealth.

Counseling Services offered at Clear Minded Counseling

3701 W. 49th Street, Suite 204A, Sioux Falls, SD 57106

Hours: 9:00am - 5:00pm (CT), Monday - Friday

Phone: 605-681-3345

Eligibility: Open to all

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Provides Individual Counseling and Parent-Child Interaction Therapy (PCIT).

Counseling Services offered at Brian VanDenHul, LLC

3701 W. 49th Street, Suite 202A, Sioux Falls, SD 571056

Hours: 9:00am - 5:00pm (CT), Monday - Friday

Phone: 605-310-3622

Eligibility: Open to all ages 5 and up.

Coverage Area: Sioux Falls area

Provides mental health services to adolescent and youth. Services offered include: individual counseling, child abuse counseling, cognitive behavioral therapy (CBT), adolescent/youth counseling, parent counseling, and tele-mental health

Counseling Services offered at Ritzman Counseling Services

3701 W. 49th Street, Suite 204B, Sioux Falls, SD 57106

Website: www.ritzmancounseling.net **Email:** kmrs@midco.net

Hours: 8:00am - 7:00pm (CT), Monday - Friday Some Saturday and Sunday appointments available, as well as holidays.

Phone: 605-376-0369

Eligibility: Open to all

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Individual, family, couples, and play therapy serving children, adolescents, and adults. Specialties include depression, anxiety, trauma, and abuse. Certified in dialectical behavior therapy (DBT).

Call for information regarding help available for transition of clients who are moving out of state for college or other reasons until they can find a local therapist. In an emergency, helps existing clients via phone or secure email, or anyone in need of immediate help.

Counseling Services offered at Carroll Institute

310 S. First Avenue, Sioux Falls, SD 57104

Hours: 8:00am - 5:00pm (CT), Monday and Friday 8:00am - 8:00pm (CT), Tuesday - Thursday Walk in assessments for substance use: 12:30pm - 4:30pm (CT), Mondays (no assessments on holidays that fall on Monday) Morning, afternoon, and evening group, individual and family sessions available.

Phone: 605-336-2556

Eligibility: Open to all

Coverage Area: Located in Sioux Falls providing telemental health throughout South Dakota

Provides individual, couples, and family services for those experiencing personal, relational, and psychological issues.

Counseling Services offered at Reverence Counseling Services, LLC

5021 S. Bur Oak Place, Sioux Falls, SD 57108

Website: www.reverencecounseling.com **Email:** info@reverencecounseling.com

Hours: 8:30am - 6:00pm (CT), Monday - Thursday 8:00am - 11:30am (CT), Friday

Phone: 605-937-6654

Eligibility: Ages 10 and up

Coverage Area: Sioux Falls and surrounding area

Provides outpatient mental health services to children, adolescents and adults. Provides tailored therapy for individual growth and healing and individualized addiction counseling including aftercare.

Mental Health Counseling and Parenting Classes offered at Recourse Solutions Sioux Empire LLC

100 S. Spring Avenue, Sioux Falls, SD 57104

Hours: By appointment only.

Phone: 605-271-6979

Eligibility: Open to those 10 and up.

Coverage Area: South Dakota and Iowa via telehealth. Social Early Neutral Evaluation (SENE) is available in Minnesota via telehealth.

Providing mental health services, Positive Indian Parenting (parenting education for Native American parents), and court approved parent education classes for parents who are separated or divorced.

Counseling Services offered at Parts of You Therapy

505 W. 9th Street, Suite 203, Sioux Falls, SD 57104

Website: <https://www.partsofyou.org/> **Email:** crosby@partsofyou.org

Hours: 9:00am - 6:00pm (CT), Monday - Thursday 8:00am - 12:00pm (CT), Friday

Phone: 605-550-2655

Eligibility: Open to teens and adults ages 12 and older.

Coverage Area: Individual and group therapy sessions for Sioux Falls area residents. Telehealth services throughout South Dakota.

Counseling Services include individual counseling, youth counseling, parent counseling, LGBTQ+ counseling, gender identity counseling, grief/bereavement counseling, and cognitive behavioral therapy.

Counseling Services offered at LaVelle and Associates

5024 S. Bur Oak Place, Suite 212, Sioux Falls, SD 57108

Website: <https://counselingsiouxfallssd.com> **Email:** lavelleassociates5024@gmail.com

Hours: 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 1:00pm (CT), Friday Some evenings by appointment.

Phone: 605-275-2001

Eligibility: Open to all

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner in South Dakota. Northwest Iowa and Southwest Minnesota.

Counseling for individuals, couples, families and groups, working with trauma, addictions and recovery. Individual, family, and couples issues are addressed. Specialties include Level II in both EMDR (a trauma technique) and Gottman marriage counseling. The place to recover, reconnect, and renew.

Counseling Services offered at Jeffcoat Counseling Services, LLC

5024 S. Bur Oak Place, Suite 115, Sioux Falls, SD 57108

Hours: By appointment only.

Phone: 605-610-9156

Eligibility: Open to adolescents and adults

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Provides mental health counseling to adolescents and adults struggling with life adjustments, anxiety, depression, trauma, and post-traumatic stress disorder (PTSD).

Counseling Services offered at Tina Harp Counseling, Inc.

5024 S. Bur Oak Place, Suite 113B, Sioux Falls, SD 57108

Hours: Monday - Friday, evenings by appointment

Phone: 605-759-1516

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Individual, couples and family therapy for all ages with a specialization in Eye Movement Desensitization and Reprocessing (EMDR). Areas of focus include depression, anxiety, life transitions, post traumatic stress (PTSD), sexual abuse, grief, polyamory, and lesbian, gay, bisexual, and transgender population. Telehealth services available.

Coaching and Counseling Services offered at Known Counseling Services

5024 S. Bur Oak Place, Suite 109, Sioux Falls, SD 57108

Hours: By appointment.

Phone: 605-368-1558

Eligibility: Ages 13 and up

Coverage Area: City of Sioux Falls

Services provided are individual counseling, marriage counseling, divorce counseling, faith based counseling, and grief/bereavement counseling.

Detox and Mental Health Crisis Stabilization offered at The Link

132 N. Dakota Avenue, Sioux Falls, SD 57104

Hours: 24 hour a day / 7 days a week

Phone: 605-275-1000

Eligibility: Adults 18 and up

Coverage Area: Counties of Lincoln, Minnehaha, Moody, and Turner

Medically Monitored Withdrawal Management:

- Individuals in need of medically monitored detoxification treatment for substance use disorders may participate in our 10-bed program. Individuals may be admitted voluntarily or involuntarily under an Emergency Detainment or Involuntary Drug and Alcohol Committal (IVC). During a short-term stay (approximately 3-7 days), we will provide medical stabilization to support a safe withdrawal and provide recommendations for continued care and treatment after discharge.

Sobering Observation for Intoxicated Individuals:

- Individuals under the influence of alcohol or other mood-altering substances who are in need of observation and support in order to reach a safe level of sobriety may participate in our sobering observation program. Prior to discharge, we will offer connections to community resources and provide education regarding available substance use treatment options.

Mental Health Crisis Stabilization:

- Individuals experiencing a mental health crisis, who are not actively suicidal and are not violent, and would benefit from short-term stabilization may participate in our 3-bed program; length of stay can be up to 23 hours. Prior to discharge, we will work with individuals to develop a crisis response plan and offer recommendations for ongoing community and mental health support. If an individual is determined to be in need of a higher level of care to safely manage their mental health symptoms, we will assist them with a referral to higher level of care.

Counseling Services offered at Guiding Light Counseling, LLC

5000 S. MacArthur Lane, Suite 104, Sioux Falls, SD 57108

Website:

<https://sarah-scherr.clientsecure.me/?mld=18341d8b6e8569-0e1e8db0ccd33d-26021c51-15f900-18341d8b6e93cc#home>

Email: guidinglightcounselingsf@gmail.com

Hours: Monday - Friday; call for specific hours

Phone: 605-413-6835

Eligibility: Ages 13 and up.

Coverage Area: South Dakota. Telehealth visits are available for people living outside of the Sioux Falls area.

A for-profit counseling center serving teens and adults in the Sioux Falls area. Also trained in Accelerated Resolution Therapy - a type of therapy that helps alleviate trauma symptoms.

Project Family Connect offered at Family Connection

421 W. 7th Street, Sioux Falls, SD 57104

Website: www.sdfamilyconnection.org

Email: info@sdfamilyconnection.org

Hours: Office hours: 9:00am - 4:00pm (CT), Monday - Friday

Phone: 605-357-0777

Eligibility: Must have association with imprisonment

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Provides free counseling for families coping with the stresses associated with imprisonment or reintegration into the family and society.

Counseling Services offered at Paula Lain Counseling

315 N. Main Avenue, Suite 207, Sioux Falls, SD 57104

Hours: By appointment only

Phone: 605-809-5052

Eligibility: Open to all

Coverage Area: Sioux Falls area

Paula Lain Counseling (PLC) is a female-led counseling service that offers sessions for individuals, families, couples, and adolescents, with a particular emphasis on animal-assisted therapy.

Counseling Services offered at Chamness Counseling

326 E. 8th Street, Suite 106E, Sioux Falls, SD 57103

Website: www.chamnesscounseling.com

Email: chamnesscounseling@gmail.com

Hours: 9:00am - 5:00pm (CT), Monday 8:00am - 5:00pm (CT), Tuesday, Wednesday 8:00am - 12:00noon (CT), Friday, Saturday

Phone: 605-254-3889

Eligibility: Open to adults

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Offering counseling to individuals managing issues from major depression to juggling daily stressors in a supportive, nonjudgmental environment. Offers telehealth services.

Mediation and Counseling Services offered at Resolutions Counseling & Mediation

6116 S. Lyncrest Avenue, Suite 103, Sioux Falls, SD 57108

Website: www.sdresolutions.com **Email:** info@sdresolutions.com

Hours: 8:00am - 5:00pm (CT), Monday - Friday Please contact directly to schedule a time to meet with staff as lobby is not staffed. Available to provide services in-person and remotely.

Phone: 605-679-3186

Eligibility: Open to all

Coverage Area: South Dakota and Southwest Minnesota

Various Counseling Services for Children, Adolescent and Adults, Voluntary Mediation and Family Court Services to include Mediation, Home Studies, Parenting Coordination, Supervised Visitation, Conservatorship and Guardianship Services, and Drug Testing.

Counseling Services offered at Rising Hope Counseling, LLC

6340 S. Western Avenue, Suite 120, Sioux Falls, SD 57108

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Sanford Children's Specialty Clinic offered at Sanford Health

1600 W. 22nd Street, Sioux Falls, SD 57117

Hours: 8:00am - 5:30pm (CT), Monday - Friday

Phone: 605-312-1000

Eligibility: Children

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

Offers over 30 specialties including: Pediatric Psychiatry and Psychology.

Counseling Services offered at Lourdes Center, The

523 N. Duluth Avenue, Sioux Falls, SD 57104

Website: www.thelourdescenter.com **Email:** tlc@sfcatholic.org

Hours: 8:30am - 5:00pm (CT), Monday - Friday Tuesday evening by appointment.

Phone: 605-988-3775

Eligibility: Open to all

Coverage Area: Cities of Aberdeen, Sioux Falls, and Yankton

Licensed, professional counseling for adults and children. All areas of counseling are available including individual, marriage, and family.

Counseling Services offered at Sioux River Mental Health Services, LLC

431 N. Phillips Avenue, Suite 340, Sioux Falls, SD 57104

Website: www.siouxrivermentalhealth.com **Email:** siouxrivermentalhealthservices@gmail.com

Hours: 9:00am - 6:00pm (CT), Monday, Tuesday, Thursday 12:00noon - 6:00pm (CT), Wednesday 9:00am - 3:00pm (CT), Friday

Eligibility: Open to all

Coverage Area: Located in Sioux Falls but serving South Dakota via telemental health
Provides mental health and substance abuse treatment services.

Counseling Services offered at Aspire Counseling, LLC

6340 S. Western Avenue, Sioux Falls, SD 57108

Website: www.aspirecounselingsd.com **Email:** info@aspirecounselingsd.com

Hours: 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday

Phone: 605-277-1422

Eligibility: Ages 5 and up

Coverage Area: Located in Sioux Falls, serving South Dakota via telehealth
Provides therapy services for those with mental health needs.

Medical and Dental Clinics offered at City of Sioux Falls Health Department

601 N. Spring Avenue, Hawthorne Elementary School - Medical and Dental Clinic, Sioux Falls, SD 57104

Website: <https://www.siouxfalls.gov/health-safety/health-services/falls-community-health>

Hours: Medical: Closed / Telemedicine availability or call for appointment. Dental: Available to Hawthorne Students Only.
Call (605) 367-8022 to schedule an appointment.

Phone: 605-367-8793

Eligibility: Open to all

Coverage Area: City of Sioux Falls and surrounding communities in Minnehaha and parts of Lincoln County
A sliding fee scale 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.

Medical and Dental Clinics offered at City of Sioux Falls Health Department

521 N. Main Avenue, Suite 100, Main Clinic Downtown, Sioux Falls, SD 57104

Website: <https://www.siouxfalls.gov/health-safety/health-services/falls-community-health>

Hours: Medical Clinic Main Site: 7:30am - 5:00pm (CT), Monday - Friday Dental: 7:30am - 5:00pm (CT), Monday - Thursday; 7:30am - 1:00pm (CT), Friday Same day appointments available at one of four sites (on most days) Hours for the Dental Clinic: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 1:00pm (CT), Friday

Phone: 605-367-8793

Eligibility: Open to all

Coverage Area: City of Sioux Falls and surrounding communities in Minnehaha and parts of Lincoln County
A sliding fee scale 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.

Counseling Services offered at Wellspring Therapy Center

4301 W. 57th Street, Suite 100, Sioux Falls, SD 57108

Website: www.wellspringtherapysf.com **Email:** wellspringtherapyoffice@gmail.com

Hours: 8:00am - 8:00pm (CT), Monday - Friday Weekends by appointment

Phone: 605-335-1516

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Individual, couples, and family therapy for the treatment of various adjustment problems and psychological disorders in children, adolescents, and adults. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, parenting adult children, chronic illness, anxiety, depression, post-traumatic stress disorder, parent education, abuse, eating disorders, marital infidelity issues, substance abuse issues, and immigration adjustment concerns. Therapeutic methods used include: eye movement desensitization and reprocessing therapy (EMDR), cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), emotionally focused couples therapy (EFT), and psychodynamic therapy.

Behavioral Health and Substance Abuse Services offered at South Dakota Urban Indian Health

1200 N. West Avenue, South Dakota Urban Indian Health Clinic, Sioux Falls, SD 57104

Hours: 9:00am - 5:00pm (CT), Monday - Friday; Some cultural activities are held during evening hours and on weekends.

Phone: 605-339-0420

Eligibility: Open to all; Native and Non-Natives are welcome

Coverage Area: Cities served: Pierre and Sioux Empire area
Behavioral Health Services are available from licensed substance abuse and mental health counselors. Chemical Dependency assessments and Level 1.0 Counseling, as well as individual, couples, and family behavioral health counseling are offered. Transportation is available for current patients if needed.

Counseling Services offered at Janel M. Schmidt Inc.

5000 S. Broadband Lane, Suite 107, Sioux Falls, SD 57108

Hours: Monday - Friday; call for appointment.

Phone: 605-275-2277

Eligibility: Open to all

Coverage Area: Sioux Falls area

Providing clients a safe place to grow strong through services including:

- individual counseling
- family counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- cognitive behavioral therapy (CBT)
- adolescent/youth counseling
- complex PTSD counseling
- eye movement desensitization and reprocessing (EMDR)

Counseling Services offered at Evenson Counseling

5000 S. Broadband Lane, Suite 119, Suite 113B, Sioux Falls, SD 57108

Hours: 9:00am - 5:00pm (CT), Monday - Friday Online scheduling is available.

Phone: 605-777-0075

Eligibility: Open to adults and adolescents

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Individual and couple's therapy for adults of all ages. Utilizes cognitive behavioral therapy (CBT), trauma-informed therapy, mindfulness and experiential practices. Specialties include trauma, relationship stress, infidelity, intimacy issues, history of childhood physical, emotional and sexual abuse, depression, anxiety, social phobia, obsessive compulsive disorder (OCD), anger management, emotional regulation, grief and loss, gender identity, sexual identity, and post traumatic stress disorder (PTSD). Special interest in working with women, relationships and LGBT clients.

Counseling and Play Therapy Services offered at Compass Center, The

1704 S. Cleveland Avenue, Suite 3, Sioux Falls, SD 57103

Website: <http://thecompasscenter.org/> **Email:** info@thecompasscenter.org

Hours: 9:00am - 5:00pm (CT), Monday, Wednesday 9:00am - 8:00pm (CT), Tuesday, Thursday

Phone: 605-339-0116

Eligibility: Open to all primary and secondary victims of sexual, relational, and family trauma, ages 3 and up

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Offers no cost counseling and play therapy to survivors of sexual, relational, and family trauma. Services also include advocacy, safety planning, assistance with filing a protection order, and support group.

Counseling Services offered at Alexander Therapy & Consulting, PLLC

No Physical Address, Sioux Falls, SD 57103

Hours: 9:00am - 9:00pm (CT), Monday and Tuesday 9:00am - 3:00pm (CT), Wednesday

Phone: 605-206-9301

Eligibility: Adults ages 18 and up

Coverage Area: South Dakota via telehealth

Provide a safe and compassionate space for people from all walks of life to work through various mental health struggles so they can live a more vibrant and healthy life. Specializes in LGBTQ+ topics and sex therapy, however, also addresses mental health concerns such as depression, anxiety, trauma, parenting difficulties, and grief.

Counseling Services offered at Mindful DBT

6810 S. Lyncrest Avenue, Suite 201, Sioux Falls, SD 57108

Hours: 9:00am - 8:00pm (CT), Monday - Friday

Phone: 605-496-7272

Eligibility: Open to all

Coverage Area: Sioux Empire and surrounding areas including Minnesota.

Offers adherent and comprehensive dialectical behavior therapy (DBT) along with trauma treatment.

Moore Thriving Communities offered at Moore Counseling Group

5421 W. 41st Street, Suite 207, Sioux Falls, SD 57106

Website: www.moorecounselinggroup.com **Email:** info@moorecounselinggroup.com

Hours: 8:00am - 5:00pm (CT), Monday - Friday, or by appointment

Phone: 855-888-8627

Eligibility: Low income or financial hardship

Coverage Area: Madison and Sioux Falls areas

Individual counseling, family counseling, couples counseling, group counseling, advocacy, and life coaching services.

Topics covered include: trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, grief, family issues/dynamics, women's issues, domestic violence concerns, and other life challenges.

Available at reduced rates based on low-income application and financial hardship application process.

Support Groups offered at Moore Counseling Group

Most groups meet at: 5421 W. 41st Street, Suite 207, Sioux Falls, SD 57106

Hours: 8:00am - 8:00pm (CT), Monday - Friday, or by appointment

Phone: 855-888-8627

Eligibility: Open to all adults 18 and older

Coverage Area: Southeastern South Dakota

Variety of groups available:

- Divorce (or After Relationship) Group
- Support group for adults going through the pain experienced at the end of a relationship (divorce, separation, break up). Support group is led by a licensed professional counselor. Babysitting during support group (must call ahead to register).
- Lasts for 12 weeks and 10 persons maximum allowed in group.

- Co-Dependency No More Support Group
- Co-Dependency No More for Clergy Support Group
- Loss Support Group (for those coping with significant losses in life)
- Infertility, Miscarriage, and Infant Loss Support Group
- Children's After Divorce Support Group
- Teen's After Divorce Support Group
- Emotional Wellness Support Group
- Discovering Self Through Art Support Group

Counseling Services offered at Arise Counseling

6809 S. Minnesota Avenue, Suite 102, Sioux Falls, SD 57108

Hours: By appointment only

Phone: 605-202-2882

Eligibility: Open to all

Coverage Area: Sioux Empire area

Individual and couple counseling plus treatment of depression, anxiety, bipolar disorder, mood disorders.

Counseling Services offered at Barbara RA Christensen, II Inc

6809 S. Minnesota Avenue, Suite 102, Sioux Falls, SD 57108

Hours: 8:00am - 4:00pm (CT), Monday, Wednesday 8:00am - 5:00pm (CT), Tuesday, Thursday 8:00am - 12:00noon (CT), Friday

Phone: 605-362-5803

Eligibility: Open to all

Coverage Area: Sioux Falls and surrounding area, serving South Dakota via telemental health.

Christian counseling for children, adolescents, and adults specializing in depression, anxiety, family issues, divorce, grief, self-injury, adjustment, drug and alcohol, attention deficit / hyperactivity disorder (ADD/ADHD), social skills, anger, domestic violence, abuse, obsessive compulsive disorder (OCD), relationship, autism, and Asperger's syndrome.

Offering telehealth services.

Counseling Services offered at Stacy Gorman, LLC

6809 S. Minnesota Avenue, Suite 103, Sioux Falls, SD 57108

Hours: 9:00am - 2:00pm (CT), Tuesday - Friday

Phone: 605-940-6422

Eligibility: Individual Counseling for Adults

Coverage Area: Sioux Falls area

In person and virtual counseling services for adult individuals in the following areas:

Trauma, victimization of abuse, family of origin conflicts, codependency, self-esteem & self-confidence issues, relational stressors, anxiety, depression, stress management, and addiction & substance abuse.

Counseling Services offered at Restoration Counseling and Consulting, Inc.

6809 S. Minnesota Avenue, Suite 103, Sioux Falls, SD 57108

Hours: Monday - Friday, by appointment

Phone: 605-838-9655

Eligibility: Open to adolescents and adults.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, Lake, Moody and Turner

Individual and couples therapy for adults dealing with life transitions, healing from trauma and/or abuse, restoring difficult relationships, or looking for balance and support in their lives. Individual therapy for adolescents dealing with trauma or behavior issues. Assessment and therapy for those engaged in addictive behaviors, and also for those who love them. Experienced in serving the Native American community, particularly in the areas of historical trauma and grief.

Counseling Services offered at Abide Counseling Services, LLC

6809 S. Minnesota Avenue, Suite 102, Suite 102, Sioux Falls, SD 57108

Website: www.abidecounselingservice.com **Email:** abidecounselingservices@gmail.com

Hours: 10:00am - 7:00pm (CT), Monday - Thursday

Phone: 605-988-8125

Eligibility: Open to all

Coverage Area: Located in Sioux Falls, but serving South Dakota via telehealth.

Addresses the following issues to clients - Marital and Premarital counseling, Anxiety, Depression, Life Transitions, and Grief. Also offers telehealth services.

Counseling Services offered at Evergreen Counseling and Consulting Services, LLC

6809 S. Minnesota Avenue, Suite 102, Sioux Falls, SD 57108

Hours: Varies; call for appointment times.

Phone: 605-423-7880

Eligibility: Open to all ages

Coverage Area: Located in Sioux Falls but serving the state of South Dakota via telemental health.

Focuses on supporting people through grief/loss, life transitions, mental health challenges, and family conflict.

Medical and Dental Clinics offered at City of Sioux Falls Health Department

1722 E. 8th Street, Terry Redlin Elementary School - Medical and Dental Clinic, Sioux Falls, SD 57103

Website: <https://www.siouxfalls.gov/health-safety/health-services/falls-community-health>

Hours: 12:30pm - 4:30pm (CT), Monday - Thursday

Phone: 605-367-8793

Eligibility: Open to all

Coverage Area: City of Sioux Falls and surrounding communities in Minnehaha and parts of Lincoln County

A sliding fee scale 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.

Counseling Services offered at Rebecca Sather Durr Mental Health Therapist

102 N. Krohn Place, Sioux Falls, SD 57110

Hours: 9:00am - 6:00pm (CT), Monday - Friday, evenings and weekends by appointment

Phone: 605-261-9298

Eligibility: Open to all

Coverage Area: Sioux Falls area

Works with clients to address a broad range of concerns including depression, anxiety, behavioral problems, relationship & identity issues, life transitions, anger, hoarding, medical diagnosis and trauma. Works with each client to identify strengths as well as tailor the therapy to their identified learning style. Frequently uses hands on activities, visual demonstrations, writings, drawings, art and games to help illustrate or represent the topic being discussed. Telehealth services available.

Counseling Services offered at Moore Counseling Group

5421 W. 41st Street, Suite 207, Sioux Falls, SD 57106

Website: www.moorecounselinggroup.com **Email:** info@moorecounselinggroup.com

Hours: 8:00am - 5:00pm (CT), Monday - Friday, or by appointment

Phone: 855-888-8627

Eligibility: Open to all

Coverage Area: Located in Sioux Falls with outreach office in Madison, serving South Dakota via telehealth
Provides group and individual counseling program for low income and financial hardship eligible clients.

Counseling Services offered at Restored To New Life Services

1915 E. 8th Street, Suite 102, Sioux Falls, SD 57103

Website: www.restoredtonewlifeservices.com **Email:** restoredtonewlifeservices@gmail.com

Hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday

Phone: 605-271-7712

Eligibility: Open to all

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth

Individual Therapy, Marriage and Family Therapy, Mental Health Treatment, Substance Abuse, Gambling and Sexual Addiction Treatment.

Biblical Counseling Services offered at New Haven

1915 E. 8th Street, Suite 102, Sioux Falls, SD 57103

Website: www.newhavensf.org **Email:** info@newhavensf.org

Hours: 9:30am - 6:00pm (CT), Monday - Thursday 9:30am - 1:00pm (CT), Friday Closing can be adapted to needs of person asking for help.

Phone: 605-274-1556

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner
Faith Based Counseling.

Counseling Services offered at Yellow Brick Road Counseling and Therapy

6901 S. Lyncrest Place, Suite 104, Sioux Falls, SD 57105

Hours: 8:00am - 6:00pm (CT), Monday - Thursday

Phone: 605-214-6855

Eligibility: Open to all

Coverage Area: Eastern South Dakota

Mental health clinic addressing trauma in a safe and healthy way. Services offered include: Individual counseling, Marriage counseling, Divorce counseling, Dialectical Behavioral Therapy (DBT), and Cognitive Behavioral Therapy (CBT).

Medical Clinic 69th and Cliff offered at Avera

6215 S. Cliff Avenue, Sioux Falls, SD 57108

Hours: 7:30am - 5:00pm (CT), Monday - Friday

Phone: 605-322-3300

Eligibility: Open to all

Coverage Area: Sioux Falls area

Offers Family medicine, OB/GYN, Pediatrics, Behavioral health, and Mammography.

Internal Medicine Women's offered at Avera

6215 S. Cliff Avenue, Suite 215, Sioux Falls, SD 57108

Hours: 7:30am - 5:00pm (CT), Monday - Friday

Phone: 605-322-3300

Eligibility: Medical services: Females age 16 and over Counseling services: Adults and adolescents

Coverage Area: Sioux Falls area

Primary care and preventive care for females age 16 and up.

Behavioral Health Urgent Care offered at Avera Behavioral Health

4400 W. 69th Street, Suite 1500, Sioux Falls, SD 57108

Hours: Open 24 hours a day / 7 days a week

Phone: 605-322-4065

Eligibility: Open to all

Coverage Area: Eastern South Dakota

Provides a level of care assessment and identifies referral options for patients in behavioral health crisis.

Adolescent Partial Hospitalization Program offered at Avera Behavioral Health

4400 W. 69th Street, Suite 1500, Sioux Falls, SD 57108

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-322-4056

Eligibility: Adolescents ages 12 - 18

Coverage Area: Eastern South Dakota

Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adolescent outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay.

- Partial Hospital Program (PHP)

- Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary.

- 5 days per week, 4 hours per day.

- Intensive Outpatient Program (IOP)

- The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs.

- Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.

Assessment and Referral offered at Avera Behavioral Health

4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108

Hours: 24 hours a day / 7 days a week. A message may be left if call is not able to be answered immediately. A staff will respond to messages as soon as possible.

Phone: 605-322-4065

Eligibility: Open to all, including children

Coverage Area: Eastern South Dakota

Program provides assessments 24-hours a day for mental health problems to determine an appropriate level of care.

Avera Medical Group Behavioral Health offered at Avera Behavioral Health

4400 W. 69th Street, Suite 1500, Sioux Falls, SD 57108

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-322-5700

Eligibility: Open to all, including children

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

Individual, couples, or family therapy for the treatment of children, adolescents, adults, and seniors focusing on issues including, but are not limited to anxiety, mood, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post-traumatic stress (PTSD), abuse issues, eating disorders, dementia, grief and loss, childhood emotional and behavioral disorders, spirituality, stress management, and executive health. Evaluations available include psychiatric, psychological, neuropsychological, forensic, and custody.

Counseling Services offered at Mary T. Guth

1601 E. 69th Street, Suite 202, Sioux Falls, SD 57108

Hours: 12:00noon - 9:00pm (CT), Monday - Friday 9:00am - 12:00noon (CT), Saturday

Phone: 605-951-8423

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Individual, marital, and family therapy for children, adolescents, and adults. Specialized in topics of depression, anxiety, panic disorder, grief and loss, abuse/sexual abuse, premarital counseling, men's issue's, women's issues, post traumatic stress (PTSD), stress management, coping with cancer diagnosis, chronic medical conditions, divorce adjustments, transitions, and parenting concerns. Supervision for LPC, LPC-MH, and LMFT licensure.

Counseling Services offered at Pathways Counseling

1601 E. 69th Street, Suite 206, Sioux Falls, SD 57108

Website: www.pathwayscounselingsd.com **Email:** office@pathwayscounselingsd.com

Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

Phone: 605-215-4364

Eligibility: Ages 5 - 80

Coverage Area: Located in Sioux Falls, serving South Dakota via telemental health
Counseling for individuals (children, adolescents, adults), couples, and families.

Counseling Services offered at Stacey Hauck

1601 E. 69th Street, Suite 202, Sioux Falls, SD 57108

Hours: By appointment.

Phone: 605-271-9890

Eligibility: Ages 5 and older

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Confidential and professional counseling for children and adults age 11 and older.

Counseling Services offered at Brenda Hansen-Mayer

1601 E. 69th Street, Suite 202, Sioux Falls, SD 57108

Hours: 9:00am - 5:00pm (CT), Monday - Friday. No Friday afternoon appointments.

Phone: 605-330-9997

Eligibility: Open to adults

Coverage Area: Counties of Lincoln and Minnehaha

Independent psychotherapy practice offering general outpatient counseling services for adult individuals and couples.

Coaching and Counseling Services offered at Glow - Glorious Lifestyle Optimal Weight

1601 E. 69th Street, Suite 103, Sioux Falls, SD 57108

Website: <https://glowapproach.com/> **Email:** DrLyn@glowapproach.com

Hours: 9:30am - 5:00pm (CT), Monday - Thursday

Phone: 605-373-9066

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Specializing in disordered eating, including emotional eating/ binge-eating disorder and weight loss coaching.

Therapy Services offered at Childrens Home Shelter for Family Safety

113 N. St. Paul Avenue, Sioux Falls, SD 57103

Website: www.chssd.org/shelter **Email:** sheltercounseling@chssd.org

Hours: Call for information.

Phone: 605-338-4880

Eligibility: Counseling for victims and survivors of domestic violence, sexual assault, stalking, elder abuse, and child abuse. Children ages 5 and older.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, Turner, and Union

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Individual, family, or group therapy for children, teens, and adults, who are victims or survivors of domestic violence, sexual assault, stalking, or child abuse. Services offered include: EMDR; child therapy for children ages 5 and older; crisis counseling for individuals staying in shelter; on-going therapeutic counseling with a masters-level therapist. Telehealth available.

Counseling Services offered at Breakthrough Christian Counseling & Alternative Education Center

1701 E. 69th Street, Suite A, Sioux Falls, SD 57108

Website: www.breakthroughsfc.org **Email:** info@breakthroughsfc.org

Hours: 8:00am - 5:30pm (CT), Monday - Thursday 8:00am - 3:30pm (CT), Friday *Counselors are available for evening appointments Monday - Thursday

Phone: 605-275-2280

Eligibility: Teenagers (ages 11-18), adults, and families

Coverage Area: Sioux Falls area and within 30 miles of Lincoln and Minnehaha counties.

Offers a variety of counseling services including family counseling, trauma informed therapy, faith based counseling, adolescent/youth counseling, and parent counseling.

Counseling Services offered at Encompass Mental Health, LLC

1110 E. 77th Street, Sioux Falls, SD 57108

Website: www.SiouxFallsCounseling.com **Email:** info@siouxfallscounseling.com

Hours: 9:00am - 5:00pm (CT), Monday - Thursday

Phone: 605-275-0009

Eligibility: Open to all

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Provides play therapy for children with behavior challenges, counseling for women looking for balance and happiness in life and consultation for child care programs to improve the quality of their programs and promote positive behaviors of the children in their care.

Telehealth available. First session takes place in person. Following sessions would be moved to telehealth.

Mental Health (including Addiction) Counseling Services offered at Bartels Counseling Services, Inc.

7520 S. Grand Arbor Court, Suite 145, Sioux Falls, SD 57108

Website: www.bartelscounselingservicesinc.com **Email:** bartelscounselingservicesinc@midconetwork.com

Hours: 8:00am - 9:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday 8:00am - 12:00noon (CT), Saturday

Phone: 605-310-0032

Eligibility: Open to all

Coverage Area: Located in Sioux Falls, serving South Dakota via telehealth

Provides integrated mental health (including addictions) assessments, early intervention, intensive outpatient treatment, and aftercare services for adults and adolescents.

Individual, couples, family therapy and treatment for concerns including addiction, anxiety, depression, mood disorders, adjustment, abuse, spiritual development, emotional and stress management, family issues, grief, trauma, personality disorders, and relational issues.

Also offers telemental health, utilizing Zoom. Clients are encouraged to check with insurance providers regarding coverage. Services can be provided via phone.

Sanford Psychiatry and Psychology Clinic offered at Sanford Health

7511 S. Louise Avenue, Sioux Falls, SD 57108

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-312-8700

Eligibility: Treatment services for children, adolescents, adults, and seniors

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy.

Psychiatry Services offered at Silver Lining Integrative Psychiatry

510 S. Valley View Road, Suite 2, Sioux Falls, SD 57106

Website: <https://silverliningintegrativepsychiatry.com/>

Email: Intake@Silverliningintegrativepsychiatry.com

Hours: 9:00am - 5:00pm (CT), Monday - Friday

Phone: 605-558-0107

Eligibility: Ages 5 - 100

Coverage Area: Yankton and Sioux Falls for face-to-face services, but serving South Dakota via telehealth.

Provides counseling services to adolescents and adults struggling with anxiety, ADD/ADHD, depression, panic, bipolar disorders, and post-traumatic stress disorder (PTSD) in order to bridge the gap while patients are finding long-term counselors.

Services offered include:

- medication management
- adult psychiatry
- adolescent psychiatry
- geriatric psychiatry

Offers services in-person in Yankton and Sioux Falls and serving statewide via telehealth.

Counseling Services offered at Jane Webster, LLC

2000 S. Sycamore Avenue, Suite 101, Sioux Falls, SD 57110

Hours: 11:00am - 7:00pm (CT), Monday - Thursday Afternoon and evening appointments.

Phone: 605-261-0819

Eligibility: Open to all

Coverage Area: Located in Sioux Falls; services available in South Dakota via telehealth. Also licensed in Iowa, Minnesota, and Nebraska

Provides individual, couples and family counseling.

Counseling Services offered at Sioux Empire Christian Counseling, Inc.

2000 S. Sycamore Avenue, Suite 101, Sioux Falls, SD 57110

Website: www.siouxempirechristiancounseling.com

Email: tonyboer.secc@midconetwork.com

Hours: 8:00am - 7:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

Phone: 605-271-0261

Eligibility: Open to all ages 10 and up

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Individual, marital, and family counseling across the lifespan. Experience in attention deficit / hyperactivity disorder (ADD/ADHD), Asperger's syndrome, depression, anxiety, divorce adjustment, spiritual issues, blended families, affairs, abuse, past abuse, and pre-marital counseling.

Counseling Services offered at Embark Mental Health

3240 E. Bison Trail, Suite 200, Sioux Falls, SD 57108

Website: www.embarkmentalhealth.com

Email: info@embarkmentalhealth.com

Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday By appointment

Phone: 605-961-4746

Eligibility: Brittany: Ages 5+ Sarah: Ages 10+ Nicole: Ages 5+

Coverage Area: Sioux Falls area

Provides mental health therapy services in the Sioux Falls area for individuals, families, and couples dealing with life's challenges. Offers individual, marriage, grief/bereavement, family, couples, adolescent/youth, parent, and telehealth counseling. Also provides mental health screening and cognitive behavioral therapy.

Counseling Services offered at Lighting A New Way Counseling Services

1500 S. Sycamore Avenue, Suite 102, Ste 102, Sioux Falls, SD 57110

Hours: 8:00am - 5:00pm (CT), Monday - Wednesday 12:00noon - 8:30pm (CT), Thursday

Phone: 605-361-0114

Eligibility: Open to all

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Individual, couples, and family therapy provided for adults and adolescents.

Counseling Services offered at Journey Therapy & Neurofeedback Clinic

1500 S. Sycamore, Suite 200, Sioux Falls, SD 57110

Hours: 8:00am - 5:00pm (CT), Monday - Friday / Evenings and weekends by appointment

Phone: 605-351-1545

Eligibility: Open to all

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Individual, couples, children, and family counseling. Staff tailors treatment to support growth and healing.

Counseling Services offered at LifeGate Christian Counseling

6820 W. 26th Street, Sioux Falls, SD 57106

Website: www.lifegatechristiancounseling.com **Email:** lifegatechristiancounseling@gmail.com

Hours: 9:00am - 6:00pm (CT), Monday - Wednesday 9:00am - 12:00noon (CT), Thursday

Phone: 605-929-1060

Eligibility: Open to all

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth.

Individual, couple, and family therapy. Also providing Eye Movement Desensitization and Reprocessing (EMDR).

Medical and Dental Clinics offered at City of Sioux Falls Health Department

410 N. Valley View Road, Hayward Elementary School - Medical and Dental Clinic, Sioux Falls, SD 57107

Website: <https://www.siouxfalls.gov/health-safety/health-services/falls-community-health>

Hours: 7:30am - 11:30am;12:30pm - 4:30pm (CT), Monday, Tuesday, Thursday 12:30pm - 4:30pm (CT), Wednesday

7:30am - 11:30am (CT), Friday

Phone: 605-367-8793

Eligibility: Open to all

Coverage Area: City of Sioux Falls and surrounding communities in Minnehaha and parts of Lincoln County

A sliding fee scale 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.

Therapy offered at Lifescape

7220 W. 41st Street, Sioux Falls, SD 57106

Hours: 8:00am - 5:30pm (CT), Monday - Friday

Phone: 605-791-7400

Eligibility: Open to all who could benefit from therapy services.

Coverage Area: Located in Sioux Falls and Rapid City, but serving South Dakota via telehealth.

Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

Counseling Services offered at Bethesda Christian Counseling Midwest, Inc.

400 S. Sycamore Avenue, Suite 105-3, Suite 105-3, Sioux Falls, SD 57110

Website: www.bethesdachristiancounseling.org **Email:** info@bethesdachristiancounseling.org

Hours: 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 12:00noon (CT), Friday

Phone: 605-334-3739

Eligibility: Open to all

Coverage Area: Cities of Sioux Falls and Mitchell

A Christian counseling agency staffed by professionally trained and licensed clinicians.

- Provides individual, marriage, and family outpatient therapy for all regardless of gender, race, or creed.
- Services also include church health.
- Provides various prevention education programs to churches and civic organizations on an as-requested basis.
- Medication evaluation and management.

Counseling Services offered at Life Worth Living, LLC

5010 E. Rosa Parks Place, Suite 101, Sioux Falls, SD 57110

Hours: 10:00am - 6:00pm (CT), Monday - Thursday

Phone: 605-646-2256

Eligibility: Open to individuals 12 years of age and older

Coverage Area: Sioux Falls area

Counseling and therapy services utilizing a holistic approach for those 9 years of age and older. Specializes in the areas of emotion regulation, trauma, and substance use.

Counseling Services offered at Archway Counseling and Wellness LLC

5010 E. Rosa Parks Place, Sioux Falls, SD 57110

Hours: Call for information

Phone: 605-202-5956

Eligibility: Ages 9-60

Coverage Area: Sioux Falls area

Offering individual counseling services to children, adolescents, and adults using Cognitive Behavioral Therapy in office or by telehealth. Services include grief counseling, perinatal counseling, and anxiety counseling.

Counseling Services offered at Revival Counseling Services, Inc

4948 E. 57th Street, Sioux Falls, SD 57108

Website: Revivalcounselingservices.org **Email:** Revivalcounselingservices@gmail.com

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-359-0303

Eligibility: Open to all

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Individual and couples mental health and chemical dependency counseling to children, adolescents, and adults.

Mental Health Services offered at Integrated Care and Consultation, LLC

5048 E. 57th Street, Suite B, Sioux Falls, SD 57108

Hours: 8:00am - 6:00pm (CT), Monday, Thursday 8:00am - 5:00pm (CT), Tuesday, Wednesday 8:00am - 2:00pm (CT), Friday 9:00am - 4:00pm (CT), Saturday 9:00am - 12:00noon (CT), Sunday Other times may be available on request

Phone: 605-306-3240

Eligibility: Open to all

Coverage Area: Located in Sioux Falls but serving South Dakota, Minnesota, and Iowa via telehealth.

Mental health services with a holistic approach. Same day appointments are available for both counseling and psychiatry services.

Residential Treatment offered at Children's Home Society of South Dakota

801 N. Sycamore Avenue, Loving School, Sioux Falls, SD 57110

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential 24 hours a day / 7 days a week

Phone: 605-334-6004

Eligibility: Children ages 4 - 14 with emotional or behavioral problems

Coverage Area: South Dakota

Residential treatment center; educational services; foster care and adoption information; community prevention information and trainings available.

Counseling Services offered at Sprout Play Therapy and Counseling Services

6209 E. Silver Maple Circle, Suite 102, Sioux Falls, SD 57110

Hours: 9:00am - 4:00pm (CT), Monday - Thursday 9:00am - 12:00pm (CT), Friday by appointment

Phone: 605-799-6182

Eligibility: Children, adolescents and families

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Play therapy services for children ages 3-12. Adolescent therapeutic services are also available along with family and sibling support.

Counseling Services offered at Midwest Counseling & Evaluation Services, LLC

1500 S. Sycamore Avenue, Suite 102, Sioux Falls, SD 57110

Website: www.midwestcounselingandevaluations.com **Email:** cfritz.mces@midconetwork.com

Hours: 9:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday Telehealth services also available

Phone: 605-274-1944

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner, Southwest MN, Iowa.

Mental health and addiction counseling services.

Counseling Services offered at Rising Hope Counseling, LLC

317 N. Heritage Parkway, Tea, SD 57064

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Programs/Trainings/Groups offered at NAMI South Dakota

1601 E. 69th Street, Suite 210, Sioux Falls, SD 57104

Hours: Flexible hours;call to schedule an appointment If an emergency dial 211 or go to a mental health facility for an assessment

Phone: 605-271-1871

Eligibility: Open to all adults that have a lived experience with mental illness

Coverage Area: Sioux Empire

Provides support groups, education and understanding to people who are living and coping with mental health conditions and to their family members.

Mental Health Resources and Advocacy offered at NAMI South Dakota

1601 E. 69th Street, Suite 210, Sioux Falls, SD 57104

Hours: Flexible hours;call to schedule an appointment If an emergency dial 211 or go to a mental health facility for an assessment

Phone: 605-271-1871

Eligibility: Serves people with mental illness, their families (adult or child), mental health professionals, and the general public

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness.

Check Facebook page www.facebook.com/namisodak or website for additional programs, times and locations.

Counseling Services offered at Truth & Grace Counseling

125 W. 1st Street, Tea, SD 57064

Hours: 10:00am - 6:00pm (CT), Monday, Tuesday, Thursday 11:00am - 7:00pm (CT), Wednesday 10:00am - 5:00pm (CT), Friday Other hours by appointment only

Phone: 605-777-1898

Eligibility: Open to all

Coverage Area: Tea, Lennox, Sioux Falls, and other areas across the United States

Using multiple therapeutic approaches along with empathy and compassion to help people sort out negative images of themselves. Telehealth sessions available.

Counseling Services offered at Agap Counseling Center, LLC

700 S. 8th Avenue, Brandon, SD 57005

Website: www.agapecounselingsd.com

Email: agapecounselingbrandon@gmail.com

Hours: 8:00am - 8:00pm (CT), Monday - Friday All sessions are by appointment only and will be determined by providers availability.

Phone: 605-582-4722

Eligibility: Open to all

Coverage Area: Located in Sioux Falls/Brandon area, but serving South Dakota via telehealth.

Counseling and therapy services include marriage, couples, and family. Offering services via telehealth.

Counseling Services offered at New Day Counseling Services, LLC

1320 E. Rushmore Drive, Suite 107, Brandon, SD 57005

Email: newday@alliancecom.net

Hours: 8:30am - 6:30pm (CT), Monday - Friday

Phone: 605-582-7418

Eligibility: Open to all

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner.

Client-centered, cognitive behavioral and energy based counseling for children, teens, adults, and families. For children, play therapy addresses many issues including physical and sexual abuse, grief and loss, anxiety, depression, recovery from traumatic events, divorce, and foster or adoptive situations.

Individual and family counseling for children and teens addresses behavior disorders, family and relationship issues, parenting concerns, substance abuse, eating disorders, self-harming behaviors, chronic mental illness, anxiety, depression, and self-esteem. Sessions often focus on exploring and shifting core beliefs through resolving past issues.

For adults, sessions blend Cognitive Behavioral and Client Centered Therapies with Energy Psychology techniques to understand how their issues may be influenced by past trauma. By identifying dysfunctional core beliefs and resolving the events/emotions that helped create those false beliefs, clients can move forward with more joy, less stress and confidence in their own power to heal.

Sessions utilize energy balancing and clearing techniques (Emotional Freedom Technique, Emotional Code/Body Code and Matrix Reimprinting) as appropriate to release blocked emotions and energy for clients of all ages. Flexible scheduling allows for sessions to be held in the office or other community settings when possible, and telehealth sessions are available.

Counseling Services offered at Back to Basics Counseling

48575 267th Street, Valley Springs, SD 57068

Website: back-to-basics-counseling.business.site

Email: scarecrow@alliancecom.net

Hours: 8:00am - 6:00pm (CT), Monday - Friday or by appointment

Phone: 605-759-4290

Eligibility: Open to ages 13 - 80

Coverage Area: Located in Sioux falls but serving all of South Dakota with all appointments via telehealth. Licensed in North Dakota LCSW, all appointments provided via telehealth.

Trained in Dialectical Behavior Therapy (DBT), trauma focused, and working with individuals with addictions, anxiety, depression, bi-polar, borderline personality and other diagnoses. Offers counseling services for persons tweens - senior adults. All counseling sessions are completed via telehealth.

Counseling Services offered at Rising Hope Counseling, LLC

304 W. SD Highway 38, Suite 126, Hartford, SD 57033

Website: risinghope605.com

Email: admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Crawford Counseling

Canton, SD 57013

Email: crawford.GC.3@hotmail.com

Hours: 10:00am - 6:00pm (CT), Tuesday, Wednesday, Thursday, Friday

Phone: 605-558-1067

Eligibility: Open to ages 18 and older

Coverage Area: Counties of Lincoln and Minnehaha; also licensed in Iowa

Individual, family, and group counseling for adolescents through adults. Specializing in treatment for divorce, life transitions, coping with medical diagnoses, grief and loss, abuse issues, borderline personality disorder, depression, anxiety, panic disorder, and bipolar disorder. Therapies include art for obsessive compulsive disorder (OCD), anxiety, and grief.

Counseling Services offered at Rising Hope Counseling, LLC

904 E. 5th Street, Canton, SD 57013

Website: risinghope605.com

Email: admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Carissa Palmberg Counseling

355 40th Avenue, Hills, MN 56138

Hours: Sessions are by appointment only.

Phone: 605-951-6267

Eligibility: Open to all

Coverage Area: Sioux Falls area

Equine-assisted counseling is an experiential mode of counseling. Sessions are conducted in an arena with a team including a mental health professional, an equine professional, and one or more horses. It is appropriate for individuals, couples, families, or groups. It is effective for those struggling with symptoms of post traumatic stress (PTSD), moral injury, trauma, addiction, grief and loss, abuse, depression, anxiety, and mood disorders. Team building and professional development workshops are also available. Carissa Palmberg Counseling is partnering with Rock Ranch.

Equine Assisted Counseling/Psychotherapy offered at Rock Ranch

355 40th Avenue, Hills, MN 56138

Website: www.riderockranch.org

Email: riderockranch@gmail.com

Hours: Varies; call for information

Phone: 605-929-9291

Eligibility: Open to ages 12 and over.

Coverage Area: Southeastern South Dakota

Equine Assisted Counseling/Psychotherapy.

Teen and Family Reconciliation Program offered at Hope Harbor

101 E. South Street, Parker, SD 57053

Website: www.hopeharbormn.org

Email: office@hopeharbormn.org

Hours: Office Hours: 8:00am - 4:00pm (CT), Monday - Friday Program: 24 hours a day / 7 days a week

Phone: 605-297-1697

Eligibility: On site program: Teens age 12-17 Gender by site (female in Marshall and Winona, male in Parker)

Coverage Area: Within a reasonable weekly travel distance of placing location due to requirement of weekly on-site sessions and visits for parents. Includes Minnesota, South Dakota, North Dakota, Nebraska, Wisconsin and Iowa
Hope Harbor is a life-changing commitment for the teen and the entire family.

Counseling Services offered at Rising Hope Counseling, LLC

1108 W. Cedar Street, Suite 5B, Beresford, SD 57004

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

700 S. Washington Avenue, Suite 100, Madison, SD 57042

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

120 S. Main Street, The Minor County Pioneer, Howard, SD 57349

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

717 E. Main Street, Vermillion, SD 57069

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Heartland Psychological Services

116 Market Street, Vermillion, SD 57069

Website: sdheartland.com **Email:** reception@heartland.com

Hours: 8:00am - 5:00pm (CT), Monday - Friday Evenings by appointment

Phone: 605-665-0841

Eligibility: Open to all

Coverage Area: Counties of Bon Homme, Clay, Davison, Hanson, Hutchinson, Lincoln, McCook, Minnehaha (not including Sioux Falls), Turner, Union, and Yankton in SD, Counties of Cedar and Knox in NE
Works with children through geriatric age. Services provided include individual therapy, family therapy, marital therapy, attention deficit hyperactivity disorder (ADHD) testing, and medication management.

Counseling Services offered at Rising Hope Counseling, LLC

230 6th Street, Hanson Elementary, Alexandria, SD 57311

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

230 6th Street, Hanson Middle School, Alexandria, SD 57311

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Adult Residential Living Facility offered at Lewis & Clark Behavioral Health Services

3111 Shirley Bridge Avenue, Yankton, SD 57078

Hours: Services provided 24 hours a day / 7 days a week

Phone: 605-665-3401

Eligibility: Specifically for persons with Severe and Persistent Mental Illness.

Coverage Area: South Dakota

Cedar Village Assisted Living Facility is a therapeutic place designed to provide permanent supported housing for individuals who are homeless because of severe and persistent mental illness.

Mental Health Resources and Advocacy offered at NAMI South Dakota

300 22nd Avenue, Meeting location: Brookings Hospital, private dining room or conference room, Brookings, SD 57006

Hours: Call for information.

Phone: 605-692-8948

Eligibility: Serves people with mental illness, their families (adult or child), mental health professionals, and the general public

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness.

Check Facebook page www.facebook.com/namisodak or website for additional programs, times and locations.

Counseling Services offered at Psychiatric Services, LLC

306 4th Street, Suite G, Brookings, SD 57006

Email: clientservices@strivingtoimprove.org

Hours: 8:00am - 5:00pm (CT), Monday, Tuesday, and Thursday

Phone: 605-988-8366

Eligibility: Open to all

Coverage Area: Counties served: Brookings, Lincoln, McCook, Minnehaha, and Turner. Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Counseling Services offered at Rising Hope Counseling, LLC

601 4th Street, Suite 102, Brookings, SD 57006

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Yellow Brick Road Counseling and Therapy

601 4th Street, Brookings, SD 57006

Hours: 8:00am - 6:00pm (CT), Monday - Thursday

Phone: 605-214-6855

Eligibility: Open to all

Coverage Area: Eastern South Dakota

Mental health clinic addressing trauma in a safe and healthy way. Services offered include: Individual counseling, Marriage counseling, Divorce counseling, Dialectical Behavioral Therapy (DBT), and Cognitive Behavioral Therapy (CBT).

Counseling Services offered at Stronghold Counseling Services, Inc.

610 W. 23rd Street, Suite 8, Yankton, SD 57078

Website: www.strongholdcounseling.com **Email:** info@strongholdcounseling.com

Hours: 10:00am - 8:00pm (CT), Monday - Thursday

Phone: 605-334-7713

Eligibility: Open to all

Coverage Area: South Dakota

Assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website [wecounsel](http://wecounsel.com) is used for telehealth services.

Counseling Services offered at Lourdes Center, The

610 W. 23rd, Suite 6D, Yankton, SD 57078

Website: www.thelourdescenter.com **Email:** tlc@sfcatholic.org

Hours: 9:00am - 5:00pm (CT), Monday, Thursday

Phone: 605-988-3775

Eligibility: Open to all

Coverage Area: Cities of Aberdeen, Sioux Falls, and Yankton

Licensed, professional counseling for adults and children. All areas of counseling are available including individual, marriage, and family.

Counseling Services offered at Rising Hope Counseling, LLC

451 Main Street, Scotland, SD 57059

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Heartland Psychological Services

614 Broadway Avenue, Yankton, SD 57078

Website: sdheartland.com **Email:** reception@heartland.com

Hours: 8:00am - 5:00pm (CT), Monday - Friday Evenings by appointment

Phone: 605-665-0841

Eligibility: Open to all

Coverage Area: Counties of Bon Homme, Clay, Davison, Hanson, Hutchinson, Lincoln, McCook, Minnehaha (not including Sioux Falls), Turner, Union, and Yankton in SD, Counties of Cedar and Knox in NE

Works with children through geriatric age. Services provided include individual therapy, family therapy, marital therapy, attention deficit hyperactivity disorder (ADHD) testing, and medication management.

Psychiatry Services offered at Silver Lining Integrative Psychiatry

100 Douglas Avenue, Yankton, SD 57078

Website: <https://silverliningintegrativepsychiatry.com/> **Email:** Intake@Silverliningintegrativepsychiatry.com

Hours: By appointment only

Phone: 605-558-0107

Eligibility: Ages 5 - 100

Coverage Area: Yankton and Sioux Falls for face-to-face services, but serving South Dakota via telehealth.

Provides counseling services to adolescents and adults struggling with anxiety, ADD/ADHD, depression, panic, bipolar disorders, and post-traumatic stress disorder (PTSD) in order to bridge the gap while patients are finding long-term counselors.

Services offered include:

- medication management
- adult psychiatry
- adolescent psychiatry
- geriatric psychiatry

Offers services in-person in Yankton and Sioux Falls and serving statewide via telehealth.

Counseling Services offered at Rising Hope Counseling, LLC

104 W. Main Street, Parkston, SD 57366

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Post-Secondary Education offered at Mitchell Technical College

1800 E. Spruce Street, Mitchell, SD 57301

Website: www.mitchelltech.edu **Email:** questions@mitchelltech.edu

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-995-3025

Eligibility: Open to all

Coverage Area: Located in Mitchell, SD, serving students from the state, region, and all U.S. states.

Mitchell Tech also offers general education courses relevant in the technical world.

The Center for Student Success provides the following services to Mitchell Tech students:

- Help with academic coursework, including tutoring, study aids, etc.
- Coaching for students to help them work through academic, personal, and career-related challenges
- Counseling services related to mental health and personal concerns
- Advising and academic success plans
- Disability and Learning Services
- Guidance on career decisions, internship selection, job searches, resumes, and interviews
- Information about off-campus resources, such as housing, healthcare, transportation, financial sources, student discounts, available memberships, childcare and other support services.

Behavioral Health Services offered at Lutheran Social Services - Southeast Region

403 N. Lawler Street, Suite 206, Second Floor of Wells Fargo Bank, Mitchell, SD 57301

Website: <https://lsssd.org/what-we-do/behavioral-health-services/> **Email:** info@lsssd.org

Hours: Monday through Friday with flexible scheduling.

Phone: 855-334-2953

Eligibility: Open to all

Coverage Area: Counties of Bon Homme, Clay, Davison, Hanson, Hutchinson, Lake, Lincoln, McCook, Miner, Minnehaha, Moody, Sanborn, Turner, Union, and Yankton.

Offers a variety of counseling services on a sliding fee scale for individuals, families, couples, or groups.

Counseling Services offered at Rising Hope Counseling, LLC

1401 N. Main Street, Suite 108, Mitchell, SD 57301

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: 9:00am - 5:00pm (CT), Monday and Wednesday 10:00am - 6:00pm (CT), Tuesday

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Teen and Family Reconciliation Program offered at Hope Harbor

Marshall, MN 56258

Website: www.hopeharbormn.org **Email:** office@hopeharbormn.org

Hours: Office Hours: 8:00am - 4:00pm (CT), Monday - Friday Program: 24 hours a day / 7 days a week

Phone: 507-537-4525

Eligibility: On site program: Teens age 12-17 Gender by site (female in Marshall and Winona, male in Parker)

Coverage Area: Within a reasonable weekly travel distance of placing location due to requirement of weekly on-site sessions and visits for parents. Includes Minnesota, South Dakota, North Dakota, Nebraska, Wisconsin and Iowa

Hope Harbor is a life-changing commitment for the teen and the entire family.

Counseling Services offered at Rising Hope Counseling, LLC

110 3rd Street S.W., Suite 107, Huron, SD 57350

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for more information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Mental Health Resources and Advocacy offered at NAMI South Dakota

255 Iowa Avenue S.E., Meeting location: Drop Inn Center, Manor Apartment Building, Huron, SD 57350

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-350-2320

Eligibility: Serves people with mental illness, their families (adult or child), mental health professionals, and the general public

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness.

Check Facebook page www.facebook.com/namisodak or website for additional programs, times and locations.

Counseling Services offered at Better Me Counseling and Consulting

1105 Jensen Avenue, S.E., Watertown, SD 57201

Hours: 8:30am - 5:30pm (CT), Tuesday, Wednesday, Thursday 9:00am - 7:00pm (CT), Monday

Phone: 605-880-0100

Eligibility: Serving ages 4-65+

Coverage Area: Counties of Codington, Hamlin, Clark, and South Dakota via telehealth

Provides mental health counseling for children, adults, families and couples. Including the following services:

- individual counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- couples (conjoint) counseling
- trauma informed therapy
- cognitive behavioral therapy
- adolescent/youth counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling
- farm crisis counseling
- retirement and aging concerns

Counseling Services offered at Rising Hope Counseling, LLC

818 S. Broadway Street, Suites 109 & 110, Watertown, SD 57201

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Mental Health Resources and Advocacy offered at NAMI South Dakota

No Physical Address, Watertown, SD 57201

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday See description for meeting times in Watertown

Phone: 605-886-7799

Eligibility: Serves people with mental illness, their families (adult or child), mental health professionals, and the general public

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness.

Check Facebook page www.facebook.com/namisodak or website for additional programs, times and locations.

Counseling Services offered at Rising Hope Counseling, LLC

118 S. Main Street, Suite 1, Chamberlain, SD 57325

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

841 Jackson Street, Suite C, Burke, SD 57523

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Mental Health Resources and Advocacy offered at NAMI South Dakota

No Physical Address, Aberdeen, SD 57401

Hours: NAMI South Dakota office hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-225-1010

Eligibility: Serves people with mental illness, their families (adult or child), mental health professionals, and the general public

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness.

Check Facebook page www.facebook.com/namisodak or website for additional programs, times and locations.

Counseling Services offered at Lourdes Center, The

10 Railroad Avenue S.W., Suite 211, Aberdeen, SD 57401

Website: www.thelourdescenter.com **Email:** tlc@sfcatholic.org

Hours: 9:00am - 4:00pm (CT), Tuesday, Wednesday, Thursday

Phone: 605-988-3775

Eligibility: Open to all

Coverage Area: Cities of Aberdeen, Sioux Falls, and Yankton

Licensed, professional counseling for adults and children. All areas of counseling are available including individual, marriage, and family.

Counseling Services offered at Rising Hope Counseling, LLC

426 N. Highway 281, Suite 3, Aberdeen, SD 57401

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for more information.

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Inspire Counseling, LLC

405 8th Avenue N.W., Suite 321, Aberdeen, SD 57401

Hours: 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 2:30pm (CT), Friday

Phone: 605-262-0513

Eligibility: Ages 5 and up

Coverage Area: South Dakota

Specific training in trauma therapy including child trauma certified. Works with all ages, diagnosis, and families. Also provides a Spanish speaking translator at no cost if needed. Other services include:

- individual counseling
- divorce counseling
- grief/bereavement counseling
- Dialectical Behavioral Therapy (DBT)
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- play therapy
- trauma informed therapy
- Cognitive Behavioral Therapy (CBT)
- adolescent/youth counseling
- gender identity counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling

Behavioral Health and Substance Abuse Services offered at South Dakota Urban Indian Health

339 S. Pierre Street, Pierre, SD 57501

Hours: 9:00am - 5:00pm (CT), Monday - Friday Summer hours: 7:30am - 4:00pm (CT), Monday - Friday

Phone: 605-224-8841

Eligibility: Open to all; Native and Non-Natives are welcome

Coverage Area: Cities served: Pierre and Sioux Empire area

Behavioral Health Services are available from licensed substance abuse and mental health counselors. Chemical Dependency assessments and Level 1.0 Counseling, as well as individual, couples, and family behavioral health counseling are offered. Transportation is available for current patients if needed.

Educational Directory (Elementary, Intermediate, Middle and High Schools) offered at South Dakota Department of Education

No Physical Address, Pierre, SD 57501

Hours: See website for details.

Eligibility: Open to all

Coverage Area: South Dakota

Visit the South Dakota Educational Directory to get details about any elementary, intermediate, middle, high school or alternative program within South Dakota.

Mental Health Resources and Advocacy offered at NAMI South Dakota

No Physical Address, Pierre, SD 57501

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-222-3874

Eligibility: Serves people with mental illness, their families (adult or child), mental health professionals, and the general public

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness.

Check Facebook page www.facebook.com/namisodak or website for additional programs, times and locations.

Counseling Services offered at Rising Hope Counseling, LLC

420 S. Henry Street, Pierre, SD 57501

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information.

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: Pierre area

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

12-Step Support Group offered at Emotions Anonymous International

No Physical Address, Saint Paul, MN 55104

Hours: Vary by meeting, please see description for information.

Phone: 651-647-9712

Eligibility: Open to adults

Coverage Area: World Wide

12-step program for individuals who want to become emotionally well. Support group meetings lead by peers, following the 12-step model of recovery.

Teen and Family Reconciliation Program offered at Hope Harbor

1569 Circle Drive, Winona, MN 55987

Website: www.hopeharbormn.org **Email:** office@hopeharbormn.org

Hours: Office Hours: 8:00am - 4:00pm (CT), Monday - Friday Program: 24 hours a day / 7 days a week

Phone: 507-474 6411

Eligibility: On site program: Teens age 12-17 Gender by site (female in Marshall and Winona, male in Parker)

Coverage Area: Within a reasonable weekly travel distance of placing location due to requirement of weekly on-site sessions and visits for parents. Includes Minnesota, South Dakota, North Dakota, Nebraska, Wisconsin and Iowa Hope Harbor is a life-changing commitment for the teen and the entire family.

Support Groups offered at Aneptu Luta Otipi

North Route, Kyle, SD 57752

Hours: 8:00am - 4:30pm (MT), Monday - Friday

Phone: 605-455-2331

Eligibility: Enrolled Tribal Members 12 years of age and older; degree of Indian blood or Tribal Enrollment number required.

Coverage Area: Pine Ridge Reservation

A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (ie. wacatognaka (generosity), woohitika (courage), wowacitaka (perseverance), waoholaka (respect), wausila (compassion), and woksape (wisdom)).

Support Services include:

- Recovery Support Meeting (Online):
 - Assists clients in recovery maintenance. Recovery Support services includes formal aftercare programs, wellbriety and traditional pathways, and talking circles. There are no requirements to participate.
 - Online Meetings: 2:00pm, every Wednesday and Thursday
 - Join the meeting in 2 steps: Step 1: go to www.zoom.us and Step 2: Meeting ID (883-9859-6211) No passcode

- Family Support Meeting (Online)
 - Support for family members who struggle with a friend or relative with a substance use addiction.
 - Online meeting every Monday at 2:00pm

- Recovery Support Meeting (Online)
 - Individuals at all stages of recovery are welcome. There are no requirements to participate.
 - Online meeting every Wednesday and Thursday at 2pm

- Parenting (Online)
 - Online Meeting: Thursday at 2:00pm
 - Join the meeting in 2 steps: Step 1: Go to www.zoom.us Step 2: Meeting ID (856-8255-7067) Passcode (227449)

Residential Addiction Recovery Center offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

Website: www.wellfully.org **Email:** info@wellfully.org

Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday Residential services: 24 hours a day / 7 days a week

Phone: 605-718-4870

Eligibility: Youth ages 10 - 17 years old with an addiction assessment recommending level 111.7 Medically Monitored High Intensity Residential Substance Abuse Treatment.

Coverage Area: Located in Rapid City, but serving residents of South Dakota

Residential program offering 24 hour supervision, intensive 45-60 day program offering addiction recovery therapy.

Mental Health Resources and Advocacy offered at NAMI South Dakota

No Physical Address, Rapid City, SD 57701

Hours: Check website for more information

Phone: 605-271-1871

Eligibility: Serves people with mental illness, their families (adult or child), mental health professionals, and the general public

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness.

Check Facebook page www.facebook.com/namisodak or website for additional programs, times and locations.

Counseling Services offered at Esthers Rising

Rapid City, SD 57701

Website: <https://esthersrisingministry.com/free23/>

Email: referrals.esthersrising@protonmail.com

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Phone: 605-519-8870

Eligibility: Adolescents who are at risk for or have experienced sexual exploitation and/or sex trafficking

Coverage Area: South Dakota

Providing trauma-based counseling for adolescents 12 - 17 who have experience or are at risk for sexual exploitation or sex trafficking.

Trinity Pregnancy and Adoption offered at Catholic Social Services

529 Kansas City Street, Suite 100, Suite 100, Rapid City, SD 57701

Website: www.trinityadoption.org **Email:** trinity@cssrapidcity.com

Hours: 8:00am - 4:30pm (MT), Monday - Thursday 8:00am - 12:00noon (MT), Friday Schedule an appointment at linktr.ee/trinityadoption

Phone: 605-348-6086

Eligibility: Expectant parents and prospective adoptive parents

Coverage Area: Located in Rapid City but provides services to South Dakota

Offers pregnancy support and case management, domestic infant adoption, support groups, and contract services.

Counseling Services offered at Rising Hope Counseling, LLC

1301 W. Omaha Street, Suite 225, Rapid City, SD 57701

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Therapy offered at Lifescape

7110 Jordan Drive, Rapid City, SD 57702

Hours: 7:30am - 5:30pm (MT), Monday - Friday

Phone: 605-791-7400

Eligibility: Open to all who could benefit from therapy services.

Coverage Area: Located in Sioux Falls and Rapid City, but serving South Dakota via telehealth.

Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

Oyate Health Center - Behavioral Health Program offered at Great Plains Tribal Leaders Health Board

3200 Canyon Lake Drive, Rapid City, SD 57702

Hours: Outpatient Clinic Hours: 8:00am - 4:30pm (MT), Monday - Friday Urgent care: 7:00am - 7:00pm (MT), Monday - Sunday Pediatric after hours urgent care appointments available

Phone: 605-718-5095

Eligibility: American Indian enrollees

Coverage Area: Located in Rapid City

Oyate Behavioral Health is a component of Integrated Health Care. Individual Behavioral health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available.

Counseling Services offered at Rapid City Mental Health Professionals, LLC

3939 Canyon Lake Drive, Suite A, Rapid City, SD 57702

Website: www.rapidcitymentalhealth.com **Email:** office@rapidcitymentalhealth.com

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Phone: 605-716-3555

Eligibility: Open to all ages

Coverage Area: South Dakota

Provides medication management of mental health disorders: depression, anxiety, PTSD, OCD, ADHD, bipolar disorder, schizophrenia and other psychotic illnesses. Services provided by psychiatric mental health nurse practitioners who have been employed in the inpatient settings, correctional facilities, and outpatient mental health.

Other services provided:

- Adolescent psychiatry
- Medication management
- Mental health screening
- Adult psychiatry
- Geriatric psychiatry
- Spravato treatment
- Culturally sensitive
- Photobiomodulation Therapy (light therapy)

Residential Treatment offered at Children's Home Society of South Dakota

24100 S. Rockerville Road, Owen School, Rapid City, SD 57702

Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday Residential 24 hours a day / 7 days a week

Phone: 605-343-5422

Eligibility: Children ages 4 - 14 with emotional or behavioral problems

Coverage Area: South Dakota

Residential treatment center; educational services; foster care and adoption information; community prevention information and trainings available.

Counseling Services offered at Belle Fourche Counseling, LLC

515 National Street, Suite 103, Belle Fourche, SD 57717

Website: www.bellefourhecounseling.com **Email:** info@bellefourhecounseling.com

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Phone: 605-722-8090

Eligibility: Open to all

Coverage Area: Located in Belle Fourche, serving South Dakota via telehealth.

Individual and family therapy services, specializing in eye movement desensitization and reprocessing (EMDR), trauma (including abuse) focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting.

Offers telehealth counseling. Does not require the person to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session. Services are provided through a secure video connection.

Strives to provide culturally relevant and sensitive care.

Counseling Services offered at Rising Hope Counseling, LLC

3105 W. Fairground Loop, Spearfish, SD 57783

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Peer Support Services offered at Depression and Bipolar Support Alliance

55 E. Jackson Boulevard, Suite 490, National Headquarters (not location of services provided), Chicago, IL 60604

Website: www.DBSAlliance.org **Email:** info@dbsalliance.org

Hours: 7:00am - 6:00pm (CT), Monday - Friday

Phone: 312-642-0049

Eligibility: Open to all

Coverage Area: Worldwide online

Peer based services and resources include online resources at DBSAlliance.org, online support groups, audio and video casts, parent and caregiver support network, advocacy for quality mental health care treatment, and peer specialist trainings.

*Currently there are no in-person support groups in South Dakota, although online support groups are open to all.

SAMHSA Behavioral Health Treatment Finder offered at Substance Abuse and Mental Health Services Administration

5600 Fishers Lane, Substance Abuse and Mental Health Services Administration, Rockville, MD 20857

Hours: Website available 24 hours a day / 7 days a week

Phone: 800-662-4357

Eligibility: Open to all

Coverage Area: United States (other than South Dakota)

The Behavioral Health Treatment Services Locator, is a source of information related to substance abuse/addiction and/or mental health services for persons seeking treatment facilities (outside of South Dakota) in the United States or U.S. Territories.

Counseling and Support Groups offered at CancerCare

275 7th Avenue, New York, NY 10001

Website: www.cancercare.org **Email:** info@cancercare.org

Hours: 10:00am - 6:00pm (ET), Monday - Thursday 10:00am - 5:00pm (ET), Friday

Phone: 212-712-8400

Eligibility: Anyone who is touched by cancer including: the person diagnosed, family, friends, co-workers, and the bereaved

Coverage Area: United States, Puerto Rico and U.S. Territories

Comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All services are provided by oncology social workers and world-leading cancer experts.

Mental Health Education offered at MindWise Innovations

270 Bridge Street, Suite 205, Dedham, MA 2026

Website: mindwise.org **Email:** info@mindwise.org

Hours: 24 hours a day / 7 days a week

Phone: 781-239-0071

Eligibility: Open to all including College Students, Active-Duty Military, National Guard, Reserves, Veterans, and their families

Coverage Area: United States

A self-assessment questionnaire, regarding mental health and substance abuse, to assess if treatment or evaluation would be beneficial.

Outpatient Mental Health Counseling offered at Kimberly Keiser and Associates, LLC

2101 W. 69th Street, Unit 103, Suite 150, Sioux Falls, SD 57108

Website: www.kimberlykeiser.com **Email:** welcome@kimberlykeiser.com

Hours: 8:00am - 6:00pm (CT), Monday - Friday

Phone: 605-740-6557

Eligibility: Adult individuals and couples

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

An outpatient mental health clinic and educational center providing both client and provider services. Experienced, licensed and credentialed providers offer comprehensive mental health services with specializations in sex therapy, trauma therapy, and couples counseling. The clinical resource team provides clinical supervision, consultation, and sexuality education for healthcare professionals and organizations.

Coyote Clinic offered at Avera

300 N. Dakota Avenue, Suite 117, , SD 57104

Hours: 9:00am - 5:00pm (CT), Monday - Friday AveraNow is available online 24 hours a day / 7 days a week. Mental health services: 5:30pm - 7:00pm (CT), 1st Wednesday of every month Physical health needs: 5:30pm - 7:00pm (CT), every Tuesday evening

Phone: 605-322-6800

Eligibility: Open to adults (uninsured patients over the age of 18). Possible prescription assistance available to clients of Coyote Clinic.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Provides care to uninsured patients over the age of 18 for any acute medical problem, STD testing, psychiatric care, and flu shots.

Transportation

Health and Social Needs Transportation offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: www.helplinecenter.org **Email:** help@helplinecenter.org

Hours: Ride Scheduling: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-339-4357

Eligibility: Must meet one of the following: vaccination appointments for adults, older adults (65+), individuals with disabilities, or rides that meet a medical or social need (no age limit on this category).

Coverage Area: Cities served: Rapid City (only WIC clients) and Sioux Falls

Lyft rides are now available for varying health and social needs. Rides are not guaranteed until client intake is approved by Transportation Specialist.

Transportation Services offered at Project CAR

Sioux Falls, SD 57105

Website: www.projectcarsf.org **Email:** pc@projectcarsf.org

Hours: 7:30am - 4:30pm (CT), Monday - Friday

Phone: 605-332-2777

Eligibility: Open for health rides. All other ride requests must come through one of the member organizations listed in description.

Coverage Area: City of Sioux Falls

Project CAR provides no-cost rides to persons with a variety of needs.

Workers on Wheels offered at Active Generations

2300 W. 46th Street, Sioux Falls, SD 57105

Website: <http://activegenerations.org/> **Email:** wow@activegen.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: 605-333-3317

Eligibility: Low-income (less than \$20,000/year per person) older adults (over the age of 60) who cannot afford to hire someone to do their tasks and do not have family in Sioux Falls that can assist them. Persons with disabilities are taken on a case by case basis. Call for complete eligibility requirements.

Coverage Area: City of Sioux Falls

Provides elderly individuals with planned medical and grocery shopping transportation along with other services to allow seniors to age in place.

Sioux Area Metro offered at City of Sioux Falls Planning and Development Services

120 E. 11th Street, Bus Depot, Sioux Falls, SD 57104

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Service Hours: 5:45am - 9:15pm (CT), Monday - Friday 7:45am - 3:00pm (CT), Saturday Bus Stop Hours: 5:40am - 8:45pm (CT), Monday - Friday 7:40am - 3:00pm (CT), Saturday

Phone: 605-367-7151

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Provides a fixed route transit service for the general public. Most routes are available from 5:40am - 8:45pm, Monday - Friday and 7:40am to 6:45pm, Saturday. Single ride fare: \$1.50 adult; \$.75 for seniors, and eligible disabled individuals, children ages 18 and under ride free. All day passes \$3. Veterans ride for free with identification.

Geared To Empower Bike Ministry offered at Center of Hope

1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57104

Website: www.centerofhopesf.org/earn-your-way **Email:** info@centerofhopesf.org

Hours: 9:00am - 12:00noon; 1:00pm - 4:00pm (CT), Tuesday - Friday

Phone: 605-334-9789

Eligibility: Open to all

Coverage Area: City of Sioux Falls

Offering subsidized bikes and bike repairs to income-eligible individuals and families.

- Income brackets are the same as WIC programs
- Costs range from \$5.00 to \$60.00 per bike
- Those unable to pay may exchange volunteer work at a non-profit for a bike through the Earn-Your-Way program
- Bike repair is no charge for used parts, minimal charge for new parts, no charge for labor

Freedom Pass offered at City of Sioux Falls Planning and Development Services

500 E. 6th Street, SAM and Paratransit Division, Sioux Falls, SD 57103

Hours: 5:45am - 9:15pm (CT), Monday - Friday 7:45am - 3:00m (CT), Saturday SAM is closed Sundays, New Year's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving, and Christmas.

Phone: 605-367-7151

Eligibility: Youth 18 years of age and younger can ride for free; Anyone ages 11 - 18 may ride unaccompanied by an adult; Anyone ages 10 and under must be accompanied by an adult.

Coverage Area: Sioux Falls

A free program available for youths 18 years of age and under year round to board any of Sioux Area Metro's regularly scheduled bus routes.

Transportation offered at Inter-Lakes Community Action Partnership

505 N. Western Avenue, Sioux Falls, SD 57104

Hours: 8:00am - 12:00noon; 1:00pm - 4:30pm (CT), Monday - Friday

Phone: 605-334-2808

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

Pass-It-On Bus Passes offered at Minnehaha County

521 N. Main Avenue, Suite 201, Sioux Falls, SD 57104

Website: www.minnehahacounty.gov **Email:** humanservices@minnehahacounty.gov

Hours: 7:30am - 5:00pm (CT), Monday - Friday

Phone: 605-367-4217

Eligibility: Open to people who are homeless or low-income

Coverage Area: Sioux Falls area

At various locations, local bus passes are provided. Sponsored by the City of Sioux Falls and administered by Minnehaha County Human Services.

Work Related Transportation offered at Community Outreach, The

1915 E. 8th Street, Suite 105, Empower Campus, Sioux Falls, SD 57104

Website: <http://thecommunityoutreach.org/> **Email:** info@thecommunityoutreach.org

Hours: 8:00am - 12:00noon; 1:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

Phone: 605-331-3935

Eligibility: For people who are employed (not those searching/looking for work, or needing to get to medical appointments, out of town travel, etc.). Also, for work transportation assistance, individuals are not required to have visited County Human Services first.

Coverage Area: Sioux Falls area

Work related transportation available in two forms. 1. for people who have a job/new employment and need help getting there. 2. car repair voucher where vehicle is needed for employment. Please note - this assistance is only for people who are employed (not those searching/looking for work, or needing to get to medical appointments, out of town travel, etc.)

Eldercare Services offered at Visiting Angels Home Care

528 N. Sycamore Avenue, Suite 100, Sioux Falls, SD 57110

Hours: Office hours: 8:00am - 5:00pm, Monday - Friday Caregivers are scheduled per needs of patient. Weekday, weekend, holiday and overnight visits are available as well as 24-hour care.

Phone: 605-540-4444

Eligibility: Open to seniors and anyone over 18 needing some help to maintain their independence.

Coverage Area: Counties of Lake, Lincoln, McCook, Minnehaha, Moody, and Turner

Senior care services provided include: companion care, personal care, palliative care, post-hospital stay care, social care, Dementia or Alzheimer's care, and end of life care.

Public Transit offered at City of Brandon

819 S. McHardy Road, Brandon, SD 57005

Website: <https://cityofbrandon.org/transit> **Email:** busbarn@alliancecom.net

Hours: Bus service: 7:45am - 3:45pm (CT), Monday - Friday Dispatcher available: 7:30am - 11:15am (CT), Monday - Friday, leave message after hours

Phone: 605-582-3553

Eligibility: Open to all

Coverage Area: Brandon area

Serves passengers within Brandon city limits with a demand response public transit system.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Hartford, SD 57033

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-906-1483

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

ROCS Transit Services offered at Rural Office of Community Services, Inc

No Physical Address, Canton, SD 57013

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-764-0760

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Transportation offered at Inter-Lakes Community Action Partnership

104 N. Main Street, Suite 140, Canton, SD 57013

Hours: 8:00am - 4:00pm (CT), Monday

Phone: 605-940-1909

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

Dell Rapids City Transit - DellsXpress offered at City of Dell Rapids

302 E. 4th Street, Dell Rapids, SD 57022

Website: <https://batabus.com/dellsxpress/>

Email: bata@brookingsareatransit.com

Hours: Bus Service: 7:00am - 5:00pm (CT), Monday - Friday Dispatch Service: 7:00am - 6:00pm (CT), Monday - Friday

Phone: 605-692-2222

Eligibility: Open to all

Coverage Area: Dell Rapids area

Rides in town or to Sioux Falls. 24-hour notice needed.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Parker, SD 57053

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-360-4974

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Transportation offered at Inter-Lakes Community Action Partnership

400 S. Main Avenue, Turner County Courthouse, Lower Level, Parker, SD 57053

Hours: 8:00am - 4:00pm (CT), Tuesday 8:00am - 4:30pm (CT), Thursday

Phone: 605-940-1909

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Beresford, SD 57004

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-366-7360

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Transportation offered at Inter-Lakes Community Action Partnership

130 W. Essex Avenue, McCook County Courthouse, Main Level, Salem, SD 57058

Hours: 8:00am - 4:30pm (CT), Monday and Wednesday

Phone: 605-425-2271

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Flandreau, SD 57028

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-864-1499

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Transportation offered at Inter-Lakes Community Action Partnership

112 E. Pipestone, Flandreau, SD 57028

Hours: 8:00am - 4:00pm (CT), Monday, Wednesday, Thursday

Phone: 605-997-2824

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

Transportation offered at Inter-Lakes Community Action Partnership

111 N. Van Eps Avenue, Madison, SD 57042

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-256-6518

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Wakonda, SD 57073

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-366-7361

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Elk Point, SD 57025

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-481-0017

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Howard, SD 57349

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-480-4194

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Transportation offered at Inter-Lakes Community Action Partnership

108 E. Highway 34, Howard, SD 57349

Hours: Vary; call for information.

Phone: 605-772-5712

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

Transportation offered at Inter-Lakes Community Action Partnership

415 8th Street S., Brookings, SD 57006

Hours: 8:00am - 12:00noon;12:30pm - 4:30pm (CT), Monday, Wednesday and Thursday 8:00am - 12:00noon (CT), Tuesday and Friday

Phone: 605-692-6391

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

Public Transit offered at Brookings Area Transit Authority

1313 Western Avenue, Brookings, SD 57006

Website: www.batabus.com **Email:** bata@batabus.com

Hours: 5:00am - 11:00pm (CT), Monday - Friday

Phone: 605-692-2222

Eligibility: Open to all

Coverage Area: Cities of Brookings, Dell Rapids, Freeman, Volga, Bruce, Sinai, Estelline, Arlington, White, Aurora, Elkton, and Toronto. Also provides transportation to and from Sioux Falls.

Provides transportation in and around the Brookings County area. Offers door-to-door service and weekday shuttles to and from Sioux Falls.

Transportation offered at Inter-Lakes Community Action Partnership

202 2nd Street S.W., Kingsbury County Courthouse, Upper Level, De Smet, SD 57231

Hours: 8:00am - 10:30am;2:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 10:30am (CT), Friday

Phone: 605-874-3701

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

ROCS Transit Services offered at Rural Office of Community Services, Inc

De Smet, SD 57231

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-830-1676

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Springfield, SD 57062

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-481-8548

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Transportation offered at Inter-Lakes Community Action Partnership

300 4th Street, Hamlin County Courthouse, Hayti, SD 57241

Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12:00noon (CT), Friday

Phone: 605-783-3867

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Wagner, SD 57380

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-730-1436

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Transportation offered at Inter-Lakes Community Action Partnership

408 4th Street W., Deuel County Courthouse, Clear Lake, SD 57226

Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday

Phone: 605-874-2062

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Plankinton, SD 57355

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-770-6026

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Transportation offered at Inter-Lakes Community Action Partnership

7 8th Avenue S.E., Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday Must call for an appointment

Phone: 605-886-7674

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Wessington Springs, SD 57382

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-539-1945

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Transportation offered at Inter-Lakes Community Action Partnership

116 N. Commercial Street, Clark, SD 57225

Hours: 11:00am - 5:00pm (CT), Monday - Friday

Phone: 605-532-3722

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

Transportation offered at Inter-Lakes Community Action Partnership

210 E. 5th Avenue, County Courthouse, Milbank, SD 57252

Hours: 8:00am - 5:00pm (CT), Monday - Friday Call to schedule an appointment

Phone: 605-432-6571

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Coverage Area: East Central South Dakota

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Gregory, SD 57533

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-830-7216

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

ROCS Transit Services offered at Rural Office of Community Services, Inc

Winner, SD 57580

Hours: Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

Phone: 605-842-5633

Eligibility: Open to all

Coverage Area: Counties of Aurora, Bon Homme, Brule, Charles Mix, Douglas, Gregory, Hutchinson, Jerauld, Kingsbury, Lincoln, Lyman, Miner, Minnehaha, Moody, Tripp, Turner, and Union.

Rides provided for the following - Medical, Nutrition, Social/Recreation, Education, Shopping/Personal, and Employment.

Statewide Services offered at River Cities Public Transit

1600 E. Dakota Avenue, Pierre, SD 57501

Hours: 24 hours a day / 7 days a week / 365 days a year

Phone: 605-945-2360

Eligibility: Open to all

Coverage Area: South Dakota

RCPT coordinates with all other transit agencies in South Dakota and can facilitate a ride statewide for medical appointments.