

## Basic Needs Resource Guide

*Feel free to share all or a portion of this information, we just ask that you credit the Helpline Center as your source.  
To see more guides, go to [www.helplinecenter.org/create-guide](http://www.helplinecenter.org/create-guide)*

### 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](http://www.hurdlelifecoachfoundation.com) **Email:** [thehurdlelifecoach@gmail.com](mailto: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.

#### **Supported Employment offered at Lifescape**

4100 S. Western Avenue, Sioux Falls, SD 57105

**Website:** [www.lifescapesd.org/adults-services/supported-employment](http://www.lifescapesd.org/adults-services/supported-employment)

**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

### **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:** Career Network: Employed women who are seeking support and networking with others to stay engaged and progress in their career path. Making Cent\$ Financial Literacy 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

Career development programs to help prepare participants to obtain employment, provides financial education and tools, and help develop female leaders.

### **Dress for Success Sioux Falls offered at EmBe**

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

**Website:** [www.embe.org/program/dress-for-success](http://www.embe.org/program/dress-for-success) **Email:** [siouxfalls@dressforsuccess.org](mailto:siouxfalls@dressforsuccess.org)

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

**Phone:** 605-610-0665

**Eligibility:** Women, 14 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.

### **Post-High School and Therapy Services offered at Teachwell Solutions**

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

**Website:** <http://teachwell.org> **Email:** [info@teachwell.org](mailto:info@teachwell.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.

### **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.

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

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

**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.

### **Workforce Development offered at Multi-Cultural Center of Sioux Falls**

300 E. 6th Street, Sioux Falls, SD 57104

**Website:** [www.lsssd.org](http://www.lsssd.org) **Email:** [info@lsssd.org](mailto:info@lsssd.org)

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

**Phone:** 605-367-7401

**Eligibility:** Open to all

**Coverage Area:** Sioux Falls area

Assists job seekers with resume' building, filling out job applications and interview preparation.

### **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](http://www.siouxcouncil.org) **Email:** [sioux.council@scouting.org](mailto:sioux.council@scouting.org)

**Hours:** 10:00am - 5:30pm (CT), Monday - Friday 10:00am - 2:00pm (CT), Saturday \*\*Closed daily from 1:30pm - 2:00pm (CT)

**Phone:** 605-361-2697

**Eligibility:** Vary by program, call for information or visit website.

**Coverage Area:** East River South Dakota

Visit [www.beascout.org](http://www.beascout.org) for local membership information.

### **Community Health Resource Center offered at Avera**

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

**Email:** [chrc@avera.org](mailto: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.

### **Care Center offered at Center of Hope**

1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57103

**Website:** [www.centerofhopesf.org](http://www.centerofhopesf.org) **Email:** [info@centerofhopesf.org](mailto:info@centerofhopesf.org)

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

### **Felon-Friendly Landlord and Employment Lists offered at Center of Hope**

1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57103

**Website:** [www.centerofhopesf.org](http://www.centerofhopesf.org) **Email:** [info@centerofhopesf.org](mailto:info@centerofhopesf.org)

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

**Phone:** 605-334-9789

**Eligibility:** Open to all

**Coverage Area:** Sioux Falls area

An up-to-date felon-friendly landlord and employment list. Available in-person at the Center of Hope and online.

Lists are updated every 3 months with details on application fees, deposit amounts, and which types of offenders are allowed/not allowed.

### **Rehabilitation Services - 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.

### **Service to the Blind and Visually Impaired - Sioux Falls 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:** 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.

### **National Farmworker Jobs Program offered at Black Hills Special Services Cooperative**

5301 S Sycamore Avenue, Sioux Falls, SD 57108

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

**Phone:** 605-610-4981

**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.

### **Office of Access and Workforce Opportunity offered at Southeast Technical College**

2320 N. Career Avenue, Sioux Falls, SD 57107

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

**Phone:** 605-367-7624

**Eligibility:** Open to all Southeast Technical College non-traditional students.

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

Provides access to career training, employment, and personal and professional support to meet the needs of the regional workforce.

### **Non-Traditional Student Service offered at Southeast Technical College**

2320 N. Career Avenue, Sioux Falls, SD 57107

**Website:** [www.southeasttech.edu](http://www.southeasttech.edu) **Email:** [StudentSuccess@southeasttech.edu](mailto: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, and life skill development.

### **Services and Support offered at South Dakota Deaf Resource & Outreach Programs**

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

**Website:** [sddrop.org](http://sddrop.org) **Email:** [Programs@sddrop.org](mailto: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.

### **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](http://www.sesdac.org) **Email:** [sesdac@sesdacinc.org](mailto: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

**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**

3113 Spruce Street, Suite 124, Yankton, SD 57078

**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.

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

1321 N. Main Street, Mitchell, SD 57301

**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

**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

**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

**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.

### **Services and Support offered at South Dakota Deaf Resource & Outreach Programs**

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

**Website:** [sddrop.org](http://sddrop.org) **Email:** [Programs@sddrop.org](mailto: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

**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 Black Hills Special Services Cooperative**

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.

### **National Farmworker Jobs Program offered at Black Hills Special Services Cooperative**

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.

### **Services and Support offered at South Dakota Deaf Resource & Outreach Programs**

2310 N. Maple Avenue, Rapid City, SD 57701

**Website:** [sddrop.org](http://sddrop.org) **Email:** [Programs@sddrop.org](mailto: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 Service Office offered at South Dakota Department of Labor and Regulation**

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

**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.

### **Job Center offered at Goodwill of the Great Plains**

611 Lindbergh Avenue, Rapid City, SD 57701

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

**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:** 605-737-6702

**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](http://www.seeklearngrow.org) **Email:** [Info@SeekLearnGrow.org](mailto: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

**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., Suite B-470, 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

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

## Family/Parenting/Child Care

**Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides care seat installation and safety checks at all Sioux Falls Fire Stations.

**Preschool Assistance offered at Sioux Falls Hope Coalition**

Sioux Falls, SD 57105

**Website:** [FreePreschool.com](http://FreePreschool.com) **Email:** [info@sfopecoalition.org](mailto:info@sfopecoalition.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](mailto: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](mailto: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.

**Car Seat Resources offered at Sanford Health**

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

**Website:** [www.sanfordhealth.org/locations/sanford-child-services](http://www.sanfordhealth.org/locations/sanford-child-services)

**Email:** [parenting@sanfordhealth.org](mailto:parenting@sanfordhealth.org)

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

**Phone:** 605-312-8390

**Eligibility:** Call for information

**Coverage Area:** Serves the counties of Aurora, Bon Homme, Charles Mix, Clay, Davison, Douglas, Hanson, Hutchinson, Jerauld, Lincoln, McCook, Minnehaha, Sanborn, Turner, Union, Yankton

Provides car seat education and inspection, car seat distribution, and car seat rental including specialty car seats.

**Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides car seat installation and safety checks at all Sioux Falls Fire Stations.

**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](mailto: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.

**Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides care seat installation and safety checks at all Sioux Falls Fire Stations.

**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 South door entrance 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.

**Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides care seat installation and safety checks at all Sioux Falls Fire Stations.

**Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxfalls.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides care seat installation and safety checks at all Sioux Falls Fire Stations.

**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).

### **Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides car seat installation and safety checks at all Sioux Falls Fire Stations.

### **Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides car seat installation and safety checks at all Sioux Falls Fire Stations.

### **Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides car seat installation and safety checks at all Sioux Falls Fire Stations.

### **Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides car seat installation and safety checks at all Sioux Falls Fire Stations.

### **Car Seat Installation and Safety Check offered at City of Sioux Falls Fire Rescue**

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

**Website:** [www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat](http://www.sioxford.gov/health-safety/fire/community-programs-and-safety/car-seat)

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

**Phone:** 605-367-8092

**Eligibility:** Parents or guardians with children who use car safety seats.

**Coverage Area:** City of Sioux Falls

Provides car seat installation and safety checks at all Sioux Falls Fire Stations.



**Food Pantry offered at St. Katharine Drexel Catholic Church**

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

**Website:** [stkdsfsd.org](http://stkdsfsd.org) **Email:** [parishoffice@stkdsfsd.org](mailto:parishoffice@stkdsfsd.org)

**Hours:** 9:00am - 12:00noon (CT), Monday 9:00am - 4:00pm (CT), Tuesday - Thursday 9:00am - 12:00noon (CT), Friday  
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.

**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](mailto: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.

**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](mailto: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.

**Child Care Assistance offered at South Dakota Department of Social Services**

700 Governors Drive, Pierre, SD 57501

**Website:** [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare) **Email:** [CCS@state.sd.us](mailto:CCS@state.sd.us)

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

**Phone:** 605-773-4766

**Eligibility:** Visit <https://dss.sd.gov/childcare/childcareassistance/eligible.aspx> or 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](mailto: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.

**Phone:** 605-339-4357

**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](mailto: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 Beadle, Brookings, Brown, Codington, 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.

**Veterans Affairs Supportive Housing Program offered at Sioux Falls Housing and Redevelopment Commission**

630 S. Minnesota Avenue, Sioux Falls, SD 57104

**Website:** [www.sioxfallshousing.org/housing-programs/vash](http://www.sioxfallshousing.org/housing-programs/vash)

**Email:** [sfhrc@siouxfallshousing.org](mailto:sfhrc@siouxfallshousing.org)

**Hours:** 8:00am to 5:00pm (CT), Monday - Thursday Walk-in Hours: 11:00am - 12:00pm (CT), Monday - Thursday Closed for walk-in traffic from 1:00pm - 2:00pm daily for lunch. Open Fridays by appointment only

**Phone:** 605-332-0704

**Eligibility:** Veterans

**Coverage Area:** Sioux Falls area

A rental assistance program for Veterans who have been referred and approved through the Veterans Administration (VA).

**Shelter Plus Care offered at Sioux Falls Housing and Redevelopment Commission**

630 S. Minnesota Avenue, Sioux Falls, SD 57104

**Website:** [www.sioxfallshousing.org](http://www.sioxfallshousing.org)

**Email:** [sfhrc@siouxfallshousing.org](mailto:sfhrc@siouxfallshousing.org)

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

**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.sioxfallshousing.org](http://www.sioxfallshousing.org) **Email:** [sfhrc@siouxfallshousing.org](mailto:sfhrc@siouxfallshousing.org)

**Hours:** Main door is open from 8:00am to 5:00pm (CT) Monday - Thursday. Walk-in hours are available from 11:00am - 12:00noon (CT) Monday - Thursday for anyone to talk with a caseworker. Main door is closed on Fridays with no walk-in hours. May be available by appointment.

**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.

### **Rent Assistance offered at Salvation Army of Sioux Falls, The**

900 N. Cliff Avenue, Sioux Falls, SD 57104

**Hours:** Caseworker is available for rental and utility assistance in person or via phone from 9:00am - 12:00noon;1:00pm to 4:00pm (CT), Monday - Friday

**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.

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

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

**Website:** [www.sioxempirehousing.org](http://www.sioxempirehousing.org) **Email:** [sehp@siouxfalls.com](mailto: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.

### **Emergency Services offered at Inter-Lakes Community Action Partnership**

409 N. Western Avenue, Sioux Falls, SD 57104

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

**Phone:** 605-334-2808

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

409 N. Western Avenue, Sioux Falls, SD 57104

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

**Phone:** 605-334-2808

**Eligibility:** Varies by program, call for information.

**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.

### **Minnehaha / Lincoln County Human Services offered at Minnehaha County**

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

**Website:** [www.minnehahacounty.gov/dept/hs/appAssistance/appAssistance.php](http://www.minnehahacounty.gov/dept/hs/appAssistance/appAssistance.php)  
[humanservices@minnehahacounty.gov](mailto:humanservices@minnehahacounty.gov)

**Email:**

**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.

### **Sioux Falls 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. Online Assistance Request form generally available on Sunday afternoons at 4:00pm and if possible a second time Wednesday afternoons at 4:00pm. If the form does not show, it is not open.

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

**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](mailto:info@thecommunityoutreach.org)

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

### **Emergency Services offered at Inter-Lakes Community Action Partnership**

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

**Hours:** 9:00am - 3:30pm (CT), Monday

**Phone:** 605-940-1909

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

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

**Hours:** 8:00am - 3:30pm (CT), Monday

**Phone:** 605-940-1909

**Eligibility:** Varies by program, call for information.

**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.

**Minnehaha / Lincoln County Human Services offered at Minnehaha County**

723 E. 5th Street, Canton, SD 57013

**Website:** [www.minnehahacounty.gov/dept/hs/appAssistance/appAssistance.php](http://www.minnehahacounty.gov/dept/hs/appAssistance/appAssistance.php)  
[humanservices@minnehahacounty.gov](mailto:humanservices@minnehahacounty.gov)**Email:****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**Phone:** 605-940-1909**Eligibility:** Varies by program, call for information.**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

**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**Phone:** 605-940-1909**Eligibility:** Varies by program, call for information.**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.

**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:** Varies by program, call for information.**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

**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:** Varies by program, call for information.**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.

**Emergency Services offered at Inter-Lakes Community Action Partnership**

112 E. Pipestone, Flandreau, SD 57028

**Hours:** 9:00am - 3:30pm (CT), Wednesday and Thursday**Phone:** 605-997-2824**Eligibility:** Varies by program, call for information.**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

112 E. Pipestone, Flandreau, SD 57028

**Hours:** 9:00am - 3:30pm (CT), Wednesday, Thursday

**Phone:** 605-997-2824

**Eligibility:** Varies by program, call for information.

**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.

### **Emergency Services offered at Inter-Lakes Community Action Partnership**

111 N. Van Eps Avenue, Madison, SD 57042

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

**Phone:** 605-256-6518

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

111 N. Van Eps Avenue, Madison, SD 57042

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

**Phone:** 605-256-6518

**Eligibility:** Varies by program, call for information.

**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.

### **Emergency Services offered at Inter-Lakes Community Action Partnership**

108 E. Highway 34, Howard, SD 57349

**Hours:** 9:00am - 3:30pm (CT), Tuesday and Thursday

**Phone:** 605-772-5712

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

108 E. Highway 34, Howard, SD 57349

**Hours:** 9:00am - 3:00pm (CT); Tuesday and Thursday

**Phone:** 605-772-5712

**Eligibility:** Varies by program, call for information.

**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.

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

752 22nd Avenue S., Brookings, SD 57006

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

**Email:** [cccs@lsssd.org](mailto: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 Beadle, Brookings, Brown, Codington, 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**

415 8th Street S., Brookings, SD 57006

**Hours:** 8:00am - 4:30pm (CT), Monday, Tuesday, Thursday, and Friday

**Phone:** 605-692-6391

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

415 8th Street S., Brookings, SD 57006

**Hours:** 12:00noon - 5:00pm (CT), Monday, Tuesday, Thursday, and Friday

**Phone:** 605-692-6391

**Eligibility:** Varies by program, call for information.

**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.

### **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](mailto: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 Beadle, Brookings, Brown, Codington, 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, Suite 206, 2nd Floor, Mitchell, SD 57301

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

**Email:** [cccs@lsssd.org](mailto:cccs@lsssd.org)

**Hours:** By appointment

**Phone:** 605-330-2700

**Eligibility:** Open to anyone seeking help with personal finance issues

**Coverage Area:** Counties of Beadle, Brookings, Brown, Codington, 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:** 9:00am - 3:30pm (CT), Wednesday

**Phone:** 605-874-3701

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.



### **Housing Services offered at Inter-Lakes Community Action Partnership**

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

**Hours:** 9:00am - 3:30pm (CT), Wednesday

**Phone:** 605-854-3701

**Eligibility:** Varies by program, call for information.

**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.

### **Emergency Services offered at Inter-Lakes Community Action Partnership**

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

**Hours:** 9:00am - 3:30pm (CT), Tuesday

**Phone:** 605-783-3867

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

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

**Hours:** 9:00am - 3:30pm (CT), Tuesday

**Phone:** 605-783-3867

**Eligibility:** Varies by program, call for information.

**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.

### **Emergency Services offered at Inter-Lakes Community Action Partnership**

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

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

**Phone:** 605-874-2062

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

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

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

**Phone:** 605-874-2062

**Eligibility:** Varies by program, call for information.

**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.

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

33 Third Street S.E., Suite 202, Cornerstones Career Learning Center, Huron, SD 57350

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

**Email:** [cccs@lsssd.org](mailto: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 Beadle, Brookings, Brown, Codington, 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**

1424 9th Avenue S.E., Suite 7, Watertown, SD 57201

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

**Email:** [cccs@lsssd.org](mailto: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 Beadle, Brookings, Brown, Codington, 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**

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

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

**Phone:** 605-886-7674

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

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

**Hours:** 8:00am - 4:30pm (CT), Monday and Wednesday Must call for an appointment.

**Phone:** 605-886-7674

**Eligibility:** Varies by program, call for information.

**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.

### **Emergency Services offered at Inter-Lakes Community Action Partnership**

116 N. Commercial Street, Clark, SD 57225

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

**Phone:** 605-532-3722

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

116 N. Commercial Street, Clark, SD 57225

**Hours:** 9:00am - 3:30pm (CT), Tuesday and Thursday

**Phone:** 605-532-3722

**Eligibility:** Varies by program, call for information.

**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.

### **Emergency Services offered at Inter-Lakes Community Action Partnership**

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

**Hours:** 8:00am - 4:30pm (CT), Monday - Friday Call to schedule an appointment

**Phone:** 605-432-6571

**Eligibility:** Varies by program, call for information.

**Coverage Area:** East Central South Dakota

ICAP Emergency Services helps with emergency utilities and rent for income qualified households. Must meet all requirements. Also offers food pantry vouchers to those who qualify.

### **Housing Services offered at Inter-Lakes Community Action Partnership**

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

**Hours:** 8:00am - 4:30pm (CT), Monday - Friday Call to schedule an appointment.

**Phone:** 605-432-6571

**Eligibility:** Varies by program, call for information.

**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.

### **Housing Programs offered at GROW South Dakota**

104 Ash Street E., Sisseton, SD 57262

**Website:** [www.growsd.org](http://www.growsd.org) **Email:** [info@growsd.org](mailto: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.

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

110 6th Avenue S.E., Suite 200, Aberdeen, SD 57401

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

**Email:** [cccs@lsssd.org](mailto: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 Beadle, Brookings, Brown, Codington, 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.

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

412 S. Main Street, Eagle Butte, SD 57625

**Website:** [www.fourbands.org](http://www.fourbands.org) **Email:** [info@fourbands.org](mailto: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](http://www.FoYFoundationInc.org) **Email:** [FoYFoundationInc@gmail.com](mailto: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.

### **Elder Angel Funds offered at Sequel Inc.**

318 Mount Rushmore Road, Suite C, Rapid City, SD 57701

**Website:** [www.sequelincorporated.org](http://www.sequelincorporated.org) **Email:** [info@sequelincorporated.org](mailto:info@sequelincorporated.org)

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

**Phone:** 605-721-4383

**Eligibility:** Low-income elderly 65 and over

**Coverage Area:** South Dakota

Elder Angel Funds are available through a short application process to help low-income senior citizens with everyday expenses.

### **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](mailto: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](mailto: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](http://careconnectusa.org/private-student-loan-relief) **Email:** [info@careconnectusa.org](mailto: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

A helpline for student loan borrowers who have a private loan from a bank or credit union.

### **Financial Assistance for Military Families offered at American Red Cross**

No Physical Address

**Website:** <https://www.redcross.org/get-help/military-families/financial-assistance.html>

**Hours:** 24 hours a day / 7 days a week

**Phone:** 877-272-7337

**Eligibility:** Active duty service members and their immediate family, members of the activated National Guard or Reserve Unit and their immediate family members, and military retiree or spouse/widow(er) of a retiree.

**Coverage Area:** State of South Dakota

The American Red Cross works in partnership with Military Aid Societies to provide financial assistance to eligible applicants.

## **Food**

**Statewide Mobile Food Distribution Program offered at Feeding South Dakota**

Sioux Falls, SD 57105

**Website:** [www.feedingsouthdakota.org/mobile](http://www.feedingsouthdakota.org/mobile)**Email:** [info@feedingsouthdakota.org](mailto: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](http://www.faithtemplesiouxfalls.com)**Email:** [staff@faithtemplesiouxfalls.com](mailto:staff@faithtemplesiouxfalls.com)**Hours:** Office hours: 8:00am - 1:30pm (CT), Monday - Friday**Phone:** 605-332-2303**Eligibility:** Open to all**Coverage Area:** Sioux Falls area

Worship is held on Sunday mornings at 8:30am and 10:45am. Community Meal is held on Wednesday evenings at 6:00pm (open to anyone who wants to come).

**Community Meal offered at Faith Temple Church**

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

**Website:** [www.faithtemplesiouxfalls.com](http://www.faithtemplesiouxfalls.com)**Email:** [staff@faithtemplesiouxfalls.com](mailto:staff@faithtemplesiouxfalls.com)**Hours:** 6:00pm (CT), Wednesdays**Phone:** 605-332-2303**Eligibility:** Open to all**Coverage Area:** Sioux Falls area

Community Meal is held on Wednesday evenings. It is 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](http://www.usiouxfalls.edu/student-life/cougar-cupboard)**Email:** [student.life@usiouxfalls.edu](mailto:student.life@usiouxfalls.edu)**Hours:** 8:00am - 5:00pm (CT), Monday - Friday**Phone:** 605-331-6801**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](http://www.calvarycathedral.net)**Email:** [frontdesk@calvarycathedral.net](mailto: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](http://www.sfumc.org) **Email:** [fumc@sfumc.org](mailto: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](http://www.charissf.org) **Email:** [foodtoyouxiouxfalls@gmail.com](mailto: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.**

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.

**Foster Care Financial Assistance offered at Foster Network, The**

620 S. Cliff Avenue, Suite 200, Suite 200, Sioux Falls, SD 57104

**Website:** [www.thefosternet.org](http://www.thefosternet.org) **Email:** [info@thefosternet.org](mailto:info@thefosternet.org)

**Hours:** 9:00am - 3:00pm (CT), Monday and Wednesday 10:30am - 7:30pm (CT), Tuesday and Thursday 9:00am - 12:00pm (CT), Friday

**Phone:** 605-271-1131

**Eligibility:** Any child placed in the care of another person through a licensing agency and their foster families/caregivers. This includes Foster, Kinship, Harbor Families, and more.

**Coverage Area:** Sioux Empire area and parts of Southwest Minnesota and Northwest Iowa.

Provides financial assistance to foster families in the form of scholarship assistance for sports or extra curricular activities, food, and bedroom furniture.

**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](http://www.charissf.org) **Email:** [foodtoyouxiouxfalls@gmail.com](mailto: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](http://www.sfumc.org) **Email:** [fumc@sfumc.org](mailto: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](http://ugmsiouxfalls.com) **Email:** [office@ugmsiouxfalls.com](mailto: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 open to the general public daily: Breakfast: 7:00am - 7:30am (CT) Lunch: 12:00pm - 12:30pm (CT) Dinner: 6:00pm - 6:30pm, with Chapel at 7:00pm (CT)

### **Daytime Program offered at Bishop Dudley Hospitality House**

101 N. Indiana Avenue, Sioux Falls, SD 57103

**Website:** [www.bdhh.org](http://www.bdhh.org) **Email:** [info@bdhh.org](mailto: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

### **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](mailto:office@ugmsiouxfalls.com)

**Hours:** 1:00pm - 4:00pm (CT), Tuesday and Thursday

**Phone:** 605-334-6732

**Eligibility:** Open to all

**Coverage Area:** Sioux Falls area

Food Box Program: 1:00pm - 4:00pm (CT), Tuesday and Thursday Please note - individuals must bring their own box or bag to put food in.

### **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](http://www.thebanquetsf.org) **Email:** [volunteer@thebanquetsf.org](mailto:volunteer@thebanquetsf.org)

**Hours:** Breakfast: 7:00am - 8:00am (CT), Monday - Friday Supper: 6:00pm - 7:30pm (CT), Monday - Friday Lunch: 11:30am - 12:30pm (CT), Saturday 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; Supper: 6:00pm - 7:30pm, Monday - Friday.

**Worship and Meal offered at Church on the Street**

515 N. Main Avenue, The Colliseum, Sioux Falls, SD 57104

**Website:** [churchonthestreetsf.org](http://churchonthestreetsf.org) **Email:** [office@churchonthestreetsf.org](mailto:office@churchonthestreetsf.org)

**Hours:** Office Hours: 10:00am - 1:00pm (CT), Monday, Wednesday, and Friday Saturday Worship: 11:00am (CT), 2nd Saturday of the month during the months of November through April.

**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.

**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](http://www.charissf.org) **Email:** [foodtoyouxiouxfalls@gmail.com](mailto:foodtoyouxiouxfalls@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 - 3:30pm (CT), Monday - Friday Food Pantry: 9:00am - 3:00pm (CT), Monday - 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. Louise Avenue, Nordstrom-Johnson Building, Sioux Empire Fairgrounds, Sioux Falls, SD 57107

**Website:** [www.faithtemplefood.com](http://www.faithtemplefood.com) **Email:** [staff@faithtemplesiouxfalls.com](mailto: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.

### **Emergency Food Pantry offered at Salvation Army of 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. Regarding TEAP - requires a self-declaration form filled out indicating that the individual falls within the TEFAP eligibility guidelines.

**Coverage Area:** Counties of Minnehaha and Lincoln

Assistance is provided one time in a 60 day period. When available, personal hygiene supplies can be requested. This institution is an equal opportunity provider.

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

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

**Website:** [www.charissf.org](http://www.charissf.org) **Email:** [foodtoyouxiouxfalls@gmail.com](mailto: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:** 605-332-3068

**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](http://www.sfumc.org) **Email:** [fumc@sfumc.org](mailto: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

**Website:** [www.sf.k12.sd.us](http://www.sf.k12.sd.us) **Email:** [SFSWebmaster@k12.sd.us](mailto:SFSWebmaster@k12.sd.us)

**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](http://www.thebanquetsf.org) **Email:** [volunteer@thebanquetsf.org](mailto:volunteer@thebanquetsf.org)

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

**Phone:** 605-335-7066

**Eligibility:** Open to all

**Coverage Area:** Sioux Falls area

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

### **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](http://www.charissf.org) **Email:** [foodtoyouxiouxfalls@gmail.com](mailto: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)

### **Food Pantry offered at Messiah New Hope Lutheran Church**

5001 E. Madison Street, Sioux Falls, SD 57110

**Website:** [www.messiahnewhope.com](http://www.messiahnewhope.com) **Email:** [mnhoffice1@gmail.com](mailto: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 that individuals can utilize once per month.

### **Community Meals offered at Salvation Army of Sioux Falls, The**

800 N. Cliff Avenue, Sioux Falls, SD 57104

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

**Hours:** Sallie's Table Weekend Meals: 5:00pm - 6:00pm (CT), Saturday and Sunday Sunday Morning Breakfast: 9:00am - 10:00am (CT)

**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. Sunday Breakfast at 9:15am on Sundays. Senior Neighbor Luncheon each month.

### **Food Pantry offered at Brandon Area Food Pantry**

406 S. Main, Brandon, SD 57005

**Email:** [BrandonAreaFoodPantry@alliancecom.net](mailto: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 twice per month. For emergent needs outside the scheduled distribution, call and leave a voicemail.

### **Community Meal offered at Quarry Rock Church**

47381 246th Street, Dell Rapids, SD 57022

**Website:** <https://qrchurch.org/> **Email:** [info@qrchurch.org](mailto:info@qrchurch.org)

**Hours:** 5:00pm - 6:00pm (CT), 3rd Monday of every month

**Phone:** 605-428-5111

**Eligibility:** Open to all

**Coverage Area:** Dell Rapids and surrounding area

Free Community Meal offered the 3rd Monday of every month from 5:00pm - 6:00pm.

### **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/](https://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/](https://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 and household necessities, including frozen meat, toilet paper, and paper towels.

### **Lighthouse Meal offered at United Methodist Church of Dell Rapids**

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

**Website:** [www.umcdr.com](http://www.umcdr.com) **Email:** [umcsec@siouxvalley.net](mailto:umcsec@siouxvalley.net)

**Hours:** 5:30pm - 6:30pm, Wednesdays (year-round) Office Manager Available: 9:00am - 11:00am (CT), Monday - Thursday

**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 Quarry Rock Church**

47381 246th Street, Quarry Rock Church, Dell Rapids, SD 57022

**Website:** [www.qrchurch.org](http://www.qrchurch.org) **Email:** [info@qrchurch.org](mailto:info@qrchurch.org)

**Hours:** 11:00am - 1:00pm (CT), Saturday Businesses can pick up large quantities from 11:45am to 12:00pm (CT)

**Phone:** 605-428-5111

**Eligibility:** Open to all

**Coverage Area:** Cities of Dell Rapids and Trent

Free food giveaway. Helping limit food that gets tossed. Prayer available.

### **HOPE Waiver 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](mailto: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](http://www.dysphagiaoutreach.org) **Email:** [team@dysphagiaoutreach.org](mailto: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.

## **Clothing**

### **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](http://www.goodwillgreatplains.org) **Email:** [sfnm@goodwillgreatplains.org](mailto:sfnm@goodwillgreatplains.org)

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



**Phone:** 605-731-1930

**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 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, 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.

### **Kids Kloset offered at God's Grace Church**

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

**Website:** [www.godsgracesf.com](http://www.godsgracesf.com) **Email:** [office@godsgracesf.com](mailto:office@godsgracesf.com)

**Hours:** 10:00am - 12:00noon (CT), 1st and 3rd Wednesday of the month

**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](mailto: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/closet-sale](http://www.embe.org/program/closet-sale) **Email:** [dfssoffice@embe.org](mailto: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 quarterly.

### **Celebrating Families Back to School Fair offered at Prairie View Prevention Services, Inc.**

601 N. Cliff Avenue, Faith Lutheran Church, Sioux Falls, SD 57104

**Hours:** Saturday, August 17, 2024, 9:00am - 1:00pm (or until out).

**Phone:** 605-331-5724

**Eligibility:** Screenings open to all. Socks and underwear give away is for children only (child and parent/guardian must be present together to receive).

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

A free family event providing information for parents on safety, substance abuse prevention and social services available in the community.

### **Foster Care Clothing offered at Foster Network, The**

620 S. Cliff Avenue, Suite 200, Sioux Falls, SD 57104

**Website:** [www.thefosternet.org](http://www.thefosternet.org) **Email:** [info@thefosternet.org](mailto:info@thefosternet.org)

**Hours:** 9:00am - 3:00pm (CT), Monday and Wednesday 10:30am - 7:30pm (CT), Tuesday and Thursday 9:00am - 12:00pm (CT), Friday

**Phone:** 605-271-1131

**Eligibility:** Any child placed in the care of another person through a licensing agency and their foster families/caregivers. This includes Foster, Kinship, Harbor Families, and more.

**Coverage Area:** Sioux Empire area and parts of Southwest Minnesota and Northwest Iowa.

Provides clothing, seasonal items, and baby equipment to assist the needs of children placed in foster care.

### **Pregnancy Support Services - Sioux Falls offered at Birthright**

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

**Website:** [www.birtheright.org/siouxfalls](http://www.birtheright.org/siouxfalls) **Email:** [SiouxFalls@birtheright.org](mailto:SiouxFalls@birtheright.org)

**Hours:** 12:00noon - 2:00pm (CT), Monday 10:30am - 2:00pm (CT), Tuesday and Friday Takes last client at 1:45pm (CT) Thursday open by appointment

**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.

### **Career Closet offered at Multi-Cultural Center of Sioux Falls**

300 E. 6th Street, Sioux Falls, SD 57104

**Website:** <https://lsssd.org/what-we-do/multi-cultural-center/> **Email:** [info@lsssd.org](mailto:info@lsssd.org)

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

**Phone:** 605-367-7401

**Eligibility:** Open to all

**Coverage Area:** Sioux Falls area

Offering career and work clothing for people entering or continuing in the workforce.

### **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](http://www.goodwillgreatplains.org) **Email:** [sfnm@goodwillgreatplains.org](mailto: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 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, 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 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

**Phone:** 605-334-6732

**Eligibility:** Open to all. Financial assistance for clothing - only available for residents of shelters, halfway houses, treatment centers or recovery programs who can provide a voucher or letter of residency to verify where they are staying.

**Coverage Area:** Sioux Falls area

Offers reasonably priced clothing and household items to the public.

### **Gender-Diverse Clothing Closet offered at Transformation Project, The**

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

**Website:** [www.transformationprojectsd.org](http://www.transformationprojectsd.org) **Email:** [info@transformationprojectsd.org](mailto: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.

### **The Closet offered at Ransom Church**

700 N. Main Avenue, Downtown Campus, Sioux Falls, SD 57104

**Hours:** By appointment only

**Phone:** 605-339-3733

**Eligibility:** Open to all

**Coverage Area:** Sioux Falls area

A place to shop for clothing needs at no cost. A team will assist with a shopping appointment. Must fill out application form to receive an appointment.

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

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

**Website:** [www.svdpsd.com](http://www.svdpsd.com) **Email:** [info@svdpsd.org](mailto:info@svdpsd.org)

**Hours:** 9:00am - 5:00pm (CT), Monday - Saturday 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 Empire area

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

### **Earn-Your-Way Program offered at Center of Hope**

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

**Website:** [www.centerofhopesf.org/earn-your-way](http://www.centerofhopesf.org/earn-your-way) **Email:** [info@centerofhopesf.org](mailto:info@centerofhopesf.org)

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

### **Free Clothing in Mercy Ministry offered at Center of Hope**

1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57103

**Website:** [www.centerofhopesf.org](http://www.centerofhopesf.org) **Email:** [info@centerofhopesf.org](mailto:info@centerofhopesf.org)

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

**Phone:** 605-334-9789

**Eligibility:** Open to all

**Coverage Area:** Sioux Falls area

A free clothing program for struggling individuals and families in the Sioux Falls area. Additional clothing is granted to those transitioning out of prison.

### **Care Center Affordable Thrift Store offered at Center of Hope**

1905 E. 8th Street, Sioux Falls, SD 57103

**Website:** [www.centerofhopesf.org](http://www.centerofhopesf.org) **Email:** [info@centerofhopesf.org](mailto:info@centerofhopesf.org)

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

**Phone:** 605-334-9789

**Eligibility:** Open to all

**Coverage Area:** Sioux Falls area

Carries affordable clothing and winter gear options.

### **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](http://www.goodwillgreatplains.org) **Email:** [sfnm@goodwillgreatplains.org](mailto: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 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, 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.

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

3000 S. Ellis Road, Sioux Falls, SD 57106

**Website:** [www.svdpsd.com](http://www.svdpsd.com) **Email:** [info@svdpsd.org](mailto:info@svdpsd.org)

**Hours:** 10:00am - 6:00pm (CT), Monday - Friday 9:00am - 5:00pm (CT), Saturday 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 Empire area

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

### **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/](https://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, 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, 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, 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, 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, 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, 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, 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, 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](http://ugmsiouxfalls.com) **Email:** [womencenter@ugmsiouxfalls.com](mailto:womencenter@ugmsiouxfalls.com)

**Hours:** Check-in: 8:00am - 8:00pm (CT), Monday - Sunday Shelter is open 365 days a year Doors are locked 24 hours a day / 7 days a week.

**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](http://ugmsiouxfalls.com) **Email:** [office@ugmsiouxfalls.com](mailto: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](http://www.bdhh.org) **Email:** [info@bdhh.org](mailto: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 - 12:00noon; 1:00pm - 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](http://www.chssd.org/shelter) **Email:** [shelter@chssd.org](mailto: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](http://www.voa-dakotas.org) **Email:** [axis180@voa-dakotas.org](mailto: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](mailto: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 (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**

201 E. 2nd Avenue, 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**

107 2nd Street 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**

58 N. 3rd 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, Codington County Community Services, Watertown, SD 57201

**Hours:** 9:00am - 4:00pm (CT), Monday - Friday

**Phone:** 605-882-6286

**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](mailto:maggieshousetlp@gmail.com)

Hours: 24 hours a day / 7 days a week

Phone: 605-455-1214

Eligibility: Ages 17 - 21

Coverage Area: South Dakota

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**

706 E. Monroe, Family Connections Center, Rapid City, SD 57701

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

Phone: 605-716-0422

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**

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](http://www.1800RUNAWAY.org) Email: [info@1800runaway.org](mailto: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, their families, and concerned adults.

Coverage Area: United States

Confidential, 24/7 crisis intervention for runaway and homeless youth and their families.

## Housing

**Renter's Guide to Sioux Falls offered at South Dakota Housing Development Authority**

Sioux Falls, SD 57105

Website: [www.sdhousing.org/news-blog/the-renters-guide-to-sioux-falls](http://www.sdhousing.org/news-blog/the-renters-guide-to-sioux-falls)

Email: [info@sdhda.org](mailto: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](http://www.voa-dakotas.org) **Email:** [info@voa-dakotas.org](mailto: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](mailto: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.

**Foster Youth to Independence offered at Sioux Falls Housing and Redevelopment Commission**

630 S. Minnesota Avenue, Sioux Falls, SD 57104

**Website:** [www.siouxfallshousing.org](http://www.siouxfallshousing.org) **Email:** [SFHRC@siouxfallshousing.org](mailto:SFHRC@siouxfallshousing.org)

**Hours:** 8:00am to 5:00pm (CT), Monday - Thursday Walk-in Hours: 11:00am - 12:00pm (CT), Monday - Thursday Closed for walk-in traffic from 1:00pm - 2:00pm daily for lunch. Open Fridays by appointment only

**Phone:** 605-332-0704

**Eligibility:** Eligible Youth exiting the Foster Care System or eligible youth who have previously exited the Foster Care System.

**Coverage Area:** Sioux Falls area

A rental assistance voucher program for foster youth exiting the foster care system. Youth must be between 18 - 24 years old, who have left foster care, or will leave within 90 days. They also must be homeless or at risk of becoming homeless.

**Family Self-Sufficiency Program offered at Sioux Falls Housing and Redevelopment Commission**

630 S. Minnesota Avenue, Sioux Falls, SD 57104

**Website:** [www.siouxfallshousing.org](http://www.siouxfallshousing.org) **Email:** [sfhrc@siouxfallshousing.org](mailto:sfhrc@siouxfallshousing.org)

**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.sioxfallshousing.org](http://www.sioxfallshousing.org) **Email:** [sfhrc@siouxfallshousing.org](mailto:sfhrc@siouxfallshousing.org)

**Hours:** Walk in appointments available 11:00am - 12:00noon (CT), Monday - Thursday. Call for other appointment times. Paperwork may be dropped off anytime in the blue mailbox located outside front door, or during office hours: 8:00am - 5:00pm (CT), Monday - Friday

**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).

**Adoption and Support Services offered at All About U Adoptions**

No Physical Location, Sioux Falls, SD 57109

**Hours:** 24 hours a day / 7 days a week

**Phone:** 605-770-2357

**Eligibility:** Open to all

**Coverage Area:** South Dakota, North Dakota, Nebraska

For anyone facing an unplanned pregnancy, All About U provides:

- Crisis pregnancy counseling
- Help finding emotional support
- Help finding necessary resources
- Emotion support throughout adoption and beyond, if adoption is chosen
- Emergency transitional housing available
- General case management for resources: connection to prenatal care, housing, food, clothing, addiction, and more

For adoptive families, All About U provides:

- Training to help them through the adoption process and prepare them to be an adoptive family
- Home studies
- On-going support for adoptive families

**Pregnancy Case Management Services offered at All About U Adoptions**

No Physical Location, Sioux Falls, SD 57109

**Hours:** 24 hours a day / 7 days a week

**Phone:** 605-770-2357

**Eligibility:** Open to all pregnant women choosing adoption

**Coverage Area:** South Dakota, North Dakota, Nebraska

Case management service provided include, scheduling appointments, transportation to/from appointments, health system navigation and resource coordination, health coaching, and housing search assistance.

**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](http://www.voa-dakotas.org) **Email:** [info@voa-dakotas.org](mailto: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](http://www.hud.gov/southdakota) **Email:** [sd\\_webmanager@hud.gov](mailto:sd_webmanager@hud.gov)

**Hours:** 8:00am - 4:30pm (CT), Monday - Friday. Office is open for visitors 8:30am - 3:30pm (CT), Monday, Wednesday and Thursday. Advisable to call for an appointment as some days staff are working in the field.

**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**

13 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, Brookings, Rapid City, Sturgis, Sioux Falls, and Yankton.

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.

### **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](http://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.

### **Transitional Housing offered at St. Francis House**

210 N. Sherman Avenue, Sioux Falls, SD 57103

**Website:** [www.stfranchishouse.com](http://www.stfranchishouse.com) **Email:** [info@stfranchishouse.com](mailto: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.

### **Inmate and Ex-Offender Support Services offered at Hope Prison Ministry**

PO Box 284, Sioux Falls, SD 57104

**Website:** [www.hopeprisonministry.com](http://www.hopeprisonministry.com) **Email:** [hopeprisonministry@gmail.com](mailto: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](http://www.calltofreedom.org) **Email:** [info@calltofreedom.org](mailto: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.

### **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.sioxfallsmapping.org](http://www.sioxfallsmapping.org) **Email:** [map@sio.midco.net](mailto: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.

### **Sober Living Home offered at Oxford House**

2 Oxford Houses in Brookings, Brookings, SD 57006

**Hours:** Residential services are 24 hours a day / 7 days a week

**Phone:** 605-270-2373

**Eligibility:** Houses for men, women, women and children;no co-ed houses

**Coverage Area:** Cities served: Aberdeen, Brookings, Rapid City, Sturgis, Sioux Falls, and Yankton.

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.

### **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.

### **Sober Living Home offered at Oxford House**

2 Oxford Houses in Yankton, Yankton, SD 57078

**Hours:** Residential services are 24 hours a day / 7 days a week

**Phone:** 605-270-2373

**Eligibility:** Houses for men, women, women and children;no co-ed houses

**Coverage Area:** Cities served: Aberdeen, Brookings, Rapid City, Sturgis, Sioux Falls, and Yankton.

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.

### **Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute**

901 S. Miller, Mitchell, SD 57301

**Website:** [www.dakotacounseling.net](http://www.dakotacounseling.net)

**Email:** [info@dakotacounseling.net](mailto: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:** [www.reflectionsrecoverysd.com](http://www.reflectionsrecoverysd.com)

**Email:** [reflectionsrecoverysd@gmail.com](mailto:reflectionsrecoverysd@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:** 605-270-2373

**Eligibility:** Houses for men, women, women and children; no co-ed houses

**Coverage Area:** Cities served: Aberdeen, Brookings, Rapid City, Sturgis, Sioux Falls, and Yankton.

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.

### **SD Housing Search offered at South Dakota Housing Development Authority**

Pierre, SD 57501

**Website:** [www.sdhousingsearch.com](http://www.sdhousingsearch.com)

**Email:** [info@sdhda.org](mailto: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:** [www.sdhousing.org](http://www.sdhousing.org)

**Email:** [info@sdhda.org](mailto: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**

#7 Hospital Lane, Alcohol Treatment Center, Rosebud, SD 57570

**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**

4 Houses in Rapid City, Rapid City, SD 57701

**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, Brookings, Rapid City, Sturgis, Sioux Falls, and Yankton.

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.

### **Sober Living Home offered at Oxford House**

1 House in Sturgis, Sturgis, SD 57785

**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, Brookings, Rapid City, Sturgis, Sioux Falls, and Yankton.

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.

### **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](http://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](http://www.facebook.com/CaminandoJuntosSiouxFalls)

**Email:** [cami.juntos617@gmail.com](mailto:cami.juntos617@gmail.com)

**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.

### **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](mailto: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](mailto: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.

### **Community Interpreter Service offered at Multi-Cultural Center of Sioux Falls**

300 E. 6th Street, Sioux Falls, SD 57104

**Website:** [www.lsssd.org](http://www.lsssd.org)

**Email:** [info@lsssd.org](mailto:info@lsssd.org)

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

**Phone:** 605-367-7401

**Eligibility:** Open to all

**Coverage Area:** Sioux Falls and surrounding area

Provides interpreter and translation assistance for a wide variety of needs.

### **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 Missions include Preventing terrorism and enhancing security, Managing borders, Administering immigration laws, Securing cyberspace, and Ensuring disaster resilience.

### **Language Translation Services offered at LanguageLine Solutions**

1 Lower Ragsdale Drive, Building 2, Monterey, CA 93940

**Website:** [www.languageonline.com](http://www.languageonline.com)

**Email:** [customercare@languageonline.com](mailto:customercare@languageonline.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](http://www.offermehope.com) **Email:** [sfps@offermehope.com](mailto: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](http://www.offermehope.com) **Email:** [sfps@offermehope.com](mailto: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

Offers a variety of support services to Augustana University students.



### **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 Waystone Counseling Services**

2116 S. Minnesota Avenue, Suite 1B, Sioux Falls, SD 57105

**Website:** <https://waystonecounseling.clientsecure.me/>

**Email:** [waystonecounseling@gmail.com](mailto:waystonecounseling@gmail.com)

**Hours:** 4:30pm - 8:30pm (CT), Monday - Thursday

**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 Psychiatric Services, LLC**

2116 S. Minnesota Avenue, Suite 5, Sioux Falls, SD 57105

**Email:** [clientservices@strivingtoimprove.org](mailto: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 Sioux Falls Wellness Counseling**

3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105

**Website:** [www.sioxfallswellness.com](http://www.sioxfallswellness.com)

**Email:** [rita@siouxfallswellness.com](mailto: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 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 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 Clarity Counseling, LLC**

108 E. 38th Street, Suite 700, Sioux Falls, SD 57105

**Website:** [www.claritycounselingsf.com](http://www.claritycounselingsf.com) **Email:** [brandy@clarity605.com](mailto: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](http://www.usiouxfalls.edu) **Email:** [admissions@usiouxfalls.edu](mailto: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.

### **Behavioral Health offered at Volunteers of America, Dakotas**

1310 W. 51st Street, Sioux Falls, SD 57105

**Website:** [www.voa-dakotas.org](http://www.voa-dakotas.org) **Email:** [info@voa-dakotas.org](mailto: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.

### **Counseling Services offered at Family Ties Christian Counseling**

3500 S. Phillips Avenue, Suite 121, Sioux Falls, SD 57105

**Website:** [familytieschristiancounseling.com](http://familytieschristiancounseling.com) **Email:** [educator.84@hotmail.com](mailto: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](http://www.linkingthegapsd.com) **Email:** [contact@linkingthegapsd.com](mailto: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.

### **Children's Specialty Clinic offered at Sanford Health**

1600 W. 22nd Street, Sioux Falls, SD 57105

**Hours:** 24 hours a day / 7 days a week

**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 Family Service, Inc.**

2210 S. Brown Place, Sioux Falls, SD 57105

**Website:** [www.sdfsi.org](http://www.sdfsi.org) **Email:** [support@sdfsi.org](mailto: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](http://www.sdfsi.org) **Email:** [support@sdfsi.org](mailto: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 - 5:00pm (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 mental health services to adults and adolescents.

### **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.

### **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](mailto: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](mailto: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.

### **Therapy offered at Lifescape**

1020 W. 18th Street, Sioux Falls, SD 57104

**Website:** <https://www.lifescapesd.org/outpatient-therapy-behavioral-health/>

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

**Phone:** 605-444-9700

**Eligibility:** Open to all who could benefit from therapy services.

**Coverage Area:** Located in Sioux Falls and Rapid City.

Specialized therapy and psychology services for individuals of all ages. Screenings and evaluations 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.

### **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.

### **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.

### **Counseling Services offered at Counseling Cafe, The**

4804 S. Minnesota Avenue, Suite 108, Suite 108, Sioux Falls, SD 57108

**Website:** [thecounselingcafesf.com](http://thecounselingcafesf.com) **Email:** [info@thecounselingcafesf.com](mailto: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.

**Counseling Services offered at Green Oak Therapy**

4900 S. Minnesota Avenue, Suite 101, Sioux Falls, SD 57108

**Website:** [www.greenoaktherapy.com](http://www.greenoaktherapy.com) **Email:** [brea@greenoaktherapy.com](mailto:brea@greenoaktherapy.com)

**Hours:** 11:30am - 6:30pm (CT), Monday - Wednesday 12:30pm - 7:30pm (CT), Thursday

**Phone:** 605-467-7424

**Eligibility:** Open to those 10 years old and older.

**Coverage Area:** Sioux Falls area; South Dakota via telemental counseling.

Provides individual counseling/therapy and support, specializing in care for LGBTQ+ issues.

**Sanford Women's - Mental Health Services offered at Sanford Health**

5019 S. Western Avenue, Suite 200, Sioux Falls, SD 57108

**Hours:** 7:00am - 5:00pm (CT), Monday - 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 mental health services to adults and adolescents.

**Oncology Outpatient Therapy offered at Avera**

1000 E. 23rd Street, Suite 140, Avera Cancer Institute, Sioux Falls, SD 57105

**Website:** [www.avera.org/services/cancer-care/cancer-support-services](http://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.

**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](http://www.concordiamindhealth.com) **Email:** [concordiamindhealth@gmail.com](mailto: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](http://www.wellnesscollectivesd.com) **Email:** [info@wellnesscollectivesd.com](mailto: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](http://www.fourdirectionscounselinginc.com) **Email:** [kb.fourdirections@gmail.com](mailto: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](http://www.centerforfamilymed.org) **Email:** [info@c4fm.org](mailto: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/](http://www.mwihealth.org/) **Email:** [office@mwihealth.org](mailto: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](http://www.leahweins.com) **Email:** [office@leahweins.com](mailto: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

### **Counseling Services offered at Stronghold Counseling Services, Inc.**

4300 S. Louise Avenue, Suite 201, Sioux Falls, SD 57106

**Website:** [www.strongholdcounseling.com](http://www.strongholdcounseling.com) **Email:** [info@strongholdcounseling.com](mailto: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 Thrive Counseling and Evaluation**

3701 W. 49th Street, Suite 206, Sioux Falls, SD 57106

**Website:** [www.thrivecounselingandevaluation.com](http://www.thrivecounselingandevaluation.com)

**Email:** [info@thrivecounselingandevaluation.com](mailto: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 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 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 57106

**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](http://www.ritzmancounseling.net) **Email:** [kmrs@midco.net](mailto: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: 1:00pm - 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](http://www.reverencecounseling.com) **Email:** [info@reverencecounseling.com](mailto: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](mailto: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.

**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.

**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.

### **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 and Minnehaha

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](mailto: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](http://www.sdfamilyconnection.org) **Email:** [info@sdfamilyconnection.org](mailto: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.

### **Mental Health Counseling Services offered at New Idea Counseling, LLC**

5013 S. Louise Avenue, #322, Sioux Falls, SD 57108

**Website:** <https://newideacounseling.com> **Email:** [anne@newideacounseling.com](mailto: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

### **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](http://www.chamnesscounseling.com) **Email:** [chamnesscounseling@gmail.com](mailto: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](http://www.sdresolutions.com) **Email:** [info@sdresolutions.com](mailto: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](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto: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 Lourdes Center, The**

523 N. Duluth Avenue, Sioux Falls, SD 57104

**Website:** [www.thelourdescenter.com](http://www.thelourdescenter.com)      **Email:** [tlc@sfcatholic.org](mailto: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](http://www.siouxrivermentalhealth.com)      **Email:** [siouxrivermentalhealthservices@gmail.com](mailto: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](http://www.aspirecounselingsd.com)      **Email:** [info@aspirecounselingsd.com](mailto: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:** [www.siouxfalls.gov/health-safety/health-services/falls-community-health](http://www.siouxfalls.gov/health-safety/health-services/falls-community-health)

**Hours:** Medical Hours: 8:00am - 12:00pm (CT), Monday, Tuesday, Thursday, and Friday. Dental: Available to Hawthorne Students Only. Call 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:** [www.siouxfalls.gov/health-safety/health-services/falls-community-health](http://www.siouxfalls.gov/health-safety/health-services/falls-community-health)

**Hours:** Medical Clinic Main Site: 7:30am - 5:00pm (CT), Monday, Tuesday, Thursday, and Friday 9:00am - 5:00pm (CT), Wednesdays Hours for the Dental Clinic: 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)

**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.

### **Cognitive Behavioral Group Therapy offered at Transformation Project, The**

500 N. Western Avenue, Sioux Falls, SD 57104

**Website:** [www.transformationprojectsd.org](http://www.transformationprojectsd.org)

**Email:** [admin@transformationprojectsd.org](mailto:admin@transformationprojectsd.org)

**Hours:** Hours vary. Please call or email

**Phone:** 605-610-8579

**Eligibility:** Gender non-conforming adults ages 18-40.

**Coverage Area:** South Dakota and a 40-mile radius

Provides a supportive and affirming environment to address LGBTQ-related stress, depression, and anxiety.

### **Counseling Services offered at Wellspring Therapy Center**

4301 W. 57th Street, Suite 100, Sioux Falls, SD 57108

**Website:** [www.wellspringtherapysf.com](http://www.wellspringtherapysf.com)

**Email:** [wellspringtherapyoffice@gmail.com](mailto: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.

### **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](mailto:info@thecompasscenter.org)

**Hours:** Call for information

**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.

### **Adult Services offered at Integrative Wellness**

5010 S. Broadband Lane, Suite 100, Suite 200, Sioux Falls, SD 57108

**Website:** [www.integrativewellnesssd.com](http://www.integrativewellnesssd.com) **Email:** [integrativewellness@midconetwork.com](mailto: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**

5010 S. Broadband Lane, Suite 100, Suite 200, Sioux Falls, SD 57108

**Website:** [www.integrativewellnesssd.com](http://www.integrativewellnesssd.com) **Email:** [integrativewellness@midconetwork.com](mailto: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 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](http://www.moorecounselinggroup.com) **Email:** [info@moorecounselinggroup.com](mailto: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.

### **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.

### **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 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 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](http://www.abidecounselingservice.com) **Email:** [abidecounselingservices@gmail.com](mailto: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.

### **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:** [www.sioxfalls.gov/health-safety/health-services/falls-community-health](http://www.sioxfalls.gov/health-safety/health-services/falls-community-health)

**Hours:** 1:00pm - 5:00pm (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](http://www.moorecounselinggroup.com) **Email:** [info@moorecounselinggroup.com](mailto: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.

### **Biblical Counseling Services offered at New Haven**

1915 E. 8th Street, Suite 102, Sioux Falls, SD 57103

**Website:** [www.newhavensf.org](http://www.newhavensf.org) **Email:** [info@newhavensf.org](mailto: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 Restored To New Life Services**

1915 E. 8th Street, Suite 102, Sioux Falls, SD 57103

**Website:** [www.restoredtonewlifeservices.com](http://www.restoredtonewlifeservices.com) **Email:** [restoredtonewlifeservices@gmail.com](mailto: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.

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

**Phone:** 605-322-5890

**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

Offering partial hospitalization and intensive outpatient treatment for adolescents.

### **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 people of all ages. Also offers a range of evaluations.

### **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](mailto: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.

### **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](http://www.pathwayscounselingsd.com) **Email:** [office@pathwayscounselingsd.com](mailto: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.

### **Therapy Services offered at Childrens Home Shelter for Family Safety**

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

**Website:** [www.chssd.org/shelter](http://www.chssd.org/shelter) **Email:** [sheltercounseling@chssd.org](mailto: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

Individual, family, or group therapy for children, teens, and adults, who are victims or survivors of domestic violence, sexual assault, stalking, or child abuse.

### **Counseling Services offered at Breakthrough Christian Counseling & Alternative Education Center**

1701 E. 69th Street, Suite A, Sioux Falls, SD 57108

**Website:** [www.breakthroughsfc.org](http://www.breakthroughsfc.org) **Email:** [info@breakthroughsfc.org](mailto: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:** Youth (ages 5 -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.

### **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:** 8:20am - 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 Encompass Mental Health, LLC**

1110 E. 77th Street, Sioux Falls, SD 57108

**Website:** [www.SiouxFallsCounseling.com](http://www.SiouxFallsCounseling.com) **Email:** [info@siouxfallscounseling.com](mailto: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.

### **Counseling Services offered at Cultivate Counseling, LLC**

7520 S. Grand Arbor Court, Suite 150, Sioux Falls, SD 57108

**Hours:** 10:00am - 7:00pm (CT), Monday - Thursday

**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.

### **Mental Health and Substance Use Disorder Counseling Services offered at Bartels Counseling Services, Inc.**

7520 S. Grand Arbor Court, Suite 145, Sioux Falls, SD 57108

**Website:** [www.bartelscounselingservicesinc.com](http://www.bartelscounselingservicesinc.com) **Email:** [bartelscounselingservicesinc@midconetwork.com](mailto: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.

### **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](mailto: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, and 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](http://www.siouxempirechristiancounseling.com)

**Email:** [tonyboer.secc@midconetwork.com](mailto: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](http://www.embarkmentalhealth.com)**Email:** [info@embarkmentalhealth.com](mailto: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 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 LaVelle and Associates**

1500 S. Sycamore Avenue, Suite 102, Sioux Falls, SD 57110

**Website:** <https://counselingsiouxfallssd.com>**Email:** [lavelleassociates5024@gmail.com](mailto:lavelleassociates5024@gmail.com)**Hours:** 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 1:00pm (CT), Friday Some evenings by appointment.**Phone:** 605-212-3276**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 Service offered at Dakota Hope Counseling**

1500 S. Sycamore Avenue, Suite 102, Sioux Falls, SD 57110

**Hours:** 9:00am - 8:00pm (CT), Monday - Friday**Phone:** 605-223-5155**Eligibility:** Youth (ages 10 - 18) and adults**Coverage Area:** In person: Sioux Falls area; Telehealth: South Dakota

Counseling services for ages 10 - adult. In-person and telehealth appointments available.

### **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 LifeGate Christian Counseling**

6820 W. 26th Street, Sioux Falls, SD 57106

**Website:** [www.lifegatechristiancounseling.com](http://www.lifegatechristiancounseling.com)**Email:** [lifegatechristiancounseling@gmail.com](mailto: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:** [www.sioxfalls.gov/health-safety/health-services/falls-community-health](http://www.sioxfalls.gov/health-safety/health-services/falls-community-health)

**Hours:** 12:30pm - 4:30pm (CT), Monday - Thursday 7:30am - 11:30am (CT), Fridays

**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

**Website:** <https://www.lifescapesd.org/outpatient-therapy-behavioral-health/>

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

**Phone:** 605-444-9700

**Eligibility:** Open to all who could benefit from therapy services.

**Coverage Area:** Located in Sioux Falls and Rapid City.

Specialized therapy and psychology services for individuals of all ages. Screenings and evaluations 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](http://www.bethesdachristiancounseling.org) **Email:** [info@bethesdachristiancounseling.org](mailto: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 and 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**

5010 E. Rosa Parks Place, Suite 101, Sioux Falls, SD 57110

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

**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](http://Revivalcounselingservices.org) **Email:** [Revivalcounselingservices@gmail.com](mailto: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 Midwest Counseling & Evaluation Services, LLC**

1500 S. Sycamore Avenue, Suite 102, Sioux Falls, SD 57110

**Website:** [www.midwestcounselingandevaluations.com](http://www.midwestcounselingandevaluations.com)

**Email:** [cfritz.mces@midconetwork.com](mailto: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 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 - 12:00noon (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 Rising Hope Counseling, LLC**

317 N. Heritage Parkway, Tea, SD 57064

**Website:** [risinghope605.com](http://risinghope605.com)

**Email:** [admin@risinghope605.com](mailto: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.

### **Telehealth Counseling Services offered at Therapy Lawgic**

No Physical Location, Harrisburg, SD 57032

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

**Phone:** 605-900-6345

**Eligibility:** Open to all ages 10 and up.

**Coverage Area:** South Dakota

Provides mental health therapy via telehealth services for individuals, couples, and adolescents. Areas of specialty include anxiety, depression, trauma, relationship challenges, and LGBTQ+ empowerment. Sessions are tailored to meet clients personal needs in a secure, confidential, and convenient virtual environment.

### **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](http://www.agapecounselingsd.com)

**Email:** [agapecounselingbrandon@gmail.com](mailto: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](mailto: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](http://back-to-basics-counseling.business.site) **Email:** [scarecrow@alliancecom.net](mailto: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](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto: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](mailto: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](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto: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](http://www.riderockranch.org)**Email:** [riderockranch@gmail.com](mailto: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.

**Counseling and Children's Services offered at Southeastern Behavioral Healthcare**

210 N. Main Avenue, Parker, SD 57053

**Hours:** Weekdays 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.

**Teen and Family Reconciliation Program offered at Hope Harbor**

101 E. South Street, Parker, SD 57053

**Website:** [www.hopeharbormn.org](http://www.hopeharbormn.org)**Email:** [office@hopeharbormn.org](mailto: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](http://risinghope605.com)**Email:** [admin@risinghope605.com](mailto: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 and Children's Services offered at Southeastern Behavioral Healthcare**

121 N. Main Street, Salem, SD 57058

**Hours:** Weekdays 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 Rising Hope Counseling, LLC**

700 S. Washington Avenue, Suite 100, Madison, SD 57042

**Website:** [risinghope605.com](http://risinghope605.com)**Email:** [admin@risinghope605.com](mailto: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](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto: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](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto: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](http://sdheartland.com)      **Email:** [reception@heartland.com](mailto: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 Middle School, Alexandria, SD 57311

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto: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 Elementary, Alexandria, SD 57311

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto: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.

**Counseling Services offered at Psychiatric Services, LLC**

306 4th Street, Suite G, Brookings, SD 57006

**Email:** [clientservices@strivingtoimprove.org](mailto: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 Growth Collective, The**

601 4th Street, Suite 111, Brookings, SD 57006

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

**Phone:** 605-620-1745

**Eligibility:** Age 3 - adult

**Coverage Area:** Located in Brookings but serving statewide via telemental health.

A group mental health counseling practice serving children and their families age 3 - adult. Provides school-based counseling as well as in-office appointments and telemental health.

**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 Rising Hope Counseling, LLC**

601 4th Street, Suite 102, Brookings, SD 57006

**Website:** [risinghope605.com](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Hours:** 8:30am - 4:30pm (CT), Monday - Thursday 8:30am - 12:00pm (MT), Friday

**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 Stronghold Counseling Services, Inc.**

610 W. 23rd Street, Suite 8, Yankton, SD 57078

**Website:** [www.strongholdcounseling.com](http://www.strongholdcounseling.com) **Email:** [info@strongholdcounseling.com](mailto: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 is used for telehealth services.

### **Counseling Services offered at Lourdes Center, The**

610 W. 23rd, Suite 6D, Yankton, SD 57078

**Website:** [www.thelourdescenter.com](http://www.thelourdescenter.com) **Email:** [tlc@sfcatholic.org](mailto: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](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto: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](http://sdheartland.com) **Email:** [reception@heartland.com](mailto: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](mailto: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, and 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](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto: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](http://www.mitchelltech.edu)      **Email:** [questions@mitchelltech.edu](mailto: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, 2nd Floor of Wells Fargo Bank, Mitchell, SD 57301

**Website:** <https://lsssd.org/what-we-do/behavioral-health-services/>      **Email:** [info@lsssd.org](mailto:info@lsssd.org)

**Hours:** Monday - 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](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto: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](http://www.hopeharbormn.org) **Email:** [office@hopeharbormn.org](mailto: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](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto: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 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](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto: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 Lourdes Center, The**

309 2nd Ave. S.E., Watertown, SD 57201

**Website:** [www.thelourdescenter.com](http://www.thelourdescenter.com) **Email:** [tlc@sfcatholic.org](mailto:tlc@sfcatholic.org)

**Hours:** 10:00am - 4:00pm (CT), Tuesday

**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**

118 S. Main Street, Suite 1, Chamberlain, SD 57325

**Website:** [risinghope605.com](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto: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](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto: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 Lourdes Center, The**

10 Railroad Avenue S.W., Suite 211, Aberdeen, SD 57401

**Website:** [www.thelourdescenter.com](http://www.thelourdescenter.com) **Email:** [tlc@sfcatholic.org](mailto: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](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto: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

**Website:** <https://doe.sd.gov/ofm/edudir.aspx>

**Email:** [doe@state.sd.us](mailto:doe@state.sd.us)

**Hours:** See website for details.

**Phone:** 605-773-3134

**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.

### **Counseling Services offered at Rising Hope Counseling, LLC**

420 S. Henry Street, Pierre, SD 57501

**Website:** [risinghope605.com](http://risinghope605.com)

**Email:** [admin@risinghope605.com](mailto: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.

**Teen and Family Reconciliation Program offered at Hope Harbor**

1569 Circle Drive, Winona, MN 55987

**Website:** [www.hopeharbormn.org](http://www.hopeharbormn.org) **Email:** [office@hopeharbormn.org](mailto: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.

**Recovery Support Services offered at Aneptu Luta Otipi**

North Route, Kyle, SD 57752

**Hours:** 9:00am - 4:00pm (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

Aims to assist clients in recovery maintenance. Recovery Support services includes formal aftercare programs, wellbriety, traditional pathways, and talking circles.

**Clinical Outpatient Therapy Services offered at Children's Home Society of South Dakota**

1330 Jolly Lane, Rapid City, SD 57703

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

**Phone:** 605-343-2811

**Eligibility:** Children, Youth, Adolescents, Teens, Families

**Coverage Area:** South Dakota

Offering outpatient individual, group and family counseling with many specialties in therapeutic methods.

**Residential Addiction Recovery Center offered at Wellfully**

22 Waterloo Street, Rapid City, SD 57701

**Website:** [www.wellfully.org](http://www.wellfully.org) **Email:** [info@wellfully.org](mailto: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.

**Counseling Services offered at Esthers Rising**

Rapid City, SD 57701

**Website:** <https://esthersrisingministry.com/free23/>

**Email:** [referrals.esthersrising@protonmail.com](mailto:referrals.esthersrising@protonmail.com)

**Hours:** 8:00am - 6:00pm (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.

**Counseling Services offered at Rising Hope Counseling, LLC**

1301 W. Omaha Street, Suite 225, Rapid City, SD 57701

**Website:** [risinghope605.com](http://risinghope605.com)

**Email:** [admin@risinghope605.com](mailto: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

**Website:** <https://www.lifescapesd.org/outpatient-therapy-behavioral-health/>

**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.

Specialized therapy and psychology services for individuals of all ages. Screenings and evaluations for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

### **Clinical Outpatient Therapy Services offered at Children's Home Society of South Dakota**

5301 U.S. Highway 16, Rapid City, SD 57701

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

**Phone:** 605-343-2811

**Eligibility:** Children, Youth, Adolescents, Teens, Families

**Coverage Area:** South Dakota

Offering outpatient individual, group and family counseling with many specialties in therapeutic methods.

### **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](http://www.rapidcitymentalhealth.com)

**Email:** [office@rapidcitymentalhealth.com](mailto: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](http://www.bellefourhecounseling.com) **Email:** [info@bellefourhecounseling.com](mailto: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](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto: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.

### **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](http://www.cancercare.org) **Email:** [info@cancercare.org](mailto: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.

**MindWise Innovations**

270 Bridge Street, Suite 205, Dedham, MA 2026

**Website:** [mindwise.org](http://mindwise.org) **Email:** [info@mindwise.org](mailto: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](http://www.kimberlykeiser.com) **Email:** [welcome@kimberlykeiser.com](mailto: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](http://www.helplinecenter.org) **Email:** [help@helplinecenter.org](mailto: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 available for varying health and social needs. Rides are not guaranteed until client intake is approved by Helpline Center Transportation Specialist.

**Transportation Services offered at Project CAR**

Sioux Falls, SD 57105

**Website:** [www.projectcarsf.org](http://www.projectcarsf.org) **Email:** [pc@projectcarsf.org](mailto: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](mailto:wow@activegen.org)

**Hours:** 8:00am - 5:30pm (CT), Monday - Friday

**Phone:** 605-333-3317

**Eligibility:** Adults over the age of 60 who are in need of transportation to medical appointments and the grocery store.

**Coverage Area:** City of Sioux Falls

Provides elderly individuals with planned medical and grocery shopping transportation service.

**Sioux Area Metro offered at City of Sioux Falls Planning and Development Services**

120 E. 11th Street, Bus Depot, Sioux Falls, SD 57104

**Website:** <https://siouxareametro.info/> **Email:** [support-samtransit@ridewithvia.com](mailto:support-samtransit@ridewithvia.com)

**Hours:** Office hours: 5:30am - 9:00pm (CT), Monday - Friday 7:45am - 6:15pm (CT), Saturday Service Hours: 6:00am - 9:15pm (CT), Monday - Friday 8:00am - 6:00pm (CT), Saturday

**Phone:** 605-460-6256

**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 6:00am - 8:00pm, Monday - Friday and 8:00am to 7:00pm, 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.

**Transportation offered at Inter-Lakes Community Action Partnership**

409 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/community transit available for employment transportation (including job searching) or medical transportation.

**Freedom Pass offered at City of Sioux Falls Planning and Development Services**

500 E. 6th Street, SAM and Paratransit Division, Sioux Falls, SD 57103

**Website:** <https://siouxareametro.info/programs> **Email:** [support-samtransit@ridewithvia.com](mailto:support-samtransit@ridewithvia.com)

**Hours:** 6:00am - 9:15pm (CT), Monday - Friday 8:00am - 6:00pm (CT), Saturday SAM is closed Sundays, New Year's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving, and Christmas.

**Phone:** 605-460-6456

**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.

### **Pass-It-On Bus Passes offered at Minnehaha County**

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

**Website:** [www.minnehahacounty.gov](http://www.minnehahacounty.gov) **Email:** [humanservices@minnehahacounty.gov](mailto: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](mailto:info@thecommunityoutreach.org)

**Hours:** 8:00am - 4:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday Cut off time for walk-ins: 3:30pm (CT), Monday - Thursday 11:30am (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.)

### **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](http://www.centerofhopesf.org/earn-your-way) **Email:** [info@centerofhopesf.org](mailto:info@centerofhopesf.org)

**Hours:** 9:00am - 12:00noon; 1:00pm - 4:00pm (CT), Tuesday - Friday for bicycle repair.

**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

### **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](mailto: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**

No Physical Address, Hartford, SD 57033

**Hours:** Regular bus hours: 7:30am - 4:00pm (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:** 9:00am - 3:30pm (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/community transit available for employment transportation (including job searching) or medical transportation.

**DellsXpress offered at Brookings Area Transit Authority**

No Physical Address, Dell Rapids, SD 57022

**Website:** <https://batabus.com/dellsxpress/>

**Email:** [bata@batabus.com](mailto:bata@batabus.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. Offers round trip service to and from the Sioux Falls area.

DellsXpress operates under the management of Brookings Area Transit Authority (BATA) in Brookings, South Dakota. Offers transportation services to anyone within the greater Dell Rapids Area.

**ROCS Transit Services offered at Rural Office of Community Services, Inc**

No Physical Address, Parker, SD 57053

**Hours:** Regular bus hours: 7:30am - 4:00pm (CT). Call one day prior to schedule ride.

**Phone:** 800-566-0102

**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

**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/community transit available for employment transportation (including job searching) or medical transportation.

### **ROCS Transit Services offered at Rural Office of Community Services, Inc**

No Physical Address, Beresford, SD 57004

**Hours:** Regular bus hours: 7:30am - 4:00pm (CT). Call one day prior to schedule ride.

**Phone:** 800-566-0102

**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/community transit available for employment transportation (including job searching) or medical transportation.

### **Freeman Community Transit offered at Brookings Area Transit Authority**

No Physical Address, Freeman, SD 57029

**Website:** <https://batabus.com/freeman-community-transit/>

**Email:** [bata@batabus.com](mailto:bata@batabus.com)

**Hours:** Bus Service: 8:00am - 5:00pm (CT), Monday - Friday Dispatch Service: 7:00am - 6:00pm (CT), Monday - Friday

**Phone:** 605-692-2222

**Eligibility:** Open to all

**Coverage Area:** Cities of Freeman, Menno, Bridgewater, and surrounding communities. Offers transportation in and around Mitchell, Sioux Falls, and Yankton.

DellsXpress operates under the management of Brookings Area Transit Authority (BATA) in Brookings, South Dakota. Offers transportation services to anyone within the greater Dell Rapids Area.

### **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:** 800-566-0102

**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:** 9:00am - 3:30pm (CT), Wednesday and 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/community transit available for employment transportation (including job searching) or medical transportation.

### **Transportation offered at Inter-Lakes Community Action Partnership**

111 N. Van Eps Avenue, Madison, SD 57042

**Hours:** 8:00am - 4:30pm (CT), Monday, Tuesday, and 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/community transit available for employment transportation (including job searching) or medical transportation.

### **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:** 800-566-0102

**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:** 800-566-0102

**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:** 9:00am - 3:30pm (CT), Tuesday and Thursday

**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/community transit available for employment transportation (including job searching) or medical transportation.

### **Transportation offered at Inter-Lakes Community Action Partnership**

415 8th Street S., Brookings, SD 57006

**Hours:** 8:00am - 4:30pm (CT), Monday, Tuesday, Thursday, 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/community transit available for employment transportation (including job searching) or medical transportation.

### **ROCS Transit Services offered at Rural Office of Community Services, Inc**

No Physical Address, Howard, SD 57349

**Hours:** Regular bus hours: 7:30am - 4:00pm (CT). Call one day prior to schedule ride.

**Phone:** 800-566-0102

**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.

### **Public Transit offered at Brookings Area Transit Authority**

1313 Western Avenue, Brookings, SD 57006

**Website:** <https://batabus.com/> **Email:** [bata@batabus.com](mailto:bata@batabus.com)

**Hours:** 5:00am - 6:00pm (CT), Monday - Friday

**Phone:** 605-692-2222

**Eligibility:** Open to all

**Coverage Area:** Cities of Brookings, Bushnell, Volga, Bruce, Sinai, Estelline, Arlington, White, Aurora, Elkton, and Toronto. Also provides shuttle transportation to and from the Sioux Falls area.

Offers transportation service for everyone within Brookings County.

### **ROCS Transit Services offered at Rural Office of Community Services, Inc**

No Physical Address, De Smet, SD 57231

**Hours:** Regular bus hours: 7:30am - 4:00pm (CT). Call one day prior to schedule ride.

**Phone:** 800-566-0102

**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**

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

**Hours:** 9:00am - 3:30pm (CT), Wednesday

**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/community transit available for employment transportation (including job searching) or medical transportation.

### **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:** 800-566-0102

**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:** 9:00am - 3:30pm (CT), Tuesday

**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/community transit available for employment transportation (including job searching) or medical transportation.

**Transportation offered at Inter-Lakes Community Action Partnership**

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

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

**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/community transit available for employment transportation (including job searching) or medical transportation.

**ROCS Transit Services offered at Rural Office of Community Services, Inc**

120 Main Street, Plankinton, SD 57368

**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 and Wednesday 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/community transit available for employment transportation (including job searching) or medical transportation.

**ROCS Transit Services offered at Rural Office of Community Services, Inc**

No Physical Address, Wessington Springs, SD 57382

**Hours:** Regular bus hours: 7:30am - 4:00pm (CT). Call one day prior to schedule ride.

**Phone:** 800-566-0102

**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:** 9:00am - 3:30pm (CT), Tuesday and Thursday

**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/community transit available for employment transportation (including job searching) or medical transportation.

**Transportation offered at Inter-Lakes Community Action Partnership**

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

**Hours:** 8:00am - 4:30pm (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/community transit available for employment transportation (including job searching) or medical transportation.

### **ROCS Transit Services offered at Rural Office of Community Services, Inc**

219 N. Main Street, Chamberlain, SD 57325

**Hours:** Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.

**Phone:** 605-734-9913

**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, Gregory, SD 57533

**Hours:** Regular bus hours: 7:30am - 4:00pm (CT). Call one day prior to schedule ride.

**Phone:** 800-566-0102

**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, Winner, SD 57580

**Hours:** Regular bus hours: 7:30am - 4:00pm (CT). Call one day prior to schedule ride.

**Phone:** 800-566-0102

**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.