Basic Needs Resource Guide

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Employment

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

**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  
**Hours:** 9:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 838-7898  
**Eligibility:** Youth 12-17, Adults 18 and up  
Provides coaching, education and mentorship services to both youth and adults in transition; life transition, work transition or transition from incarceration and homelessness. Support is provided to the vulnerable through group and individual life, character and career coaching classes.

**BRIDGES Employment Resource Center offered at Active Generations**
2300 W. 46th Street, Sioux Falls, SD 57105  
**Website:** [http://activegenerations.org/](http://activegenerations.org/)  
**Email:** bridgeserc@activegen.org  
**Hours:** 7:00am - 7:00pm (CT), Monday 7:00am - 9:00pm (CT,) Tuesday 7:00am - 7:00pm (CT), Wednesday 7:00am - 7:00pm (CT), Thursday 7:00am - 5:00pm (CT), Friday 8:00am - 3:00pm (CT), Saturday  
**Phone:** (605) 336-6722  
**Eligibility:** Specializes in assisting older workers, but can help job seekers of any age.  
Assists adults in seeking employment (specializing in those 40+). Services include individual job coaching, interviewing techniques, employment workshops, computer access, basic computer classes and an annual job fair.

**Supported Employment offered at Lifescape**
4100 S. Western Avenue, Sioux Falls, SD 57105  
**Hours:** Call for information  
**Phone:** (605) 444-9974  
**Eligibility:** Open to adults with disabilities
Many people supported at LifeScape choose to participate in training opportunities that prepare them to find competitive employment. Others utilize employment services to support their current employment or aid in the search for community employment.

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

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

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

300 W. 11th Street, Sioux Falls, SD 57104  
**Website:** [https://siouxfalls.dressforsuccess.org](https://siouxfalls.dressforsuccess.org)  
**Email:** siouxfalls@dressforsuccess.org  
**Hours:** Office hours: 9:00am - 4:00pm (CT), Monday - Friday or by appointment Walk-in Wednesdays: 1:00pm - 3:00pm (CT), Wednesday  
**Phone:** (605) 336-3660  
**Eligibility:** Women, 16 years of age and older, who are currently looking for employment or looking for career development opportunities. Provides women's professional clothing for those looking for, as well as obtaining employment.  
- For a scheduled interview, one appropriate career outfit is provided, including accessories, footwear, and additional cosmetic/toiletry items  
- With confirmed employment, clients may return to Dress for Success for up to one week's worth of attire suited for her employment setting  

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

**Women's Programs offered at EmBe**

300 W. 11th Street, Sioux Falls, SD 57104  
**Hours:** Breakfast: 7:00am - 9:00am (CT), Monday - Friday Lunch: 11:00am - 1:00pm (CT), Monday - Friday Closed on July 4, 2023.  
**Phone:** (605) 336-3660  
**Eligibility:**  
- Women to the Workforce: Women who are unemployed/underemployed, are actively seeking employment and can commit to attending the weeks of facilitated sessions. 
- Tapestry Women's Career Network: Employed women who are seeking support and networking with others to stay engaged and progress in their career path. Making Cent$ Financial Education program: Women who are motivated to take control of their finances and can meet attendance requirements. 
- Women's Leadership: Women seeking development opportunities in their personal and professional lives. 

Women to the Workforce is a career development program designed to help prepare participants to obtain employment. Tapestry Women's Career Network provides support and encouragement to women in the workplace. Making Cent$ provides financial education and tools. Women's Leadership Program helps develop female leaders.

**Job Corps offered at Human Learning Services (HLS)**

517 W. 10th Street, Sioux Falls, SD 57104  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (800) 733-5627  
**Eligibility:** Youth ages 16 - 24 years old, income qualified or receiving public assistance  
A residential education and vocational training program that is available at no cost to qualified youth ages 16 - 24. Provides training toward a GED or high school diploma and a skilled trade.
Teachwell Solutions
715 E. 14th Street, Sioux Falls, SD 57104
Website: http://teachwell.org   Email: info@teachwellsolutions.org
Hours: 7:30am - 4:00pm (CT), Monday - Friday
Phone: (605) 367-7680
Eligibility: Referral required
Provides employment and independent living skills to young adults, ages 18-21, with disabilities who require assistance and support while pursuing transition goals and objectives. Job and Career Development - offers a number of supports to career-bound high school students and adults seeking employment.

Care Center offered at Center of Hope
1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57104
Website: www.centerofhopesf.org   Email: info@centerofhopesf.org
Hours: 9:00am - 5:00pm (CT), Tuesday - Friday
Phone: (605) 334-9789
Eligibility: Open to all, this is a ministry especially for those who struggle including financially.
Clothing Section - Provides winter clothing (new and gently used) at minimal cost. Transportation section - Bikes for work at minimal cost. The bike shop, with free bike repair assistance is open 9:00am - 4:30pm, Tuesday, Wednesday, Friday and 10:00am - 4:30pm, Thursdays.

South Dakota Rehabilitation Center for the Blind offered at South Dakota Department of Human Services
2900 W. 11th Street, Suite 101, Ste 101, Sioux Falls, SD 57104
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 367-5260
Eligibility: Individuals who have a vision loss creating difficulty for them at home or work. Individuals are referred by a rehabilitation counselor or teacher.
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, Dept. 41, Sioux Falls, SD 57103
Website: https://dlr.sd.gov/localoffices/siouxfalls/default.aspx   Email: dlr.siouxfalls@state.sd.us
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 367-5300
Eligibility: Call for information
Assists job seekers to apply for positions for which they are qualified and provides job search assistance classes. Computers are available for conducting job searches and applying online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation
811 E. 10th Street, Dept. 41, Sioux Falls, SD 57103
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 759-6149
Eligibility: Individuals and families who have done any farm or ranch work in the last 2 years
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.

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

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 offered at Boy Scouts of America
800 N. West Avenue, Sioux Falls, SD 57104
Website: www.siouxcouncil.org Email: sioux.council@scouting.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 361-2697
Eligibility: Vary by program, see description
For local membership information, go to www.beascout.org

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

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

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

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

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

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

Vocational Rehabilitation - Sioux Falls Office offered at South Dakota Department of Human Services
811 E. 10th Street, Department 21, Sioux Falls, SD 57103
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 367-5330
Eligibility: Individuals with a disability, i.e. a physical or mental impairment which constitutes or results in a substantial impediment to employment.
. Individuals that can benefit from vocational rehabilitation services in achieving an employment outcome; and
. Require vocational rehabilitation services to prepare for, enter, engage in, or retain gainful employment.
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 22, 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.
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.

Non-Traditional Student Service offered at Southeast Technical College
2320 N. Career Avenue, Sioux Falls, SD 57107
**Website:** www.southeasttech.edu  **Email:** studentsuccess@southeasttech.edu
**Hours:** 7:30am - 5:00pm (CT), Monday, Wednesday, Thursday 7:30am - 6:00pm (CT), Tuesday 7:30am - 4:00pm (CT), Friday
**Phone:** (605) 367-7624
**Eligibility:** Southeast Technical College prospective and current students
Provide assistance to single parents, displaced homemakers, and non-traditional students for:
- Career assessment
- Career opportunities
- Support and guidance
- Life skill development

Hovland Learning Center offered at Southeast Technical College
2320 N. Career Avenue, Sioux Falls, SD 57107
**Hours:** 8:30am - 4:30pm (CT), Monday - Thursday Friday by appointment
**Phone:** (605) 367-7997
**Eligibility:** Eligible participants are 18 years of age, have a valid Social Security card or alternate supporting documentation, and are not enrolled in any high schools.
GED; English as a Second Language; and basic skills development classes. No-cost classes for those who qualify.

SD Deaf Resource & Outreach Programs offered at Communication Service for the Deaf, Inc.
524 N. Sycamore Avenue, Suite 2, Sioux Falls, SD 57110
**Website:** sddrop.org  **Email:** Programs@sddrop.org
**Hours:** 11:30am - 4:00pm (CT), Monday - Thursday, other hours by appointment
**Phone:** (605) 362-2618
**Eligibility:** Open to individuals who are deaf or hard of hearing, family members, service providers, community members, and/or teachers of deaf or hard of hearing persons
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.
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

**Sesdac**
1314 E. Cherry Street, Vermillion, SD 57069

*Website:* [www.sesdac.org](http://www.sesdac.org)  *Email:* sesdac@sesdac.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
Sesdac provides services and supports to individuals with intellectual and developmental disabilities.
Services include:
- Day Services
- Transition Services
- Employment Supports
- Residential Services
- Educational Services

**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

Emphasis is placed on high quality services that are flexible, creative, innovative and orientated toward practical and useful life skills. Services include:
- Semi-independent supervised apartments
- Group residence
- Independent home-based services-monitoring/support
- Educational services
- Service coordination
- Nursing services
- Alternative services
- Prevocational services
- Integrated vocational services-job development

**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) 773-3681

**Eligibility:** High school students and youth ages 14-24
Helps youth ages 14-24 explore education and career options.

**National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation**
221 S. Central Avenue, Suite #33, Pierre, SD 57501
Feel free to share this information, we ask that you credit the Helpline Center as your source.

**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  
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.

**National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation**  
730 E. Watertown Street, Rapid City, SD 57701  
**Hours:** 7:30am - 4:00pm (MT), Monday - Friday  
**Phone:** (605) 394-5120  
**Eligibility:** Individuals and families who have done any farm or ranch work in the last 2 years  
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.

**Liaison Services offered at South Dakota Network Against Family Violence and Sexual Assault**  
816 6th Street, Suite 100, Rapid City, SD 57701  
**Hours:** 24 hours a day / 7 days a week  
**Phone:** (800) 670-3989  
**Eligibility:** Individuals with a disability, who have been sexually assaulted  
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) 737-6520  
**Eligibility:** Visit a recruiter for specific requirements for enlistment and benefits  
Assists Guard members with higher education planning, preparation and funding.

**Educational Counseling offered at SeekLearnGrow**  
3011 Stockade Drive, Rapid City, SD 57702  
**Website:** www.seeklearngrow.org  
**Email:** Info@SeekLearnGrow.org  
**Hours:** Virtual office. Will meet by appointment or will communicate by phone or email.  
**Phone:** (605) 939-0396  
**Eligibility:** Our services are open primarily to adult students, military families and former foster children.  
Free educational counseling to include document retrieval, career and school research, access to testing and tutoring, help with financial aid, mentors, and community resources.
Senior Community Service Employment Program offered at National Indian Council on Aging
8500 Menual Boulevard N.E., Albuquerque, NM 87112
**Hours:** Call for information.
**Phone:** (505) 292-2001
**Eligibility:** Low income people aged 55 and older
The Senior Community Service Employment Program (SCSEP) at NICOA (National Indian Council on Aging) serves elderly, low-income people by building their job skills, work experience, confidence, financial security, and wellbeing.

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

Family/Parenting/Child Care

Preschool Assistance offered at Sioux Falls Hope Coalition
Sioux Falls, SD 57105
**Website:** sfhopecoalition.org   **Email:** info@sfhopecoalition.org
**Hours:** 8:00am - 6:00pm (CT), Monday - Friday
**Phone:** (605) 595-3344
**Eligibility:** Early learning/preschool age children ages 3-5
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.

Earn While You Learn offered at Alpha Center
3405 S. Kiwanis Avenue, Sioux Falls, SD 57105
**Website:** www.alphacenter.org   **Email:** info@alphacenter.org
**Hours:** 8:30am - 5:30pm (CT), Monday - Friday
**Phone:** (605) 361-3500
**Eligibility:** Call for information.
Offering Pregnancy Tests, Options Consultation, Parenting Resources, Earn While You Learn program, Life Skills Classes, Sexual Integrity Program, Fatherhood and Women's Mentoring programs, Post Abortion Support and STD testing.

Community Health Worker Program offered at Transforming Wealth
620 W. 18th Street, Suite 3, Sioux Falls, SD 57104
**Website:** https://transformingwealth.org/   **Email:** info@transformingwealth.org
**Hours:** No services provided on-site. Call for information.
**Phone:** (605) 368-1307
**Eligibility:** Open to all
Supporting individuals through:
-Providing direct support to any individual or family asking for help with basic needs such as rides, phone calls, bail funds, meal sharing, peer counseling, financial counseling, wellness coaching, and more.
-Overcoming barriers to community resources
-Helping people access support in the community
-Improving health disparities

Child Seat Distribution Program offered at South Dakota Child Safety Seat Distribution Program
5015 S. Western Avenue, Suite 120, Sioux Falls, SD 57108
**Website:** https://dss.sd.gov/childcare/childsafetyseat/   **Email:** sdsu.frn@sdstate.edu
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday Please make an appointment for installation and education.
**Phone:** (605) 312-8390
**Eligibility:** Family must participate in an income eligible program such as WIC, CHIP, Medicaid, SNAP, Head Start, or Child Care Assistance
This program distributes child seats to income eligible parents and children statewide, by assessing financial need. 2 distribution locations in Sioux Falls: 1. Sanford Children's CHILD Services located at 5015 S. Western Avenue, Suite 120 (near women's plaza but not actually in the women's plaza) 8:00am - 5:00pm (CT), Monday - Friday - Car Seat Distribution Program Open 10:00am - 3:00pm (CT) Monday - Friday - Car Seat Education available by Certified Technician 2. Fire Station #3 - 2820 S. Minnesota Avenue 9:00am - 11:00am, Saturdays Bring proof of state aide. No appointment necessary.

**Diaper Program offered at Oak Hills Baptist Church**
6201 S. Lyncrest Avenue, Sioux Falls, SD 57108  
**Website:** [http://oakhills.net/reach/cherubs-closet](http://oakhills.net/reach/cherubs-closet)  
**Email:** cherubscloset@oakhills.net  
**Hours:** 1:00pm - 3:00pm (CT), 3rd Saturday of the month  
**Phone:** (605) 332-2648  
**Eligibility:** Open to families with children in diapers up to size 6 and/or including size 2T in clothing. Provides diapers and clothing for families in need. Hours: 1:00pm - 3:00pm, 3rd Saturday of each month.

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

**Diapers offered at Society of St. Vincent de Paul**
431 N. Clift 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. 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).

**Necessities for Neighbors offered at Charis Ministry Partners**
327 S. Dakota Avenue, First 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. 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.

**Food Pantry offered at St. Katharine Drexel Catholic Church**
1800 S. Katie Avenue, Suite 1, Sioux Falls, SD 57106  
**Website:** [https://skd.ogknights.org/](https://skd.ogknights.org/)  
**Email:** parishoffice@stkdsfsd.org  
**Hours:** 9:00am - 4:00pm (CT), Monday - Thursday 9:00am - 12:00pm (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. Offers 1 bag of groceries that contain 8-10 non-perishable items and 1 bag of diapers and wipes.

**DSS Child Care Services offered at South Dakota Department of Social Services**
1310 Main Avenue S., Suite 101, Brookings, SD 57006  
**Website:** [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)  
**Email:** DSSRegion6EA@state.sd.us  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 688-4330  
Eligibility: Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services  
3113 Spruce Street, Suite 200, Yankton, SD 57078  
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)  
Email: DSSRegion7EA@state.sd.us  
Hours: 8:00am - 12:00noon;1:00pm - 5:00pm (CT), Monday - Friday  
Phone: (605) 668-3030  
Eligibility: Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services  
116 E. 11th Avenue, Mitchell, SD 57301  
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)  
Email: DSSRegion6EA@state.sd.us  
Hours: Call for information  
Phone: (605) 995-8000  
Eligibility: Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services  
3401 10th Avenue S.E., Aberdeen, SD 57401  
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)  
Email: DSSRegion5EA@state.sd.us  
Hours: 8:00am - 5:00pm (CT), Monday - Friday  
Phone: (605) 626-3160  
Eligibility: Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services  
912 E. Sioux Avenue, Pierre, SD 57501  
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)  
Email: DSSRegion3EA@state.sd.us  
Hours: 8:00am - 5:00pm (CT), Monday - Friday  
Phone: (605) 773-3612  
Eligibility: Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services  
221 Mall Drive, Suite 101, Rapid City, SD 57701  
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)  
Email: RCCustomersupport@state.sd.us  
Hours: 8:00am - 5:00pm (MT), Monday - Friday  
Phone: (605) 394-2525  
Eligibility: Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

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

**SD Cares Rental Assistance Program offered at South Dakota Housing Development Authority**
No Physical Address, Sioux Falls, SD 57105
**Hours:** Applications currently being accepted.
**Eligibility:** Must be a renter; have income at or below 80% of AMI for respective county; owe past due rent or utilities or unable to pay current expenses. 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 - Statewide**
705 E. 41st Street, Suite 100, Sioux Falls, SD 57105
**Website:** [https://lsssd.org/what-we-do/center-for-financial-resources/](https://lsssd.org/what-we-do/center-for-financial-resources/)
**Email:** info@lsssd.org
**Hours:** 8:00am - 7:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday Occasionally Saturday - Call for information
**Phone:** (605) 330-2700
**Eligibility:** Open to anyone seeking help with personal finance issues, including debt management. Provides financial counseling and education, homeownership counseling and education, debt management plans, bankruptcy counseling, and the Sharpen Your Financial Focus program.

**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/](https://lsssd.org/what-we-do/center-for-financial-resources/)
**Email:** ccs@lsssd.org
**Hours:** Offered monthly; call for information Office hours: 8:00am - 7:00pm (CT), Monday, Tuesday, Thursday Office hours: 8:00am - 5:00pm (CT), Wednesday, Friday
**Phone:** (605) 330-2700
**Eligibility:** Open to all
Provides financial counseling and education, homeownership counseling and education, debt management plans, bankruptcy counseling, and Sharpen Your Financial Focus program.

**Tri-State HELP 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
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 332-0704
**Eligibility:** Serves persons who are diagnosed with HIV/AIDS and meet income limitations. Provides short or long term rental assistance and mortgage payment assistance to persons who are diagnosed with HIV/AIDS and meet income limitations.

**Shelter Plus Care 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
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 332-0704
**Eligibility:** Must be actively homeless and have a severe and persistent mental health issue
Provides rental assistance via a voucher to individuals and families who are homeless and have a severe and persistent mental health issue.

**Sioux Empire Housing Partnership, Inc.**
200 N. Phillips Avenue, Suite 200, Suite 200, Sioux Falls, SD 57104
Minnehaha / Lincoln County Human Services offered at Minnehaha County
521 N. Main Avenue, Suite 201, Sioux Falls, SD 57104
Website: https://www.minnehahacounty.gov/dept hs/appAssistance/appAssistance.php Email: humanservices@minnehahacounty.gov
Hours: 7:30am - 5:00pm (CT), Monday - Friday
Phone: (605) 367-4217
Eligibility: Minnehaha County and Lincoln County residents and emergency assistance for transients
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.

Community Outreach, The
1915 E. 8th Street, Suite 105, Empower Campus, Sioux Falls, SD 57104
Website: http://thecommunityoutreach.org/ Email: info@thecommunityoutreach.org
Hours: 8:00am - 12:00noon;1:00pm to 4:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday Appointments for all financial assistance are scheduled daily at 8:00am, for the next 2 days.
Phone: (605) 331-3935
Eligibility: Open to residents of Lincoln, McCook, Minnehaha, and Turner Counties. -For most clients from Minnehaha County, a meeting with Minnehaha County Human Services will be required prior to the appointment with a TCO Caseworker. 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.

Genesis Mentoring Program offered at Community Outreach, The
1915 E. 8th Street, Suite 105, Empower Campus, Sioux Falls, SD 57104
Website: www.thecommunityoutreach.org Email: info@thecommunityoutreach.org
Hours: 8:00am - 12:00noon;1:00pm to 4:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday Appointments for all financial assistance are scheduled daily at 8:00am, for the next 2 days.
Phone: (605) 331-3935
Eligibility: Low income families or individuals. Must have an adequate source of income to retain their household; desire to work with volunteer Mentors on goal setting, financial literacy, budgeting, and other daily living skills consistent with their goals; and be willing to commit to the program for at least one year.
A program designed to help low-income families or individuals become more financially self-sufficient. Mentors work with Genesis participants during an 18-week period to help them: set personal goals, increase financial knowledge, set and maintain a household budget, and pursue life changes needed to achieve their goals.

Emergency Services offered at Inter-Lakes Community Action Partnership
409 N. Western Avenue, Sioux Falls, SD 57104
Hours: 8:00am - 12:00noon;1:00pm - 4:30pm (CT), Monday - Friday
Phone: (605) 334-2808 Ext. 0
Eligibility: Vary by program
Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership
409 N. Western Avenue, Sioux Falls, SD 57104
Hours: 8:00am - 4:30pm (CT), Monday - Friday (office closed from 12:00noon - 1:00pm) *COVID info below
Phone: (605) 334-2808 Ext. 0
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Society of St. Vincent de Paul Sioux Falls offered at Society of St. Vincent de Paul
431 N. Cliff Avenue, Sioux Falls, SD 57103
Hours: Call and leave a voicemail at 9:00am (CT), Tuesday or Thursday. Only a certain number of slots are available each week. If St. Vincent's has reached their capacity for the upcoming days, you will get a message that the voicebox is full. FYI - This is an all-volunteer based organization. The number of slots they are able to offer each week, is limited by the number of volunteers and the funding that is available.
Phone: (605) 338-4111
Eligibility: Open to those in need; residents 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 OR call and leave a voicemail 9:00am, Tuesday or Thursday. A volunteer will call back to schedule an appointment, no walk-ins accepted.

Rent Assistance offered at Salvation Army Sioux Falls, The
900 N. Cliff Avenue, Sioux Falls, SD 57104
Hours: Caseworker is available for rental and utility assistance via phone from 1:00pm - 4:00pm (CT), Monday - Friday (last client taken at 3:30pm).
Phone: (605) 332-2331
Eligibility: Open to those who qualify
Emergency assistance with rent (to prevent eviction), utility assistance, food. Must seek assistance from Minnehaha County Human Services first.

Housing Services offered at Inter-Lakes Community Action Partnership
104 N. Main Street, Suite 140, Canton, SD 57013
Hours: 8:00am - 4:00pm (CT), Monday
Phone: (605) 940-1909
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Minnehaha / Lincoln County Human Services offered at Minnehaha County
723 E. 5th Street, Canton, SD 57013
Website: https://www.minnehahacounty.gov/dept/hs/appAssistance/appAssistance.php
Email: humanservices@minnehahacounty.gov
Hours: 8:00am - 5:00pm (CT); Tuesdays
Phone: (605) 367-4217
Eligibility: Minnehaha County and Lincoln County residents and emergency assistance for transients
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.

Housing Services offered at Inter-Lakes Community Action Partnership
400 S. Main Avenue, Turner County Courthouse, Lower Level, Parker, SD 57053
Hours: 8:00am - 4:00pm (CT), Tuesday 8:00am - 4:30pm (CT), Thursday
Phone: (605) 256-6518
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

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

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

112 E. Pipestone, Flandreau, SD 57028  
**Hours:** Accessible parking and entrance.  
**Phone:** (605) 997-2824  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

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

111 N. Van Eps Avenue, Madison, SD 57042  
**Hours:** 8:00am - 4:30pm (CT), Monday - Friday  
**Phone:** (605) 256-6518  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

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

108 E. Highway 34, Howard, SD 57349  
**Hours:** Vary; call for information.  
**Phone:** (605) 772-5712  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

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

415 8th Street S., Brookings, SD 57006  
**Hours:** 12:00noon - 5:00pm (CT), Monday - Thursday Walk-ins only accepted on an emergency basis only  
**Phone:** (605) 692-6391  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

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

202 2nd Street S.W., Kingsbury County Courthouse, Upper Level, De Smet, SD 57231  
**Hours:** 8:00am - 10:30am; 2:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 10:30am (CT), Friday  
**Phone:** (605) 854-3701  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

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

300 4th Street, Hamlin County Courthouse, Hayti, SD 57241  
**Hours:** 8:00am - 5:00pm (CT), Tuesday 8:00am - 12:00noon (CT), Friday  
**Phone:** (605) 783-3867  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.
**Housing Services offered at Inter-Lakes Community Action Partnership**  
408 4th Street W., Deuel County Courthouse, Clear Lake, SD 57226  
**Hours:** 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday  
**Phone:** (605) 874-2062  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Services offered at Inter-Lakes Community Action Partnership**  
7 8th Avenue S.E., Watertown, SD 57201  
**Hours:** 8:00am - 4:30pm (CT), Monday - Thursday Must call for an appointment  
**Phone:** (605) 886-7674  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Services offered at Inter-Lakes Community Action Partnership**  
116 N. Commercial Street, Clark, SD 57225  
**Hours:** 11:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 532-3722  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Services offered at Inter-Lakes Community Action Partnership**  
210 E. 5th Avenue, County Courthouse, Milbank, SD 57252  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday Call to schedule an appointment  
**Phone:** (605) 432-6571  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Programs offered at GROW South Dakota**  
104 Ash Street E., Sisseton, SD 57262  
**Website:** [www.growsd.org](http://www.growsd.org)  
**Email:** info@growsd.org  
**Hours:** 8:00am - 4:30pm (CT), Monday - Friday (summer hours may vary)  
**Phone:** (605) 698-7654  
**Eligibility:** All programs have varying income guidelines, service areas and eligibility restrictions. Availability and sources of funds may vary.  
Home ownership preparation services and Home Buyer Education classes. For eligible individuals/families, down payment/closing cost assistance or low-cost loans for purchasing a home or home improvements may be available.

**Small Business Assistance offered at Four Bands Community Fund, Inc.**  
412 S. Main Street, Eagle Butte, SD 57625  
**Website:** [www.fourbands.org](http://www.fourbands.org)  
**Email:** info@fourbands.org  
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday  
**Phone:** (605) 964-3687  
**Eligibility:** Open to all potential and existing Native American owned businesses in South Dakota  
Provides the following services to all potential and existing Native American owned businesses in South Dakota:  
- Business training/coaching - to help clients enhance business skills and become business owners  
- Financial empowerment coaching - to help clients improve financial skills and become better stewards of money  
- Lending - up to $400,000 for businesses, including agriculture
Bankruptcy Advice Helpline offered at CareConnect USA
2019 Sandy Pond Lane, Waxhaw, NC 28173
Website: http://careconnectusa.org/free-bankruptcy-advice/ Email: info@careconnectusa.org
Hours: 9:00am - 8:00pm (ET), Monday - Friday
Phone: (800) 379-0985
Eligibility: Must have burdensome debt without ability to pay it back in a timely manner.
Free Bankruptcy Advice Hotline (800) 379-0985.

Debt Counseling Helpline offered at CareConnect USA
2019 Sandy Pond Lane, Waxhaw, NC 28173
Website: https://careconnectusa.org/debt-relief-help-line/ Email: info@careconnectusa.org
Hours: 9:00am - 6:00pm (ET), Monday - Friday
Phone: (800) 453-1738
Eligibility: Must have unsecured (credit card) debt and a willingness to receive counseling.
Debt Relief Helpline (800) 453-1738.

Private Student Loan Relief Helpline offered at CareConnect USA
2019 Sandy Pond Lane, Waxhaw, NC 28173
Website: careconnectusa.org/private-student-loan-relief Email: info@careconnectusa.org
Hours: 8:00am - 5:00pm (ET), Monday - Friday
Phone: (888) 669-1064
Eligibility: Open to student loan borrowers who have private loans through a bank or credit union.
Helpline for student loan borrowers who have a private loan from a bank or credit union. This helpline discusses options for payment reductions and catching up missed loan payments. Options include settling previous debts and issuing a new loan with low interest rate.

Food

Summer Feeding Program offered at EmBe
909 W. 33rd Street, Sioux Falls, SD 57105
Website: embe.org Email: info@embe.org
Hours: Lunch: 11:00am - 1:00pm (CT), Monday - Friday Closed July 4, 2023
Phone: (605) 336-3660
Eligibility: Children up to age 18.
Providing free nutritious meals during summer months from June 5, 2023 - August 11, 2023.

Statewide Mobile Food Distribution Program offered at Feeding South Dakota
Sioux Falls, SD 57105
Website: www.feedingsouthdakota.org/mobile Email: info@feedingsouthdakota.org
Hours: Find locations and schedules on website.
Phone: (605) 335-0364
Eligibility: When picking up food, guests will be asked to register their household and self-declare their income.
Distributes free food to individuals and families. Visit website to see list of location dates/times in your area.

Worship Services offered at Faith Temple Church
2121 W. 33rd Street, Sioux Falls, SD 57105
Website: www.faithtemplesiouxfalls.com Email: staff@faithtemplesiouxfalls.com
Hours: Office hours: 9:00am - 11:30am;12:30pm - 2:30pm (CT), Monday - Friday
Phone: (605) 332-2303
Eligibility: Open to all
Wednesday at 6:00pm, Community Meal (open to anyone who wants to come).

**Cougar Cupboard offered at University of Sioux Falls**
1101 W. 22nd Street #1600, USF Mears Library, Sioux Falls, SD 57105  
**Website:** [www.usiouxfalls.edu/student-life/cougar-cupboard](http://www.usiouxfalls.edu/student-life/cougar-cupboard)  
**Email:** student.life@usiouxfalls.edu  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 331-6711  
**Eligibility:** Open to USF students  
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 served between:** 11:00am - 12:30pm (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.  
Congregate and home delivered meals, call for information on locations and times. Suggested donation $5.00 - $7.95.

**Nightwatch Canteen - 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  
**Hours:** 5:30pm - 6:15pm (CT), Sundays  
**Phone:** (605) 336-3652  
**Eligibility:** Open to all  
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:** foodtoyousiouxfalls@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.  
Mobile food pantry that may be utilized once per calendar month, no referral needed. Distribution time: 6:00pm - 7:00pm (CT), Thursday Doors open at all locations at 5:00pm (CT) 1st Thursday (East Side Lutheran Church, 1300 E. 10th Street) 2nd Thursday (Messiah New Hope Lutheran, 5001 E. Madison Street) 3rd Thursday (Augustana Lutheran Church, 235 N. Prairie) 4th Thursday (St. John Lutheran Church, 1912 W. 13th Street) 5th Thursday (No distribution)

**Summer Feeding Program offered at EmBe**
300 W. 11th Street, Sioux Falls, SD 57104  
**Website:** [embe.org](http://embe.org)  
**Email:** info@embe.org  
**Hours:** Breakfast: 7:00am - 9:00am (CT), Monday - Friday Lunch: 11:00am - 1:00pm (CT), Monday - Friday Closed on July 4, 2023.  
**Phone:** (605) 336-3660  
**Eligibility:** Children up to age 18.  
Providing free nutritious meals during summer months from June 5, 2023 - August 11, 2023.

**Hot Meal offered at Lunch is Served, Inc.**
1109 E. 14th Street, Sioux Falls, SD 57104  
**Hours:** Contact People Ready for hours. *COVID info below  
**Phone:** (605) 330-9244  
**Eligibility:** Must receive temporary employment services through People Ready to qualify.
Non-profit outreach ministry whose mission is to provide a mid-day meal for the working poor in the city of Sioux Falls. Lunches distributed to people receiving services through: The Banquet; The Banquet West; People Ready; and St. Francis House.

**Food To You, the mobile food pantry offered at Charis Ministry Partners**
235 N. Prairie, Augustana Lutheran Church, Sioux Falls, SD 57104  
**Website:** [www.charissf.org](http://www.charissf.org)  
**Email:** foodtoyousiouxfalls@gmail.com  
**Hours:** 6:00pm - 7:00pm (CT), 3rd Tuesday 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.  
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)

**Nightwatch Canteen - 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  
**Hours:** 4:45pm - 5:15pm (CT), Sunday  
**Phone:** (605) 336-3652  
**Eligibility:** Open to all  
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 Box Program offered at Union Gospel Mission**  
220 N. Weber Avenue, UGM Men's Shelter, Sioux Falls, SD 57103  
**Website:** [https://ugmsiouxfalls.com/](https://ugmsiouxfalls.com/)  
**Email:** office@ugmsiouxfalls.com  
**Hours:** Shelter is open 365 days a year  
Doors close at 10:00pm (CT)  
**Phone:** (605) 334-6732  
**Eligibility:** Open to all  
Food Box Program: 1:00pm - 5:00pm (CT), Tuesday and Thursday  
Please note - individuals must bring their own box or bag to put food in.

**Meal Service offered at Union Gospel Mission**  
220 N. Weber Avenue, UGM Men's Shelter, Sioux Falls, SD 57103  
**Website:** [UGMsiouxfalls.com](https://ugmsiouxfalls.com/)  
**Email:** office@ugmsiouxfalls.com  
**Hours:** Shelter is open 365 days a year  
Doors close at 10:00pm (CT)  
**Phone:** (605) 334-6732  
**Eligibility:** Open to all  
Meal service is served daily at:  
Breakfast at 6:30am - 7:30am  
Lunch at 11:30am - 12:30pm  
Dinner: 5:30pm - 6:30pm, with Chapel at 7:00pm

**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  
**Hours:** Office Hours: 8:00am - 5:15pm (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  
Lunch served: 11:30am, Monday - Friday
**Banquet Downtown, The offered at Banquet, The**

900 E. 8th Street, Sioux Falls, SD 57103  
**Website:** [www.thebanquetsf.org](http://www.thebanquetsf.org)  
**Email:** volunteer@thebanquetsf.org  
**Hours:** Weekdays: Breakfast: 7:00am - 8:00am (CT), Monday - Friday  
Lunch: 11:30am - 12:30pm (CT), Monday - Saturday  
Dinner: 6:00pm - 7:30pm (CT), Monday - Friday  
**Phone:** (605) 335-7066  
**Eligibility:** Open to all  
Provides a prepared meal for persons who are homeless, traveling through, or in need of long-term supplemental food help. Meal served: Breakfast: 7:00am - 8:00am, Monday - Friday; Lunch: 11:30am - 12:30pm, Saturday; Dinner: 6:00pm - 7:30pm, Monday - Friday.

**Hot Meal offered at Lunch is Served, Inc.**

900 E. 8th Street, Sioux Falls, SD 57103  
**Hours:** Contact The Banquet for hours. *COVID info below  
**Phone:** (605) 335-7066  
**Eligibility:** Those workers who would otherwise not get a mid-day meal while on the job. Must show proof of employment in order to receive a lunch.  
Non-profit outreach ministry whose mission is to provide a mid-day meal for the working poor in the city of Sioux Falls. Lunches distributed to people receiving services through: The Banquet; The Banquet West; People Ready; and St. Francis House.

**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  
**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.  
**Eligibility:** Open to all  
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.

**Community Engagement Center offered at Sioux Falls School District**

201 N. West Avenue, Axtell Park Building, Sioux Falls, SD 57104  
**Hours:** Office Hours: 7:30am - 4:30pm (CT), Monday - Friday  
Start and dismissal times: All programs start at 9:00am and dismiss at 3:15pm, Monday - Friday  
**Phone:** (605) 367-7647  
**Eligibility:** Open to families with a child or children in the Sioux Falls School District  
Provides free resources for families that have a child in the Sioux Falls School District, including:  
- food pantry  
- school supplies  
- backpacks  
- hygiene items  
- winter gear  
- socks and underwear  
- access to computer/internet  
- space to connect with social worker for assistance  
- birthday closet  

**Hot Meal offered at Lunch is Served, Inc.**

210 N. Sherman Avenue, Sioux Falls, SD 57103  
**Hours:** Contact St. Francis House for hours. *COVID info below  
**Phone:** (605) 334-3879  
**Eligibility:** Must be receiving services through St. Francis House.  
Non-profit outreach ministry whose mission is to provide a mid-day meal for the working poor in the city of Sioux Falls. Lunches distributed to people receiving services through: The Banquet; The Banquet West; People Ready; and St. Francis House.
Faith Temple Food Giveaway
100 N. Lyon Boulevard, Nordstrom-Johnson Building, Sioux Empire Fairgrounds, Sioux Falls, SD 57107
Website: http://faithtemplefood.com Email: staff@faithtemplesiouxfalls.com
Hours: Cars can start lining up: 2:00pm (CT), Friday Food Giveaway: 4:00pm - 6:00pm (CT), Friday
Phone: (605) 332-2303
Eligibility: Must be 18 or older to receive food. There is no limit of guests who can receive boxes, nor is there a limit of adults per vehicle.
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.
Pet food also now available, supply is limited.
Food (boxed) or pet food delivery available for those who cannot otherwise get to the giveaway on a limited basis. For individuals who are unable to pickup food due to not having a vehicle, delivery may be available. Call 2-1-1 for more information.
For people who need help figuring out transportation to the Giveaway, visit this site, and scroll down to where it says Traveling by public transit? Get directions here:
- www.faithtemplefood.com/where-s-the-giveaway

Worship Services/Church Activities offered at Wesley United Methodist Church
1700 E. 6th Street, Sioux Falls, SD 57103
Website: www.wumcsf.org Email: wumc1700@outlook.com
Hours: Office Hours: 9:00am - 1:00pm (CT), Monday - Thursday
Phone: (605) 338-4562
Eligibility: Open to all
Wednesdays at 5:30pm, Fellowship Meal (free;open to all).

Emergency Food Pantry (including Cultural Food Packs) offered at Salvation Army Sioux Falls, The
900 N. Cliff Avenue, Sioux Falls, SD 57103
Hours: 9:30am - 11:30am (CT), Monday - Friday 1:00pm - 3:30pm (CT), Monday - Friday Closed the 2nd Thursday of every month.
Phone: (605) 332-2331
Eligibility: Assistance is provided one time in a 60 day period;Everyone regardless of immigration status is welcome to the food pantry.
Provides food assistance one time in a 60 day period. When available, personal hygiene supplies are offered.

Food To You, the mobile food pantry offered at Charis Ministry Partners
1300 E. 10th Street, Sioux Falls, SD 57103
Website: www.charissf.org Email: foodtoyousiouxfalls@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.
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)

Hot Meal offered at Lunch is Served, Inc.
710 N. Marion Road, 5th & Marion Road, Sioux Falls, SD 57107
Hours: Contact The Banquet West for hours. *COVID info below
Phone: (605) 335-7066  
Eligibility: Those workers who would otherwise not get a mid-day meal while on the job. Must show proof of employment in order to receive a lunch.

Non-profit outreach ministry whose mission is to provide a mid-day meal for the working poor in the city of Sioux Falls. Lunches distributed to people receiving services through: The Banquet; The Banquet West; People Ready; and St. Francis House.

**Food Giveaway offered at Sermon on the Mount Church**

1512 E. Mulberry Street, Sermon on the Mount Mennonite Church, Sioux Falls, SD 57103  
**Hours:** 5:00pm - 6:00pm (CT), Tuesday  
**Phone:** (605) 357-9125  
**Eligibility:** Open to all  
No delivery service available.

Located across the street from Laura B. Anderson Elementary School, this one-hour food giveaway provides a variety of breads, rolls, treats, and a selection of grocery items and pre-cooked meals.

**Nightwatch Canteen - 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  
**Hours:** 5:15pm - 6:15pm (CT), Monday  
**Phone:** (605) 336-3652  
**Eligibility:** Open to all  
Providing an evening meal for those in need in the community. Meals will be served out of the Nightwatch Van. Meal delivery services are not available.

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

No Physical Address, Sioux Falls, SD  
**Hours:** Vary by location; call for information.  
**Phone:** (605) 367-7900  
**Eligibility:** Open to all, children K - 5th grades Elementary Immersion Center: pre-school - grade 5  
A list of all elementary schools in the Sioux Falls School District is listed in the program description.

**Banquet West, The 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  
**Hours:** 6:00pm - 7:30pm (CT), Monday - Friday  
**Phone:** (605) 335-7066  
**Eligibility:** Open to all  
Dinner served: 6:00pm - 7:30pm, Monday - Friday

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

5001 E. Madison Street, Sioux Falls, SD 57110  
**Website:** [www.messiahnewhope.com](http://www.messiahnewhope.com)  
**Email:** mnhooffice1@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  
An emergency pantry and will provide prepackaged boxes based on family size.

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

5001 E. Madison Street, Messiah New Hope Lutheran Church, Sioux Falls, SD 57110  
**Website:** [www.charissf.org](http://www.charissf.org)  
**Email:** foodtoyousiouxfalls@gmail.com  
**Hours:** Distribution time: 6:00pm - 7:00pm (CT), Thursday
Feel free to share this information, we ask that you credit the Helpline Center as your source.

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

Gives out food including frozen meat.

Lighthouse Ministry offered at United Methodist Church of Dell Rapids
505 E. 5th Street, Dell Rapids, SD 57022
Website: www.umcdr.com Email: umcsec@siouxvalley.net

Food Pantry offered at Storehouse Community Food Pantry, The
301 1/2 E. 4th Street, Dell Rapids, SD 57022
Website: www.facebook.com/Dell-Rapids-Community-Food-Pantry-The-Storehouse-443299162412935/
Hours: 5:00pm - 6:00pm (CT), Wednesday
Eligibility: Concentrates on Dell Rapids citizens, but will try accommodate others in the area if that city does not have a food pantry. Amount of bags given is based on family size.
Gives out food including frozen meat.

Food Pantry offered at Daily Bread Food Pantry, The
47381 246th Street, Dell Rapids, SD 57022
Website: www.facebook.com/The-Daily-Bread-Food-Pantry-Dell-Rapids-1563869330323986/
Hours: 5:00pm - 6:00pm (CT), free food is distributed 2nd and 4th Monday of each month 5:00pm - 6pm (CT), free meal is served 3rd Monday of each month
Phone: (605) 428-5111
Eligibility: Open to those that live in Dell Rapids or surrounding small town residents.
A needs-based pantry that provides food and school supplies to local and surrounding small town residents.
**Bread Box, The offered at Ignite Life Church**
512 E. 5th Street, Dell Rapids, SD 57022
Website: [www.facebook.com/IgniteLifeChurchDellRapids](http://www.facebook.com/IgniteLifeChurchDellRapids) Email: ignitelifechurch@goldenwest.net
**Hours:** 10:00am - 12:00noon (CT), Saturday and Sunday Businesses can pick up large quantities from 11:45am to 12:00noon
**Phone:** (605) 428-3756
**Eligibility:** Open to all
Free food giveaway.

**The Dysphagia Outreach Project 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
**Hours:** Online database; monitored daily
**Eligibility:** For individuals diagnosed with dysphagia and their caregivers.
Collects and distributes dysphagia supplies to individuals in need, establishes a dysphagia awareness advocacy program, provides education services relating to appropriate prescription and use of dysphagia supplies, and assists 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
Provides 1 cooked meal per month for families in need; also delivers the meal. Currently, serving South Dakota.
- Please note: there may be a 1 - 7 week wait for the meal delivery.
- Practices contactless delivery

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

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

**Clothing**

**Thrift Store offered at Goodwill of the Great Plains**
3400 S. Norton Avenue, Sioux Falls, SD 57105
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org) Email: 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
Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

**Shoe and Mitten Program offered at Goodwill of the Great Plains**
3400 S. Norton Avenue, Sioux Falls, SD 57105
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org) Email: marketing@goodwillgreatplains.org
**Hours:** 9:00am - 1:00pm (CT), Saturday, December 16, 2023
Feel free to share this information, we ask that you credit the Helpline Center as your source.
Phone: (605) 334-9789
Eligibility: Open to all
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

Birthright of Sioux Falls offered at Birthright
300 N Dakota Avenue, Suite 501, Sioux Falls, SD 57104
Website: www.birthright.org/siouxfalls    Email: SiouxFalls@birthright.org
Hours: 12:00 noon - 2:00 pm (CT), Monday 10:30 am - 2:00 pm (CT), Tuesday and Friday Thursdays open by appointment
Helpline: 24 hours a day / 7 days a week
Phone: (605) 809-8409
Eligibility: Open to all
Provides free pregnancy testing, community resource referrals and a 24-hour confidential helpline service.

Prom Attire Drive offered at South Dakota Urban Indian Health
300 N. Phillips Avenue, Suite 120, Sioux Falls, SD 57104
Hours: 11:00 am - 3:00 pm (CT), Saturday March 25, 2023
Phone: (605) 339-0420
Eligibility: Native students attending the Sioux Falls School District or surrounding area
South Dakota Urban Indian Health is hosting a prom attire drive for all Native students attending the Sioux Falls School District and the surrounding area.

Thrift Store offered at Goodwill of the Great Plains
120 N. Kiwanis Avenue, Sioux Falls, SD 57104
Website: www.goodwillgreatplains.org    Email: sfnm@goodwillgreatplains.org
Hours: 9:00 am - 9:00 pm (CT), Monday - Saturday 10:00 am - 6:00 pm (CT), Sunday
Phone: (605) 334-2028
Eligibility: Open to all
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 10:00 am - 5:00 pm (CT), Monday 9:00 am - 5:00 pm (CT), Tuesday - Friday PUBLIC CLOTHING ASSISTANCE HOURS 10:00 am - 4:00 pm (CT), Monday, Wednesday, and Friday LARGE GROUP CLOTHING ASSISTANCE (Organizations bringing groups in, please call to schedule an appointment) 10:00 am - 4:00 pm (CT), Tuesday and Thursday
Phone: (605) 334-6732
Eligibility: Open to all. Financial assistance for clothing - eligibility requirements apply. Must fill out application. Offers reasonably priced clothing and household items to the public and free assistance to those in need.

Clothing Ministry 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
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.

Society of St. Vincent de Paul Sioux Falls - Thrift Store offered at Society of St. Vincent de Paul
Dakota News Now Coats for All offered at Salvation Army Sioux Falls, The
900 N. Cliff Avenue, Sioux Falls, SD 57103
Hours: 10:00am - 4:00pm (CT), Wednesday, November 8, Thursday, November 9, or Friday November 10, 2023
Phone: (605) 332-2331
Eligibility: All ages from low income families
Winter coats, hats, mittens, will be distributed at The Salvation Army from Wednesday, November 8th - Friday, November 10th from 10:00am - 4:00pm. This is a first come, first serve basis.

Thrift Store offered at Goodwill of the Great Plains
4701 E. 41st Street, Sioux Falls, SD 57110
Website: www.goodwillgreatplains.org  Email: sfnm@goodwillgreatplains.org
Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday
Phone: (605) 338-2431
Eligibility: Open to all
Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Free One Day Rummage Event offered at Messiah New Hope Lutheran Church
5001 E. Madison Street, Sioux Falls, SD 57110
Website: www.messiahnewhope.com  Email: mnhoffice1@gmail.com
Hours: One day event: Saturday, July 29, 2023 9:00am - 2:00pm (CT)
Phone: (605) 333-0971
Eligibility: Open to all
Clothing, household goods, and more, free for the taking. This is a one day event held annually.

Thrift Store offered at Bargain Basement Thrift Store, The
228 Saint Olaf Avenue, Baltic, SD 57003
Website: www.facebook.com/people/The-Bargain-Basement/100063723753385/
Hours: 2:30pm - 6:30pm (CT), Monday and Tuesday 1:30pm - 5:30pm (CT), Thursday and Friday 9:00am - 12:00noon (CT), Saturday
Phone: (605) 529-5400
Eligibility: Open to all
Serves the community with reasonably priced goods on a daily basis, and donating items as needed.

Shoe and Mitten Program offered at Goodwill of the Great Plains
2508 Fox Run Parkway, Yankton, SD 57078
Website:www.goodwillgreatplains.org  Email: marketing@goodwillgreatplains.org
Hours: 12:00noon - 3:00pm (CT), Sunday, December 10, 2023
Phone: (605) 665-8847
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
625 Main Avenue, Brookings, SD 57006
Feel free to share this information, we ask that you credit the Helpline Center as your source.

Hours: 4:00pm - 6:00pm, Tuesday, December 12, 2023
Phone: (605) 692-2085
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
1415 W. Haven, Unit 6, Mitchell, SD 57301
Website: www.goodwillgreatplains.org Email: marketing@goodwillgreatplains.org
Hours: 2:00pm - 4:00pm (CT), Saturday, December 9, 2023
Phone: (605) 996-3640
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
2318 9th Avenue S.E., Watertown, SD 57201
Website: www.goodwillgreatplains.org Email: marketing@goodwillgreatplains.org
Hours: 5:30pm - 7:00pm (CT), Monday, December 4, 2023
Phone: (605) 886-6379
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
424 S. Brown County Highway 19, Aberdeen, SD 57401
Website: www.goodwillgreatplains.org Email: marketing@goodwillgreatplains.org
Hours: 4:30pm - 6:30pm (CT), Thursday, December 8, 2023
Phone: (605) 225-0822
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
1902 Eastgate Avenue, Pierre, SD 57501
Website: www.goodwillgreatplains.org Email: marketing@goodwillgreatplains.org
Hours: 4:00pm - 6:00pm (CT), Wednesday, December 6, 2023
Phone: (605) 494-3033
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
611 Lindbergh Avenue, Rapid City, SD 57701
Website: www.goodwillgreatplains.org Email: marketing@goodwillgreatplains.org
Hours: 9:00am - 1:00pm (MT), Saturday, December 2, 2023
Phone: (605) 737-3955
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need. Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

**Shelters**

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

**Women's Center (Shelter) offered at Union Gospel Mission**
703 E. 8th Street, Sioux Falls, SD 57103
**Website:** ugmsiouxfalls.com  **Email:** womencenter@ugmsiouxfalls.com
**Hours:** Check-in: 8:00am - 8:00pm (CT), Monday - Sunday Shelter is open 365 days a year Doors get locked at 8:00pm (CT)
**Phone:** (605) 334-6732
**Eligibility:** Open to women over 18 years of age. Families will be considered on a case by case basis. Female youth - of any age can stay with mother figure Male youth - ages 11 and under
Temporary shelter for homeless men, women, and children. Offers spiritual counseling, clothing, youth programs and 3 meals a day with Chapel after dinner.

**Men's Center (Shelter) offered at Union Gospel Mission**
220 N. Weber Avenue, UGM Men's Shelter, Sioux Falls, SD 57103
**Website:** ugmsiouxfalls.com  **Email:** office@ugmsiouxfalls.com
**Hours:** Shelter is open 365 days a year Doors close at 10:00pm (CT)
**Phone:** (605) 357-8271
**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
Temporary shelter for homeless men, women, and children. Offers spiritual counseling, clothing, youth programs and 3 meals a day with Chapel after dinner.

**Overnight Program offered at Bishop Dudley Hospitality House**
101 N. Indiana Avenue, Sioux Falls, SD 57103
**Website:** www.bdhh.org  **Email:** info@bdhh.org
**Hours:** 6:30pm - 8:00pm (CT), Daily 6:00am (CT), Wake up 6:45am (CT), Shelter closes / all guests are required to leave Barber Shop: 12:00noon - 4:00pm (CT), first Wednesday of the month (must be signed up ahead of time)
**Phone:** (605) 809-8424
**Eligibility:** Open to all
Emergency shelter program with separate sleeping areas for men, women, and families. Drop-in center providing laundry, showers, phone usage, personal hygiene kits, and access to computers for job and housing searches.

**South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority**
505 N. Western Avenue, Inter-Lakes Community Action Partnership, Sioux Falls, SD 57104
**Hours:** 8:00am - 4:30pm (CT), Monday - Friday
**Phone:** (605) 334-2808
**Eligibility:** Individual or families who are experiencing or at risk of being homeless and searching for housing resources
A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.
Shelter and Crisis Intervention Services offered at Childrens Home Shelter for Family Safety
113 N. St. Paul Avenue, Sioux Falls, SD 57103
Website: www.chssd.org/shelter Email: shelter@chssd.org
Hours: 24 hours a day / 7 days a week
Phone: (605) 338-4880
Eligibility: Any victim of domestic violence, sexual assault, stalking, human trafficking, and/or child abuse and neglect. Emergency shelter and crisis intervention program for victims of domestic abuse, sexual assault, stalking, and child abuse and neglect. Services include crisis intervention, counseling, case management, support groups, court advocacy, medical outreach, and parenting classes.

Axis180 offered at Volunteers of America, Dakotas
3201 S. Theodore Avenue, Sioux Falls, SD 57106
Website: www.voa-dakotas.org Email: axis180@voa-dakotas.org
Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 366-7803
Eligibility: Homeless youth ages 16 - 21
Provides shelter, case management, life skills, and education services to young people ages 16 to 21, who are preparing for independent living. The program provides young people with a safe, supportive environment while they learn the skills necessary to succeed on their own.

Arise Youth Center East offered at Lutheran Social Services - Southeast Region
621 E. Presentation Street, Sioux Falls, SD 57104
Website: https://lsssd.org/what-we-do/detention-alternatives/ Email: info@lsssd.org
Hours: 24 hours a day / 7 days a week
Phone: (605) 221-2346
Eligibility: Children aged 10-17
Temporary care alternative for youth, services include identifying assistance programs and court system collaboration.

Maggie's House
15 Wasuya Avenue, Kyle, SD 57752
Email: maggieshouse@ltp@gmail.com
Hours: 24 hours a day / 7 days a week
Phone: (605) 455-1214
Eligibility: Ages 17 - 21
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.

National Runaway Safeline
3141 B N. Lincoln Avenue, Chicago, IL 60657
Website: www.1800RUNAWAY.org Email: info@1800runaway.org
Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday Hotline hours: 24 hours a day / 7 days a week / 365 days a year
Phone: (800) 786-2929
Eligibility: Youth 21 years of age and under and families
Confidential, 24/7 crisis intervention for runaway and homeless youth and their families via phone, chat, email, and bulletin board. Referrals, conference calling with a parent upon youth's request, conflict mediation, and information hotline. Free bus tickets home to family or shelter for qualified youth ages 12-21. Call 1-800-RUNAWAY (786-2929) or visit www.1800runaway.org
Renter's Guide to Sioux Falls offered at South Dakota Housing Development Authority
No Physical Address, Sioux Falls, SD 57105
Website: https://www.sdhousing.org/news-blog/the-renters-guide-to-sioux-falls Email: info@sdhda.org
Hours: The website is available 24 hours a day / 7 days a week
Phone: Refer to the website
Eligibility: Open to all
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.
-The Renter's Guide to Sioux Falls

Inpatient Treatment for Women offered at Volunteers of America, Dakotas
1401 W. 51st Street, Sioux Falls, SD 57105
Website: www.voa-dakotas.org Email: info@voa-dakotas.org
Hours: 24 hours a day / 7 days per week
Phone: (605) 357-0982
Eligibility: Pregnant and parenting women aged 18 and older are eligible for the New Start for Women program.
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.

Glory House Apartments offered at Glory House of Sioux Falls
1654 W. 51st Street, Sioux Falls, SD 57105
Hours: 8:00am - 4:00pm (CT), Monday - Friday
Phone: 605-271-0838
Eligibility: Open to most; persons with certain criminal charges in history are restricted Permanent house - individuals are required to be placed on interest list, complete application and sign a lease upon approval.
Drug and alcohol free apartment complex.

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
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, Suite 100, Sioux Falls, SD 57105
Website: https://lsssd.org/what-we-do/center-for-financial-resources/ Email: cccs@lsssd.org
Hours: 8:00am - 7:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday Occasionally Saturdays - Call for information
Phone: (605) 330-2700
Eligibility: Open to all
Consumer Credit Counselors help individuals, couples, and families with budgeting, foreclosure prevention, and provides information for renters on rights and responsibilities, delinquent rent, tax credit referrals, and fair housing.

Family Self-Sufficiency Program offered at Sioux Falls Housing and Redevelopment Commission
630 S. Minnesota Avenue, Sioux Falls, SD 57104
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 332-0704
Eligibility: Must be on section 8 Voucher, or Public Housing rental assistance programs.
Helping highly motivated, low-income individuals and families with becoming economically self-sufficient.

Housing Assistance Programs offered at Sioux Falls Housing and Redevelopment Commission
Feel free to share this information, we ask that you credit the Helpline Center as your source.

630 S. Minnesota Avenue, Sioux Falls, SD 57104  
Website: www.siouxfallshousing.org  
Email: sfhrc@siouxfallshousing.org  
Hours: 8:00am - 5:00pm (CT), Monday - Friday  
Phone: (605) 332-0704  
Eligibility: Must fall within income guidelines  
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.

**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.  
Transitional housing for up to 20 males. Program also helps anyone re-entering society after incarceration including finding employment, clothes, furniture, etc. (based on what is currently available).

**Felon Friendly Housing List offered at Health Connect of South Dakota**  
320 S. 3rd Avenue, Suite B, Sioux Falls, SD 57105  
Website: https://www.healthconnectsd.org/copy-of-smoke-free-housing-list  
Hours: Please call to set up an appointment time.  
Phone: (605) 371-1000  
Eligibility: Available to all  
A list of housing options that are felon friendly in the Sioux Falls area is available on the Health Connect website.

**Transition in Place Program offered at Volunteers of America, Dakotas**  
1113 E. 14th Street, Sioux Falls, SD 57104  
Website: www.voa-dakotas.org  
Email: info@voa-dakotas.org  
Hours: 9:00am - 4:30pm (CT), Monday - Saturday  
Phone: (605) 274-1540  
Eligibility: Homeless and at risk veterans and families.  
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  
Email: sd_webmanager@hud.gov  
Hours: 8:00am - 4:30pm (CT), Monday - Friday  
Phone: (605) 330-4223  
Eligibility: Open to all  
Provides information on low income (subsidized) rental units and public housing authorities.

**Transitional Housing offered at St. Francis House**  
210 N. Sherman Avenue, Sioux Falls, SD 57103  
Website: www.stfrancishouse.com  
Email: info@stfrancishouse.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).  
Provides transitional housing, clothes, bus passes, 3 meals a day, and case management for men, women, and families.

**Safe Home offered at Minnehaha County**
Safe Home is a Housing First model program that involves the program components of case management, groups, monitoring, and community.

**Marissa’s Project offered at Call to Freedom**  
Sioux Falls, SD 57104  
Website: [www.calltofreedom.org](http://www.calltofreedom.org)  
Email: info@calltofreedom.org  
Hours: Call for information.  
Phone: (605) 261-1880  
Eligibility: Women 18+ and their children (call for age specific information) (Victims/Survivors of Human Trafficking and sexual exploitation)  

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.  
The transitional housing is part of the Community Support Services division of Southeastern. Psychiatric services to adults diagnosed with a severe mental illness who are in need of case management and/or medication management is provided.  

The transitional housing is an 11 bed facility (each with their own private bathroom) that provides supportive services to individuals who are homeless or currently residing in an unstable environment who have a substance use disorder as well as a severe mental illness.

This is a sober living environment. Residents are provided 2 meals per day Monday - Friday and 3 meals Saturdays and Sundays. Residents are expected to participate in constructive daily activity outside of the transitional facility 9:00am - 3:00pm, Monday - Friday. Life skills groups and assistance with medication management are also provided. On site laundry.

**Junk Removal offered at WeHAUL Hauling & Junk Removal**  
1705 E. Spruce Street, Sioux Falls, SD 57103  
Website: [https://wehaulhaulingandjunkremoval.com/](https://wehaulhaulingandjunkremoval.com/)  
Email: wehaulfsd@gmail.com  
Hours: 7:00am - 7:00pm (CT), Monday - Saturday Sunday by appointment  
Phone: (320) 841-2010  
Eligibility: Open to all  
WeHAUL provides hauling & junk removal services throughout the Sioux Falls area. Offers full home clean-outs, eviction clean-outs, property clean-up, furniture & appliance removal, delivery services, and more.

**Sober Living Home offered at Tallgrass Recovery and Sober Living Homes**  
27048 Tallgrass Avenue, Sioux Falls, SD 57108  
Hours: 24 hours a day / 7 days a week  
Phone: (605) 368-5559  
Eligibility: Individuals recovering from alcohol or chemical dependency  
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.siouxfallsmap.org](http://www.siouxfallsmap.org)  
Email: map@sio.midco.net
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Hours</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Teen Challenge of the Dakotas</strong></td>
<td>600 W. 16th Avenue S., Brookings, SD 57006</td>
<td>Office hours: 8:30am - 5:00pm (CT), Monday - Friday</td>
<td>Men, 18 years and older with life controlling problems such as addictions</td>
</tr>
<tr>
<td><strong>Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute</strong></td>
<td>901 S. Miller, Mitchell, SD 57301</td>
<td>Website: <a href="http://www.dakotacounseling.net">www.dakotacounseling.net</a> Email: <a href="mailto:info@dakotacounseling.net">info@dakotacounseling.net</a></td>
<td>Men, 18 years and older with life controlling problems such as addictions</td>
</tr>
<tr>
<td><strong>Serenity Hills offered at Human Service Agency</strong></td>
<td>1526 Highway 20 N.W., Watertown, SD 57201</td>
<td>24 hours a day / 7 days a week</td>
<td>Diagnosed with chemical dependency and mental illness (Must have dual-diagnosis)</td>
</tr>
<tr>
<td><strong>Sober Living Services offered at Reflections Recovery Home</strong></td>
<td>110 E. 7th Avenue, Redfield, SD 57469</td>
<td>Website: <a href="https://www.reflectionsrecoverysd.com/">https://www.reflectionsrecoverysd.com/</a> Email: <a href="mailto:reflectionsrecoverysd@gmail.com">reflectionsrecoverysd@gmail.com</a></td>
<td>Men 18 years and older.</td>
</tr>
<tr>
<td><strong>Housing Assistance offered at South Dakota Housing Development Authority</strong></td>
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</tr>
</tbody>
</table>
SD Housing Search offered at South Dakota Housing Development Authority
3060 E. Elizabeth Street, Pierre, SD 57501
Website: [www.sdhousingsearch.com](https://www.sdhousingsearch.com)  Email: info@sdhda.org
Hours: Website: 24 hours a day / 7 days a week
Phone: (605) 773-7603
Eligibility: Open to all
A free housing locator providing information on Section 8 and income based rental units.

Paint South Dakota offered at South Dakota Housing Development Authority
3060 E. Elizabeth Street, Pierre, SD 57501
Website: [www.sdhousingsearch.com](https://www.sdhousingsearch.com)  Email: info@sdhda.org
Hours: Website: 24 hours a day / 7 days a week
Phone: (605) 773-7603
Eligibility: The nominee must own and currently live in the home to be painted. It cannot be a business, rental house, units or property used for other purposes besides a primary residence. The nominee must need their home repainted and would otherwise not be able to paint the house due to their financial or physical difficulty.

A volunteer group nominates the home of someone in the community. Paint and primer are purchased by the organization and reimbursed by SDHDA. The volunteer group is responsible for supplies such as caulk, scrapers, ladders, brushes, and buckets.

If an applicant would like to nominate themselves, they are responsible for finding the volunteers to do the painting.

Treatment Program offered at Rosebud Sioux Tribe
719 Hospital Drive, Alcohol Treatment Center, Rosebud, SD 57570
Website: [www.greatplainsbehavioralhealth.org/rosebud-sioux-tribe-alcohol-drug-tr](https://www.greatplainsbehavioralhealth.org/rosebud-sioux-tribe-alcohol-drug-tr)
Hours: 24 hours a day / 7 days a week
Phone: (605) 747-2342
Eligibility: Enrolled member of federally recognized tribe
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.

Full Circle offered at Behavior Management Systems
350 Elk Street, Rapid City, SD 57701
Hours: Full Circle: 24 hours a day / 7 days a week
Phone: (605) 343-7262
Eligibility: Pregnant and parenting women
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
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.

**VA Black Hills Health Care System offered at United States Department of Veterans Affairs**

500 N. 5th Street, Hot Springs, SD 57747  
**Hours:** Office hours: 8:00am - 5:00pm (MT), Monday - Friday Urgent Care: 7:00am - 7:00pm (MT), Monday - Friday Nurse Advice Line: evenings, weekends, and holidays Residential care: 24 hours a day / 7 days a week  
**Phone:** (605) 745-2000  
**Eligibility:** Eligible and enrolled Veterans  
General medical and surgical, primary, nursing home and rehabilitative care.

Behavioral Health Services include:  
- Addictive Disorder Services (ADS) - outpatient and short and long-term residential treatment; transitional residence / halfway house  
- Compensated work therapy  
- Residential Post Traumatic Stress (PTSD) program  
- Mental health intensive case management  
- Outpatient psychiatric services  
- The Suicide Prevention Coordinator has gun locks available.

**USDA - Rural Development Multi-Family Housing Rentals offered at United States Department of Agriculture**  
No Physical Address, , SD  
**Hours:** Vary by site Available online 24 hours a day / 7 days a week  
**Phone:** (202) 720-1494  
**Eligibility:** Website is open to all  
Through the website, people who are looking for low-cost rentals, can find units for rent in rural South Dakota. Search based on county or town. Then, contact the property company regarding how to apply. To find apartments in rural areas: 1. Go to www.rd.usda.gov 2. Scroll down on left hand side, it says, Find Rural Rentals 3. Then click on South Dakota in the map 4. Then, select your County.

**Immigration/refugee resources**

**Caminando Juntos - Presentation Sisters Hispanic Ministry Center offered at Presentation Sisters**

311 E. 14th Street, Sioux Falls, SD 57104  
**Hours:** 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 4:00pm (CT), Friday  
**Phone:** (605) 274-3735  
**Eligibility:** Must be of Latino origin  
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/](https://lsssd.org/what-we-do/center-for-new-americans/)  
**Email:** info@lsssd.org  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 731-2000  
**Eligibility:** Refugee or Asylee status within 5 years of date of arrival. ESL classes, interpreter services, and immigration counseling services available to both immigrants and refugees.
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/](https://lsssd.org/what-we-do/center-for-new-americans/)  
Email: info@lsssd.org

Hours: 24 hours a day / 7 days per week  
Phone: (605) 731-2010
Eligibility: Open to all

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.

**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

The Department of Homeland Security was formed after the terrorist attacks of September 11, 2001, as part of a national effort to safeguard the United States against terrorism. Missions include:
- Preventing terrorism and enhancing security  
- Managing borders  
- Administering immigration laws  
- Securing cyberspace  
- Ensuring disaster resilience

Oversees:
- U.S. Immigration and Customs Enforcement  
- U.S. Citizenship and Immigration Services  
- Federal Law Enforcement Training Centers  
- Federal Protective Services  
- U.S. Customs and Border Protection  
- Transportation Security Administration (TSA)  
- U.S. Coast Guard  
- U.S. Secret Service  
- Federal Emergency Management Agency (FEMA)

**Language Translation Services offered at LanguageLine Solutions**
1 Lower Ragsdale Drive, Building 2, Monterey, CA 93940  
Website: [www.languageline.com](http://www.languageline.com)  
Email: customercare@languageline.com

Hours: 24 hours a day/7 days a week  
Phone: (800) 752-6096
Eligibility: Open to all

Provides 24-hour interpreting service as well as translation/localization and video interpreting to over 240 languages.

**Mental Health / Substance Abuse**

**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
Augustana University offers a variety of support services to its students including:
- Campus Safety: (605) 274-4014
- Emergency Notification System
- Student Counseling Services: (605) 274-5215
- Student Health Services: (605) 274-5552
- Childcare Services: (605) 274-4701
- Residential Life On-Call Director: (605) 310-3045
- Dining Services: (605) 274-4800
- Disability Services: (605) 274-4631
- Tutoring: (605) 274-4131
- Writing Assistance Center: (605) 274-5441

Community Counseling Clinic offered at Sioux Falls Psychological Services
2109 S. Norton Avenue, Sioux Falls, SD 57105
Website: www.offermethope.com   Email: sfps@offermethope.com
Hours: Visit our website or call for office hours.
Phone: (605) 334-2696

Eligibility: Open to individuals, families, and couples with limited to no funds. 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.offermethope.com   Email: sfps@offermethope.com
Hours: Visit website or call for details.
Phone: (605) 334-2696
Eligibility: Open to all
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.

**Avera Cancer Institute - Functional and Integrative Medicine Clinic offered at Avera - Sioux Falls**
1000 E. 23rd Street, Suite 140, 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.
Oncology Outpatient Therapist - offer counseling for people with cancer at any stage of treatment or recovery. Addressing issues of adjustment to illness, fear of reoccurrence, cancer induced distress, anxiety, depression, life legacy, advance care planning, grief, and bereavement.
Also available to see any family or support members of the individual for counseling.
Telehealth available for any individual with cancer or their support person. May be in active treatment or out of treatment.

**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
Incorporating counseling, case management, and family support services, with the goal of assisting in the development of a nurturing and stable family environment in which children may grow.

**Counseling Services offered at Psychiatric Services, LLC**
2116 S. Minnesota Avenue, Suite 5, Sioux Falls, SD 57105
**Email:** clientservices@strivingtoimprove.org
**Hours:** 8:00am - 5:00pm (CT), Wednesday
**Phone:** (605) 697-5352
**Eligibility:** Open to all
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 Yellow Brick Road Counseling and Therapy**
3508 S. Minnesota Avenue, Suite 100, Two Willows Place, Sioux Falls, SD 57105
**Hours:** 8:00am - 6:00pm (CT), Monday - Thursday
**Phone:** (605) 214-6855
**Eligibility:** Open to all
Mental health clinic addressing trauma in a safe and healthy way. Services offered include:
- Individual counseling
- Marriage counseling
- Divorce counseling
- Grief/bereavement counseling
- Dialectical Behavioral Therapy (DBT)
- Child abuse counseling
- Child abuse survivor counseling for adults
- Family counseling
- Couples counseling
- Trauma informed therapy
- Cognitive Behavioral Therapy (CBT)
- Adolescent/youth counseling
- Parent counseling
- Spouse/intimate partner abuse counseling
- Telemental health
- Traumatic Incident Reduction
- Eye Movement Desensitization and Reprocessing (EMDR)

**Counseling Services offered at Sioux Falls Wellness Counseling**
3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105
Website: [www.siouxfallswellness.com](http://www.siouxfallswellness.com)  Email: rita@siouxfallswellness.com
**Hours:** 11:00am - 8:00pm (CT), Monday - Thursday 10:00am - 7:00pm (CT), Friday 10:00am - 3:00pm (CT), Saturday
**Phone:** (605) 610-9228
**Eligibility:** Adolescents and adults (12+)
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 Cultivate Counseling, LLC**
3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105
**Hours:** Call for information.
**Phone:** (605) 610-9629
**Eligibility:** Ages 7+
Provides individual mental health counseling for children (ages 7+), adolescents, and adults experiencing personal, relational, and psychological challenges. Experience in anxiety, depression, mood disorders, women's issues, traumatic experiences/abuse, post traumatic stress disorder (PTSD), parenting/caregiver education, life transitions, identity, culturally competent, LGBTAIQ2S+ affirming. Telehealth services available.

**Counseling Services offered at Balance Point, LLC**
3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 524-8910
**Eligibility:** Open to all
Provides individual, couple, and family therapy services. Collaborative space to challenge life's ups and downs.

**Counseling Services offered at Clear Path Counseling**
3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105
Website: [www.jenniferwiese.com](http://www.jenniferwiese.com)  Email: jennifer@jenniferwiese.com
**Hours:** 8:00am - 4:00pm (CT), Monday - Thursday
**Phone:** (605) 215-1701
**Eligibility:** Individuals 18 years of age and older
Offers mental health counseling for adults, including individual, LGBTQ+, substance abuse, and cognitive behavioral therapy.
Counseling Services offered at Clarity Counseling, LLC
108 E. 38th Street, Suite 700, Sioux Falls, SD 57105
Website: www.claritycounselingsf.com  Email: brandy@clarity605.com
Hours: 9:00am - 5:00pm (CT), Monday, Tuesday, Thursday, Friday 10:00am - 5:00pm (CT), Wednesday
Phone: (605) 231-9308
Eligibility: Open to all over the age of 14
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, infidelity, infidelity, obsessive compulsive disorder (OCD), oppositional defiance (ODD), parenting, pregnancy, prenatal and postpartum, self-esteem, self-harming, sexual addiction, insomnia, weight loss, and women's issues. Treatment approaches include cognitive behavioral therapy (CBT), family systems therapy, marital therapy, interpersonal therapy, mindfulness based, motivational interviewing, and solution focused brief counseling.

Telehealth services available.

Student Services offered at University of Sioux Falls
1101 W. 22nd Street, Sioux Falls, SD 57105
Website: www.usiouxfalls.edu  Email: admissions@usiouxfalls.edu
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 331-5000
Eligibility: Open to all
University of Sioux Falls offers a variety of support services to its students including:
- Campus Safety
  -(605) 321-6400
- Safe Walk Program
  -(605) 321-6400
- Student Counseling Services
  -(605) 331-6619
- Veterans Benefits
  -(605) 331-6657
- Residential Life
  -(605) 331-6620
- Dining Services
  -(605) 331-6825
- Disability Services
  -(605) 331-6740
- Tutoring
  -(605) 331-6740

Counseling Services offered at Behavior Management Counseling Services
3610 S. Western Avenue, Suite 2, Sioux Falls, SD 57105
Hours: 8:00am - 7:00pm (CT), Monday - Friday Saturday by appointment
Phone: (605) 274-1700
Eligibility: Open to all
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.

Counseling Services offered at Arise Counseling
1524 S. Summit Avenue, Sioux Falls, SD 57105
Hours: By appointment only
Phone: (605) 202-2882
Eligibility: Open to all
Individual and couple counseling. Treatment of depression, anxiety, bipolar disorder, mood disorders, stress management, life transitions, health problems, aging, boundaries, self-esteem, coping skills and grief. Telehealth is available for existing clients. A brief phone interview would be necessary to determine if new patients would be eligible for telehealth services.

Counseling Services offered at Brian VanDenHul, LLC
1524 S. Summit Avenue, Sioux Falls, SD 57105
Hours: 9:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 310-3622
Eligibility: Ages 5 - 100
Provides mental health services to adolescent and teens. Services offered include:
- individual counseling
- child abuse counseling
- cognitive behavioral therapy (CBT)
- adolescent/youth counseling
- parent counseling
- telemental health

Behavioral Health offered at Volunteers of America, Dakotas
1310 W. 51st Street, Sioux Falls, SD 57105
Website: https://portal.voa-dakotas.org/client/intake Email: info@voa-dakotas.org
Hours: Inpatient services: 24 hours a day / 7 days a week Walk-in assessments: 1:00pm - 3:00pm (CT), Wednesday Office Hours: 8:00am - 8:30pm, Monday - Thursday 8:00am - 5:00pm, Friday Assessments by appointment: Monday - Friday
Phone: (605) 334-1414
Eligibility: Adolescents (4-18 years old) and adults (18+)
A full continuum of mental health and substance use services for youth (ages 12 - 18, including pregnant teens) and adults, includes assessments, individual and family counseling, intensive outpatient treatment, inpatient treatment, transitional care, and aftercare counseling for adults and adolescents.

Re-Entry Services for Women offered at Volunteers of America, Dakotas
1310 W. 51st Street, Sioux Falls, SD 57105
Website: www.voa-dakotas.org Email: info@voa-dakotas.org
Hours: Vary; call for information
Phone: (605) 334-1414
Eligibility: Women coming out of jail or prison who have custody or will be regaining custody of minor children
One of only four programs in the nation that works with mothers in prison, their children, and the children's caregiver to break cycles of poverty and incarceration and to change the future for these families.
SAMHSA Trauma Grant offered at Volunteers of America, Dakotas
1310 W. 51st Street, Sioux Falls, SD 57105
**Hours:** 8:00am - 7:30pm (CT), Monday and Wednesday 8:00am - 6:00pm (CT), Tuesday 8:00am - 7:00pm (CT), Thursday 8:00am - 5:00pm (CT), Friday
**Phone:** (605) 334-1414
**Eligibility:** Open to individuals 4 - 17 years of age
Trauma - Focused Treatment is a service designed for children and adolescents ages 4-17 and their families who have been impacted by traumatic events, with a focus on those who have experienced multiple Adverse Childhood Experiences and/or COVID related Trauma.

Counseling Services offered at Linking the Gap Counseling
3500 S. Phillips Avenue, Sioux Falls, SD 57105
**Website:** www.linkingthegapsd.com **Email:** contact@linkingthegapsd.com
**Hours:** 8:00am - 7:00pm (CT), Monday - Thursday 8:00am - 3:00pm (CT), Friday
**Phone:** (605) 271-1199
**Eligibility:** Ages 10 - 75
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
- internet (tele-health) counseling

Counseling Services offered at Family Ties Christian Counseling
3500 S. Phillips Avenue, Suite 121, Sioux Falls, SD 57105
**Website:** familytieschristiancounseling.com **Email:** educator.84@hotmail.com
**Hours:** 2:00pm - 6:00pm (CT), Monday, Tuesday and Thursday 9:00am - 12:00noon (CT), Friday by appointment only
**Phone:** (605) 359-0034
**Eligibility:** Open to all
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 Sioux River Mental Health Services, LLC
3500 S. 1st Avenue Circle S., Suite A, Sioux Falls, SD 57105
**Hours:** 9:00am - 6:00pm (CT), Monday, Tuesday, Thursday, Friday 3:00pm - 6:00pm (CT), Wednesday
**Phone:** (605) 413-6957
**Eligibility:** Open to all
Provides mental health and substance abuse treatment services. Works with difficult clients involved in the legal system, suffering from Axis II disorders, and those who struggle to follow the rules. Also provides suicide prevention intervention services. Telehealth services are available.

Services include:
- individual counseling
- marriage counseling
- divorce counseling
- substance abuse counseling
- outpatient substance abuse treatment
- grief/bereavement counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- couples (conjoint) counseling
- play therapy
- mental health screening
- cognitive behavioral therapy
- adolescent/youth counseling
- parenting counseling
- spouse/intimate partner abuse counseling

Counseling Services offered at Family Service, Inc.
2210 S. Brown Place, Sioux Falls, SD 57105
Website: www.sdfsi.org  Email: support@sdfsi.org
Hours: 8:00am - 6:00pm (CT), Monday and Wednesday 8:00am - 7:00pm (CT), Tuesday 8:00am - 8:00pm (CT), Thursday 8:00am - 5:00pm (CT), Friday Saturday appointments are sometimes available and limited.
Phone: (605) 336-1974
Eligibility: Open to all
Family Service, Inc provides affordable counseling to all ages.

Heuermann Counseling Clinic offered at Family Service, Inc.
2210 S. Brown Place, Sioux Falls, SD 57105
Website: www.sdfsi.org  Email: support@sdfsi.org
Hours: 9:00am - 6:00pm (CT), Monday - Friday
Phone: (605) 336-1974
Eligibility: Individual income below $19,140.00 per year and no insurance; family based on number of individuals in the family.
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.

Counseling Services offered at Psychotherapy Associates of Sioux Falls
2210 S. Brown Place, Sioux Falls, SD 57105
Hours: 8:00am - 7:00pm (CT), Monday - Friday
Phone: (605) 332-1700
Eligibility: Open to all
Individual, couples, and family therapy available for children, adolescents, and adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of abuse/sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and post traumatic stress (PTSD). Psychodrama and eye movement desensitization and reprocessing (EMDR) treatments are available.

Sanford Women's - Mental Health Services offered at Sanford - Sioux Falls
1500 W. 22nd Street, Suite 301, Sioux Falls, SD 57105
Hours: 7:00am - 7:00pm (CT), Monday - Thursday / 7:00am - 5:00pm (CT), Friday / nights and weekends available upon request
Phone: (605) 328-7700
Eligibility: Open to all
Provides services to adults and adolescents; service specialty areas for adults include post-partum emotional response, infant loss, depression, anxiety, insomnia, life changes and adjustments; service specialty areas for adolescents include parent/child relationships, bullying, peer and relationship issues, and life adjustments.

Additional Location:
Medical Building 3
1500 W. 22nd Street, Suite 301
Sioux Falls, SD 57105

Sanford Psychiatry and Psychology Clinic offered at Sanford - Sioux Falls
2400 W. 49th Street, Sioux Falls, SD 57105
Hours: 8:00am - 5:00pm (CT), Monday - Friday *COVID info below
Phone: (605) 312-8700
Eligibility: Treatment services for children, adolescents, adults, and seniors
Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy.

Counseling Services offered at New Idea Counseling, LLC
2500 W. 49th Street, Suite 202, Sioux Falls, SD 57105
Website: newideacounseling.com　Email: anne@NewIdeaCounseling.com
Hours: By appointment only: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday
Phone: (605) 271-2676
Eligibility: Open to all ages 8+
Areas of specialty care include Transgender/Gender Diverse Assessment and Care, and Asperger's Syndrome/high functioning Autism Spectrum Disorder. Anne is a WPATH Certified Transgender Specialist, collaborating with primary care, endocrinology, and surgical teams across the U.S

Anger Management for Adults offered at Lutheran Social Services - Southeast Region
705 E. 41st Street, Suite 100, Sioux Falls, SD 57105
Website: https://lsssd.org/what-we-do/behavioral-health-services/　Email: info@lsssd.org
Hours: Call for more information.
Phone: (605) 444-7500
Eligibility: Open to adults
6-week class to learn how to better manage and express anger. Individual counseling also available.

Anger Management for Young Men offered at Lutheran Social Services - Southeast Region
705 E. 41st Street, Suite 100, Sioux Falls, SD 57105
Website: https://lsssd.org/what-we-do/behavioral-health-services/　Email: info@lsssd.org
Hours: Class times vary, call for information Office hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 357-0131
Eligibility: Young men under 18
Anger management class for young men. Class meets once a week for six weeks. The group's objectives are identifying anger and accepting that it exists, understanding how and where anger is learned, taking responsibility for behavior, and selecting choices in expressing anger.

Behavioral Health Services offered at Lutheran Social Services - Southeast Region
705 E. 41st Street, Suite 100, Sioux Falls, SD 57105
Website: https://lsssd.org/what-we-do/behavioral-health-services/　Email: info@lsssd.org
Hours: 8:00am - 8:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday
Phone: (855) 334-2953
Eligibility: Open to all
Offers a variety of counseling services on a sliding fee scale for individuals, families, couples, or groups.

Therapy offered at Lifescape
Feel free to share this information, we ask that you credit the Helpline Center as your source.
Sanford Women's - Mental Health Services offered at Sanford - Sioux Falls
5019 S. Western Avenue, Suite 200, Sioux Falls, SD 57108
**Hours:** 7:00am - 7:00pm (CT), Monday - Thursday / 7:00am - 5:00pm (CT), Friday / nights and weekends available upon request
**Phone:** (605) 328-7700
**Eligibility:** Open to all
Provides services to adults and adolescents; service specialty areas for adults include post-partum emotional response, infant loss, depression, anxiety, insomnia, life changes and adjustments; service specialty areas for adolescents include parent/child relationships, bullying, peer and relationship issues, and life adjustments.

Additional Location:
Medical Building 3
1500 W. 22nd Street, Suite 301
Sioux Falls, SD 57105

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
Provides support, direction and oversight for professionals who are experiencing potentially impairing mental health and substance use related illnesses. Gives assurance, hope, and inspires clients to engage and be successful in the recovery process. Offering services via telehealth.

Counseling Services offered at Counseling Resource
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
Outpatient mental health, substance abuse and co-occurring disorders therapy. Caring, confidential and professional.

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
**Hours:** 8:00am - 5:00pm (CT), Monday through Friday
**Phone:** (605) 400-9975
**Eligibility:** Ages 5 - 100
Telemental Health Clinical Psychiatric Visits Adult Psychiatry Child and Adolescent Psychiatry Psychiatric Medication Services Spravato Treatments TMS Treatments

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
**Hours:** 9:00am - 5:00pm (CT), Monday - Thursday
**Phone:** (605) 275-0009
**Eligibility:** Open to all
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.

Adult Services offered at Integrative Wellness
5000 S. Minnesota Avenue, Suite 200, Sioux Falls, SD 57108
**Website:** [www.integrativewellnesssd.com](http://www.integrativewellnesssd.com)  **Email:** integrativewellness@midconetwork.com
**Hours:** Day and evening hours vary by therapist  
**Phone:** (605) 271-1348  
**Eligibility:** Open to all  
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

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**Children’s Services offered at Integrative Wellness**  
5000 S. Minnesota Avenue, Suite 200, Suite 200, Sioux Falls, SD 57108  
**Website:** www.integrativewellnesssd.com  
**Email:** integrativewellness@midconetwork.com  
**Hours:** Day and evening hours vary by therapist  
**Phone:** (605) 271-1348  
**Eligibility:** Open to all  
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

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**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  
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.

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**Counseling Services offered at Integrated Care and Consultation, LLC**  
5117 S. Crossing Place, Suite 3, Sioux Falls, SD 57108  
**Hours:** Negotiable hours; night and weekend appointments are available.  
**Phone:** (605) 306-3240  
**Eligibility:** Open to all  
Mental health services with a holistic approach. Same day appointments are available for both counseling and psychiatry services.
Counseling Services offered at Wellness Collective, The
2333 W. 57th Street, Suite 103, Sioux Falls, SD 57108
Website: www.wellnesscollectives.com   Email: info@wellnesscollectivesd.com
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 271-5640
Eligibility: Open to all
The Wellness Collective is a multidisciplinary clinic that provides mental health, medical, and restorative services.

Counseling Services offered at Four Directions Counseling, Inc.
315 N. Main Avenue, Suite 201, Sioux Falls, SD 57109
Website: www.fourdirectionscounselinginc.com   Email: kb.fourdirections@gmail.com
Hours: Flexible appointments available including evenings and Saturdays.
Phone: (605) 359-5709
Eligibility: Open to all
Specializes in assessment and therapy for children, youth, and families involved in forensic settings such as the court system and child welfare. Services are provided throughout the community including the office, school, and home setting. Supervision, consultation, and training available for social workers, counselors. Organization training available on developing and providing effective treatment and services within forensic settings.

Behavioral Health Services offered at Center for Family Medicine
1115 E. 20th Street, Sioux Falls, SD 57105
Website: www.centerforfamilymed.org   Email: info@c4fm.org
Hours: 8:00am - 5:30pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday
Phone: (605) 339-1783
Eligibility: Open to all
Mental health services including individual, marital, and family therapy and also offers Medication Assisted Therapy (MAT).

Counseling Services offered at Renew Counseling Services LLC
5201 S. Western Avenue, Sioux Falls, SD 57108
Hours: 9:00am - 6:00pm (CT), Monday and Tuesday 9:00am - 3:00pm (CT), Thursday 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.
Committed to meeting the needs of each individual within a safe and confidential environment.

Counseling Services offered at Beck Counseling Services
2121 W. 63rd Place, Suite 400, Sioux Falls, SD 57108
Hours: 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday
Phone: (605) 838-8910
Eligibility: Open to adults
Helping individuals and couples walk through various complexities and challenges they face in life. Whether it's learning communication and problem solving skills, addressing infidelity, dealing with grief and loss or managing anxiety and depression - there is hope. Provides the following services: individual therapy; marital and couple's therapy; premarital; divorce; grief and loss; working through trauma from childhood abuse and neglect; family of origin; anxiety and depression.

Counseling Services offered at Midwest Wellness Institute, PLLC
4308 S. Arway Drive, Sioux Falls, SD 57106
Website: www.mwihealth.org/   Email: office@mwihealth.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday Office staff works remotely some days; please call before stopping in.
Phone: (605) 573-2000
Eligibility: Open to all
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, as well as NeuroStar TMS Advanced Therapy, Spravato Treatment, Suboxone Treatment, Botox Injections, Veteran's Compensation & Pension Examinations and Forensic Psychiatry.

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  
Works with clients toward personal growth and healing. Areas of specialty include: anxiety, depression, trauma, abuse history, relationship dysfunction, grief, co-dependence, life adjustment, phobias, post-traumatic stress disorder (PTSD), bipolar disorder, and a host of other issues. Therapeutic interventions include cognitive-behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), family therapy, solution focused brief therapy, Adlerian therapy, Gestalt techniques, Gottman Method, couples therapy, guided imagery, pain management, anger management, and more. Offering telehealth services. Prefer first session in person.

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  
Provides individual and family counseling for adolescents and adults. Areas of specialty include depression, anxiety, mood disorders, trauma, grief and loss, divorce adjustments, life transitions, postpartum depression, parent/adolescent conflict management, stress management and relaxation training, acute and chronic medical conditions, and life adjustments due to medical conditions, especially in area of Type 1 Diabetes.

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  
Individual and couples therapy.  
Offers Internal Family Systems therapy.

Counseling Services offered at Leah Weins
3220 W. 57th Street, Suite 111, Oak Center II Apartments, Sioux Falls, SD 57108  
**Hours:** Day hours only.  
**Phone:** (605) 496-8888  
**Eligibility:** Open to adults, family, and couples  
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 Robin Rossow LLC
3220 W. 57th Street, Suite 111,  Sioux Falls, SD 57108  
**Hours:** 8:00am - 2:00pm (CT), Monday and Wednesday 8:00am - 3:00pm (CT), Tuesday and Thursday  
**Phone:** (605) 250-1226  
**Eligibility:** Open to all  
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.

Empire Mental Health Support
737 W. 10th Street, Suite 103,  Sioux Falls, SD 57104
Support Groups offered at Empire Mental Health Support
737 W. 10th Street, Suite 103, Sioux Falls, SD 57104
Website: www.facebook.com/empirementalhealthsupport.org  Email: empiremhs@outlook.com
Hours: 6:30pm - 8:00pm (CT), Sunday
Phone: (605) 359-0995
Eligibility: Open to individuals 18 years of age and older
Support groups for people impacted by mental illness diagnoses led by trained facilitators of people with lived experiences. Group members help each other by sharing their lived experiences and learned wisdom.

Counseling Services offered at Stronghold Counseling Services, Inc.
4300 S. Louise Avenue, Suite 201, Sioux Falls, SD 57106
Website: www.strongholdcounseling.com  Email: info@strongholdcounseling.com
Hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday
Phone: (605) 334-7713
Eligibility: Open to all
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 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
Counseling for individuals, couples, and families on a variety of issues (including abuse). Individual and group licensure supervision for LPC, LPC-MH, and LMFT candidates. Consultation, training, staff development, and conflict management services are available for businesses and churches.

Counseling Services offered at Ronda Maass
4410 S. Tennis Lane, Sioux Falls, SD 57106
Hours: 12:00pm - 5:00pm (CT), Monday 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
Helping clients toward hope, healing and peace in their unique journey.

Counseling Services offered at Evenson Counseling
3701 W. 49th Street, Suite 108, Suite 113B, Sioux Falls, SD 57106
Hours: 9:00am - 5:00pm (CT), Monday - Friday Online scheduling is available.
Phone: (605) 777-0075
Eligibility: Open to adults and adolescents
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 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)  
**Hours:** 9:00am - 6:00pm (CT), Monday - Thursday by appointment  
**Phone:** (605) 271-6582  
**Eligibility:** Open to all  
Individual, family and couple's assessment and counseling for mental health and chemical dependency. Issues treated include:
- anxiety
- depression
- mood disorders
- adjustment disorders
- substance abuse disorders
- domestic abuse/violence
- grief and loss
- trauma
- relational issues
- significant life changes

Offering sessions via telehealth.

**Counseling Services offered at Clear Minded Counseling**
3701 W. 49th Street, Suite 204A, Sioux Falls, SD 57106  
**Hours:** 9:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 681-3345  
**Eligibility:** Open to all  
Provides the following services:  
- Individual Counseling  
- Parent-Child Interaction Therapy (PCIT)

Parent-Child Interaction Therapy (PCIT) is an evidenced based therapy for parents and their children age 2 - 7 who have emotional and behavioral issues. It focuses on building the parent child relationship while also coaching parents on how to manage their child's behavior.

Both traditional therapy and Parent-Child Interaction Therapy can be conducted through telehealth.

**Counseling Services offered at Ritzman Counseling Services**
3701 W. 49th Street, Suite 204B, Sioux Falls, SD 57106  
**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  
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 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

Provides mental health counseling to adolescents and adults struggling with life adjustments, anxiety, depression, trauma, and post-traumatic stress disorder (PTSD). Certified in eye movement desensitization and reprocessing (EMDR) to treat complex trauma, abuse, neglect, and other disorders. Services offered include:  
- individual counseling  
- divorce counseling  
- grief/bereavement counseling  
- dialectical behavioral therapy (DBT)  
- terminal illness counseling  
- child abuse counseling  
- child abuse survivor counseling for adults  
- couples counseling  
- mental health screening  
- trauma informed therapy  
- faith based counseling  
- cognitive behavioral therapy (CBT)  
- adolescent/youth counseling  
- parent counseling  
- hoarding counseling

Offers services in person and via telehealth.

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**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

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, and lesbian, gay, bisexual, and transgender population. Telehealth services available.

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**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

Believes that there is hope for everyone and that part of healing can come from connected relationships in which one is known and accepted.

Services provided:  
- individual counseling  
- marriage counseling  
- divorce counseling  
- faith based counseling  
- grief/bereavement counseling  
- cognitive behavioral therapy (CBT)  
- adolescent/youth counseling  
- terminal illness counseling  
- parent counseling  
- domestic violence/spouse/intimate partner abuse counseling  
- child abuse survivor counseling for adults  
- internet counseling (telemental health)  
- group counseling

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**Counseling Services offered at LaVelle and Associates**  
5024 S. Bur Oak Place, Suite 212, Sioux Falls, SD 57108
Feel free to share this information, we ask that you credit the Helpline Center as your source.

Counseling Services offered at Reverence Counseling Services, LLC
5021 S. Bur Oak Place, Sioux Falls, SD 57108
Website: www.reverencecounseling.com  Email: info@reverencecounseling.com
Hours: 8:30am - 4:30pm (CT), Monday - Thursday 8:00am - 11:30am (CT), Friday
Phone: (605) 937-6654
Eligibility: Ages 3 and up
Provides outpatient mental health services to children, adolescents and adults. Provides tailored therapy for individual growth and healing.

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
Medically Monitored Withdrawal Management:
-Individually 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 are 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
Hours: Monday - Friday; Call for specific hours
Phone: (605) 413-6835
Eligibility: Ages 13 and up.
A for-profit counseling center serving teens and adults in the Sioux Falls area. Also trained in Accelerated Resolution Therapy - a type of therapy that helps alleviate trauma symptoms.

Project Family Connect offered at Family Connection
421 W. 7th Street, Sioux Falls, SD 57104
Website: www.sdfamilyconnection.org  Email: info@sdfamilyconnection.org
Hours: Office hours: 9:00am - 4:00pm (CT), Monday - Friday
Phone: (605) 357-0777
Eligibility: Must have association with imprisonment
Provides free counseling for families coping with the stresses associated with imprisonment or reintegration into the family and society.

**Avera Medical Group Health Care Clinic - Coyote Clinic offered at Avera - Sioux Falls**
300 N. Dakota, Suite 117, Sioux Falls, SD 57104  
**Hours:** 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.  
Provides care to uninsured patients over the age of 18 for any acute medical problem, STD testing, psychiatric care, and flu shots.

**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  
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  
**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  
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  
**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  
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 Kimberly Keiser and Associates, LLC**
6320 S. Western Avenue, Suite 150, Suite 150, Sioux Falls, SD 57108  
**Website:** [www.kimberlykeiser.com](http://www.kimberlykeiser.com)  
**Email:** welcome@kimberlykeiser.com  
**Hours:** 8:00am - 6:00pm (CT), Monday - Friday  
**Phone:** (605) 274-0095  
**Eligibility:** Adult individuals and couples  
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.

**Counseling Services offered at Rising Hope Counseling, LLC**
6340 S. Western Avenue, Suite 120, Sioux Falls, SD 57108
Website: risinghope605.com   Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
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 Aspire Counseling, LLC
6340 S. Western Avenue, Sioux Falls, SD 57108
Website: www.aspirecounselingsd.com   Email: info@aspirecounselingsd.com
Hours: 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday
Phone: (605) 277-1422
Eligibility: Ages 5 and up
Provides therapy services for those with mental health needs, striving to meet clients in their time of need, creating a secure location to explore, process and establish healthy coping skills.

Services include:
- individual counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- dialectical behavioral therapy
- terminal illness 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
- gender identity counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling

Sanford Children’s Specialty Clinic offered at Sanford - Sioux Falls
1600 W. 22nd Street, Sioux Falls, SD 57117
Hours: 8:00am - 5:30pm (CT), Monday - Friday
Phone: (605) 312-1000
Eligibility: Children
Offers over 30 specialties including: Pediatric Psychiatry and Psychology.

Counseling Services offered at Lourdes Center, The
523 N. Duluth Avenue, Sioux Falls, SD 57104
Website: www.thelourdespercenter.com   Email: tlc@sfcatholic.org
Hours: 8:30am - 5:00pm (CT), Monday - Friday Tuesday evening by appointment.
Phone: (605) 988-3775
Eligibility: Open to all
Licensed, professional counseling for adults and children. All areas of counseling are available including individual, marriage, and family.

Psychiatry Services offered at Silver Lining Integrative Psychiatry
606 E. Tan Tara Circle, Sioux Falls, SD 57108
Website: https://silverliningintegrativepsychiatry.com/   Email: Intake@Silverliningintegrativepsychiatry.com
Hours: 9:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 558-0107
Eligibility: Ages 5 - 100
Provides counseling services to adolescents and adults struggling with anxiety, ADD/ADHD, depression, panic, bipolar disorders, and post-traumatic stress disorder (PTSD) in order to bridge the gap while patients are finding long-term counselors.
Services offered include:
- medication management
- adult psychiatry
- adolescent psychiatry
- geriatric psychiatry

Offers services in-person in Yankton and Sioux Falls and serving statewide via telehealth.

Counseling Services offered at Bartels Counseling Services, Inc.
6330 S. Western Avenue, Suite 140, Sioux Falls, SD 57108
Website: www.bartelscounselingservicesinc.com   Email: bartelscounselingservicesinc@midconetwork.com
Hours: 8:00am - 9:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday
Phone: (605) 310-0032
Eligibility: Open to all
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.

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
Hours: Medical: Closed / Telemedicine availability or call for appointment. Dental: Available to Hawthorne Students Only. Call (605) 367-8022 to schedule an appointment.
Phone: (605) 367-8793
Eligibility: Open to all
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
Hours: Medical Clinic Main Site: 7:30am - 5:00pm (CT), Monday - FRiday Dental: 7:30am - 5:00pm, Monday - Thursday / 7:30am - 1:00pm, Friday Same day appointments available at one of four sites (on most days) Hours for the Dental Clinic: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 1:00pm (CT), Friday
Phone: (605) 367-8760
Eligibility: Open to all
A sliding fee scale family practice medical clinic with four locations and a dental clinic with emphasis on health promotion and disease prevention, mental health counseling, psychiatry services, and pharmacy assistance to clinic clients.

Counseling Services offered at Wellspring Therapy Center
4301 W. 57th Street, Suite 100, Sioux Falls, SD 57108
Website: www.wellspringtherapysf.com   Email: wellspringtherapyoffice@gmail.com
Hours: 8:00am - 8:00pm (CT), Monday - Friday Weekends by appointment
Phone: (605) 335-1516
Eligibility: Open to all
Individual, couples, and family therapy for the treatment of various adjustment problems and psychological disorders in children, adolescents, and adults. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, parenting adult children, chronic illness, anxiety, depression, post-traumatic stress disorder, parent education, abuse, eating disorders, marital infidelity issues, substance abuse issues, and immigration adjustment concerns. Therapeutic methods used include: eye movement desensitization and reprocessing therapy (EMDR), cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), emotionally focused couples therapy (EFT), and psychodynamic therapy.

**Behavioral Health and Substance Abuse Services offered at South Dakota Urban Indian Health**
1200 N. West Avenue, South Dakota Urban Indian Health Clinic, Sioux Falls, SD 57104
**Hours:** 9:00am - 5:00pm (CT), Monday - Friday Summer hours: 7:30am - 4:00pm (CT), Monday - Friday
**Phone:** (605) 339-0420
**Eligibility:** Open to all: Native and Non-Natives are welcome
Behavioral Health Services are available from licensed substance abuse and mental health counselors. Chemical Dependency assessments and Level 1.0 Counseling, as well as individual, couples, and family behavioral health counseling are offered. Transportation is available for current patients if needed.

**Counseling Services offered at Janel M. Schmidt Inc.**
5000 S. Broadband Lane, Suite 107, Sioux Falls, SD 57108
**Hours:** Monday - Friday: call for appointment.
**Phone:** (605) 275-2277
**Eligibility:** Open to all
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 and Play Therapy Services offered at Compass Center, The**
1704 S. Cleveland Avenue, Suite 3, Sioux Falls, SD 57103
**Website:** [thecompasscenter.org](http://thecompasscenter.org)
**Email:** info@thecompasscenter.org
**Hours:** 9:00am - 5:00pm (CT), Monday, Wednesday 9:00am - 8:00pm (CT), Tuesday, Thursday
**Phone:** (605) 339-0116
**Eligibility:** Open to all primary and secondary victims of sexual, relational, and family trauma, ages 3 and up
Offers no cost counseling and play therapy to survivors of sexual, relational, and family trauma. Services also include advocacy, safety planning, assistance with filing a protection order, and support group.

**Counseling Services offered at Alexander Therapy & Consulting, PLLC**
No Physical Address, Sioux Falls, SD 57103
**Hours:** 9:00am - 9:00pm (CT), Monday and Tuesday 9:00am - 3:00pm (CT), Wednesday
**Phone:** (605) 206-9301
**Eligibility:** Adults ages 18 and up
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
Offers adherent and comprehensive dialectical behavior therapy (DBT) along with trauma treatment.

Currently serve adults, adolescents (12 - 17) and the LGBTQ+ individuals who struggle with suicide, self-harming, eating disorders, chemical dependency, trauma, borderline personality disorder (BPD), unresponsive anxiety and depression. DBT is proven to be effective at helping individuals step away from harmful behaviors and experience a life worth living.

Program includes weekly individual DBT therapy, weekly DBT skills groups, and 24-hour phone coaching.

**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 - Friday
**Phone:** (605) 362-5803
**Eligibility:** Open to all
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 Darla Huffman Counseling Services**
6809 S. Minnesota Avenue, Suite 102, Sioux Falls, SD 57108
**Website:** www.jituzu.com/site/dhcounseling   **Email:** darlajhuffman@outlook.com
**Hours:** In-person Monday and Tuesday by appointment Telehealth available Monday - Thursday by appointment
**Phone:** (605) 370-4442
**Eligibility:** Open to all
Counseling for individuals and couples, working with, but not limited to issues such as depression, anxiety, illness, bereavement, trauma, and abuse.

Can provide counseling via online video sessions. Intake information is required prior to first therapy session. The session is typically a 55 minute session, much like those who come in for an in person session.

**Counseling Services offered at Stacy Gorman, LLC**
6809 S. Minnesota Avenue, Suite 103, Sioux Falls, SD 57108
**Hours:** Day appointments available, Tuesday - Friday
**Phone:** (605) 940-6422
**Eligibility:** Individual Counseling for Adults
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
**Website:** www.restorationcounseling.biz   **Email:** luanna@restorationcounseling.biz
**Hours:** Monday - Friday, by appointment
**Phone:** (605) 838-9655
**Eligibility:** Open to adolescents and adults.
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
**Hours:** 10:00am - 7:00pm (CT), Monday - Thursday  
**Phone:** (605) 988-8125  
**Eligibility:** Open to all  
Addresses the following:  
- Marital and Premarital counseling  
- Anxiety  
- Depression  
- Life Transitions  
- Grief  
- Women's Issues  
- Post Partum Concerns  
- Mood Disorders  
- Couples Counseling  

Offering 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  
**Hours:** 12:30pm - 4:30pm (CT), Monday - Thursday  
**Phone:** (605) 367-8793  
**Eligibility:** Open to all  
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  
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  
**Hours:** 8:00am - 8:00pm (CT), Monday - Friday, or by appointment  
**Phone:** (855) 888-8627  
**Eligibility:** Open to all  
Provides group and individual counseling program for low income and financial hardship eligible clients.

**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  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday Evenings and weekends by appointment only  
**Phone:** (855) 888-8627  
**Eligibility:** Low income or financial hardship  
Individual counseling, family counseling, couples counseling, group counseling, advocacy, and life coaching services. Topics covered include: trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, grief, family issues/dynamics, women's issues, domestic violence concerns, and other life challenges. Available at reduced rates based on low-income application and financial hardship application process.

**Support Groups offered at Moore Counseling Group**  
Most groups meet at: 5421 W. 41st Street, Suite 207, Sioux Falls, SD 57106
**Hours:** Call for information  
**Phone:** (855) 888-8627  
**Eligibility:** Open to all adults 18 and older  
Variety of groups available:  
- Divorce (or After Relationship) Group  
- Support group for adults going through the pain experienced at the end of a relationship (divorce, separation, break up). Support group is led by a licensed professional counselor. Babysitting during support group (must call ahead to register). - Lasts for 12 weeks and 10 persons maximum allowed in group.  
-Co-Dependent No More  
-Life After Co-Dependency  
-Loss Support Group (for those coping with significant losses in life)  
-Parent Support Group (in the Hayward Elementary School area)

**Counseling Services offered at Restored To New Life Services**  
1915 E. 8th Street, Suite 102, Sioux Falls, SD 57103  
**Hours:** 9:00am - 8:00pm (CT), Monday - Thursday  
**Phone:** (605) 271-7712  
**Eligibility:** Open to all  
Individual Therapy, Marriage and Family Therapy, Mental Health Treatment, Substance Abuse, Gambling and Sexual Addiction Treatment.

**Avera Behavioral Health - Adolescent Partial Program offered at Avera - Sioux Falls**  
4400 W. 69th Street, Sioux Falls, SD 57108  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 322-4056  
**Eligibility:** Adolescents ages 12 - 18  
Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adolescent outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay.  
-Partial Hospital Program (PHP)  
-Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary.  
-5 days per week, 4 hours per day.  
-Intensive Outpatient Program (IOP)  
-The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs.  
-Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.

**Avera Behavioral Health Urgent Care offered at Avera - Sioux Falls**  
4400 W. 69th Street, Sioux Falls, SD 57108  
**Hours:** Open 24 hours a day / 7 days a week  
**Phone:** (605) 322-4065  
**Eligibility:** Open to all  
Provides a level of care assessment and identifies referral options for patients in behavioral health crisis.

**Avera McKennan Behavioral Health Center - Assessment and Referral offered at Avera - Sioux Falls**  
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  
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 - Sioux Falls
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
Individual, couples, or family therapy for the treatment of children, adolescents, adults, and seniors focusing on issues including, but are not limited to anxiety, mood, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post-traumatic stress (PTSD), abuse issues, eating disorders, dementia, grief and loss, childhood emotional and behavioral disorders, spirituality, stress management, and executive health. Evaluations available include psychiatric, psychological, neuropsychological, forensic, and custody.

Counseling Services offered at 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
Independent psychotherapy practice offering general outpatient counseling services for adult individuals and couples.

Counseling Services offered at Pathways Counseling
1601 E. 69th Street, Suite 206, Sioux Falls, SD 57108
**Website:** www.pathwayscounselingsd.com  
**Email:** office@pathwayscounselingsd.com
**Hours:** 9:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 215-4364
**Eligibility:** Ages 5 - 80
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
**Website:** staceylpc.com  
**Email:** stacey@staceylpc.com
**Hours:** By appointment.
**Phone:** (605) 271-9890
**Eligibility:** Age 11 and older
Confidential and professional counseling for children and adults age 11 and older. Services offered for depression, anxiety, Post-Traumatic Stress (PTSD), abuse, domestic violence, behavior problems, separation and divorce, and adjustment disorder.

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

Coaching and Counseling Services offered at Glow - Glorious Lifestyle Optimal Weight
1601 E. 69th Street, Suite 103, Sioux Falls, SD 57108
**Website:** https://glowapproach.com/  
**Email:** DrLyn@glowapproach.com
**Hours:** 8:30am - 5:00pm (CT), Monday - Thursday
**Phone:** (605) 373-9066
**Eligibility:** Open to all
Specializing in disordered eating, including emotional eating/ binge-eating disorder and weight loss coaching.
**Therapy Services offered at Childrens Home Shelter for Family Safety**
113 N. St. Paul Avenue, Sioux Falls, SD 57103  
**Website:** www.chssd.org/childrensinn  
**Email:** childrensinn@chssd.org  
**Hours:** 24 hours a day / 7 days a week  
**Phone:** (605) 338-4880  
**Eligibility:** Individual counseling available to those in shelter, or the public. Children age 3 and older. Individual, child and family therapy is available to victims of domestic violence, stalking, sexual assault or child abuse. Therapy offered includes crisis counseling for women and children in shelter and ongoing therapy for individuals from the community who have been or are currently a victim of abuse. Therapy services are offered free of charge. Telehealth services available.

**Counseling Services offered at Breakthrough Christian Counseling & Alternative Education Center**  
1701 E. 69th Street, Sioux Falls, SD 57108  
**Website:** www.breakthroughsfsc.org  
**Email:** info@breakthroughsfsc.org  
**Hours:** 8:00am - 5:30pm (CT), Monday - Thursday 8:00am - 3:30pm (CT), Friday *Counselors are available for evening appointments Monday - Thursday  
**Phone:** (605) 275-2280  
**Eligibility:** Teenagers (ages 11-18), adults, and families  
General Outpatient offers individual and family counseling on a bi-weekly or weekly basis depending on the plan of care. Intensive Outpatient offers 3+ sessions per week along with a space for alternative school utilizing distance learning from the individual's school district.  
Offers a variety of counseling services including family counseling, trauma informed therapy, faith based counseling, adolescent/youth counseling, and parent counseling. Also provides Eye Movement Desensitization and Reprocessing (EMDR) therapy, spiritual mentor, and care team.

**Biblical Counseling Services offered at New Haven**  
1915 E. 8th Street, Suite 102, Sioux Falls, SD 57103  
**Website:** www.newhavensf.org  
**Email:** info@newhavensf.org  
**Hours:** 9:30am - 6:00pm (CT), Monday - Thursday 9:30am - 1:00pm (CT), Friday Closing can be adapted to needs of person asking for help.  
**Phone:** (605) 274-1558  
**Eligibility:** Open to all  
Faith Based Counseling.

**Sanford Psychiatry and Psychology Clinic offered at Sanford - Sioux Falls**  
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  
Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy.

**Counseling Services offered at Sioux Empire Christian Counseling, Inc.**  
2000 S. Sycamore Avenue, Suite 101, Sioux Falls, SD 57110  
**Website:** www.siouxempirechristiancounseling.com  
**Email:** Tonyboer.secc@midconetwork.com  
**Hours:** 9:00am - 6:00pm (CT), Monday - Thursday  
**Phone:** (605) 271-0261  
**Eligibility:** Open to all ages 10 and up  
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. Also offers grief therapy and trauma focused therapy.
Counseling Services offered at Jane Webster, LLC  
2000 S. Sycamore Avenue, Suite 101, Sioux Falls, SD 57110  
**Hours:** Afternoon and evening appointments.  
**Phone:** (605) 261-0819  
**Eligibility:** Open to all  
Provides individual, couples and family counseling. Treatment specialization includes: therapy for depression and anxiety; couples counseling; family counseling; parenting support; counseling with adolescents; grief counseling; work and career issues; stress management; conflict resolution; spiritual concerns; Eye Movement Desensitization and Reprocessing (EMDR). Offering telehealth services.

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  
**Hours:** By appointment  
**Phone:** (605) 961-4746  
**Eligibility:** Brittany: Ages 5+  Sarah: Ages 10+  Nicole: Ages 5+  Nicole: Ages 5+  Provides mental health therapy services in the Sioux Falls area for individuals, families, and couples dealing with life's challenges.

Offers:  
- individual counseling  
- marriage counseling  
- grief/bereavement counseling  
- family counseling  
- couples (conjoint) counseling  
- mental health screening  
- cognitive behavioral therapy  
- adolescent/youth counseling  
- parent counseling  
- internet (tele-health) counseling

Counseling Services offered at Lighting A New Way Counseling Services  
1500 S. Sycamore Avenue, Suite 102, Ste 102, Sioux Falls, SD 57110  
**Hours:** Daytime and evening available, Monday - Friday; by appointment only.  
**Phone:** (605) 361-0114  
**Eligibility:** Open to all  
Individual, couples, and family therapy provided for adults and adolescents. Specialties include skill building and treatment of depression, anxiety, trauma, grief and loss, abuse, and post-adoption family and attachment coaching. Equips parents of adopted and foster children with necessary tools through classes and individual support. Also, does workshops on various topics.

Options for telemental health services.

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  
Individual, couples, children, and family counseling. Staff tailors treatment to support growth and healing. Treatment specializations include depression, anxiety, traumatic experiences/abuse, post traumatic stress (PTSD), attachment challenges, parenting support, grief and loss, work and career issues, stress management, addiction and recovery, and conflict resolution. Offers BrainPaint Neurofeedback, hypnosis, Eye Movement Desensitization and Reprocessing (EMDR), Parenting group, Nurturing Parenting program, Play Therapy, adoption, parent/child relationship, and foster parent support.

Working with clients to determine what is best for their situation regarding telehealth.
Counseling Services offered at LifeGate Christian Counseling
6820 W. 26th Street, Sioux Falls, SD 57106
Website: www.lifegatechristiancounseling.com Email: lifegatechristiancounseling@gmail.com
Hours: 9:00am - 6:00pm (CT), Monday - Wednesday 9:00am - 12:00noon (CT), Thursday
Phone: (605) 929-1060
Eligibility: Open to all
Individual, couple, and family therapy. Providing emotionally focused individual and couples therapy. Also providing Eye Movement Desensitization and Reprocessing (EMDR).

Also, able to provide counseling via telehealth. Services only available to clients in South Dakota and Texas. This service is not covered by/available to patients on Medicare/Medicaid.

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
Hours: 7:30am - 11:30am; 12:30pm - 4:30pm (CT), Monday, Tuesday Thursday 12:30pm - 4:30pm (CT), Wednesday 7:30am - 11:30am (CT), Friday
Phone: (605) 367-8793
Eligibility: Open to all
A sliding fee scale family practice medical clinic with four locations and a dental clinic with emphasis on health promotion and disease prevention, mental health counseling, psychiatry services, and pharmacy assistance to clinic clients.

Therapy offered at Lifescape
7220 W. 41st Street, Sioux Falls, SD 57106
Hours: 8:00am - 5:30pm (CT), Monday - Friday
Phone: (605) 444-9700
Eligibility: Open to all who could benefit from therapy services.
Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

Counseling Services offered at Bethesda Christian Counseling Midwest, Inc.
400 S. Sycamore Avenue, Suite 105-3, Suite 105-3, Sioux Falls, SD 57110
Website: www.bethesdachristiancounseling.org Email: info@bethesdachristiancounseling.org
Hours: 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 12:00noon (CT), Friday
Phone: (605) 334-3739
Eligibility: Open to all
A Christian counseling agency staffed by professionally trained and licensed clinicians.
-Provides individual, marriage, and family outpatient therapy for all regardless of gender, race, or creed.
-Services also include church health.
-Provides various prevention education programs to churches and civic organizations on an as-requested basis.
-Medication evaluation and management.

Counseling Services offered at Archway Counseling and Wellness LLC
5010 E. Rosa Parks Place, Sioux Falls, SD 57110
Hours: Call for information
Phone: (605) 202-5956
Eligibility: Ages 9-60
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 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 9 years of age and older
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 Carroll Institute**  
5625 S. Southeastern Avenue, Sioux Falls, SD 57108  
**Hours:** Hours vary with client needs.  
**Phone:** (605) 271-3441  
**Eligibility:** Open to all  
Provides individual, couples, and family services for those experiencing personal, relational, and psychological issues.

**Counseling Services offered at Revival Counseling Services, Inc**  
4948 E. 57th Street, Sioux Falls, SD 57108  
**Website:** Revivalcounselingservices.org  
**Email:** Revivalcounselingservices@gmail.com  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 359-0303  
**Eligibility:** Open to all  
Individual and couples mental health and chemical dependency counseling to children, adolescents, and adults with a variety of issues including, but not limited to: depression, anxiety, obsessive compulsive disorder (OCD), physical and or sexual abuse, trauma, chemical dependency and other addictions, co-occurring disorders, family issues, behavioral issues, relationship issues, sexual identity, adjustment disorders, career issues, adoption issues, attachment issues, personality disorders, stress management, women's issues, eating disorders, post traumatic stress (PTSD), and crisis prevention. Offers EMDR (Eye Movement Desensitization and Reprocessing). Telehealth sessions available.

**Counseling Services offered at Integrated Care and Consultation, LLC**  
5048 E. 57th Street, Suite B, Sioux Falls, SD 57108  
**Hours:** Negotiable hours; night and weekend appointments are available.  
**Phone:** (605) 306-3240  
**Eligibility:** Open to all  
Mental health services with a holistic approach. Same day appointments are available for both counseling and psychiatry services.

**Counseling Services offered at Counseling Cafe, The**  
4804 S. Minnesota Avenue, Suite 108, Sioux Falls, SD 57108  
**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  
Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include:  
- Evaluations and assessments  
- Professional therapy and counseling  
- Free coffee bar and baked goods for clients  
Licensed clinical professionals work with individuals, couples and families.

**Avera Medical Group 69th and Cliff offered at Avera - Sioux Falls**  
6215 S. Cliff Avenue, Sioux Falls, SD 57108  
**Hours:** 7:30am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 322-3300  
**Eligibility:** Open to all  
Offers:  
- Family medicine  
- OB/GYN  
- Pediatrics  
- Behavioral health  
- Mammography
Avera Medical Group Internal Medicine Women’s offered at Avera - Sioux Falls
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
Primary care and preventive care for adult women. Including services such as:
- Allergy Injections
- Basic testing, including EKG’s for conditions of arteries and veins
- Bone density screening
- Care for common and specialized illnesses and injuries, such as fractures
- Drug screening and substance abuse evaluations
- Immunizations
- Health screenings
- Laboratory services, stress tests, X-rays and ultrasound procedures
- Lesion removal, dermatology services and wound care
- Osteopathic manipulative treatment
- Pulmonary care
- Routine prenatal care, regular health maintenance exams and checkups, and physicals required for the workplace or pre-surgical preparation
- Hormone replacement

Counseling focused on individualized mental health treatment for adults and adolescents. Specialties in eating disorders, depression, anxiety, women's issues, life changes and adjustments, and medical nutrition therapy.

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
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
6209 E. Silver Maple Circle, Suite 2, Sioux Falls, SD 57110
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
Mental health and addiction counseling services.

Counseling Services offered at Sprout Play Therapy and Counseling Services
6209 E. Silver Maple Cir. 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
Play therapy services for children ages 3-12. Adolescent therapeutic services are also available along with family and sibling support.

State Office offered at NAMI South Dakota
1601 E. 69th Street, Suite 210, Sioux Falls, SD 57104
Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 271-1871
Eligibility: Open to all
Provides practical support group, useful education, and understanding to people who are living and coping with neurobiologically based brain diseases and to their family members.
NAMI South Dakota in Sioux Falls offered at NAMI South Dakota
1601 E. 69th Street, Suite 210, Sioux Falls, SD 57104
**Hours:** Flexible hours; call to schedule an appointment if an emergency dial 211 or go to a mental health facility for an assessment
**Phone:** (605) 271-1871
**Eligibility:** Open to all adults that have a lived experience with mental illness
Provides support groups, education and understanding to people who are living and coping with mental health conditions and to their family members.

Counseling Services offered at Truth & Grace Counseling
125 W. 1st Street, Tea, SD 57064
**Hours:** 9:00am - 6:00pm (CT), Monday, Wednesday 10:00am - 7:00pm (CT), Tuesday, Thursday 9:00am - 5:00pm (CT), Friday Other hours by appointment only
**Phone:** (605) 777-1898
**Eligibility:** Open to all
Using multiple therapeutic approaches along with empathy and compassion to help people sort out negative images of themselves. Telehealth sessions available.

Counseling Services offered at Agap Counseling Center, LLC
700 S. 8th Avenue, Brandon, SD 57005
**Website:** www.agapecounselingsd.com  
**Email:** agapeakecounselingbrandon@gmail.com
**Hours:** 8:00am - 8:00pm (CT), Monday - Friday 8:00am - 12:00noon (CT), Saturday All sessions are by appointment only and will be determined by providers availability.
**Phone:** (605) 582-4722
**Eligibility:** Open to all
Counseling and therapy services include marriage, couples, and family. Focus areas include depression, anxiety, grief, chemical dependency, abuse, body image, spirituality, and life transitions. Offering services via telehealth.

Counseling Services offered at New Day Counseling Services, LLC
1320 E. Rushmore Drive, Suite 107, Brandon, SD 57005
**Email:** newday@alliancecom.net
**Hours:** 9:00am - 7:00pm (CT), Monday - Friday
**Phone:** (605) 582-7418
**Eligibility:** Open to all
Client-centered, cognitive behavioral and energy based counseling for children, teens, adults, and families. For children, play therapy addresses many issues including physical and sexual abuse, grief and loss, anxiety, depression, recovery from traumatic events, divorce, and foster or adoptive situations.

Individual and family counseling for children and teens addresses behavior disorders, family and relationship issues, parenting concerns, substance abuse, eating disorders, self-harming behaviors, chronic mental illness, anxiety, depression, and self-esteem. Sessions often focus on exploring and shifting core beliefs through resolving past issues.

For adults, sessions blend Cognitive Behavioral and Client Centered Therapies with Energy Psychology techniques to understand how their issues may be influenced by past trauma. By identifying dysfunctional core beliefs and resolving the events/ emotions that helped create those false beliefs, clients can move forward with more joy, less stress and confidence in their own power to heal.

Sessions utilize energy balancing and clearing techniques (Emotional Freedom Technique, Emotional Code/Body Code and Matrix Reimprinting) as appropriate to release blocked emotions and energy for clients of all ages. Flexible scheduling allows for sessions to be held in the office or other community settings when possible, and telehealth sessions are available.

Counseling Services offered at Back to Basics Counseling
48575 267th Street, Valley Springs, SD 57068
**Website:** back-to-basics-counseling.business.site  
**Email:** scarecrow@alliancecom.net
Feel free to share this information, we ask that you credit the Helpline Center as your source.
Equine Assisted Counseling/Psychotherapy

**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)  
Hope Harbor is a life-changing commitment for the teen and the entire family.

**Support Group offered at Ransom Church**
610 S. 3rd Avenue, Rock Rapids Campus, Rock Rapids, IA 51246  
Website: [www.ransomchurch.com/freedom](http://www.ransomchurch.com/freedom)  
Email: [recovery@ransom.church](mailto:recovery@ransom.church)  
Hours: In-person groups: 7:00pm (CT), Tuesday  
Phone: (605) 339-3733  
Eligibility: Open to all  
Ransom Church believes that healing starts with worshiping the Father together in community. Anyone who needs to be loved on is welcome. Childcare is available during group meetings.  
Here are just a few areas of support:  
- Depression  
- Grief  
- Life Issues Groups  
- Codependency  
- Abuse  
- Pornography  
- Anger and Control  
- Chemical Dependency  
- Food Issues

**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  
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Counseling Services offered at Rising Hope Counseling, LLC**
700 S. Washington Avenue, Suite 100, Madison, SD 57042  
Website: [risinghope605.com](http://risinghope605.com)  
Email: [admin@risinghope605.com](mailto:admin@risinghope605.com)  
Hours: Call for information  
Phone: (605) 494-1500  
Eligibility: Open to all  
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
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Heartland Psychological Services
116 Market Street, Vermillion, SD 57069
Website: sdheartland.com  Email: reception@heartland.com
Hours: 8:00am - 5:00pm (CT), Monday - Friday Evenings by appointment
Phone: (605) 665-0841
Eligibility: Open to all
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  Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
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  Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC
120 S. Main Street, The Minor County Pioneer, Howard, SD 57349
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
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 Psychiatric Services, LLC
306 4th Street, Suite G, Brookings, SD 57006
Email: clientservices@strivingtoimprove.org
Hours: 8:00am - 5:00pm (CT), Monday, Tuesday, and Thursday
Phone: (605) 988-8366
Eligibility: Open to all
Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Counseling Services offered at Rising Hope Counseling, LLC
Counseling Services offered at Stronghold Counseling Services, Inc.
610 W. 23rd Street, Suite 8, Yankton, SD 57078
Website: www.strongholdcounseling.com Email: info@strongholdcounseling.com
Hours: 10:00am - 8:00pm (CT), Monday - Thursday
Phone: (605) 334-7713
Eligibility: Open to all
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 Heartland Psychological Services
614 Broadway Avenue, Yankton, SD 57078
Website: sdheartland.com Email: reception@heartland.com
Hours: 8:00am - 5:00pm (CT), Monday - Friday Evenings by appointment
Phone: (605) 665-0841
Eligibility: Open to all
Works with children through geriatric age. Services provided include individual therapy, family therapy, marital therapy, attention deficit hyperactivity disorder (ADHD) testing, and medication management.

Psychiatry Services offered at Silver Lining Integrative Psychiatry
100 Douglas Avenue, Yankton, SD 57078
Website: https://silverliningintegrativepsychiatry.com/ Email: Intake@Silverliningintegrativepsychiatry.com
Hours: By appointment only
Phone: (605) 558-0107
Eligibility: Ages 5 - 100
Provides counseling services to adolescents and adults struggling with anxiety, ADD/ADHD, depression, panic, bipolar disorders, and post-traumatic stress disorder (PTSD) in order to bridge the gap while patients are finding long-term counselors. Services offered include:
- medication management
  - adult psychiatry
  - adolescent psychiatry
  - geriatric psychiatry

Offers services in-person in Yankton and Sioux Falls and serving statewide via telehealth.

Counseling Services offered at Rising Hope Counseling, LLC
600 Billars Street, Scotland, SD 57059
Website: risinghope605.com Email: admin@risinghope605.com
Hours: Call for information.
Phone: (605) 494-1500
Eligibility: Open to all
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**

104 W. Main Street, Parkston, SD 57366  
**Website:** risinghope605.com  
**Email:** admin@risinghope605.com  
**Hours:** Call for information  
**Phone:** (605) 494-1500  
**Eligibility:** Open to all  

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Post-Secondary Education offered at Mitchell Technical College**

1800 E. Spruce Street, Mitchell, SD 57301  
**Website:** www.mitchelltech.edu  
**Email:** questions@mitchelltech.edu  
**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 995-3025  
**Eligibility:** Open to all  

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.

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

1401 N. Main Street, Mitchell, SD 57301  
**Website:** risinghope605.com  
**Email:** admin@risinghope605.com  
**Hours:** 9:00am - 5:00pm (CT), Monday and Wednesday 10:00am - 6:00pm (CT), Tuesday  
**Phone:** (605) 494-1500  
**Eligibility:** Open to all  

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

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

Marshall, MN 56258  
**Website:** www.hopeharbormn.org  
**Email:** office@hopeharbormn.org  
**Hours:** Office Hours: 8:00am - 4:00pm (CT), Monday - Friday Program: 24 hours a day / 7 days a week  
**Phone:** (507) 537-4525  
**Eligibility:** On site program: Teens age 12-17 Gender by site (female in Marshall and Winona, male in Parker)  

Hope Harbor is a life-changing commitment for the teen and the entire family.

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

110 3rd Street S.W., Suite 107, Huron, SD 57350  
**Website:** risinghope605.com  
**Email:** admin@risinghope605.com  
**Hours:** Call for more information  
**Phone:** (605) 494-1500
Eligibility: Open to all  
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  
818 S. Broadway, Suite 113, 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+  
Provides mental health counseling for children, adults, families and couples. Including the following services:  
- individual counseling  
- marriage counseling  
- divorce counseling  
- grief/bereavement counseling  
- LGBTQ counseling  
- child abuse counseling  
- child abuse survivor counseling for adults  
- family counseling  
- couples (conjoint) counseling  
- trauma informed therapy  
- cognitive behavioral therapy  
- adolescent/youth counseling  
- parent counseling  
- spouse/intimate partner abuse counseling  
- internet (tele-health) counseling  
- farm crisis counseling  
- retirement and aging concerns

Counseling Services offered at Rising Hope Counseling, LLC  
818 S. Broadway Street, Suites 109 & 110, Watertown, SD 57201  
Website: risinghope605.com  
Email: admin@risinghope605.com  
Hours: Call for information.  
Phone: (605) 494-1500  
Eligibility: Open to all  
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  
118 S. Main Street, Suite 1, Chamberlain, SD 57325  
Website: risinghope605.com  
Email: admin@risinghope605.com  
Hours: Call for information.  
Phone: (605) 494-1500  
Eligibility: Open to all  
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC  
841 Jackson Street, Suite C, Burke, SD 57523  
Website: risinghope605.com  
Email: admin@risinghope605.com  
Hours: Call for information.  
Phone: (605) 494-1500  
Eligibility: Open to all  
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.
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**
426 N. Highway 281, Suite 3, Aberdeen, SD 57401  
**Website:** risinghope605.com  
**Email:** admin@risinghope605.com  
**Hours:** Call for more information.  
**Phone:** (605) 494-1500  
**Eligibility:** Open to all

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

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

**Educational Directory (Elementary, Intermediate, Middle and High Schools) offered at South Dakota Department of Education**
No Physical Address, Pierre, SD 57501  
**Hours:** See website for details.  
**Eligibility:** Open to all

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  
**Email:** admin@risinghope605.com  
**Hours:** Call for information.  
**Phone:** (605) 494-1500  
**Eligibility:** Open to all

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.
**Emotions Anonymous International**
No Physical Address, Saint Paul, MN 55104  
**Hours:** Vary by meeting, please see description for information.  
**Phone:** (651) 647-9712  
**Eligibility:** Open to adults  
12-step program for individuals who want to become emotionally well. Support group meetings lead by peers, following the 12-step model of recovery.

There are many forms of virtual meetings available. Go to www.emotionsanonymous.org for meeting information.

**Counseling Services offered at Support Circle, The**
1710 E. Grand Crossing, Mobridge, SD 57601  
**Website:** [https://www.thesupportcircle.com/](https://www.thesupportcircle.com/)  
**Email:** hello@thesupportcircle.com  
**Hours:** 8:00am - 10:00pm (CT)  
**Phone:** (605) 845-2058  
**Eligibility:** Open to individuals 5 years of age and older.  
To provide individualized care for a variety of situations.

**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  
**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)  
Hope Harbor is a life-changing commitment for the teen and the entire family.

**Prevention Services offered at Aneptu Luta Otipi**
North Route, Kyle, SD 57752  
**Hours:** 8:00am - 4:30pm (MT), Monday - Friday  
**Phone:** (605) 455-2331  
**Eligibility:** Enrolled Tribal Members 12 years of age and older; degree of Indian blood or Tribal Enrollment number required.
A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (i.e., wacatognaka (generosity), woohitika (courage), wowacita'ka (perseverance), waoholaka (respect), wausila (compassion), and woksape (wisdom)).

Prevention services include:
- Prevention:
  - Aims to delay the initiation and/or progression ATODs. Prevention initiatives can be implemented at the population level as well as within the small group setting. Anpetu Luta Otipi's strategy for prevention includes: 1. Developing the capacity of prevention stakeholders to plan and implement evidence based prevention practices; 2. Promote policies that promote the health of the public and restrict access to ATODs; 3. Health promotion/disease prevention through social Marketing and health communication; and 4. facilitation of cultural-based alcohol and drug free events that communicate public health messages.

- Early Intervention:
  - Aims to curb at-risk behavior (i.e., binge drinking) that has not yet become a disorder (i.e., alcoholism). Early Intervention services are delivered in groups or one-on-one with clients. Early Intervention links the client with both internal and/or external resources that are the most appropriate for his/her situation. Offers 2 types of early interventions:
    - South Dakota's DUI First Program, provides 12 hours of education to individuals who have been convicted of a first offense DUI/DWI.
    - Provides youth diversion for infractions and/or misdemeanors related to alcohol and substance abuse.

- Parenting (Online)
  - Online Meeting: Thursday at 2:00pm
  - Join the meeting in 2 steps: Step 1: Go to www.zoom.us Step 2: Meeting ID (856-8255-7067) Passcode (227449)

**Support Groups offered at Aneptu Luta Otipi**

- **North Route**, Kyle, SD 57752
- **Hours**: 8:00am - 4:30pm (MT), Monday - Friday
- **Phone**: (605) 455-2331

**Eligibility**: Enrolled Tribal Members 12 years of age and older; degree of Indian blood or Tribal Enrollment number required.

A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (i.e., wacatognaka (generosity), woohitika (courage), wowacita'ka (perseverance), waoholaka (respect), wausila (compassion), and woksape (wisdom)).

Support Services include:
- Recovery Support Meeting (Online):
  - Assists clients in recovery maintenance. Recovery Support services includes formal aftercare programs, wellbeing and traditional pathways, and talking circles. There are no requirements to participate.
  - Online Meetings: 2:00pm, every Wednesday and Thursday
  - Join the meeting in 2 steps: Step 1: go to www.zoom.us and Step 2: Meeting ID (883-9859-6211) No passcode

- Family Support Meeting (Online)
  - Support for family members who struggle with a friend or relative with a substance use addiction.
  - Online meeting every Monday at 2:00pm

- Recovery Support Meeting (Online)
  - Individuals at all stages of recovery are welcome. There are no requirements to participate.
  - Online meeting every Wednesday and Thursday at 2pm

- Parenting (Online)
  - Online Meeting: Thursday at 2:00pm
  - Join the meeting in 2 steps: Step 1: Go to www.zoom.us Step 2: Meeting ID (856-8255-7067) Passcode (227449)

**Residential Addiction Recovery Center offered at Wellfully**
22 Waterloo Street, Rapid City, SD 57701

Website: www.wellfully.org  Email: info@wellfully.org

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

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.

Residential program offering 24 hour supervision, intensive 45-60 day program offering addiction recovery therapy. Seeks to meet each youth's educational, emotional, health, and family needs. Services offered:
- Free assessment
- Treatment planning
- Mental health evaluation
- Group therapy
- Family involvement
- Individual therapy
- Aftercare planning
- Aftercare groups
- 12-step groups
- Advocacy
- Referrals

Counseling Services offered at Rising Hope Counseling, LLC
1301 W. Omaha Street, Suite 202, Rapid City, SD 57701

Website: risinghope605.com  Email: admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Therapy offered at Lifescape
7110 Jordan Drive, Rapid City, SD 57702

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

Phone: (605) 791-7400

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

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

Brain Injury Services offered at Black Hills Brain Health
803 Sioux San Drive, Rapid City, SD 57702

Website: www.blackhillsworks.org/programs-services/enterprises/the-brain-rehabilitation-center

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

Phone: (605) 343-7297

Eligibility: Open to all

Services offered:
- Neuropsychological Evaluation
- Autism Spectrum Evaluation
- Various other evaluations
- Occupational Therapy
- Counseling (individual, family, and group formats)
- Cognitive Retraining
- The Aging Brain Workshop
- Driving Simulator
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) 355-2500

Eligibility: American Indian enrollees

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. Provides the following services:
- Comprehensive assessment
- Outpatient child/adult counseling and psychiatric services
- Medication management
- Group and family counseling
- Community support and education
- Telepsychiatry consultation
- Dual diagnosis treatment

To schedule time for the Sweat Lodge contact: Jacqueline Arpan at (605) 719-5408 or Sheila Red Thunder at (605) 355-2376

Counseling Services offered at Rapid City Mental Health Professionals, LLC

3939 Canyon Lake Drive, Suite A, Rapid City, SD 57702

Website: www.rapidcitymentalhealth.com Email: office@rapidcitymentalhealth.com

Hours: 8:00am - 5:00pm (MT), Monday - Friday *Some hours of availability on Saturdays

Phone: (605) 716-3555

Eligibility: Open to all ages

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

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, Suite 103, Belle Fourche, SD 57717

Website: www.bellefourchecounseling.com Email: info@bellefourchecounseling.com

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

Phone: (605) 722-8090

Eligibility: Open to all
Individual and family therapy services, specializing in eye movement desensitization and reprocessing (EMDR), trauma (including abuse) focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting.

Offers telehealth counseling. Does not require the person to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session. Services are provided through a secure video connection.

Strives to provide culturally relevant and sensitive care.

**Counseling Services offered at Rising Hope Counseling, LLC**
3105 W. Fairground Loop, Spearfish, SD 57783  
*Website:* risinghope605.com  
*Email:* admin@risinghope605.com  
*Hours:* Call for information  
*Phone:* (605) 494-1500  
*Eligibility:* Open to all  
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.

**Depression and Bipolar Support Alliance**
55 E. Jackson Boulevard, Suite 490, National Headquarters (not location of services provided), Chicago, IL 60604  
*Website:* www.DBSAlliance.org  
*Email:* info@dbsalliance.org  
*Hours:* 7:00am - 6:00pm (CT), Monday - Friday  
*Phone:* (312) 642-0049  
*Eligibility:* Open to all  
Peer based services and resources include:  
- Online resources at DBSAlliance.org  
- Online support groups  
- Audio and video casts  
- Parent and caregiver support network  
- Advocacy for quality mental health care treatment  
- Peer Specialist trainings

*Currently there are no in-person support groups in South Dakota, although online support groups are open to all.

**Counseling Services offered at Rising Hope Counseling, LLC**
317 N. Heritage Parkway, Tea, SD 57064  
*Website:* risinghope605.com  
*Email:* admin@risinghope605.com  
*Hours:* Call for information  
*Phone:* (605) 494-1500  
*Eligibility:* Open to all  
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  
The Behavioral Health Treatment Services Locator, is a source of information related to substance abuse/addiction and/or mental health services for persons seeking treatment facilities (outside of South Dakota) in the United States or U.S. Territories.
Counseling and Support Groups offered at CancerCare
275 7th Avenue, New York, NY 10001
Website: www.cancercare.org  Email: info@cancercare.org
Hours: 10:00am - 6:00pm (ET), Monday - Thursday 10:00am - 5:00pm (ET), Friday
Phone: (212) 712-8400
Eligibility: Anyone who is touched by cancer including: the person diagnosed, family, friends, co-workers, and the bereaved
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. Offers individual counseling or support groups in three ways: face-to-face, on the telephone, and online. Connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by master's-prepared oncology social workers.

Online support groups are available, 24 hours a day, 7 days a week.

MindWise Innovations
270 Bridge Street, Suite 205, Dedham, MA 2026
Website: mindwise.org  Email: info@mindwise.org
Hours: 24 hours a day / 7 days a week
Phone: (781) 239-0071
Eligibility: Open to all including College Students, Active-Duty Military, National Guard, Reserves, Veterans, and their families
A self-assessment questionnaire, regarding mental health and substance abuse, to assess if treatment or evaluation would be beneficial.

Transportation

Workers on Wheels offered at Active Generations
2300 W. 46th Street, Sioux Falls, SD 57105
Website: http://activegenerations.org/  Email: wow@activegen.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 333-3317
Eligibility: Low-income (less than $20,000/year per person) older adults (over the age of 60) who cannot afford to hire someone to do their tasks and do not have family in Sioux Falls that can assist them. Persons with disabilities are taken on a case by case basis. Call for complete eligibility requirements.
Provides elderly individuals with planned medical and grocery shopping transportation along with other services to allow seniors to age in place.

Project CAR
327 S. Dakota Avenue, Sioux Falls, SD 57104
Website: www.projectcarsf.org  Email: pc@projectcarsf.com
Hours: 7:30am - 4:30pm (CT), Monday - Friday 7:30am - 4:30pm (CT), Sunday
Phone: (605) 332-2777
Eligibility: Open for health rides. All other ride requests must come through one of the member organizations listed in description.
Project CAR provides no-cost rides to persons with a variety of needs.

Sioux Area Metro offered at City of Sioux Falls Planning and Development Services
120 E. 11th Street, Bus Depot, Sioux Falls, SD 57104
Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Service Hours: 5:45am - 9:15pm (CT), Monday - Friday 7:45am - 3:00pm (CT), Saturday Bus Stop Hours: 5:40am - 8:45pm (CT), Monday - Friday 7:40am - 3:00pm (CT), Saturday
Phone: (605) 367-7151
Eligibility: Open to all
Provides a fixed route transit service for the general public. Most routes are available from 5:40am - 8:45pm, Monday - Friday and 7:40am to 6:45pm, Saturday. Single ride fare: $1.50 adult; $.75 for seniors, and eligible disabled individuals, children ages 18 and under ride free. All day passes $3. Veterans ride for free with identification.

**Geared To Empower Bike Ministry offered at Center of Hope**
1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57104  
Website: [www.centerofhopesf.org/earn-your-way](http://www.centerofhopesf.org/earn-your-way)  
Email: info@centerofhopesf.org  
Hours: 9:00am - 12:00noon; 1:00pm - 4:00pm (CT), Tuesday - Friday  
Phone: (605) 334-9789  
Eligibility: Open to all  
Offering subsidized bikes and bike repairs to income-eligible individuals and families.  
- Income brackets are the same as WIC programs  
- Costs range from $5.00 to $60.00 per bike  
- Those unable to pay may exchange volunteer work at a non-profit for a bike through the Earn-Your-Way program  
- Bike repair is no charge for used parts, minimal charge for new parts, no charge for labor

**Freedom Pass offered at City of Sioux Falls Planning and Development Services**
500 E. 6th Street, SAM and Paratransit Division, Sioux Falls, SD 57103  
Hours: 5:45am - 9:15pm (CT), Monday - Friday  
7:45am - 3:00m (CT), Saturday  
Phone: (605) 367-7151  
Eligibility: Youth 18 years of age and younger can ride for free; Anyone ages 11 - 18 may ride unaccompanied by an adult; Anyone ages 10 and under must be accompanied by an adult.  
A free program available for youths 18 years of age and under year round.  
- It is valid aboard any of Sioux Area Metro's regularly scheduled bus routes.  
- To do so, the student must present a bus driver with a 2022 - 2023 middle or high school ID or SAM-issued Freedom Pass when boarding, which is available at no charge.  
- Children 10 years and under do not need to show an ID to ride for free, but must be accompanied by an adult. Kids riding paratransit are also free with a school ID or Freedom Pass.

**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  
Hours: 7:30am - 5:00pm (CT), Monday - Friday  
Phone: (605) 367-4217  
Eligibility: Open to people who are homeless or low-income  
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/](http://thecommunityoutreach.org/)  
Email: info@thecommunityoutreach.org  
Hours: 8:00am - 12:00noon; 1:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 12:00pm (CT), Friday *COVID info below*  
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.  
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.)

**Transportation offered at Inter-Lakes Community Action Partnership**
409 N. Western Avenue, Sioux Falls, SD 57104  
Hours: 8:00am - 4:30pm (CT), Monday - Friday  
Phone: (605) 334-2808 Ext. 0
Eligibility: Must be related to employment or medical reasons and meet income requirements. Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

**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.  
Senior care services provided include:  
- companion care  
- personal care  
- palliative care  
- post-hospital stay care  
- social care  
- Dementia or Alzheimer's care  
- end of life care  

Some of the most common activities include:  
- diet monitoring including planning for and preparing meals  
- light housekeeping including help with laundry, making beds and vacuuming  
- assistance with shopping, running errands and transportation to appointments or activities  
- assistance with bathing, dressing, grooming and toileting  
- reminders to take medications, drink fluids and eat regularly  
- going for walks, engaging in favorite activities and friendly companionship

**Public Transit offered at City of Brandon**

819 S. McHardy Road, Brandon, SD 57005  
**Website:** [https://cityofbrandon.org/transit](https://cityofbrandon.org/transit)  
**Email:** busbarn@alliancecom.net  
**Hours:** Bus service: 7:45am - 3:45pm (CT), Monday - Friday Dispatcher available: 7:30am - 11:15am (CT), Monday - Friday, leave message after hours  
**Phone:** (605) 582-3553  
**Eligibility:** Open to all  
Serves passengers within Brandon city limits with a demand response public transit system.  
- Rides must be scheduled at least one day in advance, by calling and leaving a message (with name and phone number) if a dispatcher is unavailable and someone will get back to you as soon as possible.  

Brandon Transit is owned by city of Brandon and is managed by ROCS (Rural Office of Community Services).

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

Hartford, SD 57033  
**Hours:** Regular bus hours: 7:30am - 4:30pm (CT). Call one day prior to schedule ride.  
**Phone:** (605) 906-1483  
**Eligibility:** Open to all  
Rides provided for the following:  
- Medical  
- Nutrition  
- Social/Recreation  
- Education  
- Shopping/Personal  
- Employment  
- and More!  

Watch local newspapers for route schedules, holiday closings, special trips, committee meetings and public hearings.
Dell Rapids City Transit - DellsXpress offered at City of Dell Rapids
302 E. 4th Street, Dell Rapids, SD 57022
Website: www.cityofdellrapids.org  Email: CityAdmin@cityofDellRapids.com
Hours: Service and dispatch hours: 8:00am - 3:15pm (CT), Monday - Thursday
Phone: (605) 692-2222
Eligibility: Open to all
Rides in town or to Sioux Falls. 24-hour notice needed.

Public Transit offered at Brookings Area Transit Authority
418 Western Avenue, Brookings, SD 57006
Website: www.batabus.com  Email: bata@batabus.com
Hours: 5:00am - 11:00pm (CT), Monday - Friday
Phone: (605) 692-2222
Eligibility: Open to all
Provides transportation in and around the Brookings County area. Offers door-to-door service and weekday shuttles to and from Sioux Falls.

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
RCPT coordinates with all other transit agencies in South Dakota and can facilitate a ride statewide for medical appointments.