

# **Siouxland Community Resource & Services Guide**

## **Housing/Shelters/Rental & Utility Services**

**Sioux City Gospel Mission** 500 Bluff St, Sioux City [www.thegospelmission.org](http://www.thegospelmission.org)

Ph. 712-255-1769 For more information or for the Men's Shelter

Ph. 712-255-1119 Women's and Children's Center

Provides safe, temporary shelter, meals and clothing to those in need.

**The Warming Shelter** 916 Nebraska St, Sioux City [www.thewarmingshelter.com](http://www.thewarmingshelter.com)

Ph. 712-255-0084

Provides temporary daytime and overnight emergency shelter for men, women and families.

**Center for Siouxland** 715 Douglas St, Sioux City [www.centerforsiouxland.org](http://www.centerforsiouxland.org)

Ph. 712-252-1861 ext. 17

Addresses housing instability, homelessness, and food insecurity

**Salvation Army** 1415 Villa Ave, Sioux City <https://centralusa.salvationarmy.org/siouxland>

Ph. 712-255-8836 Fax: 712-255-0413

**Emergency Housing** for individuals and families with mental or physical disabilities who are currently homeless.

**Rent, Mortgage, Utility Assistance**

**Food Pantry Hours:** Monday – Friday, 1PM -4PM. Call for more information.

**SafePlace (Formerly CSADV)** 1723 Grandview Blvd, Sioux City [www.safeplacesiouxland.org](http://www.safeplacesiouxland.org)

Ph. 1(800)982-7233 24/7 Crisis Hotline or 712-258-7233

Provides safety, advocacy, and support to empower adults and children who have experienced domestic violence.

**Sioux City Housing Authority/Section 8** 405 6<sup>th</sup> St Room 107, Sioux City [www.sioux-city.org/housing](http://www.sioux-city.org/housing)

Ph. 712-279-6348

A public agency that helps low- and moderate-income households afford safe, quality rent and housing.

**South Sioux City Housing Agency** 118 E 21<sup>st</sup> St, South Sioux City, NE [www.southsiouxcity.org](http://www.southsiouxcity.org)

Ph. 402-494-7514

Ensures safe, decent, affordable housing in Nebraska.

**Hillside Park Apartments** 2800 W. 4<sup>th</sup> St, Sioux City [www.publichousing.com/details/hillside\\_park](http://www.publichousing.com/details/hillside_park)

Ph. 712-258-0801

A family Section 8 property where your rent is based on 30% of your adjusted income.

**Hope Street of Siouxland** 1308 Nebraska St, Sioux City [www.hopestreetofsiouxland.com](http://www.hopestreetofsiouxland.com)

Ph. 712-560-2253

Provides a substance-free living environment with 24-hour support to those suffering from homelessness, addictions, and mental illness to guide your recovery. Open to males 18 years or older.

**Oakleaf Property Management** 1019 Jones St, Sioux City [www.oakleafpm.com](http://www.oakleafpm.com)

Ph. 712-255-3665 Open 8am to 5pm Mon-Fri

Provides quality and affordable housing to people with low and moderate incomes, including elderly and the disabled.

**Seldin Company** Sioux City and South Sioux City [www.seldin.com](http://www.seldin.com)

Ph. 712-239-1822 Pheasant Acres office Omaha

Provides transitional and Senior Living housing, as well as 1- to 3-bedroom affordable apartments.

## **Housing/Shelters/ Rental & Utility Services (cont'd)**

**Dismas Charities** 420 Chambers St, Sioux City

[www.dismas.com](http://www.dismas.com)

Ph. 712-252-6000

Serves as the primary re-entry point for men and women returning to society from state and federal prisons each year.

**Connections Area Agency on Aging** 2301 Pierce St, Sioux City

[www.connectionsaaa.org](http://www.connectionsaaa.org)

Ph. 712-279-6900 or 800-432-9209

Provides 4 senior-designated apartment complexes to those 62 years of age or more meeting income requirements.

**Community Action Agency** 2700 Leech Ave, Sioux City

[www.caasiouland.org](http://www.caasiouland.org)

Ph. 712-274-1610

- **LIHEAP**, (Low-Income Housing Energy Assistance Program) - established to help qualified low-income Iowa homeowners and renters pay for a portion of their primary heating costs.
- **I CARE** - Sponsored by MidAmerican Energy. MidAmerican customers donate to help others pay a portion of their heating bills; MidAmerican matches 25% of the donation.
- **GENERAL ASSISTANCE** - Households receiving help from the General Assistance program must be at or below 100% of Federal Poverty guidelines. The program can assist families with a portion of heating or water utilities, burials, medical expenses, rent or mortgage payments, bus tokens, cab fare or a one-way bus ticket.
- **WE CARE** – CAA employees contribute to the program that allows us to help families with emergencies.
- **Support Siouxland Soldiers** - As the fiscal agent for Support Siouxland Soldiers, we assist in processing applications for veterans that are homeless or on the brink of becoming homeless by helping with rent, mortgage and utility payments.
- **ECIP (Energy Crisis Intervention Program)** - Assists people at or below 150% of poverty by providing furnace repairs or replacements, by weatherizing homes or other necessary energy related items.

## **Transportation, Vehicle Repairs**

**Sioux City Transit System** 509 Nebraska St, Sioux City

[www.sioux-city.org/transit](http://www.sioux-city.org/transit)

Ph. 712-279-6404

Provides public transportation in the metropolitan area, including Sioux City, South Sioux City, and North Sioux City.

**Siouxland Regional Transit System (SRTS)** 1122 Pierce St, Sioux City

[www.simpco.org/SRTS.aspx](http://www.simpco.org/SRTS.aspx)

Ph. 712-279-6286

Public transportation for all ages, including those who require specialized transportation. Car seats available. Service throughout Cherokee, Ida, Monona, Plymouth and Woodbury in Iowa and Southern Union County in South Dakota.

**Community Action Agency of Siouxland** 2700 Leech Ave, Sioux City, IA

[www.caasiouland.org](http://www.caasiouland.org)

Ph. 712-274-1610 ext. 215

Can assist families with bus tokens, cab fare, or a one-way bus ticket.

Angel Cars - distributes donated autos to single parents lacking accessible transportation. Must live in Woodbury County, be a single parent living with children, have no operational vehicle, be working, have a valid driver's license, able to obtain vehicle insurance, have a good driving record and pay for tax, license plates and registration fees.

**Connections Area Agency on Aging** 2301 Pierce St, Sioux City, IA

[www.connectionsaaa.org](http://www.connectionsaaa.org)

Ph. 712-279-6900 or 800-432-9209

Provides access through their ticket program to public access for ages 60+.

## **Food/Food Pantries**

**Iowa Department of Human Services** 822 Douglas St, Sioux City

[www.dhs.iowa.gov](http://www.dhs.iowa.gov)

Ph. 712-255-0833

State of Iowa agency that provides food assistance through the Food Stamp Program and Cash Assistance

**Siouxland Food Bank**, 1313 11th St, Sioux City

[www.siouxlandfoodbank.org](http://www.siouxlandfoodbank.org)

Ph. 712-255-9741

Food Pantry Hours: 8:00am - 5:00pm.



## Food/Food Pantries (cont'd)

**Gospel Mission** 500 Bluff St, Sioux City

[www.thegospelmission.org](http://www.thegospelmission.org)

Ph. 712-255-1769

Our staff and volunteers cook three meals a day, every day for shelter residents and guests in need of a meal.  
The Food Pantry is open from 9am – 11am, Monday through Friday.

**Community Action Agency of Siouxland** 2700 Leech Avenue Sioux City

[www.caasiouxland.org](http://www.caasiouxland.org)

Ph. 712-274-1610

Must provide proof of residency. Woodbury County residents only. Call for appointment. Open 5 days a week.

**Siouxland Soup Kitchen** 717 W. 7<sup>th</sup> St, Sioux City

[www.facebook.com/siouxlandsoupkitchen](http://www.facebook.com/siouxlandsoupkitchen)

Ph. 712-258-0027

Serving hot free meals to the needy Monday through Friday from 4:30-5:30pm and Saturdays from 12-1pm.

**Hope Center** 5601 Sunnybrook Dr, Sioux City

[www.sunnybrookhopecenter.org](http://www.sunnybrookhopecenter.org)

Ph. 712-276-7915

Providing a choice pantry with food and essential life items. Tuesdays 11 am to 1 pm and Thursdays 6-8 pm.

**Salvation Army**, 1415 Villa Ave, Sioux City

<https://centralusa.salvationarmy.org/siouxland>

Ph. 712-255-8836

Emergency Food Pantry open daily. Please call ahead.

**Siouxland Area Red Cross** 4200 War Eagle Dr, Sioux City

[www.redcross.org](http://www.redcross.org)

Ph. 712-252-4081

Emergency services and Food Pantry. Call for Hours and information.

**First United Methodist Church** 1915 Nebraska Street, Sioux City

Ph. 712-258-0119

**Non-food Items only.** Wed 5 pm- 6 pm or Thurs 2pm -3pm. Need picture ID with an address on it.

**Grace United Methodist Church** 1735 Morningside Ave, Sioux City

Ph. 712-276-3452

Food Pantry Mondays & Wednesday 9 a.m. to Noon.

**Morningside Lutheran Church** 700 Martha St, Sioux City

[www.morningsidelutheran.com](http://www.morningsidelutheran.com)

Ph. 712-276-2511

Food Pantry Tuesday's 4:00-6:00 pm & Wednesday's 10:00-12:00pm.

**St. Thomas Episcopal Food Pantry** 406 12th St, Sioux City

[www.facebook.com/SaintThomasSiouxCity](http://www.facebook.com/SaintThomasSiouxCity)

Ph. 712-258-0141

Food Pantry Mon & Wed 10 am- 12 pm. (Must provide a photo ID)

## Clothing and Furniture

**Bargain Center**, 1001 W. 7th Street Sioux City

[www.facebook.com/Bargain-Center-162474563770173](http://www.facebook.com/Bargain-Center-162474563770173)

Ph. 712- 255-0575

Hours: Mon- Fri 10 am- 3 pm & Sat 10 am- 3:30 pm

**Goodwill of the Great Plains Thrift Stores, Sioux City**

[www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)

- 3100 W. 4th Street Ph. 712-258-4511

- 5931 Gordon Dr. Ph. 712-274-4380

Provides clothing for individuals or families in need. Open Monday – Saturday 9 am to 9pm and Sunday 10 am to 6 pm.

## **Clothing and Furniture (cont'd)**

### **Gospel Mission Family Thrift Stores**

[www.thegospelmission.org](http://www.thegospelmission.org)

- **Downtown** 215 W. 6<sup>th</sup> St, Sioux City Ph. 712-224-5605

**Junior League Discovery Shop**, 316 W. 7th Street Sioux City  
Ph. 712-255-0072

[shop@juniorleagueofsiouxcity.com](mailto:shop@juniorleagueofsiouxcity.com)

**Mission of the Messiah**, 2450 Transit Ave, Sioux City  
Ph. 712-224-2803

[www.momsthift.wixsite.com/momsthift](http://www.momsthift.wixsite.com/momsthift)

Our mission is to help those of limited financial means in the Siouxland area. Hours: Mon.-Sat. 9 am – 5 pm

**Siouxland Foster Closet**, 1918 Geneva St. Sioux City  
Ph. 712-624-4543

[www.sioxlandfostercloset.square.site](http://www.sioxlandfostercloset.square.site)

Provides free clothing and necessities for youth in foster and out-of-home placement in the Sioux City area.

## **Medical/Health/Eye Care**

**MercyOne Siouxland Medical Center** 801 5th St, Sioux City  
Ph. 712-279-2010

[www.mercysiouxcity.com](http://www.mercysiouxcity.com)

Hospital and emergency room

**Unity Point Health System (St. Luke's)** 2720 Stone Park Blvd, Sioux City  
Ph. 712-279-3500

[www.unitypoint.org](http://www.unitypoint.org)

Hospital and emergency room

### **Siouxland Community Health Center**

[www.slandchc.com](http://www.slandchc.com)

- 1021 Nebraska St, Sioux City Ph. 712-252-2477
- 3410 Futures Dr, South Sioux City, NE Ph. 402-412-7242

A sliding fee for qualifying patients willing to provide financial documentation. Appointment basis only.

### **Urgent Care:**

#### **Family Healthcare of Siouxland**

[www.fhcsf.com](http://www.fhcsf.com)

- Northside Clinic 4230 Hamilton Blvd, Sioux City  
Ph. 712-239-4900 – 712-239-2866
- Morningside Clinic 4545 Sergeant Rd, Sioux City  
Ph. 712-224-5550
- South Sioux City Clinic 3250 Plaza Dr, South Sioux City, NE  
Ph. 402-412-4220

#### **Mercy Urgent Care**

[www.mercysiouxcity.com/urgent-care](http://www.mercysiouxcity.com/urgent-care)

- Singing Hills Urgent Care 3520 Singing Hills Blvd, Sioux City  
Ph. 712-2663081

Minor illnesses and injuries in patients of all ages on a walk-in basis, evening hours and weekends.

#### **Unity Point Urgent Care**

[www.unitypoint.org/siouxcity/walk-in-care.aspx](http://www.unitypoint.org/siouxcity/walk-in-care.aspx)

- Sunnybrook Medical Plaza Urgent Care 5885 Sunnybrook Dr, Sioux City  
Ph. 712-266-2760

Provides care for non-emergent health problems or injuries Mon – Fri 9 am to 8 pm, Sat-Sun 8 am to 6pm

#### **CNOS Orthopaedic Urgent Care**

[www.cnos.net/urgent-care](http://www.cnos.net/urgent-care)

- Dakota Dunes Clinic 575 Sioux Point Rd, Dakota Dunes, SD  
Ph. 605-217-2667

Offers walk-in care for bone and joint injuries. Monday – Friday 7 am to 4 pm



## Medical/Health/Eye Care (cont'd)

**Iowa Department of Human Services (DHS)** 822 Douglas St, Sioux City

[www.hawk-i.org](http://www.hawk-i.org)

Ph. 712-255-0833 or 1-800-257-8563

Hawk-I Program provides health insurance for qualifying children ages 0 to 19. Monthly fees are determined by your household income but will not exceed \$40 per month.

**Siouxland District Health Department** 1014 Nebraska St, Sioux City

[www.siouxlanddistricthealth.org](http://www.siouxlanddistricthealth.org)

Ph. 712-279-6119

Services are provided regardless of financial status. Nursing fees are determined on a sliding scale basis.

**Siouxland Mental Health Center** 625 Court St, Sioux City

[www.siouxlandmentalhealth.com](http://www.siouxlandmentalhealth.com)

Ph. 712-252-3871

Serves all individuals within Woodbury County for the treatment of mental illness.

**Catholic Charities of Sioux City** 1601 Military Rd, Sioux City

[www.cathchar.com](http://www.cathchar.com)

Ph. 712-252-4547

Offers psychiatric and psychological evaluations, family assessments, counseling for individuals, families, groups, children and adolescents, single parent, maternity and adoption series, medical programs and alternative living arrangements.

**Hospice of Siouxland** 309 Cook St. Sioux City

[www.hospiceofsiouxland.com](http://www.hospiceofsiouxland.com)

Ph. 712-233-4144

Provides high quality, compassionate care at the end of life.

## Crisis Response/Domestic Violence/Abuse

**Safe Place** (Formerly CSADV), Sioux City and Le Mars

Ph. 712-258-7233 (Sioux City) or 712-546-6764 (Le Mars) or 1-800-982-7233

[www.safeplacesiouxland.org](http://www.safeplacesiouxland.org)

Domestic violence survivors and their children can receive assistance, support, and a sense of stability.

**Dakota County Victim Assistance Program** 701 W. 29<sup>th</sup> St, South Sioux City, NE

Ph. 402-494-7550

[www.southsiouxcity.org/departments/division.php?structureid=76](http://www.southsiouxcity.org/departments/division.php?structureid=76)

Provides free and confidential services to crime victims who have suffered physical, sexual, financial, or emotional Trauma. Offers information, advocacy, prevention, support, and assistance to violent and property crime victims.

**Haven House** 117 E 28<sup>th</sup> St, South Sioux City, NE

Ph. 402-494-7592 or 800-440-4633

[www.havenhousefsc.com](http://www.havenhousefsc.com)

Crisis intervention and prevention services for survivors of domestic violence & sexual assault.

**Heartland Counseling Services inc.** 917 W. 21<sup>st</sup>, South Sioux City, NE

Ph. 402-494-3337 or 877-958-7776

[www.heartlandcounselingservices.org](http://www.heartlandcounselingservices.org)

Provides crisis intervention, crisis stabilization, referral linkages and consultation with the hospital emergency room personnel, if necessary.

**Women Aware**, 505 5<sup>th</sup> St, Suite 422, Sioux City

[www.womenawarecia.org](http://www.womenawarecia.org)

Ph. 712-258-4174 or 1-800-465-6165

Assist heads of households to increase emotional and economic stability in their homes by accessing supportive community resources to pursue strategies that foster self-sufficiency.

**Iowa Department of Human Services** 822 Douglas St, Sioux City

[www.dhs.iowa.gov](http://www.dhs.iowa.gov)

Ph. 712-255-0833 or 1-800-362-2178

**Siouxland Coalition Against Human Trafficking** PO Box 5455, Sioux City [www.siouxlandagainsttrafficking.org](http://www.siouxlandagainsttrafficking.org)

Ph. 712-281-4840 or 1-888-3737-888 or text HELP or INFO to 233733 (BEFREE) (available 24/7)

1-888-373-7888 National Human Trafficking Hotline

## Adult Services/Education

### **Siouxland Center for Active Generations, 313 Cook St, Sioux City**

Ph. 712-255-1729

[www.siouxlandcenterforactivegenerations.com](http://www.siouxlandcenterforactivegenerations.com)

- Siouxland Mental Health Center's Healthy Lifestyles Group, (2nd Wednesday of every month 1:30 - 2:30)
- Adult Integrated Health Home (IHH), 205 5th St. Sioux City. Ph. 712-202-0173 ext. 112

### **Connections Area Agency on Aging, 2301 Pierce St, Sioux City**

Ph. 1-800-432-9209

[www.connectionsaaa.org](http://www.connectionsaaa.org)

Older Worker Employment Program, transportation help, case management services, Family Caregiver program.

### **Friendship House, 1101 Court St, Sioux City**

Ph. 712-255-4209

[www.siouxlandmentalhealth.com/friendship-house](http://www.siouxlandmentalhealth.com/friendship-house)

Offers people with mental illness an opportunity to socialize in a setting that is not treatment oriented.

### **Meals on Wheels (Ages 55+), 2301 Pierce St. Sioux City**

Ph. 712-279-6900

[www.connectionsaaa.org/healthy/nutrition.html](http://www.connectionsaaa.org/healthy/nutrition.html)

Hot noon meals delivered to individuals (ages 60+) who meet the eligibility requirements (and their caregivers).

- Siouxland Mental Health Center's Healthy Lifestyles Group, (2nd Wednesday of every month 1:30 - 2:30)
- Adult Integrated Health Home (IHH), 205 5th St. Sioux City. Ph. 712-202-0173 ext. 112

Provides assistance to people age 55 and older who need a job, offering on-the-job training and supervision.

## Job Placement Services/Job Training/Tools/Equipment

### **IowaWORKS 2508 4<sup>th</sup> St, Sioux City**

Ph. 712-233-9030

[www.iowaworks.gov](http://www.iowaworks.gov)

Disability Employment Incentive – Ticket to Work

Ph. 712-233-9030 ext 46065

### **Iowa Vocational Rehabilitation 2508 4<sup>th</sup> St, Sioux City**

Ph. 712-255-8871

[www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)

We work with Iowans with disabilities and help them find successful employment across the workforce.

### **Title I – Workforce Innovation and Opportunity Act (WIOA) [www.iowaworks.gov-jobs/worker-programs/wioa](http://www.iowaworks.gov-jobs/worker-programs/wioa)**

Ph. 712-233-9030 ext. 46021

Job search and placement assistance for those permanently laid off or are unemployed or underemployed with additional barriers. Income guidelines apply.

### **South Dakota Employment Services 504 River Dr, North Sioux City, SD [www.dlr.sd.gov](http://www.dlr.sd.gov)**

Ph. 605-242-5455

### **American Indian Council 2508 4<sup>th</sup> St, Sioux City**

[www.facebook.com/americanindian.council](http://www.facebook.com/americanindian.council)

Ph. 712-233-9030 ext. 46031

Provides job placement assistance and job training programs to Native American/Alaskan Natives in their program.

### **Job Corp 2508 4<sup>th</sup> St, Sioux City**

[www.denison.jobcorps.gov](http://www.denison.jobcorps.gov)

Ph. 712-233-9030 ext. 46023

Provides education and career technical training to people 16 – 24 years to improve their lives.

### **Goodwill of the Great Plains 3100 W 4<sup>th</sup> St, Sioux City**

[www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)

Ph. 712-224-1390 Connection Center links job seekers to staff and technology to search and apply for jobs, improve computer skills and access community resources.



## Employment Assistance

**IowaWORKS**, 2508 4th St. Sioux City Open M, T, Th, F 8:00am - 4:30pm & W 9am - 4:30 pm [www.iowaworks.gov](http://www.iowaworks.gov)

Ph. 712-233-9030

Disability Employment Incentive – Ticket to Work Ph. 712-233-9030 ext 46065

Offers personalized resume assistance, interview prep, job search assistance, virtual workshops & training programs.

**Goodwill of the Great Plains**, 3100 W. 4th St. Sioux City

[www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)

Ph. 712-224-1390

Search and apply for jobs, improve computer skills and access community resources.

**Advance Services, Inc** 3415 Singing Hills Blvd, Sioux City

[www.advanceservices.com](http://www.advanceservices.com)

Ph. 712-276-5627 Open Monday – Friday, 8 am to 5 pm

**Aventure Staffing**, 509 Douglas St, Sioux City

[www.aventure.com](http://www.aventure.com)

Phone: 712-258-2453 Open Monday – Friday, 8 am to 5pm

**Elite Staffing**, 1119 4th St, Suite 109, Sioux City

[www.elitestaffco.com](http://www.elitestaffco.com)

Phone: 712-224-4208 Open Monday – Friday, 8 am to 5 pm

**IMKO**, 827 Gordon Dr, Sioux City

[www.imko.com](http://www.imko.com)

Ph. 712-224-2480 Open Monday – Friday, 7 am to 5 pm

**Short Staffed**, 818 5<sup>th</sup> St, Sioux City Open Monday – Friday 7 am to 5 pm

[www.shortstaffedusa.com](http://www.shortstaffedusa.com)

Ph. 712-224-0022

**Short Staffed Medical Recruiting Office**, 412 Pierce St, Sioux City

Ph. 712-355-9550

**People Ready** 323 W 7<sup>th</sup> St, Sioux City

[www.peopleready.com](http://www.peopleready.com)

Ph. 712-234-1203 Open Monday – Friday, 5:30 am to 6 pm & Sat 7 am to 11 am

**LSI Staffing** 3109 Gordon Dr, Sioux City

[www.lsistaffingbrands.com](http://www.lsistaffingbrands.com)

Ph. 712-202-2850 Open Monday – Friday, 8 am to 6 pm

**Aerotek** 700 4<sup>th</sup> St, Sioux City

[www.aerotek.com](http://www.aerotek.com)

Ph. 605-221-2156 Open Monday – Friday 7:30 am to 5:30 pm

**Helping Hands Nursing Solutions** 5510 Sergeant Rd, Sioux City

[www.helpinghandsia.com](http://www.helpinghandsia.com)

Ph. 712-560-4894 Open Monday – Friday 8 am to 5 pm

## Unemployment Filing

**Iowa Workforce Development**

[workforce.iowa.gov](http://workforce.iowa.gov)

Ph. 866-239-0843

Applications are filed online.

**Nebraska Employment Services** 1010 n. Lincoln St.

Lincoln, Ne

[www.dol.nebraska.gov](http://www.dol.nebraska.gov)

Ph. 402-471-2275

All applications are filed online.

**South Dakota Employment Services**

<https://dlr.sd.gov>

Ph. 605-242-5445

Applications are filed online or by phone.

**Goodwill of the Great Plains**, 3100 W. 4th Street Sioux City

[www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)

Ph. 712-224-1390

## Vocational Rehabilitation Services

**Iowa Vocational Rehabilitation Services (IVRS)** 2508 4<sup>th</sup> St, Sioux City

[www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)

Ph. 712-255-8871

Assists individuals with medical and vocational diagnosis in achieving their employment, independence and economic goals by providing them various services including job placement, tuition, books, and a variety of other services.

**Nebraska Vocational Rehab** 510 W. 13<sup>th</sup> St, Suite C, South Sioux City, NE

[www.vr.nebraska.gov](http://www.vr.nebraska.gov)

Ph. 402-494-2265

We help people with disabilities prepare for, find, and keep jobs.

**Goodwill of the Great Plains** 3100 W 4<sup>th</sup> St, Sioux City

[www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)

Ph. 712-258-4511

Provides a variety of services for physically or mentally challenged adults to help give them the tools necessary to sharpen their skills, meet new challenges, and create more rewarding and independent lives.

**Equus Workforce Solutions** 1911 Dakota Ave. Dakota Ave, Suite A, South Sioux City, NE

[www.rescare.com](http://www.rescare.com)

Ph. 402-494-1150

Provider of services and solutions designed to help put people to work.

## Occupational/Professional Licensure/Testing

**Women Aware** 505 5<sup>th</sup> St, Suite 422, Sioux City

[www.womenawarecia.org](http://www.womenawarecia.org)

Ph. 712-258-4174

A non-profit organization that provides grants for eligible participants for short-term training such as CNA or welding. Assist Native American/Alaskan Native unemployed, underemployed or economically disadvantaged individuals through referral assistance, classroom training programs, work experience programs and on-the-job training programs.

**Title I – Workforce Innovation and Opportunity Act (WIOA)** [www.goodwillgreatplains.org/programs/title-i](http://www.goodwillgreatplains.org/programs/title-i)

Ph. 712-233-9030

Assistance in job search and placement for those who have been permanently laid off from their job or are unemployed or underemployed with additional barriers. Income guidelines apply.

## Family Support Services/ Parenting Classes/Baby Formula Resources/Child Care

**Big Brothers and Big Sisters of Siouxland**, 3650 Glen Oaks Blvd, Sioux City

[www.bigbrothersbigsisters.com](http://www.bigbrothersbigsisters.com)

Ph. 712-239-9890

Our mission creates and supports one-to-one mentoring relationships that ignite the power and promise of youth.

**Boys and Girls Home and Family Services, Inc.** 2101 Court St, Sioux City

[www.boysandgirlshomeiowa.org](http://www.boysandgirlshomeiowa.org)

Ph. 712-293-4700

Professionals on our staff meet the contemporary needs of children and families through a blend of counseling, education, recreation, and supportive living environments. Hours: 7:45 am to 5:30 pm Monday-Friday

**Catholic Charities** 1601 Military Rd, Sioux City

[www.cathchar.com](http://www.cathchar.com)

Ph. 712-252-4547

Parenting Classes, Crisis Debriefings and community outreach.

**Rosecrance Jackson Centers** 3320 W. 4th St, Sioux City

[www.rosecrancejackson.org](http://www.rosecrancejackson.org)

Ph. 712-234-2300 or 800-472-9018

Parent Child Interactive Therapy & Sand Tray Therapy (you don't have to be an addict to be part of these programs).

We also provide medical and psychiatric services to adolescents and adults.



## **Family Support Services/ Parenting Classes/Baby Formula Resources/Child Care**

**The Crittenton Center** 600 4<sup>th</sup> St, Suite 100, Sioux City

[www.crittentoncenter.org](http://www.crittentoncenter.org)

Ph. 712-255-4321

- The Resource Center- (Parenting Classes, Spanish-speaking services, donated items), 1410 Nebraska St, Sioux City, IA  
Phone: 712-293-1748
- HOPES Program, 303 W. 24th St. Sioux City, IA 51104  
Phone: 712-255-4321

**Siouxland District Health 1014 Nebraska St, Sioux City**

[www.siouxlanddistricthealth.org](http://www.siouxlanddistricthealth.org)

- WIC Program Ph. 712-279-6636

Provides nutrients essential for good health and growth for pregnant, postpartum, and breastfeeding women, Infants and children up to the age of 5.

HOPES Program Ph. 712-279-6119

Home visiting program promotes optimal child health and development, improve family coping skills, promote positive parenting and family interaction and prevent child abuse, neglect, as well as infant mortality and morbidity.

- Hawk-I Program Ph. 712-224-5424

Provides health care insurance for Iowa children in families with limited incomes.

- I-Smile Program Ph. 712-279-6119

Provides dental services to children ages 0 – 21 and pregnant women free of charge.

- Other Services such as Immunizations, Health Maintenance Program, Personal Care/Homemaker Program, Maternal Health and Care for Yourself Programs.

## **Family Support Services/ Parenting Classes/Baby Formula Resources/Child Care**

**The Senior Companion Program**

**The Foster Grandparents Program**

Ph. 712-224-2610

<https://rvrseniorvolunteerprograms.org/site/>

Change the lives of children or adults and your own life, as well, by providing companionship, offering love and support. Tax-Free stipend averaging over \$200 a month provided to those who meet financial guidelines.

**Community Action Agency of Siouxland**

[www.caasiouxland.org](http://www.caasiouxland.org)

Ph. 712-274-1610

Several programs including Early Childhood Head Start, Pre-Kindergarten,

**Siouxland Mental Health Center** 625 Court St, Sioux City

[www.siouxlandmentalhealth.com](http://www.siouxlandmentalhealth.com)

Ph. 712-252-3871

24-hour Crisis Care, Psychiatry & Therapy for individuals within Woodbury County for the treatment of mental illness.

**Mary's Choice**, 4415 Stone Ave, Sioux City,

[www.maryschoice.org](http://www.maryschoice.org)

Phone: 712-274-6279 After hours: 712-229-0996

Call ahead. Open Mon-Fri 10-3 Thursday evenings 5:30- 7

**WIC (Women, Infants & Children)**

[www.siouxlanddistricthealth.org](http://www.siouxlanddistricthealth.org)

1014 Nebraska, Sioux City

Ph. 712-279-6636

2120 Dakota Ave, South Sioux City, NE

Ph. 402-494-1429

[www.nencap.org](http://www.nencap.org)

Open 8am to 4:30pm Mon thru Fri

Provides healthy foods, infant formula and nutrition education at no cost to women, infants and children up to age 5.

**Iowa Child Care Resource & Referral**

[www.iowaccrr.org](http://www.iowaccrr.org)

Ph.855-244-5301

Assists families in selecting childcare providers with on-site consultation to licensed preschools, centers, nonregistered home providers and Child Development Home providers.

## Miscellaneous

**211**

[www.211.org](http://www.211.org)

Vital partners to hundreds of organizations, businesses, and government agencies.

### **Suicide Prevention Lifeline**

Ph. 1-800-273-8255 or 211

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Provides 24/7, free and confidential support, prevention and crisis resources for you or your loved ones.

**Woodbury County Department of Human Services (DHS)** 822 Douglas St, Sioux City [www.dhs.iowa.gov](http://www.dhs.iowa.gov)

Ph. 712-255-0833 or the Call Center 877-347-5678

Provides health care, food assistance, cash assistance, child welfare, child support, childcare, mental health, disability services, adult protection, and refugee services.

**Sioux City Human Rights Commission** 405 6<sup>th</sup> St, Sioux City

[www.sioux-city.org](http://www.sioux-city.org)

Ph. 712-279-6985

Enforces local, state and federal anti-discrimination laws. Prevents and eliminates discrimination in our community.

**Mary J Treglia Community House** 900 Jennings St, Sioux City

[www.marytreglia.org](http://www.marytreglia.org)

Ph. 712-258-5137

We offer the following services: Immigration Legal Services, Translation and Interpretation, Refugee assistance, Family Services connecting newcomers with resources, Citizenship & English classes, Preschool, and Community Gardens

### **The ARC of Woodbury County**

[www.thearc.org](http://www.thearc.org) or <https://www.arcofwdbycity.com>

Ph. 712-258-5050

Promotes and protects the human rights of people with intellectual and developmental disabilities.

**Pier Center for Autism** 709 Iowa St, Sioux City

Ph. 712-522-1961

Provides compassionate care for individuals with autism spectrum disorder (ASD) year-round.

**Camp High Hopes** 5804 Correctionville Rd, Sioux City

[www.camphighhopes.com](http://www.camphighhopes.com)

Ph. 712-224-2267

Offers year-round therapeutic recreation programs and respites for youth and adults with Autism, Down Syndrome, Spina Bifida, Cerebral Palsy, Muscular Dystrophy, and other intellectual and physical disabilities.

**Opportunities Unlimited** 3439 Glen Oaks Blvd, Sioux City

[www.opportunitiesunlimited.com](http://www.opportunitiesunlimited.com)

Ph. 712-277-8295

Provides comprehensive rehabilitation therapy and services to children and adults in the community with a special need.

**Boys Town** 600 4<sup>th</sup> St, Suite 901, Sioux City

[www.boystown.org](http://www.boystown.org)

Ph. 712-258-6523

We offer a wide range of youth care and health care services. For kids who have failed in other systems.

**Seasons Center for Behavioral Health** 5722 Sunnybrook Dr, Sioux City

[www.seasonscenter.org](http://www.seasonscenter.org)

Ph. 800-242-5101

Provides counseling and behavioral health services for children adults, couples, families and foster and adoptive families

**Lutheran Services in Iowa** 2039 S Saint Aubin St, Sioux City

[www.lsiowa.org](http://www.lsiowa.org)

Ph. 712-255-2505

Provides Teen Parent Education, Healthy Parenting Program-HOPES, and Foster Care/Adoption RRTS

**ISU Extension and Outreach** 4728 Southern Hills Dr, Sioux City

[www.extension.iastate.edu/woodbury](http://www.extension.iastate.edu/woodbury)

Ph. 712-276-2157

Classes on parenting and grandparenting, finance, food, and mental health. 4-H and training for childcare providers.

**Iowa Legal Aid** 507 7<sup>th</sup> ST # 402, Sioux City

[www.iowalegalaid.org](http://www.iowalegalaid.org)

Ph. 712-277-8686

Legal Assistance for families



## Siouxland Veteran Support Organizations

**Community Action Agency** 2700 Leech Ave, Sioux City [caasiouxland.org](mailto:caasiouxland.org)  
Ph. (712) 274-1610  
Childhood education, emergency assistance, heating assistance, weatherization, transitional housing, senior employment training, family development and childcare food program.

**County Veterans Affairs** 1211 Tri View Ave, Suite A, Sioux City  
Ph. (712) 279-6606 [woodburycountyiowa.gov/departments/veteran-affairs](http://woodburycountyiowa.gov/departments/veteran-affairs)  
State and Federal benefits and basic living needs assistance

**eBenefits** [www.ebenefits.va.gov](http://www.ebenefits.va.gov)  
eBenefits is a web portal managed jointly by the United States Department of Veterans Affairs and the United States Department of Defense to provide Service members, Veterans and eligible dependents the ability to manage their VA and DOD benefits, claims, and military documents online.

**Education Services** Ph. (515) 252-4468 [iowanationalguard.com](http://iowanationalguard.com)

**FAVA (Family Alliance for Veterans of America)** 701 Pierce St., Ste.204 [darrell.mayo@westcare.com](mailto:darrell.mayo@westcare.com)  
Darrell Mayo (641)-231-0014  
Housing Assistance for veterans

**Home Base Iowa** 2508 4<sup>th</sup> St. Sioux City Ia. Cody Bradley (712) 233-9030 ext46035  
Connecting Veterans to careers [Matthew.bradley@iwd.iowa.gov](mailto:Matthew.bradley@iwd.iowa.gov) [www.homebaseiowa.gov](http://www.homebaseiowa.gov)

**IowaWorks of Greater Siouxland** 2508 4th St, Sioux City Sue Trobaugh (712) 233-9030 ext. 46054  
Veteran Employment Services [Sue.trobaugh@iwd.iowa.gov](mailto:Sue.trobaugh@iwd.iowa.gov)

**Micah Project** [www.micahproject.me](http://www.micahproject.me)  
(712) 490-0070  
Assistance with emergency financial needs, beds, furniture, hygiene items, medical supplies, food pantry, clothing and household items

**National Archives** [www.archives.gov/veterans](http://www.archives.gov/veterans)  
Allows veterans to obtain a copy of their DD214, military records, medical records, lost medals and awards.

**Partners for Patriots** [www.partnersforpatriots.org](http://www.partnersforpatriots.org)  
(712) 541-7763 [info@partnersforpatriots.org](mailto:info@partnersforpatriots.org)  
Providing service dogs for disabled Veterans

## Siouxland Veteran Support Organizations

**Projects for Patriots** 3900 Stadium Dr, Sioux City [Projectsforpatriots.com](http://Projectsforpatriots.com)  
(712) 301-2764  
Assisting Siouxland Combat Wounded Veterans with home projects.

**Puppy Jake Foundation** [www.puppyjakefoundation.org](http://www.puppyjakefoundation.org)  
Ph. (515) 777-2837  
Service dogs for Veterans

**Red Cross** [redcross.org](http://redcross.org)  
Ph. (712) 252-4081

**Sioux City Vet Center** 4280 Sergeant Road, Suite 104, Sioux City [www.va.gov](http://www.va.gov)  
Ph. (712) 255-3808  
Readjustment counseling, transitional services, guitar therapy for combat Veterans

**Support Siouxland Soldiers** First Congregational United Church of Christ 4600 Hamilton Blvd. Sioux City  
Ph. (712) 541-8020 [supportsiouxlandsoldiers.com](http://supportsiouxlandsoldiers.com) or [facebook.com/SupportSiouxlandSoldiers](https://facebook.com/SupportSiouxlandSoldiers)  
Support events, care-packages, and food assistance for Veterans, Service Members and Military families

**Survivor Outreach Services** [www.facebook.com/SurvivorOutreachServicesIowa](http://www.facebook.com/SurvivorOutreachServicesIowa)

**Va Healthcare Clinic CBOC** 380 W Anchor Dr, Dakota Dunes, SD Ph. 605-232-2800  
Dedicated to ensuring Iowa Veterans, their dependents, and their survivors receive the full measure of county, state, and federal benefits to which they are entitled.

**VA Homeless Program**  
Ph. (605) 232-2800 ext. 2791

**Vets 4 Warriors** [www.vets4warriors.com](http://www.vets4warriors.com)  
Provides 24-hour confidential peer support for veterans, also providing referrals for legal, housing, medical, psychological and other needs.

**Veterans Affairs** [www.va.gov](http://www.va.gov)  
Department of Veterans Affairs access to benefits, services, health, well-being, burials and memorials.

**Veterans Crisis Hotline**  
Ph. (800) 273-8255 Press 1 or text 838255 Confidential chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net)

**Western Iowa Tech Community College**  
Ph. (712) 274-8733 ext. 1440 Veteran Representative - Don Duzik [don.duzik@witcc.edu](mailto:don.duzik@witcc.edu) or [witcc.edu](http://witcc.edu)