

Siouxland Community Resource & Services Guide

Housing/Shelters/Rental & Utility Services

Sioux City Gospel Mission	500 Bluff St, Sioux City	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
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
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
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 th St Room 107, Sioux City	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 st St, South Sioux City, NE	www.southsiouxcity.org
Ph. 402-494-7514		
Ensures safe, decent, affordable housing in Nebraska.		
Hillside Park Apartments	2800 W. 4 th St, Sioux City	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.hopestreetforsiouxland.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
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
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

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

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

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

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

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

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

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

Provides access through their ticket program to public access forages 60+.

Food/Food Pantries

Iowa Department of Human Services 822 Douglas St, Sioux City

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

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
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.		
<u>The Food Pantry</u> is open from 9am – 11am, Monday through Friday.		
Community Action Agency of Siouxland	2700 Leech Avenue Sioux City	www.caasiouland.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 th St, Sioux City		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
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
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
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
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
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
• 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

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

www.thegospelmission.org

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

shop@juniorleagueofsiouxcity.com

Mission of the Messiah, 2450 Transit Ave, Sioux City

www.momsthrift.wixsite.com/momsthrift

Ph. 712-224-2803

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

www.siouxlandfostercloset.square.site

Ph. 712-624-4543

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

www.mercysiouxcity.com

Ph. 712-279-2010

Hospital and emergency room

Unity Point Health System (St. Luke's) 2720 Stone Park Blvd, Sioux City

www.unitypoint.org

Ph. 712-279-3500

Hospital and emergency room

Siouxland Community Health Center

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.fhcsl.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

- 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

- 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

- 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

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

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

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

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

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

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

Dakota County Victim Assistance Program 701 W. 29th St, South Sioux City, NE

Ph. 402-494-7550

www.southsiouxcity.org/department/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 28th St, South Sioux City, NE

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

www.havenhousefsc.com

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

Heartland Counseling Services inc. 917 W. 21st, South Sioux City, NE

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

www.heartlandcounselingservices.org

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

Women Aware, 505 5th St, Suite 422, Sioux City

www.womenawarescia.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

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

Siouxland Coalition Against Human Trafficking PO Box 5455, Sioux City 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

- 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

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

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

www.connectionsaaa.org/healthy/nutrition.html

Ph. 712-279-6900

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 4th St, Sioux City

www.iowaworks.gov

Ph. 712-233-9030

Disability Employment Incentive – Ticket to Work

Ph. 712-233-9030 ext 46065

Iowa Vocational Rehabilitation 2508 4th St, Sioux City

www.ivrs.iowa.gov

Ph. 712-255-8871

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

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

Ph. 605-242-5455

American Indian Council 2508 4th St, Sioux City

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 4th St, Sioux City

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 4th St, Sioux City

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
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
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
Ph. 712-276-5627	Open Monday – Friday, 8 am to 5 pm	
Aventure Staffing , 509 Douglas St, Sioux City		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
Phone: 712-224-4208	Open Monday – Friday, 8 am to 5 pm	
IMKO , 827 Gordon Dr, Sioux City		www.imko.com
Ph. 712-224-2480	Open Monday – Friday, 7 am to 5 pm	
Short Staffed , 818 5 th St, Sioux City	Open Monday – Friday 7 am to 5 pm	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 th St, Sioux City		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
Ph. 712-202-2850	Open Monday – Friday, 8 am to 6 pm	
Aerotek 700 4 th St, Sioux City		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
Ph. 712-560-4894	Open Monday – Friday 8 am to 5 pm	

Unemployment Filing

Iowa Workforce Development		workforce.iowa.gov
Ph. 866-239-0843		
Applications are filed online.		
Nebraska Employment Services 1010 n. Lincoln St.	Lincoln, Ne	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
Ph. 712-224-1390		

Vocational Rehabilitation Services

Iowa Vocational Rehabilitation Services (IVRS) 2508 4th St, Sioux City

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. 13th St, Suite C, South Sioux City, NE

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 4th St, Sioux City

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

Ph. 402-494-1150

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

Occupational/Professional Licensure/Testing

Women Aware 505 5th St, Suite 422, Sioux City

www.womenawarescia.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

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

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

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

Ph. 712-252-4547

Parenting Classes, Crisis Debriefings and community outreach.

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

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 4th St, Suite 100, Sioux City

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

- 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://rvrseiorvolunteerprograms.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.caasiouland.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

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

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

1014 Nebraska, Sioux City

Ph. 712-279-6636

2120 Dakota Ave, South Sioux City, NE

Ph. 402-494-1429

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

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

Suicide Prevention Lifeline
Ph. 1-800-273-8255 or 211 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
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 6th St, Sioux City 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
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 or <https://www.arcowdbbycty.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
Ph. 712-224-2267
Offers year-round therapeutic recreation programs and respite 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
Ph. 712-277-8295
Provides comprehensive rehabilitation therapy and services to children and adults in the community with a special need.

Boys Town 600 4th St, Suite 901, Sioux City 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
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
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
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 7th ST # 402, Sioux City 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
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	
State and Federal benefits and basic living needs assistance		
eBenefits	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
FAVA (Family Alliance for Veterans of America)	701 Pierce St., Ste.204	darrell.mayo@westcare.com
Darrell Mayo (641)-231-0014		
Housing Assistance for veterans		
Home Base Iowa	2508 4 th St. Sioux City Ia.	Cody Bradley (712) 233-9030 ext46035
Connecting Veterans to careers	Matthew.bradley@iwd.iowa.gov	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	
Micah Project	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	
Allows veterans to obtain a copy of their DD214, military records, medical records, lost medals and awards.		
Partners for Patriots	www.partnersforpatriots.org	
(712) 541-7763	info@partnersforpatriots.org	
Providing service dogs for disabled Veterans		

Siouxland Veteran Support Organizations

Projects for Patriots (712) 301-2764 Assisting Siouxland Combat Wounded Veterans with home projects.	3900 Stadium Dr, Sioux City Projectsforpatriots.com
Puppy Jake Foundation Ph. (515) 777-2837 Service dogs for Veterans	www.puppyjakefoundation.org
Red Cross Ph. (712) 252-4081	redcross.org
Sioux City Vet Center Ph. (712) 255-3808 Readjustment counseling, transitional services, guitar therapy for combat Veterans	4280 Sergeant Road, Suite 104, Sioux City www.va.gov
Support Siouxland Soldiers Ph. (712) 541-8020 Support events, care-packages, and food assistance for Veterans, Service Members and Military families	First Congregational United Church of Christ 4600 Hamilton Blvd. Sioux City supportsiouxlandsoldiers.com or facebook.com/SupportSiouxlandSoldiers
Survivor Outreach Services	www.facebook.com/SurvivorOutreachServicesIowa
Va Healthcare Clinic CBOC 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.	380 W Anchor Dr, Dakota Dunes, SD Ph. 605-232-2800
VA Homeless Program Ph. (605) 232-2800 ext. 2791	
Vets 4 Warriors Provides 24-hour confidential peer support for veterans, also providing referrals for legal, housing, medical, psychological and other needs.	www.vets4warriors.com
Veterans Affairs Department of Veterans Affairs access to benefits, services, health, well-being, burials and memorials.	www.va.gov
Veterans Crisis Hotline Ph. (800) 273-8255 Press 1 or text 838255	Confidential chat at VeteransCrisisLine.net
Western Iowa Tech Community College Ph. (712) 274-8733 ext. 1440 Veteran Representative - Don Duzik	don.duzik@witcc.edu or witcc.edu