Food Pantries

Bountiful Baskets (discounted food), East High School, 5011 Mayhew Ave, Sioux City, IA 51106
Food pick up times: Saturday at 11:15AM

Community Action Agency of Siouxland, 2700 Leech Avenue Sioux City, IA 51106
Phone: 712-274-1610 Hours: 9 am - 4 pm
(Woodbury County residents only)

Cornerstone Faith Center, 600 E. Gordon Drive Sioux City, IA 51106
Phone: 712-274-7574

First Evangelical Free Church, 401 9th Street Sioux City, IA 51101
Phone: 255-7239
Hours: Last Tues of Month 1-3 pm & 4th Wed 10 am - 12 pm

First Lutheran Church, 3939 Cheyenne Blvd. Sioux City, IA 51104
Phone: 712-239-3942 Hours: Wed. 9 am-12 pm

First United Methodist Church (Hygiene and Personal Care Items Only) 1915 Nebraska Street, Sioux City, IA 51104
Phone: 712-258-0119 Hours: Wed 5 pm- 6 pm

Grace United Methodist Church: (Food only) 1735 Morningside Ave. Sioux City, IA 51106
Phone: 712-276-3452

Glendale Community, 1600 Glendale Avenue Sioux City, IA 51105
Phone: 712-277-3970

Gospel Mission, 500 Bluff Street Sioux City, IA 51104
Phone: 712-255-1769 Hours: Mon- Fri 9 am - 10:30 pm

Midtown Family Community Center, 524 14th Street Sioux City, IA 51104
Phone: 712-258-2470
Hours: Last Thurs of Month 10 am-12pm & 2nd Fri 5pm-6pm

Morningside Bible Church, 6100 Morningside Avenue Sioux City, IA
Phone: 712-276-3721
Hours: 3rd Sat of the Month 11 am- 12 pm

Morningside Lutheran Church, 700 Martha Street Sioux City, IA
Phone: 712-276-2511 Hours: Mon- Fri 8 am-5 pm

Redeemer Lutheran Church, 3204 S. Lakeport Sioux City, IA
Phone: 712-276-1125 Hours: Fri 9- 12 pm

SHARE Iowa (discounted food- must order online), (Red Cross Building) 4200 War Eagle Dr. Sioux City, IA 51103
shareiowa.com
Phone: (641) 673-4000
Hours: Daily 9:00-11:00AM

St. Thomas Parish House Food Pantry, 406 12th Street Sioux City, IA 51105
Phone: 712-258-0141
Hours: Mon & Wed 10 am- 12 pm
Siouxland Resource Guide

Siouxland Area Red Cross, 4200 War Eagle Drive Sioux City, IA 51109
Phone: 712-252-4081

Southern Hills Baptist Church, 4301 Old Lakeport Road, Sioux City, IA 51106
Phone: 712-560-0739
Hours: By appointment only

Tabernacle Church, 114 W. 6th Street Sioux City, IA 51103
Phone: 712-258-5085

The Salvation Army, 600 W. 7th Street, Sioux City, IA 51102
Phone: 712-255-8836

United Way of Siouxland, 701 Streusel, Sioux City, IA 51102
Phone: 712-255-3551

Other Area Food Pantries:

Food Hub, 417 4th Street Correctionville, IA
Phone: 712-389-7504

First Baptist Church, 923 5th Street So. South City, NE
Phone: 234-2622

First Lutheran Church, 3601 Dakota Avenue, So. Sioux City, NE
Phone: 402-494-5461
Hours: Mon- Fri 8 am- 4:30 pm

Glad Tidings Lighthouse, 410 E. 10th Street, So. Sioux City, NE
Phone: 402-494-2185
Hours: Tue- Fri by appointment only

Helping Hands Food Pantry, 903 Topez Drive Sergeant Bluff, IA 51054
Contact: 712-943-4815 or 712-943-5082
Hours: 3rd Sat of the Month 8 am- 11 am and the following Tues 4 pm- 5:30 pm
(Sgt. Bluff school district only)

Hornick Methodist Church, 5th Street Hornick, IA 51026
Phone: 712-874-3249

N. E. Nebraska Community Action Agency, 2120 Dakota Avenue So. Sioux City, NE
Phone: 402-494-8312
Hours: Mon- Fri 9 am- 4 pm
(Dakota County residents only)

Siouxland Family Center, 1401 Pine Avenue Dakota City, NE (Dakota County residents only)
Phone: 402-494-6878

Any changes or updates contact:
Siouxland Mental Health Center IHH
717-202-0173 ext. 112
alarson@siouxlandmentalhealth.com

Last updated November 2015
Updated versions posted every 6 months under the Resources section at:
www.siouxlandmentalhealth.com
Baby Formula Resources:

<table>
<thead>
<tr>
<th>Resource</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crittenton Resource Center</td>
<td>303 W. 24th Street, Sioux City, IA</td>
<td>(English) 712-898-8545, (Spanish) 712-898-6514</td>
</tr>
<tr>
<td>Mary’s Choice</td>
<td>4415 Stone Avenue, Sioux City, IA</td>
<td>712-274-6279</td>
</tr>
<tr>
<td>Prairie Pediatrics</td>
<td>2534 Glenn Avenue, Sioux City, IA</td>
<td>712-274-7822, (Must be a patient)</td>
</tr>
<tr>
<td>Siouxland Food Bank</td>
<td>1313 11th Street, Sioux City, IA</td>
<td>712-255-9741</td>
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</table>

Clothing and Furniture:

<table>
<thead>
<tr>
<th>Resource</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bargain Center</td>
<td>1001 W. 7th Street, Sioux City, IA</td>
<td>712-255-0575, Hours: Mon- Fri 10 am- 4 pm &amp; Sat 10 am- 3:30 pm</td>
</tr>
<tr>
<td>Center for Siouxland</td>
<td>715 Douglas Street, Sioux City, IA</td>
<td>712-252-1861</td>
</tr>
<tr>
<td>Catholic Charities</td>
<td>1601 Military Road, Sioux City, IA</td>
<td>712-252-4547, <em>If a family stops into the office, they can provide them with a voucher worth up to $40 per family for clothes at the Bargain Center.</em></td>
</tr>
<tr>
<td>DAV- Disabled American Veterans</td>
<td>5129 Military Road, Sioux City, IA</td>
<td>712-258-8851, Hours: Tues-Sat. 10-3</td>
</tr>
<tr>
<td>First United Methodist Church</td>
<td>1915 Nebraska Street, Sioux City, IA</td>
<td>712-258-0119, Hours: Wed 5 pm- 6 pm</td>
</tr>
<tr>
<td>Goodwill of the Great Plains</td>
<td>Administrative Office/Main Office, 3100 W. 4th Street, Sioux City, IA</td>
<td>712-258-4511</td>
</tr>
<tr>
<td>Junior League Discovery Shop</td>
<td>316 W. 7th Street, Sioux City, IA</td>
<td>712-255-0072, Hours: Mon.-Sat. 10-5, Email: <a href="mailto:shop@juniorleagueofsiouxcity.com">shop@juniorleagueofsiouxcity.com</a></td>
</tr>
<tr>
<td>Mission of the Messiah</td>
<td>2803 Correctionville Road, Sioux City, IA</td>
<td>712-224-2803, <em>Will provide up to two outfits per child with a referral from a social service agency.</em></td>
</tr>
<tr>
<td>Salvation Army</td>
<td>Main Office: 1415 Villa Avenue, Sioux City, IA</td>
<td>712-255-8836, Hours: Mon-Fri 9 am- 3:30 pm (Closed 12-1 pm for lunch), Thrift Store: 1901 Cornhusker Drive, So. South City, NE</td>
</tr>
<tr>
<td>Rustin Ave. Methodist Church</td>
<td>Sioux City, IA</td>
<td>712-276-3395</td>
</tr>
</tbody>
</table>

Any changes or updates contact:
Siouxland Mental Health Center IHH
717-202-0173 ext. 112
alarson@siouxlandmentalhealth.com

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## Shelters

<table>
<thead>
<tr>
<th>Shelter</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>CSADV (Council on Sexual Assault and Domestic Violence)</td>
<td>Sioux City, IA</td>
<td>712-258-7233</td>
</tr>
<tr>
<td>Sioux City Gospel Mission, Women’s and Children’s Center</td>
<td></td>
<td>712-255-1119</td>
</tr>
<tr>
<td>Sioux City Gospel Mission, Men’s Shelter</td>
<td></td>
<td>712-255-1769</td>
</tr>
<tr>
<td>The Warming Shelter</td>
<td>916 Nebraska St. Sioux City, IA 51105</td>
<td></td>
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</table>

## Housing Resources/Rental & Utility Assistance

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salvation Army (Emergency Housing Program for the disabled)</td>
<td>1415 Villa Avenue Sioux City, IA 51103</td>
<td>712-255-0413</td>
</tr>
<tr>
<td>Sioux City Housing Authority/Section 8</td>
<td>405 6th Street Sioux City, IA 51101</td>
<td>712-279-6348</td>
</tr>
<tr>
<td>Siouxland Regional Housing Authority (Surrounding Areas)</td>
<td>Commerce Building 520 Nebraska Street Sioux City, IA 51101; Suite 314</td>
<td>712-252-4520</td>
</tr>
<tr>
<td>Community Action Agency’s LIHEAP, (Low-Income Housing Energy Assistance Program)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Transitional Housing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Center for Siouxland Transitional Housing (Bridges West)</td>
<td>Sioux City 715 Douglas Street Sioux City, IA</td>
<td>712-252-1861</td>
</tr>
<tr>
<td>Crittenton Center, Project Life</td>
<td>For single individuals ages 18-21, with or without children.</td>
<td>Phone: 712-255-4321 ext. 131</td>
</tr>
<tr>
<td>Crossroads Transitional Housing</td>
<td>1307 Court St. Sioux City, IA 51105</td>
<td>712-293-0283</td>
</tr>
<tr>
<td>Dismas Charities, (Integration of incarcerated individuals into the community)</td>
<td>420 Chambers St, Sioux City, IA 51101</td>
<td>Phone: 712-252-6000</td>
</tr>
<tr>
<td>Henry Muller Hall</td>
<td>1419 Cassleman St. Sioux City, IA 51103</td>
<td>Phone: 712-255-1691 (referrals must come from Siouxland Mental Health Center’s Project Restore program)</td>
</tr>
<tr>
<td>Hillside Park</td>
<td>2800 W. 4th Street Sioux City, IA</td>
<td>712-258-0801</td>
</tr>
<tr>
<td>NE Nebraska Joint Housing Agency/Siouxland Interstate Metropolitan Planning Council</td>
<td></td>
<td>Phone: 712-279-6286</td>
</tr>
</tbody>
</table>
Subsidized Housing

**Oakleaf Property Management**, 1309 Nebraska Street Sioux City, IA  
Phone: 712-255-3665  
- Martin Tower- 410 Pierce Street  
- Shire Apartments- 4236 Hickory Lane  
- Centennial Manor Apartments- 441 W. 3rd Street  
- Town View- 400 W. 4th Street  
- Century II- 515 Court Street  
- Pheasant Acres- 3540 Indian Hills Drive  
- West Park Apartments- 605 W. 3rd Street

**Paxton Apartments**, 254-268 Paxton Street Sioux City, IA  
Phone: 712-203-1231

**Seldin Company**,  
- **Independence Village**- 3116 Sycamore Terrace, Sioux City, IA 51105  
  (Also locations at 8th & Iowa, 38th & Winona, 39th & Winona, 31st & Sycamore Terrace, 26th & South Rustin, and 32nd & Chambers)  
  Phone: (712) 239-1822

**Shesler Hall**, 1308 Nebraska St. Sioux City, IA 51105  
Phone: 712-258-8059

**Siouxland Aging Services**, 2301 Pierce Street Sioux City, IA  
Phone: 712-279-6900  
- Evergreen Terrace- 2430 West Street  
- Fairmount Apartments- 210 S. Fairmount Street  
- Riverside Gardens Senior Housing- 715 Bruner Street

**Sunrise Manor**, 5501 Gordon Drive Sioux City, IA  
Phone: 712-276-3821  
Maple Heights Apartments- 5300 Stone Avenue

Transportation

**Care For Kids, 1014 Nebraska St. Sioux City, IA 51105**  
**Children 6 and under must have a car seat provided by the parent to be transported. Children must be accompanied by an adult. Will transport individuals until age 21.**  
Phone: 712-224-5424

**Sioux City Transit System, 509 Nebraska St, Sioux City, IA 51101**  
Phone: 712-279-6404

**SRTS (Siouxland Regional Transit System), 1122 Pierce St, Sioux City, IA 51105**  
Phone: 712-279-6919

**TMS (Iowa Non-Emergency Medical Transportation), 5800 Fleur Dr # 231, Des Moines, IA 50321**  
Phone: 866-572-7662
## Counseling and Support Programs

### Mental Health Providers:

**Associates for Psychological Services,** 600 4th Street Sioux City, IA 51101
Phone: 712-234-0220

**Family Services, Inc.** 2101 Court St. Sioux City, IA 51104
Phone: 712-293-4900 [www.boysandgirlshome.com](http://www.boysandgirlshome.com)

**Catholic Charities,** 1601 Military Road Sioux City, IA 51103
Phone: 712-252-4547

**Choices Counseling,** 520 Nebraska St. Sioux City, IA 51101
Phone: 712-522-3346

**Counseling and Support Services,** 421 Nebraska St. Sioux City, IA 51101
Phone: 712-224-2774

**Dean and Associates,** 3549 Southern Hills Dr. Sioux City, IA 51106
Phone: 712-249-6729

**Family Solution Services,** 505 5th St., Suite 510 Sioux City, IA 51101
Phone: 712-258-4553

**Jackson Recovery Centers, Inc.**
- Main Office: 800 5th Street Sioux City, IA 51101
  Phone: 712-234-2300
- River Hills: 3320 W. 4th Street, Sioux City, IA 51103
  Phone: 712-202-0777
- Women & Children’s Center: 3300 W. 4th Street Sioux City, IA 51103
  Phone: 712-258-4578
- Child and Adolescent Recovery Hospital: 3500 W. 4th St. Sioux City, IA 51103
  Phone: 712-226-1800
- Jackson Recovery Adolescent Crisis Stabilization Unit: 3500 W. 4th Street, Sioux City, IA 51103 (located inside the Recovery Hospital).
  Phone: 712-226-1856

**Mercy Behavioral Care,** 801 5th St. Sioux City, IA 51102
- Adult Inpatient Services
  Phone: 712-279-2940
- Adult Outpatient Services/Pathways
  Phone: 712-279-5991
- Chemical Dependency Services
  Phone: 712-279-2438

**Siouxland Mental Health Center,**
- **Adult Integrated Health Home (IHH),** 205 5th St. Sioux City, IA 51101
  Phone: 712-202-0173 ext. 112
- **Community Support Services, (Community Support/ Project Restore/ Project Compass/ Access to Recovery)** 205 5th St. Sioux City, IA 51101
  712-202-0173 ext. 111
Siouxland Resource Guide

- **Friendship House**, 1101 Court St, Sioux City, IA 51105
  Phone: 712-255-4209
- **Pediatric Integrated Health Home (IHH)**, 1014 Nebraska St, Sioux City, IA 51105
  Phone: 712-224-1023
- **Psychiatry and Therapy**, 625 Court St, Sioux City, IA 51102
  Phone: 712-252-3871

**St Luke’s Outpatient Care**: 2720 Stone Park Blvd. Sioux City, IA 51104
- Adult Inpatient Services
  Phone: 712-279-3500
- Adult Outpatient Services
  Phone: 712-279-3500

**The Pier Center for Autism**,
Phone: 712-522-2961

**Transitional Services of Iowa (TSI)**, 1221 Pierce Street, Sioux City, IA 51105
Phone: 712-255-0204 (Also provides substance abuse services)

### Family Support Services/ Parenting Classes

- **Big Brothers and Big Sisters of Siouxland**, 3650 Glen Oaks Blvd. Sioux City, IA 51104
  Phone: 712-239-9890 E-mail: [bbbs@bigbrothersbigsisters.com](mailto:bbbs@bigbrothersbigsisters.com)

- **Boys and Girls Home and Family Services, Inc.** 2101 Court Street, Sioux City, IA 51104
  Hours: 8:30am- 5:00pm Monday-Friday
  Phone: 712-293-4900

- **Catholic Charities**, (Love & Logic Parenting Classes) 1601 Military Rd, Sioux City, IA 51103
  Phone: 712-252-4547

- **Jackson Recovery Centers**: 
  River Hills Recovery Center- Parent Child Interactive Therapy & Sand Tray Therapy (you don’t have to be addict to be part of these programs).
  3320 W. 4th Street, Sioux City, IA 51103
  Phone: 712-202-0777

- **The Crittenton Center**, (main address) 303 W. 24th St, Sioux City, IA 51104
  Phone: 712-255-4321
  - The Resource Center- (Parenting Classes, Spanish speaking services, donated items), 1410 Nebraska St, Sioux City, IA 51105
    Phone: 712-293-1748
  - HOPES Program, 303 W. 24th St. Sioux City, IA 51104
    Phone: 712-255-4321

- **Siouxland District Health**:
  - WIC Program, 1014 Nebraska St, Sioux City, IA 51105
    Phone: 712-279-6636
  - HOPES program, 1014 Nebraska St, Sioux City, IA 51105
    Phone: 712-279-6119

Any changes or updates contact:
Siouxland Mental Health Center IHH
717-202-0173 ext. 112
alarson@siouxlandmentalhealth.com

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Children’s Occupational, Speech & Physical Therapy

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Able Kids Pediatric Therapy</td>
<td>2524 Glenn Ave, Sioux City, IA</td>
<td>712-226-2253</td>
</tr>
<tr>
<td>Therapy Station</td>
<td>1301 West Frist St, Sioux City, IA</td>
<td>712-560-4838</td>
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Women’s Resources

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>CSADV (Council on Sexual Assault and Domestic Violence)</td>
<td>Sioux City, IA</td>
<td>712-258-7233</td>
</tr>
<tr>
<td>Women Aware</td>
<td>520 Nebraska Street Sioux City, IA</td>
<td>712-258-4174 or 1-800-465-6165</td>
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</table>

Childcare, Head Start & Children’s Activities

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>GiGi’s Playhouse (Down Syndrome Achievement Center)</td>
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</tr>
<tr>
<td>The Crittenton Center (Stella Sanford Child Development Center)</td>
<td>1724 Geneva St, Sioux City, IA</td>
<td>712-255-6832</td>
</tr>
<tr>
<td>Sanford Center</td>
<td>1700 Geneva St, Sioux City, IA</td>
<td>712-252-0581</td>
</tr>
<tr>
<td>Mary Elizabeth Childcare Center</td>
<td>814 Court St, Sioux City, IA</td>
<td>712-258-1605</td>
</tr>
<tr>
<td>Mary Treglia</td>
<td>900 Jennings St, Sioux City, IA</td>
<td>712-258-5137</td>
</tr>
<tr>
<td>Pre-School/ Head Start</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Action Agency Early Head Start</td>
<td>2700 Leech Ave, Sioux City, IA</td>
<td>712-274-1610</td>
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Children’s Activities

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beyond The Bell</td>
<td>2500 Glenn Ave #78, Sioux City, IA</td>
<td>712-277-3600</td>
</tr>
<tr>
<td>Boys Club</td>
<td>823 Pearl St, Sioux City, IA</td>
<td>712-258-5545</td>
</tr>
<tr>
<td>Girls Inc.</td>
<td>1700 Sioux Trail, Sioux City, IA</td>
<td>712-274-5119</td>
</tr>
</tbody>
</table>

Any changes or updates contact: 
Siouxland Mental Health Center IHH  
717-202-0173 ext. 112  
alarson@siouxlandmentalhealth.com

Last updated November 2015  
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www.siouxlandmentalhealth.com
Ophthalmology Providers (accepting Medicaid)

<table>
<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jones Eye Clinic,</td>
<td>4405 Hamilton Blvd. Sioux City, IA 51104</td>
<td>712-239-3937</td>
</tr>
<tr>
<td>Wadzinski Eye Clinic,</td>
<td>5855 Sunnybrook Dr. Sioux City, IA 51106</td>
<td>712-226-3937</td>
</tr>
<tr>
<td>Southern Hills Eye Care PC,</td>
<td>4600 Singing Hills Blvd., Sioux City, IA 51106</td>
<td>712-271-4600</td>
</tr>
<tr>
<td>Outpost Optical,</td>
<td>206 Military Rd. North Sioux City, SD 57049</td>
<td>605-232-3937</td>
</tr>
</tbody>
</table>

Medical Resources

<table>
<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Siouxland Community Health Center Maternal Health, 1021 Nebraska St. Sioux City, IA 51105</td>
<td>712-252-2477</td>
<td></td>
</tr>
<tr>
<td>Siouxland Medical Foundation, 2501 Pierce St. Sioux City, Iowa 51104</td>
<td>712-294-5000</td>
<td></td>
</tr>
<tr>
<td>Siouxland District Health Maternal Health, 1014 Nebraska St, Sioux City, IA 51105</td>
<td>712-279-6119</td>
<td></td>
</tr>
<tr>
<td>Unity Point: Siouxland PACE, 313 Cook St, Sioux City, IA 51103</td>
<td>712-224-7223</td>
<td></td>
</tr>
<tr>
<td>Siouxland Community Health Center, 1021 Nebraska Street Sioux City, IA 51105</td>
<td>712-252-2477</td>
<td></td>
</tr>
</tbody>
</table>

Urgent Care:

Family Healthcare of Siouxland

Northside Clinic:
Open Mon.-Fri. 6PM-9PM, Sat. 12AM-6PM, Sun. 12AM-6PM (Open holidays 12-6)
- 4230 Hamilton Blvd. Sioux City, IA 51104
  Phone: 712-224-5550

Morningside Clinic:
Open Mon.-Fri. 6PM-9PM, Sat. 9AM-5PM, Sun. 12PM-6PM
- 4545 Sergeant Road Sioux City, IA 51106
  Phone: 712-224-5550

South Sioux City Clinic:
Open Mon.-Fri. 6PM-9PM, Sat. 10AM-4PM, Sun. 10AM-4PM
- 3250 Plaza Drive South Sioux City, NE 68776
  Phone: 402-412-4220

Unity Point
Sunnybrook Medical Plaza Urgent Care, 5885 Sunnybrook Drive Sioux City, IA 51106
Phone: 712-266-2760

Mercy Urgent Care, 3520 Singing Hills Blvd. Sioux City, IA 51106
Phone: 712-222-7990

Any changes or updates contact:
Siouxland Mental Health Center IHH
717-202-0173 ext. 112
alarson@siouxlandmentalhealth.com

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### Dental Providers (accepting Medicaid)

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<thead>
<tr>
<th>Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dental Depot</strong></td>
<td>3900 Floyd Blvd. Sioux City, IA 51108</td>
<td>712-239-5812</td>
</tr>
<tr>
<td><strong>Lilly Family Dentistry</strong></td>
<td>2100 Indian Hills Drive, Sioux City, IA 51104</td>
<td>712-239-5125</td>
</tr>
<tr>
<td><strong>Donna Gardner, DDS</strong></td>
<td>3500 South Lakeport, Sioux City, IA 51106</td>
<td>712-239-5812</td>
</tr>
<tr>
<td><strong>Lohr Family Dentistry</strong></td>
<td>2918 Hamilton Blvd. Upper D, Sioux City, IA 51104</td>
<td>712-255-1163</td>
</tr>
<tr>
<td><strong>Family Dental Center of Morningside</strong></td>
<td>4016 Morningside Ave. Sioux City, IA 51106</td>
<td>712-276-4434</td>
</tr>
<tr>
<td><strong>Morningside Dental</strong></td>
<td>4707 Morningside Ave. Sioux City, IA 51106</td>
<td>712-276-2206</td>
</tr>
<tr>
<td><strong>Family 1st Dental</strong></td>
<td>2928 Hamilton Blvd. Upper E, Sioux City, IA 51104</td>
<td>712-255-5754</td>
</tr>
<tr>
<td><strong>Randall Burnight, DDS</strong></td>
<td>5402 Morningside Ave. Sioux City, IA 51106</td>
<td>712-276-8432</td>
</tr>
<tr>
<td><strong>Frank Dental Clinic</strong></td>
<td>321 W. 25th St. Sioux City, IA 51104</td>
<td>712-252-9894</td>
</tr>
<tr>
<td><strong>Sergeant Bluff Dental PLLC</strong></td>
<td>703 First St. Sergeant Bluff, IA 51054</td>
<td>712-943-4242</td>
</tr>
<tr>
<td><strong>Holland Dental Clinic</strong></td>
<td>383 W. Steamboat Drive Dakota Dunes, SD 57049</td>
<td>605-232-5897</td>
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<tr>
<td><strong>Sloan Family Dentistry</strong></td>
<td>320 4th Street Sioux City, IA 51101</td>
<td>712-364-3101</td>
</tr>
<tr>
<td><strong>James Buttermore, DDS</strong></td>
<td>305 W. 39th St. S. Sioux City, NE 68776</td>
<td>402-494-4924</td>
</tr>
<tr>
<td><strong>Siouxland Community Health Center</strong></td>
<td>1021 Nebraska St. Sioux City, IA 51105</td>
<td>712-202-1006</td>
</tr>
<tr>
<td><strong>Dr. James McCallister, DDS</strong></td>
<td>4801 Southern Hills Drive Sioux City, IA 51106</td>
<td>712-274-7377</td>
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<tr>
<td><strong>Summit Dental Health</strong></td>
<td>2114 Pierce St., Sioux City, IA 51104</td>
<td>712-252-3440</td>
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<tr>
<td><strong>Knopik Family Dentistry</strong></td>
<td>2930 Hamilton Blvd. Ste 103 Sioux City, IA 51104</td>
<td>712-255-1440</td>
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</tbody>
</table>

Any changes or updates contact:
Siouxland Mental Health Center IHH
717-202-0173 ext. 112
alarson@siouxlandmentalhealth.com

Last updated November 2015
Updated versions posted every 6 months under the Resources section at:
www.siouxlandmentalhealth.com
Sunnybrook Dental, 4220 Sergeant Road Ste. 100, Sioux City, IA 51106
Phone: 712-274-2228

Mitchell Kulawik, DDS 1551 Indian Hills Drive #212, Sioux City, IA 51104
Phone: 712-277-1311

Wheelock & Bursick Dental, 4100 Morningside Ave. Ste. B, Sioux City, IA 51106
Phone: 712-274-2038
### Employment Assistance

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>Aventure Staffing</td>
<td>507 Douglas St. Sioux City, IA 51102</td>
<td>712-277-4204</td>
</tr>
<tr>
<td>Community Action Agency of Siouxland</td>
<td>2700 Leech Ave. Sioux City, IA 51106</td>
<td>712-274-1610</td>
</tr>
<tr>
<td>Elite Staffing LLC</td>
<td>1119 4th St #109 Sioux City, IA 51101</td>
<td>712-224-4208</td>
</tr>
<tr>
<td>Iowa Workforce Development</td>
<td>2508 4th St. #1, Sioux City, IA 51101</td>
<td>712-233-9030</td>
</tr>
<tr>
<td>Goodwill Connections Center</td>
<td>3100 W. 4th St. Sioux City, IA 51103</td>
<td>712-224-1390</td>
</tr>
<tr>
<td>J &amp; L Enterprises</td>
<td>219 W. 7th Street Sioux City, IA 51103</td>
<td>712-224-2090</td>
</tr>
<tr>
<td>Manpower</td>
<td>833 Gordon Dr. Sioux City, IA 51101</td>
<td>712-258-0139</td>
</tr>
<tr>
<td>Short Staffed</td>
<td>407 Floyd Blvd. Sioux City, IA 51101</td>
<td>712-224-0022</td>
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### Adult Services/Education

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connections Area Agency on Aging</td>
<td>2301 Pierce St, Sioux City, IA 51104</td>
<td>712-279-6900</td>
</tr>
<tr>
<td>Friendship House, NAMI (National Alliance on Mental Illness)</td>
<td>1101 Court St, Sioux City, IA 51105</td>
<td>712-255-4209</td>
</tr>
<tr>
<td>Meals on Wheels (Ages 55+)</td>
<td>2301 Pierce St. Sioux City, IA 51104</td>
<td>712-279-6900</td>
</tr>
<tr>
<td>Siouxland Center for Active Generations</td>
<td>313 Cook St, Sioux City, IA 51103</td>
<td>712-255-1729</td>
</tr>
<tr>
<td>- Siouxland Mental Health Center’s Healthy Lifestyles Group, (2nd Wednesday of every month 1:30 - 2:30)</td>
<td>Adult Integrated Health Home (IHH), 205 5th St. Sioux City, IA 51101</td>
<td>712-202-0173 ext. 112</td>
</tr>
</tbody>
</table>
Additional Resources

**AddictionCenter.com** (free web information guide that connects addicts and their families with the help they need)

**Alcoholics Anonymous**, 614 Cook St. Sioux City, IA 51103
Phone: 712-252-1333

**Assurance Wireless**, (Free phone for those who qualify)
Phone: 1-888-898-4888 or Email: ourteam@assurancewireless.com

**Deaf Interpreting Services**, Phone: 712-39-3740 or Email: deafvoyc.com

**Department of Human Services**, (Food Assistance, Medicaid, FIP and Daycare Assistance)
811 Douglas St. Sioux City, IA 51101
Phone: 712-255-2713

**Disabilities Resource Center of Siouxland**, 520 Nebraska St. Sioux City, IA 51101
Phone: 712-255-1065

**Four Directions Community Center**, 613 Water St. Sioux City, IA 51103
Phone: 712-252-0811

**Iowa Legal Aid**, Commerce Building, 520 Nebraska St # 337, Sioux City, IA 51101
Phone: 712-277-8686

**Narcotics Anonymous**
Phone: 712-279-0733

**National Suicide Hotline**
Phone: 1-800-273-8255

**National Suicide Prevention Hotline (Spanish):**
Phone: 1-888-628-9454

**Opportunities Unlimited**, 3439 Glen Oaks Blvd, Sioux City, IA 51104
Phone: 712-277-8295

**Ponca Tribe of Nebraska**, 119 6th Street, Sioux City, Iowa 51103
Phone: 712-258-0500

**Recovery.org** (Sioux City Addiction Recovery Centers in Sioux City, IA and nearby Cities)
http://www.recovery.org/browse/sioux-city-ia/

**Rehabs.com** (Sioux City Inpatient Drug and Alcohol Rehab Programs)

**Siouxland Mental Health After Hours Crisis Hotline**
Phone: 712-279-2010

**Social Security Offices:**
3555 Southern Hills Dr. or 320 6th St
Phone: 800-772-1213 Phone: 712-274-8986