

## **PARENTING COMMUNITY RESOURCES**

**211 Help!line Canter-Dial 211** on your phone and you will be asked for your zip code-Referrals to Sioux Falls agencies and help families, as well as support & Crisis intervention, and child care referrals, volunteer opportunities & 24 hour Crisis assistance.

**Avera McKennan Health Care Clinic (322-6800)**-Basic medical care for uninsured. Some Services may be free of charge. Appointment required.

**Children's Inn (338-0116)**-Crisis shelter for domestic violence; provides immediate information & support for victims of violence & abuse 24 hours a day, Bright Start Nurse Home Visitation Program.

**City of Sioux Falls events page**-a calendar of events for things happening in our city (parades, concerts, volunteer events, etc.) for you and your children to attend and/or participate in

**Compass Center (339-0116)**-Provides crisis intervention, counseling & advocacy to children, adolescents and adults (both male & female) who are survivors of domestic/dating violence, sexual assault, child sexual abuse, and human trafficking/sexual exploitation.

**Dress for Success (610-0665)**-Professional attire, career development, programming and mentorship for women.

**DSS Child Care Support Enforcement (367-5444 #3 or 1-866-801-5421 #3)**-Work to locate absent parents and establish child support payments.

**DSS Economic Assistance (367-5444 #1)**-Applications for SNAP (Supplemental Nutrition Assistance Program), Medical, and TANF (Temporary Assistance for Needy Families) assistance.

**Face It Together Sioux Falls (274-2262)**-Free & Confidential recovery support and referrals for individuals who are affected by addiction.

**Falls Community Health Center (367-8793)**-Medical Clinic fees based on income and availability to pay.

**Falls Community Dental Clinic (367-8022)**-Dental Clinic with fees based on income. Services available for children under age 21, Medicaid patients, or others without insurance. Minimum fee is \$35 up front for Non Medicaid patients. Best to call at 8am to schedule.

**Family Visitation Center (275-2071)**-Provides a safe place for supervised visitation and exchange services.

**Health Insurance Marketplace:** [www.healthcare.gov](http://www.healthcare.gov) or call 1-800-318-2596.

**Heuerman Center**-Provides free counseling services and/or medication management to low income persons or families who meet guidelines.

**Minnehaha County Human Services (367-4217) also Lincoln County (9415833 or 7648204)**- Help for emergency medical care, medications and dental. Assistance with deposit/rent, utilities, etc.

**Immigration Information (General)-1-800-375-5283.**  
[Also refer to-**Multi-Cultural Center [367-7400]** and/or

**Lutheran Social Services Refugee & Immigration Center [367-7400].**

**Sioux Falls Library System**-13 branches providing resources of reading materials; on-line resources [like learning a different language and more], informational, educational, recreational & cultural needs. All free with a library card.

**Sioux Falls Park & Rec**-Parks and other locations to share with your children. Bike trails, Swimming pools, Falls Park, Festival of lights, Outdoor campus, Butterfly House & Aquarium, Zoo, Downtown Sioux Falls events.

**Sioux Falls Psychological Services (334-2696)**- Provides Counseling services on a sliding fee scale.

**South Dakota Urban Indian Health (339-0420)**-Assists with prescriptions, eye glasses, medical services and transportation for medical appointments. \*Some services are not limited to Native Americans.

**Southeastern Directions for Life/Counselling & Children Services (336-0510)**-Fees are based on income. Private insurance, SD Medicaid and Medicare accepted.

**USD Dental Clinic-(367-8046)**-Focus is on providing dental care to patients of all ages at a reduced rate.

**\*\*Reminders\*\***

Experiences with your children provide the most value through time shared together and consistency in doing what we say, when we say it. We as parents are able to maintain our child's trust which allows us to be our child's safe place. Time with our children doesn't have to cost any money!

These resources are only a few. There are more so contact the 211 Helpline if you are seeking something specific to meet your needs.

Your children want and deserve a relationship with both parents. Positive co-parenting will allow this to happen.