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# COMMUNITY RESOURCES REFERRAL GUIDE

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## Woodbury Program



AUGUST 31, 2019

IOWA DEPARTMENT OF PUBLIC HEALTH  
Iowa WISEWOMAN Program

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## Key

 Services paid by the WISEWOMAN Program

 Updated resources

Agency	Contact Name	Address	Phone number/ email	Website	Notes
<b>A</b>	<b>Health Related Services</b>				
<b>1</b>	<b>Chronic Disease Management</b>				
Fresch Conversations	Eldridge Area Agency on Aging: Danielle Bowlin	Program site: Primghar Dinner Date, 135 S Green Ave, Primghar, IA 51245;	800-243-0678 dbowlin@elderbridge.org		Primghar, O'Brien County
		Program site: Sutherland Willoway Complex, 409 Ash St, # 15, Sutherland, IA 51058;			Sutherland, O'Brien County
Community Health Partners of Sioux County	Angela Kroeze Visser, MPH, CHES Community Health Planner / Grants Manager	211 Central Ave. SE, Orange City, IA 51041	<a href="mailto:Angela.kroezevisser@siouxcountychnp.org">Angela.kroezevisser@siouxcountychnp.org</a> <a href="tel:(712)737-2971">P:(712)737-2971</a>		
Connections Area Agency on Aging		2301 Pierce St, Sioux City, IA	712-279-6900		
Siouxland Community Health Center		1021 Nebraska St, Sioux City, IA	712-252-2477		
Promise Community Health Center		338 1st Avenue Northwest, Sioux Center, IA	712-722-1700		
UnityPoint- St Luke's classes on Diabetes	Allison Hueschen, RDL. (712) 279-3695 office (712) 234-8771 fax Allison.Hueschen@unitypoint.org	2720 Stone Park Blvd., Sioux City, IA 51104	712-279-3500		
Mercy Medical Center Diabetes Education Program			712-279-2345		

Sioux Center Health classes on Diabetes		1101 9th St SE, Sioux Center, IA	712-722-8114		
State-Certified Diabetes Self-Management Education Programs/Sites		Cherokee Regional Medical Center - 300 Sioux Valley Dr, Cherokee, IA 51012	(712) 225-5101	<a href="https://www.cherokeeemc.org/">https://www.cherokeeemc.org/</a>	Cherokee, Cherokee County
		Hawarden Regional Healthcare - 1111 11th St, Hawarden, IA 51023	(712) 551-3100	<a href="https://hawardenregionalhealthcare.com/">https://hawardenregionalhealthcare.com/</a>	Hawarden, Sioux County
		Horn Memorial Hospital - 701 E 2nd St, Ida Grove, IA 51445	(712) 364-3311	<a href="http://www.hornmemorialhospital.org/">http://www.hornmemorialhospital.org/</a>	Ida Grove, Ida County
		Avera McKennan Hospital - highway 3 East PO Box 10, Le Mars, Iowa 51031	712-546-3443		LeMars, Plymouth County
		Sanford USD Med Center/Orange City Area Health System - 1000 Lincoln Cir, Orange City, IA 51041	(712) 737-4984	<a href="https://www.ochealthsystem.org/">https://www.ochealthsystem.org/</a>	Orange City, Sioux County
		Baum Harmon Mercy Hospital - 255 North Welch Avenue Primghar, IA 51245	(712)957-2300	<a href="https://www.mercyone.org/primghar/">https://www.mercyone.org/primghar/</a>	Primghar, O'Brien County
		Hegg Memorial Health Center - 1202 21st Ave, Rock Valley, IA 51247	(712)- 476-8000	<a href="http://www.hegghealth.org/">http://www.hegghealth.org/</a>	Rock Valley, Sioux County
		Sioux Center Health - 1101 9th St SE, Sioux Center, IA 51250	(712) 722-1271	<a href="http://siouxcenterhealth.org/">http://siouxcenterhealth.org/</a>	Sioux Center, Sioux County
		MercyOne - Siouxland - 801 5th St, Sioux City, IA 51101	(712) 279-2010	<a href="https://www.mercyone.org/siouxland/">https://www.mercyone.org/siouxland/</a>	Sioux City, Woodbury County
		UP Health St. Luke's Regional Medical Center - 2720 Stone Park Blvd, Sioux City, IA 51104	(712) 279-3500	<a href="https://www.unitypoint.org/siouxcity/clinic.aspx?id=81">https://www.unitypoint.org/siouxcity/clinic.aspx?id=81</a>	Sioux City, Woodbury County

Diabetes Prevention Program, Recognized Lifestyle Change Program		Sioux Center Public Library, 102 S. Main Ave. Sioux Center, IA 51250	(712) 737-2971		Sioux Center, Sioux County
		Sunnybrook Medical Plaza Community Room, 5885 Sunnybrook Drive, Sioux City, IA 51106	(712) 279-3500		Sioux City, Woodbury County
Medication Therapy Management	Gary, Maly, Darci Weakland Pharm D, Crystal Anderson Pharm D.	Thompson Dean Drug, 911 W 7th St, Sioux City IA 51103	712-252-2761		Sioux City, Woodbury County
<b>2</b>	<b>Clinics</b>				
<b>Community Health Clinics / Free Clinics</b>					
Siouxland Community Health Center		1021 Nebraska St. Sioux City, IA 51105	712-252-2477		
Promise Community Health Center		338 1st Ave NW, Sioux Center, IA	712-722-1700		

Siouxland District Health Department		1014 Nebraska St., Sioux City, IA 51105	712- 279-6119		Immunizations, Women, Infants and Children program (WIC), home health/nursing for individuals who are not Medicaid eligible as well as some basic cleaning, running errands. Hotel/Motel Inspection, Food Service Inspection, Foodborne Illness Outbreak Investigations, Tanning & Tattoo Parlor Inspections, Animal Bites/Quarantines, Swimming Pools & Spas Inspections - Swimming Pool Rules, Wells & Septic System Inspections, Water Sample Collection, Mosquito-Arbovirus Surveillance, Childhood Lead Poisoning, Radon testing.
Veteran's Affairs local clinic		1551 Indian Hills Dr., Sioux City, IA 51104	712- 258-4700		Honoring America's Veterans with quality health care services.
<b>WISEWOMAN Clinics</b>					
Greater Sioux Community Health Center dba Promise Community Health Center	Melinda Scholten	338 1st Ave NW, Sioux Center, IA, 51250	712-722-1700		
Siouxland Community Health Center	Tammi Seibold-Schmitz	1021 Nebraska Street, Sioux City, IA 51100	712-252-2477		
Siouxland Community Health Center -South Sioux City	Traci Poston	3410 Futures Dr. South Sioux City IA 51105	402-412-7242		
<b>3</b>	<b>Community Gardens</b>				

Siouxland District Health Department: Healthy Siouxland - Siouxland Community Gardens	Beck Carlson	1014 Nebraska St SC, IA 51105	712-279-6119	<a href="https://healthysiouxl and.org/community-wellness/siouxland-community-gardens/">https://healthysiouxl and.org/community-wellness/siouxland-community-gardens/</a>	
Sioux Center Community Gardens			712.722.3309 (Dave Schelhaas, coordinator) 712.722.4747 (Christ Community Church)	<a href="https://siouxcountyc hp.org/comm-resources/sioux-center-community-gardens/">https://siouxcountyc hp.org/comm-resources/sioux-center-community-gardens/</a>	Community Gardens are in 3 locations in Sioux Center: Westbrook Gardens, Christ the Kind Church & Christ Community Church. Sioux Center Health provides \$10 gift cards to those who sign up as gardeners — to be used for plants, seeds and tools.
<b>4</b>	<b>Farmers' Market</b>				
Sioux City Farmer's Market	Becky Kempers (Market Manager)	505 5th St Suite 200, Sioux City, IA 51101	712-251-2616	<a href="http://www.farmersmarket siouxcity.com">www.farmersmarket siouxcity.com</a>	
Sioux Centers Farmer's market	Andy Landman	251 N Main Ave Sioux Center, IA 51250	712.722.0533	<a href="https://siouxcountyc hp.org/comm-resources/sioux-center-farmers-market/">https://siouxcountyc hp.org/comm-resources/sioux-center-farmers-market/</a> <a href="http://www.localharvest.org/siouxcenter-farmers-market">www.localharvest.org/siouxcenter-farmers-market</a>	
<b>5</b>	<b>Free Blood Pressure Screenings</b>				
Check Blood Pressure at Wal-Mart		various sites			

Check Blood Pressure at Walgreens		various sites			
Siouxland Center for Active Generations		313 Cook St	712-255-1729		
<b>6</b>	<b>Fitness/Recreation</b>				
Norm Waitt Sr. YMCA		601 Riverview Dr., South Sioux City, NE	402-404-8439	NWSYMCA.org	
Siouxland Center for Active Generations	Kerry Ruehle	313 Cook St, Sioux City, IA 51103	712-255-1729	<a href="https://siouxlandcenterforactivegenerations.com/home">https://siouxlandcenterforactivegenerations.com/home</a>	
All Seasons Centers		770 7th St. NE, Sioux Center, IA 51220	712-722-4386	<a href="https://www.siouxcenter.org/139/All-Seasons-Center">https://www.siouxcenter.org/139/All-Seasons-Center</a>	
<b>7</b>	<b>Mental Health Resources</b>				
Sioux Rivers Regional Mental Health & Disability Services	Lyon county: Lisa Rockhill	315 First Avenue, #200, Rock Rapids, IA 51246	712-472-8240; lrockhill@co.lyon.ia.us	<a href="https://www.siouxrivers.com/">https://www.siouxrivers.com/</a>	Serves Counties: Lyon, Sioux and Plymouth
	Plymouth County: Sharon Nieman	19 2nd Ave. NW, Le Mars, IA 51031	712-546-4352; snieman@dhs.state.ia.us		
	Sioux County: Mavis Anema	210 Central Ave. SW, P.O. Box 233, Orange City, IA 51041	712-737-2999; mavis@siouxcounty.org		



Northwest Iowa Care Connections	Maureen Sandberg	1010 Broadway Emmetsburg, IA	712-852-2832		Counties served: O'Brien
Rolling Hills Community Services Region	Cherokee County	520 W Main St., Drawer B, Cherokee, IA 51012	(712) 749-2556	<a href="http://www.bvcounty.iowa.com/index.php/rolling_hills_community_services_region/">http://www.bvcounty.iowa.com/index.php/rolling_hills_community_services_region/</a>	Counties Served: Cherokee, Ida, Woodbury
	Ida County	401 Moorehead St. Ida Grove, IA 51445	(712) 364-2385		
	Woodbury County	1211 Tri View Ave., Sioux City, IA 51103	(712) 279-6459		
Catholic Charities		1601 Military Rd, Sioux City, IA	712-252-4547		Provides professional mental health therapy/counseling and support to individuals, families, and children.
NAMI (National Alliance on Mental Illness) Iowa	Heather Strachan		515.254.0417 heather@namiiowa.org		
	Emily Berry (Iowa Office of Consumer Affairs)		<a href="tel:515-254-0417">515-254-0417</a> or <a href="mailto:emily@namiiowa.org">emily@namiiowa.org</a>		Iowa Office of Consumer Affairs is available Monday-Friday, 8:30AM—4:30PM and can be reached at 855-622-4692 or <a href="mailto:info@ocaiowa.org">info@ocaiowa.org</a>
Siouxland Mental Health		625 Court St., Sioux City, IA	712-252-3871 After Hours Crisis Hotline 712-279-2010	<a href="http://siouxlandmentalhealth.com/">http://siouxlandmentalhealth.com/</a>	Therapy and psychiatry services, adult/child mental health services, prescription medication program, community support program, friendship house, and program restore for homeless.
Season-Center for Behavior Health		338 1st Avenue Northwest, Sioux Center, IA	800-242-5101		

Siouxland CARES		101 Pierce St., Sioux City, IA 51101	712-255-3188		Community Coalition whose mission is to improve the quality of life in Siouxland by eliminating the abuse of alcohol and other drugs and related violence. Services include referrals, information, assessment information, educational programs, awareness campaigns, youth leadership, drug-free workplace information, gang prevention programs, and anti-bullying education.
Sioux Rivers Region Assessment and Stabilization Center (ASC)		4038 Division St., Sioux City, IA 51104	712-560-7996		The program is open to individuals experiencing an increase in the severity of their mental health symptoms resulting in the need for more direct observation and stabilization than can be achieved in their current living situation. This voluntary service is for those that do not require hospitalization but need assistance and medical oversight to prevent symptom exacerbation. The Center is open 24 hours a day, 7 days a week and referrals are accepted from law enforcement, outside providers, family, and by self. An individual must meet admission requirements before they are accepted into the program.
Suicide Hotline (national)			1-800-273-8255		

Suicide Prevention (national) Hotline (Spanish)			1-888-628-9454		
Hope 4 Iowa			crisis call line 844 673 4469; hope4iowa@boystown.org	<a href="https://swiamhds.com/hope4iowa/">https://swiamhds.com/hope4iowa/</a>	The HOPE 4 IOWA Crisis Call Line connects individuals in crisis to a helping hand and the resources to address and improve mental wellness. Available 24/7. Have a question? You can also email the Hope 4 Iowa Crisis Line at hope4iowa@boystown.org. One of our counselors will respond within 24 hours.
Lutheran Services of Iowa			(712) 323-1558		Licensed therapist provides counseling for children and adolescents. Expertise in trauma-informed care, adverse childhood experiences, sexual assault crisis advocacy, health promotion and education. Accepts both Medicaid and private insurance
Therapy Place, Inc.			(712) 254-9018		Licensed therapists and psychiatric nurse practitioners offering psychotherapy, psychiatric, state funded and other services.
Southwest Iowa Mental Health and Disability Services			(712) 328-5645; Hotline: (844) 673-4469	<a href="http://www.swiamhds.com">www.swiamhds.com</a>	Serves adults in the region who have mental health or intellectual/developmental disabilities. Serves: Cass   Fremont   Harrison   Mills   Monona   Montgomery   Page   Pottawattamie   Shelby
Your Life Iowa			(855) 581-8111	<a href="http://www.yourlifeiowa.org">www.yourlifeiowa.org</a>	Confidential help for suicide prevention, problem gambling and substance abuse issues, including drugs and alcohol.
<b>8</b>	<b>Nutrition Services</b>				

Hy-Vee Dietitian	Peter Streit	Gordon Plaza Hy-Vee, 3301 Gordon Drive Sioux City, Iowa 51105	712-234-1960		
Hy-Vee Dietitian	Elizabeth Overgaauw	Southern Hills Mall Hy-Vee 4500 Sergeant Road Sioux City, Iowa 51106	712-274-1036		
<b>9</b>	<b>Prescription Assistance</b>				
SafeNet Rx	Dr Jaclyn Myers		515-276-0066 or pharmacy@safenetrx.org		
Siouxland Community Action Agency		2700 Leech Ave SC, IA 51106	712-274-1610		
<b>10</b>	<b>Tobacco Cessation Programs</b>				
Iowa Quitline			1-800-Quit-Now	<a href="https://www.quitlineiowa.org/en-US/">https://www.quitlineiowa.org/en-US/</a>	Free tobacco cessation program for Iowa resident. On going phone counseling available to assist tobacco users with quitting.
Mercy Business Health. Mercy Tobacco Cessation Classes	Deb Twyford RN	801 5th St, Sioux City, IA	712-274-4334		8 consecutive weekly sessions – group format. Cost is \$80 for public
Mercy Business Health. Health Coaching for Tobacco Cessation. One- on-one personalized approach	Deb Twyford RN	801 5th St, Sioux City, IA	712-274-4334		One-on-one personalized approach to quitting tobacco ☑ \$150 for 5 sessions
Siouxland Community Health Center		1021 Nebraska St, Sioux City, IA 51105	712-252-2477	<a href="https://slandchc.com/">https://slandchc.com/</a>	Cessation program for Siouxland Community Health Center patients who receive services on a sliding fee scale.
Siouxland District Health Department	Becky Carlson	1014 Nebraska SC, IA 51105	712-279-6119		
<b>11</b>	<b>Transportation Services</b>				

Care For Kids,		1014 Nebraska St. Sioux City, IA 51105	712-224-5424		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.
Sioux City Transit System		509 Nebraska St, Sioux City, IA 51101	712-279-6404		
SRTS (Siouxland Regional Transit System)		1122 Pierce St, Sioux City, IA 51105	712-279-6919		
TMS (Iowa Non-Emergency Medical Transportation)		5800 Fleur Dr # 231, Des Moines, IA 50321	866-572-7662		
<b>12</b>	<b>Walking Programs</b>				
Wak with a Doc	Dr Piplani	Siouxland Community Health 1021 Nebraska St, Sioux City, IA 51105	712-224-1803	<a href="https://walkwithadoc.org/our-locations/sioux-city/">https://walkwithadoc.org/our-locations/sioux-city/</a>	
Walk With Ease Program	Michelle Huenecke, RN, CNWC, CPT - Nurse Navigation Director		515-512-9225 x. 1008; michelle.huenecke@my-chp.com		Available across Iowa
Siouxland Center for Active Generations	Kerry Ruehle	313 Cook St SC, IA 51103	712-255-1729	<a href="https://siouxlandcenterforactivegenerations.com/home">https://siouxlandcenterforactivegenerations.com/home</a>	Friday 8AM–4:30PM Saturday Closed Sunday Closed Monday 8AM–8PM Tuesday 8AM–8PM Wednesday 8AM–8PM Thursday 8AM–8PM
Walking/Biking Trails				<a href="https://www.mapmywalk.com/us/sioux-city-ia/">https://www.mapmywalk.com/us/sioux-city-ia/</a>	

Sioux City Skywalks downloadable skywalk map				<a href="https://siouxcityjournal.com/click-here-to-view-a-map-of-the-skywalk-system/pdf_f750007ca5d8-5eb6-b0c8-96d3e619dd05.html">https://siouxcityjournal.com/click-here-to-view-a-map-of-the-skywalk-system/pdf_f750007ca5d8-5eb6-b0c8-96d3e619dd05.html</a>	
Iowa Walking Trails				<a href="https://www.traillink.com/stateactivity/ia-walking-trails/">https://www.traillink.com/stateactivity/ia-walking-trails/</a>	
Live Healthy Iowa Challenge				<a href="http://www.livehealthyio.org">www.livehealthyio.org</a>	
<b>13</b>	<b>Weight Loss Programs</b>				
Weight Watchers	WW Studio @ First Lutheran Church Sioux City	3939 Cheyenne Boulevard, Sioux City, IA 51104			
	WW Studio @ Faith United Presbyterian Church Sioux City	4327 Morningside Ave, Sioux city, IA 51106			
	WW Studio @ Rock Solid Assembly of God Church	126 3rd St SW, Le Mars, IA 51031			
	816 E Clark Vermillion, SD 57069	816 E Clark Vermillion, SD 57069			
Mercy Weight Loss Program		705 Sioux Point RD Dakota Dunes, SD 57049	605-217-5566		

<b>B</b>	<b>Other Services</b>				
<b>1</b>	<b>African American Community Leaders/Churches</b>				
Mount Zion Missionary Baptist Church	Pastor Robertson, Lady Robertson, Ms Alma Schmitt.	1421 Geneva Street, Sioux City, Iowa 51102	(712) 255-4623	<a href="http://mtzionchurch.us/">http://mtzionchurch.us/</a>	
<b>2</b>	<b>Computer Access</b>				
<b>3</b>	<b>Disability Services</b>				
Disabilities Resource Center of Siouxland		505 5th St., Suite 400, Sioux City, IA 51101	712-255-1065		
Lutheran Services in Iowa		2039 S. St. Aubin, Sioux City, IA 51106	712- 255-2505		Helping children, youth and families, people with disabilities, the elderly and people of refugee status – in times of need.
Woodbury County ARC		3001 Malloy Rd., Sioux City, IA 5113	712 258-5050		Woodbury County Arc is a volunteer-based membership organization made up of individuals with intellectual, developmental and other disabilities, their families, friends, interested citizens, and professionals in the disability field.

GiGi's Playhouse (Down Syndrome Achievement Center),		835B Gordon Drive, Sioux City, IA 51101	712-226-7529		
Disability Rights Iowa			800-779-2502	<a href="https://disabilityrights-iowa.org/">https://disabilityrights-iowa.org/</a>	
Easter Seals Rural Solutions			515-309-1783	<a href="https://www.easterseals.com/ia/our-programs/rural-solutions/">https://www.easterseals.com/ia/our-programs/rural-solutions/</a>	
Iowa Compass		Iowa Compass, Center for Disabilities & Development, 100 Hawkins Dr. #S295 Iowa City, IA 52242-1011	1-800-779-2001	<a href="https://iowacompass.org/">https://iowacompass.org/</a>	Iowa Compass connects people with disabilities and complex health-related needs to services and supports in their communities throughout Iowa.
Iowa Focus			+1-877-50-FOCUS; Derek@IowaFocus.com	<a href="http://iowafocus.com/">http://iowafocus.com/</a>	We serve persons diagnosed with an Intellectual Disability, a Brain Injury, or Chronic Mental Illness. We strive to meet your needs, in your home, and according to your schedule.



Iowa Vocational Rehabilitation Services	Sioux City Area Office	2508 East 4th St, Sioux City, IA 51101	Sioux City, IA 51101 (712) 255-8871	<a href="https://ivrs.iowa.gov/">https://ivrs.iowa.gov/</a>	
<b>4</b>	<b>Domestic Abuse Services</b>				
Council on Sexual Assault and Domestic Violence		1701 Grandview Blvd., Sioux City, IA	712 258-7233; Hotline 800-982-7233 (24/7)	<a href="http://www.survivors-and-programs.php">http://www.survivors-and-programs.php</a>	Victims of sexual assault and/or domestic violence can receive assistance, reassurance, support, and a sense of stability. Counties Served in Iowa: Plymouth & Woodbury Counties.
COUNCIL ON SEXUAL ASSAULT & DOMESTIC VIOLENCE - shelter based services		Sioux City, IA	Phone: (712) 277-0131; Crisis Line: (800) 982-7233	<a href="http://www.survivors-and-programs.php">http://www.survivors-and-programs.php</a>	Counties Served in Iowa for Shelter: Buena Vista, Calhoun, Carroll, Cherokee, Clay, Crawford, Dickinson, Emmet, Ida, Lyon, Monona, O'Brien, Osceola, Palo Alto, Plymouth, Pocahontas, Sac, Sioux and Woodbury Counties, Iowa.
Haven House Family Services Center in South Sioux City, NE			Hotline 800-440-4633 (24/7); Toll Free 800-440-4633; Business 402-494-7592		
Family Crisis Center in Sioux Center, IA		Sioux Center, IA	Hotline 800-382-5603 (24/7); Business 712-722-4404	<a href="http://www.survivors-and-programs.php">http://www.survivors-and-programs.php</a>	Counties Served: Buena Vista, Calhoun, Carroll, Cherokee, Clay, Crawford, Dickinson, Emmet, Ida, Lyon, Monona, O'Brien, Osceola, Palo Alto, Pocahontas, Sac and Sioux Counties, Iowa.

Family Crisis Centers in Rock Rapids, IA			Hotline 800-382-5603 (24/7); Business 712-472-9626		
CENTERS AGAINST ABUSE & SEXUAL ASSAULT Region #1		Spencer, IA 51301	Phone: (712) 262-4612; Crisis Line: (877) 362-4612	<a href="http://www.survivorshelpline.org/shelters-and-programs.php">http://www.survivorshelpline.org/shelters-and-programs.php</a>	Counties Served: Buena Vista, Calhoun, Carroll, Cherokee, Clay, Crawford, Dickinson, Emmet, Ida, Lyon, Monona, O'Brien, Osceola, Palo Alto, Pocahontas, Sac and Sioux Counties, Iowa. Program Serves all of Region #1 except for <del>Plymouth &amp; Woodbury Counties</del>
<b>Statewide Services</b>					
CRIME VICTIM ASSISTANCE DIVISION (CVAD)		Des Moines, IA 50319	Phone: (515) 281-5044; Crisis Line: (800) 373-5044	<a href="https://www.iowaattorneygeneral.gov/">https://www.iowaattorneygeneral.gov/</a>	
IOWA AFFIRMATION & RESOURCES CHAT				<a href="http://www.iowaarch.org/">http://www.iowaarch.org/</a>	Iowa Affirmation & Resources Chat (ARCh) is an online, text based service that victims can utilize for support. ARCh has advocates available each day from 9 am - 9 pm.
IOWA COALITION AGAINST DOMESTIC VIOLENCE (ICADV)		Des Moines, IA 50310	Phone: (515) 244-8028; Crisis Line: (800) 942-0333; icadv@icadv.org	<a href="http://www.icadv.org/">http://www.icadv.org/</a>	
IOWA COALITION AGAINST SEXUAL ASSAULT (IOWACASA)		Des Moines, IA 50310	Phone: (515) 244-7424	<a href="http://www.iowacasaa.org/">http://www.iowacasaa.org/</a>	

Iowa DHS Child and Dependent Adult Abuse Hotline			1 (800) 362-2178	<a href="http://www.dhs.iowa.gov/report-abuse-and-fraud">www.dhs.iowa.gov/report-abuse-and-fraud</a>	Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.
IOWA DOMESTIC VIOLENCE & CRIME VICTIM CALL CENTER		Sioux Center, IA	Crisis Line: (800) 770-1650		
State of Iowa Sexual Abuse Hotline			1 (800) 284-7821	<a href="https://isah.uiowa.edu/">https://isah.uiowa.edu/</a>	Provides free, confidential, trauma-informed service for people in Iowa affected by sexual violence.
National Human Trafficking Hotline			1 (888) 373-7888; Text: 233733	<a href="http://www.humantraffickinghotline.org">www.humantraffickinghotline.org</a>	If you or someone you know is a victim, call now to access support and services to get help and stay safe.
National Domestic Violence Hotline			1-800-799-7233 or TTY 1-800-787-3224 or local 556-1100		
RVAP- STATEWIDE SEXUAL ABUSE HOTLINE		Iowa City, IA	Phone: (319) 335-6001; Crisis Line: (800) 284-7821		
<b>5</b>	<b>Financial Assistance</b>				
Cherokee County General Relief	Lisa Bringle	520 West Main St., Drawer B, Cherokee, IA 51012	(712) 261-6700	<a href="https://www.cherokeecountyiowa.com/offices/genrelief/index.htm">https://www.cherokeecountyiowa.com/offices/genrelief/index.htm</a>	Office Hours:8:00 A.M. - 4:30 p.m., By Appt Only

Ida County General Relief	Ed Sohm	Ida County Courthouse – 401 Moorehead, Ida Grove, IA 51445	712.364.2533	<a href="http://idacounty.org/detail/ida-county-emergency-management-coordinator-e911-director-general-assistance-director-safety-director-environmental-health-sanitarian/">http://idacounty.org/detail/ida-county-emergency-management-coordinator-e911-director-general-assistance-director-safety-director-environmental-health-sanitarian/</a>	Ida County Emergency Management Coordinator, E911 Director, General Assistance Director, Safety Director, Environmental Health Sanitarian. Hours – 8-4:30pm Monday thru Friday
Lyon County, Iowa	Lyon County Resource Advocate	Health Services of Lyon County, 315 1st Avenue, Suite 208, Rock Rapids, IA 51246	(712) 472-8200	<a href="https://www.lyoncountyia.com/page-43">https://www.lyoncountyia.com/page-43</a>	Office Hours:8:00 AM - 12:00 PM; 1:00 PM - 4:30 PM Monday - Friday
Plymouth County General Relief		19 2nd Ave NW, Le Mars, IA 51031	(712) 546-4352		
O'Brien County Gen. Assistance/MH Advocate	Abby Wallin	O'Brien County Courthouse 155 S Hayes P.O. Box 380 Primghar, IA 51245	712-957-5985; awallin@obriencounty.org; 24-Hour Crisis: 844-345-4569	<a href="http://www.obriencounty.org/departments/general-reliefmh-advocate/">http://www.obriencounty.org/departments/general-reliefmh-advocate/</a>	Office Hours: Monday-Friday 9 A.M. - 10 A.M.
Sioux County General Relief	Services Director: Aaron Haverdink	P.O. Box 233, Orange City, IA 51041	(712)-737-2999	(712)-737-2999	
Women Aware		505 5th St Suite 442 sioux city, IA 51101	712-258-4174		Provides intensive case-management to heads of household in Siouxland in a personal, one-to-one approach to help them achieve their maximum earning potential & support self-sufficiency.
Social Security Office SIOUX CITY IA 51106		3555 SOUTHERN HILLS DR SIOUX CITY, IA 51106	1-866-338-2859		

Iowa Concern Line			1 (800) 447-1985	<a href="https://www.extension.iastate.edu/iowaconcern/finance.html">https://www.extension.iastate.edu/iowaconcern/finance.html</a>	A free, confidential resource to Iowans who need financial, legal, stress or crisis assistance.
Consumer Credit Counseling Service of Nebraska			800-550-1961	<a href="https://www.greenpath.com/cccsne/">https://www.greenpath.com/cccsne/</a>	
<b>6</b>	<b>Food Assistance</b>				
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	712-274-1610		Hours: 9 am- 4 pm (Woodbury County residents only)
Cornerstone Faith Center		1625 Glenn Ellen Road, Sioux City, IA 51106	(712) 274-7572		Call Monday through Friday 8:30 a.m. to 4:30 p.m.
First Evangelical Free Church		401 9th Street Sioux City, IA 51101	255-7239		Hours: Last Tues of Month 11-3 pm & 4th Wed 10 am- 12 pm
First Lutheran Church	Lee Bowman	3939 Cheyenne Blvd. Sioux City, IA 51104	712-239-3942		Hours: Wed. 9 am-12 pm
Grace United Methodist Church:		1735 Morningside Ave. Sioux City, IA 51106	712-276-3452		
Glendale Community		1600 Glendale Avenue Sioux City, IA 51105	712-277-3970		
Gospel Mission		500 Bluff Street Sioux City, IA 51104	712-255-1769		Hours: Mon- Fri 9 am- 10:30 pm
Midtown Family Community Center	Sharol	524 14th Street Sioux City, IA 51104	712-258-2470		Hours: Last Thurs of Month 10 am-12pm & 2nd Fri 5pm-6pm

Morningside Bible Church,		6100 Morningside Avenue Sioux City, IA	712-276-3721		Hours: 3rd Sat of the Month 11 am-12 pm
Morningside Luther Church		700 Martha Street Sioux City, IA	712-276-2511		Hours: Mon- Fri 8 am-5 pm
Redeemer Lutheran Church		3204 S. Lakeport Sioux City	712-276-1125		Hours: Fri 9- 12 pm
SHARE Iowa		(Red Cross Building) 4200 War Eagle Dr. Sioux City, IA 51103	(641) 673-4000	shareiowa.com	Discounted food- must order online. Hours: Daily 9:00-11:00AM
St. Thomas Parish House Food Pantry		406 12th Street Sioux City, IA 51105	712-258-0141		Hours: Mon & Wed 10 am- 12 pm
Siouxland Area Red Cross		4200 War Eagle Drive Sioux City, IA 51109	712-252-4081		
Siouxland Community Soup Kitchen		717 W 7th , Sioux City, IA 51103	712-258-0027		
Siouxland Family Community Center		1401 Pine St. Dakota City, NE.	402-494-6878		A neighborhood center in South Sioux City that offers emergency food pantry to families. As part of the service, clients are connected with anti-hunger and anti-poverty programs and resources.
Southern Hills Baptist Church		4301 Old Lakeport Road, Sioux City, IA 51106	712-560-0739		Hours: By appointment only
Tabernacle Church		114 W. 6th Street Sioux City, IA 51103	712-258-5085		
The Salvation Army	Lacey	600 W. 7th Street, Sioux City, IA 51102	712-255-8836		
United Way of Siouxland		701 Steuben, Sioux City, IA 51101	712-255-3551		
<b>Area Sites</b>					
Food Hub		417 4th Street Correctionville, IA	712-389-7504		

Community Food basket		326 Main St., Merville, IA	712-873-3062		
First Baptist Church		923 5th Street So. South City, NE	234-2622		
First Lutheran Church		3601 Dakota Avenue, So. Sioux City, NE	402-494-5461		Hours: Mon- Fri 8 am- 4:30 pm
Glad Tidings Lighthouse		410 E. 10th Street, So. Sioux City, NE	402-494-2185		Hours: Tue- Fri by appointment only
Helping Hands Food Pantry		903 Topaz Drive Sergeant Bluff, IA 51054	712-943-4815, 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	712-874-3249		
N. E. Nebraska Community Action Agency		2120 Dakota Avenue So. South Sioux City, NE	402-494-8312		Hours: Mon- Fri 9 am- 4 pm (Dakota County residents only)
Siouxland Family Center		1401 Pine Avenue Dakota City, NE	402-494-6878		(Dakota County residents only)
Food Stamps (Iowa DHS)		822 Douglas, Sioux City, IA 51101	712-255-0833, 877-259-4992		

7	Housing Assistance						
Shelters							
Shesler Hall		1308 Nebraska St., Sioux City, IA 51105	712 258-8059		<p>The Emergency Shelter Program serves homeless or near homeless women who have no means of paying the fee. The Transitional Housing Program offers these same services for a period of two years or less to women who have a medical diagnosis of chronic mental illness and are preparing to live on their own. The Long-Term Housing Program gives a home to women with special needs for an indefinite period of time. These residents have truly made Shesler Hall their home. Most have a medical diagnosis, but others simply require a community living environment.</p>		
CSADV (Council on Sexual Assault and Domestic Violence)		Sioux City, IA	712-258-7233; CRISIS LINE: 1 (800) 982-7233	<a href="https://csadvsiouxland.org/">https://csadvsiouxland.org/</a>			
Sioux City Gospel Mission - Women's and Children's Center		500 Bluff Street, Sioux city, IA 51103	712-255-1119				
Sioux City Gospel Mission - Men's Shelter		500 Bluff Street, Sioux city, IA 51103	712-255-1769				
The Warming Shelter		916 Nebraska St. Sioux City, IA 51105	712-255-0084		Open 5:30 p.m. to 8:30 a.m		



The Day Shelter of Siouxland		700 W. 6th St., Sioux City, IA 51103	(712) 382-4181		Open 8:30 a.m. to 4:30 p.m
<b>Rental and Utility Assistance</b>					
Community Action Agency's LIHEAP (Low-Income Housing Energy Assistance Program)			712-274-1610 ext. 220 or 1-800-352-3725		
Salvation Army (Emergency Housing Program for the disabled)		1415 Villa Avenue Sioux City, IA 51103	712-255-0413		
Sioux City Housing Authority,		405 6th Street, Suite 107, Sioux City, IA 51101	712-279-6980	<a href="https://www.sioux-city.org/housing">https://www.sioux-city.org/housing</a> .	Section 8 Housing Choice Voucher Low Income Rental Assistance, Down Payment Assistance to purchase a Home, City Wide Security Deposit Assistance (first month only).
<b>Subsidized</b>					

Oakleaf Property Management		1309 Nebraska Street Sioux City, IA	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	712-203-1231		
Seldin Company, Independence Village-		3116 Sycamore Terrace, Sioux City, IA 51105	(712) 239-1822		Also locations at 8th & Iowa, 38th & Winona, 39th & Winona, 31st & Sycamore Terrace, 26th & South Rustin, and 32nd & Chambers.
Shesler Hall		1308 Nebraska St. Sioux City, IA 51105	712-258-8059		
Siouxland Aging Services		2301 Pierce Street Sioux City, IA	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	712-276-3821		Maple Heights Apartments- 5300 Stone Avenue
<b>Transitional Housing</b>					
Center for Siouxland Transitional Housing (Bridges West),		Sioux City 715 Douglas Street Sioux City, IA	712-252-1861		

Crossroads Transitional Housing		1307 Court St. Sioux City, IA 51105	712-293-0283		
Dismas Charities (Integration of incarcerated individuals into the community)		420 Chambers St, Sioux City, IA 51101	712-252-6000		
Hillside Park		2800 W. 4th Street Sioux City, IA 51103	712-258-0801		
NE Nebraska Joint Housing Agency/Goldenrod			712-279-6286		
<b>Sioux City Neighborhood Services</b>					
Sioux City Neighborhood Services		405 6th St., City Hall, 3 rd floor, Sioux City, IA 51101	712-279-6328		
<p>Elderly/Disabled Housing Repair - Assists income eligible seniors (age 65 and older) and disabled homeowners with minor home repairs</p> <p>Emergency Repair - Assists income eligible Sioux City homeowners whose property has or will be placarded if a hazardous situation is not corrected.</p> <p>Housing Rehabilitation - This single-family owner-occupied program is available to low- to middle-income residents of targeted urban renewal neighborhoods to make homes safe and livable.</p> <p>Handicap Barrier Removal - Finances the construction of ramps or other structures necessary to provide barrier free access to the homes of low-income disabled persons. <span style="float: right;">Lead</span></p> <p>Hazard Control - Assistance provided to homeowners and tenants to reduce or eliminate lead hazards in housing for qualified applicants.</p>					
<b>8</b>	<b>Immigrant/Refugee Services</b>				
Mary J. Treglia Community House	Amy Chabra	900 Jennings Sioux City, IA 51105	712-258-5137; director@marytreglia.org	<a href="http://marytreglia.org/">http://marytreglia.org/</a>	Empowers individuals through free English, preschool and citizenship classes; low-cost immigration services; and a summer program for at-risk youth that is designed to close the achievement gap and stop summer learning loss.
Lutheran Services in Iowa - Sioux City Office		2039 S. Saint Aubin St Sioux City, IA 51106	712.255.2505		

The National Immigrant Women's Advocacy Project - Benbefits Map				<a href="http://map.niwap.org/?utm_medium=email&amp;utm_source=govdelivery">http://map.niwap.org/?utm_medium=email&amp;utm_source=govdelivery</a>	
<b>Iowa Immigration Services Providers</b>					
American Friends Service Committee	Erica Johnson, Director	4211 Grand Avenue, Des Moines, IA 50312	515-274-4851; EJohnson@afsc.org	<a href="https://www.afsc.org/program/iowa-immigrant-rights-program">https://www.afsc.org/program/iowa-immigrant-rights-program</a>	
Diversity Service Center of Iowa		1514 Isett Ave., Muscatine, IA 52761	563-264-8883; dscimuscatine@gmail.com		Consultations on Immigration issues; Immigration case investigations; Provide and prepare all immigration forms; Give employer seminars, training and workshops on Immigrations documents and diversity.
Immigration Attorneys - provided by the American Friends Service Committee.				<a href="https://humanrights.iowa.gov/sites/default/files/media/Immigration%20lawyers%20list%201-12-17_0.pdf">https://humanrights.iowa.gov/sites/default/files/media/Immigration%20lawyers%20list%201-12-17_0.pdf</a>	
Iowa Justice for Our Neighbors			515-255-9809, info@iowajfon.org	<a href="http://www.iowajfon.org/">http://www.iowajfon.org/</a>	Iowa Justice For Our Neighbors (JFON) is a faith-driven ministry, welcoming immigrants into our churches and communities by providing free, high-quality immigration legal services, education, and advocacy. Services are available to all without regard to race, gender, or religion.
Iowa Legal Aid		1111 9th St, Suite 230 Des Moines, IA 50314	800-532-1275		Assistance with T visas, U visas, Violence Against Women Act (VAWA) petitions.

Proteus - Iowa Programs		Home Office: Proteus, Inc. 1221 Center Street, Suite 16, Des Moines, Iowa 50309	800-372-6031; 515-271-5306	<a href="http://www.proteusinc.net/programs/iowa/">http://www.proteusinc.net/programs/iowa/</a>	
U.S. Citizenship and Immigration Services (USCIS) - U.S. Citizenship and Immigration Services (USCIS) -		1717 Avenue H, Omaha, NE 68110		<a href="https://my.uscis.gov/en/appointment/v2">https://my.uscis.gov/en/appointment/v2</a>	This office serves the following counties in Iowa: Cherokee, Ida, Lyon, O'Brien, Plymouth, Sioux and Woodbury. In order to visit this office or to speak with an Immigration Services Officer, you must have an appointment scheduled by USCIS, or you must schedule an INFOPASS appointment on the USCIS website. A kiosk is available in the lobby for making appointments.
<b>9</b>	<b>Latino Community Leaders/Churches</b>				
Centro Latino of Iowa		300 W Broadway Suite 40, Council Bluffs, IA 51503	(712) 256-6009	<a href="http://www.sucentrolatino.com/">http://www.sucentrolatino.com/</a>	
Iowa Latino Center c/o Grand View University		2811 East 14th Street, Box 403, Des Moines, IA 50316	1 (515) 635 4134	<a href="http://www.latinocenterofiowa.org/">http://www.latinocenterofiowa.org/</a>	
Latino Center of Iowa			(515) 635-4134	<a href="http://www.latinocenterofiowa.org">http://www.latinocenterofiowa.org</a>	
Latinos Unidos of Iowa	Lena Robinson		(515)979-0770; iowalatina12@live.com	<a href="http://latinosunidosofiowa.org/">http://latinosunidosofiowa.org/</a>	

Iowa Latinx Mental Health Providers				<a href="https://humanrights.iowa.gov/iowa-latinx-mental-health-providers?utm_medium=email&amp;utm_source=govdelivery">https://humanrights.iowa.gov/iowa-latinx-mental-health-providers?utm_medium=email&amp;utm_source=govdelivery</a>	
<b>10</b>	<b>Legal Assistance</b>				
Iowa Legal Aid		520 Nebraska St., Sioux City, IA 51101	712-277-8686		Legal assistance with family/juvenile matters, housing, public benefits, consumer/guardian matters.
Public Defender's Office		701 Pierce St. Ste 400, Sioux City, IA 51101	712-252-4158		
Sioux City Human Rights Commission	Karen Mackey, Executive Director	405 6th Street, Suite 410, Sioux City, IA 51102	(712) 279-6985; kmackey@sioux-city.org	<a href="https://www.sioux-city.org/government/boards-commissions/human-rights-commission">https://www.sioux-city.org/government/boards-commissions/human-rights-commission</a>	
Iowa Mediation Services			515-331-8081	<a href="http://www.iowamediationservice.com/">http://www.iowamediationservice.com/</a>	
Legal Hotline for Older Iowans			1-800-992-8161	<a href="https://www.iowaaging.gov/legal-hotline-older-iowans">https://www.iowaaging.gov/legal-hotline-older-iowans</a>	Free legal services to Iowans 60 and over

Iowa Concern Hotline			1-800-447-1985	<a href="https://www.extension.iastate.edu/iowaconcern/">https://www.extension.iastate.edu/iowaconcern/</a>	
Legal Aid			877-564-2156, 24/7 Legal Help Line	<a href="http://MyAttorneyHome.com/iowa">MyAttorneyHome.com/iowa</a>	
<b>11</b>	<b>Minority Health Coalition Agencies</b>				
<b>12</b>	<b>Utility Assistance</b>				
Assurance Wireless (Free phone for those who qualify)			1-888-898-4888 or Email: ourteam@assurancewireless.com		
Siouxland Community Action Agency		2700 Leech Ave SC, IA 51106	712-274-1610		
<b>13</b>	<b>General Resources</b>				

<p>American Red Cross</p>		<p>4200 War Eagle Drive, Sioux City, IA 51109</p>	<p>712-252-40817</p>		<p>Provides for immediate needs (food, clothing, shelter, emotional support) for families impacted by disasters, including but not limited to fire, flood or tornado. Assists members of the military and their families with emergency communications during crisis situations, as well as provides resource and referral to help address unmet needs facing both active duty members and veterans. Partners with agencies to provide outreach to active duty &amp; veterans including bi-monthly food distribution at the Red Cross office in Sioux City</p>
<p>Center for Siouxland</p>		<p>715 Douglas, Sioux City, IA 51101</p>	<p>(712) 252-1861</p>		<p>Assistance with basic needs, food, prescription assistance, guardianship/conservator program, assessment and referral, budget counseling, financial education and housing counseling, transitional housing program for homeless individuals and families.</p>
<p>Community Action Agency - General Relief</p>		<p>2700 Leech Ave., Sioux City, IA 51106</p>	<p>712- 274-1610</p>		<p>General assistance, emergency rental assistance, food bank, water &amp; utility assistance, energy assistance, transitional housing, some transportation assistance, weatherization of homes, preschool, senior employment program, prescription assistance, homeless assistance, i.e., Crossroads &amp; Welcome.</p>



<p><b>Crittenton Center</b></p>		<p>814 Pierce St., Suite 100, Sioux City, IA</p>	<p>712-255-4321</p>		<p>Helping people in a wide variety of circumstances from children who need emergency shelter, families who need coping skills to prevent child abuse, families who need quality childcare to stay in the work force, teens who need childcare to stay in school, and homeless teens and disabled people who need housing.</p>
<p><b>Iowa Department of Human Services</b></p>		<p>822 Douglas, Sioux City, IA 51101</p>	<p>712-255-0833</p>		<p>Iowa Medicaid and Medicaid Waiver programs, Iowa Health and Wellness programs, Iowa Food Assistance program, Iowa Family Assistance program, Iowa Child Care Assistance Program, Dependent abuse (child/adult)</p>

<p><b>Mater Dei Parish Personal Products Pantry</b></p>		<p>1212 Morningside Avenue.</p>	<p>Open on Thursdays from 4:00 – 6:00 pm</p>		<p>Anyone with a picture ID with an address on it may use the pantry. They may use the pantry once every three months. Guests of the pantry are allowed six items per visit. There is no charge. Items that may be in stock include: Toilet papers, bath soap, body wash, toothbrushes, dish soap, diapers, baby care items, paper towels, shampoo, Depends, Band-Aids, toothpaste, deodorant, household cleaners, disposable razors, sunscreen, Kleenex, wipes, lotion, shaving cream, feminine hygiene items and laundry soap.</p>
<p><b>Salvation Army</b></p>		<p>1415 Villa Ave., Sioux City, IA 51103</p>	<p>712-255-8836</p>		<p>Pathway of Hope provides a range of services with a holistic emphasis on providing the resources that will best suit the needs of each client. The services include one-time emergency services, on-going assistance for elderly and/or disabled and long-term planning services to promote independence</p>
<p><b>Sanford Center</b></p>		<p>1700 Geneva St Sioux City, IA 51103</p>	<p>712-252-0581</p>		<p>The neighborhood center's Delinquency Prevention Program is a continuum of services through several programs for children K-12 and their families: After School Program, Summer Program, Outreach, and Alternative Suspension.</p>

Cherokee County ISU Extension		209 Centennial Dr # A, Cherokee, IA 51012	(712) 225-6196	<a href="https://www.extension.iastate.edu/cherokee/">https://www.extension.iastate.edu/cherokee/</a>	Collaborating with communities to reduce poverty; helping farmers and consumers enhance energy efficiency; educating Iowans about food, feed and fuel issues; and helping companies develop strategies to improve their bottom line. Monday-Friday 8a-4p
Ida County ISU Extension		209 Moorehead Ave, Ida Grove, IA 51445	(712) 364-3003	<a href="https://www.extension.iastate.edu/ida/">https://www.extension.iastate.edu/ida/</a>	
Lyon County ISU Extension		206 S 2nd Ave, Rock Rapids, IA 51246	(712) 472-8530	<a href="https://www.extension.iastate.edu/lyon/">https://www.extension.iastate.edu/lyon/</a>	
O'Brien County ISU Extension		340 2nd St SE, Primghar, IA 51245	(712) 957-5045	<a href="https://www.extension.iastate.edu/obrien/">https://www.extension.iastate.edu/obrien/</a>	
Plymouth County ISU Extension		251 12th St SE, Le Mars, IA 51031	(712) 546-7835	<a href="https://www.extension.iastate.edu/plymouth/">https://www.extension.iastate.edu/plymouth/</a>	
Sioux County ISU Extension		400 N Central Ave # 700, Orange City, IA 51041	(712) 737-4230	<a href="https://www.extension.iastate.edu/sioux/4h">https://www.extension.iastate.edu/sioux/4h</a>	
Woodbury County ISU Extension		4728 Southern Hills Dr, Sioux City, IA 51106	(712) 276-2157	<a href="https://www.extension.iastate.edu/woodbury/">https://www.extension.iastate.edu/woodbury/</a>	