

WE ARE HERE TO HELP

The outbreak of COVID-19 can cause anxiety and strong emotions in adults and children both. We are all experiencing heightened amounts of stress, anxiety and worry. “Coping with stress will make you, the people you care about and your community stronger.”

If you or a loved one are in need of immediate and emergency assistance call 911.

Crisis Services & Mental Health Resources

Your Life Iowa

CALL (855) 581-8111

TEXT (855) 895-8398

Seasons Center

Crisis Line (844) 345-4569

(800) 262-2922

Plains Area Mental Health

Crisis Line (888) 546-0730

(855) 534-8288

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Abuse

Boys Town Iowa

35 W. Street, Spencer, Iowa
Telephone: 712-574-2684 or
1-800-448-3000

Child and Dependent Adult and Neglect Reporting

Telephone: 1-800-326-2178

CAASA (Centers Against Abuse & Sexual Assault)

Telephone: 1-800-326-4612

Family Crisis Centers of Northwest Iowa

Telephone: 712-722-4404 or 1-800-546-0730
24 Hour: 1-800-382-5603

Iowa Sexual Abuse Hotline

Telephone: 1-800-284-7821

National Domestic Violence Hotline

Telephone: 1-800-799-7233

National Human Trafficking Hotline

Telephone: 1-888-373-7888 or text “HELP” to BEFREE (233733)
if you need help or see something suspicious

RAINN (Rape, Abuse,, Incest National Network)

Telephone: 1-800-656-HOPE (4673)

State Domestic Abuse Hotline

Telephone: 1-800-942-0333

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Aging/Disability

Disability Rights Iowa

400 East Court Avenue, Suite 300, Des Moines, Iowa

Telephone: 515-278-2505

Toll Free: 1-800-779-2502

Elderbridge Agency on Aging

714 10th Avenue East PO Box 213, Spencer, Iowa

Telephone: 712-262-1775

Iowa Department for the Blind

524 Fourth Street, Des Moines, Iowa

Telephone: 515-281-1333

Legal Hotline for Older Adults (60+) Iowa Legal Aid

1111 9th Street Suite 230, Des Moines, Iowa

Telephone: 1-800-992-8161

Northwest Aging Association

612 8th Street, Sibley, Iowa

Telephone: 712-754-2768

Siouxland Aging Services, Inc.

2301 Pierce Street, Sioux City, Iowa

Telephone: 712-279-6900

Toll Free: 1-800-798-6916

Assisted Living

Christian Retirement Home

1414 Elm Ct., Sheldon, Iowa

Telephone: 712-324-2861

NOTES

Village Northwest Unlimited
330 Village Circle, Sheldon, Iowa
Telephone: 712-324-4873

Behavioral Health Services

All Those Yesterdays
1900 Grand Ave. North Suite A, Spencer, Iowa
Telephone: 712-363-5886

Boys Town Iowa
35 W. Street, Spencer, Iowa
Telephone: 712-574-2684 or
1-800-448-3000

Catholic Charities
607 1st Ave. West, Spencer, Iowa
Telephone: 712-580-4320

Creative Living Center
1022 3rd Ave., Sheldon, Iowa
Telephone: 712-476-5245

Family Crisis Centers of Northwest Iowa
Telephone: 712-722-4404 or 1-800-546-0730
24 Hour: 1-800-382-5603

Foundation 2
Telephone: 844-345-4404

Hope Haven Inc.
1800 19th Street, Rock Valley, Iowa
Telephone: 712-476-2737

National Alliance on Mental Illness

Telephone: 1-800-417-0414

Northwest Iowa Counseling

20 W. 4th Street, Spencer, Iowa

Telephone: 712262-6111

Plains Area Mental Health

Telephone: 712-546-4624

24 Hour Crisis: 1-800-546-0730

Seasons Center for Behavioral Health

Telephone: 1-800-242-5101

24 Hour Crisis: 1-800-242-5101—Option #8

Sioux Rivers Mental Health & Disability Services Region

1802 Hill Avenue Suite 2502, Spirit Lake, Iowa

Telephone: 712-336-0775

Spencer Psychiatry and Counseling Services

Telephone: 712-580-3882

Promise Community Health Center

338 1st Ave. NW, Sioux Center, Iowa

Telephone: 712722-1700

Child Care

Hartley Community Daycare

Hartley, Iowa

Telephone: 712-928-3292

The O'Brien County Resource Directory is developed by O'Brien County Public Health & O'Brien County General Assistance.

The resource directory is updated every spring. If you have additions or changes for the directory please contact:

O'Brien County General Assistance Director

Abby Wallin

712-957-5985

awallin@obriencounty.org

or

O'Brien County Public Health Office

712-957-0105

Changes must be submitted by June 1 each year—any Changes submitted after June 1 may not be added until the following year



Other Important Numbers to Know

ATLAS of Sioux Center

Sioux Center, Iowa

Telephone: 712-722-4900

ATLAS of Spencer

816 1/2 South Grand Avenue, Spencer, Iowa

Telephone: 712-580-3277

NWIA Planning & Development

(Home Repairs)

Telephone: 712-262-7225 (Ext.1 139)

SAIL—Self-Sufficiency Advocate for Individual Life Skills

Telephone: 712-298-6000

Kids Express Daycare

Sanborn, Iowa

Telephone: 712-930-5535

Kids Kampus

Primghar, Iowa

Telephone: 712-957-0034

Noah's Ark Daycare

Sutherland, Iowa

Telephone: 712-446-2406

Saving Grace

Paullina, Iowa

Telephone: 712-949-7040

Sheldon Community Daycare

Sheldon, Iowa

Telephone: 712-324-4837

Children's Issues

Child Abuse and Neglect Reporting

Telephone: 1-800-362-2178

Child Care Resource and Referral (UDMO)

Telephone: 1-800-245-6151

Child Find of America

Telephone: 1-800-IAM-LOST (1-800-426-5678)

Department of Human Services

Telephone: 712-957-5135

HAWK-I Insurance

Telephone: 1-800-257-8536

Headstart (UDMO)

Telephone: 1-800-245-6151

Healthy Smile (UDMO Child Dental Health Promotion)

Telephone: 712-213-9287

Missing Children Help Center

Telephone: 1-800-USA-KIDS (1-800-872-5437)

Poison Control Center

Telephone: 1-800-222-1222

Prevent Child Abuse

Telephone: 1-515-281-8726

Runaway National Safeline

Telephone: 1-800-RUNAWAY (1-800-786-2929)

Suicide Prevention Hotline:

Telephone: 1-800-332-4224

Children's Services

Best Care for Better Babies—Sanford Home Health & Hospice

Sheldon, Iowa

Telephone: 712-324-6420 (Ext. 6145)

Bethany Christian Services

Orange City, Iowa

Telephone: 712-737-4831

O'Brien County Parents/Caregivers of Children w/ special needs

Archer Reformed Church—Archer, Iowa

Telephone: 712-324-9714

Second Thursday of each month at 7 P.M.

Transportation

Regional Transit Authority (Rides)

Telephone: 1-800-358-5037

Siouxland Regional Transit System (SRTS)

Telephone: 712-279-6919

Veterans

O'Brien County Veteran's Affairs

155 S. Hayes Primghar, Iowa

Telephone: 712-957-3207

Iowa Department of Veteran's Affairs

Telephone: 515-252-4698

Sioux Falls VA Healthcare System

Telephone: 605-336-3230

Telephone Care (Nurse): 866-687-7382

U.S. Department of Veteran's Affairs

Telephone: 1-844-698-2311

Veteran's Crisis Line: 1-800-273-TALK (8255)

Plains Area Mental Health Center: 1-800-546-0730
Seasons Center For Behavioral Health: 1-800-242-5101 (#8)
Veteran's Crisis Line: 1-800-273-TALK (8255) Press 1
Your Life Iowa: 855-581-8111
Text: 855-895-8398

Support Groups

Al-Anon—Family Members Group
Sheldon Hospital—Sheldon, Iowa
Sundays 8 P.M.

Cancer Society Relay for Life
Telephone: 1-800-227-2345

GLASS Suicide Awareness and Prevention
Spencer, Iowa
Telephone: 712-20-8060

Grief Share
Orange City, Iowa
Telephone: 712-541-5985

Memory Loss Support Group
Sanford Sheldon Senior Care—Sheldon, Iowa
Telephone: 712-324-6467 or 712-324-6470

National Alliance on Mental Illness
NAMI Northwest Iowa
Spencer, Iowa
Telephone: 712-262-9438

The Caring Program for Children
Telephone: 1-800-223-KIDS (1-800-223-5437)

Cherish Center
1004 22nd Street, Milford, Iowa
Telephone: 712-338-3333

Child Care Resources and Referral (UDMO)
Telephone: 712-859-3885

Child Health Specialty Clinics
1200 1st Ave. E., Spencer, Iowa
Telephone: 712-264-6363

Children's Hospice International
Telephone: 1-800-242-4453

Early Childhood Iowa
Telephone: 712-515-281-3322

FaDDS (Family Services for FIP recipients)
Telephone: 712-395-0445

Lutheran Social Services of Iowa
1812 24th Ave. W., Spencer, Iowa
Telephone: 712-262-9171

O'Brien County Department of Human Services
Telephone: 712-957-5135

O'Brien County ISU Extension
340 2nd Street SE., Primghar, Iowa
Telephone: 712-957-5045

O'Brien County Public Health
155 S. Hayes, Primghar, Iowa
Telephone: 712-957-0105

Seasons Center—Autumn's Center
Telephone: 1-800-242-5101

Sheldon Methodist Church
Free Summer Meals for Kids
Telephone: 712-324-4894

Shiner's Hospital Referral Line
Telephone: 1-800-237-5055

Upper Des Moines Opportunity, Inc.
Telephone: 712-957-1023

Clothing

Love Inc.
611 Park Row Ave., Sheldon, Iowa
Telephone: 712-324-9709

Village Treasure Chest
Telephone: 712-324-2177

Zestos—Shepard's Closet
1004 3rd Ave., Alton, Iowa
Telephone: 712-756-4463

Other
Health problems
Recent loss
History of psychiatric diagnosis
Family history of suicide
Previous Attempts
Warning Signs Specific to Military
Cleaning a souvenir weapon
Visiting graveyards
Obsession with news coverage of the war or military channel
Wearing uniform off duty
Standing guard of the house, obsessively locking doors and windows
Stopping or hoarding medication
Hoarding alcohol
Defensive speech—"you wouldn't understand"
Avoiding eye contact

Helping someone you think may be suicidal
Talk to them, ask them about suicide, listen without judgment, help them connect with community resources, go with them to a counselor, stay with them, create safety and follow-up

Resources

Avera: 1-800-691-4336
Foundation 2: 1-800-332-4224
National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
En Espanol: 1-888-628-9454
Deaf, Hard of Hearing: 1-800-799-4889
Text Line: Text HOME to 741741

Suicide Warning Signs & Resources

Warning Signs

Talk

- Stating they want to kill themselves
- Feeling hopeless
- Having no reason to live
- Feeling trapped
- Unbearable pain
- Being a burden to others

Behavior

- Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities
- Isolating from friends and family
- Visiting or calling people to say goodbye
- Sleeping too much or too little
- Giving away prized possessions

Aggressive

Mood

- Depressed
- Anxious
- Loss of interest
- Irritability
- Humiliation/Shame
- Anger/Agitation

Negative Self-Talk

- Guilt
- Not good enough
- Ashamed
- Unwanted
- Useless
- Worthless

County Resources

O'Brien County Courthouse Offices
155 S. Hayes, Primghar, Iowa 51245

Environmental Health

Phone: 712-957-0105

O'Brien County Assessor

Phone: 712-957-3205

O'Brien County Attorney

Phone: 712-957-3375

O'Brien County Auditor

Phone: 712-957-3225

O'Brien County Clerk of Court

Telephone: 712-957-3255

O'Brien County Conservation

Telephone: 712-295-7200

O'Brien County Emergency Management

Telephone: 712-757-4305

O'Brien County Engineer

Telephone: 712-957-3425

O'Brien County General Assistance/Mental Health Advocate

Telephone: 712-957-5985

O'Brien County Public Health

Telephone: 712-957-0105

O'Brien County Recorder
Telephone: 712-957-3045

O'Brien County Sheriff
Telephone: 712-957-3415

O'Brien County Treasurer
Telephone: 712-957-3210

O'Brien County Veteran's Affairs
Telephone: 712-957-0031

Disaster Assistance

Emergency Management
Telephone: 712-757-4302

American Red Cross
Telephone: 712-252-4081

Salvation Army
Telephone: 712-255-883

Critical Incident Stress Management Team (CISM)
Telephone: 1-877-225-2476

Education

Hartley-Melvin-Sanborn
High School Telephone: 712-928-3406
Middle School Telephone: 712-930-3281
Elementary School Telephone: 712-928-2020

Narcotics Anonymous
Siouxland Area; Sioux City, Iowa
Telephone: 712-279-0733
Iowa Region
Telephone: 1-800-897-6242

Rosecrance Jackson Centers
Sioux City, Iowa
Telephone: 712-234-2300

Seasons Center for Behavioral Health
Sheldon, Iowa
Telephone: 1-800-242-5101

Substance Abuse and Mental Health Services Administration
(SAMHSA)
Telephone: 1-800-2-HELP (4357)

Your Life Iowa
Call: 1-855-581-8111
Text: 855-895-8398

Alzheimer's & Related Disorders

Telephone: 1-800-272-3900

Dependent Adult Abuse

Telephone: 1-800-362-2178

Elderbridge Agency on Aging

Spencer, Iowa

Telephone: 712-22-1775

Foster Grandparent Program

Telephone: 712-476-2610 or 712-224-2610

Dinner Date

Elderbridge Agency on Aging

Telephone: 712-262-1775

Life Line

Sanford—Sheldon, Iowa

Telephone: 712-324-420

Senior Companion Program

Telephone: 712-47-2628

Substance Abuse

Alcoholics Anonymous

Siouxland Intergroup; Sioux City, Iowa

Telephone: 712-252-1333

Iowa Substance Abuse Information Center

Telephone: 1-866-242-4111

Sheldon

High School **Telephone:** 712-324-2501

Middle School **Telephone:** 712-324-4346

Elementary **Telephone:** 712-324-4337

South O'Brien

High School **Telephone:** 712-949-3454

Middle School **Telephone:** 712-949-3454

Elementary School **Telephone:** 712-957-3755

Sanborn Christian Schools

Telephone: 712-729-3288

Sheldon Christian Schools

Telephone: 712-324-2429

Zion-St. John Lutheran School

Paullina, Iowa

Telephone: 866-201-1522

St. Patrick's School Sheldon

Telephone: 712-324-3181

Northwest Iowa Community College

Sheldon, Iowa

Telephone: 712-324-5061

High School Equivalency Diploma

Northwest Iowa Community College

Telephone: 712-324-5061

ISU Extension and Outreach—O'Brien County

Telephone: 712-957-5045

Northwest AEA
Telephone: 712-722-4378

Preschools

HMS Head Start
240 1st Street SE, Hartley, Iowa 51346
Telephone: 712-728-3362

United Methodist Christian Preschool
361 North 8th Ave. W., Hartley, Iowa
Telephone: 712-928-5665

Zion Lutheran Preschool
103 W. Bertha Street, Paullina, Iowa
Telephone: 712-949-3915

Learning Tree & Rhyme Time Preschool
102 Prospect Street, Sanborn, Iowa
Telephone: 712-930-3251

Noah's Ark Preschool
1405 Pleasant Ct. Drive, Sheldon, Iowa
Telephone: 712-324-3049

Sheldon Head Start– Sheldon Community Preschool & Nursery School
1221 East 6th Street, Sheldon, Iowa
Telephone: 712-324-3825

Praising Paws Preschool—Sanborn Christian School
405 W. 2nd Street, Sanborn, Iowa
Telephone: 712-729-9329

MercyOne
Primghar, Iowa
Telephone: 712-957-2300

Sanford Home Health Home Medical Equipment
Sheldon, Iowa
Telephone: 712-324-4453

Wheelchair Dynamics Inc.
Sheldon, Iowa
Telephone: 712-324-4575

Pharmacies

Hartley Hometown Pharmacy
Telephone: 712-928-7070

Hy-Vee Pharmacy
Sheldon, Iowa
Telephone: 712-324-2516

Lewis Family Drug
Sheldon, Iowa
Telephone: 712-324-4331

Thrifty White Pharmacy
Paullina, Iowa
Telephone: 712-949-3490

Senior Services

AARP
Telephone: 1-800-532-5880
www.aarp.org

Libraries

Archer Public Library

Telephone: 712-723-3629

General N.B. Baker Library

Sutherland, Iowa

Telephone: 712-446-3839

Hartley Public Library

Telephone: 712-928-2080

Melvin Public Library

Telephone: 712-736-2107

Paullina Public Library

Telephone: 712-949-3941

Primghar Public Library

Telephone: 712-957-8981

Sanborn Public Library

Telephone: 712-930-3215

Sheldon Public Library

Telephone: 712-324-2442

Medical Equipment

Avera Home Medical Equipment

Spencer, Iowa

Telephone: 712-580-3923

Sioux Center, Iowa

Telephone: 712-722-8179

Kingdom Kids Preschool—Sheldon Christian School

1425 East 9th Street, Sheldon, Iowa

Telephone: 712-324-2429

His Little Ones—St. Patrick's School Preschool

1020 4th Avenue, Sheldon, Iowa

Telephone: 712-324-3181

Emergency Assistance

O'Brien County General Assistance

155 S. Hayes, Primghar, Iowa 51245

Telephone: 712-957-5985

Upper Des Moines Opportunity

Primghar, Iowa

Telephone: 712-957-1023

O'Brien County Veteran's Affairs

155 S. Hayes, Primghar, Iowa 51245

Telephone: 712-957-0031

Emergency Numbers

Police—Medical-Fire-EMERGENCY

911

O'Brien County Sheriff's Office

240 1st Street NE, Primghar, Iowa 51245

Telephone: 712-957-3415 (General) or

712-957-5245 (Jail)

O'Brien County Crime Dusters

Telephone: 712-957-3415

Hartley Police Department
Telephone: 712-928-2240

Paullina Police Department
Telephone: 712-949-3428

Sanborn Police Department
Telephone: 712-930-3842

Sheldon Police Department
Telephone: 712-324-2525

Sutherland Police Department
Telephone: 712-44-2243

Employment Services

Aventure Staffing
Sheldon, Iowa & Spencer, Iowa
Telephone: 712-324-2425 or 712-262-5990

Employment Connections
Spencer, Iowa
Telephone: 712-262-9077

Hope Haven Inc.
Sheldon, Iowa
Telephone: 712-324-8466

Iowa Lakes Community College Rehabilitation & Education Services
Estherville, Iowa & Spencer, Iowa
Telephone: 712-362-5433 or 712-262-9585

Legal

Iowa Attorney General—Consumer Protection Office
Telephone: 515-281-5926 or 1-888-777-4590

Iowa Concern Hotline
Telephone: 1-800-447-1985

Iowa Legal Aid
506 Nebraska Street, Sioux City, Iowa
Telephone: 712-227-8686 or 1-800-352-0017

Iowa Legal Aid—Landlord & Tenant Law
IowaLegalAid.org
Telephone: 1-800-532-1275

Iowa Office of Ombudsman
Ola Babcock Miller Building
1112 East Grand, Des Moines, Iowa
Telephone: 515-281-3592 or 1-888-426-6283

Juvenile Court Services
215 W. 6th Street SE. Ste. 5, Spencer, Iowa
Telephone: 712-262-5938

Lawyer Referral Service—Iowa State Bar Association
Des Moines, Iowa
Telephone: 515-280-7429

The Legal Hotline for Older Adults (60+) Iowa Legal Aid
1111 9th Street Ste. 230, Des Moines, Iowa
Telephone: 1-800-992-8161

Hospitals

Sanford Sheldon Medical Center

118 North Ave., Sheldon, Iowa

Telephone: 712-324-5041

Mercy One Hospital

255 North Welch Ave., Primghar, Iowa

Telephone: 712-957-2300

Housing

Community Housing Initiatives

Spencer, Iowa

Telephone: 712-262-5965

Coordinated Entry—Homelessness

Telephone: 1-833-739-0065

Murphy Management

Algona, Iowa

Telephone: 515-295-2927

Northwest Iowa Regional Housing Authority

912 2nd Ave. SW., Spencer, Iowa

Telephone: 712-262-7460

Rent Sheldon

rentsheldon.com

Telephone: 712-324-1699

Iowa Vocational Rehabilitation Services

510 East 12th Street, Des Moines, Iowa

Telephone: 1-800-532-1486

IowaWORKS

Spencer, Iowa

Telephone: 712-262-1971

Northwest Iowa Community College

Sheldon, Iowa

Telephone: 712-324-5061

VA Employment Resources

Telephone: 844-MyVA311 (844-698-2311)

Food

Bread of Life

Sheldon, Iowa

Telephone: 712-324-4646

Living Water Community Church

Sheldon, Iowa

Telephone: 712-631-4633

Love Inc. of O'Brien County

Sheldon, Iowa

Telephone: 712-324-9707

Seasons Center

Sheldon, Iowa

Telephone: 1-800-242-5101

Sheldon Methodist Church

Free Summer Meals for Kids

Telephone: 712-324-4894

Sister's Home Style Entrees (Private Pay and Medicaid Funded)

Humbolt, Iowa

Telephone: 515-332-1928

St. Patrick's Catholic Church

Sheldon, Iowa

Telephone: 712-324-0160

Upper Des Moines Opportunity

Primghar, Iowa

Telephone: 712-957-1023

Zestos—Shepard's Table

Telephone: 712-756-4456

Fitness Centers

Complete 180 Fitness

Sanborn, Iowa

Telephone: 712-930-5151

Courtyard 24/7 Fitness

315 North 18th Ave., Sheldon, Iowa

Telephone: 712-324-2085

Hartley Health and Fitness Center

315 Central Ave., Hartley, Iowa

Telephone: 712-928-3488

In-Home Care

Avera at Home

Sibley, Iowa

Telephone: 712-754-411

Careage Home Care

Cherokee, Iowa

Telephone: 712-225-5129

Sanford Home Health

Sheldon, Iowa

Telephone: 712-324-6420

Stay In Home Care, Inc.

Royal and Spirit Lake, Iowa

Telephone: 855-933-2595

Vision

Eye Care Center

Paullina, Iowa

Telephone: 712-448-2195

Eye Care Center

Sheldon, Iowa

Telephone: 712-324-2552

Promise Community Health Center

338 1st Ave. NW., Sioux Center, Iowa

Telephone: 712-722-1700

Sheldon Vision Care

Sheldon, Iowa

Telephone: 712-324-5151

Family Practice Clinics

Hartley Mercy Medical Clinic

231 North 8th Ave. W. Hartley, Iowa

Telephone: 712-928-2820

Mill Creek Family Practice

5616 460th St., Paullina, Iowa

Telephone: 712-448-2000

Paullina Mercy One

108 Groesbeck, Paullina, Iowa

Telephone: 712-949-2126

Primghar Mercy One

240 North Rerick Ave., Primghar, Iowa

Telephone: 712-957-2310

Wound Care Center: 712-957-5575

Sanford Clinic—Hartley

512 3rd St. NE., Hartley, Iowa

Telephone: 712-728-2702

Sanford Clinic—Sanborn

321 Main Street, Sanborn, Iowa

Telephone: 712-729-3545

Sanford Clinic-Sheldon

800 Oak Street, Sheldon, Iowa

Telephone: 712-324-5356

Sutherland Mercy One

108 W. 2nd Street, Sutherland, Iowa

Telephone: 712-446-2567

MercyOne Health and Fitness Center

240 N. Rerick Ave., Primghar, Iowa

Telephone: 712-957-2300

NWICC Lifelong Learning and Recreation Centers

600 College Dr., Sheldon, Iowa

Telephone: 712-324-2493

Willoway Indoor Swimming Pool and Fitness Center

409 Ash Street, Sutherland, Iowa

Telephone: 712-446-2599

Gambling Treatment

1-800-BETS-OFF

Website: WWW.1800betsoff.org

Riverhills Recovery Center

3320 West Fourth Street, Sioux City, Iowa

Telephone: 712-202-0777

Healthcare

Hawk-I (Healthy and Well Kids in Iowa)

Medical and Dental

Telephone: 1-855-889-7985

IA Health Link (Medicaid)

Telephone: 1-800-338-8366 (member services)

SHIPs—State Health Insurance Assistance Programs (Medicare)

SHIP Counselor—Mercy Medical Clinic, Primghar, Iowa

Telephone: 712-957-5579

Sister-to-Sister (Breast Cancer Screening) (Promise)

338 1st Ave. NW, Sioux Center, Iowa

Telephone: 712-722-1700

Chiropractic

Align Chiropractic

Sanborn, Iowa

Telephone: 712-930-3949

Choice Chiropractic, LLC

Sheldon, Iowa

Telephone: 712-324-5313

Miedema Chiropractic Clinic

Sheldon, Iowa

Telephone: 712-324-9930

Primghar Chiropractic Clinic

Primghar, Iowa

Telephone: 712-957-0102

Rodney L Den Hartog

Sanborn, Iowa

Telephone: 712-729-5515

Schierholz Chiropractic

Hartley, Iowa

Telephone: 712-728-234

Paullina Chiropractic

Paullina, Iowa

Telephone: 712-949-2741

Family Chiropractic and Wellness

Sutherland, Iowa

Telephone: 712-446-3613

Dental

Dr. Terry Boelter and Dr. Jamie Gross

Sanborn, Iowa

Telephone: 712-930-5550

Family 1st Dental

Primghar, Iowa

Telephone: 712-957-2460

Promise Community Health Center

Sioux Center, Iowa

Telephone: 712-722-1700

Sheldon Family Dental Clinic

Sheldon, Iowa

Telephone: 712-324-3646

Thomas A. Roed DDS

Paullina, Iowa

Telephone: 712-949-3614

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