

Counseling

Avera McKennan Hospital & University Health Center Mary Ellen Smith, MS, LPC, NCC Children & Adolescents	322.4079
Bethesda Christian Counseling Midwest, Inc. Lori Boehm Shereck, LPC-MH, QMHP Children & Adolescents	334.3739
Gaylen Bendewald, MSW, CSW-PIP, LMFT Children & Adolescents	334.6211
Center for Family Medicine Michael Bloom, PhD, LP Children & Adolescents	339.1783
Dakota Psychological Center Lyn Shroyer, EdD, LP, Children, Adolescents, Group Lyn Collver, MA, LPC, Children & Adolescents	373.9066
Family Solutions Center Kathy Sazama, MS, LMFT, QMHP Children & Adolescents	328.7590
Carla Gibson, PhD, LP Adolescents	336.1974
Knapp Counseling & Associates Mary Dressing, MS, LPC, RD, LN Children & Adolescents Kristi Hamilton, LPC-MH, QMHP Children & Adolescents	373.9330
Lutheran Social Services Mel Harrington, CSW-PIP Male Adolescents	357.0131
Midwest Psychiatric Medicine Mary Kunde, PhD, LP Adolescents	322.7580
Psychotherapy Associates Jeanne Bunkers, MSW, LCSW-PIP Children & Adolescents	322.1700
Sioux Falls Psychological Services Kristi Miller, MS, LPC-MH, Certified Theraplay® Therapist Children & Early Adolescents Laura VanSteenwyk, MSW, CSW-PIP, QMHP Children & Adolescents	334.2696
Sioux Valley Clinic - University Psychiatry Rhonda Smith, EdD, LP Adolescents James Wick, EdD, LP Adolescents	328.4700
Lisa Stellinga, MS, QMHP, LPC-MH, CCDCIII Children & Adolescents	361.0114
Southeastern Behavioral Healthcare Kara Williams, MS, NCC, LPC Group	336.0510
Stronghold Counseling Services, Inc. Linda Mabee, MS, LPC Adolescents	334.7713
University Psychiatry Associates Timothy Soundy, MD Children & Adolescents	322.5700

Dietitians & Nutritionists

For Pediatric Weight Management

Avera McKennan Hospital & University Health Center Summer Anstine	332.8000
Independent Mary Dressing, MS, LPC, RD, LN	373.9330
Sioux Valley Hospital and Health Systems Georgia Larson, RD, LN	333.7130
Center for Family Medicine Roger Shewmake, PhD, LN	339.1783

GHI Dietitians and Counseling Guide for Children and Adolescents



SIoux FALLS AREA
Growing Healthy
INITIATIVE

Our Mission

To mobilize the community to assure the health and wellness of its children.

Our Vision

To develop community awareness, decrease the percentage of overweight kids and adults, and develop programs aimed at improving lifestyles through healthy eating and physical activity.

Supported by

Avera McKennan Hospital & University Health Center
Center for Family Medicine
Sioux Valley Hospital & Health Systems



Center for Family Medicine
1115 E. 20th Street
Sioux Falls, SD 57105

Phone: 605.575.1695
Fax: 605.335.1006

www.healthysiouxfalls.org
Email: denise@healthysiouxfalls.org

Comprehensive Weight Loss Programs

Sioux Valley Clinic

Multidisciplinary clinic utilizing medical, dietary and exercise evaluations to promote healthy lifestyle choices to impact weight management.



Sioux Valley Children's Specialty Clinic "Pediatric Weight Management"

2-16 years

Contact James Wallace, MD
605.333.7188

Sioux Valley Wellness Center

"Choices"

Eight-week group program for children 8-12 years and their caregivers to promote positive behavior choices to influence eating habits, physical activity and behavior/self-esteem.

Contact Cal Hanson
605.328.1639

Programs and Groups

"Girl Power"

A group therapy program for girls 2-17 years with low self-esteem, depression and anxiety. Utilizing exercise and group therapy to improve emotional wellness. The group meets twice per week at the Sioux Valley Wellness Center.

Contact Kara Williams, MS, NNC, LPC

Southeastern Behavioral Health
605.336.0510

Possible funding available, Medicaid

"Don't Let Your Weight Weigh You Down"

10-week group for overweight girls (12-20 yrs) focusing on lifestyle changes, healthy eating, body image and self-esteem.

Contact Lyn Shroyer, EdD, LP

Dakota Psychological Center
605.373.9066

"Fit Factor"

12-month program designed for youth 8-20 years focusing on getting active. The program will run Tuesday - Saturday, 5:00 pm - 8:00 pm.

Contact Sharla Keyser

Special Projects Coordinator
Bowden Youth Center
605.336.7536

Area Agencies and Programs

Please call the following organizations for information about the programs that qualify for Connecting Kids.

Organization	Phone Number
Alpine Society (Winter Outdoor Recreation)	335.7260
American Lung Association (Asthma Camp)	336.7222
Boy Scouts	361.2697
Children's Theatre Company	274.5350
City of Canton (Summer Rec & Swimming Lessons)	978.2881
DAPA - Dakota Academy of Performing Arts	334.7552
Dakota Gold USA - Soccer (Grass Roots Academy Only)	335.1394
Dakota Spirit Cheerleading	373.0414
Dell Rapids Community Haven (Summer Recreation)	366.8612
Girl Scouts	336.2978
Lincoln High School (Summer Camps)	367.7998
Multi-Cultural Center (After School & Summer Camps)	367.7400
Old Courthouse Museum	367.4210
Outdoor Campus (Various Classes)	336.2777
Roosevelt High School (Summer Camps)	362.2860
SDSU/Minnehaha County Extension	367.7877
Singing Boys of Sioux Falls	940.6568
Sioux Empire Baseball Association	336.3462
Sioux Empire Fast Pitch Softball Association	336.3462
Sioux Empire Youth Orchestras	376.2714
Sioux Falls Girls Chorale	323.1134
Sioux Falls Parks and Recreation (Youth Programs)	367.8222
Sioux Falls Police Department (Kids Camp)	367.7229
Sioux Falls Soccer Association	332.5911
Sioux Falls Tennis Association	338.4036
Sioux Falls Hockey Association	361.9836
USF Basketball Camp	575.2033
Washington High School (Summer Camps)	367.7968
Washington Pavilion (Arts and Science Camps)	731.2374
YMCA (Various Programs and Camps)	336.3190
YWCA (Various Programs and Camps)	336.3660