

## SUMMER

Did you know that **students lose 17–34% of the prior year's learning during summer break?**

Here are some **FREE FUN** things to do this summer:

### Sioux City Art Center

*"Towers of Tomorrow with LEGO® Bricks"*



[siouxcityartcenter.org](http://siouxcityartcenter.org)

### Dorothy Pecaut Nature Center



[woodburyparks.org/dorothy-pecaut-nature-center](http://woodburyparks.org/dorothy-pecaut-nature-center)

**Born Learning Trail**  
Crystal Cove Park, South  
Sioux City, NE

The trail features signs in English & Spanish with games and activities along with colorful sidewalk pictures.

### DOWNTOWN Live

FREE Concerts on Fridays



[downtownlivesc.com/](http://downtownlivesc.com/)

**North Sioux City**  
SOUTH DAKOTA

Community Library

[nsclibrary.org/](http://nsclibrary.org/)



[siouxcitylibrary.org](http://siouxcitylibrary.org)



South Sioux City  
Public Library

[libraries.ne.gov/southsiouxcity/](http://libraries.ne.gov/southsiouxcity/)

Thanks to your donation United Way partners are able to offer a variety of summer programs to our community

**2022-23 CAMPAIGN KICKOFF AUGUST 11, 7:30 AM**

**Live Learn Earn Give**

For additional information and resources: [unitedwaysiouxland.com](http://unitedwaysiouxland.com)

## NEED HELP PAYING YOUR MORTGAGE DUE TO COVID?

The Iowa Homeowner Assistance Fund program provides eligible homeowners assistance with mortgage payments and related property expenses.

For more information:  
[iowafinance.com/ihaf/](http://iowafinance.com/ihaf/)

**2.1.1**

## Community Resources

If you need assistance finding food, paying housing bills, accessing childcare or other essential services,

**Call 211 or go to 211.org**

## SUCCESS CORNER

During the pandemic, Molly started a new job to help support her family as a front line worker.

Concerned about her family and Covid, her stress level immediately escalated.

After seeing a Psychiatrist through Catholic Charities, along with therapy sessions, her anxiety reduced and improved her focus and concentration at work.

Molly tried to see a therapist for her anxiety in the past.. But the cost was too much.

Without help from Catholic Charities her job, and her family's future, would have been in jeopardy.

