

WCMCA Head Start Community Resource Guide

2020-2021



**Serving Douglas, Grant, Otter Tail, Pope, Stevens,
Traverse and Wadena Counties**



*West Central Minnesota Communities Action, Inc.
411 Industrial Park Boulevard
Elbow Lake MN 56531*

218-685-4486 or 800-492-4805

wcmca.org/program/head-start-program/

Table of Contents

Community Action Resources	2-4
Child Care Resources	5
Dental Resources	6-9
Disability Resources	10-11
Educational Resources	12-17
Emergency Resources	18-19
Employment Resources	20
Family Services Resources	21-24
Financial Fitness Resources	25
Food Resources	26-28
Housing Resources	29-30
Legislative Resources	31
Medical Resources	32-36
Mental Health Resources	37-39
Thrift Store Resources	40-41
Transportation Resources	42
Alphabetical Index by Agency Name	43-45

If you ask, we will give you this information in another form, such as Braille, large print or audiotape.

USDA is an equal opportunity provider and employer.

COMMUNITY ACTION RESOURCES

Programs vary by county and Community Action Agency. Check individual program info and contact the office closest to you to see what is available in your area.

WEST CENTRAL MN COMMUNITIES ACTION, INC (WCMCA)..... 218-685-4486 or 800-492-4805

Website: www.wcmca.org

Main Office	Alexandria Office	Moorhead Office
411 Industrial Park Boulevard	503 Hawthorne St Suite 45	715 11 th St N
Elbow Lake MN 56531	Alexandria MN 56308	Moorhead MN 56560
Fax: 218-685-6741	218-685-7201	218-477-1208
Energy Dept. Fax: 218-685-6742	320-304-3458	Fax: 218-477-1209

MAHUBE-OTWA COMMUNITY ACTION PARTNERSHIP. 218-847-1385

Website: www.mahube.org

Main Office	Fergus Falls Office	Wadena Office
1125 W River Rd	128 W Cavour Ave	311 S Jefferson St
Detroit Lakes MN 56502	Fergus Falls MN 56537	Wadena MN 56482
Fax: 218-847-1388	218-739-3011	218-632-3600
	Fax: 218-998-3055	Fax: 218-632-3602

ENERGY PROGRAMS:

Conservation Improvement Programs (CIP): Various local utilities provide funding to Community Action Agencies to complete weatherization activities for their customers, which may include replacing inefficient appliances and installing energy efficient LED bulbs. Contact the office closest to you to see if your utility company takes part in this program.

Energy Assistance Program (EAP): Assists income eligible renters and owners with their home energy costs. Eligible households receive assistance paid directly to their energy vendors. When funding allows, households that have an emergency/crisis with their energy needs can apply for additional assistance.

Energy Related Repair Program (ERR): Homeowners eligible for the Energy Assistance Program can apply for repair or replacement assistance with their heating system.

Weatherization Program: Available to renters and homeowners to help reduce a household's total energy costs and increase energy efficiency. Priority is given to elderly, high consumers, families with children and disabled persons.

FAMILY DEVELOPMENT:

Child Passenger Resource Center: Services provided to teach parents and community partners how to keep children safe in motor vehicles, such as: car seat and booster safety trainings, education and fitting clinics. Car and booster seats are distributed to persons attending the fitting clinics.

Family Assets for Independence in Minnesota Program (FAIM): This is a matched savings program for individuals and families wishing to purchase a home, acquire or expand a small business, or for post-secondary education. Participants may save up to \$960 over 2 years which is then matched at a rate of 3 to 1 becoming \$3840.

Family Health: Services include health education and counseling, family planning (including birth control and contraceptives), physical exams, pregnancy & HIV testing, sexually transmitted infection screenings, Pap-smear and reproductive life planning. All services are confidential and no one is refused due to inability to pay.

Father's Resource Program: Offers free information and support regarding parenting time, custody, child support and paternity.

Free Tax Preparation: Free tax preparation for low-income families. Sites are open January – April and are available to all individuals and families that fall within the IRS annual guidelines.

Head Start & Early Head Start: Offers comprehensive services to pregnant Moms and families with children ages birth to five. The continuing success of the program is due to the philosophy and practice of working with the total child and the child's family through center-based (classroom) and home-visit activities.

Kinship Support Groups: Meet regularly to learn about resources and learn from one another about the unique issues involved in raising grandchildren and other relatives' children. Children participate in activities while adults attend the support group.

MNsure Navigation Services: This program offers assistance to customers by guiding them through the process of obtaining affordable health coverage through the MNsure health exchange.

Parents Love us Kids (PLUS Kids): This program is designed to provide a positive, physical and emotional safety for the exchange or supervised visitation of children by separated parents in cases where visitation would otherwise be difficult due to issues of conflict or abuse. Supervised telephone calls or Skype visits also available. Contact: Heather M. at 320-762-4100

HOUSING PROGRAMS:

Affordable Housing Program: Partners with the MN Department of Corrections to build new homes. Homes vary in size and design and can be pre-purchased and built in any of West Central's service area.

Emergency Solutions Grant (ESG): Serves singles or families that are homeless. Can pay for hotel and/or first month's rent and short-term case-management.

Family Homeless Prevention and Assistance Program (FHPAP): Serves singles or families that are or are nearly homeless. Can pay for deposit, rent and short-to mid-term case management.

Foreclosure Prevention Assistance Programs: Serves households that are facing or are in danger of foreclosure working with the homeowner and lender until resolution is fully executed or denied.

Group Cares Camp: The Group Cares Camp is an intense week-long community project that focuses on small home repairs for home owners. Youth volunteers dedicate a week of their time to come into a community and fix steps, build wheel chair ramps, paint homes and more. This project is usually held in different surrounding communities every other year.

Growing Relations with Outreach Work Through Housing (GROWTH): The purpose of GROWTH is to meet people with disabilities where they are, link them to services and provide housing options in the community of their choice. Provides education and support to mainstream resources while working with people who are experiencing homelessness or currently residing in facilities.

Home Stretch Workshops: These classes provide education on the people and processes involved in purchasing a home. Cost for classes are \$45 and a certificate is awarded at the end that assists participants in qualifying for various loan products.

Housing Counseling Programs: Provides assistance to first time home buyers in determining how much home they can afford, if they have an adequate credit score to qualify for a loan, what types of down payment and loan products they may be able to access and general information on the process and contacts involved in the home purchasing process.

Housing Supports: Provides supplemental services for eligible recipients of Housing Support room and board. The purpose of the supplemental services is to help individuals maintain their housing.

Lead Testing Program: The goal of this program is to detect and help prevent exposure of children to this hazardous, health-harming substance. A Certified Lead Inspector will come to your home to conduct a lead inspection and/or do a lead risk assessment that will tell you if there are any sources of serious lead exposure in and around your home.

Long-Term Homeless Case Management (LTH): Provides case management for those who have been homeless continuously for more than one year or have had four episodes of homelessness in three years and who qualify for housing assistance. The case manager acts as a guide when facing crisis to not cause future episodes.

Minnesota Rural and Urban Homesteading Program (MURL): MURL is a first-time homebuyer program for low to moderate-income families. These single-family homes will be sold on a zero interest contract for deed with no down payment required and house payments are based on 25% of gross monthly income.

Rapid Rehousing Program: A rental subsidy and case management program for families with children who are currently homeless and who with the help of a case manager obtain their own place of residency. Participants are responsible for 30% of their monthly income towards their total rent. The difference between the total rent and their portion will be paid by the program for as long as the client is eligible for the service.

Small Cities Program: For rehabilitation of owner-occupied housing and is available in targeted areas. You must own the house, either free of debt, through a mortgage or a recorded contract for deed.

Transitional Housing: Help to stabilize homeless person's living situations and help them move toward maintaining permanent home. Case management services are required.

SENIOR PROGRAMS:

In Home Repair Program: Provides modifications to homes to improve the living environment of elderly individuals age 60 and above.

Live Well at Home: Used to support the older population in five major areas: work and retirement, supporting caregivers, fostering communities, improving health and long-term care, & maximizing use of technology.

Retired and Senior Volunteer Program (RSVP): Helps individuals 55 and older put their skills and life experiences to work for their communities. Allows you to select from a wide variety of volunteer opportunities while choosing the time commitment that works for your lifestyle.

Senior Exercise Groups: Offers senior exercise groups at several different locations.

Senior Homemaking, Chore and Home Repair Program: Offers seniors age 60 and over or the disabled meet needs for maintaining safe, healthy and independent living.

TRANSPORTATION PROGRAMS:

Ready Ride: An advanced reservation, door-to-door ride program that provides a safe, easy, reliable way to get qualified riders where they need to go without the hassle or risk of driving themselves.

Region Four Transportation Services (R4): Provides transportation services for parents with a diagnosis of serious mental illness/severe persistent mental illness. For medical rides, some restrictions apply. For non-medical rides there are no restrictions.

CHILD CARE RESOURCES

LAKES & PRAIRIES CHILD CARE AWARE OF MINNESOTA..... 877-558-7616

www.childcareawaremn.org

Alexandria Office 320-219-6222

Email: dawnb@lakesandprairies.net

Fergus Falls Office 218-998-2359

Email: luannah@lakesandprairies.net

Child Care Aware provides helpful, informative consultations to families, including a list of licensed caregivers, as they evaluate and choose appropriate care for their child.

DENTAL RESOURCES

To our knowledge, the statements following the listings are up-to-date. Please call provider to verify when planning to select your dental home.

Minnesota Oral Health Directory www.findadentistmn.org/west-central-minnesota

This is a tool designed to assist in the search of dental clinics that accept public insurance and no insurance. There is a google translate option so people can search in their primary language.

DOUGLAS COUNTY:

Caring Hands Dental Clinic **320-815-5711**

2209 Jefferson St, Suite 101A, Alexandria MN 56308 Email: caringhandsdc@gctel.net

Accepts new patients, infants/toddlers, Medical Assistance and MinnesotaCare

Central MN Pediatric Dentists, P.A. **320-253-0272**

507 N Nokomis St, Suite C, Alexandria MN 56308 Website: www.cmpdsmiles.com

Accepts new patients, Medical Assistance only if referred by another dentist and

MinnesotaCare patients up to age 6

Open Mondays Only

Dentistry at the Center **320-762-5216**

David Golke DDS, Thomas DeWitt DDS, Paul Odland DDS, Elizabeth Amundson DDS

Website: www.dentistryatthecenter.com Fax: 320-762-5694

2306 S Broadway, Suite 4, Alexandria MN 56308

Accepts new patients and infants/toddlers

Dr. Haack DDS **320-763-7484**

1400 Hawthorne St, Suite 4, Alexandria MN 56308 Website: www.haackdds.com Fax: 320-763-6951

Accepts new patients

Dr. Erick Nolting DDS **320-762-0217**

1400 Hawthorne St., Suite 3, Alexandria MN 56308 Website: www.dr nolting.com

Accepts new patients

Family & Cosmetic Gentle Dentistry **320-763-5052**

3015 Hwy 29 S, Alexandria MN 56308 Website: www.smilemn.com Fax: 320-763-5053

Accepts new patients, infants/toddlers, Medical Assistance and MinnesotaCare

Prairie Lakes Dental **320-762-1717**

Dr. Kelly L. Bumgarner DDS

2633 Jefferson St, Suite 801, Alexandria MN 56308 Website: www.prairielakesdental.com

Accepts new patients

Stadsklev Dental **320-762-0100**

220 22nd Ave E, Suite 105, Alexandria MN 56308 Website: www.stadsklevdental.com Fax: 888-763-0267

Accepts new patients

Young At Heart Dentistry **320-763-3113**

Dr. Rick Thiery DDS

111 10th Ave E, Alexandria MN 56308 Website: www.youngatheartdentistry.com

Accepts new patients and infants/toddlers

GRANT COUNTY:

Elbow Lake Dental Center 218-685-4710

Dr. Orvin Leis DDS
18 W Division St, PO Box 1032, Elbow Lake MN 56531 Website: www.elbowlakedental.com
Accepts new patients and infants/toddlers

OTTER TAIL COUNTY:

Area Lakes Dental 218-864-5245

Dr. Todd Smith DDS
412 Lake Ave S, Battle Lake MN 56515 Fax: 218-864-5246
Accepts new patients

Apple Tree Dental Westridge Mall 218-998-2218 or 877-998-2218

2001 W Lincoln Ave, Fergus Falls MN 56537 Website: www.appletreedental.org Fax: 218-998-2213
Provides children's dental outreach clinics in Elbow Lake, New York Mills & Pelican Rapids
Accepts new patients, Medical Assistance and MinnesotaCare, all Head Start Children

Dr. Michael Berglund DDS 218-583-2029

404 Douglas Ave, Henning MN 56551
Accepts new patients

Fergus Falls Community Dental Clinic 218-739-7254

1121 Pebble Lake Rd, Fergus Falls MN 56537
Accepts new patients on MA or MinnesotaCare with developmental disabilities, traumatic brain injury, mental health disabilities or chemical dependency

Hamann Family Dentistry 218-346-4775

200 First Ave, Perham MN 56573 Website: www.hamannfamilydentistry.com
Accepts new patients

Lake Region Family Dental Center 218-736-3847

Dr. Terry Drake DDS
210 N Cascade Ave, Fergus Falls MN 56537 Website: www.fergusfallsmndentist.com
Accepts new patients and infants/toddlers (would refer for treatment)

LifeSmiles Dental Center 218-739-2481

Dr. Michael Andrews DDS, Dr. Todd McGovern DDS, Dr. Mitchell Wellman DDS,
Dr. "Bud" Mellon DDS, Dr. Jill Balgaard DDS and Dr. Lauren Herzog, DDS
321 Western Ave, Fergus Falls MN 56537 Website: www.lifesmilesdental.com Fax: 218-739-2178
Accepts new patients and infants/toddlers

Northern Lakes Dental Ltd. 218-736-4000

Dr. Scott Wagnild DDS and Dr. Kelly Schroeder DDS
1108 Western Ave, Fergus Falls MN 56537 Website: www.northernlakesdental.com
Accepts new patients and infants/toddlers

Pelican Dental 218-863-5858

Dr. David M. Ditch DDS
28 E Mill St., Pelican Rapids MN 56572
Accepts new patients

Whoolery Dentistry, P.C. **218-739-2217**
219 E Lincoln Ave, Fergus Falls MN 56537 Email: drwhoolery@hotmail.com Fax: 218-739-2443
Practice limited to children up to age 10
Accepts new patients, MinnesotaCare and Medical Assistance

POPE COUNTY:

Dental Health Services **320-634-3556**
Dr. Scott W. Ringdahl DDS, Dr. Jeremy Myrom DDS and Dr. Alyssa Gullickson DDS
1616 N Franklin St, Glenwood MN 56334 Website: www.dentalhealthservicesmn.net Fax: 320-634-3567
Accepts new patients and infants/toddlers

Minnewaska Dental **320-634-4543**
Dr. Carl Wallin
101 1st St SW, Glenwood MN 56334 Website: www.minnewaskadental.com Fax: 320-634-4544
Accepts new patients

STEVENS COUNTY:

Dental Depot **320-589-4481**
Dr. Kevin Williamson DDS and Dr. Jeffrey A. Hauger DDS
2 E 5th St, Morris MN 56267
Website: www.dentaldepotmorris.com Email: dentaldepot@hometownsolutions.net
Fax: 320-589-2750
Accepts new patients, infants/toddlers and Prime West

Morris Dental Clinic **320-589-2161**
Dr. Eric Rambow DDS, Dr. Meghan Rambow DDS and Dr. Jenny Perrault DDS
201 E 6th St, Morris MN 56267 Website: www.morrisdentalclinic.com Fax: 320-589-3149
Accepts new patients, infants/toddlers and Medical Assistance and MinnesotaCare

TRAVERSE COUNTY:

Dr. Michael Marchetti, DDS **320-563-4800**
1511 Broadway, Wheaton MN 56296
Email: mtoothguy54@gmail.com Fax: 320-563-4840
Accepts new patients, infants/toddlers and limited MA and MinnesotaCare patients

Sisseton Dental Clinic **605-698-3201**
Dr. Evan Nelson DDS
7 Summit St, Sisseton SD 57262 Fax: 605-698-4799
Accepts new patients and South Dakota (Roberts County only) Medicaid patients

Woodrow Wilson Keeble Memorial Health Care Center – Dental Department **605-698-3662**
100 Lake Traverse Dr, Sisseton SD 57262 Fax: 605-742-3887
Provides dental services for Native Americans/Alaskan Natives

WADENA COUNTY:

Restemayer Family Dentistry **218-564-5192**
16 Birch Ave NE, Menahga MN 56464
Accepts new patients, infants/toddlers for referral only and Medical Assistance and MinnesotaCare

Reuter Family Dentistry. Wadena 218-631-1487 or Perham 218-346-0346
Dr. Heidi Reuter DDS
80 Juniper Ave NW, Wadena MN 56482 Fax: 218-631-2972
929 Market St, Perham MN 56573 Fax: 218-346-5516
Website: www.reuterfamilydentistry.com
Accepts new patients, infants/toddlers and offers a Dental Savings Plan

Woodland Dental..... 218-631-4431
Dr. Ryan Anderson DDS
206 1st St SE, Wadena MN 56482
Website: www.woodlanddental.org Email: woodlanddental@arvig.net Fax: 218-631-2926
Accepts new patients. Medical Assistance and MinnesotaCare patients from Wadena area only

REGIONAL DENTAL CLINICS:

Apple Tree Dental..... 218-483-1038
520 Main St, Hawley MN 56549 Website: www.appletreedental.com Fax: 218-483-1339
Accepts new patients, Medical Assistance and MinnesotaCare

Central MN Pediatric Dentists, P.A. 320-253-0272
1900 CentraCare Circle, Suite 0350, St. Cloud MN 56303
13046 Falcon Dr, Baxter MN 56425
570 Humboldt Dr, Suite 102, Big Lake MN 55309
1100 19th Ave SW, Willmar MN 56201
Website: www.cmpdsmiles.com
Accepts new patients, Medical Assistance only if referred by another dentist and MinnesotaCare patients up to age 4

K.O.A.L.A. Dental Care (Kids of All Ages Dentistry) 866-337-4897
Dr. John Collier DDS, Dr. David Collier DDS, Dr. Aruna Rao DDS and Dr. Emma Zimmerman DDS
1521 Northway Dr, St. Cloud MN 56303
15860 Audubon Way, Baxter MN 56425
20 1st Ave S, Buffalo MN 55313
Website: www.themolarDoctors.com Fax: 320-253-8419
Accepts new patients (children 8 years old and under only), Medical Assistance and MinnesotaCare

Northland Smiles Dental Care. 800-477-7645 or 218-534-3141
21343 Archibald Rd, Deerwood MN 56444 Website: www.northlandsmiles.com
Email: northland@northlandsmiles.com Fax: 218-534-3949
Accepts new patients, infants & toddlers, Medical Assistance and MinnesotaCare

Pillager Dental..... 218-746-4555
Dr. Fletcher DDS
727 Buckskin Ave W, Pillager MN 56473 Fax: 218-746-4558
Accepts new patients, infants/toddlers and MinnesotaCare South Country Health Alliance

Rice Regional Dental Clinic..... 320-214-2620
301 Becker Ave SW, Willmar MN 56201 Website: www.ricehospital.com/dental
Accepts new patients, infants/toddlers, Medical Assistance and MinnesotaCare

DISABILITY RESOURCES

ANDHE DISABILITY SERVICES (ADS) 320-219-7882

Email: andhedisabilityservices@gmail.com

The goal of ADS is to help adults who have physical, mental and/or emotional challenges move toward better living.

DEAF AND HARD OF HEARING SERVICES..... 800-456-7589

Website: <http://mn.gov/dhs/people-we-serve/adults/services/deaf-hard-of-hearing/>

Email: dhhs.moorhead@state.mn.us

The Minnesota Department of Human Services (DHS) provides services and information to help Minnesotans who are deaf, deafblind and hard of hearing and their families.

DISABILITY LINKAGE LINE (DLL) 866-333-2466

Disability Benefits 101 Website: www.mn.db101.org

Free, statewide information and referral resource specifically designed for Minnesotans with disabilities and chronic illnesses.

PACER CENTER 800-537-2237 or 952-838-9000

Website: www.pacer.org Email: PACER@PACER.org

PACER Center is a Minnesota nonprofit organization that provides services without a fee to families of children and young adults with **all** disabilities

SPECIAL EDUCATION COOPERATIVES:

Fergus Falls Area Special Ed Co-op 935..... 218-998-0935

518 Friberg Ave, Fergus Falls MN 56537

Contact: Wendy Duenow

Email: wduenow@fergusotters.org Fax: 218-998-0055

Member Districts: Ashby, Battle Lake, Breckenridge, Campbell-Tintah, Fergus Falls, Pelican Rapids, Rothsay and Underwood.

Freshwater Education District 6004 218-631-3505

910 Ash Ave NE, Wadena MN 56482

Website: www.fed.k12.mn.us Email: lmurdock@fed.k12.mn.us Fax: 218-631-3588

Member Districts: Bertha-Hewitt, Browerville, Frazee-Vergas, Henning, Long Prairie-Grey Eagle, Menahga, New York Mills, Perham-Dent, Sebeka, Staples-Motley, Verndale and Wadena-Deer Creek.

Midwest Special Ed Co-op 398 320-589-4248

203 S. Columbia Ave, Morris MN 56267

Website: www.midwestspecedcoop.net Email: ttravis@morris.k12.mn.us Fax: 320-589-0435

Member Districts: Browns Valley, Clinton-Graceville-Beardsley, Chokio-Alberta, Hancock, Herman-Norcross, Morris Area, West Central Area and Wheaton.

Runestone Area Education District 6014..... 320-763-5559

1204 34th Ave W, Alexandria MN 56308

Website: www.runestoneareaeducationdistrict.weebly.com

Executive Director: Carla Ptacek Email: cptacek@alexschools.org

Office Manager: Heidi Grove Email: hgorve@alexschools.org

Fax: 320-762-3370

Member Districts: Brandon-Evansville, Minnewaska, Osakis and Parkers Prairie.

THE ARC STEVENS COUNTY 320-589-3096

Contact: Liz Harris
19032 480th Ave, Morris MN 56267

Email: harri088@fedtel.net Website: www.arcstevens.org

Arc Stevens County provides advocacy and support for people with developmental disabilities and their families in the Stevens County area.

THE ARC MN WEST CENTRAL REGION..... 218-233-5949

Contact: Donna Atherton
810 4th Ave S #134, Moorhead MN 56560

Email: donnaatherton@arcminnesota.org Website: <https://arcminnesota.org/regions/west-central/>

Arc helps address the concerns of families of children with intellectual and developmental disabilities. Arc offers a variety of support systems to families including resource and referral services, advocacy, educational workshops and social activities.

THE WINDMILL PROJECT 320-763-9228 or 320-634-4446

1205 Birch Ave, Alexandria MN 56308

Website: www.windmillproject.org Email: madecoli@runestone.net

Mission Statement: As parents and professionals working together, we will share experiences, provide information and offer encouragement to families who have children with special needs in order to create a strong system of quality support that will generate energy within ourselves and impact the systems that support us.

WORK INCENTIVES CONNECTION 800-976-6728

Website: www.goodwilleasterseals.org/services/work-incentives-connection

Answers questions about the impact of work on Social Security Disability Insurance, Supplemental Security Income, Medical Assistance, Medicare, Food Support, subsidized housing and other benefit programs used by people with disabilities. If needed, Connection staff research complicated issues and assist individuals in advocating directly with government representatives.

EDUCATIONAL RESOURCES

ADULT BASIC EDUCATION 800-222-1990

Visit the Minnesota Literacy Council Website: www.mnliteracy.org/hotline to find your local office.

Services: Help for persons 16 years or older with high school completion (diploma or GED), English as a second language (ESL), basic reading, writing, and math. Also provides help with functional literacy skills, family literacy, workforce preparation and citizenship. All services are provided free of charge.

SCHOOL DISTRICTS:

School districts may offer a variety of the following services. Please see individual listings to find out what services are offered in a particular district.

Community Education: Community Education offers programs, classes and other opportunities for residents of all ages, interests and abilities. May also provide programming for: preschoolers, after school and non-school days, summer programs, mentorship, adult enrichment, adult basic education and volunteer opportunities.

Early Childhood Family Education (ECFE): A program available to families with birth to kindergarten entrance. Parents come with their children to an age appropriate class to participate in activities together and to have a parent education group. This parent child program enhances relationships between parent & child in a positive, supportive learning environment.

Early Childhood Special Education (ECSE): Provides special education services to children age birth through five years old or age of school entry at no cost to parents. Provides developmental assessments as needed and offers services upon meeting Minnesota special education entrance requirements. Professionals strive to provide services in settings with other children of similar ages.

Family School: Family school is a program for families that are concerned about the impact of stress in their lives affecting parenting skills and relationships. It is a parent/child program that focuses on education and mental health to provide education and support for families.

School Age Child Care: Provides a safe and alternative environment for children before and after school and on non-school days.

School Readiness Preschool Programs: This program is generally a yearlong program for children ages 3-5 to prepare them for Kindergarten entrance. Programming may be between one and three sessions per week. Parent information sessions are a part of the program, also.

SCHOOL DISTRICTS (IN ALPHABETICAL ORDER):

Alexandria Public Schools District 206 320-762-2141

1410 S McKay Ave, Suite 201, Alexandria, MN 56308

Website: www.alexandria.k12.mn.us

Fax: (320) 762-2765

Services Offered:

Alexandria Family School.....	320-762-3305
Community Education.....	320-762-3310
Early Education Center.....	320-762-3305
ECFE.....	320-762-3305
ECSE.....	320-762-3305
School Age Child Care.....	320-762-3310
School Readiness	320-762-3305

Schools located within District 206:

Carlos Elementary	K-5	20 Douglas Ave N, Carlos	320-852-7181
Garfield Elementary	K-5	303 Sanstead St E, Garfield	320-762-3350
Lincoln Elementary	K-5	1120 Lark Ave, Alexandria	320-762-3320
Miltona Science Magnet Elem.	K-5	271 Dale St, Miltona	877-736-1419
Voyager Elementary	K-5	203 Voyager Dr, Alexandria	320-762-3325
Woodland Elementary	K-5	1410 S McKay Ave, Suite 101, Alexandria	320-762-3300
Discovery Middle School	6-8	510 N McKay Ave, Alexandria	320-762-7900
Alexandria Area High School	9-12	4300 Pioneer Rd SE, Alexandria	320-762-2142

Ashby Public School District 261 218-747-2257

300 Birch Ave PO Box 30, Ashby MN 56309

Website: www.ashby.k12.mn.us

Fax: (218) 747-2289

Services Offered: Grades K-12, Before and After School Program, Community Education, ECFE & School Readiness

Battle Lake Public School District 542..... 218-864-5215

402 Summit St W, Battle Lake MN 56515

Website: www.battlelake.k12.mn.us

Fax: 218-864-8651

Services Offered: Grades K-12, After School Program, Community Education, ECFE, ECSE & School Readiness

Brandon-Evansville Public School District 2908 320-834-4084 or 218-948-2241

Website: www.b-e.k12.mn.us

Fax: 320-524-2228 or 218-948-2441

Services Offered: Grades K-12, Before & After School Program, ECFE, ECSE, School Readiness & Summer Rec

Brandon Campus	Pre K-3	206 W 3 rd St., Brandon	320-834-4084
	9-12		320-524-2263
Evansville Campus	4-5	123 2 nd Ave, Evansville	218-948-2241
	6-8		

Browns Valley Public School District 801 320-695-2103

118 Church St, PO Box N, Browns Valley MN 56219

Website: www.brownsvalley.k12.mn.us

Email: dpikarski@brownsvalley.k12.mn.us

Fax: 320-695-2868

Services Offered: Grades K-8, Pre-K Program, After School Program, Community Ed, ECFE, ECSE

Chokio-Alberta Public School District 771.....320-324-7131

311 West 1st St, PO Box 68, Chokio MN 56221
Website: www.chokioalberta.k12.mn.us Fax: 320-324-2731
Email Contact: Tate @ tjerome@chokioalberta.k12.mn.us
ECFE/ECSE Contact: Kim @ kmarty@chokioalberta.k12.mn.us
Services Offered: Grades K-12, ECFE, ECSE

Fergus Falls Public School District 544..... 218-998-0544 x9006

601 Randolph Ave, Fergus Falls MN 56537
Website: www.isd544.org Fax: 218-755-5000
Services Offered: Adult Basic Ed, Area Learning Center, Community Education, ECFE, ECSE, Preschool

Schools located within District 544:

McKinley Elementary School	K-1	724 W Laurel, Fergus Falls	218-998-0544 x9500
Adams Elementary School	1-2	301 W Bancroft, Fergus Falls	218-998-0544 x9300
Cleveland Elementary School	3-4	919 Northern Ave, Fergus Falls	218-998-0544 x9400
Kennedy Secondary School	5-12	601 Randolph Ave, Fergus Falls	218-998-0544 Middle School x9643 High School x9600

Glacial Hills Elementary School District 4168.....320-239-3840

610 W 6th St PO Box 189, Starbuck MN 56381
Website: www.glacialhills.org Email: nrapp@glacialhills.org or dmathias@glacialhills.org
Services Offered: Grades K-6 & After School Program, Preschool Program for 3 & 4 year olds

Hancock Public School District 768320-392-5621

371 Hancock Ave, Hancock MN 56244
Website: www.hancock.k12.mn.us Fax: 320-392-5156
Services Offered: Grades K-12, Preschool, ECFE & Community Education

Henning Public School District 545 218-583-2927

500 School Ave, Henning MN 56551
Website: www.henning.k12.mn.us Fax: 218-583-2312
Services Offered: Grades K-12, Community Education, ECFE, ECFE Home Visits and ECSE

Herman-Norcross Community School District 264320-677-2291

504 Lois Ave N, Herman MN 56248 Fax: 320-677-2412
Website: www.hnccs.k12.mn.us Email: rbleichnera@hnccs.k12.mn.us
Services Offered: Grades K-12, ECFE

Menahga Public School District 821 218-564-4141

216 Aspen Ave SE, PO Box 160, Menahga MN 56464
Website: www.menahga.k12.mn.us Fax: 218-564-5401
Services Offered: Grades K-12, Community Education

Minnewaska Area Public School District 2149..... 320-239-4820

25122 State Hwy 28, Glenwood MN 56334

Website: www.minnewaska.k12.mn.us Fax: 320-239-1360

Services Offered:

Community Education 320-634-3559
ECFE & School Readiness 320-634-5467
ECSE & Preschool 320-239-1403
Minnewaska Mental Health Services... 320-239-2257

Schools located within District 2149:

Minnewaska Area Elementary	K-4	409 4 th St. SE, Glenwood	320-634-4567
Minnewaska Area Middle School	5-8	25122 St. Hwy 28, Glenwood	320-239-4800
Minnewaska Area High School	9-12	25122 St. Hwy 28, Glenwood	320-239-4800
Minnewaska Schools-Starbuck Campus		500 John St., PO Box 10, Starbuck	320-239-2257

Morris Area Public School District 2769 320-589-4840

201 S. Columbia Ave, Morris MN 56267

Website: www.morris.k12.mn.us Fax: 320-585-2208

Services Offered: Community Education, ECFE and ECSE

Schools located within District 769:

Morris Area Elementary	K-6	151 S. Columbia Ave, Morris	320-589-1250
Morris Area High School	7-12	201 S. Columbia Ave, Morris	320-589-4840

New York Mills Public School District 553 218-385-2553

209 Hayes Ave, New York Mills MN 56567

Website: www.nymills.k12.mn.us Fax: 218-385-2551

Services Offered: Grades K-12, After School Daycare, ECFE, ECSE

Osakis Public School District 213 320-859-2191

PO Box X, 500 1st Ave E, Osakis MN 56360

Website: www.osakis.k12.mn.us Fax: 320-859-2835

Services Offered: ECFE, ECSE, Learning Readiness

Parkers Prairie Public School District 547 218-338-6011

411 S. Otter Ave, PO Box 46, Parkers Prairie MN 56361

Website: www.isd547.com Fax: 218-338-4077

Services Offered: ECFE, ECSE, School Age Child Care, School Readiness

Schools located within District 547:

Parkers Prairie Elementary School	K-6	518 S. McCornell Ave, Parkers Prairie	218-338-4079
Parkers Prairie High School	7-12	411 S. Otter Ave, Parkers Prairie	218-338-6011

Pelican Rapids Public School District 548 218-863-5910

310 S. Broadway, PO Box 642, Pelican Rapids MN 56572

Website: www.pelicanrapids.k12.mn.us Fax: 218-863-5915

Services Offered: ECFE, ECSE, Preschool, Community Education, Club Vikes, Alternative Learning Center

Schools located within District 548:

Viking Elementary School	K-6	1 Viking Dr., Pelican Rapids	218-863-2911
Pelican Rapids High School	7-12	310 S. Broadway, Pelican Rapids	218-863-5910

Perham-Dent Public School District 549 218-346-4501

200 5th St SE, Perham MN 56573

Website: www.perham.k12.mn.us Fax: 218-346-4506

Services Offered: Community Education, ECFE, ECSE, Area Learning Center, Prairie Lakes Education Center

Schools located within District 549:

Heart of the Lakes Elementary	K-6	810 2 nd Ave SW, Perham	218-346-5437
Prairie Wind Middle School	7-9	480 Coney St, Perham	218-346-1700
Perham High School	10-12	200 5 th St SE, Perham	218-346-6500

Rothsay Public School District 850..... 218-867-2116

2040 Co Rd 52, Rothsay MN 56579

Website: www.rothsay.k12.mn.us Email: Wade @ wjohnson@rothsay.k12.mn.us Fax: 218-867-2376

Services Offered: Grades K-12, Community Education, ECSE, Preschool

Sebeka Public School District 820 218-837-5101

200 1st St NW, PO Box 249, Sebeka MN 56477

Website: www.sebeka.k12.mn.us Email: jhuotari@g.sebeka.k12.mn.us

Services Offered: Grades Preschool-12, Community Education, ECFE, ECSE, School Readiness and Little Trojans Preschool

Verndale Public School District 818 218-445-5184

411 SW Brown St, Verndale MN 56481

Website: www.verndaleschool.org Fax: 218-445-5185

Services Offered: Grades K-12, Preschool Plus, ECFE, ECSE, After School Program, Community Education

Underwood Public School District 550 218-826-6101

100 Southern Ave E, Underwood MN 56586

Website: www.underwood.k12.mn.us Fax: 218-826-6310

Services Offered: Grades K-12, Community Education, ECFE, ECSE, Preschool

Wadena-Deer Creek School District 2155 218-632-2155

600 Colfax Ave SW, Wadena MN 56482

Website: www.wdc2155.k12.mn.us Fax: 218-632-2399

Services Offered:

Community Education	218-632-2396	srentz@wdc2155.k12.mn.us
ECFE	218-632-2364	lries@wdc2155.k12.mn.us
ECSE	218-632-2398	kthoennes@wdc2155.k12.mn.us
Preschool	218-632-2364	lries@wdc2155.k12.mn.us

Schools located within District 2155:

WDC Elementary School	K-4	215 Colfax Ave SW	218-632-2400
WDC Middle/High School	5-12	600 Colfax Ave SW	320-632-2300

West Central Area School District 2342 320-528-7300

301 Co Rd 2, Barrett MN 56311

Website: www.isd2342.org Fax: 320-528-2609

Services Offered: Community Education, ECFE, ECSE, Preschool, School Readiness & Wrap Around After School Care

Schools located within District 2342:

West Central Area North	Pre K-4	411 1 st St SE, Elbow Lake	218-685-7500
West Central Area South	Pre K-4	31 N Central Ave, Kensington	320-965-7600
West Central Area High School	5-12	301 Co Rd 2, Barrett	320-528-7300

Wheaton Public School District 803320-563-8282

1700 3rd Ave S, Wheaton MN 56296

Website: www.wheaton.k12.mn.us

Services Offered: Before and After School Program, Community Education, ECFE & School Readiness

Schools located within District 803:

Pearson Elementary School	Pre K-5	710 4 th Ave N, Wheaton	320-563-8191
Wheaton High School	6-12	1700 3 rd Ave S, Wheaton	320-563-8282

UNIVERSITY OF MINNESOTA EXTENSION www.extension.umn.edu

Douglas County 320-762-3890

Grant County 218-685-8323

Otter Tail County East..... 218-385-5420

Otter Tail County West 218-998-8760

Pope County 320-634-7734

Stevens County 320-208-6575

Traverse County..... 320-422-7729

Wadena County 218-631-7623

Extension educators deliver free information and educational materials and programs based on concerns and issues in the specific county/area. Help with food budgeting and healthier eating for families also available.

EMERGENCY RESOURCES

AMERICAN RED CROSS www.redcross.org
Douglas, Grant, Pope, Stevens and Traverse Counties 320-251-7641
Otter Tail County 701-364-1800
Wadena County 612-871-7676
Provides emergency services to families such as feeding, shelter, guidance or counseling.

CHILDREN'S SERVICES ASSOCIATION **218-739-4209**
23364 Parkdale Beach Rd, Fergus Falls MN 56537
Email: lomoatch@prtel.com
A United Way program that assists children (0-18 years) and families in need of support for medical expenses or other direct needs only when no other funding is available.

HEATSHARE STATEWIDE LINE **800-842-7279**
Douglas, Grant, Otter Tail, Pope and Stevens Counties 888-220-4808
Traverse and Wadena Counties 800-842-7279
HeatShare is a Salvation Army program that provides emergency utility assistance for people with no place left to turn.

HOLIDAY RESOURCES:

Various resources such as: Angel Tree, Empty Stocking Fund, Jingle Bells, Toys for Tots, etc. may be available in your community during the Holiday Season (typically October through December) to help those that are having a hard time making ends meet. If you find you need these services, please start by calling your local Social Service Agency to see what is available in your area or talk to your Head Start Teacher.

PARENT SUPPORT OUTREACH PROJECT **Call your local Social Service Agency**
Families struggling with parenting issues may receive short-term help with their specific needs, such as housing, transportation, parent education, child development activities, child care or other services.

POISON CONTROL CENTER **800-222-1222**
Website: www.mnpoison.org

SALVATION ARMY: www.salvationarmynorth.org
Douglas County 651-746-3407
Grant County 218-685-8200
Otter Tail County 218-739-9692
Pope County 651-746-3407
Stevens County 320-208-6600
Traverse County 651-746-3407
Wadena County 218-632-3600

Contact: Lynn N.

Provides assistance to individuals and families to overcome daunting obstacles, such as disaster services, emergency financial assistance, emergency shelter, youth camping activities and other adult services.

SOMEPLACE SAFE (24-hour crisis line)..... 800-974-3359
 Website: www.someplacesafe.info

- Douglas County..... 320-762-1995
 700 Cedar St, Suite 237, Alexandria MN 56308
 WCMCA PLUS Kids Parenting Time Center: 320-762-4100
- Grant County 218-685-4203
 32 Central Ave, Suite 6, Elbow Lake MN 56531
- Otter Tail County Fergus Falls Office 218-739-2853
 106 S Union Ave, Fergus Falls MN 56538
 Parenting Time Center: 218-739-3132
- Otter Tail County Perham Office 218-346-7276
 155 5th St NE, Perham MN 56573
 Parenting Time Center: 218-298-1501
- Pope County 320-634-3483
 625 Lakeshore Dr Suite B140, Glenwood MN 56334
 Parenting Time Center: 320-424-2301
- Stevens County 320-589-3208
 206 Atlantic Ave, Morris MN 56267
 Parenting Time Center: 320-321-5149
- Traverse County..... 320-563-4121
 15 10th St S, PO Box 63, Wheaton MN 56296
- Wadena County 218-631-3311
 309 S Jefferson St, Wadena MN 56482

Confidential advocacy services free of charge to victims, survivors and families of domestic violence, sexual assault and general crimes. Parenting Time Centers are designed to assure that children can have safe and conflict-free access to parents through a variety of services delivered by trained providers.

SOMEPLACE SAFE TRAFFICKING/EXPLOITATION/SAFE HARBOR 800-974-3359

Someplace Safe's Safe Harbor programming supports at-risk, sexually exploited and trafficked youth age 24 and under. They will be treated with dignity and respect, directed to supportive services, shelter and housing that meet their needs and recognize their right to make their own choices.

EMPLOYMENT RESOURCES

DOHERTY STAFFING SOLUTIONS.....www.doherty.com
Alexandria 320-763-3121
315 Nokomis St, Suite 102, Alexandria MN 56308

Fergus Falls 218-531-2040
112 S Court St, Fergus Falls MN 56537

Perham 218-346-7749
155 2nd St SW, Suite A, Perham MN 56573
Offers full-service direct or contract placement staffing solutions.

INTERNET RESOURCES FOR JOB SEEKERS:

www.careeronestop.org www.careerwise.minnstate.edu www.indeed.com
www.minnesotaworks.net www.careerbuilder.com www.monster.com
www.simplyhired.com www.linkup.com

MANPOWER, INC......www.manpower.com
Alexandria 320-763-9899
507 N Nokomis St, Suite E, Alexandria MN 56308
Permanent, temporary, and temporary to permanent employment opportunities as well as help with career planning, and resume writing and interview preparation.

MINNESOTA WORKFORCE CENTER **888-438-5627**
Website: www.careerforcemn.com

Alexandria..... 320-762-7800
303 22nd Ave W, Suite 107, Alexandria MN 56308

Detroit Lakes..... 218-846-7377
803 Roosevelt Ave, Detroit Lakes MN 56501

Fergus Falls..... 218-739-7560
125 W Lincoln Ave, Suite 1, Fergus Falls MN 56537

Wadena 218-631-7660
124 1st St SE, Suite 2, Wadena MN 56482
Resume and cover letter writing assistance, job search assistance and various workshops available.

PEOPLE READY www.peopleready.com
Alexandria..... 320-762-2001
507 22nd Ave E, Unit 5, Alexandria MN 56308

Perham..... 218-210-9675
330 W Main St, Unit C, Perham MN 56573
Experienced in developing customized programs for long and short term, seasonal and direct hire placement.

FAMILY SERVICES RESOURCES

ALANON & ALATEEN 888-425-2666

Minnesota Meeting Locator: www.al-anon.alateen.org

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. Alateen is a fellowship of young Al-Anon members, usually teenagers whose lives have been affected by someone else's drinking.

ALCOHOLICS ANONYMOUS (AA) 866-423-2969

Minnesota Meeting Locator: <http://aameetinglocator.org> or www.area35.org

Alcoholics Anonymous is a fellowship of men and women who help each other to stay sober. They offer help to anyone who has a drinking problem and wants to do something about it.

BEYOND THE YELLOW RIBBON 888-282-4858

<https://mnbyr.ng.mil/>

Beyond the Yellow Ribbon is a comprehensive program that creates awareness for the purpose of connecting Service members and their families with community support, training, services and resources.

BRIDGE TO BENEFITS www.bridgetobenefits.org

This tool allows families to determine their eligibility for a wide range of services, including health care, child care, tax credits, food support, energy assistance, etc.

COUNTY WEB SITES:

Douglas County www.co.douglas.mn.us

Grant County www.co.grant.mn.us

Otter Tail County www.co.ottertail.mn.us

Pope County www.co.pope.mn.us

Stevens County www.co.stevens.mn.us

Traverse County www.co.traverse.mn.us

Wadena County www.co.wadena.mn.us

FORGOTTEN CHILDREN'S FUND Contact your local Social Service Agency

The Forgotten Children's Fund is a one-time reimbursement that foster parents or other children services providers may ask for to purchase needed items, up to \$300 per child may be requested.

GRANT COUNTY CHILD AND YOUTH COUNCIL 218-685-4587

Website: www.co.grant.mn.us/182/Child-Youth-Council Email: cycmail@wca.k12.mn.us

The overall purpose of the council is to bring people, agencies and organizations together to better support the children, teens and families in the Ashby, Herman-Norcross and West Central Area school districts.

HELP ME GROW 866-693-4769

Website: www.helpmegrowmn.org

Provides resources on child development and referrals for children with developmental concerns may be made through this website.

INTERNAL REVENUE SERVICE (IRS) 800-829-1040

Website: www.irs.gov

LAKES AREA RECREATION 320-762-2868

720 Fillmore St, Suite B020, Alexandria MN 56308 Website: www.lakesarearecreation.com

Variety of services, classes and recreational activities available.

- LEE COMMUNITY CENTER** **320-589-4585**
 101 Co Rd 22, Morris MN 56267
 Website: www.mbastorm.com Email: morrishockeyassoc@gmail.com
 The Lee Community Center is available for a variety of services such as open skating, broom ball, rollerblading, and space available for shows, meetings, birthday parties, etc. A walking track is available year-round.
- LEGAL SERVICES OF NORTHWEST MINNESOTA**..... **320-762-0663**
 426 Broadway, Alexandria MN 56308 Website: www.lsnmlaw.org
 Provides civil legal services without charge to low-income people and senior citizens. Our first goal is to help protect children living in violent households. When you apply, you will be asked for information on the income and assets of your household. Most applications will take less than 5 minutes.
- LIFE CONNECTIONS** **320-762-1224**
 1114 Broadway St, Suite 5, Alexandria MN 56308 Website: www.lifeconnectionsminn.org
 Offers a wide range of free services for families in need including parenting education, life coaching, maternity and baby clothing and supplies, diapering supplies, community referrals, pregnancy testing and more. Also offers Red Cross First Aid/CPR/AED certification for a small fee. No income or residency requirements.
- LOVE INC OF DOUGLAS COUNTY** **320-759-3022**
 44 Glenn Rd NW, Alexandria MN 56308
 Website: www.loveincdouglas.org
 Hours: Mon, Wed, Fri 9:30 am-Noon, Tues & Thurs 9:30 am-2:30 pm
 Assists with meeting needs such as clothing, personal hygiene, shoes, school supplies, Christmas gifts, and furniture/household items; as well as life skills training & other resources for residents of Douglas County.
- MINNESOTA BETTER BUSINESS BUREAU**..... **651-699-1111**
 Website: www.bbb.org/minnesota
- MINNESOTA CHILD SUPPORT ONLINE**..... www.childsupport.dhs.state.mn.us/Action/Welcome
 This online site provides information about the child support program, options for making child support payments, general case information and financial history.
- MINNESOTA HELP INFO** **800-333-2433**
 Website: www.minnesotahelp.info
 Online directory of services designed to help people in Minnesota find human services, information and referral, financial assistance and other forms of help.
- NARCOTICS ANONYMOUS (NA)**..... **877-767-7676**
 Minnesota Meeting Locator: www.naminnesota.org
 NA is a nonprofit Fellowship or society of men and women for whom drugs have become a major problem and who now meet regularly to help each other stay clean.
- PELICAN RAPIDS CITY POOL** **218-863-5641**
 Sherin Park, Hwy 108 E, Pelican Rapids MN 56572
 Swimming lessons, Pre-K and parent & child aquatics offered as well as water aerobics and open swim.
- POPE COUNTY FAMILY COLLABORATIVE** **320-634-3909**
 131 Minnesota Ave E, Glenwood MN 56334 Email: famcolab@charter.net
 Families and children will be supported by matching outreach services using the wraparound process.

PUBLIC LIBRARIES www.viking.lib.mn.us

Browns Valley Public Library	320-695-2318
Douglas County Public Library	320-762-3014
Elbow Lake Thorson Memorial Library	218-685-6850
Fergus Falls Public Library	218-739-9387
Glenwood Public Library	320-634-3375
Hancock Community Library	320-392-5666
Morris Public Library	320-589-1634
New York Mills Public Library	218-385-2436
Pelican Rapids Public Library	218-863-7055
Perham Area Public Library	218-346-4892
Wheaton Community Library	320-563-8487

QUITPLAN **888-354-7526**

Website: www.quitplan.com

Free support that provides tools and services to help smokers conquer their addiction and become 100% tobacco free.

REGIONAL FITNESS CENTER **320-589-6485**

626 E 2nd St, Morris MN 56267 Website: www.regionalfitnesscenter.com

SENIOR LINKAGE LINE..... **800-333-2433**

Website: www.seniorlinkageline.com

The Senior LinkAge® is a free service offered by the State of Minnesota which makes it easy for older adults and their families to find community services or plan for their future.

SOCIAL SECURITY ADMINISTRATION **800-772-1213**

Website: www.ssa.gov

Assistance with social security benefits, retirement, Medicare enrollment and social security cards.

SOCIAL/HUMAN SERVICE AGENCIES:

Douglas County Social Services.....	320-762-2302
Grant County Social Services	218-685-8200
Otter Tail County Human Services-Fergus Falls	218-998-8230
Otter Tail County Human Services-New York Mills	218-385-5450
Pope County Human Services	320-634-7755
Stevens County Human Services.....	320-208-6600
Traverse County Social Services.....	320-422-7777
Wadena County Human Services	218-631-7605

TAXPAYER RIGHTS ADVOCATE..... **651-312-7999**

Website: www.irs.gov/advocate

Represents the interests and promotes the rights of taxpayers who have a legitimate complaint with the Department of Revenue.

UNITED WAY

DOUGLAS & POPE COUNTIES **320-834-7800**
503 Hawthorne St, PO Box 1148, Alexandria MN 56308 Website: www.uwdp.org

OTTER TAIL & WADENA COUNTIES **218-736-5147**
120 E Washington Ave, Fergus Falls MN 56537 Website: www.uwotw.org

PERHAM SATELLITE OFFICE **218-770-9406**
665 SW 3rd St, Suite 107, Perham MN 56573
United Way offers many programs to help families create long lasting changes that prevent problems from happening in the first place.

UNITED WAY 211 **211**
Website: www.211unitedway.org
United Way 211 is a free a confidential over-the-phone service where people can call to find community resources that can help them, their family, neighbors and friends.

WEST CENTRAL INITIATIVE **218-739-2239**
1000 Western Ave, PO Box 318, Fergus Falls MN 56538 Web: www.wcif.org
Provides resources to help families and communities in West Central Minnesota thrive.

YMCA www.ymca.net

Alexandria..... 320-834-9622
110 Karl Dr NW, Alexandria MN 56308
Website: www.alexandriaymca.com

Fergus Falls..... 218-739-4489
1164 N Friberg Ave, Fergus Falls MN 56537
Website: www.fergusfallsymca.org

Amenities included in a YMCA membership include: group exercise classes, child watch, swimming pool, gymnasium and state of the art cardio and strength equipment.

FINANCIAL FITNESS RESOURCES

Annual Free Credit Report: Receive a free annual credit report from each of the three main credit bureaus at www.annualcreditreport.com.

The **Family Assets for Independence in Minnesota** program is offered through West Central MN Communities Action, Inc. FAIM is a matched savings project that assists households to build assets by helping people change spending and savings behaviors, including consumer debt reduction.
Please call 800-492-4805 for more information.

For information on the financial counseling programs and debt management offered through **Lutheran Social Services**, visit their website at www.lssmn.org/debt or call 1-888-577-2227.

Check with your local **University of Minnesota Extension Office** or visit their website at www.extension.umn.edu/family/personal-finance for financial information including budgeting assistance programs in your area.

Visit **The Village Financial Resource Center** website at www.helpwithmoney.org to see financial resources available or to schedule an appointment with a financial counselor, call 1-800-450-4019.

FOOD RESOURCES

BOUNTIFUL BASKETS.....www.bountifulbaskets.org

Bountiful Baskets is a not-for-profit food co-op for families that want to have more fresh produce for less money. In order to participate, you must set up a free account on the website. Once you set-up your account, you pay your contribution fee (\$15 for a conventional produce basket filled with a half and half mix of fruits and vegetables or an organic basket for \$25) and choose a location to pick up your basket.

FARMERS MARKETS:

Looking for locally grown produce and foods for your family to enjoy? Check out the Farmer's Markets in your area! Please check to see if your local Farmer's Markets accept your EBT card.

www.minnesotagrown.com

www.localharvest.org

FOOD DISTRIBUTIONS:

Food Distributions are held monthly at various locations as funding allows. The only qualification for these distributions is that you eat. You are asked to bring your own bags, boxes, or baskets.

Ruby's Pop-up Pantry www.rubyspantry.org

Fergus Falls:	Church of the Nazarene	1 st Monday at 5:30 pm
Menahga:	Assembly of God	3 rd Saturday at 9:00 am
Perham:	St. Paul's Lutheran Church	4 th Saturday at 9:30 am

United Way Mobile Food Drops..... **320-834-7800**

Alexandria:	New Life Christian Church	4 th Thursday at 9 am
Glenwood:	Glenwood United Parish	2 nd Tuesday at 11 am

FOOD SHELVES..... www.hungersolutions.org

Douglas County:

Douglas County Outreach 320-762-8411
1205 Lake St, Alexandria MN 56308 Website: www.outreachfoodshelf.org
Mon 9:00 am-7:00 pm, Tues, Wed, Thurs 9:00 am-3:00 pm, Fri 9:00 am-2:00 pm

Grant County:

Grant County 218-685-4176
1311 Hwy 79 E, Elbow Lake MN 56531
Tues & Thurs 9:00-11:00 am

Hoffman-Kensington Area 320-288-6276

109 Main Ave, Hoffman MN 56339

Email: hkareafoodshelf@gmail.com

Tues & Wed 11:00 am-1:00 pm and 1st Sat. of month by appointment only

Otter Tail County:

Battle Lake Emergency Food Shelf 218-826-7079
205 W Main St, Battle Lake MN 56515
Contact: Eulene Traen
Thurs 2:00–6:00 pm

Fergus Falls Community..... 218-739-2971
1521 1st Ave N, Fergus Falls MN 56538
Mon, Wed & Fri 1:00-4:00 pm

Henning Community 218-583-2136
604 2nd St, Henning MN 56551
Email: henningfoodshelf@gmail.com
Hours: Mon 3:30-5:00 pm

New York Mills 218-385-3339
400 S Walker Ave, New York Mills MN 56567
Email: wccwarner@arvig.net
Last Mon of the month 9:00 am-12:00 pm

Pelican Rapids Community 218-863-3663
28 W Mill St, Pelican Rapids MN 56572
Email: prfoodshelf@loretel.net
Tues 10:00 am-1:00 pm and 1st Tues of Month 4:00-6:00 pm

Prairie Food Shelf 218-338-5731
309 Otter Ave S, Parkers Prairie MN 56361
Mon, Wed, Fri 9:00 am-12:00 pm
Located in the basement of First Evangelical Lutheran Church

Salvation Army Fergus Falls..... 218-739-9692
622 E Vernon Ave, Fergus Falls MN 56537

A supplemental food shelf during business hours by appointment only Mon-Fri 11:30 am to 4:00 pm

The Bridge Community Pantry 218-346-6181
501 4th Ave NW, Perham MN 56573
Website: www.thebridgepantry.org Email: thebridgepantry@arvig.net
Every Tues 8:00 am-12:00 pm and 1st Tues of month 8:00 am-12:00 pm and 3:00-5:00 pm
Mobile Pantry: 1st Tuesday - Richville and Ottertail and 1st Wednesday - Vergas & Dent

Pope County:

Hearts & Hands Pope County Food Shelf 320-634-3408
206 6th Ave NW, PO Box 32, Glenwood MN 56334
Mon & Wed 2:30-4:30 pm and last Tues of each month 4:30-6:30 pm

Stevens County:

Stevens County 320-589-7436
701 Iowa Ave, Morris MN 56267
Mon 2:30-3:30 pm, Tues, Wed & Fri 10:30-11:30 am and Thurs 5:30-6:30 pm

Traverse County:

Browns Valley 320-695-2467
106 4th St S, Browns Valley MN 56219
Tues 1:00-3:00 pm
Mailing Address: 406 Oak St SE, Browns Valley MN 56219

Traverse County..... 320-815-9696
15 S 10th St, Wheaton MN 56296
1st Thurs 1:00-4:00 pm, 2nd Tues 5:00-7:00 pm, 4th Thurs 1:00-3:00 pm

Wadena County:

Menahga Area..... 218-564-6143
120 1st St NE, PO Box 243, Menahga MN 56464
First & Third Wednesday 4:00-6:00 pm

Sebeka..... 218-472-3288
100 Jefferson Ave S, Sebeka MN 56477
Thurs 5:00-7:00 pm

Verndale Area 218-451-9768
402 NE Clark Dr, Verndale MN 56481
www.facebook.com/verndalefoodshelf
Mon & Thurs 9:00 am-12:30 pm and 1st Thurs 5:00-7:00 pm

Wadena..... In person only
205 Aldrich Ave SE, Wadena MN 56482
Mon & Thurs 9:00 am-12:00 pm and 2nd & 4th Wed 5:00-6:30 pm

WOMEN, INFANTS & CHILDREN (WIC) www.health.state.mn.us/wic

Douglas County..... 320-763-7805
Grant County 218-685-8295
Otter Tail County..... 218-998-8324
Pope County 320-634-7822
Stevens County 320-208-6670
Traverse County..... 320-422-4807
Wadena County 218-631-7629

The WIC Program is a nutrition and breastfeeding program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition, and stay healthy through nutrition education and foods. Some of the foods available through the WIC program include: Fresh or frozen fruit and vegetables, baby formula and food, milk, pasta, cereal, yogurt, cheese, peanut butter and much more.

HOUSING RESOURCES

HABITAT FOR HUMANITY..... www.habitat.org

Douglas County..... 320-762-4255

1211 N Nokomis NE, Alexandria MN 56308

Website: www.hfhdouglascounty.org Email: info@hfhdouglascounty.org

Alexandria Habitat for Humanity Restore320-759-1989

Pope County 320-634-0355

Habitat for Humanity of Prairie Lakes, Inc.

PO Box 122, Glenwood MN 56334

Website: www.habitatprairielakes.org Email: angies@habitatprairielakes.org

Otter Tail County..... 218-736-2905

421 W Fir Ave, Fergus Falls MN 56537

Website: www.fergushabitat.org Email: fergushabitat@yahoo.com

Stevens County 320-589-4451

Habitat for Humanity of Prairie Lakes, Inc.

PO Box 353, Morris MN 56267

Website: www.habitatprairielakes.org Email: angies@habitatprairielakes.org

Habitat for Humanity's primary goal is to partner with those who may not be able to purchase affordable, yet simple housing. We believe through their sweat equity and your help, our new homeowners are building better families and communities.

Habitat for Humanity ReStores are retail outlets where quality used, and surplus building materials are sold at a fraction of normal prices. Check out websites to locate the ReStore closest to you.

HOME LINE..... **866-866-3546**

Website: www.homelinemn.org

HOME Line offers free legal advice to Minnesota tenants on our hotline service. You can also directly communicate with experienced housing attorneys via email and responses are usually given within one business day, and we can often direct you to online resources such as forms and cases relevant to your issue.

HOUSING AND REDEVELOPMENT AUTHORITY (HRA):

Douglas County..... 320-762-3849

1224 N Nokomis, PO Box 965, Alexandria MN 56308

Email: hra@rea-alp.com Fax: 320-762-3034

Grant County 218-685-8240

10 2nd Ave NE, Elbow Lake MN 56531

Website: www.co.grant.mn.us/236/Housing Email: denise.derby@co.grant.mn.us Fax: 218-685-4498

Otter Tail County..... 218-739-3249

1151 Friberg Ave, Fergus Falls MN 56537

Website: www.fergusfallshra.com Email: ffhra@prtcl.com Fax: 218-736-4706

Pope County 320-634-7847

130 Minnesota Ave E, Glenwood MN 56334

Website: www.popecountyhra.com Email: pchra-eda@co.pope.mn.us

Stevens County 320-208-6559

100 S. Columbia Ave, Morris MN 56267

Website: www.co.stevens.mn.us Email: melaniefohl@co.stevens.mn.us Fax: 320-585-5144

Wadena County 218-631-7723

222 2nd St SE, Wadena MN 56482

Website: www.wadenahousing.org Email: housing@wadenahra.com Fax: 218-631-7709

Section 8 rental assistance program and HUD low income public housing. May also offer home rehabilitation programs. Call your local HRA to see what housing services are available for you.

LANDLORDS & TENANTS: RIGHTS AND RESPONSIBILITIES HANDBOOK:

Website: www.ag.state.mn.us/consumer/Handbooks/LT

Certain rights and duties apply to landlords and tenants everywhere in Minnesota. This handbook attempts to explain those rights. This booklet should not be considered legal advice to use in resolving specific landlord-tenant problems or questions. It is a summary of the laws that govern the landlord-tenant relationship.

RURAL DEVELOPMENT 320-763-3191

900 Robert St NE, Suite 103, Alexandria MN 56308

Website: www.rd.usda.gov/mn

Low-income families in greater Minnesota may obtain low interest rate loans and grants for repairs and home improvements. Affordable home loans are also available for low-income families. Affordable rental housing is available for low-income families.

TELEPHONE/CELL PHONE DISCOUNTS:

LIFELINE PROGRAM 855-455-8477

www.assurancewireless.com

www.lifewireless.com

www.safelinkwireless.com

Provides qualified users a discount on monthly charges for the primary phone line, and some plans offer free cell phones with limited free talk and text. Each household can only have one Lifeline phone – either wireless or landline. The Telephone Assistance Plan (TAP) program provides an additional monthly credit for LifeLine subscribers. If you want a discount on your landline, contact your local telephone company.

LINK-UP MINNESOTA Contact your local telephone company

Pays up to 50% of home phone installation/connection charges. Also provides for deferred payment of your share of connection charges without interest. Does not apply to cell phones.

LEGISLATIVE RESOURCES

*Below is a list of representation in our 7 County area.
To get an exact listing of legislators representing you by your address go to:
www.gis.leg.mn/iMaps/districts/*

MINNESOTA CONGRESSIONAL REPRESENTATION IN WASHINGTON, D.C.:

Senator Amy Klobuchar..... 202-224-3244
Senator Tina Smith..... 202-224-5641
Congressman Collin Peterson 202-225-2165

MINNESOTA LEGISLATIVE RESOURCES:

Governor Tim Walz..... 800-657-3717
www.mn.gov/governor

Lieutenant Governor Peggy Flanagan..... 800-657-3717
www.mn.gov/governor

Attorney General Keith Ellison 800-657-3787
www.ag.state.mn.us

MINNESOTA SENATE: www.senate.leg.state.mn.us

Senator Paul Gazelka 651-296-4875
Senator Bill Ingebrigtsen..... 651-297-8063
Senator Paul Utke 651-296-9651
Senator Torrey Westrom..... 651-296-3826

MINNESOTA HOUSE OF REPRESENTATIVES:..... www.house.leg.state.mn.us

Representative Paul Anderson 651-296-4317
Representative Jeff Backer 651-296-4929
Representative Mary Franson 651-296-3201
Representative Steve Green 651-296-9918
Representative Bud Nornes 651-296-4946
Representative John Poston 651-296-4293

MEDICAL RESOURCES

Douglas County Medical Clinics:

Alexandria Clinic	320-763-5123 or 800-646-4220
610 30 th Ave W, Alexandria MN 56308	Website: www.alomerehealth.com Fax: 320-763-7883
Broadway Sanford Health	320-762-0399
1527 Broadway, Alexandria MN 56308	Website: www.sanfordhealth.org Fax: 320-762-6828
Easton Place Sanford Health	320-763-0144
510 22 nd Ave E, Suite 602, Alexandria MN 56308	Website: www.sanfordhealth.org
Evansville Prairie Ridge Health	218-948-2040
649 ½ State St, Evansville MN 56326	Website: www.prairiehealth.org
Midway Medical Center.....	320-763-6452
119 30 th Ave W, Alexandria MN 56308	Website: http://midwaymedicalclinic.doctorsoffice.net
Osakis Medical Clinic	320-859-3038 or 800-989-3038
811 3 rd Ave E, Osakis MN 56360	Website: www.alomerehealth.com Fax: 320-859-4942

Grant County Medical Clinics:

Ashby Lake Region Healthcare	218-747-2293
110 Co Rd 82 E, Ashby MN 56309	Website: www.lrhc.org
Ashby Prairie Ridge Health.....	218-747-2293
110 Co Rd 82 NE, Ashby MN 56309	Website: www.prairiehealth.org
Elbow Lake Prairie Ridge Health.....	218-685-7300
1411 Hwy 79 E, Elbow Lake MN 56531	Website: www.prairiehealth.org
Herman Coteau des Prairies.....	320-677-2220
204 5 th St E, Herman MN 56248	Website: www.cdphealth.com
Herman Prairie Ridge Health.....	320-677-2221
204 5 th St E, Herman MN 56248	Website: www.prairiehealth.org
Hoffman Prairie Ridge Health.....	320-986-2038
114 Main Ave, Hoffman MN 56339	Website: www.prairiehealth.org

Otter Tail County Medical Clinics:

Battle Lake-Lake Region Healthcare	218-864-8283 or 888-314-5783
410 Lake Ave S, Battle Lake MN 56515	Website: www.lrhc.org
Detroit Lakes Hwy 10 Essentia Health.....	218-846-9981
1361 Wenner Rd, Detroit Lakes MN 56501	Website: www.essentiahealth.org
Detroit Lakes St. Mary's Essentia Health	218-844-2347
1027 Washington Ave, Detroit Lakes MN 56501	Website: www.essentiahealth.org
Detroit Lakes Sanford Health	218-846-2000
1245 Washington Ave, Detroit Lakes MN 56501	Website: www.sanfordhealth.org Fax: 218-846-2114

Fergus Falls Lake Region Healthcare.....	218-739-2221 or 800-247-1066
111 W Vernon Ave, Fergus Falls MN 56537	Website: www.lrhc.org
Walk-In Clinic: 218-739-6800	2311 W Lincoln Ave, Fergus Falls MN 56537
Henning Tri-County Health	218-583-2953
401 Douglas Ave, Henning MN 56551	Website: www.tchc.org
New York Mills Sanford Health	218-385-1800
20 W Centennial 84 Dr, New York Mills, MN 56567	Website: www.sanfordhealth.org Fax: 218-385-1830
Otter Tail Sanford Health.....	218-367-6111
105 Otter Dr, Ottertail MN 56571	Website: www.sanfordhealth.org Fax: 218-367-6110
Otter Tail Tri-County Health.....	218-367-6262
232 MN Hwy 78 N, Otter Tail MN 56571	Website: www.tchc.org
Parkers Prairie Sanford Health	218-338-4371
115 E Soo St, Parkers Prairie MN 56361	Website: www.sanfordhealth.org Fax: 218-338-4016
Pelican Rapids St. Mary's Essentia Health.....	218-863-2000
301 N Broadway, Pelican Rapids MN 56572	Website: www.essentiahealth.org
Pelican Rapids Sanford Health.....	218-863-6100
211 E Mill St, Pelican Rapids MN 56572	Website: www.sanfordhealth.org Fax: 218-863-6173
Perham Sanford Health	218-347-1200
1000 Coney St W, Perham MN 56573	Website: www.sanfordhealth.org Fax: 218-347-1290
<u>Pope County Medical Clinics:</u>	
Glenwood Glacial Ridge Health.....	320-634-5157
10 4 th Ave SE, Glenwood MN 56334	Website: www.glacialridge.org Fax: 320-634-2244
Starbuck SCMC	320-239-3939
501 Poler St, Starbuck MN 56381	Website: www.scmcinc.org Fax: 320-239-2802
Starbuck Glacial Ridge Health	320-239-2200
707 E 7 th St, Starbuck MN 56381	Website: www.glacialridge.org
<u>Stevens County Medical Clinics:</u>	
Hancock Swift County Benson Health	320-392-5247
668 Atlantic Ave, Hancock MN 56244	Website: www.scbh.org
Morris Prairie Ridge Health	320-589-4008
24 E 7 th St, Morris MN 56267	Website: www.prairiehealth.org Fax: 320-589-4227
Stevens Community Medical Center.....	320-589-1313
400 E First St, Morris MN 56267	Website: www.scmcinc.org Fax: 320-589-1065
<u>Traverse County Medical Clinics:</u>	
Browns Valley Coteau des Prairies.....	320-695-2526
404 W. Broadway, Browns Valley MN 56219	Website: www.cdphealth.com

Graceville Essentia Health.....320-748-7223
 115 W 2nd St, Graceville MN 56240 Website: www.essentiahealth.org Fax: 320-748-8204

Ortonville Area Health Services320-839-6157
 450 Eastvold Ave, Ortonville MN 56278 Website: www.oahs.us Fax: 320-839-3851

Wheaton Sanford.....320-563-8226
 401 12th St N, Wheaton MN 56296 Web: www.sanfordhealth.org Fax: 320-563-8014

Woodrow Wilson Keeble Memorial Health Care Center605-698-7606
 100 Lake Traverse Dr, Sisseton SD 57262 Fax: 605-742-3882

Wadena County Medical Clinics:

Bertha Tri-County Health.....218-924-2250
 214 1st St NW, Bertha MN 56437 Website: www.tchc.org Fax: 218-924-2257

Menahga Essentia Health218-564-4131
 212 Aspen Ave NE, Menahga MN 56464 Website: www.essentiahealth.org Fax: 218-564-5287

Sebeka Tri-County Health.....218-837-5333
 106 Minnesota Ave, Sebeka MN 56477 Website: www.tchc.org

Verndale Tri-County Health.....218-445-5990
 102 Farwell St S, Verndale MN 56481 Website: www.tchc.org

Wadena Tri-County Health.....218-631-3510
 4 Deerwood Ave N, Wadena MN 56482 Website: www.tchc.org

COMMUNITY UNCOMPENSATED CARE Contact your local Hospital for details
 Free or below-cost hospital care for individuals without health insurance.

HEALTH RESOURCES CENTER..... 218-736-6050

Texting Number: 218-736-9366

126 E Lincoln Ave, Fergus Falls MN 56537

Website: www.hrcff.org

Email: office@hrcff.org

Free and confidential services include: pregnancy tests, prenatal vitamins, first trimester ultrasound, STI testing and treatments, life coaching and the Earn While You Learn Program (participants earn credits to purchase gift cards and items in our baby boutique.) Education classes include: pregnancy, child birth prep, parenting, relationships, money management and much more.

INFANT SEE 888-396-3937

Website: www.infantsee.org

InfantSEE® is a public health program designed to ensure that eye and vision care becomes an essential part of infant wellness care to improve a child’s quality of life. Participating optometrists provide a comprehensive infant eye assessment between 6 and 12 months of age as a no-cost public service.

INVISION EYE CARE..... 218-736-5609

810 N. Baird, Fergus Falls MN 56537 Website: www.ffvision.com

Services provided for nearly all aspects of vision care including vision therapy for learning difficulties, eye teaming dysfunctions, lazy eye, sports and much more.

LIONS EYE HEALTH PROGRAM (LEHP) www.lionsclubs.org

Sight programs and services including vision screenings and eyeglasses and provide eye care services to those at risk of losing their sight. Contact the president of your local Lions Club for your eye care request.

MNSURE 855-366-7873

Website: www.mnsure.org

MNSure is Minnesota's health insurance marketplace where individuals, families and small businesses can shop, compare and choose health insurance coverage. It's the only place to apply for financial help to lower the cost of your health care coverage.

MORRIS LIFE CARE PREGNANCY CENTER..... 320-589-0300

615 Atlantic Ave, Morris MN 56267 Website: www.optionsmorris.com

Free, confidential pregnancy testing and counseling, pregnancy and parenting classes, practical assistance and emotional support. Baby items are available at no cost.

PATIENT ADVOCATE FOUNDATION 800-532-5274

Website: www.patientadvocate.org

PAF is a national non-profit organization that seeks to solve insurance and healthcare access problems.

PATIENT ADVOCATE FOUNDATION CO-PAY RELIEF..... 866-512-3861

Website: www.copays.org

Provides direct financial support to insured patients, including Medicare D beneficiaries, who must financially and medically qualify to access prescription co-payment assistance for certain disorders or diseases.

PLANNED PARENTHOOD 320-762-0766

700 Cedar St, Alexandria MN 56308

Website: www.plannedparenthood.org Fax: 320-762-8418

Pregnancy testing, HIV and STI testing, Pap-smears, emergency contraception and birth control. All services are confidential.

PRESCRIPTION ASSISTANCE PROGRAMS..... 888-477-2669

Website: www.pparx.org

Helps qualifying patients without prescription drug coverage get the medications they need through the program that is right for them. Many will get their medications free or nearly free.

PUBLIC HEALTH:

- Douglas County Horizon Public Health 320-763-6018
809 Elm St, Suite 1200, Alexandria MN 56308
Website: www.horizonpublichealth.org Fax: 320-763-4127
- Grant County Horizon Public Health 218-685-8295
15 Central Ave N, Elbow Lake MN 56531
Website: www.horizonpublichealth.org Fax: 218-685-6714
- Pope County Horizon Public Health 320-634-7822
211 E Minnesota Ave, Glenwood MN 56334
Website: www.horizonpublichealth.org Fax: 320-634-0159
- Otter Tail County Public Health..... 218-998-8320
560 Fir Ave W, Fergus Falls MN 56537
Website: www.ottertailcountymn.us/department/public-health/ Fax: 218-998-8352
- Otter Tail County New York Mills Public Health..... 218-385-5500
118 N. Main Ave, New York Mills MN 56567
Website: www.ottertailcountymn.us/department/public-health/ Fax: 218-385-3852
- Stevens County Horizon Public Health 320-208-6670
10 E Hwy 28, Morris MN 56267
Website: www.horizonpublichealth.org Fax: 320-589-7433
- Traverse County Horizon Public Health..... 320-422-7806
202 8th St N, Wheaton MN 56296
Website: www.horizonpublichealth.org Fax: 320-563-0104
- Wadena County Public Health..... 218-631-7629
22 Dayton Ave SE, Wadena MN 56482
Website: [www. http://www.co.wadena.mn.us/212/Public-Health](http://www.co.wadena.mn.us/212/Public-Health) Fax: 218-631-7632

Services vary by county and may include: WIC, Immunizations, Child & Teen Check-ups, Early Childhood Screening, Childbirth and Breastfeeding classes and support center, family health home and clinic visits, prenatal, postpartum and on-going visits to support parenting, child growth and development. Fees on a free or sliding fee basis. No one refused based on inability to pay.

MENTAL HEALTH RESOURCES

BEHAVIORAL MEDICINE 320-589-7625

800-568-5955 (24 Hour Crisis Line)
Stevens Community Medical Center
400 E 1st St, Morris MN 56267

Email: ksundheim@scmcinc.org Fax: 320-589-7686

Outpatient mental health program, individual counseling, psychological testing, marriage counseling, and psychiatrist services. We do not turn people away because of financial issues.

BRIDGEWAY BEHAVIORAL HEALTHCARE SERVICES 218-736-8000

712 Cascade St S, Fergus Falls MN 56537

Website: www.lrhc.org/services-bridgeway-behavioral-health

Bridgeway Care Unit provides short term treatment for persons 14 years of age or older suffering from a mental health disorder or problem.

COMMUNITY PARTNERS DROP-IN CENTER..... 320-634-0888

125 East Minnesota Ave, Glenwood MN 56334

A multi-purpose facility where adults with mental illnesses may socialize and learn skills to manage their lives in a safe, supportive environment.

CRISIS TEXT LINEText MN to 741741

Minnesota's suicide prevention and mental health crisis texting services are available 24 hours a day, 7 days a week. Free support to connect you to local resources in your community.

LAKELAND MENTAL HEALTH CENTER..... 800-223-4512

Website: www.lmhc.org

Alexandria..... 320-762-2400

702 34th Ave E, Alexandria MN 56308

Detroit Lakes..... 218-847-1676

928 8th St SE, Detroit Lakes MN 56501

Fergus Falls..... 218-736-6987

980 S Tower Rd, Fergus Falls MN 56537

Glenwood 320-634-3446

100 17th Ave NW, Suite 2, Glenwood MN 56334

Perham..... 218-736-6987

300 West Main St, Perham MN 56573

Individual, group, marital, and family therapy, employee assistance, psychological and psychiatric evaluation, medication management for children and adults and outreach services to children and their families.

LUTHERAN SOCIAL SERVICE OF MINNESOTA (LSS)..... 800-582-5260

Website: www.lssmn.org

Alexandria 320-762-5124

507 22nd Ave E, Suite 1, Alexandria MN 56308

Contact: Jody Shaskey-Setright Email: jshaskey@lssmn.org Fax: 320-762-2422

Detroit Lakes 218-847-0629

211 Holmes St W, Suite 302, Detroit Lakes MN 56501

Fergus Falls 218-736-5431

731 Western Ave N, Fergus Falls MN 56537

Counseling, Employee Assistance Program, family based services, therapeutic foster care, person/social awareness program, dynamics of self, domestic abuse program, child/parent mediation, consultation workshops, chemical dependency, adoption, guardianship services, senior nutrition, supervised living services and refugee and immigration services. Costs may be covered by third-party reimbursement (i.e. MA, insurance, etc.) There is a sliding fee scale available to persons ineligible for third-party payment.

MINNEWASKA MENTAL HEALTH SERVICES..... 320-239-2257

500 John St., Starbuck MN 56381

Email: kquade@isd2149.org

Children's Therapeutic Services and Supports (CTSS), Day Treatment and Family Services. Provides direct care mental health services within the school setting to children and adolescents. Family and parenting skills training or therapy can also be provided to parents.

MOBILE MENTAL HEALTH CRISIS RESPONSE:

The Mobile Crisis Outreach team provides mental health crisis services around-the-clock, 365-days-a year for children, adults and families. The crisis team's mental health professionals and practitioners show up to directly help people at hospital emergency departments, homes, law enforcement facilities, and other settings with crisis intervention, assessment, and stabilization services.

Douglas, Grant, Pope, Stevens & Traverse 701-364-0431

Otter Tail County 800-223-4512

Wadena County 800-462-5525

NORTHERN PINES MENTAL HEALTH CENTER..... 218-631-1714

11 2nd St SW, Wadena MN 56482 Website: www.npmh.org

Provides a full range of mental health services to all ages.

PSYCHOLOGICAL ASSOCIATES OF ALEXANDRIA 320-762-1762

324 Broadway, Suite 206, Alexandria MN 56308 Website: www.psychologicalassociates.net

Counseling and therapy services and psychological assessments to children, families & adults.

SOLUTIONS BEHAVIORAL HEALTHCARE PROFESSIONALS, INC www.solutionsinpractice.org

Alexandria 320-762-5411
512 30TH Ave E, Suite 100, Alexandria MN 56308

Detroit Lakes 218-844-6853
1104 W River Rd, Detroit Lakes MN 56501

Fergus Falls 218-998-2992
1806 Fir Ave E, Suite 200, Fergus Falls MN 56537

Provides intensive behavioral intervention services for children and adults with behavioral disturbances, mental health problems, developmental disabilities and related disorders.

THE VILLAGE FAMILY SERVICE CENTER..... www.thevillagefamily.org

4133 Iowa St, Suite 105, Alexandria MN 56308..... 320-762-8851

910 Lincoln Ave, Detroit Lakes MN 56501 800-627-8220

220 Washington Ave W, Suite 104, Fergus Falls MN 56537 218-739-5213

150 2nd St SW, Perham MN 56573 800-627-8220

Children and divorce education, preventive in-home counseling, financial resource center, family-based services and youth services.

THRIFT STORE RESOURCES

DOUGLAS COUNTY:

Klothes Kloset **320-763-9888**
660 Northside Dr, Alexandria MN 56308

Someplace Safe Thrift Store **320-763-4677**
690 Voyager Dr, Suite 106, Alexandria MN 56308

GRANT COUNTY:

Ashby Caring Neighbors Free Store caringneighborsashby@gmail.com
101 Melby Ave, Ashby MN 56309

Free store with Give Away the 2nd and 3rd weekend of every month. The store will be open Friday and Saturday from 9:00 am to 2:00 pm. Variety of gently used clothing, bedding, kitchen & bathroom décor and some furniture.

Bargain Bazaar Thrift Store **218-685-4236**
28 Central Ave S, Elbow Lake MN 56531

Second Chance Thrift Store **218-747-2020**
102 Main St, Ashby MN 56309

OTTER TAIL COUNTY:

Crosspoint Baby Bin & Tot Time **218-346-4673**
600 8th St. NE, Perham MN 56573

Baby Bin provides diapers and supplies for "WIC" recipients on the first Tuesday of each month from 9:00 am to 4:00 pm. Tot Time is also held on the first Tuesday of each month, from 9:00-11:00 am. Tot Time is a fun time for kids ages birth to 5 years to play, sing & read books together. Also a great place for parents to share parenting stories and connect with other parents of young children.

Website: www.crosspointalliance.com Email: office@crosspointalliance.com

Fergus Falls Goodwill Fashion & Value **218-998-3444**
204 W. Cavour Ave, Fergus Falls MN 56537
Website: www.goodwillduluth.org

Fergus Falls Salvation Army Thrift Store **218-739-3448**
917 S Pebble Lake Rd, Fergus Falls MN 56537

Henning Salvation Army Thrift Store **218-548-3200**
510 Douglas Ave, Henning MN 56551

Perham Calvary Lutheran Church Community Outreach **218-346-4780**
619 3rd Ave SW, Perham MN 56573
Website: www.calvaryperham.com/outreach

Provides beds and frames, kitchen tables & chairs, couches, lamps, pots, bakeware, etc.

Re-Use-It Thrift Shop **218-346-2616**
225 E. Main St., Perham MN 56573

Richville United Methodist Church Clothing Mission **218-346-5656**
130 1ST Ave SW, Richville MN 56576

POPE COUNTY:

Pope County Hearts & Hands Clothes Closet..... 320-634-3408
206 6th Ave NW, PO Box 32, Glenwood MN 56334
Mon-Thur 10:00 am-3:00 pm

STEVENS COUNTY:

Hancock Clothing Bank 320-287-1414
Atlantic Ave, Hancock MN 56244

Salvation Army Thrift Store..... 320-589-0483
623 E 7th St., Morris MN 56267

2nd Chance Consignment..... 320-589-1559
632 Atlantic Ave, Morris MN 56267
Email: 2ndchance211@gmail.com

Someplace Safe Thrift Store..... 320-585-6614
708 Atlantic Ave, Morris MN 56267

TRAVERSE COUNTY:

Broadway Thrift & Things..... 320-563-0748
1116 Broadway Ave, Wheaton MN 56296

WADENA COUNTY:

Rising Phoenix New To You Thrift Store..... 218-631-2113
204 Bryant Ave SE, Wadena MN 56482

Treasure Trove Thrift Store 218-837-5182
305 5th St SW, Sebeka MN 56477
Email: wcdac@wcta.net

TRANSPORTATION RESOURCES

DOUGLAS COUNTY CAR CARE PROGRAM 320-460-7911

110 6th Ave E., Suite 3, Alexandria MN 56308

Website: www.douglascountycarcare.org Email: info@douglascountycarcare.org

DCCCP assists individuals in Douglas County Minnesota that are challenged with transportation issues by providing them with a donated vehicle or repairing their car if they own the vehicle but can't afford the essential maintenance.

FRIENDLY RIDER TRANSIT 218-631-5730 OR 888-773-5500

229 Harry Rich Dr, Wadena MN 56482

Website: www.friendlyrider.com

Low cost public transportation serving every community in Wadena County.
Wheelchair and handicapped accessible. Call or see website for schedules and rates.

GRANT COUNTY VOLUNTEER DRIVER PROGRAM..... 218-685-8220

PO Box 1006, Elbow Lake MN 56531

Contact: Katie Ennen, Coordinator Email: katie.ennen@co.grant.mn.us

Volunteer driver services available daily for travel in and throughout the area.

MORRIS TRANSIT..... 320-589-1000

609 Oregon Ave, Morris MN 56267

Website: www.ci.morris.mn.us/transit

Low cost public transportation. Handicap accessible.

OTTER EXPRESS 218-998-3002 or 866-998-3002

1205 North Tower Rd, Fergus Falls MN 56537

Website: www.otterexpress.com

Public Transportation System available to certain areas of Otter Tail, Clay and Wilkin counties. Curb to Curb services are offered with special care given to children & seniors.

RAINBOW RIDER..... 800-450-7770

249 Poplar Ave, Lowry MN 56349

Website: www.rainbowriderbus.com Fax: 320-283-5066

Rainbow Rider is your door to door public transit system available to residents of Douglas, Grant, Pope, Stevens, Todd and Traverse Counties. Buses are handicapped accessible and have professional drivers with training in defensive driving and passenger assistance. Rainbow Rider offers reasonable fares with tickets and punch cards available.

ALPHABETICAL INDEX BY AGENCY/PROGRAM NAME

Adult Basic Education.....	12
Affordable Housing Program	3
Alanon & Alateen.....	21
Alcoholics Anonymous.....	21
American Red Cross.....	18
Andhe Disability Services.....	10
Behavioral Medicine	37
Beyond the Yellow Ribbon	21
Bountiful Baskets.....	26
Bridge to Benefits	21
Bridgeway Behavioral Healthcare Services	37
Child Passenger Resource Center	2
Children's Services Association.....	18
Community Partners Drop-in Center	37
Community Uncompensated Care.....	34
Conservation Improvement Program	2
County Web Sites	21
Deaf and Hard of Hearing Services.....	10
Dental Resources.....	6
Disability Linkage Line.....	10
Doherty Staffing Solutions	20
Douglas County Car Care Program	42
Emergency Solutions Grant.....	3
Energy Assistance Program.....	2
Energy Related Repair Program	2
Family Assets for Independence in Minnesota Program	2
Family Health	2
Family Homeless Prevention and Assistance Program.....	3
Farmer's Markets.....	26
Father's Resource Program	3
Fergus Falls Special Education Co-op.....	10
Financial Fitness Resources	25
Food Distributions.....	26
Food Shelves.....	26
Foreclosure Prevention Assistance Program.....	3
Forgotten Children's Fund.....	21
Free Tax Preparation.....	3
Freshwater Education District	10
Friendly Rider Transit	42
Grant County Child and Youth Council	21
Grant County Volunteer Driver Program.....	42
Group Cares Camp.....	3
Growing Relations with Outreach Work Through Housing.....	3
Habitat for Humanity.....	29
Head Start & Early Head Start.....	3
Health Resources Center	34
Heatshare	18
Help Me Grow	21
Holiday Resources	18
Home Line	29

Home Stretch Workshops	3
Housing & Redevelopment Authority	29
Housing Counseling Programs.....	3
Housing Supports	4
In Home Repair Program.....	4
Infant See.....	34
Internal Revenue Service.....	21
Internet Resources for Job Seekers	20
Invision Eye Care.....	35
Kinship Support Groups.....	3
Lakeland Mental Health Center	37
Lakes & Prairies Child Care Aware on Minnesota.....	5
Lakes Area Recreation.....	21
Landlords & Tenants Rights & Responsibilities.....	30
Lead Testing Program.....	4
Lee Community Center.....	22
Legal Services of NW Minnesota.....	22
Legislative Resources	31
Life Connections	22
Lifeline Program	30
Link-up Minnesota	30
Lion's Eye Health Program.....	35
Live Well at Home.....	4
Long-Term Homeless Case Management	4
Love, Inc. of Douglas County.....	22
Lutheran Social Services of Minnesota	38
Manpower	20
Medical Clinics	32
Midwest Special Education Co-op	10
Minnesota Better Business Bureau.....	22
Minnesota Child Support Online	22
Minnesota Help Info.....	22
Minnesota Rural & Urban Homesteading Program.....	4
Minnesota Workforce Center.....	20
Minnewaska Mental Health Services	38
MNSure.....	35
MNSure Website Navigation Services.....	3
Mobile Mental Health Crisis Response	38
Morris Life Care Pregnancy Center.....	35
Morris Transit	42
Narcotics Anonymous.....	22
Northern Pines Mental Health Center	38
Otter Express	42
PACER Center.....	10
Parent Support Outreach Project.....	18
Parents Love Us Kids.....	3
Patient Advocate Foundation	35
Patient Advocate Foundation Co-Pay Relief	35
Pelican Rapids City Pool.....	22
People Ready	20
Planned Parenthood.....	35
Poison Control Center	18
Pope County Family Collaborative.....	22

Prescription Assistance Programs	35
Psychological Associates of Alexandria	38
Public Health	36
Public Libraries	23
QuitPlan	23
Rainbow Rider	42
Rapid Rehousing Program	4
Ready Ride.....	4
Region 4 Transportation Services	4
Regional Fitness Center.....	23
Retired Senior and Volunteer Program	4
Runestone Area Education District.....	10
Rural Development	30
Salvation Army	18
School Districts.....	12
Senior Exercise Groups.....	4
Senior Homemaking, Chore & Home Repair Program	4
Senior Linkage Line.....	23
Small Cities Program	4
Social Security Administration	23
Social Services.....	23
SOLUTIONS Behavioral Healthcare Professionals, Inc.....	39
Someplace Safe & Parenting Time Centers.....	19
Taxpayers Rights Advocate.....	23
The ARC	11
The Village Family Service Center.....	39
The Windmill Project	11
Thrift Store Resources by County	40
Transitional Housing	4
United Way	24
University of Minnesota Extension Service.....	17
Weatherization Program	2
West Central Initiative.....	24
Women, Infants & Children (WIC) Program.....	28
Work Incentives Connection	11
YMCA	24