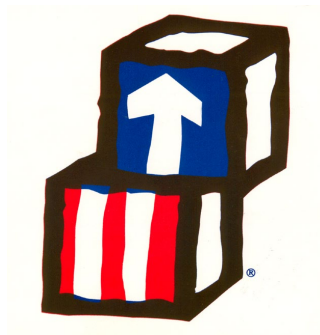


# **WCMCA Head Start Community Resource Guide**

**2021-2022**



**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

Most updated version available on our website at:  
Website: [wcmca.org/program/head-start-program/](http://wcmca.org/program/head-start-program/)

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*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](http://www.wcmca.org)

Main Office  
411 Industrial Park Boulevard  
Elbow Lake MN 56531  
Fax: 218-685-6741  
Energy Dept. Fax: 218-685-6742

Alexandria Office  
503 Hawthorne St Suite 45  
Alexandria MN 56308  
218-685-7201  
320-304-3458

Moorhead Office  
715 11<sup>th</sup> St N  
Moorhead MN 56560  
218-685-7077/218-685-7062  
Fax: 218-477-1209

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

Website: [www.mahube.org](http://www.mahube.org)

Main Office  
1125 W River Rd  
Detroit Lakes MN 56502  
Fax: 218-847-1388

Fergus Falls Office  
128 W Cavour Ave  
Fergus Falls MN 56537  
218-739-3011  
Fax: 218-998-3055

Wadena Office  
311 S Jefferson St  
Wadena MN 56482  
218-632-3600  
Fax: 218-632-3602

### **ENERGY PROGRAMS:**

**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:**

**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.

### **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 & Accessibility Loan Program (ELP):** Can be utilized if a housing emergency is identified that threatens household members' health and safety.

**Emergency Shelter Grant:** The Emergency Solutions Grant (ESG) serves singles or families that are homeless. The program may pay for a short hotel stay and provides short-term case management.

**Family Homeless Prevention Assistance Program (FHPAP):** The Family Homeless Prevention and Assistance Program (FHPAP) serves singles or families that are, or near to being, homeless. The program may pay for deposit, rent, mortgage and/or utilities, and assists with short to mid-term case management.

**FHPAP Step-Down Program:** The FHPAP Step-Down Program is available to homeless singles and families with children who, with the help of a case manager, can obtain their own place of residency. Families may not solely need the assistance in locating housing. They may need to maintain their housing due to past due rent. Case management required.

**Foreclosure Prevention Counseling 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 homeowners. Youth volunteers dedicate a week of their time to come into a community and fix steps, build wheelchair ramps, paint homes and more. This project is usually held in different surrounding communities every other year.

**Home Buyer Education:** 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.

**Homework Starts with Home:** The Homework Starts with Home program serves unaccompanied youth or families with children who lack a permanent place or are at imminent risk of homelessness, and are eligible to attend school in Alexandria, Osakis or at Minnewaska Area Schools. Participants agree to pay 30% of their monthly income towards their total rent. The remaining balance of their rent is paid by the program for as long as the client is eligible for the service. Case management is required.

**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:** 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. The program is funded by the state and provides income support to pay housing expenses and for necessity items. Clients have a disability and be Long-Term Homeless.

**In-Home Modification Program:** This service is intended to make minor modifications of living space to prevent injury, promote safety and health of persons 60 years and older to assist them in remaining independent in their homes.

**Launch Pad:** Launch Pad is a shelter program that temporarily houses one household at a time in each side of a modest two bedroom/two-unit twin home at no cost. The households utilize the time in Launch Pad to secure or increase employment and look for stable housing. There is not set amount of time households are able to stay as long as they are working towards completing their goal plan. Average stay is 45 days and case management is required.

**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 Homelessness:** The Long-Term Homelessness Program provides case management to individuals and unaccompanied youth or families with children who lack a permanent place to live - either continuously for a year or more, or at least four times in the past three years. The case manager acts as a guide when facing crisis to avoid 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.

**The Rapid Rehousing Program:** The Rapid Rehousing Program (formerly House Keys) was designed to lend a helping hand to singles and families in need. The program is available to currently homeless singles and families with children who are fleeing domestic violence who with the help of a case manager, can obtain their own place of residency. Short-term rental assistance is provided and case management is required.

**Rehabilitation Loan Program (RLP):** Assist qualified households afford basic improvements to the safety, livability, energy efficiency and accessibility of the home.

**Transitional Housing:** Provides temporary housing for families who are homeless and in need of assistance in moving along the continuum from homelessness to permanent, stable housing. Case management services are required.

### **SENIOR PROGRAMS:**

**Appliance Repair and Replacement:** Senior 60+ are eligible for repair or replacement of appliances, including: stoves, refrigerators, washers, dryers and microwaves.

**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 homemaking and chores services for individuals 65+ to meet needs for maintaining safe, healthy and independent living.

**TRANSPORTATION PROGRAMS:**

**Ready Ride:** An advanced reservation, door-to-door ride program, for those 65+ 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 Coordinating Council (R4 RTCC):**

Provides coordination for transportation services through a network of existing public, private and non-profit transportation providers. Our goal is to fill transportation gaps, streamline access to transportation and provide individuals more options of where and when to travel. We have developed a Region 4 Transportation Provider Directory which includes the counties of Becker, Clay, Douglas, Grant, Otter Tail, Pope, Stevens, Traverse and Wilkin Counties.

**CHILD CARE RESOURCES**

**LAKES & PRAIRIES CHILD CARE AWARE OF MINNESOTA..... 800-452-3646**

<http://www.caplp.org/childrenfamilies.html>

Alexandria Office..... 320-219-9285

Email: [dawnb@caplp.org](mailto:dawnb@caplp.org)

Fergus Falls Office..... 218-355-8666

Email: [laurena@caplp.org](mailto:laurena@caplp.org)

Child Care Aware assists families in accessing quality childcare through an online search tool ([www.parentaware.org](http://www.parentaware.org)) and financial assistance. Child Care Aware also supports individual early childhood educators and programs to improve the quality of care through professional development, grants and coaching.

## **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** ..... [findadentistmn.org/west-central-minnesota](http://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: [outreach@caringhandsdc.org](mailto:outreach@caringhandsdc.org)  
*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: [cmpdsmiles.com](http://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: [dentistryatthecenter.com](http://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: [haackdds.com](http://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: [drnolting.com](http://drnolting.com)  
*Accepts new patients*

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

3015 Hwy 29 S, Alexandria MN 56308      Website: [smilemn.com](http://smilemn.com)      Fax: 320-763-5053  
*Accepts new patients, infants/toddlers for emergency only, Medical Assistance and MinnesotaCare*

**Lakes Area Pediatric Dentistry** ..... **218-739-2217**

120 12<sup>th</sup> Ave E, Alexandria MN 56308      Website: [lakesareasmiles.com](http://lakesareasmiles.com)  
Email: [info@lakesareasmiles.com](mailto:info@lakesareasmiles.com)  
*Accepts new patients, infants/toddlers, and MinnesotaCare and Medical Assistance for children 5 and under*

**Stadsklev Dental** ..... **320-762-0100**

220 22<sup>nd</sup> Ave E, Suite 105, Alexandria MN 56308      Website: [stadsklevdental.com](http://stadsklevdental.com)      Fax: 888-763-0267  
*Accepts new patients and infants/toddlers*

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

*Dr. Rick Thiery DDS*  
111 10<sup>th</sup> Ave E, Alexandria MN 56308      Website: [youngatheartdentistry.com](http://youngatheartdentistry.com)  
*Accepts new patients and infants/toddlers*



**GRANT COUNTY:**

**Elbow Lake Dental Center ..... 218-685-4710**

*Dr. Brady Weispfennig DDS*  
18 W Division St, PO Box 26, Elbow Lake MN 56531 Website: [elbowlakedental.com](http://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  
Website: [arealakesdental.com](http://arealakesdental.com) Email: [info@arealakesdental.com](mailto:info@arealakesdental.com) Fax: 218-864-5246  
*Accepts new patients*

**Apple Tree Dental..... 218-998-2218**

327 Western Ave, Suite A, Fergus Falls MN 56537  
Website: [appletreedental.org](http://appletreedental.org) Fax: 218-998-2213  
*Provides children's dental outreach clinics in Elbow Lake, New York Mills & Pelican Rapids*  
*Accepts new patients, infants/toddlers, Medical Assistance and MinnesotaCare*

**Fergus Falls Community Dental Clinic ..... 218-736-1890**

321 Western Ave, Suite B, Fergus Falls MN 56537  
*Accepts new patients age 13+ on MA or MinnesotaCare with developmental disabilities*  
*or traumatic brain injury*

**Hamann Family Dentistry ..... 218-346-4775**

200 First Ave, Perham MN 56573 Website: [hamannfamilydentistry.com](http://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: [fergusfallsmndentist.com](http://fergusfallsmndentist.com)

**Lakes Area Pediatric Dentistry ..... 218-739-2217**

219 E Lincoln Ave, Fergus Falls MN 56537 940 Market St, Perham MN 56573  
Website: [lakesareasmiles.com](http://lakesareasmiles.com) Email: [info@lakesareasmiles.com](mailto:info@lakesareasmiles.com)  
*Accepts new patients, infants/toddlers, and MinnesotaCare & Medical Assistance for children 5 and under*

**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: [lifesmilesdental.com](http://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: [northernlakesdental.com](http://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 Website: [pelicandentalmn.com](http://pelicandentalmn.com)  
*Accepts new patients*

**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: [dentalhealthservicesmn.net](http://dentalhealthservicesmn.net) Fax: 320-634-3567  
*Accepts new patients and infants/toddlers*

**Minnewaska Dental ..... 320-634-4543**  
*Dr. Carl Wallin*  
101 1<sup>st</sup> St SW, Glenwood MN 56334 Website: [minnewaskadental.com](http://minnewaskadental.com) Fax: 320-634-4544  
*Accepts new patients*

**STEVENS COUNTY:**

**Dental Depot ..... 320-589-4481**  
*Dr. Kevin Williamson DDS*  
2 E 5<sup>th</sup> St, Morris MN 56267  
Website: [dentaldepotmorris.com](http://dentaldepotmorris.com) Email: [dentaldepot@hometownsolutions.net](mailto:dentaldepot@hometownsolutions.net)  
Fax: 320-589-2750  
*Accepts new patients, Medical Assistance, MinnesotaCare and infants/toddlers*

**Morris Dental Clinic ..... 320-589-2161**  
*Dr. Eric Rambow DDS, Dr. Meghan Rambow DDS and Dr. Jenny Perrault DDS*  
201 E 6<sup>th</sup> St, Morris MN 56267 Fax: 320-589-3149  
Website: [morrisdentalclinic.com](http://morrisdentalclinic.com) Email: [info@morrisdentalclinic.com](mailto:info@morrisdentalclinic.com)  
*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](mailto: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 infants/toddlers*

**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:**

**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: [reuterfamilydentistry.com](http://reuterfamilydentistry.com)  
*Accepts new patients, infants/toddlers and offers a Dental Savings Plan*

**Woodland Dental ..... 218-631-4431**  
*Dr. Ryan Anderson DDS*  
206 1<sup>st</sup> St SE, Wadena MN 56482  
Website: [woodlanddental.org](http://woodlanddental.org) Email: [woodlanddental@arvig.net](mailto:woodlanddental@arvig.net) Fax: 218-631-2926  
*Accepts some new patients, Head Start children, and other younger children with dental concerns*

**REGIONAL DENTAL CLINICS:**

**Apple Tree Dental..... 218-483-1038**

520 Main St, Hawley MN 56549 Website: [www.appletreedental.com](http://www.appletreedental.com) Fax: 218-483-1339

*Accepts new patients, infants/toddlers, 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 19<sup>th</sup> Ave SW, Willmar MN 56201

Website: [www.cmpdsmiles.com](http://www.cmpdsmiles.com)

*Accepts new patients and infants/toddlers*

**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*

3950 Veterans Dr, Suite 102, St. Cloud MN 56303

15860 Audubon Way, Baxter MN 56425

20 1<sup>st</sup> Ave S, Buffalo MN 55313

Website: [www.themolardocors.com](http://www.themolardocors.com) Fax: 320-253-8419

*Accepts new patients (children 8 years old and under only)*

**Northland Smiles Dental Care. .... 800-477-7645 or 218-534-3141**

21343 Archibald Rd, Deerwood MN 56444 Website: [northlandsmiles.com](http://northlandsmiles.com)

Email: [northland@northlandsmiles.com](mailto: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*

## **DISABILITY RESOURCES**

### **ANDHE DISABILITY SERVICES (ADS) ..... 320-219-7882**

Email: [andhedisabilityservices@gmail.com](mailto: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..... 800-657-3663**

Website: [mn.gov/deaf-hard-of-hearing/](http://mn.gov/deaf-hard-of-hearing/) Email: [dhs.dhhsd@state.mn.us](mailto:dhs.dhhsd@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: [mn.db101.org](http://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: [pacer.org](http://pacer.org) Email: [PACER@PACER.org](mailto: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

Website: [isd935.org](http://isd935.org) Email: [wduenow@fergusotters.org](mailto: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**

2222 Industrial Dr, Wadena MN 56482

Website: [fed.k12.mn.us](http://fed.k12.mn.us) Email: [lmurdock@fed.k12.mn.us](mailto: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: [midwestspcedcoop.net](http://midwestspcedcoop.net) Email: [ttravis@morris.k12.mn.us](mailto: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 34<sup>th</sup> Ave W, Alexandria MN 56308

Website: [runestoneareaeducation.org](http://runestoneareaeducation.org) Fax: 320-762-3370

Executive Director: Carla Ptacek Email: [cptacek@alexschools.org](mailto:cptacek@alexschools.org)

Office Manager: Heidi Grove Email: [hgrove@alexschools.org](mailto:hgrove@alexschools.org)

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

**THE ARC STEVENS COUNTY..... 320-589-3096**

Contact: Liz Harris  
19032 480<sup>th</sup> Ave, Morris MN 56267

Email: [harri088@fedtel.net](mailto:harri088@fedtel.net) Website: [arcstevens.org](http://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 Email: [donnaatherton@arcminnesota.org](mailto:donnaatherton@arcminnesota.org)

Housing Contact: Shantel Arends 218-287-1841 Email: [shantelarends@arcminnesota.org](mailto:shantelarends@arcminnesota.org)

PO Box 863, Moorhead MN 56561

Website: [arcminnesota.org](http://arcminnesota.org)

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

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

1205 Birch Ave, Alexandria MN 56308

Website: [windmillproject.org](http://windmillproject.org) Email: [madecoli@runestone.net](mailto: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.

## **EDUCATIONAL RESOURCES**

### **ADULT BASIC EDUCATION ..... 800-222-1990**

Visit the Minnesota Literacy Council Website: [www.mnliteracy.org/hotline](http://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](http://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](http://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](http://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](http://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 9-12	206 W 3 <sup>rd</sup> St., Brandon	320-834-4084 320-524-2263
Evansville Campus	4-5 6-8	123 2 <sup>nd</sup> Ave, Evansville	218-948-2241

**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](http://www.brownsvalley.k12.mn.us)

Email: [dpikarski@brownsvalley.k12.mn.us](mailto: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 1<sup>st</sup> St, PO Box 68, Chokio MN 56221  
Website: [www.chokioalberta.k12.mn.us](http://www.chokioalberta.k12.mn.us) Fax: 320-324-2731  
Email Contact: Tate @ [tjerome@chokioalberta.k12.mn.us](mailto:tjerome@chokioalberta.k12.mn.us)  
ECFE/ECSE Contact: Kim @ [kmarty@chokioalberta.k12.mn.us](mailto: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](http://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 6<sup>th</sup> St PO Box 189, Starbuck MN 56381  
Website: [www.glacialhills.org](http://www.glacialhills.org) Email: [nrapp@glacialhills.org](mailto:nrapp@glacialhills.org) or [dmathias@glacialhills.org](mailto:dmathias@glacialhills.org)  
Services Offered: Grades K-6 & After School Program, Preschool Program for 3 & 4 year olds

**Hancock Public School District 768 .....320-392-5621**

371 Hancock Ave, Hancock MN 56244  
Website: [www.hancock.k12.mn.us](http://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](http://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 264 .....320-677-2291**

504 Lois Ave N, Herman MN 56248 Fax: 320-677-2412  
Website: [www.hncs.k12.mn.us](http://www.hncs.k12.mn.us) Email: [rbleichnera@hncs.k12.mn.us](mailto:rbleichnera@hncs.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](http://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](http://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 <sup>th</sup> 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](http://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](http://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 1<sup>st</sup> Ave E, Osakis MN 56360

Website: [www.osakis.k12.mn.us](http://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](http://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](http://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 5<sup>th</sup> St SE, Perham MN 56573

Website: [www.perham.k12.mn.us](http://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 <sup>nd</sup> 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 <sup>th</sup> 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](http://www.rothsay.k12.mn.us) Email: Wade @ [wjohnson@rothsay.k12.mn.us](mailto: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 1<sup>st</sup> St NW, PO Box 249, Sebeka MN 56477

Website: [www.sebeka.k12.mn.us](http://www.sebeka.k12.mn.us) Email: [jhuotari@g.sebeka.k12.mn.us](mailto: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](http://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](http://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](http://www.wdc2155.k12.mn.us) Fax: 218-632-2399

Services Offered:

Community Education	218-632-2396	<a href="mailto:srentz@wdc2155.k12.mn.us">srentz@wdc2155.k12.mn.us</a>
ECFE	218-632-2364	<a href="mailto:lries@wdc2155.k12.mn.us">lries@wdc2155.k12.mn.us</a>
ECSE	218-632-2398	<a href="mailto:kthoennes@wdc2155.k12.mn.us">kthoennes@wdc2155.k12.mn.us</a>
Preschool	218-632-2364	<a href="mailto:lries@wdc2155.k12.mn.us">lries@wdc2155.k12.mn.us</a>

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](http://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 <sup>st</sup> 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 803 .....320-563-8282**

1700 3<sup>rd</sup> Ave S, Wheaton MN 56296

Website: [www.wheaton.k12.mn.us](http://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 <sup>th</sup> Ave N, Wheaton	320-563-8191
Wheaton High School	6-12	1700 3 <sup>rd</sup> Ave S, Wheaton	320-563-8282

**UNIVERSITY OF MINNESOTA EXTENSION ..... [extension.umn.edu](http://extension.umn.edu)**

Douglas County ..... 320-762-3890

Grant County ..... 218-685-8321

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** ..... [redcross.org](http://redcross.org)  
Douglas, Grant, Pope, Stevens and Traverse Counties ..... 320-251-7641  
Otter Tail & Wadena Counties ..... 218-722-0071  
Provides emergency services to families such as feeding, shelter, guidance or counseling.

**HEATSHARE STATEWIDE LINE** ..... **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: [mnpoison.org](http://mnpoison.org)

**SAFE FAMILIES FOR CHILDREN** ..... **888-290-7590**  
Website: [safe-families.org](http://safe-families.org)

The three objectives of Safe Families for Children are: Keep children safe during a family crisis such as homelessness, hospitalization, or domestic violence in an effort to prevent child abuse and/or neglect, Support and stabilize families in crisis by surrounding them with caring, compassionate community and Reunite families and reduce the number of children entering the child welfare system. We seek to be an alternative to foster care, where appropriate.

**SALVATION ARMY:** ..... [centralusa.salvationarmy.org/northern](http://centralusa.salvationarmy.org/northern)

Douglas County ..... 320-241-1273  
Grant County ..... 218-685-8200  
Otter Tail County ..... 218-739-9692  
Pope County ..... 320-241-1273  
Stevens County ..... 320-208-6600  
Traverse County ..... 651-746-3407  
Wadena County ..... 218-632-3600

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: [someplacesafe.info](http://someplacesafe.info)

- Douglas County..... 320-762-1995  
700 Cedar St, Suite 268, 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 5<sup>th</sup> 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 10<sup>th</sup> St S, Wheaton MN 56296
- Wadena County ..... 218-631-3311  
11 Bryant Ave SW, 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**

### **CAREER FORCE..... 888-438-5627**

Website: [careerforcemn.com](http://careerforcemn.com)

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

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

Fergus Falls..... 218-739-7560  
1414 College Way Suite L180, Fergus Falls MN 56537

Wadena ..... 218-631-7660  
124 1<sup>st</sup> St SE, Suite 2, Wadena MN 56482

Resume and cover letter writing assistance, job search assistance and various workshops available.

### **DOHERTY STAFFING SOLUTIONS.....[doherty.com](http://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 2<sup>nd</sup> St SW, Suite A, Perham MN 56573  
Offers full-service direct or contract placement staffing solutions.

### **INTERNET RESOURCES FOR JOB SEEKERS:**

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

[careerwise.minnstate.edu](http://careerwise.minnstate.edu)

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

[minnesotaworks.net](http://minnesotaworks.net)

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

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

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

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

### **MANPOWER, INC.....[manpower.com](http://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.

### **PEOPLE READY ..... [peopleready.com](http://peopleready.com)**

Alexandria..... 320-762-2001  
507 22<sup>nd</sup> 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: ..... [al-anon.alateen.org](http://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 s. 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: [aaminnesota.org](http://aaminnesota.org) or [area35.org](http://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**

[mnbtyr.ng.mil](http://mnbtyr.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 ..... [bridgetobenefits.org](http://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 ..... [co.douglas.mn.us](http://co.douglas.mn.us)

Grant County ..... [co.grant.mn.us](http://co.grant.mn.us)

Otter Tail County ..... [co.ottertail.mn.us](http://co.ottertail.mn.us)

Pope County ..... [co.pope.mn.us](http://co.pope.mn.us)

Stevens County ..... [co.stevens.mn.us](http://co.stevens.mn.us)

Traverse County ..... [co.traverse.mn.us](http://co.traverse.mn.us)

Wadena County ..... [co.wadena.mn.us](http://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: [co.grant.mn.us/182/Child-Youth-Council](http://co.grant.mn.us/182/Child-Youth-Council) Email: [cycmail@wca.k12.mn.us](mailto: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: [helpmegrowmn.org](http://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: [irs.gov](http://irs.gov)

### **LAKES AREA RECREATION ..... 320-762-2868**

720 Fillmore St, Suite B020, Alexandria MN 56308

Website: [lakesarearec.activityreg.com](http://lakesarearec.activityreg.com)

Variety of services, classes and recreational activities available.

**LEE COMMUNITY CENTER ..... 320-589-4585**

101 Co Rd 22, Morris MN 56267

Website: [mbastorm.com](http://mbastorm.com) Email: [morrishockeyassoc@gmail.com](mailto: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: [lsnmlaw.org](http://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](http://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](http://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](http://www.bbb.org/minnesota)

**MINNESOTA CHILD SUPPORT ONLINE..... [www.childsupport.dhs.state.mn.us/Action/Welcome](http://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](http://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](http://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](mailto:famcolab@charter.net)

Families and children will be supported by matching outreach services using the wraparound process.



**PUBLIC LIBRARIES** ..... [www.viking.lib.mn.us](http://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](http://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 2<sup>nd</sup> St, Morris MN 56267 Website: [www.regionalfitnesscenter.com](http://www.regionalfitnesscenter.com)

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

Website: [www.seniorlinkageline.com](http://www.seniorlinkageline.com)

The Senior LinkAge<sup>®</sup> 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](http://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](http://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](http://www.uwdp.org)

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

**PERHAM SATELLITE OFFICE** ..... **218-770-9406**  
665 SW 3<sup>rd</sup> 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](http://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](http://www.wcif.org)  
Provides resources to help families and communities in West Central Minnesota thrive.

**YMCA** ..... [www.ymca.net](http://www.ymca.net)

Alexandria..... 320-834-9622  
110 Karl Dr NW, Alexandria MN 56308  
Website: [www.alexandriaymca.com](http://www.alexandriaymca.com)

Fergus Falls..... 218-739-4489  
1164 N Friberg Ave, Fergus Falls MN 56537  
Website: [www.fergusfallsymca.org](http://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](http://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](http://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](http://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](http://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](http://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](http://www.minnesotagrown.com)

[www.localharvest.org](http://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](http://www.rubyspantry.org)**

Fergus Falls: Church of the Nazarene 1<sup>st</sup> Monday at 5:30 pm

Menahga: Assembly of God 3<sup>rd</sup> Saturday at 9:00 am

Perham: St. Paul's Lutheran Church 4<sup>th</sup> Saturday at 9:30 am

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

Alexandria: New Life Christian Church 4<sup>th</sup> Thursday at 9 am

Glenwood: Glenwood United Parish 2<sup>nd</sup> Tuesday at 11 am

### **FOOD SHELVES..... [www.hungersolutions.org](http://www.hungersolutions.org)**

#### **Douglas County:**

Douglas County Outreach ..... 320-762-8411

1205 Lake St, Alexandria MN 56308 Website: [www.outreachfoodshelf.org](http://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](mailto:hkareafoodshelf@gmail.com)

Tues & Wed 11:00 am-1:00 pm and 1<sup>st</sup> 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 1<sup>st</sup> Ave N, Fergus Falls MN 56538  
Mon, Wed & Fri 1:00-4:00 pm

Henning Community ..... 218-583-2136  
604 2<sup>nd</sup> St, Henning MN 56551  
Email: [henningfoodshelf@gmail.com](mailto: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](mailto: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](mailto:prfoodshelf@loretel.net)  
Tues 10:00 am-1:00 pm and 1<sup>st</sup> 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 4<sup>th</sup> Ave NW, Perham MN 56573  
Website: [www.thebridgepantry.org](http://www.thebridgepantry.org) Email: [thebridgepantry@arvig.net](mailto:thebridgepantry@arvig.net)  
Every Tues 8:00 am-12:00 pm and 1<sup>st</sup> Tues of month 8:00 am-12:00 pm and 3:00-5:00 pm  
Mobile Pantry: 1<sup>st</sup> Tuesday - Richville and Ottertail and 1<sup>st</sup> Wednesday - Vergas & Dent

**Pope County:**

Hearts & Hands Pope County Food Shelf ..... 320-634-3408  
206 6<sup>th</sup> 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 4<sup>th</sup> 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 10<sup>th</sup> St, Wheaton MN 56296  
1<sup>st</sup> Thurs 1:00-4:00 pm, 2<sup>nd</sup> Tues 5:00-7:00 pm, 4<sup>th</sup> Thurs 1:00-3:00 pm

**Wadena County:**

Menahga Area..... 218-564-6143  
120 1<sup>st</sup> 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](http://www.facebook.com/verndalefoodshelf)  
Mon & Thurs 9:00 am-12:30 pm and 1<sup>st</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Wed 5:00-6:30 pm

**WOMEN, INFANTS & CHILDREN (WIC) ..... [www.health.state.mn.us/wic](http://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, eggs, peanut butter and much more.

## **HOUSING RESOURCES**

### **HABITAT FOR HUMANITY.....[habitat.org](http://habitat.org)**

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

1211 N Nokomis NE, Alexandria MN 56308

Website: [hfhdouglascounty.org](http://hfhdouglascounty.org) Email: [info@hfhdouglascounty.org](mailto:info@hfhdouglascounty.org)

Alexandria Habitat for Humanity Restore .....320-759-1989

Pope County ..... 320-634-0355

*Habitat for Humanity of Prairie Lakes, Inc.*

PO Box 122, Glenwood MN 56334

Website: [habitatprairielakes.org](http://habitatprairielakes.org) Email: [angies@habitatprairielakes.org](mailto:angies@habitatprairielakes.org)

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

421 W Fir Ave, Fergus Falls MN 56537

Website: [fergushabitat.org](http://fergushabitat.org) Email: [fergushabitat@yahoo.com](mailto:fergushabitat@yahoo.com)

Stevens County ..... 320-589-4451

*Habitat for Humanity of Prairie Lakes, Inc.*

PO Box 353, Morris MN 56267

Website: [habitatprairielakes.org](http://habitatprairielakes.org) Email: [angies@habitatprairielakes.org](mailto: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: [homelinemn.org](http://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](mailto:hra@rea-alp.com) Fax: 320-762-3034

Grant County ..... 218-685-8240

10 2nd Ave NE, Elbow Lake MN 56531

Website: [co.grant.mn.us/236/Housing](http://co.grant.mn.us/236/Housing) Email: [denise.derby@co.grant.mn.us](mailto:denise.derby@co.grant.mn.us) Fax: 218-685-4498

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

1151 Friberg Ave, Fergus Falls MN 56537

Website: [fergusfallshra.com](http://fergusfallshra.com) Email: [ffhra@prtcl.com](mailto:ffhra@prtcl.com) Fax: 218-736-4706

Pope County ..... 320-634-7847

130 Minnesota Ave E, Glenwood MN 56334

Website: [popecountyhra.com](http://popecountyhra.com) Email: [pchra-eda@co.pope.mn.us](mailto:pchra-eda@co.pope.mn.us)

Stevens County ..... 320-208-6559  
100 S. Columbia Ave, Morris MN 56267  
Website: [co.stevens.mn.us](http://co.stevens.mn.us) Email: [melaniefohl@co.stevens.mn.us](mailto:melaniefohl@co.stevens.mn.us) Fax: 320-585-5144

Wadena County ..... 218-631-7723  
222 2<sup>nd</sup> St SE, Wadena MN 56482  
Website: [wadenahousing.org](http://wadenahousing.org) Email: [housing@wadenahra.com](mailto: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: [ag.state.mn.us/consumer/Handbooks/LT](http://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: [rd.usda.gov/mn](http://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**

[assurancewireless.com](http://assurancewireless.com)  
[lifewireless.com](http://lifewireless.com)  
[safelinkwireless.com](http://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:*

### [Who Represents Me?](#)

#### **MINNESOTA CONGRESSIONAL REPRESENTATION IN WASHINGTON, D.C.:**

Senator Amy Klobuchar.....	202-224-3244
Senator Tina Smith.....	202-224-5641
Congresswoman Michelle Fischbach.....	202-225-2165
Congressman Pete Stauber .....	202-225-6211

#### **MINNESOTA LEGISLATIVE RESOURCES:**

Governor Tim Walz.....	800-657-3717
	<u><a href="http://mn.gov/governor">mn.gov/governor</a></u>
Lieutenant Governor Peggy Flanagan.....	800-657-3717
	<u><a href="http://mn.gov/governor">mn.gov/governor</a></u>
Attorney General Keith Ellison .....	800-657-3787
	<u><a href="http://ag.state.mn.us">ag.state.mn.us</a></u>

#### **MINNESOTA SENATE:** ..... [senate.leg.state.mn.us](http://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:**..... [house.leg.state.mn.us](http://house.leg.state.mn.us)

Representative Paul Anderson .....	651-296-4317
Representative Jeff Backer .....	651-296-4929
Representative Mary Franson .....	651-296-3201
Representative John Poston .....	651-298-4293
Representative Jordan Rasmusson.....	651-296-5356

## **MEDICAL RESOURCES**

### **Douglas County Medical Clinics:**

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

### **Grant County Medical Clinics:**

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

### **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: <a href="http://lrhc.org">lrhc.org</a>
Detroit Lakes Hwy 10 Essentia Health.....	218-846-9981
1361 Wenner Rd, Detroit Lakes MN 56501	Website: <a href="http://essentiahealth.org">essentiahealth.org</a>
Detroit Lakes St. Mary's Essentia Health .....	218-844-2347
1027 Washington Ave, Detroit Lakes MN 56501	Website: <a href="http://essentiahealth.org">essentiahealth.org</a>
Detroit Lakes Sanford Health .....	218-846-2000
1245 Washington Ave, Detroit Lakes MN 56501	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> 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: <a href="http://lrhc.org">lrhc.org</a>
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: <a href="http://tchc.org">tchc.org</a>
New York Mills Sanford Health .....	218-385-1800
20 W Centennial 84 Dr, New York Mills, MN 56567	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 218-385-1830
Ottertail Sanford Health.....	218-367-6111
105 Otter Dr, Ottertail MN 56571	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 218-367-6110
Ottertail Tri-County Health.....	218-367-6262
232 MN Hwy 78 N, Ottertail MN 56571	Website: <a href="http://tchc.org">tchc.org</a>
Parkers Prairie Sanford Health .....	218-338-4371
115 E Soo St, Parkers Prairie MN 56361	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 218-338-4016
Pelican Rapids St. Mary's Essentia Health.....	218-863-2000
301 N Broadway, Pelican Rapids MN 56572	Website: <a href="http://essentiahealth.org">essentiahealth.org</a>
Pelican Rapids Sanford Health.....	218-863-6100
211 E Mill St, Pelican Rapids MN 56572	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 218-863-6173
Perham Sanford Health .....	218-347-1200
1000 Coney St W, Perham MN 56573	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 218-347-1290
<b><u>Pope County Medical Clinics:</u></b>	
Glenwood Glacial Ridge Health.....	320-634-5157
10 4 <sup>th</sup> Ave SE, Glenwood MN 56334	Website: <a href="http://glacialridge.org">glacialridge.org</a> Fax: 320-634-2244
Starbuck SCMC.....	320-239-3939
501 Poler St, Starbuck MN 56381	Website: <a href="http://scmcinc.org">scmcinc.org</a> Fax: 320-239-2802
Starbuck Glacial Ridge Health .....	320-239-2200
707 E 7 <sup>th</sup> St, Starbuck MN 56381	Website: <a href="http://glacialridge.org">glacialridge.org</a>
<b><u>Stevens County Medical Clinics:</u></b>	
Hancock Swift County Benson Health .....	320-392-5247
668 Atlantic Ave, Hancock MN 56244	Website: <a href="http://scbh.org">scbh.org</a>
Morris Prairie Ridge Health .....	320-589-4008
24 E 7 <sup>th</sup> St, Morris MN 56267	Website: <a href="http://prairiehealth.org">prairiehealth.org</a> Fax: 320-589-4227
Stevens Community Medical Center.....	320-589-1313
400 E First St, Morris MN 56267	Website: <a href="http://scmcinc.org">scmcinc.org</a> Fax: 320-589-1065
<b><u>Traverse County Medical Clinics:</u></b>	
Browns Valley Coteau des Prairies.....	320-695-2526
404 W. Broadway, Browns Valley MN 56219	Website: <a href="http://cdphealth.com">cdphealth.com</a>

Graceville Essentia Health.....320-748-7223  
 115 W 2<sup>nd</sup> St, Graceville MN 56240 Website: [essentiahealth.org](http://essentiahealth.org) Fax: 320-748-8204

Ortonville Area Health Services .....320-839-6157  
 450 Eastvold Ave, Ortonville MN 56278 Website: [oahs.us](http://oahs.us) Fax: 320-839-3851

Wheaton Sanford.....320-563-8226  
 401 12<sup>th</sup> St N, Wheaton MN 56296 Website: [sanfordhealth.org](http://sanfordhealth.org) Fax: 320-563-8014

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

**Wadena County Medical Clinics:**

Bertha Tri-County Health.....218-924-2250  
 214 1<sup>st</sup> St NW, Bertha MN 56437 Website: [tchc.org](http://tchc.org) Fax: 218-924-2257

Menahga Essentia Health .....218-564-4131  
 212 Aspen Ave NE, Menahga MN 56464 Website: [essentiahealth.org](http://essentiahealth.org) Fax: 218-564-5287

Sebeka Tri-County Health.....218-837-5333  
 106 Minnesota Ave, Sebeka MN 56477 Website: [tchc.org](http://tchc.org)

Verndale Tri-County Health.....218-445-5990  
 102 Farwell St S, Verndale MN 56481 Website: [tchc.org](http://tchc.org)

Wadena Tri-County Health.....218-631-3510  
 4 Deerwood Ave N, Wadena MN 56482 Website: [tchc.org](http://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: [hrcff.org](http://hrcff.org) Email: [office@hrcff.org](mailto: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: [infantsee.org](http://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: [ffvision.com](http://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)..... [lionsclubs.org](http://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: [mnsure.org](http://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: [optionsmorris.com](http://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: [patientadvocate.org](http://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: [copays.org](http://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: [plannedparenthood.org](http://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: [pparx.org](http://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: [horizonpublichealth.org](http://horizonpublichealth.org) Fax: 320-763-4127
- Grant County Horizon Public Health ..... 218-685-8295  
15 Central Ave N, Elbow Lake MN 56531  
Website: [horizonpublichealth.org](http://horizonpublichealth.org) Fax: 218-685-6714
- Pope County Horizon Public Health ..... 320-634-7822  
211 E Minnesota Ave, Glenwood MN 56334  
Website: [horizonpublichealth.org](http://horizonpublichealth.org) Fax: 320-634-0159
- Otter Tail County Public Health ..... 218-998-8320  
560 Fir Ave W, Fergus Falls MN 56537  
Website: [ottertailcountymn.us/department/public-health](http://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: [ottertailcountymn.us/department/public-health](http://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: [horizonpublichealth.org](http://horizonpublichealth.org) Fax: 320-589-7433
- Traverse County Horizon Public Health ..... 320-422-7806  
202 8<sup>th</sup> St N, Wheaton MN 56296  
Website: [horizonpublichealth.org](http://horizonpublichealth.org) Fax: 320-563-0104
- Wadena County Public Health ..... 218-631-7629  
22 Dayton Ave SE, Wadena MN 56482  
Website: [co.wadena.mn.us/212/Public-Health](http://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 1<sup>st</sup> St, Morris MN 56267

Email: [ksundheim@scmcinc.org](mailto: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: [lrhc.org/services-bridgeway-behavioral-health](http://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 LINE .....Text 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: [lmhc.org](http://lmhc.org)

Alexandria..... 320-762-2400

702 34<sup>th</sup> Ave E, Alexandria MN 56308

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

928 8<sup>th</sup> St SE, Detroit Lakes MN 56501

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

980 S Tower Rd, Fergus Falls MN 56537

Glenwood ..... 320-634-3446

100 17<sup>th</sup> 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: [lssmn.org](http://lssmn.org)

Alexandria ..... 320-762-5124

507 22<sup>nd</sup> Ave E, Suite 1, Alexandria MN 56308

Contact Email: [jshaskey@lssmn.org](mailto:jshaskey@lssmn.org) Fax: 320-762-2422

Detroit Lakes ..... 218-847-0629

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

Fergus Falls ..... 218-321-0390

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

Contact Email: [kquade@isd2149.org](mailto: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 2<sup>nd</sup> St SW, Wadena MN 56482

Website: [npmh.org](http://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: [psychologicalassociates.net](http://psychologicalassociates.net)

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



**SOLUTIONS BEHAVIORAL HEALTHCARE PROFESSIONALS, INC**.....[solutionsinpractice.org](http://solutionsinpractice.org)

Alexandria ..... 320-762-5411  
512 30<sup>TH</sup> 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**.....[thevillagefamily.org](http://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 2<sup>nd</sup> 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:**

**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 8<sup>th</sup> 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: [crosspointalliance.com](http://crosspointalliance.com) Email: [office@crosspointalliance.com](mailto:office@crosspointalliance.com)

**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 3<sup>rd</sup> Ave SW, Perham MN 56573  
Website: [calvaryperham.com/outreach](http://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 1<sup>ST</sup> Ave SW, Richville MN 56576

### **POPE COUNTY:**

**Pope County Hearts & Hands Clothes Closet** ..... **320-634-3408**  
206 6<sup>th</sup> 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 7<sup>th</sup> St., Morris MN 56267

**2nd Chance Consignment..... 320-589-1559**  
632 Atlantic Ave, Morris MN 56267  
Email: [2ndchance211@gmail.com](mailto: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 5<sup>th</sup> St SW, Sebeka MN 56477  
Email: [wcdac@wcta.net](mailto:wcdac@wcta.net)

## **TRANSPORTATION RESOURCES**

### **DOUGLAS COUNTY CAR CARE PROGRAM ..... 320-460-7911**

110 6<sup>th</sup> Ave E., Suite 3, Alexandria MN 56308

Website: [douglascountycarcare.org](http://douglascountycarcare.org) Email: [info@douglascountycarcare.org](mailto: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: [friendlyrider.com](http://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](mailto: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: [ci.morris.mn.us/transit](http://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: [otterexpress.com](http://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: [rainbowriderbus.com](http://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.