

HOUSING

Community Action Program (CAP) - Housing Assistance/FAIM Program	328-6333
Community Housing Partnership - Home ownership opportunities	281-7396
Cronin Home	282-1204
Dorothy Day Hospitality House - Temporary shelter	282-5172
First Homes - Home ownership opportunities	287-7117
Habitat for Humanity	252-0849
Interfaith Hospitality Network-Temporary shelter for families	281-3122
LINK Program - Rochester Area Y (provides housing to at-risk youth ages 16-21)	287-2260 ext. 350
Tenant Issues - Legal Assistance of Olmsted County	287-2036
Rental Assistance Programs by Olmsted County HRA:	
Public Housing Units, Section 8 Vouchers	328-7150
Other Rental Assistance Programs:	
Rochester: Hylands	288-4201
Innsbruck	289-1319
Rochester Squares	288-9205
Eastridge Estates	285-0022
Byron: Chelsea Circle and Villa Grande Apartments	775-2109
Eyota: Lifestyle Inc. Management	451-8524
Pine Island: Knollwood	356-8448
Fox Meadows	356-8979
Stewartville: Eastside Village	533-4953
Rochester Building & Safety	328-2600
Salvation Army Family Emergency Services	288-3663

LANGUAGE BARRIER / RESETTLEMENT SERVICES

English Speakers of Other Languages	287-1698
Hand-in-Hand - Family literacy centers	328-4450
Hawthorne Adult Literacy Center	328-4440
Immigration and Naturalization Customer Service	1-800-375-5283
Intercultural Mutual Assistance Association (IMAA)	289-5960
New Hope - Counseling, SE Asian	529-4640
Somali Community Resettlement Services	361-1414 or 356-9333
Workforce Development, Inc. Literacy Lab	292-5152

LEGAL ASSISTANCE / ADVOCACY

Child Safety Seat Recall Information	1-800-424-9393
Child Support Payment Info Line	328-6550
Consumer Product Safety	1-800-638-2772
Human Rights Commission	328-7300
Legal Assistance of Olmsted County	287-2036
Mediation & Conflict Services	285-8400
Memorial Blood Center - Parentage testing	1-612-871-3300
Victim Services Office	328-7270
SE MN Regional Legal Services Out-State Centralized Intake /Hotline (SMRLS)	1-888-575-2954

SPECIAL NEEDS SERVICES

Ability Building Center	281-6262
ARC SE Minnesota / Family Liaison Project	287-2032
Blind & Visually Handicapped Services	285-7282
Children's Mental Health Resources Center	328-6229 or 328-6222
Early Intervention - Child Development Concerns: Coordinator	328-4523
Rochester Early Intervention Program - birth-age 2	328-4545
Rochester Early Intervention Program - age 3-age 7	328-4523
Zumbro Education District (ZED) - birth - age 6	775-2037
Minnesota Children with Special Health Needs (MCSHN)	285-7289
NAMI Olmsted County (National Alliance on Mental Illness)	287-1692
Parents of Children with Special Needs Support Group (PAIR)	328-4020
PossAbilities of Southern Minnesota	281-6116
SE Regional Deaf and Hard of Hearing Services TTY-285-7172 or Voice	285-7295

SMOKING CESSATION

Mayo Nicotine Dependence Center	266-1930
Quit Plan Helpline	1-888-354-PLAN
Salvation Army Smoking Cessation Clinic	529-4100

SUPPORT GROUPS / PROGRAMS

Depression After Delivery	1-800-944-4773
Mothers of Multiples	Anne 281-1898
Circle of Parents	287-2020
DBSA (Depression & BiPolar Support Alliance) (Monday Eve)	282-8372
Parents of Children with Special Needs (PAIR)	328-4020
PFLAG (Parents, Families & Friends of Lesbians & Gays)	282-8874
Compassionate Friends (Jim & Ann Fritsche)	289-8203
NAMI (National Alliance on Mental Illness)	287-1692
NAMI Warmline (Th., F, Sat., Sun.)	287-7161
Single Parents Support Group (PAIR)	328-4020
Kinship Group	287-2020
Sexual Assault Survivors Support Group	328-7270
Suicide Grief Support Group	Paula 272-8144 or Karen 288-5605

TEEN PARENT RESOURCES - See other sections for more resources

Mayo Clinic - Young Moms Class for Childbirth Education	266-7473
Public Health Nurse - Home Visits, Bright Futures	328-7500
Rochester Public Schools - Continuing Education Center (CEC)	328-3999
Bright Futures Teen Pregnancy and Support Services	529-4960 or 328-7500

TRANSPORTATION

Drivers License	285-7412
Rochester City Bus Route Information	288-4353
R&S Transport	289-5080

UTILITIES

Peoples Cooperative Services	288-4004
Minnesota Energy	1-800-889-9508
Rochester Public Utilities	280-1500

VIOLENCE COUNSELING / SHELTERS

Men's Domestic Violence Treatment Group (ZVMHC)	289-2089
Project Restore - Family Service Rochester	287-2010
Sexual Assault 24 hr. line - Help, support	289-0636
Women's Shelter - Help, support, protection	285-1010
Empowering Women: To Choose Healthier Relationships (ZVMHC)	289-2089

EMERGENCIES / PROTECTION

Ambulance / Fire / Police / Sheriff / State Patrol	911
Olmsted Medical Center Hospital, Emergency Services	529-6650
Rochester Methodist Hospital Patient Receiving Unit (PRU)	266-7045
Saint Marys Hospital Emergency Unit	255-5591
Crisis Nursery of Olmsted County (24 hr.)	287-1499
Crisis Hotline - Suicide, depression, difficulty coping, detoxification	281-6248
Minnesota Poison Control Center	1-800-222-1222
Road Conditions	1-800-542-0220
Sexual Assault 24 hr. line	289-0636
Victim Services Office	328-7270
Child Abuse / Neglect Reporting	328-6400
After 5 p.m. & Weekends	281-6248

INFORMATION REFERRAL

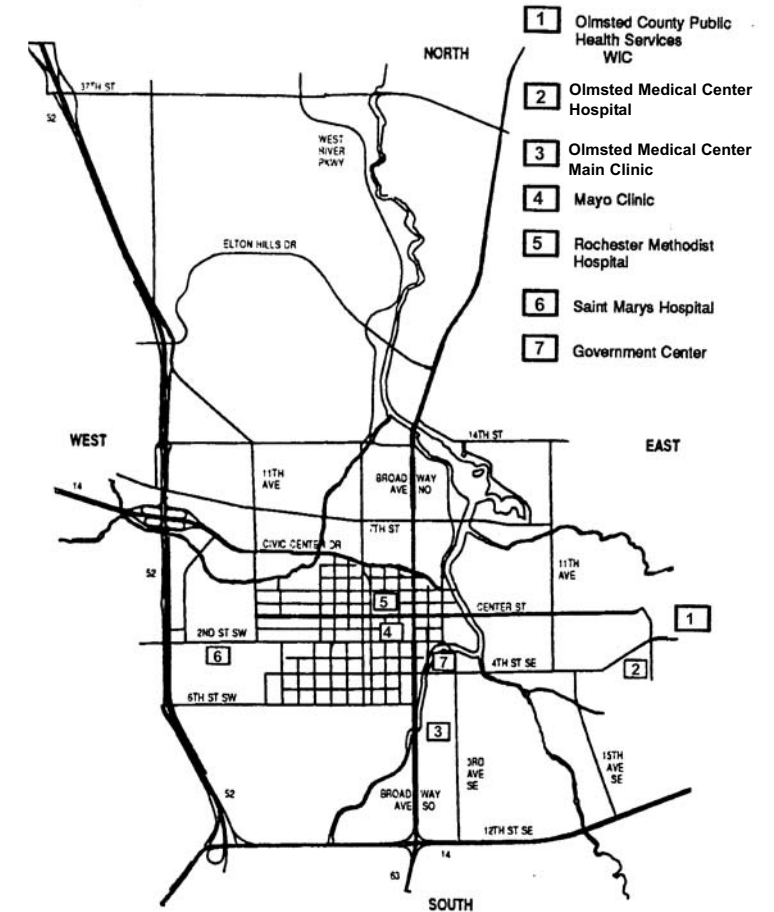
United Way 2-1-1	211 or 1-800-543-7709
On-Line Information about services & activities	www.uwolmsted.org/211.html

Fall 2010-11 Community Connections

Family Resource Directory

The Rochester area has many agencies, services, and support groups available

City of Rochester



Inclusion of services in this pamphlet does not imply endorsement. You are encouraged to find out as much as possible about an organization before making a decision to use their services.

Additional copies available at:

www.co.olmsted.mn.us/departments/health/reports_plans_&_statistics.asp

This information was compiled by **Olmsted County Public Health Services**, 08/10
2100 Campus Drive S.E. Suite 100 • Rochester, MN 55904-4722 Phone (507) 328-7500

ADOPTION COUNSELING / PLACEMENT / FOSTER HOMES

Catholic Charities	287-2047
Lutheran Social Services	1-888-205-3769
First Care Pregnancy Center	282-3377
Olmsted County Social Services	328-6500

BREASTFEEDING EDUCATION

La Leche League - Amanda..398-2688 Aimee..536-3937	
Lactation Consultant, Rochester Methodist Hospital	266-8863
Olmsted Medical Center, BirthCenter-Lactation Consultant	529-6758
Public Health Nurse - In-Home Education	328-7500
WIC Program Nutritionist	328-7555

CHEMICAL USE / ADDICTIVE BEHAVIORS

Evaluation / Counseling / Education / Treatment	
County Chemical Dependency Provider Network	282-1204
C.R.A.F.T. (Community Reinforcement & Family Transitions)	252-6985
Mayo Clinic Adult, Child Addictions, Psychology & Psychiatry	255-4065
Olmsted County Community Services	328-6400
Zumbro Valley Mental Health Center	289-2089
Wenden Recovery Services of Rochester	292-1379 or 1-800-585-6002
Self Help / 12 Step Programs	
Alcoholics Anonymous (A.A.) 24 hrs/day	281-1747
Alanon, Alateen	281-4729
Narcotics Anonymous - 24 hrs/day	281-2227
Alcohol or Drug Use National Help & Referral Line	1-800-252-6465
Gambling In-treatment - Project Turnabout	1-800-862-1453

CHILD CARE / NURSERY SCHOOL

Golden Hill Child Care Center - for secondary or post-secondary students who are parents of infants and toddlers	328-3999
Child Care Resource and Referral (CCRR)	287-2020
Civic League Day Nursery - 2 locations (tuition assist. avail.)	285-7232 or 282-5368
Crisis Nursery of Olmsted County (24 hr.)	287-1499
Stewartville Child Care Center	533-4545
Extended Day School Age Child Care:	
School Age Child Care (SACC), Rochester	328-4040
Rochester Family Y	287-2260
Byron Project Kids	775-2336
"Tiger Time," school age child care, Stewartville	533-1599

CHILDBIRTH / SIBLING CLASSES

Olmsted Medical Center, BirthCenter	529-6759
Mayo Perinatal Education Program	266-7473
Public Health Nurse - In-Home Education	328-7500
S.E. MN Childbirth Network (doula services)Go to member phone # at www.semncchildbirth.net	

CLOTHING / HOUSEHOLD

Catch my Thrift	533-4401
Community Clothesline	282-8050
Goodwill Industries	281-9651
Salvation Army Thrift Store	281-1561
Savers	536-2564
Maternity and Children's Clothing:	
Birthright	288-9374
Children's / Maternity Exchange	289-6637
The Lower Room (Margie)	282-9025
First Care Pregnancy Center	282-3377
Once Upon a Child	252-5090

COUNSELING

Cost based on ability to pay or may be no charge. See other listings in Yellow Pages.	
Associates in Psychiatry and Psychology	288-8544
Battered Women Info & Education Line	285-1010
Catholic Charities	287-2047
Family Service Rochester	287-2010
MN Problem Gambling Helpline	1-800-333-4673
Lutheran Social Services	1-888-205-3769
Mayo Psychiatry and Psychology	284-5387
Olmsted Medical Center Main Clinic	288-3443
Rapid Access Clinic (after hr. emergencies call Crisis Hotline 281-6248)	328-6308
Salvation Army, Social Worker	288-3663
Sexual Assault 24 hr line	289-0636
Y Resource Center - Individuals, groups, classes	287-2265
Zumbro Valley Psychological Services	289-2089

DENTAL CARE

Children's Dental Health Services (Serves children ages 14 & under)	529-0436
Doral Dental Service (To identify local dentists taking MA/UCare)	1-800-896-2372
Good Samaritan Dental Clinic (Serves underserved adults and children)	529-4100
Rochester Community and Technical College Dental Clinic	280-3169 or 1-800-247-1296

EDUCATION

Early Childhood Check-In Screening (starting at age 3)	328-4004
Head Start - 3 and 4 year old preschool experience	287-2009
MOPS (Mothers of Preschoolers in Rochester)	282-5569
Rochester Public Schools - Registration / Records	328-4202
Community Education Program	328-4000
Continuing Education Center - Secondary school for pregnant students	328-3999
Rochester Alternative School options	328-4373
Rochester School Readiness - 3 and 4 year olds	287-2020
Rochester Adult Literacy Program: Adult Basic Education, Work Skills, GED Preparation and Testing, Adult Diploma, English Language	328-4440
Rochester Community and Technical College	285-7210
University of MN - Rochester	280-2832
Winona State University - Rochester Center	285-7100

EMPLOYMENT AND VOCATIONAL SERVICES

CHOICES of SE Minnesota - displaced homemaker program	280-5510
Minnesota Workforce Center	285-7315
Minnesota Vocational Rehabilitation Services	285-7293
Workforce Development, Inc.	292-5152
Youth Employment Program (YEP) vocational-14-18 yrs	287-2313
Y Resource Center - LINK - Life Skills - 16-21 yr	287-2260

FAMILY LIFE

Adamson Chrysler "Fit-for-a-Kid" car seats (Theresa)	252-2317
American Red Cross - CPR, First Aid Classes	287-2200
Boys & Girls Club -After School Youth Development	287-2300
Early Childhood Family Education (ECFE):	
Byron (ECFE)	775-2336
Chatfield, Spring Valley (ECFE)	867-3265
Dover-Eyota, Footsteps	932-4870
Rochester, PAIR (Parents Are Important In Rochester)	328-4020
Stewartville (Early Childhood Learning Center)	533-1424
Family Nutrition Program - Nutrition education	529-4171
March of Dimes- Pregnancy & newborn health information	282-0649
Migrant Head Start	251-8582
Olmsted County Extension Service - 4H	285-8231
Pipsqueaks	328-2525
Project H.O.P.E. (Personal & family empowerment)	328-6400
Public Health Nurse - Parenting education and information	328-7500
Rochester Area Family Y	287-2260
Rochester Public Library	328-2300

FINANCIAL / INSURANCE SERVICES

Energy Assistance Program (EAP)	328-6500
FamilyMeans	651-439-4840 or 1-800-327-3203
Family Means Consumer Credit Counseling Services	1-800-780-2890 or 281-6299
Healthcare Helpline	1-800-296-4319
Olmsted County Community Services - MFIP, General Assistance, Medical Assistance, MinnesotaCare	328-6500
Child Support and Recovery / Payment Info	328-6500
Social Security, SSI	289-1667 or 1-800-772-1213
Salvation Army	288-3663
Tax Forms, Free Help	1-800-937-5437

FOOD

Angel Food Ministries	261-9753 or 254-7258
Channel One Food Shelf (Hrs. M-Th 8-6; F 8-Noon)	287-2350
Community Food Response - M, W, F 5-7:00 p.m. at Bethel Lutheran Church 810 3rd Ave SE	
Community Action Program (CAP) Food Support Outreach for Seniors	328-6341
Food Stamps	328-6500
MAC (Mothers & Children Program)	287-2350
Meals on Wheels	287-2010
Salvation Army - 20 1st Ave NE	288-3663
Food Shelf - Tues & Friday 10 am - 4 pm	
Noon Lunch - M-F	
Saturday Meals, Christ United Methodist Church, 11 a.m. at 400 5th Ave SW	
Sunday Meals, St. Francis of Assisi Catholic Church, 11:30 at 1114 3rd St. SE	
Women, Infants & Children (WIC) Nutrition Program	328-7555

HEALTH CARE: CLINICS / HOSPITALS

Emergency Transportation - For emergency such as injury (child with cut hand) or woman in labor	282-2222
Health Care Access - MA approval, pending labor and delivery	285-8542
Migrant Health Services	529-0503
Mayo NE Clinic	538-8500
Mayo NW Clinic	538-8555
Mayo Medical Center/Mayo Clinic	284-2511
Business Office	287-1819
Community Internal Medicine	284-5278
Community Pediatrics & Adolescent Medicine	284-5233
Family Medicine	284-5300
Gynecology	266-8680
Obstetrics / Pregnancy Testing	284-5135
Rochester Methodist Hospital	266-7890
Labor and Delivery Unit	266-7531
Saint Marys Hospital	255-5123
Olmsted Medical Center Hospital	529-6600
BirthCenter	529-6750
Olmsted Medical Center Main Clinic (ask for area)	288-3443
Internal Medicine/Obstetrics/Gynecology/Pediatrics/Family Medicine Lab Desk - Pregnancy Test/Throat Culture	
Olmsted Medical Center Northwest	292-7070
Olmsted Medical Center Stewartville	533-4727
Olmsted County Public Health Services	328-7500
Child & Teen Checkups Clinic / Immunization Clinic / Communicable Disease - Information and Screening / Environmental Concerns	
Public Health Nurse: Information, home visits for pregnancy, parenting, newborn, Baby Steps & Bright Futures Programs, School Public Health Nurse	
Pregnancy Testing and STD/HIV Testing Clinics	
Planned Parenthood - Exams, tests, birth control for women and men	288-5186
Good Samaritan Medical Clinic (Salvation Army Free Clinic) call for appt. Clinics include: General medical for adults/pediatric/eye/diabetes/respiratory/hypertension smoking cessation/psychiatry and psychology	529-4100