

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	287-2366
Hawthorn Adult Literacy Center	287-1475
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	287-1347
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	287-1522
Early Intervention - Child Development Concerns: Coordinator	287-1585
Rochester Early Intervention Program - birth-age 2	287-1679
Rochester Early Intervention Program - age 3-age 7	287-1585
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 (PAIIR)	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
Nicotine Anonymous (5:30 p.m. Mondays)	266-1930
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
Parents of Children with Special Needs (PAIIR)	328-4020
PFLAG (Parents, Families & Friends of Lesbians & Gays)	282-8874
Compassionate Friends	255-4042
NAMI (National Alliance on Mental Illness)	287-1692
NAMI Warmline (Th., F, Sat., Sun.)	287-7161
Perinatal Death Support Group	266-7126
Single Parents Support Group (PAIIR)	328-4020
Grandparents Parenting Again	287-2020
Sexual Assault Survivors Support Group	328-7270
Suicide Grief Support Group	Nancy 281-5588 or Cally 287-8267

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	285-8188
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

Child Abuse / Neglect Reporting	328-6400
After 5 p.m. & Weekends	281-6248
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

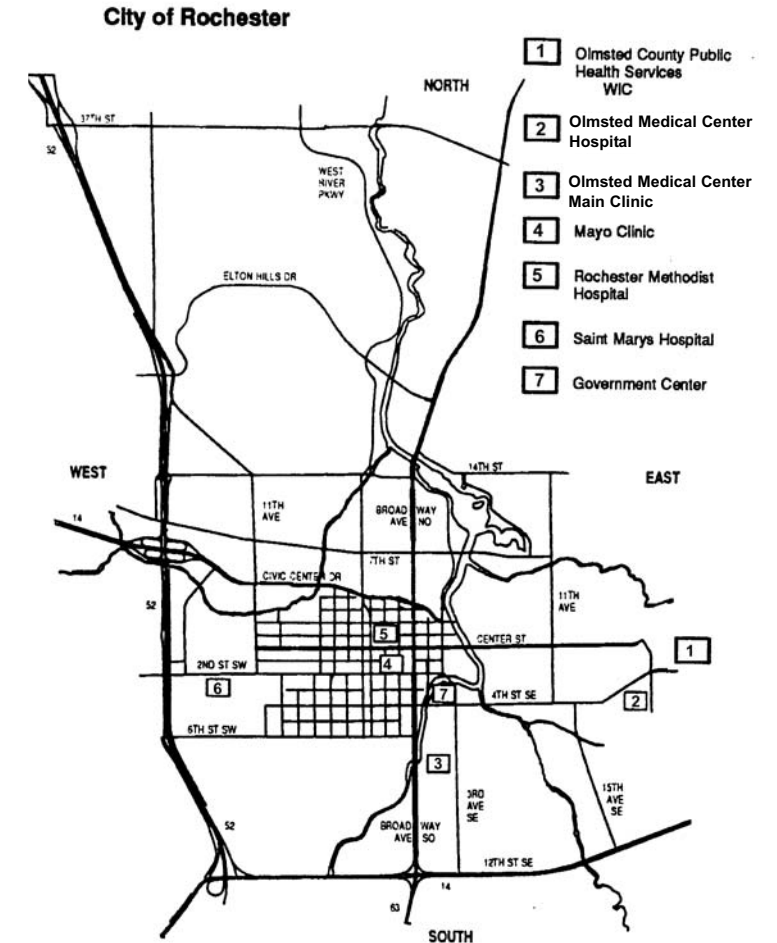
Ambulance / Fire / Police / Sheriff / State Patrol	911
Olmsted Medical Center Hospital, Emergency Services	529-6650
Rochester Methodist Hospital Patient Receiving Unit (PRU)	266-7045
Saint Marys Hospital Emergency Unit	255-5591
Crisis Nursery of Olmsted County (24 hr.)	287-1499
Crisis Hotline - Suicide, depression, difficulty coping, detoxification	328-6583
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

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 2008-09 Community Connections

*Family Resource Directory
The Rochester area has many agencies,
services, and support groups available*



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**, 09/08
2100 Campus Drive S.E. • Rochester, MN 55904-4722 Phone (507) 328-7500

ADOPTION COUNSELING / PLACEMENT / FOSTER HOMES

Catholic Charities	287-2047
Lutheran Social Services	1-888-205-3769
New Life Family Services	282-3377
Olmsted County Social Services	328-6500

BREASTFEEDING EDUCATION

La Leche League - Jeanine...536-2874 Jessica...288-4246 Aimee...536-3937 Kate...288-6617 Beth 282-5683.	
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 at RCTC	285-7232
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

CLOTHING / HOUSEHOLD

Catch my Thrift	533-4401
Community Clothesline	282-8050
Goodwill Industries	281-9651
Salvation Army Thrift Store	281-1561
Maternity and Children's Clothing:	
Birthright	288-9374
Children's / Maternity Exchange	289-6637
The Lower Room (Margie)	282-9025
New Life Family Services	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 Services 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)	273-7257
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

Head Start - 3 and 4 year old preschool experience	287-2009
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, PAIIR (Parents Are Important In Rochester)	328-4020
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)	285-8923
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

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, Noon, at 1114 3rd St. SE	
Women, Infants & Children (WIC) Nurtrition 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 Care 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 (General Clinic M & W, 4 - 8 p.m.) (Pediatric Clinic: Tue. 4-8 p.m.)	529-4100
UCare Health Ride	1-800-864-2157