

ADOPTION COUNSELING / PLACEMENT / FOSTER HOMES

Bethany Christian Services of Minnesota.....1-763-553-0344
Catholic Charities.....287-2047
First Care Pregnancy Center.....282-3377
Lutheran Social Services (LSS).....1-888-205-3769
LSS Adoption.....1-651-646-7771
LSS Therapeutic Foster Care.....1-507-512-1015
Olmsted County Community Services.....328-6500

BREASTFEEDING SUPPORT

La Leche League.....533-5053
Mayo Outpatient Lactation Consultant.....284-5143
Olmsted Medical Center Lactation Consultant for Olmsted Medical Center patients.....529-6758
Public Health Nurse – In-Home Education.....328-7500
WIC Program Lactation Consultant.....328-7555

CHEMICAL USE / ADDICTIVE BEHAVIORS

Evaluation / Counseling / Education / Treatment:

▪ Alcohol or Drug Use National Help and Referral Line.....1-800-252-6465
▪ Common Ground.....281-0023
▪ County Chemical Dependency Provider Network.....282-1204
▪ EmPower CTC and C.R.A.F.T.....292-1379
▪ Fountain Centers in Rochester.....252-0818
▪ Gambling In-treatment – Project Turnabout.....1-800-862-1453
▪ Mayo Clinic Adult, Child Addictions, Psychology and Psychiatry.....538-3270
▪ Minnesota Adult and Teen Challenge 288-FREE.....288-3733
▪ Olmsted County Community Services.....328-6400
▪ Zumbro Valley Health Center.....289-2089

Self Help / 12 Step Programs:

▪ Alcoholics Anonymous -A.A., 24 hours a day.....281-1747
▪ Alanon, Alateen.....281-4729
▪ Narcotics Anonymous 24 hours a day.....281-2227

CHILD CARE / NURSERY SCHOOL

Civic League Day Nursery 2 locations, tuition assistance available.....285-7232 or 282-5368
Crisis Nursery of Olmsted County – after hours call 535-5625.....287-2020
Families First of Minnesota.....287-2020
Parent Aware – Child Care Referrals.....1-888-291-9811

Extended Day School Age Child Care:

▪ Byron Project Kids.....775-2336
▪ Rochester Family Y.....287-2260
▪ School Age Child Care – SACC, Rochester.....328-4040
▪ Tiger Time School Age Child Care, Stewartville.....533-1599

CHILDBIRTH / SIBLING CLASSES

Mayo Perinatal Education Program.....266-7473
Olmsted Medical Center, BirthCenter.....529-6759
Public Health Nurse – In-Home Education.....328-7500
SE MN Childbirth Network – Doula Services - member phone # at www.semnchildbirth.net

CLOTHING / HOUSEHOLD

Catch My Thrift.....533-4401
Goodwill Industries: NW Rochester 424-1860..... or SE Rochester281-9651
Savers.....536-2564

Maternity and Children’s Clothing:

▪ Birthright.....288-9374
▪ Children’s / Maternity Exchange.....289-6637
▪ First Care Pregnancy Center.....282-3377
▪ Once Upon a Child.....252-5090

COUNSELING - Cost based on ability to pay or may be at no charge. Other listings in Yellow Pages

Associates in Psychiatry and Psychology.....288-8544
Battered Women Info and Education Line.....285-1010
Bethany Christian Services of Minnesota.....1-763-553-0344
Catholic Charities.....287-2047

COUNSELING - Continued

Compassion Counseling Center.....208-8822
Family Service Rochester.....287-2010
Fernbrook Family Center.....446-0431
Mayo Psychiatry and Psychology.....266-5100
MN Problem Gambling Helpline.....1-800-333-4673
Olmsted Medical Center Rochester Southeast.....288-3443
Perspectives Therapy Center.....476-9061
Psychological Consultants.....252-9292
Rapid Access Psychiatric Clinic – After hours emergency call Crisis Hotline 535-5625.....328-6400
Salvation Army – Social Worker.....288-3663
Sexual Assault 24-hour line.....289-0636
Zumbro Valley Health Center.....289-2089

DENTAL CARE

Apple Tree Dental – serves underserved adults/children with disabilities.....424-1040
Children’s Dental Health Services – serves children ages 14 and under.....529-0436
Community Dental Care – Rochester – serves underserved adults and children.....258-4046
Good Samaritan Dental Clinic – serves underserved adults and children.....529-4100
Medical Assistance Programs – call customer service # listed on member card
Rochester Community and Technical College Dental.....1-800-247-1296 or 280-3169

EDUCATION

Early Childhood Screening – starting at age 3.....328-4004
Head Start – 3 and 4-year-old preschool experience.....287-2009
Migrant Head Start.....252-9226
MOPS – Mothers of Preschoolers in Rochester.....282-5569
Rochester Public Schools – Registration / Records.....328-4202
▪ Community Education Program.....328-4202
▪ Preschool.....328-4024
▪ Rochester ALC–Alternative Learning Center-secondary school-pregnant students.....328-3999
▪ Rochester Alternative School options.....328-4373
▪ Student Support Services.....328-4310
▪ School Readiness – 3 and 4-year-olds.....328-4024

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.....258-8000
Winona State University – Rochester Center.....285-7100

EMPLOYMENT AND VOCATIONAL SERVICES

CHOICES of SE Minnesota – Displaced Homemaker Program.....280-5510
Experience Works, Inc. – Assists people 55+, unemployed/income guidelines (Chad).855-270-9660
Minnesota Workforce Center.....923-2828
Minnesota Vocational Rehabilitation Services.....285-7293
LSS LINK Program – Homeless and at-risk youth 16-24 years.....316-8273
Workforce Development, Inc.....292-5152

FAMILY LIFE

American Red Cross – CPR, first aid classes.....287-2200
Boys and 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.....545-2632
▪ Rochester, Parents are Important in Rochester (PAIIR).....328-4020
▪ Stewartville – Early Childhood Learning Center.....533-1424
Family Nutrition Program – Nutrition education.....529-4171
March of Dimes – Pregnancy and newborn health information.....282-0649
Olmsted County Extension Services – 4H.....328-6214
Pipsqueaks – Indoor playground.....328-2525
Public Health Nurse – Information and pregnancy / parenting education.....328-7500
Rochester Area Family Y.....287-2260
Rochester Public Library.....328-2300

FINANCIAL / INSURANCE SERVICES

Energy Assistance Program.....732-7391
FamilyMeans Financial Solutions.....1-800-780-2890
LSS Financial Counseling.....1-888-577-2227

Olmsted County Community Services

▪ MFIP, General Assistance, Medical Assistance, MNCare.....328-6500
▪ Child Support and Recovery / Payment info.....328-6550
▪ Social Security, SSI.....1-877-405-3631
Salvation Army.....288-3663

FOOD

Channel One Food Shelf – M-Th 8:00 a.m. – 5:45 p.m.; F 8:00 a.m. – noon.....287-2350
Community Food Response – M. W. F., 5:00 p.m. – 6:30 p.m., Bethel Lutheran, 3rd Av SE.....281-5061
Community Food Response – M. W. The Exchange, 5:00 p.m. – 6:00 p.m. 3945 10th Av NW.....281-5061
Food Support – SNAP.....328-6500
In His Name.....206-1889
Meals on Wheels.....287-2010
Open Table – Thursday 5:30 p.m. – 7:00 p.m. at Park Lane and 23 Av NW, Marion Road SE
Salvation Army – 20 1st Av NE.....288-3663
▪ Food Shelf – Tuesday and Friday, 10:00 a.m. – 4:00 p.m.
▪ Noon Lunch – Monday – Friday

Saturday Lunch, Christ United Methodist Church, 11:00 a.m. – 1:00 p.m., 400 5th Av SW
Sunday Lunch, St. Francis of Assisi Catholic Church, 11:30 a.m. – 12:30 p.m., 1114 3rd St SE
Three Rivers Community Action Program.....316-0610
Women, Infants and Children – WIC Nutrition Program.....328-7555

HEALTH CARE: CLINICS / HOSPITALS

Birthright – free pregnancy testing (no other clinical services offered).....288-9374
Community Health Services.....529-0503

First Care Pregnancy Center – free services include: pregnancy tests, limited ultrasounds, and STD testing and treatment.....282-3377

Mayo Medical Center/Mayo Clinic.....284-2511
▪ Business Office.....287-1819
▪ Community Internal Medicine.....284-5278
▪ Community Pediatrics and Adolescent Medicine.....284-5233
▪ Family Medicine.....284-5300
▪ Gynecology.....266-8680
▪ Obstetrics / Pregnancy Testing.....284-5135

Mayo NE Clinic.....538-8500
Mayo NW Clinic.....538-8555
Mayo SE Clinic.....293-8590

Rochester Methodist Hospital.....266-7890
▪ Labor and Delivery Unit.....266-7531

St. Marys Hospital.....255-5123

Olmsted Medical Center Hospital.....529-6600
▪ BirthCenter.....529-6750

Olmsted Medical Center Rochester Southeast.....288-3443
▪ Internal Medicine / Obstetrics / Gynecology / Pediatrics / Family Medicine Lab Desk – Pregnancy Test / Throat Culture

Olmsted Medical Center Rochester NW.....292-7070

Olmsted Medical Center Stewartville.....533-4727

Olmsted County Public Health Services.....328-7500

▪ Child and Teen Checkups Clinic / Immunization Clinic / Communicable Disease – information and screening / Environmental concerns
▪ Public Health Nurse: information, home visits for pregnancy, parenting, newborn, Baby Steps Program, Follow Along Program, Bright Futures Program, School Public Health Nurse

Planned Parenthood – Exams, tests, birth control for women and men.....288-5186

Good Samaritan Medical Clinic – Salvation Army Free Clinic – call for appointment.....529-4100

▪ Clinics include: General medical for adults / pediatric / eye / diabetes / respiratory / hypertension / psychiatry and psychology

HOUSING

Three Rivers Community Action Program.....316-0610
Cronin Home.....282-1204
Dorothy Day Hospitality House – Temporary shelter.....282-5172
Family Promise - Temporary shelter for families.....281-3122
First Homes – Home ownership opportunities.....287-7117
Habitat for Humanity.....252-0849
LSS LINK Program – Homeless and at-risk youth 16-24 years.....316-8273
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:

Gage East.....424-0700
Hylands.....288-4201
Innsbruck.....289-1319
Rochester Squares.....288-9205
Eastridge Estates.....285-0022

Eyota: Lifestyle Inc. Management.....451-8524

Pine Island: Knollwood.....356-8448 and Fox Meadows.....356-8979

Stewartville: Eastside Village.....533-4953

Rochester Building and Safety.....328-2600

Salvation Army Family Emergency Services.....288-3663

SMB Homes – Adult Foster Care.....292-7944

LANGUAGE BARRIER / RESETTLEMENT SERVICES

English Speakers of Other Languages.....328-4240

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

Rochester Family Literacy.....328-4450

Somali Community Resettlement Services.....721-0641

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 and Conflict Services.....285-8400

Memorial Blood Center – Parentage testing.....1-612-871-6636

Victim Services Office.....328-7270

South MN Regional Legal Services Intake / Hotline – SMRLS.....1-888-575-2954

SPECIAL NEEDS SERVICES

Ability Building Center.....281-6262

Achievement Therapy Services – Speech-pathology services for all ages.....226-8844

Adaptive Recreation.....328-2539

Child Development Concerns.....www.helpmegrowmn.org

Children and Youth with Special Health Needs (CYSHN).....1-800-728-5420

Deaf and Hard of Hearing Services TTY 866-266-2641 VP 507-322-3518.....344-2840

Horses and Heroes, LLC.....951-4459

LSS In-Home and Specialized Community Supports.....1-866-444-3743

LSS PICS – Partners in Community Supports.....1-651-967-5060

National Alliance on Mental Illness (NAMI SE MN).....287-1692

Parents of Children with Special Needs Support Group – PAIR.....328-4020

Possibilities of Southern Minnesota.....281-6116

Region 10 Quality Council.....287-2032

Rochester Early Intervention Program – Birth – age 2.....328-4523

Rochester Early Intervention Program – Ages 3 – 7.....328-4523

State Services for the Blind, Rochester Office.....923-2820

Southeastern Minnesota Center for Independent Living (SEMCL).....285-1815

Special Olympics – Rochester Flyers.....421-5862

The Arc SE Minnesota / Family Liaison Project.....287-2032

SMOKING CESSATION

Mayo Nicotine Dependence Center.....266-1930

Quit Partner.....https://www.health.state.mn.us/quit 1-800-QUIT-NOW

SUPPORT GROUPS / PROGRAMS

Communities in Recovery Aiding Families in Transition (CRAFT Program).....252-6985

Depression After Delivery.....1-800-944-4773

Mothers of Multiples – contact Anne.....281-1898

Depression and BiPolar Support Alliance (DBSA – Monday evening).....282-8372

Out Southeast Minnesota.....289-6329

Parents of Children with Special Needs – PAIR.....328-4020

Compassionate Friends – Darwyn and Mary Tri.....1-651-923-4922

National Alliance on Mental Illness (NAMI SE MN).....287-1692

NAMI Warmline – Thursday, Friday, Saturday, Sunday.....287-7161

Parents and Relatives Raising Kids (P.A.R.R.K.) – 3rd Tuesday of each month.....424-1547

Seasons Hospice Grief Support for children and adolescents – 3rd Wednesday at 4:30.....285-1930

Single Parents Support Group – PAIR.....328-4020

Sexual Assault Survivors Support Group.....328-7270

Survivors of Suicide Loss – 3rd Thursday Evangel Methodist Church on Broadway – Barb..226-8095

TEEN PARENT RESOURCES – see other sections for more resources

Birthing.....288-9374

Bright Futures Teen Pregnancy and Support Services.....328-6884 or 328-7500

Mayo Clinic – Young Moms Class – Childbirth Education.....266-7473

Public Health Nurse – Home Visits, Bright Futures.....328-7500

Rochester Public Schools – ALC – Alternative Learning Center – Pregnant Teens.....328-3999

TRANSPORTATION

Rochester Driver License Exam Station.....923-2020

Rochester City Bus Route Information – 328-RIDE.....328-7433

R & S Transport.....289-5080

UTILITIES

People’s Energy Cooperative.....367-7000

Minnesota Energy.....1-800-889-9508

Rochester Public Utilities.....280-1500

VIOLENCE COUNSELING / SHELTERS

Empowering Women: To Choose Healthier Relationships – ZVHC.....289-2089

Men’s Domestic Violence Treatment Group – ZVHC.....289-2089

Project Restore – Family Service Rochester.....287-2010

Sexual Assault 24 Hour Line – Help, support.....289-0636

Women’s Shelter – Help, support, protection.....285-1010

EMERGENCIES / PROTECTION

Ambulance / Fire / Police / Sheriff / State Patrol.....911

Olmsted Medical Center Hospital, Emergency Services.....529-6650

Saint Marys Hospital Emergency Unit.....255-5591

Crisis Hotline – Detoxification.....535-5625

Crisis Nursery of Olmsted County – after hours call 535-5625.....287-2020

Crisis Response – Suicide, depression, difficulty coping.....1-844-274-7472

Minnesota Poison Control Center.....1-800-222-1222

Road Conditions511 or out of state call 1-800-542-0220

Sexual Assault 24 Hour Line.....289-0636

Victim Services Office.....328-7270

Child Abuse / Neglect Reporting – After 5:00 p.m. and weekends 535-5625.....328-6400

INFORMATION REFERRAL

Disability Linkage Line.....1-866-333-2466

Elder Network.....285-5272

Senior Linkage Line.....1-800-333-2433

United Way 2-1-1.....211 or 1-800-543-7709

On-Line information about services and activities.....www.uwolvomsted.org

FALL 2020 – 2021

COMMUNITY CONNECTIONS
FAMILY RESOURCE DIRECTORY



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.

www.co.olmsted.mn.us

Search: Community Connections

This information was compiled by

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Public Health
Prevent. Promote. Protect.