COUNSELING - Continued
Compensation Counseling Center ........................................ 208-8825
Family Service Rochester .................................................. 287-2010
Fernbrook Family Center ................................................... 446-0431
Marvin Psychatry and Psychology ....................................... 466-1000
MN Problem Gambling Helpline ......................................... 1-800-333-4673
Olmsted Medical Center Rochester Southeast ....................... 288-3443
Perspectives Therapy Center .............................................. 476-5061
Psychological Consultants .................................................. 252-5952
Rapid Access Psychiatric Clinic – After hours emergency call Crisis Hotline 535-5625 – 328-6400
Salvation Army – Social Worker .......................................... 288-5663
Seven Oaks – 24-hour line ................................................... 281-3272
Zumbro Valley Mental 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 .......................................................... 800-247-1296 or 280-3169

SALON AND BEAUTY
Early Childhood Screening – starting at age 3 ......................... 328-4004
Head Start – 3 and 4-year-old preschool experience .................. 287-2009
Migrant Head Start Program ............................................... 252-9226
MOIS - Mothers of preschoolers in Rochester ......................... 252-9226

Rochester Public Schools – Registration / Records .................. 328-4202

Community Education Program ............................................. 328-4202
Pre-School Program .............................................................. 328-4202
Rochester Alternative Learning Center-program school-pregnant students .................................................. 328-3999
Rochester Community and Technical College ......................... 285-7120
University of MN – Rochester ................................................ 258-8000

Minneapolis State University – Rochester ............................... 258-3100

EMPLOYMENT AND VOCATIONAL SERVICES
CHOICES of SE Minnesota – Displaced Homemaker Program ........................................................................... 280-5510
Experience Works, Inc. – assists people 55+, unemployed/income guidelines (Owatonna) ........................................... 615-270-5660
Minnesota Workforce Center ............................................... 932-2838
Minnesota Vocational Rehabilitation Services ......................... 285-7293
SSI Program – Homeless and at-risk youth 16-24 years ............. 316-4273
Workforce Development, Inc ................................................. 292-5152

FAMILY LIFE
American Red Cross – CPR, first aid classes ................................ 287-3200
Boys and Girls Club – after school youth development ............... 287-3200

Early Childhood Family Education (ECFE)
Byron – ECFE ..................................................................... 775-3336
Chatham, Spring Valley – ECFE ........................................... 687-2940
Dover-Eyota, Footsteps .......................................................... 543-2632
Rochester, Parents are Important in Rochester (PAIR) ................ 328-4200
Sartell – Early Childhood Learning Center ................................ 533-4324
Family Nutrition Program – Nutrition education ....................... 529-4171
March of Dimes – Pregnancy and newborn health information .... 282-0649
Olmsted County Extension Services – 4-H ................................ 316-6214
Pinebush – Indoor playground ................................................ 328-2452
Public Health Nurse – Information and pregnancy / parenting education .......................................................... 328-7500
Rochester Area Family Y ................................................................... 287-3200

FINANCIAL / INSURANCE SERVICES
Empathy Financial Solutions ................................................. 733-7391
Farmers Home Financial ....................................................... 1-800-780-2890
LSI Financial Counseling ..................................................... 1-888-577-2227
Olmsted County Community Services
- MHIF, General Assistance, Medical Assistance, MHCare .......................................................... 328-6560
- Child Support and Recovery / Payment info .......................... 328-6560
- Social Security, SSI .............................................................. 1-877-405-3631
Salvation Army – ................................................................. 288-3663

FOOD
Channel One Food Shelf – MT 8:00 a.m. – 5:45 p.m.; F 8:00 a.m. – noon .......................................................... 287-2300
Community Food Response – M, W, F, 5:00 p.m. – 6:30 p.m.; Bethel Lutheran, 3rd Ave SE ........................................... 281-5061
Community Food Response – M. W. The Exchange, 5:00 p.m. – 6:00 p.m. 3945 10 Av NW .................................................. 281-5061
Food Support – SNAP .......................................................... 328-6560
In His Name ......................................................................... 289-1869
Meals on Wheels ................................................................. 289-2020
Open Table – Thursday 5:30 p.m. – 7:00 p.m. at Park Lane and 23 Av NW, Marion Road SE ............................................. 288-3663
- Food Shelf – Tuesday and Friday, 10:00 a.m. – 4:00 p.m. .................. 287-2300
- Noon Lunch – Monday – Friday ............................................... 289-1869
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 .................................. 316-0160
Women, Infants and Children – Nutrition Program .................. 328-7555

HEALTH CARE: CLINICS / HOSPITALS
Birthright – free pregnancy testing (no other clinical services offered) .......................................................... 288-0974
Community Health Services .................................................. 288-3063
First Care Pregnancy Center – free services include: pregnancy tests, limited ultrasounds, and STD testing and treatment .......................................................... 283-3177
Mayo Medical Center/Mayo Clinic
- Business Office .................................................................. 287-1819
- Community Internal Medicine ............................................. 284-5278
- Community Pediatrics and Adolescent Medicine ................. 284-5279
- Family Medicine ................................................................. 284-5330
- Gynecology ........................................................................ 266-8840
- Obstetric Gynecology / Fertility Testing ................................. 281-0431
- Mayo NE Clinic .................................................................. 538-8500
- Mayo NW Clinic .................................................................. 538-8555
- Mayo Clinic .......................................................... 538-8579
- Rochester Methodist Hospital .............................................. 266-7890
- Labor and Delivery Unit ........................................................ 266-7531
- St. Mary’s Hospital ............................................................... 155-1252
- Olmsted Medical Center Hospital ........................................ 289-6670
- Olmsted Medical Center Rochester Southeast ....................... 288-3445
- Internal Medicine / Obstetrics / Gynecology / Pediatrics / Family Medicine Lab Desk – Pregnancy Test / Throat Culture .......................... 393-7070
- Olmsted Medical Center Rochester NW .................................. 393-7070
- Olmsted Medical Center Stewartville ...................................... 333-4277
- Olmsted County Public Health Services .................................. 328-7500
- Child and Teen Checkups Clinic / Immunization Clinic / Communicable Disease – information and testing / Environmental concerns .......................................................... 328-7500
- Public Health Nurse: information, home visits for pregnancy, parenting, newborn, Baby Steps & Child Abuse Program, Bright Futures Program, School Public Health Nurse .......................................................... 328-7500
- 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