SMOKING CESSATION  
Mary MacNicolte Dependence Center .............................................. 266-1930  
Quit Plan Helpline ........................................................................ 1-888-354-PLAN

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 – Darwin 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

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

TEEN PARENT RESOURCES – see other sections for more resources:  
Birthright ....................................................................................... 288-9474

Bright Futures Teen Pregnancy and Support Services ......................... 328-6848 or 328-7000

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

Public Health Nurse – Home Visits, Bright Futures ............................... 328-7000

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 Transportation .................................................................. 789-5808

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

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