

ADOPTION COUNSELING / PLACEMENT / FOSTER HOMES

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

BREASTFEEDING EDUCATION

La Leche League.....	533-5053
Mayo Clinic Breastfeeding Classes.....	266-7473
Olmsted Medical Center Lactation Consultant (For OMC 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**

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
Mayo Clinic Adult, Child Addictions, Psychology & 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 hrs/day.....	281-1747
Alanon, Alateen.....	281-4729
Narcotics Anonymous – 24 hrs/day.....	281-2227
Alcohol or Drug Use National Help and Referral Line.....	1-800-252-6465
Gambling In-treatment – Project Turnabout.....	1-800-862-1453

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 281-6248).....	287-2020
Families First of Minnesota (formerly CCRR).....	287-2020
Parent Aware – Child Care Referrals.....	1-888-291-9811
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
SE MN Childbirth Network (Doula services) ...Go to member phone # at www.semchildbirth.net	

CLOTHING / HOUSEHOLD

Catch my Thrift.....	533-4401
Goodwill Industries.....NW Rochester 424-1860....SE Rochester	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 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.....	1-763-553-0344
Catholic Charities.....	287-2047
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
Psychological Consultants.....	252-9292
Rapid Access Psychiatric Clinic (after hrs emergencies call Crisis Hotline 281-6248).....	328-6400
Salvation Army - Social Worker.....	288-3663
Sexual Assault 24 hr. line.....	289-0636
Zumbro Valley Health Center.....	289-2089

DENTAL CARE

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

EDUCATION

Early Childhood Check-In 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	
Community Education Program.....	328-4202
Rochester ALC (Area Learning Center)–Secondary school for pregnant students.....	328-4000
Rochester Alternative School options.....	328-3999
Student Support Services.....	328-4373
School Readiness – 3 and 4 year olds.....	328-4310
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.....	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.....	289-2652
Minnesota Workforce Center.....	923-2828
Minnesota Vocational Rehabilitation Services.....	285-7293
Rochester LINK Program – Homeless & at-risk youth 16-21 years.....	226-3811
Workforce Development, Inc.....	292-5152

FAMILY LIFE

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.....	545-2632
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 and newborn health information.....	282-0649
Olmsted County Extension Service – 4H.....	328-6214
Pipsqueaks – Indoor playground.....	328-2525

FAMILY LIFE (continued)

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 Consumer Credit Counseling Services Rochester.....	1-800-780-2890
Olmsted County Community Services	
MFIP, General Assistance, Medical Assistance, MN Care.....	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,5-6:30 Bethel Luth Church 3rd Ave SE	281-5061
Food Support (SNAP)	328-6500
In His Name.....	206-1889
Meals on Wheels.....	287-2010
Open Table – Thursday, 5:30-7:00 p.m. at Park Lane and 23 Ave, Marion Road SE	
Salvation Army – 20 1 st Ave 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 5 th Ave SW	
Sunday Lunch, St. Francis of Assisi Catholic Church, 11:30 a.m.–12:30 p.m.,1114 3 rd St SE	
Three Rivers Community Action Program.....	1-800-277-8418 or 732-7391
Women, Infants & Children (WIC) Nutrition Program.....	328-7555

HEALTH CARE: CLINICS / HOSPITALS

Community Health Services.....	529-0503
First Care Pregnancy Center – free services include: pregnancy tests, limited ultrasounds, and STD testing and treatment.....	282-3377
Mayo NE Clinic.....	538-8500
Mayo NW Clinic.....	538-8555
Mayo SE Clinic.....	293-8590
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
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 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.....	529-4100
Clinics include: General medical for adults / pediatric / eye / diabetes / respiratory / hypertension / smoking cessation / psychiatry and psychology	

**** MORE FAMILY LIFE AGENCIES ON NEXT PAGE****

HOUSING

Three Rivers Community Action Program.....	1-800-277-8418 ext 327or	732-7391
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
Rochester LINK Program – Homeless and at-risk youth 16-21 years.....		226-3811
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
Eyota:		
Lifestyle Inc. Management.....		451-8524
Pine Island:		
Knollwood.....		356-8448
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
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.....		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
So MN Regional Legal Services Intake / Hotline (SMRLS).....	1-888-575-2954	

SPECIAL NEEDS SERVICES

Ability Building Center.....		281-6262
Adaptive Recreation.....		328-2539
Achievement Therapy Service (Speech-pathology services for all ages).....		226-8844
ARC SE Minnesota / Family Liaison Project.....		287-2032
CYSHN (Children and Youth with Special Health Needs).....	1-800-728-5420	
Deaf and Hard of Hearing Services TTY 866-266-2641 VP 507-322-3518....		344-2840
Early Intervention – Child Development Concerns: Coordinator.....		328-4523
Horses & Heroes, LLC.....		951-4459
Rochester Early Intervention Program – Birth – age 2.....		328-4545
Rochester Early Intervention Program – Age 3 - age 7.....		328-4523
Rochester Office, State Services for the Blind.....		923-2820
Zumbro Education District (ZED) – Birth – age 6.....		775-2037
NAMI SE MN (National Alliance on Mental Illness).....		287-1692
Parents of Children with Special Needs Support Group (PAIR).....		328-4020
PossAbilities of Southern Minnesota.....		281-6116

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

CRAFT Program.....		252-6985
Depression After Delivery.....	1-800-944-4773	
Mothers of Multiples – contact Anne.....		281-1898
DBSA (Depression & BiPolar Support Alliance) – Monday eve.....		282-8372
Out Southeast Minnesota.....		289-6329
Parents of Children with Special Needs (PAIR).....		328-4020
Compassionate Friends (Darwyn & Mary Tri).....	1-651-923-4922	
NAMI SE MN (National Alliance on Mental Illness).....		287-1692
NAMI Warmline (Th., Fri., Sat., Sun).....		287-7161
P.A.R.R.K. (Parents and Relatives Raising Kids) 3 rd Tuesday of each month.....		424-1547
Seasons Hospice Grief Support for children and adolescents - 3 rd Wed. at 4:30 p.m.....		285-1930
Single Parents Support Group (PAIR).....		328-4020
Sexual Assault Survivors Support Group.....		328-7270
Survivors of Suicide Loss, 3 rd Thursday – Evangel Methodist Church on Broadway – contact Barb.....		226-8095

TEEN PARENT RESOURCES – see other sections for more resources

Mayo Clinic – Young Moms Class - Childbirth Education.....		266-7473
Public Health Nurse – Home Visits, Bright Futures.....		328-7500
Rochester Public Schools – ALC (Area Learning Center) – Pregnant teens.....		328-3999
Bright Futures Teen Pregnancy and Support Services.....	328-6884 or	328-7500

TRANSPORTATION

Rochester Driver License Exam Station.....		923-2020
Rochester City Bus Route Information (328-RIDE).....		328-7433
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 (ZVHC).....		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 (ZVHC).....		289-2089

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 Nursery of Olmsted County..... (after hours call 281-6248).....		287-2020
Crisis Hotline – Detoxification.....		281-6248
Crisis Response – Suicide, depression, difficulty coping.....	1-844-274-7472	
Minnesota Poison Control Center.....	1-800-222-1222	
Road Conditions.....	511 or out of state call	1-800-542-0220
Sexual Assault 24 hr. Line.....		289-0636
Victim Services Office.....		328-7270
Child Abuse / Neglect Reporting		328-6400
After 5:00 p.m. and weekends.....		281-6248

INFORMATION REFERRAL

Disability Linkage Line.....		1-866-333-2466
United Way 2-1-1.....	211 or	1-800-543-7709
On-Line information about services and activities.....		www.uwolmsted.org

Fall 2017-18

**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.

Additional copies available at:
<http://www.co.olmsted.mn.us/OCPHS/reports/Pages/CommunityResourcesDirectory.aspx>

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