

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 EDUCATION

La Leche League.....	533-5053
Mayo Clinic Breastfeeding Classes.....	266-7473
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, Birth Center.....	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 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 of Minnesota.....	1-763-553-0344
Catholic Charities.....	287-2047

COUNSELING - Continued

Compassion Counseling Center.....	288-8822
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–Area 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.....	289-2652
Minnesota Workforce Center.....	923-2828
Minnesota Vocational Rehabilitation Services.....	285-7293
LSS LINK Program – Homeless and at-risk youth 16-21 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 (PAIR).....	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, 3 rd Av SE.....	281-5061
Community Food Response – M. W. The Exchange, 5:00 p.m. – 6:00 p.m. 3945 10 th 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 1 st 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 5 th Av 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 and Children – WIC Nutrition Program.....	328-7555

HEALTH CARE: CLINICS / HOSPITALS

Community Health Services.....	529-0503
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First Care Pregnancy Center – free services include: pregnancy tests, limited ultrasounds, and STD testing and treatment.....

Mayo Medical Center/Mayo Clinic.....	284-2511
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▪ 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.....

▪ Labor and Delivery Unit.....	266-7531
St. Marys Hospital.....	255-5123

Olmsted Medical Center Hospital.....	529-6600
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▪ BirthCenter.....	529-6750
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Olmsted Medical Center Rochester Southeast.....	288-3443
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- Internal Medicine / Obstetrics / Gynecology / Pediatrics / Family Medicine Lab Desk – Pregnancy Test / Throat Culture

Olmsted Medical Center Rochester NW.....	292-7070
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Olmsted Medical Center Stewartville.....	533-4727
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Olmsted County Public Health Services.....	328-7500
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- 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.....

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

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

HOUSING

Three Rivers Community Action Program.....	1-800-277-8418 extension 327 or 732-7391
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 16-21 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

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

Early Intervention – Child Development Concerns.....328-4523

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 – PAIIR.....328-4020

PossAbilities of Southern Minnesota.....281-6116

Rochester Early Intervention Program – Birth – age 2.....328-4545

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

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

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

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

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

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 – PAIIR.....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 – PAIIR.....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

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 – Area 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

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

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

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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.

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

This information was compiled by

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