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WEST CENTRAL MINNESOTA COMMUNITIES ACTION, INC. (WCMCA)
RESOURCES:

West Central Minnesota Communities Action is a resource agency dedicated to reducing the effects of poverty and helping people to achieve self-sufficiency, as well as improving the quality of rural life.

All programs listed below can be reached at the following address and phone numbers:

WCMCA **218-685-4486 or 800-492-4805**
411 Industrial Park Boulevard, Elbow Lake MN 56531
Website: www.wcmca.org
Fax: 218-685-6741
Energy Dept Fax: 218-685-6742

AFFORDABLE HOUSING PROGRAM:

WCMCA provides new, single family housing for low to moderate income families. Buyers have a variety of options to choose from in all aspects of the building process. We have a variety of floor plans to choose from or you may have your own plan. We can purchase land or you can have your own. WCMCA can assist buyers in obtaining financing and has a variety of financing options available, such as, access to as low as 1% financing and provide 0% construction financing. We build in the following communities: Douglas, Grant, Pope, Stevens, and Traverse counties. WCMCA can assist in meeting your dreams of owning a new home. Contact: John ext. 113 or Stacy ext. 130

CONSERVATION IMPROVEMENT PROGRAMS (CIP):

Otter Tail Power, Center Point, Xcel Gas and Electric, Great Plains Natural Gas, City of Barnseville, Alexandria Light & Power, Agralite Electric Coop, Wild Rice Electric Coop and Lake Region Electric provide funding to complete weatherization activities for their customers. Income guidelines are the same as the Energy Assistance Program. Contact: LaShanda ext. 119

CRISIS ENERGY ASSISTANCE PROGRAM:

Households that have an emergency/crisis with their energy needs can apply for additional assistance. Covers Clay, Douglas, Grant, Pope, Stevens, Traverse and Wilkin Counties. Contact: Energy Department

ENERGY ASSISTANCE PROGRAM (EAP):

Assists income eligible renters and owners meet their home energy needs. Eligible households receive financial help to pay energy costs. Assistance is paid directly to the primary energy vendors. Available in Clay, Douglas, Grant, Pope, Stevens, Traverse and Wilkin Counties. Contact: Energy Department

ENERGY RELATED REPAIR PROGRAM (ERR):

Homeowners eligible for the Energy Assistance Program can apply for emergency assistance with their heating related repairs. Available in Clay, Douglas, Grant, Pope, Stevens, Traverse and Wilkin Counties. Contact: Furnace Repair Department

FAMILY ASSETS FOR INDEPENDENCE IN MINNESOTA PROGRAM (FAIM):

Family Assets for Independence in Minnesota is a program for families wishing to build assets. Households may save up to forty dollars a month which is then matched at a rate of 3 to 1 and may be used to purchase a home, acquire or expand a small business, or for post-secondary education. Participants agree to make regular monthly payments to a savings account and to attend "FAIM Financial Fitness Classes" which is a curriculum that focuses on financial strategies for success. In addition, there is 10 hours of training required specific to the asset being saved for. Credit repair and spending and savings patterns are just two of the many topics offered in the required classes. Applications are available by calling WCMCA or on the website. Contact: Heather ext. 157 or Kate ext. 133

FAMILY HOMELESS PREVENTION AND ASSISTANCE PROGRAM:

Households who have been denied prevention assistance through their County Social Service Agency that would keep them from being homeless can apply for assistance with such things as rent, mortgage and utilities. Case management services are required that assist with budgeting, credit repair and accessing additional services outside the agency. Particular priority is given to unaccompanied youth and veterans. Services are available in Douglas, Grant, Pope, Stevens and Traverse Counties. Contact: Jill ext. 135 or Robbie ext. 137

FEMA (DOUGLAS COUNTY):

Funds are available to assist families with emergency utilities, food and/or housing. Funds may be accessed if all other possible sources have been exhausted and the request will guarantee an additional 30 days of service. Contact: Robbie ext. 137 or Jill ext. 135

FEMA (MULTI-COUNTY):

These emergency funds are administered by WCMCA and are allocated to specific counties to assist households with emergency food, shelter or utility costs. There are no income or asset guidelines, but the funds may pay for only one month of assistance and the problem must be solved for the household. Service dependent on available funds. Contact: Jill ext. 135 or Robbie 137

FOOD SUPPORT OUTREACH:

Information regarding guidelines that must be met to receive food support benefits as well as assistance in completing the application for local Social Service agencies is available. Staff can answer questions and provide education and outreach for individuals or groups to increase the amount of food support access in Douglas, Grant, Pope, Stevens and Traverse Counties.

Contact: Jill ext. 135 or Robbie ext. 137

FORECLOSURE PREVENTION ASSISTANCE PROGRAM (FRAP):

Provides assistance to households facing foreclosure due to a temporary financial crisis by providing case management or mortgage assistance. A junior mortgage is placed on the property. Covers Clay, Douglas, Grant, Pope, Stevens, Traverse and Wilkin Counties. Contact: Robbie ext. 137 or Jill ext. 135

GROUP WORK CAMP:

The Group Work Camp at WCMCA is an intense week-long community project that focuses on small home repairs for home owners. Youth volunteers dedicate a week of their time to come into a community and fix steps, build wheel chair ramps, paint homes and more. This project is usually held in different surrounding communities. Contact: Randi ext. 116

HEAD START:

A comprehensive child development program designed for young children and their families. The continuing success of the program is due to the philosophy and practice of working with the total child and the child's family through center-based (classroom) and home-visit activities. Covers Douglas, Grant, Pope, Stevens and Traverse Counties. Contact: Julie ext. 127 or Bonnie ext. 102

IN HOME FRAIL ELDERLY INDEPENDENT LIVING SUPPORT PROJECT:

Provides modifications to homes to improve the living environment of elderly individuals (aged sixty and above.) Offers grants of \$150 per eligible individual. Available in Douglas, Grant, Pope, Stevens, Traverse, Clay, Becker, Otter Tail and Wilkin counties. Contact: Janet ext 139 or Becky ext. 104

LEAD TESTING PROGRAM:

The goal of this program is to detect and help prevent exposure of children to hazardous health-harming substance. A Certified Lead Inspector will come to your home to conduct a lead inspection and/or do a Lead Risk Assessment that will tell you if there are any sources of serious lead exposure in and around your home. Contact: John (Certified Lead Inspector) at ext. 113 or email: johnp@wcmca.org

MCKNIGHT FAMILY LOAN FUND:

This program is designed to assist families with car purchase/repair through installment loans. Loans range from \$100 to \$2200 for purchase and \$100 to \$750 for repair. A household must have one or more children age 17 or younger in the household. A parent must be employed for 3 months or longer at the same job or have completed 1/3 of their post-secondary schooling. Contact: Heather ext. 157 or Robbie ext. 137

MINNESOTA HOUSING FINANCE AGENCY (MHFA):

Loans available to homeowners to make emergency improvements to their home. Applicants eligible for this program must own and occupy the house. Assets must not exceed \$25,000 and there are income guidelines to qualify. Contact: Stacy ext. 130

MINNESOTA RURAL AND URBAN HOMESTEADING PROGRAM (MURL):

MURL is a first-time homebuyer program for low to moderate-income families. These single-family homes will be sold on a zero interest contract for deed with no down payment required and house payments are based on 25% of gross monthly income. Contact: Stacy ext. 130

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP):

Offers people over age 55 meaningful volunteer opportunities. Volunteers are placed with a wide range of community organizations and agencies. Covers Douglas, Grant, Pope, Stevens and Traverse Counties. Contact: Randi ext. 116

SMALL CITIES PROGRAM:

This program is for rehabilitation of owner-occupied housing and is available in targeted areas. You must own the house, either free of debt, through a mortgage or a recorded contract for deed. Contact: John ext. 113

TRANSITIONAL HOUSING:

This service is available in Traverse County and is supportive housing for households who are homeless and need assistance in moving along the continuum from homelessness to permanent, stable housing. Households agree to pay a portion of their income for rent and the program subsidizes the rest. Case management services are a requirement for participation in the program. Families can stay in the housing for up to 2 years. Contact: Jill ext. 135

VITA TAX CLINIC:

WCMCA, Inc. currently provides services for low-income families with our VITA Tax Clinic in Douglas and Grant Counties. The emphasis is placed on assisting families and individuals in accessing the Earned Income Tax Credit, Child Tax Credit, Working Family Credit, the Property Tax Credit and more. The tax clinic is open January – April and is available to all families that fall within the IRS annual guidelines. Tax returns are electronically filed so any refunds are available to be deposited in the tax payers bank account quickly. Contact: Randi ext. 116

WEATHERIZATION PROGRAM:

Available to renters and homeowners to help reduce a household's total energy costs and increase energy efficiency. Priority is given to elderly, high consumers, families with small children and disabled persons. Available in Clay, Douglas, Grant, Pope, Stevens, Traverse and Wilkin Counties. Contact: LaShanda ext. 119

BUDGETING RESOURCES

Credit Report: Receive a free annual credit report from each of the three main credit bureaus at www.annualcreditreport.com or call 877-322-8228.

Check with your local **University of Minnesota Extension Office** (*Educational Resources category*) for budgeting assistance programs in your area.

For information on the Financial Resource Center Program offered through the **Village Family Service Center**, *see listing in Family Services*.

For information on the financial counseling programs offered through **Lutheran Social Services**, *see listing in Mental Health Resources*.

For information on the **Family Assets for Independence in Minnesota Program**, *see listing in WCMCA Resource*.

The **Four Cornerstones of Financial Literacy** program is offered through West Central MN Communities Action, Inc. In these classes you will learn the following: Budgeting to create savings, debt reduction and asset building, building a good credit rating and consumer protection and financial institutions. *Please call 800-492-4805 for more information.*

CHILD CARE RESOURCES

CHILD CARE RESOURCE AND REFERRAL800-941-7003

www.mnchildcare.org

Alexandria..... 320-759-3993 or 877-724-9430

700 Cedar St Suite 117, Alexandria MN 56308

Email: luannh@lakesandprairies.net

Fergus Falls 218-998-2359 or 877-558-7616

220 W Washington Ave Suite 104, Fergus Falls MN 56537

Email: luannh@lakesandprairies.net

Services: CCR&R assist families that are looking for childcare by providing a referral list of providers and offers materials to use when selecting a provider. CCR&R supports those individuals and programs that care for children by offering training and technical assistance related to early childhood to childcare professionals, employers and businesses. CCR&R also builds connections in communities to generate understanding and activism for child care issues as well as provide statistical information on the childcare industry.

CYRUS CHILD CARE CENTER320-795-2254

Cyrus Math, Science & Technology Public School

Services: Open 7 am to 6 pm. Quality care for ages 6 weeks old and up

PRESCHOOLS:

Alexandria

Adventure Alley Child Care Center320-759-3034

503 Hawthorne St. Suite 103, Alexandria MN 56308

Email: adventurealley@gctel.net Fax: 320-759-3035

Services: We provide center-based child care for families with children ages 6 weeks to 12 years. We are open Monday through Friday from 6:00 am to 6:00 pm.

Alexandria Area YMCA320-834-9622

110 Karl Drive NW, Alexandria MN 56308

Email: dblock@alexandriaymca.com Fax: 320-834-9623

Services: The YMCA Childcare Center offers programs that are designed with developmentally appropriate activities that stimulate a child's intellectual, social, emotional and physical growth. We provide a warm, caring and fun environment that stimulates their natural curiosity and encourages personal expression. Children develop communication, reasoning and problem-solving skills through play, interaction with other children and exploration of their environment. All our programs & activities incorporate the components of Creative Curriculum and the YMCA core values of Caring, Honesty, Respect and Responsibility. Each and every day is a new adventure! We are open Monday through Friday from 6:00 am to 6:00 pm.

Calvary Lutheran Preschool.....320-763-4099

605 Douglas St, Alexandria MN 56308

Community Preschool of First Lutheran Church.....320-763-5293

822 Douglas, Alexandria MN 56308

Website: www.firstlutheranalexandria.com Email: cnskidz@yahoo.com Fax: 320-762-1210
(under kids/youth go to Community Preschool)

Services: We offer small classes for children from 3 to 5 years old. Our teachers have 4 year college degrees in Early Childhood Education, Elementary Education and/or Parent Education. We encourage each child's abilities and work to meet each family's expectations.

Stepping Stones Child Development & Daycare Center320-763-4927

1405 Broadway St, Alexandria MN 56308

Website: www.steppingstonesforkids.com Fax: 320-763-3726

Zion Lutheran Preschool School320-763-4842

300 Lake St, Alexandria MN 56308

Lowry

Discovery Days Preschool.....320-283-5123

201 Maple St PO Box 101, Lowry MN 56349

Morris

Country Day Cooperative Preschool320-589-3493

200 S. Columbia Ave, Morris MN 56267

Services: We offer 3 and 4 year old classes Tuesday through Thursday from 8:30-11:30 am and 4 and 5 year old classes Monday, Wednesday and Friday from 8:30 am-2:30 pm

Starbuck

Rainbows & Rhymes320-239-3840

400 N. Main PO Box 694, Starbuck MN 56381

SCHOOL AGE CHILD CARE (SACC).....218-685-4477 ext. 38

New Families or for information call 320-528-2650

WCA North Elementary School

411 1st St SE, Elbow Lake MN 56531

Email: msabolik@wca.k12.mn.us Fax: 320-528-2279

Services: Providing a safe environment for children of working parents; with over 15 learning centers.

CLOTHING RESOURCES

BARGAIN BAZAAR THRIFT STORE.....218-685-4236

21 Central Ave N PO Box 294, Elbow Lake MN 56531

Services: Household items, clothing, miscellaneous, etc. at reasonable prices.

CLOTHING BANKS:

Douglas County Klothes Kloset320-763-9888

660 Northside Dr, Alexandria MN 56308

Hancock Clothing Bank320-392-5343

Hancock MN 56244

M-W-F Mornings (May-Oct only)

Pope County Heart & Hands.....320-634-4394

206 6th Ave NW, Glenwood MN 56334

Open M-T-Th-F 9:30 am-12:00 pm and 1:00-3:00 pm

GOODWILL FASHION & VALUE.....218-998-3444

204 W Cavour Ave, Fergus Falls MN 56537

Website: www.goodwill.org

SALVATION ARMY THRIFT STORES:

Morris.....320-589-0483

623 E 7th St, Morris MN 56267

Services: Household items, clothing, furniture, etc., at reasonable prices. Wednesdays are half-price days.

Fergus Falls218-739-3448

917 S Pebble Lk Rd, Fergus Falls MN 56537

Services: Household items, clothing, furniture, etc. at reasonable prices.

UNITED WAY OF DOUGLAS & POPE COUNTIES.....320-834-7800

2504 Aga Dr PO Box 1148, Alexandria MN 56308

Website: www.uwdp.org Email: jboyer@uwdp.org

Services: Coat collection and distribution: New and slightly used jackets. Dolly Parton's Imagination Library Program: Free book each month to registered children from birth to their 5th birthday. Heat a Home: Locally donated wood for individuals that use wood as a source of heat. Family Wise Script Card: Prescription card for individuals with limited or no insurance. Mobile Food Drop: Monthly distribution of food for local individuals and families. Plant an Extra Row: Locally grown, fresh produce for local individuals and families. Project Community Connect: Annual service fair that connects individuals and families with vital human services. Stuff The Bus: Backpacks filled with school supplies. Toys-For-Tots: Assist in distributing donated toys for local children in need. Birthday Bags & Gifts: Birthday party supplies and a gift so children can enjoy their special day. Gifts are also available for children to bring when invited to a birthday party. Much, much more!

DENTAL RESOURCES

CHILDREN'S DENTAL OUTREACH CLINICS:888-683-1083

These clinics are specifically designed to provide dental services to children between the ages of 2 to 12 years of age. Dental Professionals will be available to provide dental services for children covered by Minnesota Health Care Programs and Minnesota Medical Assistance.

To our knowledge, the statements following the listings are up-to-date. Please call provider to verify when planning to select your dental home.

ALEXANDRIA

Alexandria Dental Associates320-763-3113

111 10th Ave E, Alexandria MN 56308

Accepts new patients

Caring Hands Dental Clinic320-815-5711

700 Cedar St Suite 44, Alexandria MN 56308

Email: caringhandsdc@gctel.net

A community dental access clinic

Accepts all new patients, Medical Assistance and MinnesotaCare

Dr. Haack, DDS320-763-7484

1400 Hawthorne St Suite 4, Alexandria MN 56308

Email: HaackDDS@gmail.com Fax: 320-763-6951

Accepts new patients

Dr. Erick Nolting320-762-0217

1400 Hawthorne St Suite 3, Alexandria MN 56308

Accepts new patients

Family & Cosmetic Gentle Dentistry320-763-5052

3015 Hwy 29 S, Alexandria MN 56308

Website: www.smilemn.com Fax: 320-763-5053

Accepts new patients, Medical Assistance and MinnesotaCare patients

Prairie Lakes Dental.....320-762-1717

2633 Jefferson St Suite 801, Alexandria MN 56308

Website: www.prairielakesdental.com

Accepts new patients

Stadsklev Dental.....320-762-0100

220 22nd Ave E Suite 105, Alexandria MN 56308

Accepts new patients

BATTLE LAKE

Area Lakes Dental.....218-864-5245

Dr. Todd Smith, DDS

PO Box 123 412 Lake Ave S, Battle Lake MN 56515

Accepts new patients

BIG LAKE

The Smile Center **763-263-2222 or 866-748-6684**
195 Jefferson Blvd., Big Lake MN 55309
Website: www.smilecenterus.com Fax: 763-263-5822
Open Mon-Fri 7 am to 10 pm, Sat-Sun 8 am to 5 pm
Accepts new patients, MinnesotaCare and Medical Assistance patients

CHOKIO

Chokio Dental Clinic.....**320-324-7547**
101 Main St, Chokio MN 56221
Open on Tuesdays only
Accepts new patients. Accepts MinnesotaCare (except UCare) & Medical Assistance patients the first week in May and November.

DEERWOOD

The Smile Center **218-534-3141 or 800-477-7645**
21343 Archibald Rd PO Box 385, Deerwood MN 56444
Website: www.smilecenterus.com Fax: 218-534-3949
Open Mon-Fri 7 am to 8 pm, Sat-Sun 8 am to 5 pm
Dental plan available for those without insurance
Accepts new patients, MinnesotaCare and Medical Assistance patients

ELBOW LAKE

Elbow Lake Dental Center**218-685-4710**
18 W Division St, PO Box 1032, Elbow Lake MN 56531
Website: www.elbowlakedental.com
Accepts new patients

FERGUS FALLS

Apple Tree Dental **218-998-2218 or 877-998-2218**
Westridge Mall
2001 West Lincoln Ave, Fergus Falls MN 56537
Website: www.appletreedental.com Fax: 218-998-2213
Accepts new patients, Medical Assistance and MinnesotaCare patients

Fergus Falls Dental Group**218-739-7254**
1121 Pebble Lake Rd, PO Box 503 Fergus Falls MN 56537
Accepts new patients on MA or MNCare with special needs or developmentally disabled

Lake Region Family Dental Center**218-736-3847**
Terry Drake, DDS
210 Cascade Ave N, Fergus Falls MN 56537
Accepts new patients

LifeSmiles Dental Center**218-739-2481**
321 Western Ave, Fergus Falls MN 56537
Accepts new patients

Northern Lakes Dental Ltd. **218-736-2442 or 218-736-4000**
Scott Wagnild, DDS and Kelly Schroeder, DDS
1108 Western Ave, Fergus Falls MN 56537
Accepts new patients

Whoolery Dentistry, P.C.218-739-2217

219 E Lincoln Ave, Fergus Falls MN 56537
Email: drwhoolery@hotmail.com Fax: 218-739-2443
Practice limited to children up to age 10
Accepts new patients, MinnesotaCare and Medical Assistance patients

GLENWOOD

Dental Health Services320-634-3556

Scott W. Ringdahl, DDS and Jeremy Myrom, DDS
PO Box 213 1616 N Franklin Ave, Glenwood MN 56334
Fax: 320-634-3567
Accepts new patients

HANCOCK

Hancock Dental Clinic.....320-392-5300

Dr. Timothy J. Carlson
657 Atlantic Ave, Hancock MN 56244
Fax: 320-392-5302

Open 9:00 am to 5:00 pm on Mon. and Tues. Open 9:00 am to 12:00 pm on Thurs. and Fri. Wed. in Chokio
Accepts new patients. No new MinnesotaCare or Medical Assistance patients. We do accept same day emergencies for MNCare and Medical Assistance if we have an opening in our schedule. This is for emergencies only.

HAWLEY

Apple Tree Dental 888-683-1038 or 218-483-1038

520 S Main St, Hawley MN 56549
Website: www.appletreedental.com
Accepts new Head Start patients, MinnesotaCare & Medical Assistance patients

MOORHEAD

Family Health Care Dental.....218-299-7830

715 11th St North Suite 106B, Moorhead MN 56560
Accepts new patients, Medical Assistance and MinnesotaCare patients

MSCTC Community Dental Clinic & Dental Hygiene Clinic218-299-6560

Minnesota State Community and Technical College-Moorhead
Contact: Linda
1900 28th Ave S, Moorhead MN 56560
Accepts new patients, Medical Assistance and MinnesotaCare patients

Red River Valley Dental Access701-364-5364

715 N 11th St Suite 106B, Moorhead MN 56560
Emergency relief dental pain. Walk-in Clinic. \$20 per visit-cash or check (paid at visit)

MORRIS

Dental Depot..... 320-589-4481 or 866-588-3384

Dr. Jeffrey A. Hauger, DDS
2 E 5th St, Morris MN 56267
Website: www.dentaldepotmorris.com Email: dentaldepot@hometownsolutions.net
Fax: 320-589-2750
Accepts new patients, Medical Assistance and MinnesotaCare patients.

Morris Dental Clinic **320-589-2161 or 877-589-2162**
Dr. Eric Rambow, DDS and Dr. Meghan Rambow, DDS
201 E 6th St, Morris MN 56267
Website: www.morrisdentalclinic.com Fax: 320-589-3149
Accepts new patients

NORTH DAKOTA

Family Health Care Dental **701-271-3332**
306 4th St N, Fargo ND 58102
Accepts new patients, Medical Assistance and MinnesotaCare patients. Also offers sliding fee scale.

ND State College of Science Clinic **800-342-4325 ext. 2333**
800 6th St N, Wahpeton ND 58075
Dental hygiene school that provides preventative procedures only (cleaning, fluoride, x-rays, etc.)
Accepts new patients, Medical Assistance and MinnesotaCare patients

SARTELL

Dr. Dennis Carreras, DMD **320-257-3380**
Dentistry for Children
140 Twin Rivers Ct, Sartell MN 56377
Accepts new patients, Medical Assistance and MinnesotaCare patients

SOUTH DAKOTA

Sisseton Dental Clinic **605-698-3201**
Dr. Evan Nelson, DDS
Coteau Des Prairies Hospital
7 Summit St, Sisseton SD 57262
Fax: 605-698-4799
Accepts new patients and South Dakota (Roberts County only) Medicaid patients

Woodrow Wilson Keeble Memorial Health Care Center **605-742-3662**
Indian Health Service
100 Lake Traverse Dr PO Box 189, Sisseton SD 57262
Fax: 605-742-3887
Provides dental services for Tribal Members

ST. CLOUD

Central MN Pediatric Dentists, P.A. **320-253-0272**
1900 CentraCare Circle Suite 0350, St. Cloud MN 56303
Fax: 320-251-2661
Website: www.cmpdsmiles.com
Accepts new, Medical Assistance and MinnesotaCare patients up to age 8

Granite City Family and Cosmetic Dentistry **320-252-4126**
Kari L. Peterson, DDS
4140 Thielman Ln Suite 208, St. Cloud MN 56301
Fax: 320-202-6507
Accepts new patients.

K.O.A.L.A. Dental Care (Kids Of All Ages Dentistry) 866-DDS-GUY (866-337-4897)

John Collier, DDS/David Collier, DDS

1521 Northway Dr Suite 108, St. Cloud MN 56303

15860 Audubon Way, Baxter MN 56425

Website: www.themolardoctors.com Fax: 320-253-8419

Accepts new patients (children 8 years old and under only), Medical Assistance and MinnesotaCare (no UCare)

WHEATON

Dr. Michael Marchetti, DDS320-563-4800

PO Box 84 1511 Broadway, Wheaton MN 56296

Email: mtoothguy54@frontiernet.net Fax: 320-563-4840

Accepts new patients, MinnesotaCare and Medical Assistance patients

WILLMAR

Rice Regional Dental Clinic.....320-214-2621

Rice Memorial Hospital

301 Becker Ave SW, Willmar MN 56201

Website: www.ricehospital.com/dentalclinic.html

Accepts new patients, MinnesotaCare and Medical Assistance patients

DISABILITY RESOURCES

ARC POPE & TRAVERSE COUNTIES 218-233-5949 or 800-411-0124

Contact: Donna & Terry Atherton
810 4th Ave S #134, Moorhead MN 56560
Email: arcwcm@702com.net Website: www.thearcofminnesota.org Fax: 320-589-3096

ARC STEVENS COUNTY 320-589-3096

Contact: Liz Harris
19032 480th Ave, Morris MN 56267
Email: harri088@tc.umn.edu Website: www.thearcofminnesota.org Fax: 320-589-3096

THE ARC WEST CENTRAL MINNESOTA (Douglas, Grant, OtterTail, Wilkin Counties) .320-852-7942

Contact: Angela Schmitz
Email: angie.schmitzarc@yahoo.com Website: www.thearcofminnesota.org
Services: ARC helps address the concerns of families of children with intellectual and developmental disabilities. The ARC offers a variety of support systems to families including resource and referral services, advocacy, educational workshops and social activities.

DEAF AND HARD OF HEARING SERVICES 800-456-7589

Website: www.dhhsd.org
Services: The Minnesota Department of Human Services provides information about educational and communication options for families of deaf and hard of hearing children including: parent services, info and referral, family activities, family resource packets, specialized telephone equipment and contract services for psycho-social assessments, mental health counseling, interpreter referral and deaf/blind services.

SPECIAL EDUCATION COOPERATIVES:

Fergus Falls Area Special Ed Co-op (ISD 935)218-998-0935

1519 Pebble Lake Rd, Fergus Falls MN 56537

Contact: Lyn Johnson, 724 W Laurel Ave, ext. 1524

Email: ljohnson@fergusfalls.k12.mn.us

Fax: 218-998-3952

Areas Covered: Ashby, Battle Lake, Breckenridge, Campbell-Tintah, Fergus Falls, Pelican Rapids, Rothsay and Underwood school districts.

Midwest Special Ed Co-op320-589-4248

203 S Columbia Ave, Morris MN 56267

Contact: Todd Travis

Email: ttravis@morris.k12.mn.us Fax: 320-589-0435

Areas Covered: Clinton-Graceville-Beardsley, Browns Valley, Chokio-Alberta, Cyrus, Hancock, Herman, Morris, West Central Area and Wheaton school districts.

Runestone Area Education District320-763-5559

700 Northside Dr NE, Alexandria MN 56308

Website: www.runestone.k12.mn.us

Fax: 320-763-2812

Areas Covered: Brandon, Evansville, Minnewaska, Osakis and Parkers Prairie school districts.

DISABILITY LINKAGE LINE (DLL)866-333-2466

Services: Free, statewide information and referral resource specifically designed for Minnesotans with disabilities and chronic illnesses to offer a single access point for all disability related questions. They specialize in employment, disability benefits, housing, modifications, assistive technology, personal care assistance and disability awareness and rights.

Disability Benefits 101: www.db101.org

This website is a service of the Disability Linkage Line and helps people with disabilities learn how income may impact benefits so they can make informed choices, reduce fears and ensure work is part of the plan.

PACER CENTER 800-537-2237 or 952-838-9000

Website: www.pacer.org Email: PACER@PACER.org

Services: PACER Center is a Minnesota nonprofit organization that provides services without a fee to families of children and young adults with **all** disabilities

THE WINDMILL PROJECT 320-763-9228 or 320-634-4446

1205 Birch Ave, Alexandria MN 56308

Contacts: Gail Kulp or Denise Olson

Website: www.windmillproject.org Email: jail@rea-alp.com or madedcoli@runestone.net

Services: Mission Statement: As parents and professionals working together, we will share experiences, provide information and offer encouragement to families who have children with special needs in order to create a strong system of quality support that will generate energy within ourselves and impact the systems that support us.

EDUCATIONAL RESOURCES

ADULT BASIC EDUCATION (GED/HIGH SCHOOL COMPLETION):

Alexandria	320-762-3312
Evansville/Brandon	218-948-2241 or 320-834-4084 ext. 0
Glenwood/Starbuck	320-634-3559 ext. 4 or 320-239-4820 ext. 4
Grant County	320-528-2650
Herman/Norcross	320-677-2291 (Tracy)
Morris	320-589-4394 ext. 6 or 3
Hancock	320-392-5622
Osakis	320-859-2191 or 320-763-3312

Services: Help for persons 16 years or older with high school completion (diploma or GED), English as a second language (ESL), basic reading, writing, and math. Also provides help with functional literacy skills, family literacy, workforce preparation and citizenship.

ATC SMART START 320-762-4527 or 888-234-1313 ext. 4527

Alexandria Technical College
1601 Jefferson St, Alexandria MN 56308
Contact: Joan Thompson

Website: www.alextech.edu Fax: 320-762-4634

Services: Single parents, displaced homemakers and single pregnant women enrolled at Alexandria Technical College may be eligible for services. May provide funding for emergency expenses to those students who meet the criteria. A "Lunch & Learn" network group meets weekly.

GRANT COUNTY CHILD AND YOUTH COUNCIL 218-685-4587

Email: cycmail@wca.k12.mn.us Fax: 218-685-4149

Services: The Council serves as Grant County's Community Transition Interagency Committee (CTIC), Interagency Early Intervention Committee (IEIC) and Local Coordinating Council (LCC) for mental health. The purpose of the council is to bring people, agencies and organizations together to better support the children, teens and families in the Ashby, Herman-Norcross and West Central Area school districts. The Council is also an Early Childhood Initiative community advocating and working with and for children in the early childhood years and their families.

MINNESOTA ADULT LITERACY HOTLINE 800-222-1990

Website: www.themlc.org

Services: The Minnesota Literacy Council helps adult learners find convenient programs closest to you to learn English (ESL) or help to read and write better. Some programs offered are: basic reading, writing and math, GED preparation and testing sites, Adult high school diploma programs, Citizenship classes, brush-up skills classes and family literacy programs. All services are provided free of charge.

SCHOOL DISTRICTS:

School districts may offer a variety of the following services. Please see individual listings to find out what services are offered in a particular district.

Community Education: Community Education offers programs, classes and other opportunities for residents of all ages, interests and abilities. May also provide programming for: preschoolers, after school and non-school days, summer programs, mentorship, adult enrichment, adult basic education and volunteer opportunities.

Early Childhood Family Education (ECFE): A program available to families in the district from birth to kindergarten entrance. Parents come with their children to an age appropriate class to participate in activities together and to have a parent education group. This parent child program enhances relationships between parent & child in a positive, supportive learning environment.

Early Childhood Special Education (ECSE): Provides special education services to children ages birth through five years old or age of school entry at no cost to parents. Provides developmental assessments as needed and offers services upon meeting Minnesota special education entrance requirements. Professionals strive to provide services in settings with other children of similar ages.

Family School: Family school is a program for families that are concerned about the impact of stress in their lives affecting parenting skills and relationships. It is a parent/child program that focuses on education and mental health to provide education and support for families.

School Readiness Preschool Programs: This program is generally a yearlong program for children ages 3-5 to prepare them for Kindergarten entrance. Programming may be between one and three sessions per week. Parent information sessions are a part of the program also.

SCHOOL DISTRICTS (IN ALPHABETICAL ORDER):

Alexandria Public Schools District 206.....320-762-2141

1410 S McKay Ave Suite 201, Alexandria MN 56308

Website: www.alexandria.k12.mn.us

Fax: (320) 762-2765

Services Offered through District 206:

Alexandria Family School (AFS) Connie Good at 320-762-3305

Community Education.....320-762-3310

ECFE320-762-3305

ECSE Michelle Steele at 320-762-3305 ext. 4242

School Readiness320-762-3305

Schools located within District 206:

Carlos Elementary	K-6	20 Douglas Ave, Carlos	320-852-7181
Garfield Elementary	K-6	303 Sanstead St E, Garfield	320-834-2261
Lincoln Elementary	K-6	1120 Lark Ave, Alexandria	320-762-2146
Miltona Science Magnet Elem.	K-6	271 Dale St, Miltona	218-943-2371
Voyager Elementary	K-6	203 Co Rd 44, Alexandria	320-762-5437
Woodland Elementary	K-6	1410 S McKay Ave Suite 101, Alexandria	320-762-2147
Discovery Middle School	7-9	510 N McKay Ave, Alexandria	320-762-7900
Jefferson High School	10-12	1401 Jefferson St, Alexandria	320-762-0193

- Ashby Public School District 261****218-747-2257**
 300 Birch Ave, PO Box 30 Ashby MN 56309
 Website: www.ashby.k12.mn.us Fax: (218) 747-2289
Services Offered Through District 261:
 Community Education
 ECFE
- Brandon Public School District 207****320-834-4084**
 206 W Third St, Brandon MN 56315
 Website: www.brandon.k12.mn.us
 Fax: (320) 524-2228
Services Offered Through District 207:
 ECFE
 ECSE
 School Readiness
- Browns Valley Public School District 801****320-695-2103**
 118 Church St, PO Box N, Browns Valley MN 56219
 Website: www.brownsvalley.k12.mn.us
Services Offered Through District 801:
 After School Program (School Age)
 Community Ed
 ECFE
 ECSE
 Little T-Birds (Pre-K Program)
- Chokio-Alberta Public School District 771****320-324-7131**
 311 1st St W, PO Box 68, Chokio MN 56221
 Website: www.chokioalberta.k12.mn.us
Services Offered Through District 771:
 ECFE
- Cyrus Math, Science & Technology Magnet School District 611****320-795-2217**
 100 N Nelson, Cyrus MN 56323
 Website: www.cyrus.k12.mn.us Fax: 320-795-2216
Services Offered Through District 611:
 ECFE, Everyday Kindergarten for no additional fee, Onsite Child Care Center for ages 6 weeks to 12 years old
 (Open year round), Preschool Classes for children ages 3-6 years old
 The Cyrus, Math, Science & Technology School is centrally located between the communities of Morris,
 Starbuck, Hancock and Kensington with approximately 50% of our student population joining us from
 surrounding districts through Minnesota's Open Enrollment program.
- Evansville Public School District 208**.....**218-948-2241**
 123 2nd Ave, PO Box 40, Evansville MN 56326
 Website: www.evansville.k12.mn.us Fax: 218-948-2441
Services Offered Through District 611:
 ECFE
 ECSE

Hancock Public School District 768320-392-5621

371 Hancock Ave, PO Box 367, Hancock MN 56244

Website: www.teacherweb.com/MN/Hancock/SchoolHomepage/sdhp1.aspx

Services Offered Through District 768:

- Preschool
- ECFE

Herman-Norcross Community School District 264.....320-677-2291

504 Lois Ave N, PO Box 288, Herman MN 56248

Website: <http://herman.mn.schoolwebpages.com/education/school/school.php?sectionid=2>

Services Offered Through District 264:

- ECFE

Minnewaska Area Public School District 2149320-239-4820

25122 St Hwy 28, Glenwood MN 56334

Website: www.minnewaska.k12.mn.us Fax: 320-239-1362

Services Offered Through District 2149:

- Community Education..... 320-634-3559
- ECFE & School Readiness..... 320-634-5467
- ECSE & Preschool..... 320-239-1403
- Minnewaska Mental Health Services... 320-239-2257

Schools located within District 2149:

Minnewaska Area Elementary	K-4	409 4 th St SE, Glenwood	320-634-4567
Minnewaska Intermediate School	5-8	25122 St Hwy 28, Glenwood	320-239-4800
Minnewaska Area High School	9-12	25122 St Hwy 28, Glenwood	320-239-4800
Minnewaska Schools-Starbuck Campus		500 John St., Starbuck	320-239-2257

Morris Area Public School District 769320-589-4840

201 S. Columbia Ave, Morris MN 56267

Website: www.morris.k12.mn.us Fax: 320-589-3203

Services Offered Through District 769:

- Community Education..... 320-589-4394
www.morriscommmed.org
- ECFE 320-589-2709
- ECSE 320-589-4248

Schools located within District 769:

Morris Area Elementary	K-6	151 S. Columbia Ave.	320-589-1250
Morris Area High School	7-12	201 S. Columbia Ave.	320-589-4400

Osakis Public School District 213320-859-2191

PO Box X, 501 Central Ave, Osakis MN 56360

Website: www.osakispublicschools.org Fax: 320-859-2835

Services Offered Through District 213:

- ECFE
- ECSE
- Learning Readiness

West Central Area School District 2342320-528-2650

301 Co Rd 2, Barrett MN 56311

Website: www.westcentralareaschools.net Fax: 320-528-2609

Services Offered Through District 2342:

- Community Education
- ECFE & School Readiness
- ECSE
- School Age Child Care (North)

Schools located within District 2342:

West Central Area North	K-4	411 1 st St SE, Elbow Lake	218-685-4477
West Central Area South	K-4	31 N. Central Ave, Kensington	320-965-2724
West Central Area High School	5-12	301 Co Rd 2, Barrett	320-528-2650

Wheaton Public School District 803320-563-8282

1700 3rd Ave S, Wheaton MN 56296

Website: www.wheaton.k12.mn.us

Services Offered Through District 768:

- Before and After School Program "Connections"
- Community Education
- ECFE & School Readiness

Schools located within District 803:

Pearson Elementary School	K-6	710 4 th Ave N, Wheaton	320-563-8191
Wheaton High School	7-12	1700 3 rd Ave S, Wheaton	320-563-8282

UNIVERSITY OF MINNESOTA EXTENSION SERVICEwww.extension.umn.edu

Douglas County320-762-3890

Email: mnext-douglas@umn.edu

Grant County218-685-4820

Email: mnext-grant@umn.edu

Pope County320-634-5735

Email: mnext-pope@umn.edu

Stevens County320-589-7423

Email: mnext-stevens@umn.edu

Traverse County320-563-4515

Email: mnext-traverse@umn.edu

Services: Extension educators deliver free information and educational materials and programs based on concerns and issues in the specific county/area. Help with food budgeting and healthier eating for families also available.

EMERGENCY RESOURCES

AMERICAN RED CROSS..... www.redcross.org

Douglas, Grant and Traverse Counties320-763-3800

www.wcmnredcross.org

700 Cedar St Suite 110, Alexandria MN 56308

Otter Tail County.....218-736-3481

www.minnkotaredcross.org

221 W Cavour Ave, Fergus Falls MN 56537

Pope & Stevens Counties800-560-7641

www.cenmnredcross.org

1301 W Germain St., St. Cloud MN 56301

Services: The American Red Cross can provide two types of assistance after a disaster – hard and soft. Hard assistance provides material items and may include feeding, shelter, clean-up kits, comfort kits and financial assistance. Soft assistance minimizes immediate disaster-caused suffering through listening, guidance, advocacy, and counseling. Also provides services to military families.

HEATSHARE **888-220-4808**

Services: A Salvation Army Program that provides emergency assistance with heating and utility bills.

LOVE INC. **320-759-3022**

803 N. Nokomis St. NE, Alexandria MN 56308

Hours: 10 am to noon Monday through Friday

Services: Love In the Name of Christ (Love INC) brings Christian churches together, across denominational lines, to help the poor by meeting immediate needs such as food and clothing, to longer-term responses through relational ministries such as life skills training and transitional housing.

NSP GAS EMERGENCY (Gas Odor) **800-895-2999**

POISON CONTROL CENTER **800-222-1222**

Website: www.mnpoison.org

RURAL LIFE OUTREACH..... **701-261-5890**

119 5th St S PO Box 713, Moorhead MN 56561

Contact: Bob Larson

Services: The Rural Life Outreach Program assists people in Northwest and West Central Minnesota who are under financial stress. The program serves all ages, individuals, families, businesses and churches; regardless of religious faith.

SALVATION ARMY:www.salvationarmyusa.org

Douglas County**320-304-4233**

Alexandria MN 56308
Contact: Jennie H.

Grant County**218-685-4486**

411 Industrial Park Blvd, Elbow Lake MN 56308
Contact: Jill or Steph
Email: jillf@wcmca.org or stephw@wcmca.org

Pope County.....**320-634-1204**

211 Minnesota Ave E Suite 200, Glenwood MN 56334
Contact: Michelle K.
Fax: 320-634-0164

Stevens County.....**320-589-7400**

10 E Hwy 28, Morris MN 56267
Contact: Janet M.

Traverse County.....**320-563-8255**

PO Box 46 202 8th St N, Wheaton MN 56296
Contact: Gale L.
Fax: 320-563-4230

Otter Tail County**218-739-9692**

622 E Vernon Ave, Fergus Falls MN 56537
Contact: Mike
Fax: 218-739-5489

Services: The Salvation Army's social services encompass a wide range of programs to help individuals and families overcome daunting obstacles. We strive to empower people and to enable those in need to change their circumstances and overcome the challenges that stand in their way. Services that may be available are: disaster services, emergency financial assistance, emergency shelter, youth camping activities and other adult services. Please contact your local service unit to see what that area has available.

WINGS FAMILY SUPPORTIVE SERVICES.....**320-763-6638**

1417 S. Broadway, Alexandria MN 56308

Website: www.wingsfamilyservices.com Fax: 320-763-6639

Services: Wings is an advocate for and provides supportive services to homeless, vulnerable and less fortunate children and their families. Services provided by Wings include: Transitional Housing program, PLUSkids (safe exchange or supervised visitation,) Father's Resource Program and Child & Youth Services.

SOMEPLACE SAFE 218-739-3359 or 800-974-3359

Website: www.someplacesafe.info

Douglas County320-762-1995
700 Cedar St Suite 237, Alexandria MN 56308

Grant County218-685-4203
32 Central Ave Suite 6 PO Box 103, Elbow Lake MN 56531

Pope County320-634-3483
10 1st Ave SW, Glenwood MN 56334

Stevens County320-589-3208
202 Atlantic Ave, Morris MN 56267

Traverse County.....320-563-4121
202 8th St N PO Box 63, Wheaton MN 56296

Fergus Falls218-739-2853
106 S Union Ave PO Box 815, Fergus Falls MN 56538

Services: Provide services free of charge to victims of domestic violence and sexual assault. Assistance with legal, medical and other systems, support groups for battered women and their children. Provides regional shelters and safe housing for West Central Minnesota. Legal advocacy-assistance with Orders for Protection. Assistance for victims whose abuser has been arrested; court tracking. Speakers available to provide education on various issues relating to domestic violence/sexual assault.

SOMEPLACE SAFE CRISIS HOTLINE800-974-3359

SOMEPLACE SAFE PARENTING TIME CENTERS:

Fergus Falls218-739-3132
125 W Lincoln Ave, Fergus Falls MN 56537

Glenwood320-424-2301
10 1st Ave SW, Glenwood MN 56334

Morris.....320-424-2301
202 Atlantic Ave, Morris MN 56267

Ortonville.....320-305-1400
Ortonville MN 56278

Services: Someplace Safe is a program designed to provide a safe and neutral environment for safe exchanges and supervised visitations during family crisis such as separation, divorce and violence. The Centers help to reduce children's vulnerability to family violence/trauma by preventing the children from witnessing unhealthy behaviors between parents.

EMPLOYMENT RESOURCES

DAY TRAINING & HABILITATION CENTER (DT&H)/DEVELOPMENT ACHIEVEMENT CENTER (DAC):

Douglas County DAC320-762-1771
Grant County DAC320-986-2923
Pope County DT & H320-239-4276
Stevens County DAC.....320-589-3020
Traverse County-Broadway Industries320-563-0229

Services: Vocational training and employment opportunities for adults with developmental disabilities, as well as support services to obtain and maintain employment.

DOHERTY STAFFING SOLUTIONS.....320-763-3121

315 Nokomis St Suite 102, Alexandria MN 56308

Website: www.dohertystaffing.com

Services: Doherty Career Solutions offers full-service direct or contract placement staffing solutions. They have full-time, part-time, long-term, short-term, seasonal, direct hire or temp-to-hire positions with the flexibility to choose the work you want.

MANPOWER, INC.320-763-9899

507 N Nokomis St Suite E, Alexandria MN 56308

Website: www.us.manpower.com

Services: Manpower offers permanent, temporary, and temporary to permanent employment opportunities for a wide range of skill sets and in a variety of industries. Manpower also offers job seekers help with career planning, and resume writing and interview preparation.

PRODUCTIVE ALTERNATIVES.....320-763-4101

302 Kenwood Ave, Alexandria MN 56308

Services: Private, non-profit agency providing transitional, supported, and competitive placement employment opportunities in integrated community-based work sites to disabled and special needs individuals.

THE WORK CONNECTION320-762-2001

1402 Broadway St Suite 4, Alexandria MN 56308

Website: www.theworkconnection.com Email: AJahner@theworkconnection.com Fax: 320-762-2008

Services: Experienced in developing customized programs for long and short term, seasonal and direct hire placement.

THE WORKFORCE CENTER (JOB SERVICES/RURAL MN CEP)888-438-5627

Website: www.mnwfc.org

Alexandria 320-762-7800

Fergus Falls 218-739-7560

Services: Resume and cover letter writing assistance, job search assistance, various workshops available and veteran's assistance.

WORKFORCE REHABILITATION SERVICES..... 218-739-7565 or 800-657-3758

125 W Lincoln Ave Suite 3, Fergus Falls MN 56537

Fax#: 218-739-7496

Services: Vocational Rehabilitation (VR) is for people with disabilities who need our services to prepare for work, or to find and keep a job.

Eligibility: You may be eligible for VR if you have a physical or mental disability which makes it difficult for you to find or keep a job, and if you require VR services to prepare for, secure, retain, or regain employment.

FAMILY FUN AND WELLNESS RESOURCES

ALEXANDRIA AREA YMCA.....320-834-9622

110 Karl Dr, Alexandria MN 56308

Website: www.alexandriaymca.com

Services: The Alexandria Area YMCA is a non-profit organization that provides licensed childcare for children ages 6 weeks through the first day of Kindergarten, after school and non-school day care for elementary age children. As part of our childcare experience, children will have the options to participate in swimming lessons, gymnastics and other youth programs during their day. Full time and part time contracts are being accepted. Amenities included in a YMCA membership include: group exercise classes, child watch, swimming pool, gymnasium and state of the art cardio and strength equipment.

ALEXANDRIA ARTS ASSOCIATION320-762-8300

618 Broadway, Alexandria MN 56308

Website: www.alexandriaareaarts.org Email: aaaa@gctel.net

CHAHINKAPA PARK ZOO & CAROUSEL701-642-8709

1004 RJ Hughes Dr, Wahpeton ND 58075

Website: www.wahpetonpark.com/zoo.htm

Services: Zoo, recreation, education and conservation. Call or visit website for current rates and zoo hours.

CHAMBERS OF COMMERCE:

Alexandria Lakes 320-763-3161 or 800-235-9441

206 Broadway, Alexandria MN 56308

Website: www.alexandriamn.org

Grant County218-685-5380

115 Central Ave N, Elbow Lake MN 56531

Website: www.elbowlakechamber.com

Glenwood320-634-3636

2 Minnesota Ave E, Glenwood MN 56334

Website: www.glenwoodlakesarea.org

Osakis320-859-3777

PO Box 399, Osakis MN 56360

Website: www.visitosakis.com

Starbuck320-239-4220

206 Broadway, Starbuck MN 56381

Website: www.starbuckmn.org

Stevens County320-589-1242

507 Atlantic Ave, Morris MN 56267

Website: www.morrismnchamber.org

Traverse County.....320-563-4110

1024 Broadway, Wheaton MN 56296

Website: www.cityofwheaton.com

COUNTY WEB SITES:

- Douglas County www.co.douglas.mn.us
- Grant County www.co.grant.mn.us
- Pope County www.co.pope.mn.us
- Stevens County www.co.stevens.mn.us
- Traverse County..... www.co.traverse.mn.us

KENSINGTON RUNESTONE PARK320-763-6001

8755 Co Rd 103 SW, Kensington MN 56343
 Website: www.co.douglas.mn.us/kensington_runestone_park.htm

LAKES AREA RECREATION.....320-762-2868

720 Fillmore St Suite B020, Alexandria MN 56308
 Website: www.lakesarearecreation.com
 Services: Variety of services, classes and recreational activities available.

LEE COMMUNITY CENTER.....320-589-4585

101 S Co Rd 22, Morris MN 56267
 Email: mhockey@info-link.net
 Services: From October to March the Lee Community Center is used for hockey practices, games and tournaments, as well as figure skating, open skating and broom ball. From April through September, the Lee Community Center is available for shows, exhibitions, auctions, dances, meetings, rollerblading, birthday parties, etc. A walking track is available year round.

MINNESOTA ZOO TICKETS800-492-4805

Services: West Central MN Communities Action, Inc. (WCMCA) has free Minnesota Zoo tickets available to families enrolled in Head Start or any other program that WCMCA offers.

PUBLIC LIBRARIES.....www.viking.lib.mn.us

- Browns Valley Public Library.....320-695-2318
- Douglas County Public Library320-762-3014
- Elbow Lake Thorson Memorial Library.....218-685-6850
- Fergus Falls Public Library.....218-739-9387
- Glenwood Public Library320-634-3375
- Hancock Community Library.....320-392-5666
- Morris Public Library320-589-1634
- Wheaton Community Library.....320-563-8487

REGIONAL FITNESS CENTER320-589-6485

626 E 2nd S, Morris MN 56267
 Website: www.regionalfitnesscenter.com

RUNESTONE MUSEUM320-763-3160

206 Broadway, Alexandria MN 56308
 Website: www.runestonemuseum.org
 Services: See the world famous Kensington Runestone! Visit several authentic log buildings, an 1880 country school house and view the forty-foot Viking ship, as well as the world’s biggest Viking. Experience the changing seasons in the display of tools and farm equipment used by an earlier generation.

FAMILY SERVICES RESOURCES

ALANON & ALATEEN 888-425-2666

Minnesota Meeting Locator: www.al-anon.alateen.org

Services: Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. Alateen is a fellowship of young Al-Anon members, usually teenagers whose lives have been affected by someone else's drinking.

ALCOHOLICS ANONYMOUS (AA) 866-423-2969

Minnesota Meeting Locator <http://aameetinglocator.org> or www.area35.org

Services: Alcoholics Anonymous is a fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking problem and wants to do something about it.

BRIDGE TO BENEFITS www.bridgetobenefits.org

Services: This tool allows families to determine their eligibility for a wide range of services, including health care, child care, tax credits, food support, energy assistance, etc.

CARE CONNECTIONS **877-405-3463 or 218-347-3463**

A program offered by Northern Connections

150 2nd St SW, Perham MN 56573

Website: www.careconnections.mn.org

Services: Care Connections is a toll-free statewide telephone line which can help you find out if you qualify for health care programs such as Medical Assistance or MinnesotaCare. If you qualify, we can help you with the application process or refer you for application help. We also provide information on health care plans and referrals to clinics that may see you even if you are not insured.

COUNTY COORDINATORS ON AGING:

Douglas Co Senior Center Program.....320-762-3047

Grant County218-685-8200

Pope County320-634-5725

Stevens County320-589-2951

Traverse County.....320-563-8255

Services: Variety of activities and services to enrich retirement years and to help senior citizens remain independent. Information, referrals and advocates for senior citizens.

FATHER'S RESOURCE PROGRAM.....**218-739-3011**

125 W Lincoln Ave Suite 4, Fergus Falls MN 56537

Services: Offers FREE information and support regarding visitation, custody, child support and paternity.

FREecycle NETWORK.....www.freecycle.org

Services: The Freecycle Network™ is an email-based group available to all who are interested in exchanging needed items for free so they don't end up in our landfills. Membership is free and local groups are managed by a local moderator. If you need something or want to give something away, visit the website to find the group nearest you.

INTERNAL REVENUE SERVICE (IRS)**800-829-1040**

Website: www.irs.gov

LAND OF THE DANCING SKY AREA AGENCY ON AGING..... **218-739-4617 or 800-333-2433**

313 South Mill St PO Box 726, Fergus Falls MN 56537

Email: mtwcaaa@prtcl.com Fax: 218-739-4618

Services: A source of information about options in services and programs available to elderly Americans. Training for seniors, professionals and service providers. Senior LinkAge™ statewide information and referral.

- MINNESOTA BETTER BUSINESS BUREAU**800-646-6222
 Website: www.minnesota.bbb.org Email: ask@thefirstbbb.org
- MINNESOTA HELP INFO**800-333-2433
 Website: www.MinnesotaHelp.info
 Services: Online directory of services designed to help people in Minnesota find human services, information and referral, financial assistance and other forms of help.
- MN PARENTS KNOW** 1-866-693-GROW (4769)
 Website: www.MNParentsKnow.org
 Services: The Minnesota Department of Education (MDE) hosts an innovative and interactive website for parents. The MNParentsKnow website provides resources on child development, parent education, child care and consumer safety and includes links to MDE and other trusted websites.
- NARCOTICS ANONYMOUS (NA)** 877-767-7676
 Minnesota Meeting Locator: www.naminnesota.net
 Services: NA is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem and who now meet regularly to help each other stay clean.
- NORTHERN CONNECTIONS** 877-346-4624 or 218-346-4624
 150 2nd St SW, Perham MN 56573
 Website: www.northernconnections.org Email: info@northernconnections.org
 Services: Provides supportive services to families working towards financial independence. Services offered include job retention counseling, re-employment assistance, career advancement counseling, financial counseling and referrals and information on other resources and programs that are beneficial to families. This program is free and is provided telephonically so families do not need transportation or child care for this service. Counties served include: Becker, Clay, Douglas, Grant, Hubbard, Mahnommen, Otter Tail, Pope, Stevens, Traverse, Wadena & Wilkin.
- OTTERTAIL- WADENA COMMUNITY ACTION** 218-739-3011 or 800-450-2900
 125 W Lincoln Ave Suite 4, Fergus Falls MN 56537
 Website: www.otwcac.org
- POPE COUNTY FAMILY COLLABORATIVE**320-634-3909
 219 1st St SE, Glenwood MN 56334
 Email: famcolab@runestone.net Fax: 320-634-3909
 Primary Focus: Families and children will be supported by matching outreach services using the wraparound process. Project Areas: Resource and Referral, yearly Pope County update and distribution of the Head Start Community Resource Book, "Caring For Children" newsletter, school census, child care issues, FARE For All, welcome packets for new community members, parent education and the Healthy Communities Healthy Youth Initiative and Youth and Adults Achieving Community.
- SOCIAL SECURITY ADMINISTRATION**800-772-1213
 Website: www.socialsecurity.gov
 Services: Find local offices online. Social Security (retirement, survivors and disability benefits), Medicare enrollment, Supplemental Security Income and social security cards.

SOCIAL SERVICE AGENCIES:

Douglas County Social Services320-762-2302
809 Elm St Suite 1186, Alexandria MN 56308
Website: www.co.douglas.mn.us/Social_Services.htm
Fax: 320-762-3833

Grant County Social Services..... 218-685-8200 or 800-291-2827
28 Central Ave S, Elbow Lake MN 56531
Website: www.co.grant.mn.us
Fax: 218-685-4978

Pope County Human Services.....320-634-5750
211 E Minnesota Ave Suite 200, Glenwood MN 56334
Website: www.co.pope.mn.us/human_services.html
Fax: 320-634-0164

Stevens County Human Services320-208-6600
Courthouse, 400 Colorado Ave Suite104, Morris MN 56267
Website: www.co.stevens.mn.us
Fax: 320-589-3972

Traverse County Social Services320-563-8255
202 8th St N, Wheaton MN 56296
Website: www.co.traverse.mn.us/social-services/
Fax: 320-563-4230

WEST CENTRAL INITIATIVE 218-739-2239 or 800-735-2239

1000 Western Ave, Fergus Falls MN 56537
Web: www.wcif.org Email: info@wcif.org

Mission: Serving to improve West Central Minnesota through funding, programs and technical assistance.
West Central Initiative is a regional community foundation that supports families and helps strengthen the economy of West Central Minnesota through its four initiatives: business and employment, communities and the region, workers and their families, and promoting philanthropy.

FOOD RESOURCES

ANGEL FOOD MINISTRIES.....877-366-3646

www.angelfoodministries.com

Angel Food Ministries is a food relief program offered to everyone. There are no qualifications, income restrictions or applications. Angel Food Ministries is able to provide families with approximately \$65 worth of quality nutritious food for \$30 by buying food from first rate suppliers at substantial volume discounts. Angel Food Ministries does not use out-of-date food or inferior products, and each month's menu is different. You may purchase the food online or at a "Local Host Site." Food Support EBT cards are accepted. Local host sites in our area:

Alexandria320-763-5224

Living Waters Church, 1310 N Nokomis NE

Elbow Lake218-685-5220

Lakeview Assembly of God, 620 3rd St NE

Fergus Falls218-736-3928

Abundant Life Assembly of God, 2929 Pebble Lake Rd

FOOD DISTRIBUTIONS..... 218-685-4486 or 800-492-4805

Food Distributions are held at various locations in the counties we serve as often as funding allows. All who attend a distribution will receive an abundance of grocery items, including fresh produce if available. The only qualification for these distributions is that you eat. You are asked to bring your own boxes, baskets or bins for carrying the distribution you receive.

FOOD SHELF:

Browns Valley320-695-2301

316 Broadway, Browns Valley MN 56219

Tues 1:00-3:00 pm

Douglas County.....320-762-8411

1205 Lake St, Alexandria MN 56308

Mon, Tues & Wed 9:30 am-3:00 pm, Thurs 9:30 am-7:00 pm

Grant County218-685-4176

Utilities Building-Hwy 79 E, Elbow Lake MN 56531

Tues & Thurs 9:00-11:00 am

Hearts & Hands Pope County320-808-8762

206 6th Ave NW PO Box 32, Glenwood MN 56334

Mon & Wed 2:30-4:30 pm and Tues 4:30-6:30 pm

Stevens County320-589-7436

701 Iowa Ave, Morris MN 56267

Mon 2:30-3:30 pm, Tues, Wed, Fri 10:30-11:30 am and Thurs 5:30-6:30 pm

Wheaton.....320-563-8555

202 8th St N, Wheaton MN 56296

Contact: Pastor Tim Shekleton Email: fathershek@yahoo.com

Hours: Mon-Fri 9:00-11:00 am and 2:00-4:00 pm

FOOD SUPPORT PROGRAM..... 218-685-4486 or 800-492-4805

See listing under WCMCA Resources Category.

HOUSING RESOURCES

HABITAT FOR HUMANITY www.habitat.org

Douglas County 320-763-4255
406 3rd Ave E #200, Alexandria MN 56308
Website: www.hfhdouglascounty.org Email: hfh@rea-alp.com Fax: 320-762-4255

Pope County 320-634-0355
Habitat for Humanity of Prairie Lakes, Inc.
PO Box 122, Glenwood MN 56334
Website: www.habitatprairielakes.org Email: lizb@habitatprairielakes.org

Otter Tail County 218-736-2905
PO Box 84, Fergus Falls MN 56537
Website: www.fergushabitat.com Email: craigmolstad@yahoo.com Fax: 218-736-2905

Stevens County 320-589-4451
Habitat for Humanity of Prairie Lakes, Inc.
PO Box 353, Morris MN 56267
Website: www.habitatprairielakes.org Email: lizb@habitatprairielakes.org

Traverse County 320-839-2528
9 3rd St NW, Ortonville MN 56278
Email: mroth@madisonbottling.com

Services: Habitat for Humanity's primary goal is to partner with those who may not be able to purchase affordable, yet simple housing. We believe through their sweat equity and your help, our new homeowners are building better families and communities.

HOUSING AND REDEVELOPMENT AUTHORITY (HRA):

Douglas & Pope Counties 320-762-3849
1224 N Nokomis PO Box 965, Alexandria MN 56308
Website: www.douglascountyhra.org Email: hra@rea-alp.com Fax: 320-762-3034

Grant County 218-685-4494
PO Box 1007 10 2nd St NE, Elbow Lake MN 56531
Email: denise.derby@co.grant.mn.us Fax: 218-685-4498

Services: Section 8 rental assistance program. HUD low income public housing. Sixty 1-bedroom units in 3 communities, 20 family units located in 5 communities and 18 market rate apartments in 3 communities. HRA also manages the Ashby Apartment I & II in Ashby and the Hoffman Center Apartments. MHFA rehabilitation loan program and the HOME rental rehabilitation program.

Stevens County 320-208-6559
400 Colorado Ave, Morris MN 56267
Contact: Jodi DeCamp
Email: jodidecamp@co.stevens.mn.us Fax: 320-585-5144

Services: Section 8 rental assistance available in Stevens and Traverse Counties. The Stevens County HRA owns and manages Wildwoods Apartments (a 14 unit family building), and offers a variety of home rehabilitation programs in Stevens County.

LIFELINE PLAN Contact your service provider

Services: Provides qualified users a discount on monthly charges for the primary home phone line, even if it's a cell phone. If you are receiving benefits such as Medicaid, Food Support, SSI, MFIP, Housing Assistance or Energy Assistance, School Lunch Program or meet the income guidelines, you may qualify. Contact your service provider for more information.

LINK UP MINNESOTA Contact your service provider

Services: Pays up to 50% (up to \$30) of a qualified user's home phone installation/connection charges (even if it's a cell phone.) You may ask for a year to pay the other half of connection or activation charges, interested free. If you are receiving benefits such as Medicaid, Food Support, SSI, MFIP, Housing Assistance or Energy Assistance, School Lunch Program or meet the income guidelines, you may qualify. Contact your service provider for more information.

RURAL DEVELOPMENT 320-763-3191

900 Robert St NE Suite 103, Alexandria MN 56308

Contact: John Strand

Website: www.rurdev.usda.gov Email: john.strand@mn.usda.gov

Services: Low-income families in greater Minnesota may obtain low interest rate loans and grants for repairs and home improvements. Affordable home loans are also available for low-income families. Affordable rental housing is available for low-income families.

TELEPHONE ASSISTANCE PLAN (TAP) Contact your local telephone company

Services: Provides a monthly discount on your local telephone bill (excludes cell phones.) If you are receiving benefits such as Medicaid, Food Support, SSI, MFIP, Housing Assistance or Energy Assistance, School Lunch Program or meet the income guidelines, you may qualify. Contact your service provider for more information.

LEGAL RESOURCES

LEGAL SERVICES OF NORTHWEST MINNESOTA800-450-2552

Website: www.lsnmlaw.org

Alexandria Regional Office320-762-0663

426 Broadway St. Suite 4, Alexandria MN 56308

Fax: 320-762-0740

Services: Legal Services of Northwest Minnesota is a private, non-profit corporation which provides civil legal services without charge to low-income people and senior citizens. When you apply, you will be asked for information on the income and assets of your household. Most applications will take less than 5 minutes.

TAXPAYER RIGHTS ADVOCATE.....651-556-6013

PO Box 7335, St. Paul MN 55107

Email: DOR.taxpayeradvocate@state.mn.us

Services: Represents the interests and promotes the rights of taxpayers who have a legitimate complaint with the Department of Revenue.

LEGISLATIVE RESOURCES

MINNESOTA CONGRESSIONAL REPRESENTATION IN WASHINGTON, D.C.:

Senator Al Franken (D)202-224-5641

302 Hart Senate Office Building, Washington DC 20510

Website: www.franken.senate.gov Email: see website

St. Paul Office:

60 E Plato Ave Suite 220, St. Paul MN 55107

651-221-1016

Senator Amy Klobuchar (D)888-224-9043

302 Hart Senate Office Building, Washington DC 20510

Website: www.klobuchar.senate.gov Email: see website

Metro Office:

1200 Washington Ave S Suite 250, Minneapolis MN 55415

612-727-5220

Congressman Collin Peterson (D)202-225-2165

2211 Rayburn House Office Building, Washington DC 20515

Website: www.collinpeterson.house.gov Email: see website

Detroit Lakes Office:

714 Lake Avenue, Suite 107

Detroit Lakes, MN 56501

(218) 847-5056

MINNESOTA LEGISLATIVE RESOURCES651-296-6013

Governor Mark Dayton800-657-3717

Lieutenant Governor Yvonne Prettner Solon

130 State Capitol, 75 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul MN 55155

Website: www.governor.state.mn.us Email: mark.dayton@state.mn.us Fax: 651-797-1850

Attorney General Lori Swanson800-657-3787

1400 Bremer Tower, 445 Minnesota St, St. Paul MN 55101

Website: www.ag.state.mn.us Email: attorney.general@state.mn.us

MINNESOTA SENATE.....www.senate.leg.mn.us

Senator Keith Langseth (D)**651-296-3205**

Clay, Wilkin and Traverse Counties – District 9
139 Capitol Building, 100 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul MN 55155
Contact by email form at www.senate.leg.mn.us

Senator Gretchen M. Hoffman (R)**651-296-5655**

Otter Tail County – District 10
124 Capitol Building, 75 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul 55155
Email: sen.gretchen.hoffman@senate.mn

Senator Bill Ingebrigtsen (R)**651-297-8063**

Grant, Douglas, Stevens & Todd Counties – District 11
303 State Office Building, 75 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul MN 55155
Email: sen.bill.ingebrigtsen@senate.mn

Senator Joe Gimse (R)**651-296-3826**

Pope County – District 13
303 State Office Building, 75 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul MN 55155
Email: sen.joe.gimse@senate.mn

MINNESOTA HOUSE OF REPRESENTATIVES: www.house.leg.state.mn.us

Representative Paul Marquart (D)**800-551-5520**

Traverse, Wilkin and part of Clay – District 9B
313 State Office Building, 100 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul MN 55155
Email: rep.paul.marquart@house.mn

Representative Bud Nornes (R)**800-336-8017**

Otter Tail County – District 10A
471 State Office Building, 100 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul MN 55155
Email: rep.bud.nornes@house.mn

Representative Torrey Westrom (R)**651-296-4929**

Grant, Stevens, and part of Douglas Counties – District 11A
443 State Office Building, 100 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul MN 55155
Email: rep.torrey.westrom@house.mn

Representative Mary Franson (R)**800-709-0796**

Todd, part of Douglas County – District 11B
429 State Office Building, 100 Rev. Dr. Martin Luther King Jr. Blvd., St. Paul MN 55155
Email: rep.mary.franson@house.mn

Representative Paul Anderson (R)**800-296-4317**

Pope County - District 13A
445 State Office Building, 100 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul MN 55155
Email: rep.paul.anderson@house.mn

MEDICAL RESOURCES

BIRTHRITE.....**320-762-1224**

24 Hours a Day-Collect Calls Accepted
700 Cedar St, Alexandria MN 56308

Services: Free pregnancy testing, crisis pregnancy counseling, free baby and maternity clothing. Referrals for financial assistance and medical care. These services are for any married or single woman.

MEDICAL CLINICS:

ALEXANDRIA

Alexandria Clinic.....**320-763-5123 or 800-646-4220**

610 30th Ave W, Alexandria MN 56308
Website: www.alexclinic.com Fax: 320-763-7883

Broadway Medical Center.....**320-762-0399 or 888-640-0399**

1527 Broadway, Alexandria MN 56308
Website: www.broadwaymedicalcenter.com Fax: 320-762-6828

Midway Medical Center.....**320-763-6452**

119 30th Ave W, Alexandria MN 56308
Fax: 320-763-2971

ASHBY

Lake Region Healthcare.....**218-747-2293**

Website: www.lrhc.org
110 Co Rd 82 NE, Ashby MN 56309

Prairie Ridge Hospital & Health Services.....**218-747-2293**

Website: www.prairiehealth.org
110 Co Rd 82 NE, Ashby MN 56309

BROWNS VALLEY

Valley Clinic (Fergus Falls Medical Group).....**320-695-2526**

404 W Broadway PO Box 300, Browns Valley MN 56219
Website: www.fergusfallsmedicalgroup.org Fax: 320-695-2526

CHOKIO

Essentia Health Chokio Clinic.....**320-324-7500**

102 Main St, Chokio MN 56221
Website: www.gracevillehealth.com Fax: 320-324-7563

ELBOW LAKE

Prairie Ridge Hospital & Health Services.....**888-818-4461 or 218-685-4461**

930 1st St NE, Elbow Lake MN 56531
Website: www.prairiehealth.org Fax: 218-685-4240

EVANSVILLE

Prairie Ridge Hospital & Health Services.....**218-948-2040**

649 ½ State St, Evansville MN 56326
Website: www.prairiehealth.org

FERGUS FALLS

Lake Region Healthcare – Main Clinic218-739-2221
615 Mill St S, Fergus Falls MN 56531
Westridge Mall Location
218-739-5281 or 800-450-2796
2001 W Lincoln Ave Suite 56, Fergus Falls MN 56537
Website: www.lrhc.org

GLENWOOD

Glacial Ridge Health System..... 320-634-5157 or 866-667-4747
10 4th Ave SE, Glenwood MN 56334
Website: www.glacialridge.org Fax: 320-634-2244

GRACEVILLE

Essentia Health Graceville Clinic320-748-7243 ext 4
115 W 2nd Ave, Graceville MN 56240
Website: www.gracevillehealth.com Fax: 320-748-8204

HANCOCK

Affiliated Community Medical Centers320-392-5247
668 Atlantic Ave, Hancock MN 56244
Website: www.acmc.com Fax: 320-843-4806

HOFFMAN

Prairie Ridge Hospital & Health Services320-986-2038
102 6th St N, Hoffman MN 56339
Website: www.prairiehealth.org

MORRIS

Prairie Ridge Hospital & Health Services320-589-4008
24 E 7th St, Morris MN 56267
Website: www.prairiehealth.org Fax: 320-589-4227

Stevens Community Medical Center 320-589-1313 or 800-993-7262
400 E 1st St, Morris MN 56267
Website: www.scmcinc.org Email: scmc@scmcmorris.com Fax: 320-589-1065

OSAKIS

Osakis Medical Clinic 320-859-3038 or 800-989-3038
811 3rd Ave E, Osakis MN 56360
Website: www.alexclinic.com Fax: 320-859-4942

ORTONVILLE

Northside Medical Clinic320-839-6157
465 Eastvold Ave, Ortonville MN 56278
Website: www.oahs.us Fax: 320-839-3851

PARKERS PRAIRIE

Broadway Medical Center Parkers Prairie218-338-4371
115 Soo St E, Parkers Prairie MN 56361
Website: www.broadwaymedicalcenter.com

SISSETON, SD

Coteau des Prairies Clinic Sisseton605-698-7681
205 Orchard Dr, Sisseton SD 57262
Website: www.cdphospital.com Email: cdpclinic@cdhospital.com

Woodrow Wilson Keeble Memorial Health Care Center605-698-7606
Indian Health Service
100 Lake Traverse Dr, Sisseton SD 57262
Fax: 605-742-3882

STARBUCK

Stevens Community Medical Center Starbuck Clinic.....320-239-3939
501 Poler St PO Box 460, Starbuck MN 56381
Website: www.scmcinc.org Fax: 320-239-2802

WHEATON

Wheaton Community Hospital and Medical Center 320-563-8226 (H)/320-563-8971 (MC)
401 12th St N, Wheaton MN 56296
Web: www.wheatonhealthcare.org Fax: 320-563-8014

COMMUNITY UNCOMPENSATED CARE Contact your local Hospital for details
Services: Free or below-cost hospital care for individuals without health insurance.

HEALTH RESOURCES CENTER..... 218-736-6050 or 800-450-4673
126 E Lincoln Ave, Fergus Falls MN 56537
Website: www.HealthResourcesCenter.com

Free and confidential services include: Pregnancy test, prenatal vitamins, first trimester ultrasound, STI testing and treatment, Treasures for Life program which includes one on one classes in relationships, fetal development, money management, parenting classes and much more. Baby items available at no cost.

LAKELAND HOSPICE & HOME CARE 218-998-1400 or 888-820-7885
1505 Pebble Lake Rd Suite 400, Fergus Falls MN 56537
Website: www.lakelandhospicehomecare.org

Services: Hospice is medical, emotional, and spiritual care specifically designed for individuals who have an illness that can't be cured. The focus of this care is to maintain the comfort, dignity of the patient and to support the family through the experience of caring for and losing a loved one. Lakeland offers grief support groups in Fergus and many surrounding communities.

LIONS EYE HEALTH PROGRAM (LEHP):

Services: Sight programs and services including vision screenings, eyeglasses and provide eye care services to those at risk of losing their sight. Contact the president of your local Lions Club for your eye care request.

MINNESOTA VISION PROJECT 800-456-4483 ext. 3525
Website: www.aoa.org/visionusa.xml

Services: VISION USA™, through the Salvation Army, provides basic eye health and vision care services free of charge to uninsured, low-income people and their families.

MORRIS LIFE CARE PREGNANCY CENTER..... 320-589-0300 or 800-285-0712
600 Atlantic Ave Suite 202, Morris MN 56267
Website: www.morrispregnancycenter.com

Services: Free, confidential pregnancy testing and counseling, pregnancy and parenting classes, practical assistance and emotional support. Baby items are available at no cost.

PATIENT ADVOCATE FOUNDATION.....800-532-5274

Website: www.patientadvocate.org

Services: PAF is a national non-profit organization that seeks to solve insurance and healthcare access problems. They safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability relative to their diagnosis of life threatening or debilitating diseases.

PATIENT ADVOCATE FOUNDATION CO-PAY RELIEF866-512-3861

Website: www.copays.org

Services: Provides direct financial support to insured patients, including Medicare D beneficiaries, who must financially and medically qualify to access prescription co-payment assistance for certain disorders or diseases.

PLANNED PARENTHOOD.....320-762-0766

1103 Broadway Suite 110, Alexandria MN 56308

Web: www.ppmsd.org

Email: alex@ppmsd.org

Fax: 320-762-8418

Services: Pregnancy testing, HIV and STI testing, pap smears, emergency contraception and birth control. All services are confidential.

PRESCRIPTION ASSISTANCE PROGRAMS.....888-477-2669

Website: www.pparx.org

Services: The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medications they need through the program that is right for them. Many will get their medications free or nearly free. These services are provided to you free of charge.

PUBLIC HEALTH:

Douglas County 320-763-6018

725 Elm St Suite 1200, Alexandria MN 56308

Website: www.co.douglas.mn.us/public_health.htm

Fax: 320-763-4127

Grant County 218-685-5301

PO Box 120 10 1st St NW, Elbow Lake MN 56531

Fax: 218-685-6714

Pope County 320-634-5720

211 E Minnesota Ave Suite 100, Glenwood MN 56334

Website: www.co.pope.mn.us/public_health.html

Fax: 320-634-0159

Stevens County 320-208-6670

10 E Hwy 28, Morris MN 56267

Website: www.co.stevens.mn.us/docs/departments/public_health/default.html

Fax: 320-589-7433

Traverse County 320-563-4807

203 8th St N PO Box 23, Wheaton MN 56296

Fax: 320-563-0104

Sisseton Indian Health 605-698-7606

PO Box 189, Sisseton SD 57262

Fax: 605-695-4270

Services vary by county and may include: WIC, Immunizations, Child & Teen Check-ups, Early Childhood Screening, Childbirth and Breastfeeding classes and support center, Family health home and clinic visits, prenatal, postpartum and on-going visits to support parenting, child growth and development. Fees on a free or sliding fee basis. No one refused based on inability to pay.

MENTAL HEALTH RESOURCES

BRIDGEWAY BEHAVIORAL HEALTHCARE SERVICES218-736-8204

712 Cascade St S, Fergus Falls MN 56537

Website: www.lrhc.org/servicesBridgeway.aspx Email: bwmanager@lrhc.org

Services: Bridgeway Care Unit provides short term treatment for persons 14 years of age or older suffering from a mental health disorder or problem.

LAKELAND MENTAL HEALTH CENTER800-223-4512

Website: www.lmhc.org

Alexandria.....320-762-2400

1500 Irving St, Alexandria MN 56308

Fax: 218-736-6980

Fergus Falls218-736-6987

21081 Co Hwy 1, Fergus Falls MN 56537

Fax: 218-736-6980

Glenwood320-634-3446

100 17th Ave NW Suite 2, Glenwood MN 56334

Fax: 320-634-0384

Services: Individual, group, marital and family therapy, employee assistance, psychological and psychiatric evaluation, medication management for children and adults and outreach services to children and their families.

LAKEVIEW CHEMICAL DEPENDENCY UNIT OF DOUGLAS COUNTY HOSPITAL320-762-8135

800-450-4500 (24 Hour Crisis Line)

700 Cedar St Suite 154, Alexandria MN 56308

Email: dsclkmh2@rea-alp.com Fax: 320-762-8047

Services: Help for alcohol and drug problems. They provide assessment and information, adult outpatient treatment in the evenings and during the day, adolescent outpatient treatment, after care and family services.

The Lakeview Adolescent Program is open to teenagers 18 years and younger. State or county funds may help pay for qualifying youth. Scholarship money is also available. Some insurance policies cover program costs.

LIFE CENTER320-589-7625

800-568-5955 (24 Hour Crisis Line)

Stevens Community Medical Center

400 E 1st St PO Box 660 Morris MN 56267

Email: jpew@scmcinc.org Fax: 320-589-7686

Services: Outpatient mental health program, individual counseling, psychological testing, personal growth groups, individual counseling and marriage counseling, and psychiatrist services. We do not turn people away because of financial issues. Flexible hours.

LUTHERAN SOCIAL SERVICE OF MINNESOTA (LSS)888-881-8261

Website: www.lssmn.org

Alexandria320-762-5124

507 22nd Ave E Suite 1, Alexandria MN 56308

Contact: Jody Shaskey-Setright

Fax: 320-762-2422

LUTHERAN SOCIAL SERVICE OF MINNESOTA (LSS) Cont.

Fergus Falls218-736-5431

731 Western Ave N, Fergus Falls MN 56537

Fax: 218-739-4807

Services: Individual, marriage and family counseling. Employee Assistance Program, family based services, therapeutic foster care, person/social awareness program, dynamics of self, domestic abuse program, child/parent mediation, enrichment and family life education, consultation workshops, chemical dependency, adoption, guardianship services, senior nutrition, supervised living services and refugee and immigration services. Costs may be covered by third-party reimbursement (i.e. MA, insurance, etc.) There is a sliding fee scale available to persons ineligible for third-party payment.

MINNEWASKA MENTAL HEALTH SERVICES320-239-2257

500 John St, PO Box 10, Starbuck MN 56381

Email: slmahoney@minnewaska.k12.mn.us Fax: 320-239-1420

Services: Children's Therapeutic Services and Supports (CTSS), Day Treatment and Family Services. Provides direct care mental health services within the school setting to children and adolescents. Family and parenting skills training or therapy can also be provided to parents.

PRAIRIE COMMUNITY SERVICES SUPPORTIVE EMPLOYMENT:

Douglas County..... 320-763-4101

PO Box 685, Alexandria MN 56308

Fax: 320-763-5741

Grant, Pope, Stevens & Traverse Counties..... 320-585-6107

PO Box 625, Morris MN 56267

Fax: 320-585-6108

Services: Mission is to assist adult mental health consumers with developing job readiness skills, finding employment that suites his/her individualized choice and support to keep his/her job.

SOLUTIONS BEHAVIORAL HEALTHCARE PROFESSIONALS, INC320-762-5411

512 30th Ave E Suite 100, Alexandria MN 56308

Website: www.solutionsinpractice.org Fax: 320-762-0829

Services: SOLUTIONS is a non-profit agency which provides Intensive Behavioral Intervention Services for children and adults with behavioral disturbances, mental health problems, developmental disabilities and related disorders.

VIKINGLAND COMMUNITY SUPPORT PROGRAM.....320-763-6261

700 Cedar St Suite 144, Alexandria MN 56308

Services: Provides community based services and supports to individuals with mental illness who are at least 18 years of age, reside in Douglas County and are eligible for Medical Assistance and/or have a serious and persistent mental illness diagnosis.

VILLAGE FAMILY SERVICE CENTER..... 320-762-8851 or 800-627-8220

460 Northside Dr. #5, Alexandria MN 56308

Website: www.thevillagefamily.org Fax: 320-762-8550

Services: Children and divorce education, preventive in-home counseling, financial resource center, family based services and youth services.

TRANSPORTATION RESOURCES

MORRIS TRANSIT.....320-589-1000

609 Oregon Ave, Morris MN 56267

Website: <http://ci.morris.mn.us/transit.php>

Services: Low cost public transportation. Handicap accessible.

RAINBOW RIDER.....800-450-7770

401 Poplar Ave PO Box 136, Lowry MN 56349

Fax: 320-283-5066

Website: www.rainbowriderbus.com

Services: Rainbow Rider is your door to door public transit system available to all people in Douglas, Pope, Grant, Stevens, Todd and Traverse Counties. Extra care is given to children and senior citizens. Buses are handicapped accessible and have drivers who are professionals with training in defensive driving, CPR, First Aid and Passenger Assistance. Rainbow Rider offers reasonable fares with tickets and punch cards available.

RAINBOW RIDER GRANT COUNTY..... 800-450-7770 (Bus Service)

218-685-8220 (Volunteer Driver Service)

PO Box 1006, Elbow Lake MN 56531

Contact: Deb Rapp, Coordinator Email: deb.rapp@co.grant.mn.us

Services: Provides transportation services to residents of Grant County. The bus is equipped with a lift for wheel chair accessibility if needed. Service is available Monday through Friday from 8:00 am to 5:00 pm on a flex-route or dial-a-ride schedule. Bus fare is \$3.00 per 10 mile zone. Purchase tickets at Grant County Social services. Call 218-685-8220 for more information. Volunteer driver services available daily for travel in and throughout the area payable at the IRS rate of \$.51 per mile.

*If you ask, we will give you this information in another form, such as Braille,
large print or audiotape.*

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