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

USDA is an equal opportunity provider and employer.
COMMUNITY ACTION RESOURCES

Programs vary by county and Community Action Agency. Check individual program info and contact the office closest to you to see what is available in your area.

WEST CENTRAL MN COMMUNITIES ACTION, INC (WCMCA) .......... 218-685-4486 or 800-492-4805

Main Office: Alexandria Office: Moorhead Office
411 Industrial Park Boulevard 503 Hawthorne St Suite 45 715 11th St N
Elbow Lake MN 56531 Alexandria MN 56308 Moorhead MN 56560
Fax: 218-685-6741 218-685-7201 218-477-1208
Energy Dept. Fax: 218-685-6742 320-304-3458 218-477-1209

Website: www.wcmca.org

MAHUBE-OTWA COMMUNITY ACTION PARTNERSHIP .......... 218-847-1385

Main Office: Fergus Falls Office: Wadena Office
1125 W River Rd 128 W Cavour Ave 311 S Jefferson St
Detroit Lakes MN 56502 Fergus Falls MN 56537 Wadena MN 56482
Fax: 218-847-1388 218-739-3011 218-632-3600
Fax: 218-998-3055 218-998-3055 218-632-3602

ENERGY PROGRAMS:
Conservation Improvement Programs (CIP): Various local utilities provide funding to Community Action Agencies to complete weatherization activities for their customers, which may include replacing inefficient appliances and installing energy efficient LED bulbs. Contact the office closest to you to see if your utility company takes part in this program.

Energy Assistance Program (EAP): Assists income eligible renters and owners with their home energy costs. Eligible households receive assistance paid directly to their energy vendors. When funding allows, households that have an emergency/crisis with their energy needs can apply for additional assistance.

Energy Related Repair Program (ERR): Homeowners eligible for the Energy Assistance Program can apply for repair or replacement assistance with their heating system.

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 children and disabled persons.

FAMILY DEVELOPMENT:
Child Passenger Resource Center: Services provided to teach parents and community partners how to keep children safe in motor vehicles, such as: car seat and booster safety trainings, education and fitting clinics. Car and booster seats are distributed to persons attending the fitting clinics.

Family Assets for Independence in Minnesota Program (FAIM): This is a matched savings program for individuals and families wishing to purchase a home, acquire or expand a small business, or for post-secondary education. Participants may save up to $960 over 2 years which is then matched at a rate of 3 to 1 becoming $3840.

Family Health: Services include health education and counseling, family planning (including birth control and contraceptives), physical exams, pregnancy & HIV testing, sexually transmitted infection screenings, Pap-smear and reproductive life planning. All services are confidential and no one is refused due to inability to pay.
**Father’s Resource Program:** Offers free information and support regarding parenting time, custody, child support and paternity.

**Free Tax Preparation:** Free tax preparation for low-income families. Sites are open January – April and are available to all individuals and families that fall within the IRS annual guidelines.

**Head Start & Early Head Start:** Offers comprehensive services to pregnant Moms and families with children ages birth to five. 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.

**Kinship Support Groups:** Meet regularly to learn about resources and learn from one another about the unique issues involved in raising grandchildren and other relatives’ children. Children participate in activities while adults attend the support group.

**MNsure Navigation Services:** This program offers assistance to customers by guiding them through the process of obtaining affordable health coverage through the MNsure health exchange.

**Parents Love us Kids (PLUS Kids):** This program is designed to provide a positive, physical and emotional safety for the exchange or supervised visitation of children by separated parents in cases where visitation would otherwise be difficult due to issues of conflict or abuse. Supervised telephone calls or Skype visits also available. Contact: Heather M. at 320-762-4100

**HOUSING PROGRAMS:**

**Affordable Housing Program:** Partners with the MN Department of Corrections to build new homes. Homes vary in size and design and can be pre-purchased and built in any of West Central’s service area.

**Emergency Solutions Grant (ESG):** Serves singles or families that are homeless. Can pay for hotel and/or first month’s rent and short-term case-management.

**Family Homeless Prevention and Assistance Program (FHPAP):** Serves singles or families that are or are nearly homeless. Can pay for deposit, rent and short-to mid-term case management.

**Foreclosure Prevention Assistance Programs:** Serves households that are facing or are in danger of foreclosure working with the homeowner and lender until resolution is fully executed or denied.

**Group Cares Camp:** The Group Cares Camp 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 every other year.

**Growing Relations with Outreach Work Through Housing (GROWTH):** The purpose of GROWTH is to meet people with disabilities where they are, link them to services and provide housing options in the community of their choice. Provides education and support to mainstream resources while working with people who are experiencing homelessness or currently residing in facilities.

**Home Stretch Workshops:** These classes provide education on the people and processes involved in purchasing a home. Cost for classes are $45 and a certificate is awarded at the end that assists participants in qualifying for various loan products.

**Housing Counseling Programs:** Provides assistance to first time home buyers in determining how much home they can afford, if they have an adequate credit score to qualify for a loan, what types of down payment and loan products they may be able to access and general information on the process and contacts involved in the home purchasing process.
**Housing Supports:** Provides supplemental services for eligible recipients of Housing Support room and board. The purpose of the supplemental services is to help individuals maintain their housing.

**Lead Testing Program:** The goal of this program is to detect and help prevent exposure of children to this 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.

**Long-Term Homeless Case Management (LTH):** Provides case management for those who have been homeless continuously for more than one year or have had four episodes of homelessness in three years and who qualify for housing assistance. The case manager acts as a guide when facing crisis to not cause future episodes.

**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.

**Rapid Rehousing Program:** A rental subsidy and case management program for families with children who are currently homeless and who with the help of a case manager obtain their own place of residency. Participants are responsible for 30% of their monthly income towards their total rent. The difference between the total rent and their portion will be paid by the program for as long as the client is eligible for the service.

**Small Cities Program:** 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.

**Transitional Housing:** Help to stabilize homeless person’s living situations and help them move toward maintaining permanent home. Case management services are required.

**SENIOR PROGRAMS:**

**In Home Repair Program:** Provides modifications to homes to improve the living environment of elderly individuals age 60 and above.

**Live Well at Home:** Used to support the older population in five major areas: work and retirement, supporting caregivers, fostering communities, improving health and long-term care, & maximizing use of technology.

**Retired and Senior Volunteer Program (RSVP):** Helps individuals 55 and older put their skills and life experiences to work for their communities. Allows you to select from a wide variety of volunteer opportunities while choosing the time commitment that works for your lifestyle.

**Senior Exercise Groups:** Offers senior exercise groups at several different locations.

**Senior Homemaking, Chore and Home Repair Program:** Offers seniors age 60 and over or the disabled meet needs for maintaining safe, healthy and independent living.

**TRANSPORTATION PROGRAMS:**

**Ready Ride:** An advanced reservation, door-to-door ride program that provides a safe, easy, reliable way to get qualified riders where they need to go without the hassle or risk of driving themselves.

**Region Four Transportation Services (R4):** Provides transportation services for parents with a diagnosis of serious mental illness/severe persistent mental illness. For medical rides, some restrictions apply. For non-medical rides there are no restrictions.
CHILD CARE RESOURCES

LAKES & PRAIRIES CHILD CARE AWARE OF MINNESOTA........................................ 877-558-7616

www.childcareawaremn.org

Alexandria Office................................................................. 320-219-6222
Email: dawnb@lakesandprairies.net

Fergus Falls Office................................................................. 218-998-2359
Email: luannh@lakesandprairies.net

Child Care Aware provides helpful, informative consultations to families, including a list of licensed caregivers, as they evaluate and choose appropriate care for their child.
DENTAL RESOURCES

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

Minnesota Oral Health Directory ................................................. www.findadentistmn.org/west-central-minnesota
This is a tool designed to assist in the search of dental clinics that accept public insurance and no insurance. There is a google translate option so people can search in their primary language.

DOUGLAS COUNTY:

Caring Hands Dental Clinic .......................................................... 320-815-5711
2209 Jefferson St, Suite 101A, Alexandria MN  56308    Email: caringhandsdsc@gctel.net
Accepts new patients, infants/toddlers, Medical Assistance and MinnesotaCare

Central MN Pediatric Dentists, P.A ............................................... 320-253-0272
507 N Nokomis St, Suite C, Alexandria MN  56308 Website: www.cmpdsmiles.com
Accepts new patients, Medical Assistance only if referred by another dentist and MinnesotaCare patients up to age 6
Open Mondays Only

Dentistry at the Center ................................................................. 320-762-5216
David Golke DDS, Thomas DeWitt DDS, Paul Odland DDS, Elizabeth Amundson DDS
Website: www.dentistryatthecenter.com    Fax: 320-762-5694
2306 S Broadway, Suite 4, Alexandria MN  56308
Accepts new patients and infants/toddlers

Dr. Haack DDS ............................................................................. 320-763-7484
1400 Hawthorne St, Suite 4, Alexandria MN  56308    Website: www.haackdds.com    Fax: 320-763-6951
Accepts new patients

Dr. Erick Nolting DDS ................................................................. 320-762-0217
1400 Hawthorne St., Suite 3, Alexandria MN  56308 Website: www.drnolting.com
Accepts new patients

Family & Cosmetic Gentle Dentistry ........................................... 320-763-5052
3015 Hwy 29 S, Alexandria MN  56308 Website: www.smilemn.com    Fax: 320-763-5053
Accepts new patients, infants/toddlers, Medical Assistance and MinnesotaCare

Prairie Lakes Dental ................................................................. 320-762-1717
Dr. Kelly L. Bumgamer DDS
2633 Jefferson St, Suite 801, Alexandria MN  56308    Website: www.prairieledental.com
Accepts new patients

Stadsklev Dental ................................................................. 320-762-0100
220 22nd Ave E, Suite 105, Alexandria MN  56308 Website: www.stadsklevdental.com    Fax: 888-763-0267
Accepts new patients

Young At Heart Dentistry ......................................................... 320-763-3113
Dr. Rick Thiery DDS
111 10th Ave E, Alexandria MN  56308 Website: www.youngatheartdentistry.com
Accepts new patients and infants/toddlers
GRANT COUNTY:
Elbow Lake Dental Center ................................................................. 218-685-4710
Dr. Orvin Leis DDS
18 W Division St, PO Box 1032, Elbow Lake MN  56531 Website: www.elbowlakedental.com
Accepts new patients and infants/toddlers

OTTER TAIL COUNTY:
Area Lakes Dental ........................................................................... 218-864-5245
Dr. Todd Smith DDS
412 Lake Ave S, Battle Lake MN  56515 Fax: 218-864-5246
Accepts new patients

Apple Tree Dental Westridge Mall ................................................. 218-998-2218 or 877-998-2218
2001 W Lincoln Ave, Fergus Falls MN  56537 Website: www.appletreedental.org Fax: 218-998-2213
Provides children’s dental outreach clinics in Elbow Lake, New York Mills & Pelican Rapids
Accepts new patients, Medical Assistance and MinnesotaCare, all Head Start Children

Dr. Michael Berglund DDS ................................................................ 218-583-2029
404 Douglas Ave, Henning MN  56551
Accepts new patients

Fergus Falls Community Dental Clinic ......................................... 218-739-7254
1121 Pebble Lake Rd, Fergus Falls MN  56537
Accepts new patients on MA or MinnesotaCare with developmental disabilities, traumatic brain injury, mental
health disabilities or chemical dependency

Hamann Family Dentistry ................................................................. 218-346-4775
200 First Ave, Perham MN  56573 Website: www.hamannfamilydentistry.com
Accepts new patients

Lake Region Family Dental Center .................................................. 218-736-3847
Dr. Terry Drake DDS
210 N Cascade Ave, Fergus Falls MN  56537 Website: www.fergusfallsmndentist.com
Accepts new patients and infants/toddlers (would refer for treatment)

LifeSmiles Dental Center ................................................................. 218-739-2481
Dr. Michael Andrews DDS, Dr. Todd McGovern DDS, Dr. Mitchell Wellman DDS,
Dr. “Bud” Mellon DDS, Dr. Jill Balgaard DDS and Dr. Lauren Herzog, DDS
321 Western Ave, Fergus Falls MN  56537 Website: www.lifesmilesdental.com Fax: 218-739-2178
Accepts new patients and infants/toddlers

Northern Lakes Dental Ltd. ............................................................... 218-736-4000
Dr. Scott Wagnild DDS and Dr. Kelly Schroeder DDS
1108 Western Ave, Fergus Falls MN  56537 Website: www.northernlakesdental.com
Accepts new patients and infants/toddlers

Pelican Dental .................................................................................. 218-863-5858
Dr. David M. Ditch DDS
28 E Mill St., Pelican Rapids MN  56572
Accepts new patients
Whoolery Dentistry, P.C. ............................................................... 218-739-2217
219 E Lincoln Ave, Fergus Falls MN  56537  Email:  dwhoolery@hotmail.com  Fax: 218-739-2443
Practice limited to children up to age 10
Accepts new patients, MinnesotaCare and Medical Assistance

POPE COUNTY:
Dental Health Services ................................................................. 320-634-3556
Dr. Scott W. Ringdahl DDS, Dr. Jeremy Myrom DDS and Dr. Alyssa Gullickson DDS
1616 N Franklin St, Glenwood MN  56334  Website: www.dentalhealthservicesmn.net  Fax: 320-634-3567
Accepts new patients and infants/toddlers

Minnewaska Dental ................................................................. 320-634-4543
Dr. Carl Wallin
101 1st St SW, Glenwood MN  56334  Website: www.minnewaskadental.com  Fax: 320-634-4544
Accepts new patients

STEVENS COUNTY:
Dental Depot ............................................................................. 320-589-4481
Dr. Kevin Williamson DDS and 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, infants/toddlers and Prime West

Morris Dental Clinic ................................................................. 320-589-2161
Dr. Eric Rambow DDS, Dr. Meghan Rambow DDS and Dr. Jenny Perrault DDS
201 E 6th St, Morris MN  56267  Website: www.morrisdentalclinic.com  Fax: 320-589-3149
Accepts new patients, infants/toddlers and Medical Assistance and MinnesotaCare

TRAVERSE COUNTY:
Dr. Michael Marchetti, DDS ..................................................... 320-563-4800
1511 Broadway, Wheaton MN  56296
Email:  mtoothguy54@gmail.com  Fax: 320-563-4840
Accepts new patients, infants/toddlers and limited MA and MinnesotaCare patients

Sisseton Dental Clinic ................................................................. 605-698-3201
Dr. Evan Nelson DDS
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 - Dental Department .......... 605-698-3662
100 Lake Traverse Dr, Sisseton SD  57262  Fax: 605-742-3887
Provides dental services for Native Americans/Alaskan Natives

WADENA COUNTY:
Restemeyer Family Dentistry ..................................................... 218-564-5192
16 Birch Ave NE, Menahga MN 56464
Accepts new patients, infants/toddlers for referral only and Medical Assistance and MinnesotaCare
Reuter Family Dentistry. .................................................. Wadena 218-631-1487 or Perham 218-346-0346
  Dr. Heidi Reuter DDS
  80 Juniper Ave NW, Wadena MN  56482  Fax: 218-631-2972
  929 Market St, Perham MN  56573  Fax: 218-346-5516
  Website: www.reuterfamilydentistry.com
  Accepts new patients, infants/toddlers and offers a Dental Savings Plan

Woodland Dental ............................................................................................................... 218-631-4431
  Dr. Ryan Anderson DDS
  206 1st St SE, Wadena MN  56482
  Website: www.woodlanddental.org  Email: woodlanddental@arvig.net  Fax: 218-631-2926
  Accepts new patients. Medical Assistance and MinnesotaCare patients from Wadena area only

REGIONAL DENTAL CLINICS:

Apple Tree Dental ....................................................................................................... 218-483-1038
  520 Main St, Hawley MN  56549  Website: www.appletreedental.com  Fax: 218-483-1339
  Accepts new patients, Medical Assistance and MinnesotaCare

Central MN Pediatric Dentists, P.A. ............................................................................ 320-253-0272
  1900 CentraCare Circle, Suite 0350, St. Cloud MN  56303  Fax: 320-251-2661
  13046 Falcon Dr, Baxter MN  56425
  570 Humboldt Dr, Suite 102, Big Lake MN  55309
  1100 19th Ave SW, Willmar MN  56201
  Website: www.cmpdsmiles.com
  Accepts new patients, Medical Assistance only if referred by another dentist and
  MinnesotaCare patients up to age 4

K.O.A.L.A. Dental Care (Kids of All Ages Dentistry) ..................................................... 866-337-4897
  Dr. John Collier DDS, Dr. David Collier DDS, Dr. Aruna Rao DDS and Dr. Emma Zimmerman DDS
  1521 Northway Dr, St. Cloud MN  56303
  15860 Audubon Way, Baxter MN  56425
  20 1st Ave S, Buffalo MN  55313
  Website: www.themolardoctors.com  Fax: 320-253-8419
  Accepts new patients (children 8 years old and under only), Medical Assistance and MinnesotaCare

Northland Smiles Dental Care. .......................................................... 800-477-7645 or 218-534-3141
  21343 Archibald Rd, Deerwood MN  56444  Website: www.northlandsmiles.com
  Email: northland@northlandsmiles.com  Fax: 218-534-3949
  Accepts new patients, infants & toddlers, Medical Assistance and MinnesotaCare

Pillager Dental ................................................................. 218-746-4555
  Dr. Fletcher DDS
  727 Buckskin Ave W, Pillager MN  56473  Fax: 218-746-4558
  Accepts new patients, infants/toddlers and MinnesotaCare South Country Health Alliance

Rice Regional Dental Clinic .......................................................... 320-214-2620
  301 Becker Ave SW, Willmar MN  56201  Website: www.ricehospital.com/dental
  Accepts new patients, infants/toddlers, Medical Assistance and MinnesotaCare
**DISABILITY RESOURCES**

**ANDHE DISABILITY SERVICES (ADS) .......................................................... 320-219-7882**  
Email: andhedisabilityservices@gmail.com  
The goal of ADS is to help adults who have physical, mental and/or emotional challenges move toward better living.

**DEAF AND HARD OF HEARING SERVICES ............................................. 800-456-7589**  
Email: dhhs.moorhead@state.mn.us  
The Minnesota Department of Human Services (DHS) provides services and information to help Minnesotans who are deaf, deafblind and hard of hearing and their families.

**DISABILITY LINKAGE LINE (DLL) .............................................................. 866-333-2466**  
Disability Benefits 101 Website: [www.mn.db101.org](http://www.mn.db101.org)  
Free, statewide information and referral resource specifically designed for Minnesotans with disabilities and chronic illnesses.

**PACER CENTER .................................................................................. 800-537-2237 or 952-838-9000**  
Website: [www.pacer.org](http://www.pacer.org)  
Email: PACER@PACER.org  
PACER Center is a Minnesota nonprofit organization that provides services without a fee to families of children and young adults with all disabilities

**SPECIAL EDUCATION COOPERATIVES:**

**Fergus Falls Area Special Ed Co-op 935 .................. 218-998-0935**  
518 Friberg Ave, Fergus Falls MN  56537  
Contact: Wendy Duenow  
Email: wduenow@fergusotters.org  
Fax: 218-998-0055  
Member Districts: Ashby, Battle Lake, Breckenridge, Campbell-Tintah, Fergus Falls, Pelican Rapids, Rothsay and Underwood.

**Freshwater Education District 6004 ....................... 218-631-3505**  
910 Ash Ave NE, Wadena MN  56482  
Website: [www.fed.k12.mn.us](http://www.fed.k12.mn.us)  
Email: lmurdock@fed.k12.mn.us  
Fax: 218-631-3588  

**Midwest Special Ed Co-op 398 ............................... 320-589-4248**  
203 S. Columbia Ave, Morris MN  56267  
Website: [www.midwestspeccoop.net](http://www.midwestspeccoop.net)  
Email: ttravis@morris.k12.mn.us  
Fax: 320-589-0435  
Member Districts: Browns Valley, Clinton-Graceville-Beardsley, Chokio-Alberta, Hancock, Herman-Norcross, Morris Area, West Central Area and Wheaton.

**Runestone Area Education District 6014 ............... 320-763-5559**  
1204 34th Ave W, Alexandria MN  56308  
Website: [www.runestonereaeducationdistrict.whoely.com](http://www.runestonereaeducationdistrict.whoely.com)  
Executive Director: Carla Ptacek  
Office Manager: Heidi Grove  
Fax: 320-762-3370  
Member Districts: Brandon-Evansville, Minnewaska, Osakis and Parkers Prairie.
THE ARC STEVENS COUNTY ........................................................................................ 320-589-3096
Contact: Liz Harris
19032 480th Ave, Morris MN  56267
Email: harri088@fedtel.net  Website: www.arcstevens.org
Arc Stevens County provides advocacy and support for people with developmental disabilities and their families in the Stevens County area.

THE ARC MN WEST CENTRAL REGION ........................................................................ 218-233-5949
Contact: Donna Atherton
810 4th Ave S #134, Moorhead MN  56560
Email: donnaatherton@arcminnesota.org  Website: https://arcminnesota.org/regions/west-central/
Arc helps address the concerns of families of children with intellectual and developmental disabilities. Arc offers a variety of support systems to families including resource and referral services, advocacy, educational workshops and social activities.

THE WINDMILL PROJECT ............................................................... 320-763-9228 or 320-634-4446
Website: www.windmillproject.org  Email: madecoli@runestone.net
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.

WORK INCENTIVES CONNECTION ............................................................................. 800-976-6728
Website: www.goodwileasterseals.org/services/work-incentives-connection
Answers questions about the impact of work on Social Security Disability Insurance, Supplemental Security Income, Medical Assistance, Medicare, Food Support, subsidized housing and other benefit programs used by people with disabilities. If needed, Connection staff research complicated issues and assist individuals in advocating directly with government representatives.
EDUCATIONAL RESOURCES

ADULT BASIC EDUCATION ................................................................. 800-222-1990

Visit the Minnesota Literacy Council Website: www.mnliteracy.org/hotline to find your local office.
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. 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 with 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 age 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 Age Child Care: Provides a safe and alternative environment for children before and after school and on non-school days.

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:
Alexandria Family School ............................................................. 320-762-3305
Community Education ................................................................. 320-762-3310
Early Education Center ............................................................... 320-762-3305
ECF ......................................................................................... 320-762-3305
ECSE ...................................................................................... 320-762-3305
School Age Child Care ................................................................. 320-762-3310
School Readiness ....................................................................... 320-762-3305

Schools located within District 206:

<table>
<thead>
<tr>
<th>School Name</th>
<th>Grades</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carlos Elementary</td>
<td>K-5</td>
<td>20 Douglas Ave N, Carlos</td>
<td>320-852-7181</td>
</tr>
<tr>
<td>Garfield Elementary</td>
<td>K-5</td>
<td>303 Sanstead St E, Garfield</td>
<td>320-762-3350</td>
</tr>
<tr>
<td>Lincoln Elementary</td>
<td>K-5</td>
<td>1120 Lark Ave, Alexandria</td>
<td>320-762-3320</td>
</tr>
<tr>
<td>Miltona Science Magnet Elem.</td>
<td>K-5</td>
<td>271 Dale St, Miltona</td>
<td>877-736-1419</td>
</tr>
<tr>
<td>Voyager Elementary</td>
<td>K-5</td>
<td>203 Voyager Dr, Alexandria</td>
<td>320-762-3325</td>
</tr>
<tr>
<td>Woodland Elementary</td>
<td>K-5</td>
<td>1410 S McKay Ave, Suite 101, Alexandria</td>
<td>320-762-3300</td>
</tr>
<tr>
<td>Discovery Middle School</td>
<td>6-8</td>
<td>510 N McKay Ave, Alexandria</td>
<td>320-762-7900</td>
</tr>
<tr>
<td>Alexandria Area High School</td>
<td>9-12</td>
<td>4300 Pioneer Rd SE, Alexandria</td>
<td>320-762-2142</td>
</tr>
</tbody>
</table>

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: Grades K-12, Before and After School Program, Community Education, ECFE & School Readiness

Battle Lake Public School District 542 ........................................................................ 218-864-5215
402 Summit St W, Battle Lake MN 56515
Website: www.battlelake.k12.mn.us Fax: 218-864-8651

Services Offered: Grades K-12, After School Program, Community Education, ECFE, ECSE & School Readiness

Brandon-Evansville Public School District 2908 ....................................................... 320-834-4084 or 218-948-2241
Website: www.b-e.k12.mn.us Fax: 320-524-2228 or 218-948-2441

Services Offered: Grades K-12, Before & After School Program, ECFE, ECSE, School Readiness & Summer Rec

<table>
<thead>
<tr>
<th>Campus Name</th>
<th>Grades</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brandon Campus</td>
<td>Pre K-3</td>
<td>206 W 3rd St., Brandon</td>
<td>320-834-4084</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td></td>
<td>320-524-2263</td>
</tr>
<tr>
<td>Evansville Campus</td>
<td>4-5</td>
<td>123 2nd Ave, Evansville</td>
<td>218-948-2241</td>
</tr>
<tr>
<td></td>
<td>6-8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 Email: dpikarski@brownsvalley.k12.mn.us Fax: 320-695-2868

Services Offered: Grades K-8, Pre-K Program, After School Program, Community Ed, ECFE, ECSE
Chokio-Alberta Public School District 771 ................................................................. .320-324-7131
311 West 1st St, PO Box 68, Chokio MN  56221
Website:  www.chokioalberta.k12.mn.us   Fax:  320-324-2731
Email Contact:  Tate @ tjerome@chokioalberta.k12.mn.us
ECFE/ECSE Contact:  Kim @ kmarty@chokioalberta.k12.mn.us
Services Offered: Grades K-12, ECFE, ECSE

Fergus Falls Public School District 544 ................................................................. 218-998-0544 x9006
601 Randolph Ave, Fergus Falls MN  56537
Website:  www.isd544.org   Fax:  218-755-5000
Services Offered:  Adult Basic Ed, Area Learning Center, Community Education, ECFE, ECSE, Preschool

<table>
<thead>
<tr>
<th>School Name</th>
<th>Grades</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>McKinley Elementary School</td>
<td>K-1</td>
<td>724 W Laurel, Fergus Falls</td>
<td>218-998-0544 x9500</td>
</tr>
<tr>
<td>Adams Elementary School</td>
<td>1-2</td>
<td>301 W Bancroft, Fergus Falls</td>
<td>218-998-0544 x9300</td>
</tr>
<tr>
<td>Cleveland Elementary School</td>
<td>3-4</td>
<td>919 Northern Ave, Fergus Falls</td>
<td>218-998-0544 x9400</td>
</tr>
<tr>
<td>Kennedy Secondary School</td>
<td>5-12</td>
<td>601 Randolph Ave, Fergus Falls</td>
<td>218-998-0544 Middle School x9643 High School x9600</td>
</tr>
</tbody>
</table>

Glacial Hills Elementary School District 4168 .................................................. .320-239-3840
610 W 6th St  PO Box 189, Starbuck MN  56381
Website:  www.glacialhills.org   Email:  nrapp@glacialhills.org or  dmathias@glacialhills.org
Services Offered: Grades K-6 & After School Program, Preschool Program for 3 & 4 year olds

Hancock Public School District 768 ........................................................................... .320-392-5621
371 Hancock Ave, Hancock MN  56244
Website:  www.hancock.k12.mn.us   Fax:  320-392-5156
Services Offered: Grades K-12, Preschool, ECFE & Community Education

Henning Public School District 545 ........................................................................... 218-583-2927
500 School Ave, Henning MN  56551
Website:  www.henning.k12.mn.us   Fax:  218-583-2312
Services Offered: Grades K-12, Community Education, ECFE, ECFE Home Visits and ECSE

Herman-Norcross Community School District 264 ..................................................... .320-677-2291
504 Lois Ave N, Herman MN  56248
Website:  www.hncs.k12.mn.us   Email:  rbleichnera@hncs.k12.mn.us
Services Offered: Grades K-12, ECFE

Menahga Public School District 821 ......................................................................... 218-564-4141
216 Aspen Ave SE, PO Box 160, Menahga MN  56464
Website:  www.menahga.k12.mn.us   Fax:  218-564-5401
Services Offered: Grades K-12, Community Education
Minnewaska Area Public School District 2149 .......................................................... 320-239-4820
25122 State Hwy 28, Glenwood MN  56334
Website:  www.minnewaska.k12.mn.us  Fax:  320-239-1360
Services Offered:
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:

<table>
<thead>
<tr>
<th>School Name</th>
<th>Grades</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minnewaska Area Elementary</td>
<td>K-4</td>
<td>409 4th St. SE, Glenwood</td>
<td>320-634-4567</td>
</tr>
<tr>
<td>Minnewaska Area Middle School</td>
<td>5-8</td>
<td>25122 State Hwy 28, Glenwood</td>
<td>320-239-4800</td>
</tr>
<tr>
<td>Minnewaska Area High School</td>
<td>9-12</td>
<td>25122 State Hwy 28, Glenwood</td>
<td>320-239-4800</td>
</tr>
<tr>
<td>Minnewaska Schools-Starbuck Campus</td>
<td></td>
<td>500 John St., PO Box 10, Starbuck</td>
<td>320-239-2257</td>
</tr>
</tbody>
</table>

Morris Area Public School District 2769 .......................................................... 320-589-4840
201 S. Columbia Ave, Morris MN  56267
Website:  www.morris.k12.mn.us  Fax:  320-585-2208
Services Offered: Community Education, ECFE and ECSE

Schools located within District 769:

<table>
<thead>
<tr>
<th>School Name</th>
<th>Grades</th>
<th>Address</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>Morris Area Elementary</td>
<td>K-6</td>
<td>151 S. Columbia Ave, Morris</td>
<td>320-589-1250</td>
</tr>
<tr>
<td>Morris Area High School</td>
<td>7-12</td>
<td>201 S. Columbia Ave, Morris</td>
<td>320-589-4840</td>
</tr>
</tbody>
</table>

New York Mills Public School District 553 .................................................................. 218-385-2553
209 Hayes Ave, New York Mills MN  56567
Website:  www.nymills.k12.mn.us  Fax:  218-385-2551
Services Offered: Grades K-12, After School Daycare, ECFE, ECSE

Osakis Public School District 213 ............................................................................... 320-859-2191
PO Box X, 500 1st Ave E, Osakis MN  56360
Website:  www.osakis.k12.mn.us  Fax:  320-859-2835
Services Offered: ECFE, ECSE, Learning Readiness

Parkers Prairie Public School District 547 .................................................................. 218-338-6011
411 S. Otter Ave, PO Box 46, Parkers Prairie MN  56361
Website:  www.isd547.com  Fax:  218-338-4077
Services Offered: ECFE, ECSE, School Age Child Care, School Readiness

Schools located within District 547:

<table>
<thead>
<tr>
<th>School Name</th>
<th>Grades</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Parkers Prairie Elementary School</td>
<td>K-6</td>
<td>518 S. McConnell Ave, Parkers Prairie</td>
<td>218-338-4079</td>
</tr>
<tr>
<td>Parkers Prairie High School</td>
<td>7-12</td>
<td>411 S. Otter Ave, Parkers Prairie</td>
<td>218-338-6011</td>
</tr>
</tbody>
</table>

Pelican Rapids Public School District 548 .................................................................. 218-863-5910
310 S. Broadway, PO Box 642, Pelican Rapids MN  56572
Website:  www.pelicanrapids.k12.mn.us  Fax:  218-863-5915
Services Offered: ECFE, ECSE, Preschool, Community Education, Club Vikes, Alternative Learning Center

Schools located within District 548:

<table>
<thead>
<tr>
<th>School Name</th>
<th>Grades</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viking Elementary School</td>
<td>K-6</td>
<td>1 Viking Dr., Pelican Rapids</td>
<td>218-863-2911</td>
</tr>
<tr>
<td>Pelican Rapids High School</td>
<td>7-12</td>
<td>310 S. Broadway, Pelican Rapids</td>
<td>218-863-5910</td>
</tr>
</tbody>
</table>
Perham-Dent Public School District 549 ................................................................. 218-346-4501
200 5th St SE, Perham MN 56573
Website:  www.perham.k12.mn.us    Fax:  218-346-4506
Services Offered: Community Education, ECFE, ECSE, Area Learning Center, Prairie Lakes Education Center
Schools located within District 549:

<table>
<thead>
<tr>
<th>School</th>
<th>Grades</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart of the Lakes Elementary</td>
<td>K-6</td>
<td>810 2nd Ave SW, Perham</td>
<td>218-346-5437</td>
</tr>
<tr>
<td>Prairie Wind Middle School</td>
<td>7-9</td>
<td>480 Coney St, Perham</td>
<td>218-346-1700</td>
</tr>
<tr>
<td>Perham High School</td>
<td>10-12</td>
<td>200 5th St SE, Perham</td>
<td>218-346-6500</td>
</tr>
</tbody>
</table>

Rothsay Public School District 850 .............................................................. 218-867-2116
2040 Co Rd 52, Rothsay MN 56579
Website:  www.rothsay.k12.mn.us   Email: Wade @ wjohnson@rothsay.k12.mn.us   Fax:  218-867-2376
Services Offered: Grades K-12, Community Education, ECSE, Preschool

Sebeka Public School District 820 ................................................................. 218-837-5101
200 1st St NW, PO Box 249, Sebeka MN 56477
Website:  www.sebeka.k12.mn.us    Email: jhuotari@g.sebeka.k12.mn.us
Services Offered: Grades Preschool-12, Community Education, ECFE, ECSE, School Readiness and Little Trojans Preschool

Verndale Public School District 818 ............................................................. 218-445-5184
411 SW Brown St, Verndale MN 56481
Website:  www.verndaleschool.org   Fax:  218-445-5185
Services Offered: Grades K-12, Preschool Plus, ECFE, ECSE, After School Program, Community Education

Underwood Public School District 550 ......................................................... 218-826-6101
100 Southern Ave E, Underwood MN 56586
Website:  www.underwood.k12.mn.us   Fax:  218-826-6310
Services Offered: Grades K-12, Community Education, ECFE, ECSE, Preschool

Wadena-Deer Creek School District 2155 ....................................................... 218-632-2155
600 Colfax Ave SW, Wadena MN 56482
Website:  www.wdc2155.k12.mn.us    Fax:  218-632-2399
Services Offered:
Community Education  218-632-2396  srentz@wdc2155.k12.mn.us
ECFE  218-632-2364  lries@wdc2155.k12.mn.us
ECSE  218-632-2398  kthoennes@wdc2155.k12.mn.us
Preschool  218-632-2364  lries@wdc2155.k12.mn.us
Schools located within District 2155:

<table>
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<tr>
<th>School</th>
<th>Grades</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>WDC Elementary School</td>
<td>K-4</td>
<td>215 Colfax Ave SW</td>
<td>218-632-2400</td>
</tr>
<tr>
<td>WDC Middle/High School</td>
<td>5-12</td>
<td>600 Colfax Ave SW</td>
<td>320-632-2300</td>
</tr>
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</table>

West Central Area School District 2342 ....................................................... 320-528-7300
301 Co Rd 2, Barrett MN 56311
Website:  www.isd2342.org        Fax:  320-528-2609
Services Offered: Community Education, ECFE, ECSE, Preschool, School Readiness & Wrap Around After School Care
Schools located within District 2342:

<table>
<thead>
<tr>
<th>School</th>
<th>Grades</th>
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<tbody>
<tr>
<td>West Central Area North</td>
<td>Pre K-4</td>
<td>411 1st St SE, Elbow Lake</td>
<td>218-685-7500</td>
</tr>
<tr>
<td>West Central Area South</td>
<td>Pre K-4</td>
<td>31 N Central Ave, Kensington</td>
<td>320-965-7600</td>
</tr>
<tr>
<td>West Central Area High School</td>
<td>5-12</td>
<td>301 Co Rd 2, Barrett</td>
<td>320-528-7300</td>
</tr>
</tbody>
</table>
Wheaton Public School District 803 .................................................................................. 320-563-8282
1700 3rd Ave S, Wheaton MN 56296
Website: www.wheaton.k12.mn.us
Services Offered: Before and After School Program, Community Education, ECFE & School Readiness

Schools located within District 803:

<table>
<thead>
<tr>
<th>Elementary School</th>
<th>Grades</th>
<th>Address</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Pearson Elementary School</td>
<td>Pre K-5</td>
<td>710 4th Ave N, Wheaton</td>
<td>320-563-8191</td>
</tr>
<tr>
<td>Wheaton High School</td>
<td>6-12</td>
<td>1700 3rd Ave S, Wheaton</td>
<td>320-563-8282</td>
</tr>
</tbody>
</table>

UNIVERSITY OF MINNESOTA EXTENSION ........................................................................ www.extension.umn.edu
Douglas County................................................................. 320-762-3890
Grant County ............................................................................. 218-685-8323
Otter Tail County East ......................................................... 218-385-5420
Otter Tail County West .......................................................... 218-998-8760
Pope County .............................................................................. 320-634-7734
Stevens County ........................................................................ 320-208-6575
Traverse County ....................................................................... 320-422-7729
Wadena County .......................................................................... 218-631-7623

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, Pope, Stevens and Traverse Counties........... 320-251-7641
Otter Tail County................................................................. 701-364-1800
Wadena County ................................................................. 612-871-7676
Provides emergency services to families such as feeding, shelter, guidance or counseling.

**CHILDREN’S SERVICES ASSOCIATION........................................................... 218-739-4209**
23364 Parkdale Beach Rd, Fergus Falls MN  56537
Email: lomoatch@prtel.com
A United Way program that assists children (0-18 years) and families in need of support for medical expenses or other direct needs only when no other funding is available.

**HEATSHARE STATEWIDE LINE ........................................................................... 800-842-7279**
Douglas, Grant, Otter Tail, Pope and Stevens Counties....... 888-220-4808
Traverse and Wadena Counties ................................. 800-842-7279
HeatShare is a Salvation Army program that provides emergency utility assistance for people with no place left to turn.

**HOLIDAY RESOURCES:**
Various resources such as: Angel Tree, Empty Stocking Fund, Jingle Bells, Toys for Tots, etc. may be available in your community during the Holiday Season (typically October through December) to help those that are having a hard time making ends meet. If you find you need these services, please start by calling your local Social Service Agency to see what is available in your area or talk to your Head Start Teacher.

**PARENT SUPPORT OUTREACH PROJECT ................................. Call your local Social Service Agency**
Families struggling with parenting issues may receive short-term help with their specific needs, such as housing, transportation, parent education, child development activities, child care or other services.

**POISON CONTROL CENTER .............................................................................. 800-222-1222**
Website: www.mnpoison.org

**SALVATION ARMY: .................................................................................... www.salvationarmynorth.org**
Douglas County................................................................. 651-746-3407
Grant County ................................................................. 218-685-8200
Otter Tail County ............................................................ 218-739-9692
Pope County ................................................................. 651-746-3407
Stevens County ............................................................... 320-208-6600
Traverse County ............................................................... 651-746-3407
Wadena County ............................................................... 218-632-3600
Contact:  Lynn N.
Provides assistance to individuals and families to overcome daunting obstacles, such as disaster services, emergency financial assistance, emergency shelter, youth camping activities and other adult services.
SOMEPLACE SAFE (24-hour crisis line) .................................................. 800-974-3359
Website:  www.someplacesafe.info

Douglas County ............................................................... 320-762-1995
700 Cedar St, Suite 237, Alexandria MN  56308
WCMCA PLUS Kids Parenting Time Center:  320-762-4100

Grant County ............................................................... 218-685-4203
32 Central Ave, Suite 6, Elbow Lake MN  56531

Otter Tail County Fergus Falls Office ........................................ 218-739-2853
106 S Union Ave, Fergus Falls MN  56538
Parenting Time Center:  218-739-3132

Otter Tail County Perham Office ........................................ 218-346-7276
155 5th St NE, Perham MN  56573
Parenting Time Center:  218-298-1501

Pope County ............................................................... 320-634-3483
625 Lakeshore Dr Suite B140, Glenwood MN  56334
Parenting Time Center:  320-424-2301

Stevens County ............................................................... 320-589-3208
206 Atlantic Ave, Morris MN  56267
Parenting Time Center:  320-321-5149

Traverse County ............................................................... 320-563-4121
15 10th St S, PO Box 63, Wheaton MN  56296

Wadena County ............................................................... 218-631-3311
309 S Jefferson St, Wadena MN  56482

Confidential advocacy services free of charge to victims, survivors and families of domestic violence, sexual assault and general crimes. Parenting Time Centers are designed to assure that children can have safe and conflict-free access to parents through a variety of services delivered by trained providers.

SOMEPLACE SAFE TRAFFICKING/EXPLOITATION/SAFE HARBOR .................. 800-974-3359
Someplace Safe’s Safe Harbor programming supports at-risk, sexually exploited and trafficked youth age 24 and under. They will be treated with dignity and respect, directed to supportive services, shelter and housing that meet their needs and recognize their right to make their own choices.
EMPLOYMENT RESOURCES

DOHERTY STAFFING SOLUTIONS............................................................................................................................... www.doherty.com
Alexandria ................................................................................................................................................................. 320-763-3121
315 Nokomis St, Suite 102, Alexandria MN  56308

Fergus Falls ............................................................................................................................................................... 218-531-2040
112 S Court St, Fergus Falls MN  56537

Perham ...................................................................................................................................................................... 218-346-7749
155 2nd St SW, Suite A, Perham MN  56573
Offers full-service direct or contract placement staffing solutions.

INTERNET RESOURCES FOR JOB SEEKERS:

www.careeronestop.org  www.careerwise.minnstate.edu  www.indeed.com
www.simplyhired.com  www.linkup.com

MANPOWER, INC....................................................................................................................................................... www.manpower.com
Alexandria ................................................................................................................................................................. 320-763-9899
507 N Nokomis St, Suite E, Alexandria MN  56308
Permanent, temporary, and temporary to permanent employment opportunities as well as help with career
planning, and resume writing and interview preparation.

MINNESOTA WORKFORCE CENTER ......................................................................................................................... 888-438-5627
Website:  www.careerforcemn.com

Alexandria................................................................. 320-762-7800
303 22nd Ave W, Suite 107, Alexandria MN  56308

Detroit Lakes.......................................................... 218-846-7377
803 Roosevelt Ave, Detroit Lakes MN  56501

Fergus Falls.............................................................................. 218-739-7560
125 W Lincoln Ave, Suite 1, Fergus Falls MN  56537

Wadena.............................................................................. 218-631-7660
124 1st St SE, Suite 2, Wadena MN  56482
Resume and cover letter writing assistance, job search assistance and various workshops available.

PEOPLE READY ......................................................................................................................................................... www.peopleready.com
Alexandria................................................................. 320-762-2001
507 22nd Ave E, Unit 5, Alexandria MN  56308

Perham.............................................................................. 218-210-9675
330 W Main St, Unit C, Perham MN  56573
Experienced in developing customized programs for long and short term, seasonal and direct hire placement.
FAMILY SERVICES RESOURCES

ALANON & ALATEEN .................................................................................................................. 888-425-2666
Minnesota Meeting Locator: ............................................ www.al-anon.alateen.org
Al-Alon 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
Alcoholics Anonymous is a fellowship of men and women who help each other to stay sober. They offer help to anyone who has a drinking problem and wants to do something about it.

BEYOND THE YELLOW RIBBON ....................................................................................... 888-282-4858
https://mnbtyr.ng.mil/
Beyond the Yellow Ribbon is a comprehensive program that creates awareness for the purpose of connecting Service members and their families with community support, training, services and resources.

BRIDGE TO BENEFITS .............................................................................................. www.bridgetobenefits.org
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.

COUNTY WEB SITES:
Douglas County............................................................. www.co.douglas.mn.us
Grant County ............................................................. www.co.grant.mn.us
Otter Tail County.......................................................... www.co.ottertail.mn.us
Pope County ............................................................... www.co.pope.mn.us
Stevens County ........................................................... www.co.stevens.mn.us
Traverse County ........................................................... www.co.traverse.mn.us
Wadena County ............................................................ www.co.wadena.mn.us

FORGOTTEN CHILDREN'S FUND............................................................ Contact your local Social Service Agency
The Forgotten Children’s Fund is a one-time reimbursement that foster parents or other children services providers may ask for to purchase needed items, up to $300 per child may be requested.

GRANT COUNTY CHILD AND YOUTH COUNCIL ........................................................... 218-685-4587
Website: www.co.grant.mn.us/182/Child-Youth-Council Email: cycmail@wca.k12.mn.us
The overall 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.

HELP ME GROW ................................................................................................. 866-693-4769
Website: www.helpmegrowmn.org
Provides resources on child development and referrals for children with developmental concerns may be made through this website.

INTERNAL REVENUE SERVICE (IRS) ........................................................................... 800-829-1040
Website: www.irs.gov

LAKES AREA RECREATION................................................................................. 320-762-2868
720 Fillmore St, Suite B020, Alexandria MN  56308 Website: www.lakesarearecreation.com
Variety of services, classes and recreational activities available.
LEE COMMUNITY CENTER .......................................................................................... 320-589-4585
101 Co Rd 22, Morris MN  56267
Website: www.mbastorm.com Email: morrishockeyassoc@gmail.com
The Lee Community Center is available for a variety of services such as open skating, broom ball, rollerblading, and space available for shows, meetings, birthday parties, etc. A walking track is available year-round.

LEGAL SERVICES OF NORTHWEST MINNESOTA......................................................... 320-762-0663
426 Broadway, Alexandria MN  56308 Website:  www.lsnmlaw.org
Provides civil legal services without charge to low-income people and senior citizens. Our first goal is to help protect children living in violent households. 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.

LIFE CONNECTIONS ................................................................................................... 320-762-1224
1114 Broadway St, Suite 5, Alexandria MN  56308 Website: www.lifeconnectionsmn.org
Offers a wide range of free services for families in need including parenting education, life coaching, maternity and baby clothing and supplies, diapering supplies, community referrals, pregnancy testing and more. Also offers Red Cross First Aid/CPR/AED certification for a small fee. No income or residency requirements.

LOVE INC OF DOUGLAS COUNTY ................................................................................ 320-759-3022
44 Glenn Rd NW, Alexandria MN  56308
Website: www.loveincdouglas.org
Hours: Mon, Wed, Fri 9:30 am-Noon, Tues & Thurs 9:30 am-2:30 pm
Assists with meeting needs such as clothing, personal hygiene, shoes, school supplies, Christmas gifts, and furniture/household items; as well as life skills training & other resources for residents of Douglas County.

MINNESOTA BETTER BUSINESS BUREAU ................................................................... 651-699-1111
Website: www.bbb.org/minnesota

MINNESOTA CHILD SUPPORT ONLINE ...................... www.childsupport.dhs.state.mn.us/Action/Welcome
This online site provides information about the child support program, options for making child support payments, general case information and financial history.

MINNESOTA HELP INFO ............................................................................................. 800-333-2433
Website: www.minnesotahelp.info
Online directory of services designed to help people in Minnesota find human services, information and referral, financial assistance and other forms of help.

NARCOTICS ANONYMOUS (NA) .................................................................................. 877-767-7676
Minnesota Meeting Locator: ................................................................. www.naminnesota.org
NA is a nonprofit Fellowship or society of men and women for whom drugs have become a major problem and who now meet regularly to help each other stay clean.

PELICAN RAPIDS CITY POOL ..................................................................................... 218-863-5641
Sherin Park, Hwy 108 E, Pelican Rapids MN  56572
Swimming lessons, Pre-K and parent & child aquatics offered as well as water aerobics and open swim.

POPE COUNTY FAMILY COLLABORATIVE ................................................................. 320-634-3909
131 Minnesota Ave E, Glenwood MN  56334 Email: famcolab@charter.net
Families and children will be supported by matching outreach services using the wraparound process.
PUBLIC LIBRARIES ........................................................................................................... www.viking.lib.mn.us

- Browns Valley Public Library .............................................................. 320-695-2318
- Douglas County Public Library .......................................................... 320-762-3014
- Elbow Lake Thorson Memorial Library .......................................... 218-685-6850
- Fergus Falls Public Library ............................................................... 218-739-9387
- Glenwood Public Library ..................................................................... 320-634-3375
- Hancock Community Library .............................................................. 320-392-5666
- Morris Public Library ........................................................................ 320-589-1634
- New York Mills Public Library ............................................................ 218-385-2436
- Pelican Rapids Public Library ............................................................... 218-863-7055
- Perham Area Public Library ................................................................. 218-346-4892
- Wheaton Community Library ............................................................... 320-563-8487

QUITPLAN .................................................................................................................. 888-354-7526
Website: www.quitplan.com
Free support that provides tools and services to help smokers conquer their addiction and become 100% tobacco free.

REGIONAL FITNESS CENTER ...................................................................................... 320-589-6485
626 E 2nd St, Morris MN  56267 Website:  www.regionalfitnesscenter.com

SENIOR LINKAGE LINE ............................................................................................... 800-333-2433
Website: www.seniorlinkageline.com
The Senior LinkAge® is a free service offered by the State of Minnesota which makes it easy for older adults and their families to find community services or plan for their future.

SOCIAL SECURITY ADMINISTRATION ....................................................................... 800-772-1213
Website: www.ssa.gov
Assistance with social security benefits, retirement, Medicare enrollment and social security cards.

SOCIAL/ HUMAN SERVICE AGENCIES:
- Douglas County Social Services...................................................... 320-762-2302
- Grant County Social Services ......................................................... 218-685-8200
- Otter Tail County Human Services-Fergus Falls ......................... 218-998-8230
- Otter Tail County Human Services-New York Mills ................. 218-385-5450
- Pope County Human Services ...................................................... 320-634-7755
- Stevens County Human Services .................................................. 320-208-6600
- Traverse County Social Services .................................................. 320-422-7777
- Wadena County Human Services ................................................... 218-631-7605

TAXPAYER RIGHTS ADVOCATE .............................................................................. 651-312-7999
Website: www.irs.gov/advocate
Represents the interests and promotes the rights of taxpayers who have a legitimate complaint with the Department of Revenue.
UNITED WAY
DOUGLAS & POPE COUNTIES ................................................................. 320-834-7800
503 Hawthorne St, PO Box 1148, Alexandria MN 56308  Website: www.uwdp.org

OTTER TAIL & WADENA COUNTIES ........................................................... 218-736-5147
120 E Washington Ave, Fergus Falls MN 56537  Website: www.uwotw.org

PERHAM SATELLITE OFFICE ............................................................... 218-770-9406
665 SW 3rd St, Suite 107, Perham MN 56573
United Way offers many programs to help families create long lasting changes that prevent problems from happening in the first place.

UNITED WAY 211 .................................................................................. 211
Website: www.211unitedway.org
United Way 211 is a free, confidential over-the-phone service where people can call to find community resources that can help them, their family, neighbors and friends.

WEST CENTRAL INITIATIVE ................................................. 218-739-2239
1000 Western Ave, PO Box 318, Fergus Falls MN 56538  Web: www.wcif.org
Provides resources to help families and communities in West Central Minnesota thrive.

YMCA ........................................................................................................
www.ymca.net

Alexandria ................................................................. 320-834-9622
110 Karl Dr NW, Alexandria MN 56308  Website: www.alexandriaymca.com

Fergus Falls ................................................................. 218-739-4489
1164 N Friberg Ave, Fergus Falls MN 56537  Website: www.fergusfallsymca.org
Amenities included in a YMCA membership include: group exercise classes, child watch, swimming pool, gymnasium and state of the art cardio and strength equipment.
**FINANCIAL FITNESS RESOURCES**

**Annual Free Credit Report:** Receive a free annual credit report from each of the three main credit bureaus at [www.annualcreditreport.com](http://www.annualcreditreport.com).

The **Family Assets for Independence in Minnesota** program is offered through West Central MN Communities Action, Inc. FAIM is a matched savings project that assists households to build assets by helping people change spending and savings behaviors, including consumer debt reduction. *Please call 800-492-4805 for more information.*

For information on the financial counseling programs and debt management offered through **Lutheran Social Services**, visit their website at [www.lssmn.org/debt](http://www.lssmn.org/debt) or call 1-888-577-2227.

Check with your local **University of Minnesota Extension Office** or visit their website at [www.extension.umn.edu/family/personal-finance](http://www.extension.umn.edu/family/personal-finance) for financial information including budgeting assistance programs in your area.

Visit the **The Village Financial Resource Center** website at [www.helpwithmoney.org](http://www.helpwithmoney.org) to see financial resources available or to schedule an appointment with a financial counselor, call 1-800-450-4019.
FOOD RESOURCES

BOUNTFUL BASKETS .................................................................................... www.bountifulbaskets.org
Bountiful Baskets is a not-for-profit food co-op for families that want to have more fresh produce for less money. In order to participate, you must set up a free account on the website. Once you set-up your account, you pay your contribution fee ($15 for a conventional produce basket filled with a half and half mix of fruits and vegetables or an organic basket for $25) and choose a location to pick up your basket.

FARMERS MARKETS:
Looking for locally grown produce and foods for your family to enjoy? Check out the Farmer's Markets in your area! Please check to see if your local Farmer's Markets accept your EBT card.

www.minnesotagrown.com  www.localharvest.org

FOOD DISTRIBUTIONS:
Food Distributions are held monthly at various locations as funding allows. The only qualification for these distributions is that you eat. You are asked to bring your own bags, boxes, or baskets.

Ruby's Pop-up Pantry ........................................... www.rubyspantry.org
Fergus Falls: Church of the Nazarene 1st Monday at 5:30 pm
Menahga: Assembly of God 3rd Saturday at 9:00 am
Perham: St. Paul's Lutheran Church 4th Saturday at 9:30 am

United Way Mobile Food Drops ......................................... 320-834-7800
Alexandria: New Life Christian Church 4th Thursday at 9 am
Glenwood: Glenwood United Parish 2nd Tuesday at 11 am

FOOD SHELVES .............................................................................................. www.hungersolutions.org

Douglas County:
Douglas County Outreach ................................................................. 320-762-8411
1205 Lake St, Alexandria MN 56308 Website: www.outreachfoodshelf.org
Mon 9:00 am-7:00 pm, Tues, Wed, Thurs 9:00 am-3:00 pm, Fri 9:00 am-2:00 pm

Grant County:
Grant County ................................................................. 218-685-4176
1311 Hwy 79 E, Elbow Lake MN 56531
Tues & Thurs 9:00-11:00 am

Hoffman-Kensington Area ................................................................. 320-288-6276
109 Main Ave, Hoffman MN 56339
Email: hkareafoodshelf@gmail.com
Tues & Wed 11:00 am-1:00 pm and 1st Sat. of month by appointment only
Otter Tail County:
Battle Lake Emergency Food Shelf.................................................. 218-826-7079
205 W Main St, Battle Lake MN  56515
   Contact: Eulene Traen
   Thurs 2:00-6:00 pm

Fergus Falls Community............................................................... 218-739-2971
1521 1st Ave N, Fergus Falls MN  56538
   Mon, Wed & Fri 1:00-4:00 pm

Henning Community................................................................. 218-583-2136
604 2nd St, Henning MN  56551
   Email: henningfoodshelf@gmail.com
   Hours: Mon 3:30-5:00 pm

New York Mills ................................................................. 218-385-3339
400 S Walker Ave, New York Mills MN  56567
   Email: wcwarner@arvig.net
   Last Mon of the month 9:00 am-12:00 pm

Pelican Rapids Community ...................................................... 218-863-3663
28 W Mill St, Pelican Rapids MN  56572
   Email: prfoodshelf@loretel.net
   Tues 10:00 am-1:00 pm and 1st Tues of Month 4:00-6:00 pm

Prairie Food Shelf .............................................................. 218-338-5731
309 Otter Ave S, Parkers Prairie MN  56361
   Mon, Wed, Fri 9:00 am-12:00 pm
   Located in the basement of First Evangelical Lutheran Church

Salvation Army Fergus Falls....................................................... 218-739-9692
622 E Vernon Ave, Fergus Falls MN  56537
   A supplemental food shelf during business hours by appointment only Mon-Fri 11:30 am to 4:00 pm

The Bridge Community Pantry...................................................... 218-346-6181
501 4th Ave NW, Perham MN  56573
   Website: www.thebridgepantry.org       Email: thebridgepantry@arvig.net
   Every Tues 8:00 am-12:00 pm and 1st Tues of month 8:00 am-12:00 pm and 3:00-5:00 pm
   Mobile Pantry: 1st Tuesday - Richville and Ottertail and 1st Wednesday - Vergas & Dent

Pope County:
Hearts & Hands Pope County Food Shelf....................................... 320-634-3408
206 6th Ave NW, PO Box 32, Glenwood MN  56334
   Mon & Wed 2:30-4:30 pm and last Tues of each month 4:30-6:30 pm

Stevens County:
Stevens County................................................................. 320-589-7436
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
Traverse County:
Browns Valley .......................................................... 320-695-2467
106 4th St S, Browns Valley MN 56219
Tues 1:00-3:00 pm
Mailing Address: 406 Oak St SE, Browns Valley MN 56219

Traverse County .......................................................... 320-815-9696
15 S 10th St, Wheaton MN 56296
1st Thurs 1:00-4:00 pm, 2nd Tues 5:00-7:00 pm, 4th Thurs 1:00-3:00 pm

Wadena County:
Menahga Area .......................................................... 218-564-6143
120 1st St NE, PO Box 243, Menahga MN 56464
First & Third Wednesday 4:00-6:00 pm

Sebeka .......................................................... 218-472-3288
100 Jefferson Ave S, Sebeka MN 56477
Thurs 5:00-7:00 pm

Verndale Area .......................................................... 218-451-9768
402 NE Clark Dr, Verndale MN 56481
www.facebook.com/verndalefoodshelf
Mon & Thurs 9:00 am-12:30 pm and 1st Thurs 5:00-7:00 pm

Wadena .......................................................... In person only
205 Aldrich Ave SE, Wadena MN 56482
Mon & Thurs 9:00 am-12:00 pm and 2nd & 4th Wed 5:00-6:30 pm

WOMEN, INFANTS & CHILDREN (WIC) ........................................ www.health.state.mn.us/wic
Douglas County .......................................................... 320-763-7805
Grant County .......................................................... 218-685-8295
Otter Tail County .......................................................... 218-998-8324
Pope County .......................................................... 320-634-7822
Stevens County .......................................................... 320-208-6670
Traverse County .......................................................... 320-422-4807
Wadena County .......................................................... 218-631-7629

The WIC Program is a nutrition and breastfeeding program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition, and stay healthy through nutrition education and foods. Some of the foods available through the WIC program include: Fresh or frozen fruit and vegetables, baby formula and food, milk, pasta, cereal, yogurt, cheese, eggs, peanut butter and much more.
HOUSING RESOURCES

HABITAT FOR HUMANITY

- Douglas County: 320-762-4255
  1211 N Nokomis NE, Alexandria MN 56308
  Website: www.hfhdouglascounty.org
  Email: info@hfhdouglascounty.org
  Alexandria Habitat for Humanity Restore: 320-759-1989

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

- Otter Tail County: 218-736-2905
  421 W Fir Ave, Fergus Falls MN 56537
  Website: www.fergushabitat.org
  Email: fergushabitat@yahoo.com

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

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.

Habitat for Humanity ReStores are retail outlets where quality used, and surplus building materials are sold at a fraction of normal prices. Check out websites to locate the ReStore closest to you.

HOME LINE

- 866-866-3546
  Website: www.homelinemn.org

HOME Line offers free legal advice to Minnesota tenants on our hotline service. You can also directly communicate with experienced housing attorneys via email and responses are usually given within one business day, and we can often direct you to online resources such as forms and cases relevant to your issue.

HOUSING AND REDEVELOPMENT AUTHORITY (HRA):

- Douglas County: 320-762-3849
  1224 N Nokomis, PO Box 965, Alexandria MN 56308
  Email: hra@rea-alp.com
  Fax: 320-762-3034

- Grant County: 218-685-8240
  10 2nd Ave NE, Elbow Lake MN 56531
  Website: www.co.grant.mn.us/236/Housing
  Email: denise.derby@co.grant.mn.us
  Fax: 218-685-4498

- Otter Tail County: 218-739-3249
  1151 Friberg Ave, Fergus Falls MN 56537
  Website: www.fergusfallshra.com
  Email: ffhra@prtel.com
  Fax: 218-736-4706

- Pope County: 320-634-7847
  130 Minnesota Ave E, Glenwood MN 56334
  Website: www.popecountyhra.com
  Email: pchra-eda@co.pope.mn.us
Stevens County .......................................................................... 320-208-6559
100 S. Columbia Ave, Morris MN  56267
Website:  www.co.stevens.mn.us  Email:  melaniefohl@co.stevens.mn.us  Fax: 320-585-5144
Wadena County ......................................................................... 218-631-7723
222 2nd St SE, Wadena MN  56482
Website:  www.wadenahousing.org  Email:  housing@wadenahra.com  Fax: 218-631-7709
Section 8 rental assistance program and HUD low income public housing.  May also offer home rehabilitation programs. Call your local HRA to see what housing services are available for you.

LANDLORDS & TENANTS: RIGHTS AND RESPONSIBILITIES HANDBOOK:
Website:  www.ag.state.mn.us/consumer/Handbooks/LT
Certain rights and duties apply to landlords and tenants everywhere in Minnesota. This handbook attempts to explain those rights. This booklet should not be considered legal advice to use in resolving specific landlord-tenant problems or questions. It is a summary of the laws that govern the landlord-tenant relationship.

RURAL DEVELOPMENT ............................................................................................... 320-763-3191
900 Robert St NE, Suite 103, Alexandria MN  56308
Website:  www.rd.usda.gov/mn
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/ CELL PHONE DISCOUNTS:
LI FELINE PROGRAM................................................................. 855-455-8477

www.assurancewireless.com
www.lifewireless.com
www.safelinkwireless.com
Provides qualified users a discount on monthly charges for the primary phone line, and some plans offer free cell phones with limited free talk and text. Each household can only have one Lifeline phone – either wireless or landline. The Telephone Assistance Plan (TAP) program provides an additional monthly credit for LifeLine subscribers. If you want a discount on your landline, contact your local telephone company.

LI NK-UP MI NNESOTA................................................................. Contact your local telephone company
Pays up to 50% of home phone installation/connection charges. Also provides for deferred payment of your share of connection charges without interest. Does not apply to cell phones.
LEGISLATIVE RESOURCES

Below is a list of representation in our 7 County area.
To get an exact listing of legislators representing you by your address go to:
www.gis.leg.mn/iMaps/districts/

MINNESOTA CONGRESSIONAL REPRESENTATION IN WASHINGTON, D.C.:
Senator Amy Klobuchar............................................................... 202-224-3244
Senator Tina Smith ..................................................................... 202-224-5641
Congressman Collin Peterson ...................................................... 202-225-2165

MINNESOTA LEGISLATIVE RESOURCES:
Governor Tim Walz..................................................................... 800-657-3717
www.mn.gov/governor

Lieutenant Governor Peggy Flanagan ........................................... 800-657-3717
www.mn.gov/governor

Attorney General Keith Ellison ..................................................... 800-657-3787
www.ag.state.mn.us

MINNESOTA SENATE: ................................................................. www.senate.leg.state.mn.us
Senator Paul Gazelka................................................................. 651-296-4875
Senator Bill Ingebritsens ......................................................... 651-297-8063
Senator Paul Utke ................................................................... 651-296-9651
Senator Torrey Westrom ....................................................... 651-296-3826

MINNESOTA HOUSE OF REPRESENTATIVES: .................................... www.house.leg.state.mn.us
Representative Paul Anderson .................................................... 651-296-4317
Representative Jeff Backer ....................................................... 651-296-4929
Representative Mary Franson ............................................... 651-296-3201
Representative Steve Green ................................................... 651-296-9918
Representative Bud Nornes .................................................... 651-296-4946
Representative John Poston .................................................... 651-296-4293
**MEDICAL RESOURCES**

**Douglas County Medical Clinics:**
Alexandria Clinic .......................................................................................... 320-763-5123 or 800-646-4220  
610 30th Ave W, Alexandria MN  56308  Website:  www.alomerehealth.com  Fax:  320-763-7883

Broadway Sanford Health .................................................................................. 320-762-0399  
1527 Broadway, Alexandria MN  56308  Website:  www.sanfordhealth.org  Fax:  320-762-6828

Easton Place Sanford Health ............................................................................... 320-763-0144  
510 22nd Ave E, Suite 602, Alexandria MN  56308  Website:  www.sanfordhealth.org

Evansville Prairie Ridge Health ....................................................................... 218-948-2040  
649 ½ State St, Evansville MN  56326  Website:  www.prairiehealth.org

Midway Medical Center ................................................................................. 320-763-6452  
119 30th Ave W, Alexandria MN  56308  Website:  http://midwaymedicalclinic.doctorsoffice.net

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

**Grant County Medical Clinics:**
Ashby Lake Region Healthcare ....................................................................... 218-747-2293  
110 Co Rd 82 E, Ashby MN  56309  Website:  www.lrhc.org

Ashby Prairie Ridge Health ............................................................................... 218-747-2293  
110 Co Rd 82 NE, Ashby MN  56309  Website:  www.prairiehealth.org

Elbow Lake Prairie Ridge Health ..................................................................... 218-685-7300  
1411 Hwy 79 E, Elbow Lake MN  56531  Website:  www.prairiehealth.org

Herman Coteau des Prairies ............................................................................ 320-677-2220  
204 5th St E, Herman MN  56248  Website:  www.cdphealth.com

Herman Prairie Ridge Health ............................................................................ 320-677-2221  
204 5th St E, Herman MN  56248  Website:  www.prairiehealth.org

Hoffman Prairie Ridge Health ......................................................................... 320-986-2038  
114 Main Ave, Hoffman MN  56339  Website:  www.prairiehealth.org

**Otter Tail County Medical Clinics:**
Battle Lake-Lake Region Healthcare ................................................................ 218-864-8283 or 888-314-5783  
410 Lake Ave S, Battle Lake MN  56515  Website:  www.lrhc.org

Detroit Lakes Hwy 10 Essentia Health ......................................................... 218-846-9981  
1361 Wenner Rd, Detroit Lakes MN  56501  Website:  www.essentiahealth.org

Detroit Lakes St. Mary’s Essentia Health ...................................................... 218-844-2347  
1027 Washington Ave, Detroit Lakes MN  56501  Website:  www.essentiahealth.org

Detroit Lakes Sanford Health ........................................................................ 218-846-2000  
1245 Washington Ave, Detroit Lakes MN  56501  Website:  www.sanfordhealth.org  Fax:  218-846-2114
Fergus Falls Lake Region Healthcare
111 W Vernon Ave, Fergus Falls MN 56537
Website: www.lrhc.org
Walk-In Clinic: 218-739-6800
2311 W Lincoln Ave, Fergus Falls MN 56537

Henning Tri-County Health
401 Douglas Ave, Henning MN 56551
Website: www.tchc.org

New York Mills Sanford Health
20 W Centennial 84 Dr, New York Mills, MN 56567
Website: www.sanfordhealth.org
Fax: 218-385-1830

Otter Tail Sanford Health
105 Otter Dr, Ottertail MN 56571
Website: www.sanfordhealth.org
Fax: 218-367-6110

Otter Tail Tri-County Health
232 MN Hwy 78 N, Otter Tail MN 56571
Website: www.tchc.org

Parker Prairie Sanford Health
115 E Soo St, Parkers Prairie MN 56361
Website: www.sanfordhealth.org
Fax: 218-338-4016

Pelican Rapids St. Mary's Essentia Health
301 N Broadway, Pelican Rapids MN 56572
Website: www.essentiahealth.org

Pelican Rapids Sanford Health
211 E Mill St, Pelican Rapids MN 56572
Website: www.sanfordhealth.org
Fax: 218-863-6173

Perham Sanford Health
1000 Coney St W, Perham MN 56573
Website: www.sanfordhealth.org
Fax: 218-347-1290

Pope County Medical Clinics:
Glenwood Glacial Ridge Health
10 4th Ave SE, Glenwood MN 56334
Website: www.glacialridge.org
Fax: 320-634-2244

Starbuck SCMC
501 Poler St, Starbuck MN 56381
Website: www.scmcinc.org
Fax: 320-239-2802

Starbuck Glacial Ridge Health
707 E 7th St, Starbuck MN 56381
Website: www.glacialridge.org

Stevens County Medical Clinics:
Hancock Swift County Benson Health
668 Atlantic Ave, Hancock MN 56244
Website: www.scbh.org

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

Stevens Community Medical Center
400 E First St, Morris MN 56267
Website: www.scmcinc.org
Fax: 320-589-1065

Traverse County Medical Clinics:
Browns Valley Coteau des Prairies
404 W. Broadway, Browns Valley MN 56219
Website: www.cdphealth.com
<table>
<thead>
<tr>
<th>Health Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Graceville Essentia Health</td>
<td>115 W 2nd St, Graceville MN 56240, Phone: 320-748-7223, Website: <a href="http://www.essentiahealth.org">www.essentiahealth.org</a>, Fax: 320-748-8204</td>
</tr>
<tr>
<td>Ortonville Area Health Services</td>
<td>450 Eastvold Ave, Ortonville MN 56278, Phone: 320-839-6157, Website: <a href="http://www.oahs.us">www.oahs.us</a>, Fax: 320-839-3851</td>
</tr>
<tr>
<td>Wheaton Sanford</td>
<td>401 12th St N, Wheaton MN 56296, Phone: 320-563-8226, Website: <a href="http://www.sanfordhealth.org">www.sanfordhealth.org</a>, Fax: 320-563-8014</td>
</tr>
<tr>
<td>Woodrow Wilson Keeble Memorial Health Care Center</td>
<td>100 Lake Traverse Dr, Sisseton SD 57262, Phone: 605-698-7606, Fax: 605-742-3882</td>
</tr>
</tbody>
</table>

**Wadena County Medical Clinics:**

<table>
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<tr>
<th>Health Service</th>
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<tbody>
<tr>
<td>Bertha Tri-County Health</td>
<td>214 1st St NW, Bertha MN 56437, Phone: 218-924-2250, Website: <a href="http://www.tchc.org">www.tchc.org</a>, Fax: 218-924-2257</td>
</tr>
<tr>
<td>Menahga Essentia Health</td>
<td>212 Aspen Ave NE, Menahga MN 56464, Phone: 218-564-4131, Website: <a href="http://www.essentiahealth.org">www.essentiahealth.org</a>, Fax: 218-564-5287</td>
</tr>
<tr>
<td>Sebeka Tri-County Health</td>
<td>106 Minnesota Ave, Sebeka MN 56477, Phone: 218-837-5333, Website: <a href="http://www.tchc.org">www.tchc.org</a></td>
</tr>
<tr>
<td>Verndale Tri-County Health</td>
<td>102 Farwell St S, Verndale MN 56481, Phone: 218-445-5990, Website: <a href="http://www.tchc.org">www.tchc.org</a></td>
</tr>
<tr>
<td>Wadena Tri-County Health</td>
<td>4 Deerwood Ave N, Wadena MN 56482, Phone: 218-631-3510, Website: <a href="http://www.tchc.org">www.tchc.org</a></td>
</tr>
</tbody>
</table>

**COMMUNITY UNCOMPENSATED CARE**

Contact your local Hospital for details.
Free or below-cost hospital care for individuals without health insurance.

**HEALTH RESOURCES CENTER**

Phone: 218-736-6050, Texting Number: 218-736-9366

Website: www.hrcff.org, Email: office@hrcff.org

Free and confidential services include: pregnancy tests, prenatal vitamins, first trimester ultrasound, STI testing and treatments, life coaching and the Earn While You Learn Program (participants earn credits to purchase gift cards and items in our baby boutique.) Education classes include: pregnancy, child birth prep, parenting, relationships, money management and much more.

**INFANT SEE**

Phone: 888-396-3937

Website: www.infantsee.org

InfantSEE® is a public health program designed to ensure that eye and vision care becomes an essential part of infant wellness care to improve a child's quality of life. Participating optometrists provide a comprehensive infant eye assessment between 6 and 12 months of age as a no-cost public service.
INVISION EYE CARE ................................................................................................... 218-736-5609
810 N. Baird, Fergus Falls MN 56537  Website: www.ffvision.com
Services provided for nearly all aspects of vision care including vision therapy for learning difficulties, eye
teaming dysfunctions, lazy eye, sports and much more.

LIONS EYE HEALTH PROGRAM (LEHP) ........................................................................ www.lionsclubs.org
Sight programs and services including vision screenings and 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.

MNSURE ..................................................................................................................... 855-366-7873
Website: www.mnsure.org
MNsure is Minnesota’s health insurance marketplace where individuals, families and small businesses can shop,
compare and choose health insurance coverage. It’s the only place to apply for financial help to lower the cost
of your health care coverage.

MORRIS LIFE CARE PREGNANCY CENTER ............................................................... 320-589-0300
615 Atlantic Ave, Morris MN  56267  Website:  www.optionsmorris.com
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
PAF is a national non-profit organization that seeks to solve insurance and healthcare access problems.

PATIENT ADVOCATE FOUNDATION CO-PAY RELIEF ........................................... 866-512-3861
Website:  www.copays.org
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
700 Cedar St, Alexandria MN 56308  Website: www.plannedparenthood.org  Fax: 320-762-8418
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
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.
PUBLIC HEALTH:

Douglas County Horizon Public Health .......................................................... 320-763-6018
809 Elm St, Suite 1200, Alexandria MN 56308
Website: www.horizonpublichealth.org Fax: 320-763-4127

Grant County Horizon Public Health ............................................................. 218-685-8295
15 Central Ave N, Elbow Lake MN 56531
Website: www.horizonpublichealth.org Fax: 218-685-6714

Pope County Horizon Public Health .............................................................. 320-634-7822
211 E Minnesota Ave, Glenwood MN 56334
Website: www.horizonpublichealth.org Fax: 320-634-0159

Otter Tail County Public Health ................................................................. 218-998-8320
560 Fir Ave W, Fergus Falls MN 56537
Website: www.ottertailcountymn.us/department/public-health/ Fax: 218-998-8352

Otter Tail County New York Mills Public Health ............................................. 218-385-5500
118 N. Main Ave, New York Mills MN 56567
Website: www.ottertailcountymn.us/department/public-health/ Fax: 218-385-3852

Stevens County Horizon Public Health ......................................................... 320-208-6670
10 E Hwy 28, Morris MN 56267
Website: www.horizonpublichealth.org Fax: 320-589-7433

Traverse County Horizon Public Health ........................................................ 320-422-7806
202 8th St N, Wheaton MN 56296
Website: www.horizonpublichealth.org Fax: 320-563-0104

Wadena County Public Health ........................................................................ 218-631-7629
22 Dayton Ave SE, Wadena MN 56482
Website: www. http://www.co.wadena.mn.us/212/Public-Health Fax: 218-631-7632

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

BEHAVIORAL MEDICINE ........................................................................................................... 320-589-7625
800-568-5955 (24 Hour Crisis Line)
Stevens Community Medical Center
400 E 1st St, Morris MN 56267
Email: ksundheim@scmcinc.org Fax: 320-589-7686
Outpatient mental health program, individual counseling, psychological testing, marriage counseling, and psychiatrist services. We do not turn people away because of financial issues.

BRIDGEWAY BEHAVIORAL HEALTHCARE SERVICES .................................................. 218-736-8000
712 Cascade St S, Fergus Falls MN 56537
Website: www.lrhc.org/services-bridgeway-behavioral-health
Bridgeway Care Unit provides short term treatment for persons 14 years of age or older suffering from a mental health disorder or problem.

COMMUNITY PARTNERS DROP-IN CENTER ................................................................ 320-634-0888
125 East Minnesota Ave, Glenwood MN 56334
A multi-purpose facility where adults with mental illnesses may socialize and learn skills to manage their lives in a safe, supportive environment.

CRISIS TEXT LINE ............................................................................................... Text MN to 741741
Minnesota’s suicide prevention and mental health crisis texting services are available 24 hours a day, 7 days a week. Free support to connect you to local resources in your community.

LAKELAND MENTAL HEALTH CENTER ........................................................................ 800-223-4512
Website: www.lmhc.org
Alexandria......................................................... 320-762-2400
702 34th Ave E, Alexandria MN 56308
Detroit Lakes............................................... 218-847-1676
928 8th St SE, Detroit Lakes MN 56501
Fergus Falls..................................................... 218-736-6987
980 S Tower Rd, Fergus Falls MN 56537
Glenwood ...................................................... 320-634-3446
100 17th Ave NW, Suite 2, Glenwood MN 56334
Perham......................................................... 218-736-6987
300 West Main St, Perham MN 56573
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.
LUTHERAN SOCIAL SERVICE OF MINNESOTA (LSS) ................................................... 800-582-5260
Website: www.lssmn.org
Alexandria ........................................................................................................... 320-762-5124
507 22nd Ave E, Suite 1, Alexandria MN 56308
Contact: Jody Shaskey-Setright Email: jshaskey@lssmn.org Fax: 320-762-2422
Detroit Lakes ....................................................................................................... 218-847-0629
211 Holmes St W, Suite 302, Detroit Lakes MN 56501
Fergus Falls ......................................................................................................... 218-736-5431
731 Western Ave N, Fergus Falls MN 56537
Counseling, Employee Assistance Program, family based services, therapeutic foster care, person/social awareness program, dynamics of self, domestic abuse program, child/parent mediation, 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 SERVICES ................................................................ 320-239-2257
500 John St., Starbuck MN 56381
Email: kquade@isd2149.org
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.

MOBILE MENTAL HEALTH CRISIS RESPONSE:
The Mobile Crisis Outreach team provides mental health crisis services around-the-clock, 365-days-a-year for children, adults and families. The crisis team’s mental health professionals and practitioners show up to directly help people at hospital emergency departments, homes, law enforcement facilities, and other settings with crisis intervention, assessment, and stabilization services.

Douglas, Grant, Pope, Stevens & Traverse......................... 701-364-0431
Otter Tail County................................................................. 800-223-4512
Wadena County................................................................. 800-462-5525

NORTHERN PINES MENTAL HEALTH CENTER ......................................................... 218-631-1714
11 2nd St SW, Wadena MN 56482 Website: www/npmh.org
Provides a full range of mental health services to all ages.

PSYCHOLOGICAL ASSOCIATES OF ALEXANDRIA ............................................. 320-762-1762
324 Broadway, Suite 206, Alexandria MN 56308 Website: www.psychologicalassociates.net
Counseling and therapy services and psychological assessments to children, families & adults.
SOLUTIONS BEHAVIORAL HEALTHCARE PROFESSIONALS, INC

Alexandria ................................................................................................. 320-762-5411
512 30th Ave E, Suite 100, Alexandria MN 56308

Detroit Lakes ........................................................................................ 218-844-6853
1104 W River Rd, Detroit Lakes MN 56501

Fergus Falls ........................................................................................... 218-998-2992
1806 Fir Ave E, Suite 200, Fergus Falls MN 56537

Provides intensive behavioral intervention services for children and adults with behavioral disturbances, mental health problems, developmental disabilities and related disorders.

THE VILLAGE FAMILY SERVICE CENTER.................................................... www.thevillagefamily.org

4133 Iowa St, Suite 105, Alexandria MN 56308................................. 320-762-8851
910 Lincoln Ave, Detroit Lakes MN 56501................................. 800-627-8220
220 Washington Ave W, Suite 104, Fergus Falls MN 56537 ....... 218-739-5213
150 2nd St SW, Perham MN 56573 .............................................. 800-627-8220

Children and divorce education, preventive in-home counseling, financial resource center, family-based services and youth services.
## THRIFT STORE RESOURCES

### DOUGLAS COUNTY:
- **Klothes Kloset**
  - Address: 660 Northside Dr, Alexandria MN 56308
  - Contact: 320-763-9888

- **Someplace Safe Thrift Store**
  - Address: 690 Voyager Dr, Suite 106, Alexandria MN 56308
  - Contact: 320-763-4677

### GRANT COUNTY:
- **Ashby Caring Neighbors Free Store**
  - Address: 101 Melby Ave, Ashby MN 56309
  - Contact: caringneighborsashby@gmail.com

  Free store with Give Away the 2nd and 3rd weekend of every month. The store will be open Friday and Saturday from 9:00 am to 2:00 pm. Variety of gently used clothing, bedding, kitchen & bathroom décor and some furniture.

- **Bargain Bazaar Thrift Store**
  - Address: 28 Central Ave S, Elbow Lake MN 56531
  - Contact: 218-685-4236

- **Second Chance Thrift Store**
  - Address: 102 Main St, Ashby MN 56309
  - Contact: 218-747-2020

### OTTER TAIL COUNTY:
- **Crosspoint Baby Bin & Tot Time**
  - Address: 600 8th St. NE, Perham MN 56573
  - Contact: 218-346-4673

  Baby Bin provides diapers and supplies for “WIC” recipients on the first Tuesday of each month from 9:00 am to 4:00 pm. Tot Time is also held on the first Tuesday of each month, from 9:00-11:00 am. Tot Time is a fun time for kids ages birth to 5 years to play, sing & read books together. Also a great place for parents to share parenting stories and connect with other parents of young children.

  Website: [www.crosspointalliance.com](http://www.crosspointalliance.com)  
  Email: office@crosspointalliance.com

- **Fergus Falls Goodwill Fashion & Value**
  - Address: 204 W. Cavour Ave, Fergus Falls MN 56537
  - Contact: 218-998-3444

  Website: [www.goodwillduluth.org](http://www.goodwillduluth.org)

- **Fergus Falls Salvation Army Thrift Store**
  - Address: 917 S Pebble Lake Rd, Fergus Falls MN 56537
  - Contact: 218-739-3448

- **Henning Salvation Army Thrift Store**
  - Address: 510 Douglas Ave, Henning MN 56551
  - Contact: 218-548-3200

- **Perham Calvary Lutheran Church Community Outreach**
  - Address: 619 3rd Ave SW, Perham MN 56573
  - Contact: 218-346-4780

  Website: [www.calvaryperham.com/outreach](http://www.calvaryperham.com/outreach)

  Provides beds and frames, kitchen tables & chairs, couches, lamps, pots, bakeware, etc.

- **Re-Use-It Thrift Shop**
  - Address: 225 E. Main St., Perham MN 56573
  - Contact: 218-346-2616

- **Richville United Methodist Church Clothing Mission**
  - Address: 130 1st Ave SW, Richville MN 56576
  - Contact: 218-346-5656
POPE COUNTY:
Pope County Hearts & Hands Clothes Closet................................................................. 320-634-3408
206 6th Ave NW, PO Box 32, Glenwood MN  56334
Mon-Thur 10:00 am-3:00 pm

STEVENS COUNTY:
Hancock Clothing Bank .............................................................................................. 320-287-1414
Atlantic Ave, Hancock MN  56244
Salvation Army Thrift Store ....................................................................................... 320-589-0483
623 E 7th St., Morris MN  56267
2nd Chance Consignment ......................................................................................... 320-589-1559
632 Atlantic Ave, Morris MN  56267
Email:  2ndchance211@gmail.com
Someplace Safe Thrift Store ...................................................................................... 320-585-6614
708 Atlantic Ave, Morris MN  56267

TRAVERSE COUNTY:
Broadway Thrift & Things ....................................................................................... 320-563-0748
1116 Broadway Ave, Wheaton MN  56296

WADENA COUNTY:
Rising Phoenix New To You Thrift Store................................................................. 218-631-2113
204 Bryant Ave SE, Wadena MN 56482
Treasure Trove Thrift Store ..................................................................................... 218-837-5182
305 5th St SW, Sebeka MN 56477
Email:  wcdac@wcta.net
TRANSPORTATION RESOURCES

DOUGLAS COUNTY CAR CARE PROGRAM ................................................................. 320-460-7911
110 6th Ave E., Suite 3, Alexandria MN  56308
Website: www.douglascountycarcare.org Email: info@douglascountycarcare.org
DCCCP assists individuals in Douglas County Minnesota that are challenged with transportation issues by providing them with a donated vehicle or repairing their car if they own the vehicle but can’t afford the essential maintenance.

FRIENDLY RIDER TRANSIT ........................................................... 218-631-5730 OR 888-773-5500
229 Harry Rich Dr, Wadena MN 56482
Website: www.friendlyrider.com
Low cost public transportation serving every community in Wadena County. Wheelchair and handicapped accessible. Call or see website for schedules and rates.

GRANT COUNTY VOLUNTEER DRIVER PROGRAM ........................................... 218-685-8220
PO Box 1006, Elbow Lake MN  56531
Contact: Katie Ennen, Coordinator Email: katie.ennen@co.grant.mn.us
Volunteer driver services available daily for travel in and throughout the area.

MORRIS TRANSIT ....................................................................................................... 320-589-1000
609 Oregon Ave, Morris MN 56267
Website: www.ci.morris.mn.us/transit
Low cost public transportation. Handicap accessible.

OTTER EXPRESS ............................................................................. 218-998-3002 or 866-998-3002
1205 North Tower Rd, Fergus Falls MN  56537
Website: www.otterexpress.com
Public Transportation System available to certain areas of Otter Tail, Clay and Wilkin counties. Curb to Curb services are offered with special care given to children & seniors.

RAINBOW RIDER ........................................................................................................ 800-450-7770
249 Poplar Ave, Lowry MN 56349
Website: www.rainbowriderbus.com Fax: 320-283-5066
Rainbow Rider is your door to door public transit system available to residents of Douglas, Grant, Pope, Stevens, Todd and Traverse Counties. Buses are handicapped accessible and have professional drivers with training in defensive driving and passenger assistance. Rainbow Rider offers reasonable fares with tickets and punch cards available.
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