 

 Community Resource Guide

 

Fillmore County

 

Introduction

This guide is provided as a resource for families in Fillmore County. The challenges of raising a family can be rewarding, demanding, confusing, and sometimes stressful. It is hoped that this publication and the many resources listed within will be a help in addressing life’s day to day challenges.

Please note that this guide also includes resources and agencies that address issues associated with children and adults who may have special needs in any of all areas of life. Every resource or agency available, the material enclosed is a place to start when seeking information or assistance.

While no guide can contain every resource or agency available, the material enclosed is a place to start when seeking information or assistance.

All material contained in this resource is provided for informational purposes and does not imply endorsement of any service or organization. You are encouraged to research any service or agency prior to use.



 Update 2018

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Crisis, Emergency and Informational Services.

American Red Cross…………………………………………………………………507-287-2200

310 14th St. SE. Rochester

Chatfield Police Department……..…………………………………………..……...507-867-3331

Crime Victims Services…………………………………………………..………….507-765-2341

Crisis Nursery (24 hours)………………...………………………..………..……….877-434-9599

Crisis Response for SE MN…………………………….……………...……………844-274-7472

Emergency-Fire, Police, Ambulance…………………………………………………………...911

Fillmore County Sheriff………………………………………………..…..………..507-765-3874

Fillmore County Social Services……………………………..……………………...507-765-2175

902 Houston St. Suite 1, Preston

Child Protective, and social services, Vulnerable Adult and Financial Services including medical assistance.

Fillmore Family Resources……………………………………….507-765-2316 or 800-500-2316

 P.O. Box 308 Preston

Victim advocacy services

First Call for Help…….………………………………...…………………...………800-362-8255

A 24 hour telephone helping service providing information and referral, telephone counseling and crisis intervention

National Alliance on Mental Illness (NAMI SE MN)……...……....……………….507-287-1692

National Center for Missing and Exploited Children………………………………..800-843-5678

National Poison Control Center…………………..………..………………………..800-222-1222

National Runaway Hotline……………..…………………………..………………..800-621-4000

National Suicide Prevention Hotline.……………………...……………….800-273-8255(TALK)

Rapeline Sexual Assault Program 24hours……..………..………………………….507-289-0636

Road Conditions………………………..………………..…………………………..800-542-0220

Spring Valley Police Departme.……………………………………………..………507-346-2700

St. Mary’s Hospital….……………………………………………………...……….507-255-5123

University of Minnesota County Extension Services……………………………….507-765-3896

902 Houston St. NW, Preston

Vulnerable Adults/Minnesota Adult Abuse Reporting Center.………...…….……. 844-880-1574

Zumbro Valley Health Center…………………………………………………….…507-289-2089

Adult Education/Literacy

Workforce Development Center-Adult Literacy/GED Testing

 Preston Site…………………………………………………………………..507-765-2476

 Rushford Site………………………………………………………………...507-864-7065

Community education classes are provided by individual’s school districts for their home communities. Please see school district listings for contact information to request class schedules and other information.

Hawthorne Education Center…………………………………………....…………..507-328-4440

 Adult and Family Literacy Program

 700 4th Ave SE, Rochester

 English language and GED preparation.

Child Care

Birthright…………………………………………………………………………….507-288-9374

 830 S. Broadway, Rochester

Pregnancy services such as pregnancy test, maternity clothing, diapers, shampoo, and baby wash, etc. Can be used once a month. No income limit. Just need picture ID.

Catholic Charities……………………………………………………………………800-222-5859

 903 West Center Street #220

 Free confidential adoption and pregnancy counseling

Family First of Minnesota…………………………………………………………...507-287-2020

 126 Woodlake Drive SE, Rochester

Child and adult care food program, child care assistance, head start, resource and referral, school readiness, PARRK (parents and relatives raising kids)

Fillmore County Social Services………....………………………………………….507-765-2175

 902 Houston St. NW Preston

Administers child care assistance program for Fillmore Co. residents. Child care referral services including lists of licensed child care providers. Provides licensing services for family child care providers.

Clothing and Household Goods

Catch My Thrift……………………………………………………………...............507-533-4401

200 Main St. N, Stewartville

Children’s Exchange and Maternity Exchange……………………………...............507-289-9374

 1249 SE Marion Rd, Rochester

Community Clothesline……………………………………………………...............507-282-8050

814 11th Ave NE, Rochester

Generations of Harmony…………………………………………………………….507-886-6660

Goodwill Store………………………………………………………………………507-281-9651

 239 28th St. SE, Rochester

 1450 Gilmore Ave, Winona…………………………………………………………………507-454-4817

Grace Place Inc……………………………………………………………………....507-452-2283

 66 E. 2nd St. Winona

 110 W. Jessie St. Rushford…………………………………………………………………..507-864-2324

Once Upon A Child………………………………………………………………….507-252-5090

Restore-Habitat for Humanity……………………………………………………….507-258-5505

 3034 40th Ave NW Rochester

 Mon/Thur/Fri 12 – 6p.m

Saturday 9a.m- 4p.m

Salvation Army Thrift Store…………………………………………………………507-281-1561

 201 9th St. SE, Rochester

 1443 W. Service Dr. Winona…………………………………………………………….….507-474-2400

Savers………………………………………………………………………………..507-536-2564

 1201 S Broadway, Suite B

Sparrow’s Closet…………………………………………………………………….507-273-9460

108 N Broadway Ave, Spring Valley

Thrift of 5th...………………………………………………………………………………………………………………507-289-4019

 400 5th Ave SW, Rochester

 Wed 4p.m – 7p.m Sat 9a.m – 12p.m

Adult clothing - $1.00; Children’s .50c Limit 10 items per person

Thrifty Threads………………………………………………………………………507-765-4707

 106 Main St. SE, Preston

Dental

Apple Tree Dental…………………………………………………………………...507-424-1040

 973 Skyline Drive SW

General dental care, ages 1 or older, and all MA, MNCare, private insurance and sliding fee if eligible

Children’s Dental Health Services…………………………………………………..507-273-7257

 Fillmore County Public Health 902 Houston St. NW, Preston

 Preventive dental care, ages 14 and younger, all MA and MNCare.

Community Dental Care…………………..…………………………………………507-258-4046

 1926 College View Rd SE Heintz Center, Rochester #116

 2120 US 14E…...507-258-7934

Good Samaritan Dental Care………………………………………………………...507-529-4100

 120 N. Broadway, Suite B

Emergency dental care only, ages 6 and older, all MA, MNCare, and sliding fee for those without insurance.

Medica Delta Dental…………………………………………………………………800-459-8574

RCTC Dental Hygiene Clinic……………………………………………………….507-280-3169

 1926 College View Rd. SE Heintz Center, #216

Preventive dental care, including x-rays, cleaning, fluoride treatment, and sealants. Most private insurance and MA plans.

Spring Valley Dental Center……………...…………………………………………507-346-7281

UCARE Dental Hotline……………………………………………………………...800-235-0564

Drug/Alcohol/Addictions Treatment

Common Ground…...507-281-0023

 1027 7th St. NW #207

Detox Center………………………………………………………………………...507-281-6248

 343 Woodlake Dr. Rochester

Fillmore County Social Service……………………………………………………..507-765-2175

 902 Houston St. NW Preston

Fountain Center……………………………..……………………………………….507-252-0818

 4122 18th Ave NW, Rochester

Gables Recovery Home……………………………………………………………...507-282-2500

 604 5th St SW, Rochester

Guest House Rehab………………………………………………………………….507-299-1142

 4800 48th St. NE, Rochester

Hiawatha Valley Mental Health Center……………………………………………..507-454-4341

Mark Perkins Counseling……………………………………………………………507-529-1758

 1500 1st Ave NE #111, Rochester

Mayo Nicotine Dependency Center and Support Group....…………………………507-266-1930

Pathway House………………………………………………………………………507-287-6121

 613 2nd St. SW, Rochester

Pathway to Parenthood………………………………………………………..……..507-281-0441

 103 6th Ave SW, Rochester

Problem Gambling Helpline……………………………………………………….800-333-HOPE

Zumbro Valley Health Center……………………………………………………….507-289-2089

 343 Woodlake Dr, Rochester

Early Childhood Programs

Early Childhood Special Education Services

 Chosen Valley…………………………………………………………………………….....507-867-3265

 Fillmore Central……………………………………………………………………………...507-765-3809

 Kingsland…………………………………………………………………………………….507-346-7358

 Lanesboro……………………………………………………………………...…………….507-467-2229

 Mabel-Canton……………………………………………………………...………………...507-493-5422

 Rushford-Peterson……………………………………………………...……………………507-864-7786

Follow Along Program-Fillmore County Public Health………………………….....507-765-3898

 902 Houston St. NW, Preston

 Early childhood intervention program to track and evaluate development of children 0-36 months.

Head Start Programs- SEMCAC…………………………………………………….507-864-7741

Employment and Job Training

Ability Building Center………………………………………………………….......507-281-6262

Aerotek………………………………………………………………………………507-206-5760

 3425 40th Ave NW, Rochester

CHOICES……………………………………………………………………………800-383-5421

Department of Rehabilitation Services……………………………………………...507-285-7297

Developmental Achievement Center (DAC)……………………………………......507-765-3378

Express Employment Professionals…………………………………………………507-285-1616

 2518 N. Broadway, Rochester

Global Employment Solutions………………………………………………………507-292-6692

 1032 15th Ave SE, Rochester

 Specializes in light industry.

Kelly Services……………………………………………………………………….507-282-1584

 5721 Bandel Rd. NW, Suite 200, Rochester

Lifetrack……………………………………………………………………………..651-788-3153

Liz Jones & Associates………………………………...……………………………507-530-5084

Masterson Staffing………………………………………………………………......507-252-8481

 401 16th Ave NW, #102 Rochester

Minnesota Jobs and Training………………………………………………………..507-285-7315

Opportunity Services…………………………………………...……………………507-208-9495

Pearl Consulting……………………………………………………………………..507-206-9689

People Ready………………………………………………………………………...507-286-1064

 903 6th St. NW, Rochester

Possibilities………………………………………………………………………….507-281-6116

 1808 3rd Ave SE, Rochester

 Helping those with disabilities find employment

SEMCIL (Southeastern Minnesota Center for Independent Living)………………..507-285-1815

 2200 2nd St. SW. Rochester

Veteran Employment Service………………………………………………………..507-923-2828

 2070 College View Rd. E. Rochester

Vocational Rehabilitation……………………………………………………………507-923-2828

Winona Occupational Rehabilitation Center…...……………………………………507-452-1855

Workforce Development Center

 Preston……………………………………………………………………….507-765-2476

 100 Main St. SE, Preston

 Rochester…………………………………………………………………….507-292-5152

 2070 College View Rd. E. Rochester

Career assessment and counseling, job skills training, job search assistance, educational assistance and youth employment for individuals who meet income guideline, or have been dislocated from employment.

YesWorks, LLC………………………..……………………………………………507-523-3333

Financial Help and Information

Catholic Charities………………………………………………………………………………….507-287-2047

 903 W. Center Street, #220

 One time financial assistance for pregnant women and women with children up to age one.

Family Homeless Prevention & Assistance Program………………………..…………….507-732-7391

 Three Rivers Community Action Program…300 11th Ave Nw #110

 Emergency assistance program

Family Means………………………………………………………………….…….800-780-2890

 3265 19th St. NW. Rochester

 Debt management, programs, budget and credit, counseling, and financial education.

Fillmore County Social Service……………………………….………………………………..507-765-2175

 902 Houston St. NW Suite 1. Preston

Provide emergency relief, medical assistance, food support, and cash assistance, day care assistance, and other. Services available are based on financial eligibility.

Outreach Services…………………………………………………………………………………507-252-5220

 206 S. Broadway Suite 602A, Rochester

SEMCAC………………………………………………………………………………………………507-864-2157

 204 S Elm St. Rushford

Provided assistance for housing needs such as energy assistance, home improvement, heating bills, and rent deposits for those who qualify financially.

SEMCIL………………………………………………………………………………………..……507-285-1815

Social Security Administration....................................................................................................507-289-1667

 2443 Clare Lane NE. Suite 100, Rochester

 Retirement, survivor, and disability financial benefits.

St. Vincent De Paul Society……….…………………………………………………………….507-216-7370

Mon-Fri 9am-3pm to arrange home visit. Group of local church volunteer, provides limited direct assistance to our friends in need. We assist with advice and friendship, and sometimes help with food, gas, furniture, utilities, etc.

Food

Berean Community Church……………………………………………………………………..507-289-4179

 3157 Kenosha Drive NW

In His Name food program. $15 for a box of groceries that would cost $70 plus. Reserve a box by calling & leaving a clear message. 206-1889 by Wednesday. Pick up 2nd Saturday 12pm-1:30pm

Food Shelves

 St. Johns Lutheran Church (Wykoff)…………………………………………….……….....507-352-2296

 Spring Valley Food Shelf………………………………………………………….507-346-7369 ex. 203

 SEMCAC (Preston).……………………………………………………………...………….507-765-2761

 SEMCAC (Rushford)……………………………………………………………...………...507-864-7741

Food Stamps- Fillmore County Social Services…………………………………….………507-765-2175

Hope Summit Christian Church…………………………………….……………….507-288-3293

 1315 6th Ave SE Rochester

In His Name food program. $15 for a box of groceries that would cost $70 plus. Reserve a box by calling & leaving a clear message. 206-1889 by Wednesday. Pick up is the 4th Saturday monthly 12pm-1:30pm

Hosanna’s Pantry…………………………………………………………………….507-285-0092

 2815 57th St NW Rochester

 4th Saturday of each month. 9am-11:30am

Life gate Services………………………………………………….………………………………507-421-3107

MAC (Support for mothers and children)…………………………………………...507-765-2761

Meals on Wheels………………………………………………………………….....507-864-7741

Mom’s Meals…………………………………………….…………………………..866-971-6667

 Nutritionally balanced, reasonably priced delivered meals for elderly persons.

Salvation Army (sheriff’s office)……………………………………….……………………...507-765-3874

Senior Dining

 Canton………………………………………………………………………………….…….507-743-8548

 Harmony………………………………………………………………………….………….507-886-6277

 Lanesboro……………………………………………………………………………………507-467-3444

 Preston……………………………………………………………………………………….507-765-4412

 Rushford……………………………………………………………………………………..507-864-2786

 Spring Valley………………………………………………………………………………...507-346-7795

WIC (Fillmore Co. Public Health)……………………………………………….…………….507-765-3898

 Program for pregnant or nursing women and children under age 5.

 Foster Care/Adoption

Catholic Charities……………………………………………………………………507-287-2047

 903 W. Center St. Suite 220, Rochester

Children’s Home Society of Minnesota………………………………………………………507-282-7809

Fillmore County Social Services…………………………………………………….507-765-2175

Referral services, and foster care licensing.

Health Care/Medical and Pregnancy Services

Cancer Information and Services……………………………………………..………………..800-227-2345

Community Health Services Inc.……...………………………………………….…507-529-0503

 1926 College View Rd. SE. Rochester

Serves migrants, seasonal farm workers, family members, low income community members. Call for eligibility information. Some bilingual services available.

Community Memorial Hospital……………………………………………….………………..507-454-3650

 855 Mankato Ave. Winona

Fillmore County Public Health………………………..………………………………………..507-765-3898

 902 Houston St. NW. Suite 2 Preston

Health information and referral services available for all ages. Free home visiting program for elderly, newborns and those with disabilities. WIC clinic, safety program for children, elderly care services and support. Most services are covered by Medicare, Medical Assistance or Medical Assistance Waiver programs.

First Care Pregnancy Center…………………………………...……………………507-282-3377

 902 N Broadway

 Free pregnancy tests, STD testing, and supportive services and referrals.

Franciscan Skemp Healthcare………………………………………………….……………….800-362-5454

 700 W Ave. La Crosse, WI 54601

Good Samaritan Medical Clinic…………………………………………………………….….507-529-4100

 120 N. Broadway

Services for general medical, psychiatry, and psychology, smoking cessation, pediatrics, eye, diabetes. Call to schedule appointments.

Gundersen Lutheran Clinic…………………………………………………...……..608-782-7300

 1836 S. Ave. La Crosse, WI 54601

Intercultural Mutual Assistance Association (IMAA)……………………………………..507-289-5960

 2500 Valleyhigh Drive NW.

 Community health workers

Mayo Medical Center……………………………..…………………………………507-284-2511

 200 1st St. SW. Rochester

Olmsted Medical Center

 207 Twiford St. SW, Chatfield………………………………………..……………………..507-867-4925

 405 Kansas St. NW. Preston…………………………………………………………………507-765-5324

 210 SE. 9th St. Rochester…………………………………………………………………….507-288-3443

 302 W Tracy Rd. Spring Valley……………………………………………………………..507-346-7373

Planned Parenthood………………………………………………………………….507-288-5186

 1212 7th St. NW. Rochester

 HIV & STD testing, birth control, pregnancy testing, and men and women served.

Rushford Community Clinic………………………………………………….…………………507-864-7726

109 W. Jessie St. Rushford

SEMCAC…………………………………………..………………………………..507-864-2157

 204 S. Elm St. Rushford

St. Mary’s Hospital…………………………………….………………………………………….507-255-2123

 1216 2nd St. SW Rochester

VA Medical Center…………………………………………………………..……………………507-252-0885

 3900 55th St. NW Rochester

 Medical, surgical, mental health, and prescription refills.

HIV/AIDS Resources

Advocacy, Referral, Support

Mayo Clinic HIV Clinic…………………………………………………….……………………507-255-7763

Mayo Clinic Social Services……………...……………………………………………………..507-284-2131

HOMEMAKING and SUPPORTIVE SERVICES

Global Health Care......................................................................................................507-292-6692

Age Well at Home (Chatfield Area)...........................................................................507-251-0520

Helping Hands House Cleaning……………………………………………………..507-287-9149

International Quality Homecare La Crescent….…………………………………….888-304-6230

Options Plus Home Care LLC……….……………………………………………...507-474-1509

SEMCIL………………………...…………………………………………………...507-285-1818

Sun Home Health Care………………………………................................................507-529-7999

TaskTakers Spring Grove…………………………… ……………………………...507-498-8275

HOUSING

Senior Housing (many have subsidized rent)

Canton Manor Apartments……………………………………………...…………...507-451-8524

301 W Prairie Ave, Canton, MN 55922

Cherrywood Estates………………………………….………………………………507-451-8524

101 Cherrywood Drive, Mabel MN 55954

Downtowner…………………………………………………………………………507-437-7247

212 N Section Ave, Spring Valley, MN 55975

Good Shepherd Senior Apartments………………………………...………………..507-864-7714

800 Home St, Rushford, MN 55971

Harmony Apartments………………………………………………………………..507-451-8524

222 1st Ave NE, Harmony, MN 55939

Harmony Manor……………………………………………………………………..507-886-2137

445 Main Ave S, Harmony, MN 55939

Hillside Homes………………………………………………………………………507-346-7704

409 S Hudson Ave, Spring Valley, MN 55975

Kenilworth Apartments……………………………………………………………...507-451-8524

607 Kenilworth Ave S, Lanesboro, MN 55949

Mill Pond Townhomes………………………………………………………………507-775-2821

348 Hilltop Dr, Chatfield, MN 55923

Prairie View Manor………………………………………………………………….507-451-8524

408 Minnesota St, Ostrander, MN 55961

Rush Creek Townhomes…………………………….................................................507-923-7772

210 S Prairie St, Rushford, MN 55971

Rushford Manor……………………………………………………………………..507-451-8524

301 River St, Rushford, MN 55971

Scenic View Townhomes………..…………………………………………………..507-285-5082

1129 Scenic View Ct, Rushford, MN 55971

Spring Valley Apartments…………………………………………………………...507-437-7247

545 N Pleasant Ave, Spring Valley, MN 55975

Sylvan Manor………………………...………………...............................................507-451-8524

503 Parkway Ave S, Lanesboro, MN 55949

Vesterheim Manor…………………………………………………………………...507-451-8524

609 Kansas Street NW, 709 Chatfield St NW Preston, MN 55965

Wykoff Apartments………………………………………………………………….507-437-7247

407 Silver St N, Wykoff, MN 55990

Assisted Living Apartments

Bremmer Suites, Rushford, MN……………………………………………………..507-864-7714

Chosen Valley Assisted Living Chatfield…………………………………………...507-867-3416

Clara House, La Crescent, MN...……………………................................................507-895-6447

Clara House, Harmony, MN…………………………...............................................507-886-6515

Heritage Court, Houston, MN……………………………………………………….507-896-5135

Ostrander Assisted Living, Ostrander, MN…...……………………………………..507-657-2231

Park Lane Estates, Preston, MN..............…………...……………………………….507-765-9986

Spring Grove Assisted Living, Spring Grove, MN………………………………….507-498-4000

Spring Valley Estates, Spring Valley, MN………………………………………….507-346-1246

Traditions, Preston, MN……………………………………………………………..507-765-3837

The Meadows of Mabel, Mabel, MN………………………………………………..507-493-5995

Housing Assistance

American Red Cross…………………………………………………………………507-287-2200

 310 14th St. SE, Rochester

 Emergency housing services for those affected by natural disasters and single family fires.

Family Homeless Prevention & Assistance Program……………………………….507-732-7391

 Three Rivers Community Action Program

300 11th Ave NW #110 Rochester

Eviction prevention, mortgage foreclosure prevention, energy assistance, and rehab loans.

Fillmore County Social Service……………………………………………………...…………507-765-2175

 902 Houston St. NW Suite 1. Preston

 Emergency housing assistance and relief.

Intercultural Mutual Assistance Association (IMAA)…….……………………...…507-289-5960

 2500 Valleyhigh Dr. NW Rochester

Immigrant/refugee services, health insurance assistance, victim services, shelter & utility assistance, and professional language & interpretation services.

Salvation Army…………………………………………………………………………………….507-288-3663

 Provides emergency lodging for transient persons or persons in need.

Section 8 Housing Assistance-HUD…………………………………………………………..612-565-2638

 134 E. 2nd St. Wabasha

Southeastern Minnesota Multi- County Housing and Redevelopment Authority. Rental assistance based on income.

SEMCAC………………………………………………………………………………………..…..507-944-3607

 204 S. Elm St. Rushford

Emergency housing assistance to homeless women and children.

SEMCIL…………………………………………………………………………..…………………507-285-1815

Legal Services

Child Support Payment Line………………………………………….……………..800-657-3512

Customer Product Safety Line………………………………………………………800-638-2772

Fillmore County Attorney’s Office………………………………………………….507-765-2530

 Preston Courthouse

Fillmore Family Resources……………………………………………………...…..507-765-2316

 Victim advocacy services

Legal Advocacy for Persons with Developmental Disabilities…………………………..800-292-4150

 430 1st Ave. N. Suite 300, Minneapolis

Legal assistance and counsel to persons with development disabilities or mental illness for legal issues concerning their disability.

OutFront Minnesota……………………………………………...………………….800-800-0350

 Assistance with GLBT issues

Mediation and Conflict Solutions………………………………………………….…………..507-285-8400

 Mediation services for both adults and youth regardless of income.

Minnesota Board of Public Defenders…………………………………………………..…….507-285-7370

 400 S Broadway, Rochester

Southern Minnesota Regional Legal Services……………………………...………………..507-454-6660

 66 E 3rd St. Suite 204, Winona

 903 W. Center Street 230 Rochester……………….………………………………………..888-575-2954

 Free legal services for low income persons

Victim Services…………………………………………………………………………...………..507-765-2805

Library Services

Chatfield Public Library………………………………………………….………….507-867-3480

 314 Main St

Harmony Public Library…………………………………………………………………………507-886-8133

 225 3rd Ave SW.

Lanesboro Public Library………………………………………………………………….…….507-467-2649

 202 Parkway S.

Mabel Public Library………………………………………………………………………….….507-493-5336

 110 E. Newburg.

Preston Public Library…………………………………………………………………………....507-765-4511

 101 St. Paul St. SW

Rushford Public Library……………………………………………………….…………………507-864-7600

 101 N. Mill St.

Spring Valley Public Library……………………………………………………………………507-346-2100

 121 W. Jefferson

Selco………………………………………………………………………………………………….507-288-5513

 2600 19th St. NW Rochester

MN Department of Children/Families and Learning Library for the Blind and Physically Disabled……………………………………………………………………………………………..507-333-4828

Mental Health and Counseling Services

Family to Family Connections Support group………...…………..filmorefamily123@yahoo.com

Fillmore County Social Services………………………………………………………...……..507-765-2175

 902 Houston St. NW Suite 1 Preston.

 For referrals

Hiawatha Valley Mental Health Center…………………………………………………...….507-454-4341

 166 Main St. Winona

 Rushford………………………………………………………………………………..507-864-2600

Nation Alliance on Mental Illness (NAMI SE MN)……………………………….………507-287-1692

Zumbro Valley Mental Health Center………………………………...……………..507-289-2089

 65 Main Ave N. Harmony

 343 Woodlake Dr. Se, Rochester

Parenting Programs

Early Childhood Family Education Programs (ECFE

Parent education programs in individual school districts for parents and children from birth to age five offered at various times.

Chosen Valley Schools ECFE………………………………………...…………507-867-4210 ex. 5022

Fillmore Central-Harmony Site……………………………………………………………...507-886-6464

 Fillmore Central-Preston Site……………………………………………………..…………507-765-3809

 Lanesboro ECFE……………………………………………………………………….……507-467-2229

 Mabel-Canton ECFE…………………………………………………………….…………..507-493-5422

 Kingsland Schools ECFE……………………………………………………………………507-346-7358

 Rushford-Peterson Schools ECFE…………………………………………………………...507-864-7786

Fillmore County Public Health…………………………………………….……………….…..507-765-3898

 902 Houston St. NW, Suite 2 Preston

Positive Parenting Program and assessments. Family based counseling and parenting education services for financially eligible families with children.

Fillmore County Social Services…………………………….……………………………...….507-765-2175

 902 Houston St. NW. Suite 1

PAIIR…………………………………………………………………………...……………………507-326-4020

 201 8th St. NW. Rochester

 Parenting education and classes

Michael H. Siebel Family Visitation and Exchange Center…………….…………..…….507-434-7552 105 1st St. SE Austin.

The center facilities the exchange and visitation of children by and between custodial and non-custodial parents while monitoring and maintain safety for all participants.

Recreation

Boy Scout Game haven Council……………………………….………………….507-287-1410

 1124 11 ½ St. SE. Rochester

City Park and Recreation Programs- Contact each City for details.

Chatfield……………………………………………………………………..507-867-3810

Harmony…………………………………………………………………..…507-886-8122

Lanesboro……………………………………………………………………507-467-3722

Mabel-Canton………………………………………………………………..507-493-5299

Preston……………………………………………………………………….507-765-2153

Rushford……………………………………………………………………..507-864-2444

Spring Valley………………………………………………………………...507-346-7367

Wykoff……………...……………………………………………………….507-352-4011

Fillmore County 4-H Clubs………………………….………………………………507-765-3896

 Fillmore County University of MN Extension Office

 902 Houston St. NW. Suite 3, Preston

Forestville/Mystery Cave State Park…………………………………….…………..507-352-5111

 21071 County Rd. 118. Preston

Eagle Bluff Environmental Learning Center………………………………………..507-467-2437

Lanesboro. Environmental education and camp opportunities for all ages including Tree Tops High Ropes Course and miles of trail.

Girl Scout Council of River Trails………………………………………………………….….507-288-4703

 4228 8th St. SW. Rochester

Mystery Cave State Park…………………………………………………………….507-937-3251

Root River Biking Trail Office………...……………………………………………507-467-2552

Special Olympics of Fillmore County……………………………………………….507-886-8922

School District Offices

Chosen Valley Public School……………………………………………..…………507-867-3265

 205 Union St. NE Chatfield

Fillmore Central Public School……………………………………………………...507-886-6464

 145 Main Ave. Harmony

Kingsland Public School………………………………....………………………….507-346-7358

 705 N. Section Ave. Spring Valley

Lanesboro Public School………………………………...…………………………..507-467-2229

 100 Kirkwood St. Lanesboro

Mabel-Canton Public School………………………………………...……………...507-493-5422

 316 W. Fillmore Ave. Mabel

Rushford-Peterson Public School……………………………………………………507-864-7786

 102 N. Mill St. Rushford

St. John’s Lutheran School……………………………...……...……………………507-352-4671

 245 Lime St. S. Wykoff.

Senior Services

Fillmore County Public Health……………………………………………………...507-765-3898

 902 Houston St. NW. Suite 2 Preston

 Variety of services to meet the needs of disabled and elderly persons.

SEMCAC……………………………………………………………………………507-864-2157

 204 S. Elm St. Rushford

Preston Site…………………………………………………………………………..507-765-2761

 Emergency Assistance….……………………………………………………800-944-3281

 Retired Seniors Volunteer Program (RSVP)……………………….………..800-994-3602

 Senior Caregiver Help……………………………………………………….800-994-3165

 Senior Nutrition………………………………...……………………………800-994-3402

Senior LinkAge Line……………………………………………...…………………800-333-2433

Minnesota Department of Human Services. Help with prescription cost, Medicare and insurance, home care, and more

Social Security Administration……………………………...………………………507-289-1667

 2443 Clare Lane NE. Suite 100 Rochester

Veterans Services Office…………………………………………………………….507-765-4937

 902 Houston St NW. Suite 4 Preston

Special Needs Services

Alzheimer’s Association 24/7 Helpline…………..……………....…………………800-232-0851

ARC SE MN Collaboration…………………………………….…………………....507-287-2032

 6301 Bandel Rd. NW, Suite 605, Rochester

 Support, educations and advocacy services to persons with developmental disabilities and their families.

Cardinal of Minnesota (Main office)…………………………...…………………...507-281-1077

 3008 Wellner Dr. NE, Rochester.

Community supported living options and services for individuals with developmental disabilities.

Disability Hub……………………………………...……………....………………..866-333-2466

 Minnesota Department of Human Services

Early Childhood Special Education Services

 Chosen Valley……………………………………………………………….507-867-3265

 Fillmore Central……………………………………………………………..507-765-3809

 Kingsland…………………………………………………………...……….507-346-7358

 Lanesboro……………………………………………………………………507-467-2229

 Mabel-Canton………………………………………………………………..507-493-5422

 Rushford-Peterson……………………………………………………...……507-864-7786

Epilepsy Foundation of Minnesota…...……………………………………………..507-287-2103

Fillmore County Public Health…………………………………………...…………507-765-3898

 902 Houston St. NW Suite 2, Preston

Health information, case management, adaptive aids, funding and referral services, available for all ages based on need. Disability and financial eligibility. Call for more information.

Fillmore County Social Service……………..………………………………………507-765-2175

 902 Houston St. NW Suite 1. Preston

Variety of financial, direct, and referral services to individuals of all ages with disabilities. Call for additional information.

Lutheran Social Service……………………………………………………………..507-316-8273

 816 S Broadway, Rochester

Maple Leaf Service Inc.…………………………...………...………………………507-765-2107

 Community supported living options, and services for individuals with developmental disabilities.

MN Children with Special Health Needs……………………………………………800-728-5420

MN Department of Children/Families and Learning Library for the Bling and Physically Disable……………………………………………………………………………….507-333-4828

PACER Center Inc…………………………………...……………………………...800-537-2237

Supports for persons with developmental disabilities and their parents including advocacy, education, workshops, and lending library.

PACTT………………………………………………………………………………507-287-2043

 People Achieving Change Through Technology

 Provides consultation, training and referral services on assistive technology

Regional Service Center for Deaf & Hard of Hearing People………………..voice 507-280-5531

 4104 18th Ave. NW, Rochester………………………………………….….TDD 507-285-7172

Rochester Center for Autism………………………………………………………...507-424-3234

 3640 9th St. NW, Rochester

Root River Day Treatment Program………………………………………………...507-886-2636

 225 3rd Ave. SW Harmony

 Academic program with mental health support for students in middle school through high school.

SEMCIL…………………………………...………………………………………...866-460-1815

Senior LinkAge Line……………………………………………………………...…800-333-2433

 Minnesota Department of Human Services

Social Security Administration……………….……………………………………..507-289-1667

 2443 Clare Lane NE, Suite 100 Rochester

 Financial benefits for retired or disabled persons including RSDI, SSI, and Medicare.

State Services for the Blind………………………………………………………….800-366-2715

Veterans Services Office…………………………………………………………….507-765-4937

 902 Houston St. NW Suite 4. Preston

Transportation Service

Age Well at Home (Chatfield Area)………………………………………………...507-251-0520

MN..……….………………………………………………………………………...800-528-7622

Medical Assistance Managed Care Participants

U Care participants-Health Ride………………..…………………………………...800-864-2157

Blue Plus participants-Blue Ride……………..……………………………………..866-340-8648

Medica Participants- Provide-A-Ride.........................................................................888-347-3630

SEMCAC………………………………………………………………………...….507-634-4340

Youth/Teen Support Services

Fillmore County Social Services…………………………………………………….507-765-2175

 902 Houston St. NW Suite 1, Preston

 Transition and support services for youth in foster care or at risk of placement.

Hiawatha Valley Medical Health Center……………………...…………………….507-454-4341

Link Program…………………...……………………………………………………507-287-2260

 Program promoting independent living skills in teens and young adults.

Semcil…………………………………………………………..……………………886-460-1815

Zumbro Valley Health Center……………………………………………………….507-289-2089

Websites

Housing Related Resources

[www.housingling.org](http://www.housingling.org) This website holds a wealth of information on housing issues, including updated info on Section 8 waiting lists, apartment rental listings, and links to federal housing resources. Some of the information is metro-county specific, but there are some resources for greater Minnesota as well.

[www.hocmn.org](http://www.hocmn.org) This is the website for the MN Homeownership Center, and it provides good information on foreclosure prevention and home buying resources.

[www.hud.gov/apps/setion8/index.cfm](http://www.hud.gov/apps/setion8/index.cfm) This is the page on the HUD website where you can search for affordable housing by state and country. It’s nor perfect or complete, but it can be a good place to start.

Financial related resources:

[www.puc.state.mn.us/PUC/index.htm](http://www.puc.state.mn.us/PUC/index.htm) This is the site for the Public Utilites Commission, and on this page you can access applications for telephone discounts for low income families/individuals, and for energy assistance. It also has a link to a FAQ page about the Cold Weather Rule.

<http://www.thesalarmy.org/serv/hearshare.htm> This is the link to the heat share program through Salvation Army. At the bottom of the page is a link to Heat Share programs around the state.

[www.emergencyfoodshelf.org](http://www.emergencyfoodshelf.org) This is the site for the Emergency Food shelf Network. From here you can access information on the Fate for All programs, which is a great resource for low-cost and high-quality food at sites in many counties around the state. Just click on “Family of Programs” near the top of the page.

<http://www.hungersolutions.org/help> This is the site for Hunger Solutions, where you can find your local food shelf, and learn about programs like WIC, MAC, school means, summer means for kids, and meals on wheels.

<http://www.socialsecurity.gov> This official site for the Social Security Administration where you can get information, apply for benefits, estimate future benefits and track applications.

Parenting related resources:

The University of “Center for Early Education and Development” (CEED) <http://cehd.umn.edu/ceed/publications> has information service and tip sheet regarding school issues, specific behaviors and “Questions about Kids”

The “Little Listener” handout was produced by the Zero to Three program. [www.zerotothree.org](http://www.zerotothree.org) and was sent by Esther Wattenberg at the UM. It is a nice handout to share with parents about how they can help their children cope with traumatic events. The Zero to Three website has some good parenting handout in both English and Spanish.

[www.mnparentsknow.info](http://www.mnparentsknow.info) This is a good site to find basic parenting and child development information. It also has a forum related to parenting and “parent-to-parent” link, which is a forum for parents to ask others questions related to parenting and child development.

[www.childwelfare.gov](http://www.childwelfare.gov) This website has a plethora of information, both about child welfare policies/practices, and about parenting related topics. Under the “Preventing Child Abuse and Neglect” link, they have a link to their 2009 Resource Guide: Strengthening Families and Communities. You can also go to <http://www.childwelfare.gov/pubs/res_guide_2009/guide.pdf> This has good Parent Tip sheets in Spanish and English; ways to promote the use of Protective Factors in work with families; ways to engage your community in child abuse prevention work and other information.

Definitions of child abuse and neglect: [https://www.childwelfare.gov/topics/can/defining/](https://www.childwelfare.gov/topics/can/defining/%20)

Risk and protective factors for child abuse: [https://www.childwelfare.gov/topics/can/factors/](https://www.childwelfare.gov/topics/can/factors/%20)

How many children are abused: [https://www.childwelfare.gov/topics/ systemwide/statistics/can/](https://www.childwelfare.gov/topics/%20systemwide/statistics/can/%20) Consequences of child abuse and neglect: [https://www.childwelfare.gov/topics/can/ impact/](https://www.childwelfare.gov/topics/can/%20impact/%20)

Warning signs: [https://www.childwelfare.gov/topics/can/ identifying/](https://www.childwelfare.gov/topics/can/%20identifying/%20)

Responding to child abuse and neglect: [https://www.childwelfare.gov/topics/ responding/](https://www.childwelfare.gov/topics/%20responding/)

[www.pcamn.org](http://www.pcamn.org) This is the Prevent Child Abuse MN site, and it has some useful parent tip sheets, some in Spanish, that can be downloaded or ordered from PCAMN.

[www.health.state.mn.us/divs/fpc/directory/showprovideroutput.cfm](http://www.health.state.mn.us/divs/fpc/directory/showprovideroutput.cfm) This department of health site provides information on providers of home care, assisted living, housing and other services for disable or elderly person.