



WCMCA Head Start Community Resource Guide

Serving Douglas, Grant, Otter Tail, Pope, Stevens, Traverse & Wadena Counties



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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 411 Industrial Park Blvd Elbow Lake MN 56531 Fax: 218-685-6741 Energy Dept. Fax: 218-685-6742	Website: wcmca.org Alexandria Office 1910 Aga Dr Suite 206 Alexandria MN 56308 320-304-3458 Fax: 320-335-2463	Moorhead Office 715 11 th St N Suite 100 Moorhead MN 56560 218-685-7077/218-685-7062 Fax: 218-477-1209
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MAHUBE-OTWA COMMUNITY ACTION PARTNERSHIP. 218-847-1385

Main Office 1125 W River Rd Detroit Lakes MN 56501 Fax: 218-847-1388	Website: mahube.org Fergus Falls Office 128 W Cavour Ave Fergus Falls MN 56537 218-739-3011 Fax: 218-998-3055	Wadena Office 311 S Jefferson St Wadena MN 56482 218-632-3600 Fax: 218-632-3602
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<u>Program Name</u>	<u>Description</u>
Energy Assistance (EAP)	Help paying your home energy costs
Energy Related Repair (ERR)	Homeowners eligible for the Energy Assistance Program can apply for repair or replacement assistance with their heating system.
Weatherization (WX)	Helps income eligible households cut heating costs and improve their home comfort level by making energy-saving improvements
Family Assets for Independence in MN (FAIM)	Matched savings program for persons wishing to purchase a home, acquire or expand a small business or for post-secondary education
Family Health	Health education, birth control, physical exams, reproductive health & STI screening
Father's Resource	Assists parents with free information and support regarding parenting time, custody, child support and paternity
Free Tax Preparation	Free tax prep and e-filing for families who meet income guidelines
Head Start & Early Head Start	Offers comprehensive services to pregnant women and families with children ages birth to 5 through center-based and/or home visit activities.
MNsure Navigation	Guides customers through the process of obtaining affordable health insurance through the MNsure health exchange
Parents Love Us Kids (PLUS Kids)	Provides a safe exchange or supervised visitation for children of separated parents in cases where visitation would otherwise be difficult
Housing Programs	Assists individuals, families and unaccompanied youth in the full spectrum of housing services, from emergency housing and rent assistance to homebuyer education and counseling, rehab and new single family home construction and many services in between.
Senior Programs	Programs which assist adults 60 and over with various household and transportation needs

CHILD CARE RESOURCES

LAKES & PRAIRIES CHILD CARE AWARE OF MINNESOTA..... 800-452-3646

caplp.org/childcareconnections

Alexandria Office..... 320-219-9285

Email: dawnb@caplp.org

Fergus Falls Office..... 218-355-8666

Email: laurena@caplp.org

Child Care Aware assists families in accessing quality childcare through financial assistance and an online search tool

www.parentaware.org

Child Care Aware also supports individual early childhood educators and programs to improve the quality of care through professional development, grants and coaching.

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 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: outreach@caringhandsdc.org

Accepts Medical Assistance and Minnesota Care for new patients ages 10 and younger or 11 years old and up for emergencies only

Central MN Pediatric Dentists, P.A. **320-253-0272**

507 N Nokomis St, Suite C, Alexandria MN 56308 Website: cmpdsmiles.com

*Accepts new patients, Medical Assistance only if secondary insurance
Open Mondays Only*

Dentistry at the Center **320-762-5216**

David Golke DDS, Elizabeth Amundson DDS, Tyler Whiting DDS

Website: 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: 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: drnolting.com

Accepts new patients

Family & Cosmetic Gentle Dentistry **320-763-5052**

3015 Hwy 29 S, Alexandria MN 56308

Website: smilemn.com

Fax: 320-763-5053

Accepts new patients

Lakes Area Pediatric Dentistry **218-739-2217**

120 12th Ave E, Alexandria MN 56308

Website: lakesareasmiles.com

Email: info@lakesareasmiles.com

Accepts new patients on MinnesotaCare and infants/toddlers

Stadsklev Dental **320-762-0100**

220 22nd Ave E, Suite 105, Alexandria MN 56308

Website: stadsklevdental.com

Fax: 888-763-0267

Accepts new patients and infants/toddlers

Young At Heart Dentistry **320-763-3113**

Dr. Rick Thiery DDS

111 10th Ave E, Alexandria MN 56308

Website: youngatheartdentistry.com

Accepts new patients and infants/toddlers

GRANT COUNTY:

Elbow Lake Dental Center 218-685-4710

Dr. Brady Weispfennig DDS
18 W Division St, PO Box 26, Elbow Lake MN 56531
Website: elbowlakedental.com Email: info@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
Website: arealakesdental.com Email: info@arealakesdental.com Fax: 218-864-5246
Accepts new patients

Apple Tree Dental 218-998-2218

327 Western Ave, Suite A, Fergus Falls MN 56537
Website: appletreedental.org Fax: 218-998-2213
Provides children's dental outreach clinics in Elbow Lake, New York Mills & Pelican Rapids
Accepts new patients, infants/toddlers, Medical Assistance and MinnesotaCare

Hamann Dentistry 218-346-4775

200 First Ave, Perham MN 56573
Website: hamanndentistry.com Email: mlhamanndds@arvig.net
Accepts new patients and infants/toddlers

Lake Region Family Dental Center 218-736-3847

Dr. Terry Drake DDS
210 N Cascade Ave, Fergus Falls MN 56537 Website: fergusfallsmndentist.com
Accepts new patients, infants/toddlers and children 5 and under on Blue Plus and Prime West

Lakes Area Pediatric Dentistry 218-739-2217

215 N Tower Road, Fergus Falls MN 56537 940 Market St, Perham MN 56573
Website: lakesareasmiles.com Email: info@lakesareasmiles.com
Accepts new patients, infants/toddlers, and MinnesotaCare & Medical Assistance for children 5 and under

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: 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: northernlakesdental.com Email: NorthernLakesDental@prtcl.com
Accepts new patients and infants/toddlers

Pelican Dental 218-863-5858

Dr. Daniel Ditch DDS and Dr. Emily Ditch, DDS
28 E Mill St., Pelican Rapids MN 56572
Website: pelicandentalmn.com Email: pelicandental@loretel.net
Accepts new patients and infants/toddlers

Special Care Dentistry 218-736-1890

321 Western Ave Suite B, Fergus Falls MN 56537

Accepts new patients and MA or MinnesotaCare patients with a developmental or intellectual disability, severe and persistent mental illness or traumatic brain injury or traumatic brain injury

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: 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: minnewaskadental.com Fax: 320-634-4544

Accepts new patients

STEVENS COUNTY:

Dental Depot 320-589-4481

Dr. Kevin Williamson DDS

2 E 5th St, Morris MN 56267

Website: dentaldepotmorris.com Email: dentaldepot@hometownsolutions.net

Accepts new patients, Medical Assistance, MinnesotaCare and infants/toddlers

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 Fax: 320-589-3149

Website: morrisdentalclinic.com Email: info@morrisdentalclinic.com

Accepts new patients, infants/toddlers and Medical Assistance patients 18 years & under

TRAVERSE COUNTY:

Lake Valley Dental 320-563-4800

Dr. John, DDS

1511 Broadway, Wheaton MN 56296

Website: lakevalleydental.com Email: office@lakevalleydental.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

Website: sissetondental.com Fax: 605-698-4799

Accepts new patients and infants/toddlers

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:

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: reuterfamilydentistry.com Email: staff@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: woodlanddental.org

Email: woodlanddental@arvig.net

Fax: 218-631-2926

Accepts children in Wadena area that are at least 4 years old and on MA or MN Care, and 3 year old children if enrolled in Head Start

REGIONAL DENTAL CLINICS:

Central MN Pediatric Dentists, P.A. 320-253-0272

2454 8th Ave S, Sartell MN 56377

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 and infants/toddlers

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

3950 Veterans Dr, Suite 102, St. Cloud MN 56303

320-253-8380

15860 Audubon Way, Baxter MN 56425

218-829-3571

20 1st Ave S, Buffalo MN 55313

763-682-6441

Website: www.themolardoctors.com

Fax: 320-253-8419

Accepts new patients with referral from Dentist

Northland Smiles Dental Care. 800-477-7645 or 218-534-3141

21343 Archibald Rd, Deerwood MN 56444 Website: 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

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..... 800-657-3663

Website: mn.gov/deaf-hard-of-hearing/ Email: dhs.dhhsd@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 HUB MN 866-333-2466

Website: disabilityhubmn.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: 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

Website: isd935.org 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

2222 Industrial Dr, Wadena MN 56482

Website: fed.k12.mn.us Email: lmurdock@fed.k12.mn.us Fax: 218-631-3588

Member Districts: Bertha-Hewitt, Browerville, Frazee-Vergas, Henning, Long Prairie-Grey Eagle, Menahga, New York Mills, Perham-Dent, Sebeka, Staples-Motley, Verndale and Wadena-Deer Creek.

Midwest Special Ed Co-op 398 320-589-4248

203 S. Columbia Ave, Morris MN 56267

Website: midwestspcedcoop.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

700 Northside Dr NE, Alexandria MN 56308

Website: runestoneareaeducation.org Fax: 320-762-3370

Office Manager: Heidi Grove Email: hgrove@alexschools.org

Member Districts: Brandon-Evansville, Minnewaska, Osakis and Parkers Prairie.

THE ARC MN WEST CENTRAL REGION..... 218-233-5949

PO Box 863, Moorhead MN 56561
General Housing Line: 952-915-3632

Website: arcminnesota.org Email: info@arcminnesota.org Fax: 763-540-0071

A statewide organization, Arc helps address the concerns of people with disabilities. Arc offers a variety of support systems to families including resource and referral services, housing services, advocacy, educational workshops and social interactions.

THE WINDMILL PROJECT 320-766-2403

PO Box 201, Alexandria MN 56308

Website: windmillproject.org Email: windmillprojectmn@gmail.com

Connects families of children with special needs to each other and to appropriate resources and services.

EDUCATIONAL RESOURCES

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.

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.alexschools.org Fax: (320) 762-2765

Services Offered:

Community Education.....	320-762-3310
Early Education Center.....	320-762-3305
ECFE.....	320-762-3305
ECSE.....	320-762-3305
School Age Child Care.....	320-762-3310
Preschool.....	320-762-3305

Schools located within District 206:

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

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: Preschool-12th grade, ECFE, ECSE, School Age Child Care & Community Education

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: Preschool-12th grade, ECFE, ECSE, After School Program & Community Education

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: Preschool-12th grade, ECFE, ECSE, School Age Child Care & Summer Recreation

Brandon Campus	Pre K-3 9-12	206 W 3 rd St., Brandon	320-834-4084 320-524-2263
Evansville Campus	4-5 6-8	123 2 nd Ave, Evansville	218-948-2241

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 Fax: 320-695-2868
 Services Offered: Preschool-8th grade, ECFE, ECSE, After School Program & Community Education

Chokio-Alberta Public School District 771.....320-324-7131

311 West 1st St, Chokio MN 56221

Website: www.chokioalberta.k12.mn.us Fax: 320-324-2731

Services Offered: Preschool-12th grade, ECFE, ECSE & Community Education

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: Preschool-12th grade, Adult Ed, Area Learning Center, ECFE, ECSE & Community Education

Schools located within District 544:

McKinley Elementary School	K-1	724 W Laurel, Fergus Falls	218-998-0544 x9500
Adams Elementary School	1-2	301 W Bancroft, Fergus Falls	218-998-0544 x9300
Cleveland Elementary School	3-4	919 Northern Ave, Fergus Falls	218-998-0544 x9400
Kennedy Secondary School	5-12	601 Randolph Ave, Fergus Falls	218-998-0544 Middle School x9643 High School x9600

Glacial Hills Elementary School District 4168.....320-239-3840

610 W 6th St PO Box 189, Starbuck MN 56381

Website: www.glacialhills.org

Services Offered: Preschool-6th grade & After School Program

Hancock Public School District 768320-392-5621

371 Hancock Ave, Hancock MN 56244

Website: www.hancock.k12.mn.us Fax: 320-392-5156

Services Offered: Preschool-12th grade, 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: Preschool-12th grade, ECFE, ECSE & Community Education

Herman-Norcross Community School District 264320-677-2291

504 Lois Ave N, Herman MN 56248

Website: www.hncc.k12.mn.us Fax: 320-677-2412

Services Offered: Preschool-12th grade & 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: Preschool-12th grade & 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 Education320-239-1305
- School Age Childcare.....320-239-1305
- ECFE & Preschool.....320-634-5467
- ECSE320-239-1403
- W.I.N. (What I Need) Academy.....320-239-2257

Schools located within District 2149:

Minnewaska Area Elementary	Pre-K-3	409 4 th St. SE, Glenwood	320-634-4567
Minnewaska Area Middle School	4-8	25122 St. Hwy 28, Glenwood	320-239-1320
Minnewaska Area High School	9-12	25122 St. Hwy 28, Glenwood	320-239-4800
Minnewaska Schools-Starbuck		500 John St., PO Box 10, Starbuck	320-239-2257

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: Preschool-12th grade, School Age Childcare, ECFE, ECSE, Summer Rec & Community Ed

Schools located within District 769:

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

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: Preschool-12th grade, School Age Childcare, ECFE, ECSE & Community Education

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: Preschool-12th grade, School Age Childcare & ECSE

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: Preschool-12th grade, School Age Childcare, ECFE & ECSE

Schools located within District 547:

Parkers Prairie Elementary School	Pre-K-6	518 S. McCornell Ave, Parkers Prairie	218-338-4079
Parkers Prairie High School	7-12	411 S. Otter Ave, Parkers Prairie	218-338-6011

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: Preschool-12th grade, ECFE, ECSE, School Age Childcare & Community Education

Schools located within District 548:

Viking Elementary School	K-6	1 Viking Dr., Pelican Rapids	218-863-5910
Pelican Rapids High School	7-12	310 S. Broadway, Pelican Rapids	218-863-5910

Perham-Dent Public School District 549 218-346-4501

200 5th St SE, Perham MN 56573

Website: perhamschools.org Fax: 218-346-4506

Services Offered: Preschool-12th grade, ECFE, ECSE, Area Learning Center & Community Education

Schools located within District 549:

Heart of the Lakes Elementary	Pre-K-6	810 2 nd Ave SW, Perham	218-346-5437
Prairie Wind Middle School	7-9	480 Coney St W., Perham	218-346-1700
Perham High School	10-12	800 Coney St W., Perham	218-346-6500

Rothsay Public School District 850..... 218-867-2116

2040 Co Rd 52, Rothsay MN 56579

Website: www.rothsay.k12.mn.us Fax: 218-867-2376

Services Offered: Preschool-12th grade, Child Care, ECFE, ECSE & Community Education

Sebeka Public School District 820 218-837-5101

200 1st St NW, PO Box 249, Sebeka MN 56477

Website: www.sebeka.k12.mn.us

Services Offered: Grades Preschool-12th grade, ECFE, ECSE & Community Education

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: Preschool-12th grade, 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: Preschool-12th grade, ECFE, ECSE & Community Education

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:

- Preschool218-632-2390
- ECFE.....218-632-2364
- ECSE218-632-2398
- Community Education218-632-2396

Schools located within District 2155:

WDC Elementary School	Pre-K-4	215 Colfax Ave SW	218-632-2400
WDC Middle/High School	5-12	600 Colfax Ave SW	320-632-2300

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: Preschool-12th grade, ECFE, ECSE, School Age Child Care & Community Education

Schools located within District 2342:

West Central Area North	Pre K-4	411 1 st St SE, Elbow Lake	218-685-7500
West Central Area South	Pre K-4	31 N Central Ave, Kensington	320-965-7600
West Central Area High School	5-12	301 Co Rd 2, Barrett	320-528-7300

Wheaton Public School District 803320-563-8282

1700 3rd Ave S, Wheaton MN 56296

Website: www.wheaton.k12.mn.us

Services Offered: Preschool-12th grade, School Age Child Care, ECFE & Community Education

Schools located within District 803:

Pearson Elementary School	Pre-K-5	710 4 th Ave N, Wheaton	320-563-8191
Wheaton High School	6-12	1700 3 rd Ave S, Wheaton	320-563-8282

UNIVERSITY OF MINNESOTA EXTENSION extension.umn.edu

Douglas County 320-762-3890

Grant County 218-685-8321

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 redcross.org

Douglas, Grant, Pope, Stevens & Traverse Counties 320-251-7641

Otter Tail County 701-364-1800

Wadena County 218-722-0071

Provides emergency services to families such as feeding, shelter, guidance or counseling.

HEATSHARE STATEWIDE LINE **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, call your local Social Service Agency to see what is available in your area or talk to your Head Start or Early 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: poison.org

SAFE FAMILIES FOR CHILDREN **218-671-3224**

Website: safefamiliesmn.org

The three objectives of Safe Families for Children are: Keep children safe during a family crisis such as homelessness, hospitalization, or domestic violence in an effort to prevent child abuse and/or neglect, Support and stabilize families in crisis by surrounding them with caring, compassionate community and Reunite families and reduce the number of children entering the child welfare system. We seek to be an alternative to foster care, where appropriate.

SALVATION ARMY: centralusa.salvationarmy.org/northern

Douglas County 320-241-1273

Grant County 218-685-8200

Otter Tail County 218-739-9692

Pope County 320-241-1273

Stevens County 320-589-2329

Traverse County 651-746-3407

Wadena County 218-632-3600

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: someplacesafe.info

- Douglas County..... 320-762-1995
700 Cedar St, Suite 268, 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: 218-503-2143
- Traverse County..... 320-563-4121
1112 1st Ave N, Wheaton MN 56296
- Wadena County 218-631-3311
11 Bryant Ave SW, 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

CAREER FORCE..... 888-438-5627

Website: careerforcemn.com

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

Fergus Falls..... 218-739-7560
1414 College Way Suite L180, 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.

DOHERTY STAFFING SOLUTIONS.....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:

careeronestop.org

careerwise.minnstate.edu

indeed.com

minnesotaworks.net

careerbuilder.com

monster.com

simplyhired.com

linkup.com

glassdoor.com

flexjobs.com

getwork.com

angel.co

MANPOWER, INC.....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.

PEOPLE READY 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

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.

ALANON & ALATEEN 888-425-2666

Minnesota Meeting Locator: al-anon.org

Al-Anon family groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to cope with the challenges of someone else's drinking. Alateen is a fellowship of young people who have been affected by someone else's drinking.

ALCOHOLICS ANONYMOUS (AA) 866-423-2969

Minnesota Meeting Locator: aaminnesota.org or 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

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 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 co.douglas.mn.us

Grant County co.grant.mn.us

Otter Tail County co.ottertail.mn.us

Pope County co.pope.mn.us

Stevens County co.stevens.mn.us

Traverse County co.traverse.mn.us

Wadena County 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

411 1st St SE, Elbow Lake MN 56531

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 CONNECT helpmeconnect.web.health.state.mn.us

Help Me Connect is an online navigator tool that connects pregnant and parenting families with young children to services in their local communities that support healthy child development and family well-being.

- HELP ME GROW** **866-693-4769**
 Website: 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: irs.gov
- LAKES AREA RECREATION**..... **320-762-2868**
 720 Fillmore St, Suite B020, Alexandria MN 56308 Website: lakesarearec.activityreg.com
 Variety of services, classes and recreational activities available.
- LEE COMMUNITY CENTER** **320-589-4585**
 101 Co Rd 22, Morris MN 56267
 Website: 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: snmlaw.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: 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: 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: bbb.org/minnesota
 Provides essential consumer services to empower buyers to use BBB to find a trustworthy business, resolve a dispute or report a scam.
- MINNESOTA CHILD SUPPORT ONLINE**..... childsupport.dhs.state.mn.us
 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: 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: 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

Website: pelicanrapids.com

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 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
- 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: quitplan.com

Free support that provides tools & services to help smokers quit nicotine including smoking, vaping & chewing.

REGIONAL FITNESS CENTER 320-589-6485

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

SENIOR LINKAGE LINE..... 800-333-2433

Website: 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.

SHENANIGANS INDOOR PLAYGROUND..... 320-762-3310 x4242

Website: alexschools.org/domain/900

Shenanigans offers a series of parent/child activities devoted to the physical, emotional and social development of youth in a fun, safe play area.

SOCIAL SECURITY ADMINISTRATION 800-772-1213

Website: ssa.gov

Assistance with social security benefits, retirement, Medicare enrollment and social security cards.

FAMILY/HUMAN/SOCIAL SERVICE AGENCIES:

- Douglas County Social Services..... 320-762-2302
- Western Prairie (Grant County) Human 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
- Western Prairie (Pope County) Human Services 320-634-7755
- Stevens County Human Services..... 320-208-6600
- Traverse County Family Services..... 320-422-7777
- Wadena County Human Services 218-631-7605

TAXPAYER RIGHTS ADVOCATE..... 651-312-7999

Website: 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, Alexandria MN 56308 Website: uwdp.org

OTTER TAIL & WADENA COUNTIES 218-736-5147

120 E Washington Ave, Fergus Falls MN 56537 Website: uwotw.org

PERHAM SATELLITE OFFICE 218-770-9406

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: 211unitedway.org

United Way 211 is a free a 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, Fergus Falls MN 56538 Website: wcif.org

Provides resources to help families and communities in West Central Minnesota thrive.

YMCA ymca.org

Alexandria..... 320-834-9622

110 Karl Dr NW, Alexandria MN 56308

Website: alexandriaymca.com

Fergus Falls..... 218-739-4489

1164 N Friberg Ave, Fergus Falls MN 56537

Website: 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.

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 lssmn.org/financialcounseling or call 1-888-577-2227.

Check with your local **University of Minnesota Extension Office** or visit their website at extension.umn.edu/home-and-financial-management#personal for financial information including budgeting assistance programs in your area.

Visit **The Village Financial Resource Center** website at moneyhelp.thevillagefamily.org to see financial resources available or to schedule an appointment with a financial counselor, call 1-800-450-4019.

FOOD RESOURCES

BOUNTIFUL BASKETS.....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 (\$15-25 depending on which basket you want) 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.

minnesotagrown.com

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 rubyspantry.org

United Way Mobile Food Drops..... **320-834-7800**

FOOD PANTRIES..... foodpantries.org

Listing of local food pantries, soup kitchens, food shelves, food banks and other food resources.

FOOD SHELVES..... hungersolutions.org/find-help

Hunger Solutions connects hungry residents with resources to put food on the table today while also helping to find long-term solutions to hunger. Website has find help map to quickly find resources in your area.

WOMEN, INFANTS & CHILDREN (WIC) 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.....habitat.org

Douglas County 320-762-4255

Website: hfhdouglascounty.org

Alexandria Habitat for Humanity Restore320-759-1989

1211 N Nokomis NE, Alexandria MN 56308

Pope County 320-634-0355

Habitat for Humanity of Prairie Lakes, Inc.

Website: habitatprairielakes.org

Otter Tail County..... 218-736-2905

Website: ffhabitat.org

Stevens County 320-589-4451

Habitat for Humanity of Prairie Lakes, Inc.

Website: habitatprairielakes.org

Habitat for Humanity is a nonprofit organization that helps families build and improve places to call home.

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: 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

Website: douglascountyhra.org

Grant County 218-685-8240

Website: co.grant.mn.us/236/Housing

Otter Tail County..... 218-739-3249

Website: fergusfallshra.com

Pope County 320-634-7847

Website: popcountyhra.com

Stevens County 320-208-6559

Website: stevenscountyhra.com

Wadena County 218-631-7723

Website: wadenahousing.org

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: 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: 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:

LIFELINE PROGRAM 855-455-8477

assurancewireless.com

lifewireless.com

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.

LINK-UP MINNESOTA..... 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:*

[Who Represents Me?](#)

MINNESOTA CONGRESSIONAL REPRESENTATION IN WASHINGTON, D.C.:

Senator Amy Klobuchar..... 202-224-3244
Senator Tina Smith..... 202-224-5641
Congresswoman Michelle Fischbach..... 202-225-2165
Congressman Pete Stauber 202-225-6211

MINNESOTA LEGISLATIVE RESOURCES:

Governor Tim Walz..... 800-657-3717
mn.gov/governor

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

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

MINNESOTA SENATE:senate.mn

MINNESOTA HOUSE OF REPRESENTATIVES:.....house.mn.gov

MEDICAL RESOURCES

Douglas County Medical Clinics:

Alexandria Clinic	320-763-5123 or 800-646-4220
610 30 th Ave W, Alexandria MN 56308	Website: alomerehealth.com Fax: 320-763-7883
Broadway Sanford Health	320-762-0399
1527 Broadway, Alexandria MN 56308	Website: sanfordhealth.org Fax: 320-762-6828
Evansville Prairie Ridge Health	218-948-2040
649 ½ State St, Evansville MN 56326	Website: prairiehealth.org
Midway Medical Center.....	320-763-6452
119 30 th Ave W, Alexandria MN 56308	
Osakis Medical Clinic	320-859-3038 or 800-989-3038
811 3 rd Ave E, Osakis MN 56360	Website: alomerehealth.com Fax: 320-859-4942

Grant County Medical Clinics:

Ashby Lake Region Healthcare	218-747-2293
110 Co Rd 82, Ashby MN 56309	Website: lrhc.org
Elbow Lake Prairie Ridge Health.....	218-685-7300
1411 Hwy 79 E, Elbow Lake MN 56531	Website: prairiehealth.org
Herman Coteau des Prairies.....	320-677-2220
204 5 th St E, Herman MN 56248	Website: cdphealth.com
Herman Prairie Ridge Health.....	320-677-2221
204 5 th St E, Herman MN 56248	Website: prairiehealth.org
Hoffman Prairie Ridge Health.....	320-986-2038
114 Main Ave, Hoffman MN 56339	Website: prairiehealth.org

Otter Tail County Medical Clinics:

Battle Lake-Lake Region Healthcare	218-864-5283 or 888-314-5283
410 Lake Ave S, Battle Lake MN 56515	Website: lrhc.org
Fergus Falls Lake Region Healthcare.....	218-739-2221 or 800-247-1066
111 W Vernon Ave, Fergus Falls MN 56537	Website: lrhc.org
Walk-In Clinic: 218-739-6800	2311 W Lincoln Ave, Fergus Falls MN 56537
Henning Tri-County Health Care.....	218-583-2953
401 Douglas Ave, Henning MN 56551	Website: tchc.org
Ottertail Sanford Health.....	218-367-6111
105 Otter Dr, Ottertail MN 56571	Website: sanfordhealth.org Fax: 218-367-6110
Ottertail Tri-County Health Care	218-367-6262
232 MN Hwy 78 N, Ottertail MN 56571	Website: tchc.org

Parkers Prairie Sanford Health	218-338-4371
115 E Soo St, Parkers Prairie MN 56361 Website: sanfordhealth.org Fax: 218-338-4016	
Pelican Rapids St. Mary's Essentia Health.....	218-863-2000
301 N Broadway, Pelican Rapids MN 56572 Website: essentiahealth.org	
Pelican Rapids Sanford Health.....	218-863-6100
211 E Mill St, Pelican Rapids MN 56572 Website: sanfordhealth.org Fax: 218-863-6173	
Perham Sanford Health	218-347-1200
1000 Coney St W, Perham MN 56573 Website: sanfordhealth.org Fax: 218-347-1290	
<u>Pope County Medical Clinics:</u>	
Glenwood Glacial Ridge Health.....	320-634-5157
417 S Franklin St, Glenwood MN 56334 Website: glacialridge.org Fax: 320-634-2244	
Starbuck SCMC.....	320-239-3939
501 Poler St, Starbuck MN 56381 Website: scmcinc.org Fax: 320-239-2802	
Starbuck Glacial Ridge Health	320-239-2200
707 E 7 th St, Starbuck MN 56381 Website: glacialridge.org	
<u>Stevens County Medical Clinics:</u>	
Morris Prairie Ridge Health	320-589-4008
24 E 7 th St, Morris MN 56267 Website: prairiehealth.org Fax: 320-589-4227	
Stevens Community Medical Center.....	320-589-1313
400 E 1 st St, Morris MN 56267 Website: scmcinc.org Fax: 320-589-1065	
<u>Traverse County Medical Clinics:</u>	
Browns Valley Coteau des Prairies.....	320-695-2526
404 W Broadway, Browns Valley MN 56219 Website: cdphealth.com	
Graceville Essentia Health.....	320-748-7223
115 W 2 nd St, Graceville MN 56240 Website: essentiahealth.org Fax: 320-748-8204	
Wheaton Sanford.....	320-563-8226
401 12 th St N, Wheaton MN 56296 Website: sanfordhealth.org Fax: 320-563-8014	
Woodrow Wilson Keeble Memorial Health Care Center	605-698-7606
100 Lake Traverse Dr, Sisseton SD 57262 Fax: 605-742-3882	

Wadena County Medical Clinics:

- Bertha Tri-County Health Care218-924-2250
214 1st St NW, Bertha MN 56437 Website: tchc.org Fax: 218-924-2257
- Menahga Essentia Health218-564-4131
212 Aspen Ave NE, Menahga MN 56464 Website: essentiahealth.org Fax: 218-564-5287
- Sebeka Tri-County Health Care218-837-5333
106 Minnesota Ave, Sebeka MN 56477 Website: tchc.org
- Verndale Tri-County Health Care218-445-5990
102 Farwell St S, Verndale MN 56481 Website: tchc.org
- Wadena Tri-County Health Care218-631-3510
4 Deerwood Ave N, Wadena MN 56482 Website: tchc.org

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

FAMILY HEALTHCARE..... 701-271-3344
Website: famhelathcare.org

Affordable quality healthcare for every person. Family HealthCare (FHC) is a family-oriented primary care clinic that provides a wide variety of medical and dental services for patients in five different care locations and a mobile unit. We do not refuse care for any patient, regardless of ability to pay. Whether you have health insurance or not, we make sure you get the care you need.

HEALTH RESOURCES CENTER..... 218-736-6050

Texting Number: 218-736-9366
126 E Lincoln Ave, Fergus Falls MN 56537
Website: 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 888-396-3937
Website: 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: 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) 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: 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: 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: 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: 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: plannedparenthood.org Fax: 320-762-8418

Pregnancy testing, HIV and STI testing, Pap-smears, emergency contraception and birth control. All services are confidential.

PUBLIC HEALTH:

Douglas County Horizon Public Health 320-763-6018

809 Elm St Suite 1200, Alexandria MN 56308

Website: horizonpublichealth.org Fax: 320-763-4127

Grant County Horizon Public Health 320-763-6018

15 Central Ave N, Elbow Lake MN 56531

Website: horizonpublichealth.org Fax: 888-209-2887

Pope County Horizon Public Health 320-763-6018

211 E Minnesota Ave, Glenwood MN 56334

Website: horizonpublichealth.org Fax: 320-634-0159

Otter Tail County Public Health 218-998-8320

560 West Fir Ave, Fergus Falls MN 56537

Website: 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: ottertailcountymn.us/department/public-health Fax: 218-385-3852

Stevens County Horizon Public Health 320-763-6018

10 E Hwy 28, Morris MN 56267

Website: horizonpublichealth.org Fax: 320-589-7433

Traverse County Horizon Public Health 320-763-6018

202 8th St N, Wheaton MN 56296

Website: horizonpublichealth.org Fax: 320-563-0104

Wadena County Public Health..... 218-631-7629

22 Dayton Ave SE, Wadena MN 56482

Website: 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

Website: scmcinc.org/service/behavioral-medicine 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: 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 HOME 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: 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

14 6th Ave NW, Glenwood MN 56334

Parkers Prairie..... 218-736-6987

108 E Soo St, Parkers Prairie MN 56361

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: lssmn.org

Alexandria 320-762-5124

507 22nd Ave E, Suite 1, Alexandria MN 56308

Contact 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 218-321-0390

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

minnewaska.k12.mn.us/win-academy Contact 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..... 320-639-2025

11 2nd St SW, Wadena MN 56482 Website: 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: psychologicalassociates.net

Counseling and therapy services and psychological assessments to children, families & adults.

SOLUTIONS BEHAVIORAL HEALTHCARE PROFESSIONALS, INC.....solutionsinpractice.org

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

1041 Hawk St, Detroit Lakes MN 56501..... 218-844-6853

125 W Lincoln Ave Suite 3, Fergus Falls MN 56537 218-998-2992

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.....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 **320-763-9888**

660 Northside Dr, Alexandria MN 56308

klotheskloset.com

Someplace Safe Thrift Store **320-763-4677**

690 Voyager Dr Suite 106, Alexandria MN 56308

GRANT COUNTY:

Bargain Bazaar Thrift Store **218-685-4236**

28 Central Ave S, Elbow Lake MN 56531

Second Chance Thrift Store **218-747-2020**

102 Main St, Ashby MN 56309

OTTER TAIL COUNTY:

Crosspoint Baby Bin & Tot Time **218-346-4673**

600 8th St NE, Perham MN 56573

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: crosspointalliance.com Email: office@crosspointalliance.com

Fergus Falls Salvation Army Thrift Store **218-739-3448**

917 S Pebble Lake Rd, Fergus Falls MN 56537

Henning Salvation Army Thrift Store **218-548-3200**

410 Douglas Ave, Henning MN 56551

Perham Calvary Lutheran Church Community Outreach **218-346-4780**

619 3rd Ave SW, Perham MN 56573

Website: calvaryperham.com/outreach

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

Re-Use-It Thrift Shop **218-346-2616**

225 E Main St, Perham MN 56573

Richville United Methodist Church Clothing Mission **218-346-5656**

130 1ST Ave SW, Richville MN 56576

Someplace Safe Thrift Store **218-503-2156**

204 W Cavour, Fergus Falls MN 56537

POPE COUNTY:

Pope County Hearts & Hands Clothes Closet **320-634-3408**

206 6th Ave NW, Glenwood MN 56334

STEVENS COUNTY:

Hancock Clothing Bank 320-287-1414
561 6th St, Hancock MN 56244

2nd Chance Consignment..... 320-589-1559
632 Atlantic Ave, Morris MN 56267
2ndchanceconsignment.shop 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

209 6th Ave E, Alexandria MN 56308

Website: 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

229 Harry Rich Dr, Wadena MN 56482

Website: 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@westerprairiemin.us

Volunteer driver services available daily for travel in and throughout the area.

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

610 Oregon Ave, Morris MN 56267

Website: ci.morris.mn.us/departments/morris-transit

Low cost public transportation. Handicap accessible.

OTTER EXPRESS 218-998-3002 or 866-998-3002

1225 N Tower Rd, Fergus Falls MN 56537

Website: 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: 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.