



# 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: <a href="http://wcmca.org">wcmca.org</a> Alexandria Office 1910 Aga Dr Suite 206 Alexandria MN 56308 320-304-3458 Fax: 320-335-2463	Moorhead Office 715 11 <sup>th</sup> 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: <a href="http://mahube.org">mahube.org</a> 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><b>Program Name</b></u>	<u><b>Description</b></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**

**CHILD CARE CONNECTIONS..... 218-512-1500**

[caplp.org/childcareconnections](http://caplp.org/childcareconnections)

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

Email: [dawnb@caplp.org](mailto:dawnb@caplp.org)

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

Email: [laurena@caplp.org](mailto:laurena@caplp.org)

Child Care Aware assists families in accessing quality childcare through financial assistance and an online search tool: [www.parentaware.org](http://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](http://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](mailto: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](http://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](http://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](http://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](http://drnolting.com)

*Accepts new patients*

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

3015 Hwy 29 S, Alexandria MN 56308

Website: [smilemn.com](http://smilemn.com)

Fax: 320-763-5053

*Accepts new patients*

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

120 12<sup>th</sup> Ave E, Alexandria MN 56308

Website: [lakesareasmiles.com](http://lakesareasmiles.com)

Email: [info@lakesareasmiles.com](mailto:info@lakesareasmiles.com)

*Accepts new patients on MinnesotaCare and infants/toddlers*

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

220 22<sup>nd</sup> Ave E, Suite 105, Alexandria MN 56308

Website: [stadsklevdental.com](http://stadsklevdental.com)

Fax: 888-763-0267

*Accepts new patients and infants/toddlers*

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

*Dr. Rick Thiery DDS*

111 10<sup>th</sup> Ave E, Alexandria MN 56308

Website: [youngatheartdentistry.com](http://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](http://elbowlakedental.com) Email: [info@elbowlakedental.com](mailto: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](http://arealakesdental.com) Email: [info@arealakesdental.com](mailto: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](http://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](http://hamanndentistry.com) Email: [mlhamanndds@arvig.net](mailto: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](http://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](http://lakesareasmiles.com) Email: [info@lakesareasmiles.com](mailto: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](http://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](http://northernlakesdental.com) Email: [NorthernLakesDental@prtcl.com](mailto: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](http://pelicandentalmn.com) Email: [pelicandental@loretel.net](mailto: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](http://dentalhealthservicesmn.net) Fax: 320-634-3567

*Accepts new patients and infants/toddlers*

**Minnewaska Dental ..... 320-634-4543**

*Dr. Carl Wallin*

101 1<sup>st</sup> St SW, Glenwood MN 56334 Website: [minnewaskadental.com](http://minnewaskadental.com) Fax: 320-634-4544

*Accepts new patients*

**STEVENS COUNTY:**

**Dental Depot ..... 320-589-4481**

*Dr. Kevin Williamson DDS*

2 E 5<sup>th</sup> St, Morris MN 56267

Website: [dentaldepotmorris.com](http://dentaldepotmorris.com) Email: [dentaldepot@hometownsolutions.net](mailto: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 6<sup>th</sup> St, Morris MN 56267 Fax: 320-589-3149

Website: [morrisdentalclinic.com](http://morrisdentalclinic.com) Email: [info@morrisdentalclinic.com](mailto: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](http://lakevalleydental.com) Email: [office@lakevalleydental.com](mailto: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](http://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](http://reuterfamilydentistry.com) Email: [staff@reuterfamilydentistry.com](mailto:staff@reuterfamilydentistry.com)

*Accepts new patients, infants/toddlers and offers a Dental Savings Plan*

**Woodland Dental..... 218-631-4431**

*Dr. Ryan Anderson DDS*

206 1<sup>st</sup> St SE, Wadena MN 56482

Website: [woodlanddental.org](http://woodlanddental.org)

Email: [woodlanddental@arvig.net](mailto: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 19<sup>th</sup> Ave SW, Willmar MN 56201

Website: [www.cmpdsmiles.com](http://www.cmpdsmiles.com)

*Accepts new patients and infants/toddlers*

**Dental Associates of Savage Children’s..... 952-333-7344**

14393 Hwy 13 S, Savage MN 55378

Website: <https://dentalassociatesmn.com/locations/dental-associates-of-savage-childrens/>

*Accepts new patients, infants and toddlers and Medical Assistance*

**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 1<sup>st</sup> Ave S, Buffalo MN 55313

763-682-6441

Website: [www.themolardoctors.com](http://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](http://northlandsmiles.com)

Email: [northland@northlandsmiles.com](mailto: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**

### **DEAF AND HARD OF HEARING SERVICES..... 800-657-3663**

Website: [mn.gov/deaf-hard-of-hearing/](http://mn.gov/deaf-hard-of-hearing/) Email: [dhs.dhhsd@state.mn.us](mailto: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](http://disabilityhubmn.org)

Free, statewide information and referral resource specifically designed for Minnesotans with disabilities and chronic illnesses.

### **FREEDOM RESOURCE CENTER..... 800-450-0459**

Email: [www.freedomrc.org](http://www.freedomrc.org)

The Freedom Resource Center serves people with disabilities at any age. There is no income or medical qualifications, and all services are free. Services can include learning how to manage money, finding a place to live, job or educational possibilities and dealing with discrimination and bureaucracy.

### **PACER CENTER ..... 800-537-2237 or 952-838-9000**

Website: [pacer.org](http://pacer.org) Email: [PACER@PACER.org](mailto: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**

1201 N Tower Rd, Fergus Falls MN 56537

Contact: Wendy Duenow

Website: [isd935.org](http://isd935.org) Email: [wduenow@ffarea935coop.org](mailto:wduenow@ffarea935coop.org) Fax: 218-998-0055

Member Districts: Ashby, Battle Lake, Breckenridge, Campbell-Tintah, Pelican Rapids, Rothsay and Underwood.

#### **Freshwater Education District 6004 ..... 218-631-3505**

2222 Industrial Dr, Wadena MN 56482

Website: [fed.k12.mn.us](http://fed.k12.mn.us) Email: [lmurdock@fed.k12.mn.us](mailto: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](http://midwestspcedcoop.net) Email: [ttravis@morris.k12.mn.us](mailto: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](http://runestoneareaeducation.org) Fax: 320-762-3370

Office Manager: Heidi Grove Email: [hgrove@alexschools.org](mailto: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](http://arcminnesota.org) Email: [info@arcminnesota.org](mailto: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](http://windmillproject.org) Email: [windmillprojectmn@gmail.com](mailto: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](http://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](http://www.ashby.k12.mn.us) Fax: (218) 747-2289  
 Services Offered: Preschool-12<sup>th</sup> 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](http://www.battlelake.k12.mn.us) Fax: 218-864-8651  
 Services Offered: Preschool-12<sup>th</sup> 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](http://www.b-e.k12.mn.us) Fax: 320-524-2228 or 218-948-2441  
 Services Offered: Preschool-12<sup>th</sup> grade, ECFE, ECSE, School Age Child Care & Summer Recreation

Brandon Campus	Pre-K-12	206 W 3 <sup>rd</sup> St., Brandon	320-834-4084
Evansville Campus	2-5	123 2 <sup>nd</sup> 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](http://www.brownsvalley.k12.mn.us) Fax: 320-695-2868  
 Services Offered: Preschool-8<sup>th</sup> grade, ECFE, ECSE, After School Program & Community Education

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

311 West 1<sup>st</sup> St, Chokio MN 56221  
 Website: [www.chokioalberta.k12.mn.us](http://www.chokioalberta.k12.mn.us) Fax: 320-324-2731  
 Services Offered: Preschool-12<sup>th</sup> grade, ECFE, ECSE & Community Education

**Fergus Falls Public School District 544..... 218-998-0935**  
 518 Friberg Ave, Fergus Falls MN 56537  
 Website: [www.isd544.org](http://www.isd544.org) Fax: 218-998-0055  
 Services Offered: Preschool-12<sup>th</sup> grade, Adult Ed, Area Learning Center, ECFE, ECSE & Community Education

Schools located within District 544:

Lincoln School	PreK	2300 College Way, Fergus Falls	218-998-0544 (x 8900)
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 6<sup>th</sup> St PO Box 189, Starbuck MN 56381  
 Website: [www.glacialhills.org](http://www.glacialhills.org)  
 Services Offered: Preschool-6<sup>th</sup> grade & After School Program

**Hancock Public School District 768 ..... 320-392-5621**  
 371 Hancock Ave, Hancock MN 56244  
 Website: [www.hancock.k12.mn.us](http://www.hancock.k12.mn.us) Fax: 320-392-5156  
 Services Offered: Preschool-12<sup>th</sup> grade, ECFE & Community Education

**Henning Public School District 545 ..... 218-583-2927**  
 500 School Ave, Henning MN 56551  
 Website: [www.henning.k12.mn.us](http://www.henning.k12.mn.us) Fax: 218-583-2312  
 Services Offered: Preschool-12<sup>th</sup> grade, ECFE, ECSE & Community Education

**Herman-Norcross Community School District 264 ..... 320-677-2291**  
 504 Lois Ave N, Herman MN 56248  
 Website: [www.hncs.k12.mn.us](http://www.hncs.k12.mn.us) Fax: 320-677-2412  
 Services Offered: Preschool-12<sup>th</sup> 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](http://www.menahga.k12.mn.us) Fax: 218-564-5401  
 Services Offered: Preschool-12<sup>th</sup> 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](http://www.minnewaska.k12.mn.us) Fax: 320-239-1360

Services Offered:

- Community Education .....320-239-1305
- School Age Childcare.....320-239-1305
- ECFE & Preschool.....320-634-5467
- ECSE .....320-239-1403
- W.I.N. (What I Need) Academy.....320-239-2257

Schools located within District 2149:

Minnewaska Area Elementary	Pre-K-3	409 4 <sup>th</sup> 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](http://www.morris.k12.mn.us) Fax: 320-585-2208

Services Offered: Preschool-12<sup>th</sup> 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](http://www.nymills.k12.mn.us) Fax: 218-385-2551

Services Offered: Preschool-12<sup>th</sup> grade, School Age Childcare, ECFE, ECSE & Community Education

**Osakis Public School District 213 ..... 320-859-2191**

PO Box X, 500 1<sup>st</sup> Ave E, Osakis MN 56360

Website: [www.osakis.k12.mn.us](http://www.osakis.k12.mn.us) Fax: 320-859-2835

Services Offered: Preschool-12<sup>th</sup> 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](http://www.isd547.com) Fax: 218-338-4077

Services Offered: Preschool-12<sup>th</sup> 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](http://www.pelicanrapids.k12.mn.us) Fax: 218-863-5915

Services Offered: Preschool-12<sup>th</sup> 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 5<sup>th</sup> St SE, Perham MN 56573

Website: [perhamschools.org](http://perhamschools.org) Fax: 218-346-4506

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

Schools located within District 549:

Heart of the Lakes Elementary	Pre-K-6	810 2 <sup>nd</sup> 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](http://www.rothsay.k12.mn.us) Fax: 218-867-2376

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

**Sebeka Public School District 820 ..... 218-837-5101**

200 1<sup>st</sup> St NW, PO Box 249, Sebeka MN 56477

Website: [www.sebeka.k12.mn.us](http://www.sebeka.k12.mn.us)

Services Offered: Grades Preschool-12<sup>th</sup> grade, ECFE, ECSE & Community Education

**Verndale Public School District 818 ..... 218-445-5184**

411 SW Brown St, Verndale MN 56481

Website: [www.verndaleschool.org](http://www.verndaleschool.org) Fax: 218-445-5185

Services Offered: Preschool-12<sup>th</sup> 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](http://www.underwood.k12.mn.us) Fax: 218-826-6310

Services Offered: Preschool-12<sup>th</sup> 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](http://www.wdc2155.k12.mn.us) Fax: 218-632-2399

Services Offered:

- Preschool .....218-632-2390
- ECFE.....218-632-2364
- ECSE .....218-632-2398
- Community Education .....218-632-2396

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](http://www.isd2342.org) Fax: 320-528-2609

Services Offered: Preschool-12<sup>th</sup> grade, ECFE, ECSE, School Age Child Care & Community Education

Schools located within District 2342:

West Central Area North	Pre K-4	411 1 <sup>st</sup> 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 803 .....320-563-8282**

1700 3<sup>rd</sup> Ave S, Wheaton MN 56296

Website: [www.wheaton.k12.mn.us](http://www.wheaton.k12.mn.us)

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

Schools located within District 803:

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

**UNIVERSITY OF MINNESOTA EXTENSION ..... [extension.umn.edu](http://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](http://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 Family Education Specialist.

### **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](http://poison.org)

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

Website: [safefamiliesmn.org](http://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](http://centralusa.salvationarmy.org/northern)**

Douglas County ..... 651-746-3507

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](http://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 5<sup>th</sup> 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 1<sup>st</sup> 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](http://careerforcemn.com)

Alexandria..... 320-762-7800  
303 22<sup>nd</sup> 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 1<sup>st</sup> 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](http://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 2<sup>nd</sup> St SW, Suite A, Perham MN 56573

Offers full-service direct or contract placement staffing solutions.

### **INTERNET RESOURCES FOR JOB SEEKERS:**

[careeronestop.org](http://careeronestop.org)

[careerwise.minnstate.edu](http://careerwise.minnstate.edu)

[indeed.com](http://indeed.com)

[minnesotaworks.net](http://minnesotaworks.net)

[careerbuilder.com](http://careerbuilder.com)

[monster.com](http://monster.com)

[simplyhired.com](http://simplyhired.com)

[linkup.com](http://linkup.com)

[glassdoor.com](http://glassdoor.com)

[flexjobs.com](http://flexjobs.com)

[getwork.com](http://getwork.com)

[angel.co](http://angel.co)

### **MANPOWER, INC.....[manpower.com](http://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](http://peopleready.com)**

Alexandria..... 320-762-2001  
507 22<sup>nd</sup> 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](http://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.

### **ADULT AND TEEN CHALLENGE MN ..... 612-373-3366**

525 Willow Dr, Alexandria MN 56308 Website: [mntc.org](http://mntc.org)

The mission of Adult & Teen Challenge MN is to assist men, women and teens in gaining freedom from chemical addictions and other life-controlling problems by addressing their physical, emotional and spiritual needs through a broad spectrum of effective and affordable programs.

### **ALANON & ALATEEN ..... 888-425-2666**

Minnesota Meeting Locator: ..... [al-anon.org](http://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](http://aaminnesota.org) or [area35.org](http://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**

[mnbyr.ng.mil](http://mnbyr.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](http://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](http://co.douglas.mn.us)

Grant County ..... [co.grant.mn.us](http://co.grant.mn.us)

Otter Tail County..... [co.ottertail.mn.us](http://co.ottertail.mn.us)

Pope County ..... [co.pope.mn.us](http://co.pope.mn.us)

Stevens County ..... [co.stevens.mn.us](http://co.stevens.mn.us)

Traverse County..... [co.traverse.mn.us](http://co.traverse.mn.us)

Wadena County ..... [co.wadena.mn.us](http://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 1<sup>st</sup> 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](http://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](http://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](http://irs.gov)

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

720 Fillmore St, Suite B020, Alexandria MN 56308 Website: [lakesarearec.activityreg.com](http://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](http://mbastorm.com) Email: [morrishockeyassoc@gmail.com](mailto: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: [lsnmlaw.org](http://lsnmlaw.org)

Provides civil legal services without charge to low-income people and senior citizens. Our first goal is to help protect children living in violent households. When you apply, you will be asked for information on the income and assets of your household. Most applications will take less than 5 minutes.

**LIFE CONNECTIONS** ..... **320-762-1224**

1114 Broadway St, Suite 5, Alexandria MN 56308 Website: [lifeconnectionsmn.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:famcolab@charter.net)

Families and children will be supported by matching outreach services using the wraparound process.

**PUBLIC LIBRARIES ..... [viking.lib.mn.us](http://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](http://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 2<sup>nd</sup> St, Morris MN 56267      Website: [regionalfitnesscenter.com](http://regionalfitnesscenter.com)

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

Website: [seniorlinkageline.com](http://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](http://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](http://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](https://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](http://uwdp.org)

**OTTER TAIL & WADENA COUNTIES ..... 218-736-5147**

120 E Washington Ave, Fergus Falls MN 56537 Website: [uwotw.org](http://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](http://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](http://wcif.org)

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

**YMCA ..... [ymca.org](http://ymca.org)**

Alexandria..... 320-834-9622

110 Karl Dr NW, Alexandria MN 56308

Website: [alexandriaymca.com](http://alexandriaymca.com)

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

1164 N Friberg Ave, Fergus Falls MN 56537

Website: [fergusfallsymca.org](http://fergusfallsymca.org)

Amenities included in a YMCA membership include group exercise classes, child watch, swimming pool, gymnasium and state of the art cardio and strength equipment.

## **FINANCIAL FITNESS RESOURCES**

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

The **Family Assets for Independence in Minnesota** program is offered through West Central MN Communities Action, Inc. and Mahube-Otwa Community Action. 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 contact the Community Action office nearest you-see listing on page 2.*

For information on the financial counseling programs and debt management offered through **Lutheran Social Services**, visit their website at [lssmn.org/financialcounseling](http://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](http://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](http://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](http://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](http://minnesotagrown.com)

[localharvest.org](http://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](http://rubyspantry.org)

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

**FOOD SHELVES:**

Hunger Solutions: ..... [hungersolutions.org/find-help](http://hungersolutions.org/find-help)

North Country Food Bank: ..... [northcountryfoodbank.org](http://northcountryfoodbank.org)

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](http://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](http://habitat.org)

Douglas County ..... 320-762-4255

Website: [hfhdouglascounty.org](http://hfhdouglascounty.org)

Alexandria Habitat for Humanity Restore .....320-759-1989

1211 N Nokomis NE, Alexandria MN 56308

Pope County ..... 320-634-0355

*Habitat for Humanity of Prairie Lakes, Inc.*

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

Website: [ffhabitat.org](http://ffhabitat.org)

Stevens County ..... 320-589-4451

*Habitat for Humanity of Prairie Lakes, Inc.*

Stevens County ..... 320-589-4451

*Habitat for Humanity of Prairie Lakes, Inc.*

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.

### **HOME LINE**..... **866-866-3546**

Website: [homelinemn.org](http://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](http://douglascountyhra.org)

Grant County ..... 218-685-8240

Website: [co.grant.mn.us/236/Housing](http://co.grant.mn.us/236/Housing)

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

Website: [fergusfallshra.com](http://fergusfallshra.com)

Pope County ..... 320-634-7847

Website: [popcountyhra.com](http://popcountyhra.com)

Stevens County ..... 320-208-6559

Website: [stevenscountyhra.com](http://stevenscountyhra.com)

Wadena County ..... 218-631-7723

Website: [wadenahousing.org](http://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](http://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](http://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](http://assurancewireless.com)

[lifewireless.com](http://lifewireless.com)

[safelinkwireless.com](http://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

#### **MINNESOTA LEGISLATIVE RESOURCES:**

Governor Tim Walz..... 800-657-3717

[mn.gov/governor](http://mn.gov/governor)

Lieutenant Governor Peggy Flanagan ..... 800-657-3717

[mn.gov/governor](http://mn.gov/governor)

Attorney General Keith Ellison ..... 800-657-3787

[ag.state.mn.us](http://ag.state.mn.us)

**MINNESOTA SENATE:** ..... [senate.mn](http://senate.mn)

**MINNESOTA HOUSE OF REPRESENTATIVES:**.....[house.mn.gov](http://house.mn.gov)

## **MEDICAL RESOURCES**

### **Douglas County Medical Clinics:**

Alexandria Alomere Health.....	320-763-5123
610 30 <sup>th</sup> Ave W, Alexandria MN 56308	Website: <a href="http://alomerehealth.com">alomerehealth.com</a> Fax: 320-763-7883
Alexandria Sanford Health .....	320-762-0399
1527 Broadway, Alexandria MN 56308	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 320-762-6828
Evansville Lake Region Healthcare.....	218-948-2040
649 ½ State St, Evansville MN 56326	Website: <a href="http://lrhc.org">lrhc.org</a>
Midway Medical Center.....	320-763-6452
119 30 <sup>th</sup> Ave W, Alexandria MN 56308	
Osakis Alomere Health .....	320-859-3038
811 3 <sup>rd</sup> Ave E, Osakis MN 56360	Website: <a href="http://alomerehealth.com">alomerehealth.com</a> Fax: 320-859-4942
New Kingdom Healthcare .....	952-999-0333
510 22 <sup>nd</sup> Ave E #103, Alexandria MN 56308	Fax: 952-582-1759
	Website: <a href="http://newkingdomhealthcare.com">newkingdomhealthcare.com</a>

### **Grant County Medical Clinics:**

Ashby Lake Region Healthcare .....	218-747-2293
110 Co Rd 82 E, Ashby MN 56309	Website: <a href="http://lrhc.org">lrhc.org</a>
Elbow Lake-Lake Region Healthcare .....	218-685-7300
1411 Hwy 79 E, Elbow Lake MN 56531	Website: <a href="http://lrhc.org">lrhc.org</a>
Herman Coteau des Prairies.....	320-677-2220
204 5 <sup>th</sup> St E, Herman MN 56248	Website: <a href="http://cdphealth.com">cdphealth.com</a>
Herman Lake Region Healthcare .....	320-677-2221
204 5 <sup>th</sup> St E, Herman MN 56248	Website: <a href="http://lrhc.org">lrhc.org</a>
Hoffman Lake Region Healthcare .....	320-986-2038
114 Main Ave, Hoffman MN 56339	Website: <a href="http://lrhc.org">lrhc.org</a>

### **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: <a href="http://lrhc.org">lrhc.org</a>
Fergus Falls Lake Region Healthcare.....	218-739-2221 or 800-247-1066
111 W Vernon Ave, Fergus Falls MN 56537	Website: <a href="http://lrhc.org">lrhc.org</a>
Walk-In Clinic: 218-739-6800	2311 W Lincoln Ave, Fergus Falls MN 56537
Henning Astera Health .....	218-583-2953
401 Douglas Ave, Henning MN 56551	Website: <a href="http://www.asterahealth.org">www.asterahealth.org</a>
Ottertail Sanford Health.....	218-367-6111
105 Otter Dr, Ottertail MN 56571	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 218-367-6110

Ottertail Astera Health.....	218-367-6262
232 MN Hwy 78 N, Ottertail MN 56571	Website: <a href="http://www.asterahealth.org">www.asterahealth.org</a>
Parkers Prairie Sanford Health .....	218-338-4371
115 E Soo St, Parkers Prairie MN 56361	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 218-338-4016
Pelican Rapids St. Mary's Essentia Health.....	218-863-2000
301 N Broadway, Pelican Rapids MN 56572	Website: <a href="http://essentiahealth.org">essentiahealth.org</a>
Pelican Rapids Sanford Health.....	218-863-6100
211 E Mill St, Pelican Rapids MN 56572	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 218-863-6173
Perham Sanford Health .....	218-347-1200
1000 Coney St W, Perham MN 56573	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> Fax: 218-347-1290
<b><u>Pope County Medical Clinics:</u></b>	
Glenwood Glacial Ridge Health.....	320-634-5157
417 S Franklin St, Glenwood MN 56334	Website: <a href="http://glacialridge.org">glacialridge.org</a> Fax: 320-634-2244
Starbuck SCMC.....	320-239-3939
501 Poler St, Starbuck MN 56381	Website: <a href="http://scmcinc.org">scmcinc.org</a> Fax: 320-239-2802
Starbuck Glacial Ridge Health .....	320-239-2200
707 E 7 <sup>th</sup> St, Starbuck MN 56381	Website: <a href="http://glacialridge.org">glacialridge.org</a>
<b><u>Stevens County Medical Clinics:</u></b>	
Morris Prairie Ridge Health .....	320-589-4008
24 E 7 <sup>th</sup> St, Morris MN 56267	Website: <a href="http://prairiehealth.org">prairiehealth.org</a> Fax: 320-589-4227
Stevens Community Medical Center.....	320-589-1313
400 E 1 <sup>st</sup> St, Morris MN 56267	Website: <a href="http://scmcinc.org">scmcinc.org</a> Fax: 320-589-1065
<b><u>Traverse County Medical Clinics:</u></b>	
Browns Valley Coteau des Prairies.....	320-695-2526
404 W Broadway, Browns Valley MN 56219	Website: <a href="http://cdphealth.com">cdphealth.com</a>
Graceville Essentia Health.....	320-748-7223
115 W 2 <sup>nd</sup> St, Graceville MN 56240	Website: <a href="http://essentiahealth.org">essentiahealth.org</a> Fax: 320-748-8204
Wheaton Sanford.....	320-563-8226
401 12 <sup>th</sup> St N, Wheaton MN 56296	Website: <a href="http://sanfordhealth.org">sanfordhealth.org</a> 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 Astera Health.....218-924-2250  
214 1<sup>st</sup> St NW, Bertha MN 56437 Website: [asterahealth.org](http://asterahealth.org) Fax: 218-924-2257
- Menahga Essentia Health .....218-564-4131  
212 Aspen Ave NE, Menahga MN 56464 Website: [essentiahealth.org](http://essentiahealth.org) Fax: 218-564-5287
- Sebeka Astera Health.....218-837-5333  
106 Minnesota Ave, Sebeka MN 56477 Website: [asterahealth.org](http://asterahealth.org)
- Verndale Astera Health.....218-445-5990  
102 Farwell St S, Verndale MN 56481 Website: [asterahealth.org](http://asterahealth.org)
- Wadena Astera Health.....218-631-3510  
421 11<sup>th</sup> St NW, Wadena MN 56482 Website: [asterahealth.org](http://asterahealth.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](http://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](http://hrcff.org) Email: [office@hrcff.org](mailto: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](http://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](http://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.

**LAKES AREA PREGNANCY SUPPORT CENTER..... 218-632-5201 or 218-432-2439 (text)**

15 Dayton Ave SE, Wadena, MN 56482 Website: [lakesareapregnancy.org](http://lakesareapregnancy.org)

Provides free, confidential services to women and men by being a judgment free zone, offering compassion, help and assistance to anyone in an unplanned pregnancy situation.

**LIONS EYE HEALTH PROGRAM (LEHP)..... [lionsclubs.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://horizonpublichealth.org) Fax: 888-209-2887

Pope County Horizon Public Health ..... 320-763-6018

211 E Minnesota Ave, Glenwood MN 56334

Website: [horizonpublichealth.org](http://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](http://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](http://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](http://horizonpublichealth.org) Fax: 320-589-7433

Traverse County Horizon Public Health ..... 320-763-6018

202 8<sup>th</sup> St N, Wheaton MN 56296

Website: [horizonpublichealth.org](http://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](http://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 1<sup>st</sup> St, Morris MN 56267

Website: [scmcinc.org/service/behavioral-medicine](http://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](http://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](http://lmhc.org)

Alexandria..... 320-762-2400

702 34<sup>th</sup> Ave E, Alexandria MN 56308

Detroit Lakes..... 218-847-1676

928 8<sup>th</sup> St SE, Detroit Lakes MN 56501

Fergus Falls..... 218-736-6987

980 S Tower Rd, Fergus Falls MN 56537

Glenwood ..... 320-634-3446

14 6<sup>th</sup> 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](http://lssmn.org)

Alexandria ..... 320-762-5124

507 22<sup>nd</sup> Ave E, Suite 1, Alexandria MN 56308

Contact Email: [jshaskey@lssmn.org](mailto: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](http://minnewaska.k12.mn.us/win-academy) Contact Email: [kquade@isd2149.org](mailto: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 2<sup>nd</sup> St SW, Wadena MN 56482 Website: [npmh.org](http://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](http://psychologicalassociates.net)

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

**RURAL PSYCHIATRY ASSOCIATES.....701-205-3000**

[ruralpsychiatryassociates.com](http://ruralpsychiatryassociates.com)

123 3<sup>rd</sup> Ave E, Suite 300, Alexandria MN 56308..... 855-905-7875

705 Pleasant Ave S, Park Rapids MN 56470 ..... 855-905-7875

Provides individualized mental health care for people of all ages, from individuals and families to healthcare systems of all sizes in person or by telehealth. Specialized approach to meet the needs of children with behavioral issues, ADHD, depression, autism spectrum disorders and more.

**SOLUTIONS BEHAVIORAL HEALTHCARE PROFESSIONALS, INC.....[solutionsinpractice.org](http://solutionsinpractice.org)**

512 30<sup>th</sup> 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](http://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 2<sup>nd</sup> 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:

**Endless Treasure Secondhand Store** ..... **320-759-5756**  
2420 MN-29, Alexandria MN 56308 Website: [endlesstreasuresecondhandstore.com](http://endlesstreasuresecondhandstore.com)

**Klothes Kloset** ..... **320-763-9888**  
660 Northside Dr, Alexandria MN 56308 [klotheskloset.com](http://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 8<sup>th</sup> 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](http://crosspointalliance.com) Email: [office@crosspointalliance.com](mailto: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 3<sup>rd</sup> Ave SW, Perham MN 56573

Website: [calvaryperham.com/outreach](http://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 1<sup>ST</sup> 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 6<sup>th</sup> Ave NW, Glenwood MN 56334

**STEVENS COUNTY:**

**Hancock Clothing Bank ..... 320-287-1414**  
561 6<sup>th</sup> St, Hancock MN 56244

**2nd Chance Consignment..... 320-589-1559**  
632 Atlantic Ave, Morris MN 56267  
[2ndchanceconsignment.shop](http://2ndchanceconsignment.shop) Email: [2ndchance211@gmail.com](mailto: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 5<sup>th</sup> St SW, Sebeka MN 56477  
Email: [wcdac@wcta.net](mailto:wcdac@wcta.net)

## **TRANSPORTATION RESOURCES**

### **CAR CARE PROGRAM..... 320-460-7911**

4353 Co Rd 82 SE, Alexandria MN 56308

Website: [carcareprogram.org](http://carcareprogram.org)

The Car Care Program assists individuals in Douglas and Pope Counties 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](http://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@westerprairiemn.us](mailto:katie.ennen@westerprairiemn.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](http://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](http://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](http://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.