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

Website: wcmca.org

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

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

Website: mahube.org

Main Office	Fergus Falls Office	Wadena Office
1125 W River Rd	128 W Cavour Ave	311 S Jefferson St
Detroit Lakes MN 56501	Fergus Falls MN 56537	Wadena MN 56482
Fax: 218-847-1388	218-739-3011	218-632-3600
	Fax: 218-998-3055	Fax: 218-632-3602

Program Name	Description
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 pose-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

PARENT AWARE..... 888-291-9811

Website: parentaware.org

Statewide online search tool that assists families in accessing quality childcare through financial assistance and finding the best quality care. 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
Accepts Medical Assistance and Minnesota Care for new patients ages 10 and younger or 11 years old and up for emergencies only

Dentistry at the Center **320-762-5216**
Elizabeth Amundson DDS, Tyler Whiting DDS, Dr. Haseman, DDS
Website: dentistryatthecenter.com
2306 S Broadway, Suite 4, Alexandria MN 56308
Accepts infants/toddlers

Lakes Area Pediatric Dentistry **218-739-2217**
120 12th Ave E, Alexandria MN 56308
Website: lakesareasmiles.com
Accepts infants/toddlers, MinnesotaCare & Medical Assistance for children 5 and under

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
Accepts infants/toddlers

OTTER TAIL COUNTY:

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 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 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 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
Accepts infants/toddlers, 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 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@prtel.com
Accepts 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 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 infants/toddlers

STEVENS COUNTY:

Dental Depot 320-589-4481
Dr. Kevin Williamson DDS
2 E 5th St, Morris MN 56267
Website: dentaldepotmorris.com
Accepts infant/toddlers, Medical Assistance and MinnesotaCare

Morris Dental Clinic 320-589-2161
Dr. Eric Rambow DDS and Dr. Meghan Rambow DDS
201 E 6th St, Morris MN 56267 Fax: 320-589-3149
Website: morrisdentalclinic.com Email: info@morrisdentalclinic.com
Accepts 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 infants/toddlers and limited MA and MinnesotaCare patients

Sisseton Dental Clinic..... 605-698-3201

Dr. John Weber, DDS
7 Summit St, Sisseton SD 57262
Website: www.sissetondentist.com
Accepts infants/toddlers and SD Medicaid

Woodrow Wilson Keeble Memorial Health Care Center – Dental Department 605-742-3662

100 Lake Traverse Dr, Sisseton SD 57262
Website: www.ihs.gov/greatplains/healthcarefacilities/wwkmhcc
Provides dental services for Native Americans/Alaskan Natives

WADENA COUNTY:

Lakes Area Pediatric Dentistry 218-739-2217

940 Market St, Perham MN 56573
Website: lakesareasmiles.com
Accepts infants/toddlers, MinnesotaCare & Medical Assistance for children 5 and under

Reuter Family Dentistry. ..... Wadena 218-631-1487 or Perham 218-346-0346

Dr. Heidi Reuter DDS
80 Juniper Ave NW, Wadena MN 56482
929 Market St, Perham MN 56573
Website: reuterfamilydentistry.com
Accepts 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
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

DISABILITY RESOURCES

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.

FREEDOM RESOURCE CENTER..... 800-450-0459
Email: 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 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
1201 N Tower Rd, Fergus Falls MN 56537
Contact: Wendy Duenow
Website: isd935.org Email: 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 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: midwestspecedcoop.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

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-12	206 W 3rd St., Brandon	320-834-4084
Evansville Campus	2-5	123 2nd Ave, Evansville	218-948-2241

Fergus Falls Public School District 544 218-998-0935

518 Friberg Ave, Fergus Falls MN 56537
Website: www.isd544.org Fax: 218-998-0055
Services Offered: Preschool-12th 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

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

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

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

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:

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 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 1st 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 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 4th Ave N, Wheaton	320-563-8191
Wheaton High School	6-12	1700 3rd Ave S, Wheaton	320-563-8282

ADULT BASIC EDUCATION ..... Call 800-222-1990 or Text 612-424-1211

Visit the Literacy Minnesota Website: literacymn.org 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.

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 is also available.

EMERGENCY RESOURCES

AMERICAN RED CROSS 1-800-733-2767

redcross.org

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

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..... 651-746-3410

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 AND TEEN CHALLENGE MN 612-373-3366
525 Willow Dr, Alexandria MN 56308 Website: 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
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.

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 the 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: 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
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 AGING & DISABILITY RESOURCES..... mn.gov/adresources
Website that provides information and resources for the following topics: Help at Home, Housing, Finances, Food, Rent/Mortgage, Legal, Mental Health, Jobs, and more.

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.

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..... www.annualcreditreport.com
Receive a free annual credit report from each of the three main credit bureaus.

EXODUS LENDING 612-615-0067
Website: exoduslending.org Email: info@exoduslending.org
Exodus Lending works with Minnesotans to help pay off debt and work with participants to create a flexible manageable repayment plan, charging no interest or fees.

FAMILY ASSESTS FOR INDEPENDENCE IN MN (FAIM)..... 800-492-4805
Website: minnesotafaim.org
FAIM combines matched savings with coaching and training to help participants build financial skills and achieve their goals by changing their spending and savings behaviors, including consumer debt reduction. Please contact the Community Action office nearest you-see listing on page 2.

LUTHERAN SOCIAL SERVICES FINANCIAL SERVICES 888-577-2227
Website: lssmn.org/financialcounseling
Provides support, guidance and proven tools to achieve financial wellness, such as budget and debt management, credit report reviews, debt management plans, home ownership programs and student loan debt assistance.

UNIVERSTIY OF MINNESOTA EXTENSION OFFICE..... 612-624-1222
Website: extension.umn.edu/home-and-financial-management#personal
Contact your local extension office or visit the website for financial information including assistance with taxes, retirement planning and budgeting assistance programs in your area.

THE VILLAGE FINANCIAL RESOURCE CENTER 800-450-4019
Website: moneyhelp.thevillagefamily.org/services/training-and-consulting
Provides a referral for financial management programs, credit counseling, budgeting and financial education and housing counseling services.

FOOD RESOURCES

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 www.hungersolutions.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.

United Way Mobile Food Drops..... uwdp.org

FOOD SHELVES:

North Country Food Bank: ..... northcountryfoodbank.org

HUNGER SOLUTIONS:..... hungersolutions.org

Connects hungry residents with resources to put food on the table today while also helping to find long-term solutions to hunger.

WOMEN, INFANTS & CHILDREN (WIC) ..... health.state.mn.us/wic

Douglas County	320-763-6018
Grant County	320-763-6018
Otter Tail County	218-998-8320
Pope County	320-763-6018
Stevens County	320-763-6018
Traverse County	320-763-6018
Wadena County	218-631-7629

The WIC Program helps pregnant women, new mothers, infants, and children under 5 get healthy foods, nutrition education, breastfeeding support, and referrals to community services. Provides healthy foods such as 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 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

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
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: popecountyhra.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 RESPONSIBLITIES HANDBOOK:

Website: www.ag.state.mn.us/consumer/handbooks/lt/default.asp

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

accesswireless.com
assurancewireless.com
lifewireless.com
safelinkwireless.com
truconnect.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

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 Alomere Health.....320-763-5123
610 30th Ave W, Alexandria MN 56308 Website: alomerehealth.com Fax: 320-763-7883

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

Evansville Lake Region Healthcare.....218-948-2040
649 ½ State St, Evansville MN 56326 Website: lrhc.org

Midway Medical Center.....320-763-6452
119 30th Ave W, Alexandria MN 56308

Osakis Alomere Health 320-859-3038
811 3rd Ave E, Osakis MN 56360 Website: alomerehealth.com Fax: 320-859-4942

New Kingdom Healthcare 952-999-0333
510 22nd Ave E #103, Alexandria MN 56308 Fax: 952-582-1759
Website: newkingdomhealthcare.com

Grant County Medical Clinics:

Ashby Lake Region Healthcare 218-747-2293
110 Co Rd 82 E, Ashby MN 56309 Website: lrhc.org

Elbow Lake-Lake Region Healthcare 218-685-7300
1411 Hwy 79 E, Elbow Lake MN 56531 Website: lrhc.org

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

Herman Lake Region Healthcare 320-677-2221
204 5th St E, Herman MN 56248 Website: lrhc.org

Hoffman Lake Region Healthcare 320-986-2038
114 Main Ave, Hoffman MN 56339 Website: lrhc.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 Astera Health 218-583-2953
401 Douglas Ave, Henning MN 56551 Website: www.asterahealth.org

Ottertail Sanford Health.....218-367-6111
105 Otter Dr, Ottertail MN 56571 Website: sanfordhealth.org Fax: 218-367-6110

Ottertail Astera Health.....218-367-6262
232 MN Hwy 78 N, Ottertail MN 56571 Website: www.asterahealth.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

Pope County Medical Clinics:

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 7th St, Starbuck MN 56381 Website: glacialridge.org

Stevens County Medical Clinics:

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

Stevens Community Medical Center.....320-589-1313
400 E 1st St, Morris MN 56267 Website: scmcinc.org Fax: 320-589-1065

Traverse County Medical Clinics:

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 2nd St, Graceville MN 56240 Website: essentiahealth.org Fax: 320-748-8204

Wheaton Sanford.....320-563-8226
401 12th 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 Astera Health.....218-924-2250
214 1st St NW, Bertha MN 56437 Website: asterahealth.org Fax: 218-924-2257

Menahga Essentia Health 218-564-4131
212 Aspen Ave NE, Menahga MN 56464 Website: essentiahealth.org Fax: 218-564-5287

Sebeka Astera Health.....218-837-5333
106 Minnesota Ave, Sebeka MN 56477 Website: asterahealth.org

Verndale Astera Health.....218-445-5990
102 Farwell St S, Verndale MN 56481 Website: asterahealth.org

Wadena Astera Health.....218-631-3510
421 11th St NW, Wadena MN 56482 Website: 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
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.

LAKES AREA PREGNANCY SUPPORT CENTER..... 218-632-5201 or 218-432-2439 (text)
15 Dayton Ave SE, Wadena, MN 56482 Website: 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
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 STABILIZAITON UNIT (PRODUCTIVE ALTERNATIVES)..... 320-805-2550

104 7th St., Hoffman MN 56339
Provides an unlocked, short-term (up to 10 days) stay which offers a safe space for adults experiencing a mental health crisis to have a place to focus on healing and connect to community resources.

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

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.

RURAL PSYCHIATRY ASSOCIATES.....855-905-7875

ruralpsychiatryassociates.com

123 3rd Ave E, Suite 300, Alexandria MN 56308

705 Pleasant Ave S, Park Rapids MN 56470

401 12th St N, Wheaton MN 56296

Provides individualized mental health care for people of all ages 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

2145 Nokomis St 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:

Endless Treasure Secondhand Store 320-759-5756
2420 MN-29, Alexandria MN 56308

Goodwill Thrift Store 320-759-2431
219 3rd Ave E, Alexandria MN 56308

Klothes Kloset 320-219-6101
660 Northside Dr, Alexandria MN 56308

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 9:00-10:30 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

Henning Salvation Army Thrift Store 218-548-3200
410 Douglas Ave, Henning MN 56551

Re-Use-It Thrift Shop 218-346-2616
225 E Main St, Perham MN 56573

Someplace Safe Thrift Store 218-503-2156
204 W Cavour, Fergus Falls MN 56537

Welcome House, Inc. 218-998-4779
1678 College Way, Fergus Falls MN 56537

POPE COUNTY:

Class Act Thrift Shop 320-334-1800
660 Co Rd 21 S #300, Glenwood MN 56334

STEVENS COUNTY:

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

2nd Chance Consignment & Resale Boutique..... 320-589-1559
632 Atlantic Ave, Morris MN 56267

Someplace Safe Thrift Store..... 320-585-6614
708 Atlantic Ave, Morris MN 56267

Verge of Fantastic 320-200-1558
533 Atlantic Ave, Morris MN 56267

TRAVERSE COUNTY:

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

WADENA COUNTY:

Rising Phoenix..... 218-631-2113
204 Bryant Ave SE, Wadena MN 56482

Treasure Trove Thrift Store 218-837-5182
305 5th St SW, Sebeka MN 56477

TRANSPORTATION RESOURCES

CAR CARE PROGRAM..... 320-460-7911
4353 Co Rd 82 SE, Alexandria MN 56308
Website: 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
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
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.