


Fillmore County

COMMUNITY



Resources Guide

Introduction

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

Please note that this guide also includes resources and agencies that address issues associated with children and adults who may have special needs in any of all areas of life.

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

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



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Crisis, Emergency and Informational Services.

[American Red Cross](#).....800-733-2767

[Crisis Response for SE MN](#).....844-274-7472

[Crisis Text Line 24/7 Crisis Support](#).....Text MN to 741741

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

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

 All other cities within Fillmore County contact Fillmore County Sheriff's office

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

 Preston Police Department.....507-765-2153

 Rushford Police Department.....507-864-7023

 Spring Valley Police Department.....507-346-2700

[Fillmore County Social Services](#).....507-765-2175

 902 Houston St. Suite 1, Preston MN

 Services: Child Protection, Adult Protection, Case Management, Child Support, Financial Services
 including Medical Assistance, SNAP, Cash and Emergency

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

Fillmore Family Resources.....507-765-2550 or 507-285-1010

[Great Rivers 211](#).....211 Or 800-362-8255

 A 24 hour telephone helping service providing information and referral

Minnesota Adult Abuse Reporting Center (MAARC).....844-880-1574

[National Alliance on Mental Illness \(NAMI SE MN\)](#).....507-287-1692

[National Center for Missing and Exploited Children](#).....800-843-5678

[National Runaway Safeline](#).....800-786-2929

[National Suicide Prevention Lifeline](#).....800-273-8255

[Poison Control Center](#).....1-800-222-1222

Poison Control Text.....Text POISON to 797979

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

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

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

[Zumbro Valley Health Center](#).....507-289-2089

Adult Education/Literacy

[Preston Workforce Development Inc.](#).....507-765-2476

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

Child Care

[Birthright](#).....507-288-9374

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

[Catholic Charities](#).....800-222-5859

Free confidential adoption and pregnancy counseling

[Family First of Minnesota](#).....507-287-2020

[Fillmore County Social Services](#).....507-765-2175

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

Clothing and Household Goods

[Catch My Thrift](#).....507-533-4401

200 Main St. N, Stewartville

[Children's Exchange](#).....507-289-6637

1249 SE Marion Rd, Rochester

Goodwill Store.....507-281-9651

239 28th St. SE, Rochester

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

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

66 E. 2nd St. Winona

110 W. Jessie St. Rushford.....	507-864-2324
Habitat for Humanity ReStore.....	507-258-5505
3034 40 th Ave NW Rochester	
HOUSEHOLD GOODS ONLY	
JuliaClaire Consignment and Variety Store.....	507-765-2399
Located in Preston MN	
Once Upon A Child	507-252-5090
Salvation Army Thrift Store.....	507-281-1561
201 9 th St. SE, Rochester	
1443 W. Service Dr. Winona.....	507-474-2400
Savers.....	507-536-2564
1201 S Broadway, Suite B	
Sparrow's Closet.....	507-273-9460
108 N Broadway Ave, Spring Valley	
Thrifty Threads.....	507-765-4707
108 Fillmore Pl SE, Preston MN 55965	
Thrift of Fifth.....	507-289-4019
Clothing and Jewelry Only	
400 5 th Ave SW, Rochester	

Dental

Apple Tree Dental	507-424-1040
973 Skyline Drive SW, Rochester MN	
General dental care, ages 1 or older, and all MA, MNCare, private insurance and sliding fee if eligible	
Community Dental Care	507-258-4046
1926 College View Rd SE Heintz Center, Rochester #116	
2120 US 14E, Rochester MN.....	507-258-7934
Medica Delta Dental.....	800-459-8574
RCTC Dental Hygiene Clinic	507-280-3169
1926 College View Rd. SE Rochester MN	

Salvation Army Good Samaritan Dental.....507-258-7934
 120 N Broadway Ave, Rochester MN
[Spring Valley Dental](#).....507-346-7281
 UCARE Dental Service.....800-235-0564

Drug/Alcohol/Addictions Treatment

[Common Ground](#).....507-281-0023
 1027 7th St. NW #207
 Connections & Referral Unit (Detox).....507-281-6248
 343 Woodlake Dr. Rochester
[Fillmore County Social Services](#).....507-765-2175
 902 Houston St. NW Preston
[Fountain Centers](#).....507-252-0818
 4122 18th Ave NW, Rochester
[Gables Recovery Home](#).....507-282-2500
[Hiawatha Valley Mental Health Center](#).....507-454-4341
[Mayo Nicotine Dependency Center and Support Group](#).....507-266-1930
[National Problem Gambling Helpline](#).....800-522-4700
 Pathway House.....507-287-6121
 Pathway to Parenthood.....507-281-0441
[Zumbro Valley Health Center](#).....507-289-2089

Early Childhood Programs

Early Childhood Special Education Services

Chatfield Public Schools.....	507-867-3265
Fillmore Central Schools.....	507-765-3809
Kingsland School.....	507-346-7358
Lanesboro School.....	507-467-2229
Mabel-Canton Schools.....	507-493-5422
Rushford-Peterson School.....	507-864-7786
Follow Along Program-Fillmore County Public Health.....	507-765-3898
Early childhood intervention program to track and evaluate development of children 0-36 months.	
Head Start Programs- SEMCAC	507-864-7741

Employment and Job Training

Ability Building Center	507-281-6262
Aerotek	507-206-5760
3535 40 th Ave NW, Rochester	
Express Employment Professionals	507-285-1616
2518 N. Broadway Ave, Rochester	
Global Employment Solutions	507-292-6692
1032 15th Ave SE, Rochester	
Lifetrack	651-227-8471
Masterson Staffing Solutions	507-252-8481
401 16 th Ave NW, #102 Rochester	
Opportunity Services	507-208-9495
Possibilities	507-281-6116
1808 3 rd Ave SE, Rochester	
Helping those with disabilities find employment	

<u>SEMCIL</u> (Southeastern Minnesota Center for Independent Living).....	507-285-1815
2200 2 nd St. SW. Rochester	
Veteran Employment Service.....	507-923-2828
<u>Vocational Rehabilitation Services</u>	507-923-2828
<u>Winona Occupational Rehabilitation Center</u>	507-452-1855
<u>Workforce Development Inc.</u>	
Preston.....	507-765-2476
100 Main St. SE, Preston	
Rochester.....	507-292-5152
2070 College View Rd. E. Rochester	

Financial Help and Information

[Catholic Charities of Southern Minnesota](#)

Rochester.....	507-287-2047
Winona.....	507-454-2270
Family Homeless Prevention & Assistance Program.....	507-732-7391
<u>Three Rivers Community Action Program</u> ...300 11 th Ave Nw #110	
Emergency assistance program	

<u>Family Means</u>	800-780-2890
3265 19 th St. NW. Rochester	

<u>Fillmore County Social Services</u>	507-765-2175
902 Houston St. NW Suite 1. Preston	
Provide emergency relief, medical assistance, food support, cash assistance, day care assistance, etc. Services available are based on financial eligibility.	

<u>SEMCAC</u>	507-765-2761
Provided assistance for housing needs such as energy assistance, home improvement, heating bills, and rent deposits for those who qualify financially.	

<u>SEMCIL</u>	507-285-1815
Social Security Administration.....	877-405-3631
2443 Clare Lane NE. Suite 100, Rochester	

Food Assistance

Food Shelves

Chatfield.....	507-867-3529
Mabel.....	507-493-5783
St. Johns Lutheran Church (Wykoff).....	507-352-2296
Spring Valley Food Shelf.....	507-346-7367
SEMCAC (Preston).....	507-765-2761
SEMCAC (Rushford).....	507-864-8224

[Fillmore County Social Services](#).....507-765-2175

Hosanna’s Pantry.....507-285-0092

2815 57th St NW Rochester

4th Saturday of each month. 9am-11:30am. Provide ID on site. Winter months: winter clothing available

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

[Moms Meals](#).....877-508-6667

Senior Dining (ages 60 and over. Costs may apply unless on waiver)

Harmony.....	507-886-4612
Lanesboro.....	507-864-8228
Mabel.....	507-493-5950
Preston.....	507-765-2522
Rushford.....	507-864-2786
Spring Valley.....	507-346-7795

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

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

Foster Care/Adoption

[Catholic Charities](#).....507-287-2047

[Children’s Home Society of Minnesota](#).....800-952-9302
[Fillmore County Social Services](#).....507-765-2175

Referral services, and foster care licensing.

Health Care/Medical and Pregnancy Services

[Community Health Services Inc](#).....507-529-0503

1926 College View Rd. SE. Rochester

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

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

902 Houston St. NW. Suite 2 Preston

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

902 N Broadway, Rochester

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

Gundersen Health System

La Crosse Hospital.....608-782-7300

1836 S. Ave. La Crosse, WI 54601

Decorah Clinic.....563-382-3140

1830 State Hwy 9, Decorah IA

Harmony Clinic.....507-886-8888

805 Main Avenue S, Harmony MN

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

200 1st St. SW. Rochester

Olmsted Medical Center

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

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

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

802 Memorial Dr. Spring Valley.....507-346-7373

[Planned Parenthood](#).....507-288-5186

1212 7th St. NW. Rochester

Rushford Community Clinic.....	507-864-7726
109 W. Jessie St. Rushford	
SEMCAC	507-864-2157
204 S. Elm St. Rushford	
St. Mary’s Hospital.....	507-255-2123
1216 2 nd St. SW Rochester	
VA Medical Center.....	507-252-0885
3900 55 th St. NW Rochester	
Winona Health	
Rushford.....	507-864-7726
Winona.....	507-454-3650

HIV/AIDS Resources

Advocacy, Referral, Support

Mayo Clinic HIV Clinic.....	507-255-7763
Mayo Clinic Social Services.....	507-284-2131

HOMEMAKING and SUPPORTIVE SERVICES

Global Health Care	507-292-6692
Age Well at Home (Chatfield Area).....	507-251-0520
Options Plus Home Care	507-474-1509
Prairie River Home Care Inc	507-252-9844
SEMCIL	507-285-1815
TaskTakers Spring Grove	507-498-8275

HOUSING

Senior Housing (many have subsidized rent)

Housing Counseling Agency	800-569-4287
Lifestyle	507-451-8524
Section 8 SEMMCHRA.....	651-565-2638

Assisted Living Apartments

Bremmer Suites, Rushford, MN.....	507-864-7714
Chosen Valley Assisted Living Chatfield.....	507-867-3416
Clara House, La Crescent, MN.....	507-895-6447
Clara House, Harmony, MN.....	507-886-6515
Heritage Court, Houston, MN.....	507-896-5135
Ostrander Assisted Living, Ostrander, MN.....	507-657-2231
Park Lane Estates, Preston, MN.....	507-765-9986
Spring Grove Assisted Living, Spring Grove, MN.....	507-498-4000
Spring Valley Estates, Spring Valley, MN.....	507-346-1246
Traditions, Preston, MN.....	507-765-3837
The Meadows of Mabel, Mabel, MN.....	507-493-5995

Housing Assistance

American Red Cross	507-287-2200
310 14 th St. SE, Rochester	
Emergency housing services for those affected by natural disasters and single family fires.	
Family Homeless Prevention & Assistance Program	507-732-7391

Three Rivers Community Action Program

300 11th Ave NW #110 Rochester

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

[Fillmore County Social Services](#).....507-765-2175

902 Houston St. NW Suite 1. Preston

[Intercultural Mutual Assistance Association \(IMAA\)](#).....507-289-5960

2500 Valleyhigh Dr. NW Rochester

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

Salvation Army (contact Semcac in Preston).....507-765-2761

Section 8 SEMMCHRA.....612-565-2638

[SEMCAC](#).....507-765-2761

[SEMCI](#).....507-285-1815

Legal Services

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

Fillmore Family Resources.....507-765-2550 or 507-285-1010

[HOME Line](#).....612-728-5767 Or Toll Free 866-866-3546

A Non-Profit Minnesota Tenant Advocacy Organization

Legal Assistance of Olmsted County.....507-287-2036

[OutFront Minnesota](#).....800-800-0350

Assistance with GLBT issues

[MMLA MN Disability Law Center](#).....800-292-4150

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

[Mediation & Conflict Solutions](#).....507-285-8400

Mediation services for both adults and youth regardless of income.

[Southern Minnesota Regional Legal Services](#).....888-575-2954

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

Library Services

Chatfield Public Library.....	507-867-3480
314 Main St	
Harmony Public Library.....	507-886-8133
225 3 rd Ave SW.	
Lanesboro Public Library.....	507-467-2649
202 Parkway S.	
Mabel Public Library.....	507-493-5336
110 E. Newburg.	
Preston Public Library.....	507-765-4511
101 St. Paul St. SW	
Rushford Public Library.....	507-864-7600
101 N. Mill St.	
Spring Valley Public Library.....	507-346-2100
121 W. Jefferson	
Selco.....	507-288-5513
2600 19 th St. NW Rochester	
MN Department of Children/Families and Learning Library for the Blind and Physically Disabled.....	507-333-4828
388 Southeast 6 th Ave, Faribault, MN	

Mental Health and Counseling Services

Bluestem	507-282-1009
Crisis Response for SE MN	844-274-7472
Crisis Text Line 24/7 Crisis Support	Text MN to 741741
Fillmore County Social Services	507-765-2175

902 Houston St. NW Suite 1, Preston

[Hiawatha Valley Mental Health Center](#).....507-454-4341

166 Main St. Winona

Rushford.....507-864-2600

[Highland Meadows Counseling Center Inc.](#).....507-288-6978

[Nation Alliance on Mental Illness](#) (NAMI SE MN).....507-287-1692

[Nystrom Associates](#).....507-516-0030

[PrairieCare](#)507-218-3701

[Zumbro Valley Mental Health Center](#).....507-289-2089

65 Main Ave N. Harmony

343 Woodlake Dr. Se, Rochester

Parenting Programs

Early Childhood Family Education Programs (ECFE)

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

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

Fillmore Central Schools ECFE507-765-3809

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

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

Kingsland Schools ECFE.....507-346-7358

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

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

902 Houston St. NW, Suite 2 Preston

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

[Fillmore County Social Services](#).....507-765-2175

902 Houston St. NW. Suite 1

[Michael H. Siebel Family Visitation and Exchange Center](#).....507-434-7552

105 1st St. SE Austin.

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

[PAIRR](#).....507-328-4020
201 8th St. NW. Rochester
Parenting education and classes

Recreation

[Boys & Girls Club of Rochester](#).....507-287-2300

[Boy Scout Game haven Council](#).....507-287-1410

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

Chatfield.....507-867-3810

Harmony.....507-886-8122

Lanesboro.....507-467-3722

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

Preston.....507-765-2153

Rushford.....507-864-2444

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

Wykoff.....507-352-4011

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

Fillmore County University of MN Extension Office

902 Houston St. NW. Suite 3, Preston

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

21071 County Rd. 118. Preston

[Eagle Bluff Environmental Learning Center](#).....507-467-2437

28097 Goodview Dr., Lanesboro.

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

[Girl Scout Council of River Trails](#).....800-845-0787

Niagara Cave.....507-886-6606

29842 Co Hwy 30, Harmony

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

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

School District Offices

Chosen Valley Public School.....507-867-4210

Elementary.....507-867-4521

205 Union St. NE Chatfield

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

Elementary.....507-765-3809

145 Main Ave. Harmony

Kingsland Public School.....507-346-7276

705 N. Section Ave. Spring Valley

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

100 Kirkwood St. Lanesboro

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

316 W. Fillmore Ave. Mabel

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

102 N. Mill St. Rushford

St. John's Lutheran School.....507-352-4671

245 Lime St. S. Wykoff.

Senior Services

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

902 Houston St. NW. Suite 2 Preston

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

[SEMCAC](#).....507-765-2761

Energy Assistance.....800-944-3281

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

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

Social Security Administration.....877-405-3631

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

902 Houston St NW. Suite 4 Preston

Special Needs Services

[Alzheimer’s Association 24/7 Helpline](#).....800-272-3900

The ARC Minnesota Southeast Region.....507-287-2032

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

3008 Wellner Dr. NE, Rochester.

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

Deaf and Hard of Hearing Services.....507-344-2840

[Disability Hub](#).....866-333-2466

[Epilepsy Foundation of Minnesota](#).....800-779-0777

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

902 Houston St. NW Suite 2, Preston

[Fillmore County Social Services](#).....507-765-2175

902 Houston St. NW Suite 1. Preston

[Lutheran Social Service](#).....800-582-5260

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

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

[MN Children with Special Health Needs](#).....800-728-5420

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

388 Southeast 6th Ave, Faribault, MN

[PACER Center Inc](#).....800-537-2237

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

[Rochester Center for Autism](#).....507-424-3234

3640 9th St. NW, Rochester

[SEMCIL](#).....507-285-1815

[Senior LinkAge Line](#).....800-333-2433

Minnesota Department of Human Services

Social Security Administration.....877-405-3631

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

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

902 Houston St. NW Suite 4. Preston

Transportation Service

[Age Well at Home](#) (Chatfield Area Only).....507-251-0520

[HandiVan](#).....507-281-3600

[RemJoy](#).....507-206-6650

[Semcac Transportation](#).....800-528-7622

Sunflower Transportation.....507-280-6060

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

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

Youth/Teen Support Services

Crisis Response for SE MN	844-274-7472
Crisis Text Line 24/7 Crisis Support	Text MN to 741741
Fillmore County Social Services	507-765-2175
902 Houston St. NW Suite 1, Preston	
Hiawatha Valley Mental Health Center	507-454-4341
166 Main St. Winona	
Lutheran Social Service of Minnesota Link Program	507-287-2260
Mission 21.....	507-208-4600
Empowering youth survivors of sex trafficking and working with those who are risk.	
National Dating Abuse Hotline.....	866-331-8453
National Dating Abuse Text line.....	Text Loveis to 77054
Runaway Shelter.....	800-621-4000
Semcil	507-285-1815
Zumbro Valley Mental Health Center	507-289-2089

Helpful Websites

www.affordablehousingonline.com This website allows you to search low income apartments and waiting lists in any desired area.

www.hocmn.org This is the website for the Minnesota Homeownership Center, it provides information on foreclosure prevention and home buying resources.

www.hud.gov/apps/section8/index.cfm This is the page on the HUD website where you can search for affordable housing by state and county.

www.mn.gov/puc/ This is the site for the Public Utilities Commission, and on this page you can access applications for telephone discounts for low income families/individuals, and for energy assistance. It also has a link to a FAQ page about the Cold Weather Rule.

www.salvationarmynorth.org This is the link to the Salvation Army. An array of services are listed under the ‘How We Help’ dropdown.

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

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

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

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

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

Definitions of child abuse and neglect: <https://www.childwelfare.gov/topics/can/defining/>

Risk and protective factors for child abuse: <https://www.childwelfare.gov/topics/can/factors/>

How many children are abused: <https://www.childwelfare.gov/topics/systemwide/statistics/can/>

Consequences of child abuse and neglect: <https://www.childwelfare.gov/topics/can/impact/>

Warning signs: <https://www.childwelfare.gov/topics/can/identifying/>

Responding to child abuse and neglect: <https://www.childwelfare.gov/topics/responding/>

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

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