



Community Resource Guide



Fillmore County



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

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, and Cash

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, telephone counseling and crisis
 intervention

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

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

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. 2 nd 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 | |
| Wed 4p.m – 7p.m Sat & Sun 9a.m – 12p.m | |

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 7 th 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 18 th Ave NW, Rochester | |
| Gables Recovery Home..... | 507-282-2500 |
| Guest House Rehab..... | 507-299-1142 |
| 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 | |
| Kelly Services..... | 507-282-1584 |
| 5721 Bandel Rd. NW, Suite 200, Rochester | |
| Lifetrack..... | 651-227-8471 |
| Masterson Staffing Solutions..... | 507-252-8481 |

| | |
|--|--------------|
| 401 16 th Ave NW, #102 Rochester | |
| Opportunity Services..... | 507-208-9495 |
| Pearl Consulting..... | 507-206-9689 |
| People Ready..... | 507-286-1064 |
| 903 6 th St. NW, Rochester | |
| Possibilities..... | 507-281-6116 |
| 1808 3 rd Ave SE, Rochester | |
| Helping those with disabilities find employment | |
| SEMCIL (Southeastern Minnesota Center for Independent Living)..... | 507-285-1815 |
| 2200 2 nd St. SW. Rochester | |
| Veteran Employment Service..... | 507-923-2828 |
| Vocational Rehabilitation Services..... | 507-923-2828 |
| Winona Occupational Rehabilitation Center..... | 507-452-1855 |
| Workforce Development Inc. | |
| 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 |
| Three Rivers Community Action Program...300 11 th Ave Nw #110 | |
| Emergency assistance program | |
| Family Means..... | 800-780-2890 |
| 3265 19 th St. NW. Rochester | |
| Fillmore County Social Services..... | 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.

| | |
|--|--------------|
| SEMCAC..... | 507-765-2761 |
| Provided assistance for housing needs such as energy assistance, home improvement, heating bills, and rent deposits for those who qualify financially. | |
| SEMCIL..... | 507-285-1815 |
| Social Security Administration..... | 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 57 th St NW Rochester | |
| 4 th Saturday of each month. 9am-11:30am. Provide ID on site. Winter months: winter clothing available | |
| Meals on Wheels..... | 507-864-7741 |
| Mom’s 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

American Cancer Society.....800-227-2345
Community Health Services Inc.....507-529-0503
1926 College View Rd. SE. Rochester
Serves migrants, seasonal farm workers, family members, low income community members. Call for eligibility information. Some bilingual services available.
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
Intercultural Mutual Assistance Association (IMAA).....507-289-5960

| | |
|---|--------------|
| 2500 Valleyhigh Drive NW. Community health workers | |
| Mayo Medical Center..... | 507-284-2511 |
| 200 1 st St. SW. Rochester | |
| Olmsted Medical Center | |
| 207 Twiford St. SW, Chatfield..... | 507-867-4925 |
| 405 Kansas St. NW. Preston..... | 507-765-5324 |
| 210 SE. 9 th 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
Helping Hands House Cleaning.....507-287-9149
International Quality Homecare Rochester.....855-447-4762
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 11 th 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 |
| SEMCIL..... | 507-285-1815 |

Legal Services

| | |
|---|------------------------------|
| Child Support Payment Line..... | 800-657-3512 |
| Fillmore Family Resources..... | 507-765-2550 or 507-285-1010 |
| 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. | |
| Public Defenders of Rochester..... | 507-285-7370 |
| 400 S Broadway #204, Rochester | |
| 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 19th St. NW Rochester
 MN Department of Children/Families and Learning Library for the Blind and Physically
 Disabled.....507-333-4828
 388 Southeast 6th 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
 PrairieCare Medical Group.....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 ECFE | 507-765-3809 |
| 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 1 st 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 8 th 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 Service..... | 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 6 th 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 9 th 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 |
| Blue Plus participants-Blue Ride..... | 866-340-8648 |
| Friendly Ride..... | 507-226-8883 |
| 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 disable or elderly person.