MOWER COUNTY RESOURCE LISTING/LISTA DE RECURSOS DEL CONDADO DE MOWER

Resources for families and children in Mower County

CRISIS INTERVENTION/SERVICIOS DE INTERVENCIÓN EN SITUACIONES DE CRISIS

Law Enforcement/Medical Emergency/Policia/Emergencia Medica—911

None Emergency Call 437-9400

NON-EMERGENCY SERVICES/ SERVICIOS SIN EMERGENCIA

Mayo Clinic Health System______433-7351
Nurse Care Line________1-888-609-4065
Patient Online Services -
  Support line________1-877-858-0398
  Other Behavioral Services_433-7389
Psychiatric Service Unit _______433-7351
Patient Education_________434-1753
Crime Victims Resource Center_437-6680

CRISIS INTERVENTION/INTERVENCION EN CRISIS

Crisis Response 1-844-274-7472

CHILD ABUSE PREVENTION/PREVENCIÓN DE MALTRATO INFANTIL
Child Protection__________437-9700
Human Trafficking Hotline 1-888-373-7888

VICTIMS SERVICES
Crime Victims Crisis Center Albert Lea
___________________________373-2223
Rochester Women’s Shelter
_________________________507-285-1010
Crisis Resource Center Owatonna
___________________________1-800-451-1202
Dorothy Day Shelter (homeless)
_________________________507-282-5172

FAMILY VISITATION & EXCHANGEVISITAS FAMILIARARES Y INTERCAMBIOS
Siebel Center ________________434-7550

FOSTER CARE/CUIDADO ADOPTIVO
Mower County DHS _________437-9700

TOLL-FREE HOTLINE NUMBERS/NUMEROS DE LINEA TELEFONICA GRATUITA

Sex Trafficking Hotline_____ 1-888-373-7888
Safe Harbor (Sexually exploited youth)
________________________1-866-223-1111
Battered Women _________ 1-800-799-7233
Epilepsy Foundation of MN_1-800-332-1000
MADD(Mothers Against Drunk Drivers)
________________________1-800-487-6233
Runaways/Safe Choices ___ 1-800-621-4000
Runaways (Operation Peace of Mind)
________________________1-800-231-6946
Stuttering Hotline ________ 1-800-221-2483
MN Crime Victims_________ 1-800-247-0390
24-Hour Crisis Line_______ 1-800-422-1295

Most recent version as of 9/20/2019. Information collected and updated yearly by that Parenting Resource Center, Austin, MN. If you would like to be added please email programs@ prc-austinmn.org or 507-437-8830
COUNSELING/MENTAL HEALTH /
CONSEJERIA/SALUD MENTAL

Austin Public Schools 460-1900
Austin High School 460-1816
MAYO Clinic 433-7351
The Bridge 434-9334
Catholic Charities 433-3062
Cedar River Counseling Services 433-6482
Cedar House 437-9152
Crimes Victim Resource Center 437-6680
Crisis Response 1-844-274-7472
Family Facilitators 481-4770
Family Focus 434-3586
Gerard Community Mental Health Services
Therapy, Diagnostic, Assessment and
Psychological Testing 434-4366
Kevin Anderson Lic. Psychologist/EMDR
Therapy 440-0134
Lutheran Social Services 1-800-582-5260
Mayo Clinic Social Services 507-284-2131
Psychiatry/
Psychology Assoc.-So MN 433-5191
Independent Management Services (IMS)/
ARMHS therapy, diagnostic assessment &
psychological test 437-6389

Cont. COUNSELING/MENTAL HEALTH /
CONSEJERIA/SALUD MENTAL

Dr Moran Professional Corp. 438-2010
Veteran Service Office
Mower County 434-2712
Quality Case Management, Inc. 437-9085
Quality Community Services, Inc. 437-9085
New Horizons Adoption
Agency 1-800-314-3370
Austin Manor 433-5569

EDUCATION/EDUCACION

Austin Public Schools
Administration 460-1900
Alternative School/Area Learning Center
460-1805
Austin Community Education 460-1706
Austin Adult Learning 460-1707
English Language Learning 460-1707
GED & Transition to College 440-8701
Austin ECFE (Early Childhood Family Ed.)
460-1709
ECSE (Early Childhood Special Ed.) 460-1705
Blooming Prairie Public Schools 583-4427

Cont. EDUCATION/EDUCACION

Grand Meadow Admin & ECFE 754-5310
Hayfield-Brownsdale ECFE 477-3236
Hayfield-Brownsdale Public Schools
477-3236
LeRoy-Ostrander Admin 324-5743
LeRoy-Ostrander ECFE 324-5741
Lyle Schools Administration 582-3568
Riverland Community College/Austin
433-0600
1-800-247-5039

Headstart Program (SEMCAC) 433-5889
PACER 1-800-537-2237
Autism Resource Specialist –Mary Barinka
433-4243
University of Minnesota Extension, Mower
Co. 437-9552
University of Minnesota Extension, Mower
Co. for SNAP –Ed (Nutrition)
434-2653 ext 653

LITERACY EDUCATION/EDUCATION LITERA-
TURA 1-800-222-1990
Tutoring 1-800-225-READ
Family Literacy 460-1707

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LIBRARIES/BIBLIOTECAS
Austin Public Library __________ 433-2391
Brownsdale Public Library _______567-2177
Grand Meadow Public Library_____ 754-5859
Hayfield Community Library _____ 477-2455
LeRoy Public Library __________ 324-5641
Lyle Community Library _______ 325-2369
MN Library for the Blind/Talking Books __________________1-800-722-0550

PARENTING EDUCATION/EDUCACION DE PADRES
Parents Forever Divorce Education/Parenting Resource Center______ 437-8330
Parent WARMLINE _______1-888-584-2204
Linea de Apoyo y Compresion Paterna ________________________1-888-584-2204
Parenting Resource Center ______ 437-8330
University of Minnesota Extension, Mower Co.___________________ 437-9552
ECFE (Early Childhood Family Ed.)_460-1709

YOUTH CHILDREN/RECREATION/RECREACION JUVENIL
Austin Community Education ____433-0971
Austin Park & Recreation Program_433-1881
Boy Scouts ______________________387-3123
Girl Scouts River Valley ___ 1-800-845-0787
Jay C Hormel Nature Center _____ 437-7519
4-H Program (UofM Extension) ___ 437-9552
YMCA/Recreation Center _______433-1804
Mower County Mentoring _______437-9454

FINANCIAL CONSULTING/CONSULTORIA FINANCIERA
Independent Management Services _____________________________437-6389

SOCIAL SECURITY/SERGUNO SOCIAL
________________________________________1-866-504-5010

LEGAL SERVICES/SERVICIOS LEGALES
SE MN Reg. Legal Services (Intake) __________________________1-888-575-2954
Albert Lea ______________________1-800-223-0280
Minnesota Family Law Project ________________________________1-866-292-0080
Immigrant Law Center of MN _____________________________1-651-641-1011

SUPPORT GROUPS/GRUPOS DE APOYO
Crimes Victims Resource Center __437-6608
Mother of Children with Handicaps ______________________________________325-4742
Adult Children of Alcoholics_______ 437-3797
Circle of Parents_______________ 377-7665
Circle of Hope _________________ 438-2034
La Leche League of Southeast MN_456-8238
Freeborn County Crime Victims Crisis Ctr. ________________________________507-377-5460
Celebrate Recovery______________433-7008

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### FOOD/COMIDA

- Mower County DHS (vouchers) **437-9701**
- Ruby’s Pantry Grace Lutheran Austin 3rd Thursdays of each month **433-3445**
- Cornerstone Church Austin **433-7008**
- Lyle Our Savior’s Lutheran Church **325-4684**
- LeRoy Area Ministerial Assoc **324-5722**
- Racine **507-378-4801**
- Mower County Senior Center **507-433-2370**
- WIC (Women, Infant & Children) **437-9799**
- Salvation Army **437-4566**
- Our Saviors Lutheran-Lyle **325-4684**
- American Red Cross—Disaster **1-844-878-9933**
- NAPS **1-877-500-8699**
- Little Cedar Food Shelf (for Southland Families) **582-3185**
- SEMCAC Senior Dining Austin **459-9270**
- SEMCAC Meals on Wheels:
  - Austin Meals on Wheels **433-3120**
  - Grand Meadow/Dexter/Lyle **754-5744**
  - Adams **582-3185**

### HOUSING/VIVIENDA

- Austin HRA **433-1866**
- Mower Co HRA **434-5556**
- American Red Cross (disaster) **1-844-878-9933**
- Salvation Army (emergency) **437-4566**
- SEMCAC (emergency) **433-5889**
- Housing Equality Law Project **1-866-292-0080**
- Rochester Women’s Shelter **507-285-1010**
- Quality Case Management, Inc. **437-9085**
- Crisis Resource Center Owatonna **1-800-451-1202**
- Dorothy Day Shelter (homeless) **507-282-5172**
- Habitat for Humanity-Freeborn/Mower **433-1349**
- Independent Management Services **437-6389**

### CLOTHING/ROPA

- Birthright **437-2373**
- Rachel’s Hope **437-7595**
- Parenting Resource Center **437-8330**
- Salvation Army **433-7203**
- Headstart (SEMCAC) **M-Th 7-4, F 7-11**

### USED CLOTHING FOR SALE/VENTA DE ROPA USADA

- Twice is Nice **433-5353**
- Salvation Army **437-4566**
- A to Z Treasures **433-0090**

### PERSONAL CARE ITEMS/ARTICULOS DE CUIDADO

- Welcome Center **434-2863**

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HUMAN SERVICES/SERVICIOS HUMANOS

Independent Management Services 437-6389
Lutheran Social Services of MN 1-800-582-5260
Welcome Center 434-2863
Mower County DHS 437-9701
MN 211 2-1-1
Cedar Valley Services 433-2303
New Horizons Adoption Agency 1-800-314-3370
Austin Human Rights Commission 437-9940
IMAA Intercultural Mutual Assistance Assoc. 507-273-2280 or 507-273-4230

LAW ENFORCEMENT/POLICIA

Austin Police Department Emergency 9-1-1
Austin Police Dept. Non-Emergency 437-9400
Mower County Sheriff 437-9400
Truancy Officer 437-9454
Current Jail Inmate List:
www.co.mn.mower.us/sheriff.html

HEALTH/SALUD

Mayo Clinic Health System 433-7351
Adams Health Care Center 507-582-3263
Express Clinic at HyVee in Austin_WALK-IN
Minnesota Care 1-800-657-3672
Mower County Public Health 437-9701
Sacred Heart Home Health Care 433-1808
Intrepid USA Health Care Service 433-4700
MN Children w/Special Health Needs 1-800-728-5420
United Home Health Care Choice 1-888-460-1815

AIDS/HIV TESTING/EXAMENES DE SIDA-VIH

AIDS National Hotline 1-800-342-AIDS
AIDS Minnesota Hotline 1-800-248-AIDS

BIRTH CONTROL/ANTICONCEPTIVOS

MN Family Planning/STI Hotline 1-800-783-2287
Mayo Clinic Health System 433-7351
Mower County Community Health 437-9701

PREGNANCY/EMBARAZO

Mower County Community Health 437-9701
Rachel’s Hope Support & Council 437-7595
Catholic Charity Information Line 1-800-222-5859
Pregnancy Hot Line 1-800-848-5683
Mayo Clinic Health System 433-7351
New Horizon Adoption Agency 1-800-314-3370

MOWER COUNTY PUBLIC HEALTH/SALUD

PUBLICA DEL CONDADO MOWER

Infant, child and teen check ups, immunizations, breast feeding support, STI testing & WIC (Women-Infant & Children) 437-9701
SUPPORT GROUPS/GRUPOS DE APOYO

Crimes Victims Resource Center __437-6608
Mother of Children with Handicaps ___________________325-4742
Adult Children of Alcoholics_______ 437-3797
Circle of Parents _____________ 377-7665
Circle of Hope ________________438-2034
La Leche League of Southeast MN_456-8238
Freeborn County Crime Victims Crisis Ctr. ________________507-377-5460
Celebrate Recovery ___________ 433-7008

DISABILITY SERVICES/SERVICIOS DE DISCAPACIDAD
LIFE Mower County _____________ 433-8994
Cedar Branch DAC Adams_______ 582-7726
Cedar Valley Services __________ 433-2303
Cedar House, Inc. _____________ 437-9152
Division of Rehabilitation_______ 433-0570
Epilepsy (MinCep Care PA) _1-612-525-2400
March of Dimes/SE MN ____ 1-507-282-0649
MN State Council on Disabilities ___________________________________1-800-562-9747
Mower Council for Handicapped ________________________________433-9609
SE Center for Independent Living (Rochester) _________________________285-1815
REM Woodvale _________________ 433-7301
SEMCIL ___________________________1-888-460-1815
MN Children w/Special Health Needs ___________________________________1-800-728-5420
Independent Management Services ______________________________________437-6389
Quality Case Management, Inc. __437-9085
Quality Community Services, Inc. _ 437-9085

CHEMICAL DEPENDENCY/DEPENDENCIA DE SUSTANCIAS QUIMICAS
Alcoholics Anonymous (AA)_____ 433-9868
Education/Enforcement Liaison _____________________________________________433-0408 ext 0407
Narcotics Anonymous ___________433-9868
Mayo Clinic Health System
Fountain Center Austin___________ 434-1890
Fountain Center Albert Lea_ 1-800-533-1616
Mayo Clinic Health System
Tobacco Cessation_______________ 434-1429
Free Support Group Wednesday 5-6pm _______________________________________434-1429
Circle of Hope—Support Group ___438-2034

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FINANCIAL CONSULTING/CONSULTORIA FINANCIERA
Independent Management Services _____________________________437-6389

SOCIAL SECURITY/SERGURO SOCIAL
____________________________________________1-866-504-5010

CHILD CARE/GUARDERÍAS
Child Care Resource and Referral
(Mower and Freeborn) __1-800-462-1660
Helping Homes __________ 507-438-1270
(emergency/temporary care)
Mower County Public Health – Daycare Providers list
website: www.mowercountyhhs.com
Austin Aspires – Daycare and Preschool Opening list (always updated) – visit
www.austinaspires.org

ENERGY ASSISTANCE/ASISTENCIA DE ENERGÍA
SEMCAC
Mower County_____________________433-5889
Rushford 1-800-944-3281

DRIVERS LICENSE/LICENCIAS DE CONDUCIR
Dept of Motor Vehicles 434-2675

TRANSPORTATION/TRANSPORTACION
SMART ____________________1-855-762-7821
AB Taxi ______________________434-9689

EMPLOYMENT/EMPLEO
CHOICES_____________________507-280-5510
Cedar Valley Services___________433-2303
Workforce Center_______________433-0555
Welcome Center_______________434-2863
CLUES________________________355-8575

CAREER COUNSELING/CONSEJERÍA EN CARRERAS
Riverland Community College __433-0600
Workforce Development__________433-0555
CLUES________________________355-8575