

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/Emergen-
cia 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/INTERVENCIÓN EN CRISIS

Crisis Response _____ 1-844-274-7472

CHILD ABUSE PREVENTION/PREVENCIÓN DE MALTRARO 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 & EXCHANGE/VISITAS FAMILIARAS 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

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/EDUCACION LITERA-
TURA _____ 1-800-222-1990
Tutoring _____ 1-800-225-READ
Family Literacy _____ 460-1707

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/SERGURO SOCIAL

_____ 1-866-504-5010

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

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

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

PERSONAL CARE ITEMS/ARTICULOS DE CUIDADO

Welcome Center_____434-2863

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

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
Austin _____ 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 DIS-
CAPACIDAD

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/DEPENDECIA 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

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.austinaspire.org*

ENERGY ASSISTANCE/ASISTENCIA DE ENERGIA

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