



# Community Resource Guide



## Fillmore County



# Introduction

This guide is provided as a resource for families in Fillmore County. The challenges of raising a family 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 or 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

<b>American Red Cross</b> .....	507-287-2200
310 14 <sup>th</sup> St. SE, Rochester, MN 55904	
<i>Services for those affected by natural disasters, military families and single family fires.</i>	
<b>Chatfield Police Department</b> .....	507-867-3331
<b>Crime Victims Services</b> .....	507-765-2341
<b>Crisis Nursery (24 hours)</b> .....	1-877-434-9599
<b>Emergency- Fire, Police, Ambulance</b> .....	<b>911</b>
<b>Fillmore County Sheriff</b> .....	507-765-3874
<b>Fillmore County Social Services</b> .....	507-765-2175
<i>Child Protective, Vulnerable Adult and Financial Services including medical assistance.</i>	
<b>Fillmore Family Resources</b> .....	507-765-2316 or 1-800-500-2316
PO Box 308, Preston, MN 55965	
<i>Victim Advocacy Services</i>	
<b>First Call for Help</b> .....	1-800-362-8255
<i>A 24 hour telephone helping service providing information and referral, telephone counseling and crisis intervention.</i>	
<b>National Center for Missing and Exploited Children</b> .....	1-800-843-5678
<b>National Poison Control Center</b> .....	1-800-222-1222
<b>National Runaway Hotline</b> .....	1-800-621-4000
<b>Rapeline Sexual Assault Program-24 hour</b> .....	507-289-0636
<b>Road Conditions</b> .....	1-800-542-0220
<b>Spring Valley Police Department</b> .....	507-346-2700
<b>St. Mary's Hospital</b> .....	507-255-5123
<b>University of Minnesota County Extension Services</b> .....	507-765-3896
902 Houston St. NW, Preston, MN 55965	

## Adult Education / Literacy

<b>WorkForce Development Center-Adult Literacy/GED testing</b>	
Preston Site .....	507-765-2476
Rushford Site .....	507-864-7065
<i>Community Education Classes are provided by individual school districts for their home communities. Please see school district listings for contact information to request class schedules and other information.</i>	

## Child Care

- Child Care Resource & Referral, Inc.**.....507-287-2020  
126 Woodlake Dr. SE, Rochester, MN 55904  
*Provides assistance in locating day care in the region. Provides training for licensed and legal non-licensed day care providers including kinship care.*
- Fillmore County Social Service**.....507-765-2175  
902 Houston St. NW Suite 1, Preston, MN 55965  
*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

- Children's Exchange and Maternity Exchange**..... 507-289-9374  
1249 SE Marion Rd, Rochester, MN 55904
- Community Clothesline** ..... 507-282-8050  
814 11<sup>th</sup> Ave. NE, Rochester, MN 55906
- The Depot**..... 563-382-8401  
105 Railroad Ave. Decorah, IA 52101
- Goodwill Store** ..... 563-382-6146  
915 Short St. Decorah, IA 52101
- Goodwill Store** ..... 507-281-9651  
239 28<sup>th</sup> St. SE, Rochester, MN 55904
- Once Upon A Child**..... 507-252-5090
- Salvation Army Thrift Store**..... 507-281-1561  
201 9<sup>th</sup> St. SE, Rochester, MN 55904
- Thrifty Threads** ..... 507-765-4707  
106 Main St. SE, Preston, MN 55965

## Dental

- Rochester Community & Technical College Dental Clinic** ..... 1-800-247-1296  
*Cleaning, fluoride and x-ray.*
- Children's Dental Health Services** ..... 507-273-7257  
Fillmore County Public Health, 902 Houston St. NW, Preston, MN 55965  
*Currently accepting Medical Assistance Patients only (MA, Doral-U-Care, MN Care, Blue Plus)*

## Drug / Alcohol / Addictions Treatment

- Wenden Recovery Services**..... 507-765-2505  
124 S. Main St., Preston, MN 55965  
*Adult outpatient chemical dependency treatment.*
- Detox Center** ..... 507-281-6248 or 800-422-0670  
343 Woodlake Dr. Rochester, MN
- Fillmore County Social Service**..... 507-765-2175  
902 Houston St. NW Suite 1, Preston, MN 55965  
Chemical dependency assessment and treatment referral service coordination.  
*Gambling addiction assessment and treatment referral services.*
- Mayo Nicotine Dependency Center and Support Group** ..... 507-266-1930
- Problem Gambling Helpline**..... 1-800-333-HOPE

## Early Childhood Programs

### Early Childhood Special Education Services

- Chosen Valley ..... 507-867-3265
- Fillmore Central..... 507-765-3809
- Kingsland ..... 507-346-7358
- Lanesboro ..... 507-467-2229
- Mabel-Canton ..... 507-493-5422
- Rushford-Peterson..... 507-864-7786
- Follow Along Program-Fillmore County Public Health**..... 507-765-3898  
902 Houston St. NW, Preston, MN 55965  
*Early childhood intervention program to track and evaluate development of children  
0- 36 months.*
- Head Start Programs-SEMCA** ..... 507-864-7741

## Employment and Job Training

- Ability Building Center** ..... 507-281-6262
- CHOICES** ..... 1-800-383-5421
- Department of Rehabilitation Services**..... 507-285-7297
- Developmental Achievement Center (DAC)** ..... 507-765-3378
- Minnesota Jobs and Training** ..... 507-285-7315
- Workforce Development Center**..... 507-765-2476 or 1-800-584-6770  
100 Main St. SE, Preston, MN 55965  
*Career assessment and counseling, job skills training, job search assistance, educational assistance and youth employment for individuals who meet income guidelines or have been dislocated from employment.*

## Financial Help and Information

- Fillmore County Social Service**..... 507-765-2175  
902 Houston St. NW Suite 1, Preston, MN 55965  
*Provide emergency relief, medical assistance, food support, cash assistance, day care assistance, and other. Services available are based on financial eligibility.*
- Outreach Services**..... 507-252-5220  
206 S. Broadway, Suite 602A, Rochester, MN 55904  
*Assistance with SSI and Social Security Disability applications.*
- SEMCAC**..... 1-800-944-3607 or 507-864-2157  
204 S. Elm St., PO Box 549, Rushford, MN 55971  
*Provides assistance for housing needs such as energy assistance, home improvements, heating bills and rent deposits for those who qualify financially.*
- Social Security Administration** .....507-289-1667 or 800-772-1213  
2443 Clare Lane NE, Suite 100, Rochester, MN 55906  
*Retirement, survivor, and disability financial benefits.*

## Food

### Food Shelves

- St. Johns Lutheran Church (Wykoff)..... 507-352-2296  
Spring Valley Food Shelf..... 507-346-7367, Ex. 203  
Contact: Deb Zimmer, City of Spring Valley
- SEMCAC (Preston)..... 507-765-2761  
SEMCAC (Rushford)..... 507-864-7741
- Food Stamps-Fillmore County Social Services**..... 507-765-2175
- MAC** ( Support for Mothers and Children)..... 507-765-2761
- Meals on Wheels**..... 507-864-7741
- Mom's Meals**..... 866-971-6667  
*Nutritionally balanced, reasonably priced delivered meals for elderly persons.*
- Salvation Army** (Sheriff's Office)..... 507-765-3874
- Senior Dining**
- Canton ..... 507-743-8548  
Harmony ..... 507-886-6277  
Lanesboro ..... 507-467-3444  
Preston..... 507-765-4412  
Rushford ..... 507-864-2786  
Spring Valley ..... 507-346-7795
- WIC** (Fillmore Co. Public Health).....507-765-3898 or 1-800-WIC-4030  
*Program for pregnant or nursing women and children under age 5.*

## Foster Care / Adoption

<b>Catholic Charities</b> .....	507-287-2047
903 W Center St., Suite 220, Rochester, MN 55901	
<b>Children's Home Society of Minnesota</b> .....	507-282-7809
<b>Fillmore County Social Service</b> .....	507-765-2175
902 Houston St. NW Suite 1, Preston, MN 55965	
<i>Step-parent adoption assistance, referral services and foster care licensing.</i>	

## Health Care / Medical and Pregnancy Services

<b>Cancer Information and Services</b> .....	1-800-227-2345
<b>Community Memorial Hospital</b> .....	507-454-3650
855 Mankato Ave. Winona, MN 55987	
<b>Fillmore County Public Health</b> .....	507-765-3898
902 Houston St. NW, Suite 2, Preston, MN 55965	
<i>Health information and referral services available for all ages. Free home visiting program for elderly, newborns and those with disabilities. WIC clinic, safety program for children, elderly care services and support. Most services are covered by Medicare, Medical Assistance or Medical Assistance Waiver programs. Call for details.</i>	
<b>Franciscan Skemp Healthcare</b> .....	800-362-5454
700 West Ave., LaCrosse, WI 54601	
<b>Gundersen Lutheran Clinic</b> .....	608-782-7300 or 1-800-362-9567
1836 South Ave. LaCrosse, WI 54601	
<b>Winneshiek Medical Center</b> .....	507-493-5115
114 South Main St. Mabel, MN 55954	
<b>Mayo Medical Center</b> .....	507-284-2511
200 1 <sup>st</sup> St. SW, Rochester, MN 55905	
<b>Olmsted Medical Center (Branch Clinic)</b> .....	507-867-4925
207 Twiford St. SW, Chatfield, MN 55923	
<b>Olmsted Medical Center (Branch Clinic)</b> .....	507-765-5324
405 Kansas St. NW, Preston, MN 55965	
<b>Olmsted Medical Center (Main Clinic)</b> .....	507-288-3443
210 SE 9th St. Rochester, MN 55904	
<b>Olmsted Medical Center (Branch Clinic)</b> .....	507-346-7373
302 W Tracy Rd, Spring Valley, MN 55975	
<b>Rushford Community Clinic</b> .....	507-864-7726
109 W. Jessie St. Rushford, MN 55971	
<b>SEMCAC</b> .....	1-800-657-5121 or 507-864-2157
204 S. Elm St., PO Box 549, Rushford, MN 55971	
<i>Family planning clinic and referral services.</i>	
<b>VA Medical Center</b> .....	612-725-2000
One Veterans Drive, Minneapolis, MN 55417	

## Housing

- American Red Cross** ..... 507-287-2200  
310 14<sup>th</sup> St. SE, Rochester, MN 55904  
*Emergency housing services for those affected by natural disasters and single family fires.*
- Fillmore County Social Service**..... 507-765-2175  
902 Houston St. NW Suite 1, Preston, MN 55965  
*Emergency housing assistance and relief.*
- Salvation Army**  
Contact: Fillmore County Sheriff's Department ..... 507-765-3874  
901 Houston St. NW, Preston, MN 55965  
*Provides emergency lodging for transient persons or persons in need.*
- Section 8 Housing Assistance-HUD** ..... 1-800-450-4501 or 612-565-2638  
Southeastern Minnesota Multi-County Housing and Redevelopment Authority  
134 East 2<sup>nd</sup> St., Wabasha, MN 55981  
*Rental assistance based on income.*
- SEMCAC**..... 1-800-944-3602 or 507-944-3607  
204 S. Elm St., PO Box 549, Rushford, MN 55971  
*Emergency housing assistance to homeless women and children.*

## Legal Services

- Child Support Payment Line** ..... 1-800-657-3512
- Customer Product Safety Line**..... 1-800-638-2772
- Fillmore County Attorney's Office** ..... 507-765-2530  
Courthouse, Preston, MN 55965
- Legal Advocacy for Persons with Developmental Disabilities** ..... 1-800-292-4150  
430 1<sup>st</sup> Ave. N, Suite 300, Minneapolis, MN 55401 ..... or 612-332-1441  
*Legal assistance and counsel to persons with developmental disabilities or mental illness for legal issues concerning their disability.*
- Southern Minnesota Regional Legal Services**..... 1-888-575-2954  
66 East third St. Suite 204, Winona, MN 55987 ..... or 507-454-6660  
*Free legal services for low income persons.*
- Fillmore Family Resources**..... 507-765-2316 or 1-800-500-2316  
PO Box 308, Preston, MN 55965  
*Victim Advocacy Services*
- Victim Services**..... 507-765-2805 or 877-289-0636  
Fillmore County Courthouse, Preston, MN 55965

## Library Services

<b>Chatfield Public Library</b> .....	507- 867-3480
314 Main St. Chatfield, MN 55923	
<b>Harmony Public Library</b> .....	507-886-8133
225 3 <sup>rd</sup> Ave. SW, Harmony, MN 55939	
<b>Lanesboro Public Library</b> .....	507-467 2649
202 Parkway South, Lanesboro, MN 55949	
<b>Mabel Public Library</b> .....	507-493-5336
110 East Newburg, Mabel, MN 55954	
<b>Preston Public Library</b> .....	507-765-4511
101 St Paul 2 SW, Preston, MN 55965	
<b>Rushford Public Library</b> .....	507-864-7600
101 North Mill St. Rushford, MN 55971	
<b>Spring Valley Public Library</b> .....	507-346-2100
121 W. Jefferson, Spring Valley, MN 55975	
<b>Selco</b> .....	507-288-5513
2600 19 <sup>th</sup> St. NW, Rochester, MN	
<a href="http://www.selco.lib.mn.us">www.selco.lib.mn.us</a>	
<b>MN Department of Children/Families and Learning Library for the Blind and Physically Disabled</b> .....	507-333-4828

## Mental Health and Counseling Services

<b>Fillmore County Social Service</b> .....	507-765-2175
902 Houston St. NW Suite 1, Preston, MN 55965	
<i>Children's mental health case management and adult referral services.</i>	
<b>Hiawatha Valley Mental Health Center</b> .....	507-454-4341
166 Main St., Winona, MN 55987	
<b>Zumbro Valley Mental Health Center</b> .....	1-800-422-0161
343 Wood Lake Drive SE, Rochester, MN 55904 (Main Office).....	
65 Main Ave. N. Harmony, MN 55939 (Harmony Office)	
Crisis Line..... 507-281-6248 or 800-422-0670	

## 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-Harmony Site .....	507-886-6464
Fillmore Central-Preston Site .....	507-765-3809
Lanesboro ECFE.....	507-467-2229
Mabel-Canton 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, MN 55965

*Positive Parenting Program and assessments*

### Fillmore County Social Service..... 507-765-2175

902 Houston St. NW Suite 1, Preston, MN 55965

*Family-based Counseling and parenting education services for financially eligible families with children.*

### PAIIR..... 507-328-4020

201 8<sup>th</sup> St. NW, Rochester, MN 55901

*Parenting education and classes*

### Michael H. Siebel Family Visitation and Exchange Center ..... 507-434-7552

105 1<sup>st</sup> St. SE, Austin, MN 55912

*The center facilitates the exchange and visitation of children by and between custodial and noncustodial parents while monitoring and maintaining safety for all participants.*

## Recreation

### 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

Fillmore County University of MN Extension Office..... 507-765-3896

902 Houston St. NW Suite 3, Preston, MN 55965

### Boy Scout Gamehaven Council ..... 507-287-1410

1124 11 ½ St. SE, Rochester, MN 55904

<b>Eagle Bluff Environmental Learning Center</b> .....	507-467-2437
Lanesboro, MN 55949	
<i>Environmental educational and camp opportunities for all ages including Tree Tops High Ropes Course and miles of trails.</i>	
<b>Girl Scout Council of River Trails</b> .....	507-288-4703
4228 8 <sup>th</sup> St. SW, Rochester, MN 55902	
<b>Root River Bike Trail Office</b> .....	507-467-2552
<b>Special Olympics of Fillmore County</b> .....	507-886-8922
PO Box 417, Harmony, MN 55939	

## School District Offices

<b>Chosen Valley Public Schools</b> .....	507-867-3265
205 Union St. NE, Chatfield, MN 55923	
<b>Fillmore Central Public Schools</b> .....	507-886--6464
145 Main Ave. Harmony, MN 55939	
<b>Kingsland Public Schools</b> .....	507-346-7358
705 North Section Ave., Spring Valley, MN 55975	
<b>Lanesboro Public Schools</b> .....	507-467-2229
100 Kirkwood St., Lanesboro, MN 55949	
<b>Mabel-Canton Public Schools</b> .....	507-493-5422
316 W. Fillmore Ave., Mabel, MN 55954	
<b>Rushford-Peterson Public Schools</b> .....	507-864-7786
102 North Mill St. Rushford, MN 55971	
<b>St. John's Lutheran School</b> .....	507-352-4671
245 Line St. S. Wykoff, MN 55990	

## Senior Services

<b>Fillmore County Public Health</b> .....	507-765-3898
902 Houston St. NW, Suite 2, Preston, MN 55965	
<i>Variety of services to meet the needs of disabled and elderly persons.</i>	
<b>SEMCAC</b> .....	General # 1-800-944-3607 or 507-864-2157
204 S. Elm St., PO Box 549, Rushford, MN 55971	
<b>Preston site</b> .....	507-765-2761
Energy Assistance .....	1-800-944-3281
Retired Seniors Volunteer Program (RSVP) .....	1-800-944-3602
Senior Caregiver Help .....	1-800-944-3165
Senior Nutrition .....	1-800-944-3402

- Senior LinkAge Line**..... 1-800-333-2433  
 Minnesota Department of Human Services  
*Help with prescription costs, Medicare and insurance, home care and more.*
- Social Security Administration** .....507-289-1667 or 800-772-1213  
 2443 Clare Lane NE, Suite 100, Rochester, MN 55906
- Veterans Services Office** ..... 507-765-4937  
 902 Houston St. NW, Suite 4, Preston, MN 55965

## Special Needs Services

- Alzheimer’s Association 24/7 Helpline** ..... 1-800-232-0851
- ARC SE MN Collaboration** ..... 1-888-732-8520 or 507-287-2032  
 6301 Bandel Rd NW, Suite 605, Rochester, MN 55901 .....  
*Support, education and advocacy services to persons with developmental disabilities and their families.*
- Cardinal of Minnesota (Main Office)** ..... 507-281-1077  
 3008 Wellner Dr. NE, Rochester, MN 55906  
*Community supported living options and services for individuals with developmental disabilities.*
- Disability Linkage Line**..... 1-866-333-2466  
 Minnesota Department of Human Services
- Early Childhood Special Education Services**
- Chosen Valley ..... 507-867-3265
  - Fillmore Central ..... 507-765-3809
  - Kingsland..... 507-346-7358
  - Lanesboro ..... 507-467-2229
  - Mabel-Canton..... 507-493-5422
  - Rushford-Peterson ..... 507-864-7786
- Epilepsy Foundation of Minnesota** .....507-287-2103 or 1-800-260-4550  
 Rochester, MN
- Fillmore County Public Health** ..... 507-765-3898  
 902 Houston St. NW, Suite 2, Preston, MN 55965  
*Health information, case management, adaptive aids, funding and referral services available for all ages based on need, disability and financial eligibility. Call for more information.*
- Fillmore County Social Service**..... 507-765-2175  
 902 Houston St. NW Suite 1, Preston, MN 55965  
*Variety of financial, direct and referral services to individuals of all ages with disabilities. Call for additional information.*

<b>Maple Leaf Services, Inc.</b> .....	507-765-2107
Preston, MN 55965	
<i>Community supported living options and services for individuals with developmental disabilities.</i>	
<b>MN Children with Special Health Needs</b> .....	1-800-728-5420
<b>MN Department of Children/Families and Learning Library for the Blind and Physically Disabled</b> .....	507-333-4828
<b>PACER Center, Inc</b> .....	1-800-537-2237
<i>Supports for persons with developmental disabilities and their parents including advocacy, education, workshops and lending library.</i>	
<b>PACTT</b> .....	507-287-2043
People Achieving Change Through Technology	
<i>Provides consultation, training and referral services on assistive technology.</i>	
<b>Regional Service Center for Deaf &amp; Hard of Hearing People</b> .....	voice 507-280-5531
4104 18 <sup>th</sup> Ave, NW, Rochester, MN .....	TDD 507-285-7172
<b>Rochester Center for Autism</b> .....	507-424-3234
3640 9 <sup>th</sup> St. NW, Rochester, MN 55901	
<b>Root River Day Treatment Program</b> .....	507-886-2636
225 3 <sup>rd</sup> Ave. SW, Harmony , MN 55939	
<i>Academic Program with mental health support for students in middle school through high school.</i>	
<b>SEMCIL</b> (South East Minnesota Center for Independent Living .....	1-886-460-1815
<b>Senior LinkAge Line</b> .....	1-800-333-2433
Minnesota Department of Human Services	
<b>Social Security Administration</b> .....	507-289-1667 or 800-772-1213
2443 Clare Lane NE, Suite 100, Rochester, MN 55906	
<i>Financial benefits for retired or disabled persons including RSDI, SSI, and Medicare.</i>	
<b>State Services for the Blind</b> .....	1-800-366-2715
<b>Veterans Services Office</b> .....	507-765-4937
902 Houston St. NW, Suite 4, Preston, MN 55965	

## Transportation Services

<b>Blue Plus (Ride)</b> .....	1-800-711-9862 or 651-662-5545
<i>Transportation services for Blue Plus members.</i>	
<b>Health Ride</b> .....	1-800-864-2157 or 651-647-2631
Transportation services for Blue Plus, UCARE and MA clients.	

- R & S Transport** ..... 1-800-656-5080 or 507-289-5080  
*Provides local and long distance transportation services. Accepts MA reimbursement.*
- Road to Recovery-American Cancer Society Program**..... 1-800-227-2345  
*Program that provides cancer patients with free transportation services to and from scheduled treatment appointments.*
- SEMCAC** ..... 1-800-944-3602 or 507-864-2157  
 204 S. Elm St., PO Box 549, Rushford, MN 55971  
*Volunteer Driver program to assist with transportation services.*

## Youth / Teen Support Services

- Fillmore County Social Service**..... 507-765-2175  
 902 Houston St. NW Suite 1, Preston, MN 55965  
*Transition and support services for youth in foster care or at risk of placement.*
- LINK Program** ..... 507-287-2260  
*Program promoting independent living skills in teens and young adults.*

## Websites

### Housing related resources:

[www.housinglink.org](http://www.housinglink.org) This website holds a wealth of information on housing issues, including updated info on Section 8 waiting lists; apartment rental listings; and links to federal housing resources. Some of the information is metro-county specific, but there are some resources for greater Minnesota as well.

[www.hocmn.org](http://www.hocmn.org) This is the website for the MN Homeownership Center, and it provides good information on foreclosure prevention and home buying resources.

[www.hud.gov/apps/section8/index.cfm](http://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. It's not perfect or complete, but it can be a good place to start.

### Financial related resources:

[www.puc.state.mn.us/PUC/index.htm](http://www.puc.state.mn.us/PUC/index.htm) 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.

<http://www.thesalarmy.org/serv/heatshare.htm> This is the link to the Heat Share program through Salvation Army. At the bottom of the page is a link to Heat Share programs around the state.

[www.emergencyfoodshelf.org](http://www.emergencyfoodshelf.org) This is the site for the Emergency Foodshelf Network. From here you can access information on the Fare for All program, which is a great resource for low-cost and high-quality food at sites in many counties around the state. Just click on "Family of Programs" near the top of the page.

<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> The official site for the Social Security Administration where you can get information, apply for benefits, estimate future benefits and track applications.

### Parenting related resources:

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

(Continued on back cover)

## WEBSITES (Continued from page 15)

The “Little Listener” handout was produced by the Zero to Three program, [www.zerotothree.org](http://www.zerotothree.org), 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 handouts in both English and Spanish.

[www.mnparentsknow.info](http://www.mnparentsknow.info) This is a good site to find basic parenting and child development information. It also has a “parent-to-parent” link, which is a forum for parents to ask others questions related to parenting and child development.

[www.childwelfare.gov](http://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](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.

[www.pcamn.org](http://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. One example is here: [http://www.pcamn.org/home/pcamn3/public\\_html/media/File/ParentSurvivaltipsEnglish.pdf](http://www.pcamn.org/home/pcamn3/public_html/media/File/ParentSurvivaltipsEnglish.pdf)

[http://www.phoenixchildrens.com/PDFs/effective\\_discipline\\_brochure.pdf](http://www.phoenixchildrens.com/PDFs/effective_discipline_brochure.pdf) This is a link to a brochure called “Principles and Practices of Effective Discipline: Advice for Parents.” See also <http://www.phoenixchildrens.com/about/community-outreach-education/effective-discipline.html> for additional information about recent research on physical discipline and ideas for alternative forms of discipline.

The Child Welfare Information Gateway website provides links to resources and information about child abuse prevention, family strengthening, family support and many related topics. <http://www.childwelfare.gov>

### Other:

[www.health.state.mn.us/divs/fpc/directory/showprovideroutput.cfm](http://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 persons.

[www.namimn.org](http://www.namimn.org) This is the website for the National Alliance on Mental Illness-MN. It has good information on mental health issues, as well as a list of classes and resources state-wide for consumers of mental health care, children, parents, families and professionals.

[www.mcbw.org/help](http://www.mcbw.org/help) This is the website for the Minnesota Coalition for Battered Women. This specific page provides information on all the local domestic violence programs available around the state.

<http://dayoneservices.org/index.htm> This is the website for Day One, which is a state-wide domestic violence crisis line. The site provides information on several DV programs around the state.

[http://www.everyfamilymatters.org/index.asp?Type=B\\_BASIC&SEC=%7B04F07EE9-112B-4443-BDE8-E6DD6BD471BF%7D](http://www.everyfamilymatters.org/index.asp?Type=B_BASIC&SEC=%7B04F07EE9-112B-4443-BDE8-E6DD6BD471BF%7D) This is a page from the website for Family and Children’s Services and their GLBT KIDS program. FCS is located in the twin cities, but they provide support statewide for gay, lesbian, bisexual and transgender youth and families. On this page is a link to a list of statewide resources for the GLBT community and professionals who work with them.

<http://www.cdc.gov/nchs/w2w.htm> This website can help you find vital records in any state in the US, including birth, death, and marriage certificates.

Minnesota Department of Human Services (DHS) [www.dhs.state.mn.us](http://www.dhs.state.mn.us)

[www.nojudgement.com](http://www.nojudgement.com) This is the website for the Problem Gambling Helpline and can assist in finding resources to recover from problem gambling.