



# Resource & Referral Guide

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Please contact Julie V (Ext 6884) at Des Moines Valley Health and Human Services with any changes to this resource guide at 507-831-1891 or 507-847-4000.

You may also email changes to [DVHHS-Website@dvhhs.org](mailto:DVHHS-Website@dvhhs.org).

To locate meetings in your area, call 507-832-8033 (Agape) or 507-238-4382 (Fountain Centers).  
They can provide the most current listing of area meeting dates/times and contacts or download the Meeting Guide App.

**CHILD CARE & CHILD RESOURCES****Baby Bundle Program**

Des Moines Valley Health and Human Services 507-847-2366  
407 Fifth Street, PO Box 67  
Jackson, MN 56143

Public Health Site  
Diapers, Infant items,  
Children through Age 3

**Child Care Assistance**

<https://mnbenefits.mn.gov/>

**Child Care Assistance / Provider Listings**

Des Moines Valley Health and Human Services  
407 Fifth St., PO Box 67  
Jackson, MN 56143

507-847-4000

<https://www.dvhhs.org/community-resources>

List of licensed local Child Care  
providers available

11 Fourth St., PO Box 9  
Windom, MN 56101

507-831-1891

List of licensed local Child Care  
providers available

**Cottonwood Baby Bundle**

Des Moines Valley Health and Human Services 507-831-1987  
235 Ninth Street  
Windom, MN 56101

Public Health Site  
Diapers, Infant items,  
Children through Age 3

**Minnesota Child Care Resource & Referral Network** 800-658-2444

[www.mnchildcare.org](http://www.mnchildcare.org)

**Kids Club**

<https://www.iccschools.com/kidsclubdaycare>

**CHIROPRACTORS**

Hedman Chiropractic Center, LLC 507-831-4770  
307 9<sup>th</sup> St.  
Windom, MN 56101

Elbert Chiropractic Wellness & Sports Medicine 507-849-7310  
607 2<sup>nd</sup> St.  
Jackson, MN 56143

<http://www.elbertchirojackson.com/>

Evers Chiropractic 507-274-5200  
648 7<sup>th</sup> St.  
Westbrook, MN 56183

Jackson Chiropractic, PA Matthew Wasmund  
208 Sherman St, Jackson, MN 56143 507-847-3285  
225 9<sup>th</sup> Street, Windom, MN 56101 507-831-3285

<http://jacksonchiropracticpa.com/>

Lewis Chiropractic  
711 3<sup>rd</sup> St.  
Jackson, MN 56143

Dr. Clayton Lewis  
507-847-4390

<https://lewischiropracticpsc.com/>

## CHIROPRACTORS, Cont.

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Optimal Health & Chiropractic 405 2 <sup>nd</sup> St. Jackson, MN 56143	507-847-2112	optimalhealthandchiropractic.com also has a Fairmont location
Progressive Chiropractic 304 10 <sup>th</sup> St. N. Mountain Lake, MN 56159	507-427-3878	
Swoboda Chiropractic 221 North 3 <sup>rd</sup> Ave. Lakefield, MN 56150	507-662-5176	
Tegels Chiropractic 601 4 <sup>th</sup> Ave. Windom, MN 56101	507-831-2460	

## CLOTHING / FURNITURE / HOUSEHOLD ITEMS (Consignment / Second-Hand Stores)

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The Baby Boutique Shoppe Corner of 9 <sup>th</sup> St. & 4 <sup>th</sup> Ave. Mountain Lake, MN 56159	507-427-2889 888-808-3757	
Bibles for Missions Thrift Center 419 Tenth St. Worthington, MN 56187	507-376-3799	
The Care & Share Shop 218 10 <sup>th</sup> St. Mountain Lake, MN 56159	507-427-3468	
The Connection 948 4 <sup>th</sup> Ave. Windom, MN 56101	507-831-1448	
Etc. and More 1018 3 <sup>rd</sup> Ave. Worthington, MN 56187	507-376-3825	Household Items, Furniture
Goodwill 1122 Ryan's Road Worthington, MN 56187	507-376-6687	
Noah's Room 1229 North Highway (Corner of Dewey St. & North Hwy.) Jackson, MN 56143	507-847-4722	Children's Clothing
Salvation Army Thrift Store 204 Downtown Plaza, PO Box 167 Fairmont, MN 56031	507-238-9797	

## CLOTHING / FURNITURE / HOUSEHOLD ITEMS (Consignment / Second-Hand Stores), Cont.

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Tootie's Boutique  
33 2<sup>nd</sup> St.  
Jackson, MN 56143

507-849-7330

Consignment clothing & decor

Treasure Chest  
Developmental Achievement Center (DAC)  
304 North 2<sup>nd</sup> Ave, PO Box 805  
Lakefield, MN 56150

507-662-6156

## COUNSELING / MENTAL HEALTH SERVICES

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AA Meeting List at the beginning of this guide

Adler Counseling  
2500 Maple Ave  
Slayton, MN 56172

507-316-4974

Agape Counseling Center  
PO Box 293, 305 9<sup>th</sup> St.  
Windom, MN 56101

507-832-8033

Substance Use Treatment

Ahrenstorff Counseling  
701 Lake St.  
Spirit Lake, IA 51360  
Andre Franklin

712-320-9524

Base Counseling  
Tanya Grothe-Bumgardner  
PO Box 282, 106 2<sup>nd</sup> St. NW  
Fulda, MN 56131

800-586-9670  
Addictioncenter.com  
507-626-2787

Celebrate Recovery  
603 4<sup>th</sup> St. Suite 100  
Jackson, MN 56143

Champion State of Mind  
820 Central Ave.  
Estherville, IA 51334

800-592-0180

(All ages, animal assisted therapy, addictions)

703 16<sup>th</sup> St.  
Spirit Lake, IA 51360

Diane Dunn  
1029 3<sup>rd</sup> Ave.  
Worthington MN 56187

507-376-4368

(Individuals, couples, families)

Eunoia Family Resource Center  
120 7th St S  
St. James, MN 56081

855-935-6463

(counseling for all ages)

1420 N State St.  
Fairmont, MN 56031

507-235-6070

## COUNSELING / MENTAL HEALTH SERVICES, cont.

Fairmont Mayo Clinic 800 Medical Center Dr. Fairmont, MN 56031	507-238-8598	(meds, counseling, psych evals, all ages)
Family Services Network 402 White St. Suite 204 Jackson, MN 56143	507-847-4441	
Fountain Centers 828 North North Ave. Fairmont, MN 56031	507-238-4382	(drug and alcohol addiction)
Great Lakes Neurobehavioral Center 101 W Robinson St Lake Crystal, MN 56055	952-595-5652 <a href="mailto:info@glncenter.com">info@glncenter.com</a> <a href="http://www.glncenter.com">www.glncenter.com</a>	Neuropsychological Assessments
Greater MN Family Services 2320 East Highway 12, Suite Two Willmar, MN 56201	320-214-9692	<a href="http://www.greaterminnesota.org">www.greaterminnesota.org</a> Counseling & Therapy via Telehealth
Harvest Counseling Services James Rains 214 S. Main St. Lamberton, MN 56152	507-320-1312	<a href="mailto:James.Rains@counselingsecure.com">James.Rains@counselingsecure.com</a>
House of Hope Treatment Ct. Fairmont & Mankato MN	507-625-4373	
Inspire Family Therapy Katie Henning 212 Maine Ave. Adian, MN 56110	507-203-2336	
Journeys of Healing 1029 3 <sup>rd</sup> Ave. Suite 2 Worthington, MN 56187 & Slayton, MN	507-343-3822	<a href="http://www.journeysofhealing.com">www.journeysofhealing.com</a> (children and family)
Life Dimensions Lori Aaron-Brass 116 7 <sup>th</sup> St. S. St. James, MN 56081	507-375-5688	
Lorenz Clinic 1772 Steiger Lake Ln, Ste 220, PO Box 51 Victoria, MN 55386	952-443-4600	<a href="http://www.lorenzclinic.com/telehealth">www.lorenzclinic.com/telehealth</a> Use telecommunication technology to virtually meet with mental health providers.
MN Online Counseling	507-822-3580	Jessica Cowan <a href="http://mnonlinecounseling.com">http://mnonlinecounseling.com</a>

## COUNSELING / MENTAL HEALTH SERVICES, cont.

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Madelia Community Hospital & Clinic 121 Drew Ave. S.E. Madelia, MN	507-642-5200	Nikolai Krahn, Psychiatric Mental Health Nurse Practitioner
Mayo Clinic Health System 1101 Moulton and Parsons Dr St. James, MN 56081	507-375-8654	
800 Medical Center Dr Fairmont, MN 56031	507-238-8500	***Also has psychiatry available
MN West Community and Technical College Kathy Gruis	507-372-3451	<a href="mailto:kathy.gruis@mnwest.edu">kathy.gruis@mnwest.edu</a>
New Awakening Counseling Stacy Tweedt	507-841-2574	newawakeningcounseling@outlook.com (therapy, alcohol/drug assessments)
New Directions Healing Ct. Fairmont, MN	507-848-1026	(counseling)
New Life Treatment Center 130 Dakota St. Woodstock, MN 56186	507-777-4321	Detox
Pipestone Counseling Center, LLC Prairie Justice Center 1530 Airport Rd. Worthington, MN 56187	60-759-7231	<a href="http://www.pipestonecounseling.com">www.pipestonecounseling.com</a>
Palo Alto County Med. Ct/Behavioral Health Paula Blocker Emmetsburg & Graettinger, IA	712-852-5500	
Rainbow Behavioral Health 308 10 <sup>th</sup> St. Windom, MN 56101	507-831-4699	
Red Rock Ridge Area Learning Center 68 10 <sup>th</sup> St. Windom, MN 56101	507-831-6935	
Reinbows, Inc. 43341 480 <sup>th</sup> Ave. Windom, MN 56101	507-822-0526	(Equestrian Therapy)
Sanford Clinic / Medical Center 1430 N Highway Dr. Moeller Jackson, MN 56143	507-847-2200	(meds only)
308 8th St. Mountain Lake, MN 56159	507-427-3332	

## COUNSELING / MENTAL HEALTH SERVICES, cont.

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249 E. 5th St.  
Tracy, MN 56175 507-629-3520

920 Bell Ave.  
Westbrook, MN 56183 507-274-1150

Sanford Clinic / Medical Center cont.  
591 2<sup>nd</sup> Ave N  
Windom, MN 56101 507-831-2223

2170 Hospital Drive  
Windom, MN 56101 507-831-1422  
WAH Campus

Southwestern Minnesota Behavioral Health  
1407 South State St.  
New Ulm, MN 56073 800-247-2809  
507-354-3181

709 S. Front St. Suite 2  
Mankato, MN 56001

**Southwest Crisis Center**    **24 HR SAFE LINE 800-376-4311**    **Youth Text Line 216-666-TEEN (8336)**  
Domestic Violence/Sexual Violence/ Human Trafficking    [www.mnswcc.org](http://www.mnswcc.org)

401 West St #27  
Jackson, MN 56143 507-800-1260

1043 4<sup>th</sup> Ave. #1  
Windom, MN 56101 507-831-2244

320 S. Lake St.  
Worthington, MN 56187 507-376-4311

**Southwestern Mental Health Center, Inc.**    **800-642-1525 Crisis Hotline 24/7**    [www.swmhc.org](http://www.swmhc.org)  
Luverne, MN and    Telehealth or Offices  
Worthington, MN 507-376-4141

Southwest West Central Service Cooperative    507-831-6935  
Rachel Cox-Raverty  
1454 6<sup>th</sup> Ave.  
Windom, MN 56101

Stepping Stones Counseling, LLC    507-221-0005  
339 9<sup>th</sup> Street, Suite C, PO Box 372    Fax 507-229-9424  
Windom, MN 56101

Kerstin Cooley, MSW, LICSW  
steppingstonecounseling@outlook.com

Surdy Psychological Services/Healing Minds Psychotherapy    Robin Cobbs Min, FNP  
1207 Caledonia St.    507-388-8874  
Mankato, MN 56001    Fax 507-625-4807  
Dr Switras Psych.    507-235-5651  
(psych evals)  
Fairmont, MN

## COUNSELING / MENTAL HEALTH SERVICES, cont.

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Triple M Counseling Services 1016 3 <sup>rd</sup> Ave. Windom, MN 56101	507-832-8220	Karrie Riley Myers, MA, LMFT (Marriage, family, kids and adults)
Western Mental Health 1212 East College Dr. Marshall, MN 56258	507-532-3236	
Windom Area Health 2150 Hospital Drive Windom, MN 56101	507-831-2400	Dawn (Van Ruler) Bos, psychiatry <a href="http://www.windomareahealth.org">www.windomareahealth.org</a>

## Crisis Hotlines

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Farmers Stress Hotline	800-691-4336	24 hour help line through Avera
Mental Health Minnesota	833-437-3466	Mon-Sun 9am to 9pm
Minnesota Crisis Text Line		Text MN to 741741 Available 24/7
Minnesota Farm & Rural Help Line	833-600-2670	Text FARMSTRESS to 898211
Minnesota Warmline	877-404-3190	Text SUPPORT to 85511 Mon-Sat 12pm-10pm
National Suicide Prevention Lifeline	988 800-273-8255 888-628-9454 Española	Available 24/7
SAMHSA'S National Helpline	800-662-4357	Available 24/7

## DENTAL PROVIDERS

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Apple Tree Dental 115 Drew Ave SE #202 Madelia, MN 56062	507-642-8742	Smiles Program; Accepts MA.
Craig Newell, DDS 579 2 <sup>nd</sup> Ave. Windom, MN 56101	507-831-2061	
Deborah Christopher, DDS 302 2 <sup>nd</sup> St. Jackson, MN 56143	507-847-3317	
Family Dentistry 820 2 <sup>nd</sup> Ave. N Windom, MN 56101	507-831-1370	Bruce Turner, DDS James Miller, DDS



## DENTAL PROVIDERS, cont.

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GP Nelson, DDS 1020 4 <sup>th</sup> Ave. Windom, MN 56101	507-831-3717	
Open Door Health & Dental 309 Holly Ln. #101 Mankato, MN 56001	507-388-2120	Closed Fridays
The Dental Office Jackson 604 2 <sup>nd</sup> St. Jackson, MN 56143	507-847-3910	(Formerly Paul Roggow, DDS)

## EDUCATION

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First Beginnings Pre-School 219 Main St. Lakefield, MN 56150	507-662-6409	
Head Start - Jackson 108 County Road 51 Jackson, MN 56143	507-847-2632	<a href="https://unitedcapmn.org/">https://unitedcapmn.org/</a>
Head Start - Windom Windom, MN 56101	507-537-1416 800-658-2448	
Heron Lake / Okabena Elementary School 321 Stearns Ave, PO Box 378 Heron Lake, MN 56137	507-793-2307	<a href="http://www.ssc.mntm.org">www.ssc.mntm.org</a>
Heron Lake / Okabena High School 124 North Minnesota Ave, PO Box 97 Okabena, MN 56161	507-853-4507	<a href="http://www.ssc.mntm.org">www.ssc.mntm.org</a>
Immanuel Lutheran School 620 Bush St, PO Box 750 Lakefield, MN 56150	507-662-5860	<a href="http://www.immanuelakefield.com">www.immanuelakefield.com</a> Pre-K – 8, Christian based
Jackson County Community Education 1128 North Highway, PO Box 119 Jackson, MN 56143	507-847-6627	<a href="http://www.jccschools.com">www.jccschools.com</a>
Jackson County Central High School 1128 North Highway, PO Box 119 Jackson, MN 56143	507-847-5310	<a href="http://www.jccschools.com">www.jccschools.com</a> ECFE Available
Jackson County Central Middle School 205 4 <sup>th</sup> Ave. North, PO Box 338 Lakefield, MN 56150	507-662-6625	<a href="http://www.jccschools.com">www.jccschools.com</a>

## EDUCATION, cont.

Little Huskies Pre-School 111 Torgeson Lane Jackson, MN 56143	507-847-3355	
Minnesota West Community & Tech. College 401 West St. Jackson, MN 56143	507-847-3320	<a href="http://www.mnwest.edu">www.mnwest.edu</a>
Mountain Lake Christian School PK – 12th- 710 11 <sup>th</sup> St. N, PO Box 478 Mountain Lake, MN 56159	507-427-2010	<a href="http://www.gomlc.org">www.gomlc.org</a>
Mountain Lake Public School High School - 450 12 <sup>th</sup> St., PO Box 400 Elementary - Mountain Lake, MN 56159	507-427-2325 507-427-3151	<a href="http://home.mountainlake.k12.mn.us/">http://home.mountainlake.k12.mn.us/</a> ECSE, Headstart ECFE Available
Pleasantview Elementary 140 Milwaukee, PO Box 754 Lakefield, MN 56150	507-662-6218	<a href="http://www.jccschools.com">www.jccschools.com</a> Pre-School ECFE
Red Rock Central School 100 6 <sup>th</sup> St., PO Box Lamberton, MN 56152	507-752-7361	<a href="http://www.redrockcentral.org/">http://www.redrockcentral.org/</a> Pre-School Available 5 <sup>th</sup> -12 <sup>th</sup> Grades
Riverside Elementary 820 Park St. Jackson, MN 56143	507-847-5963	<a href="http://www.jccschools.com">www.jccschools.com</a> Pre-School, ECFE 847-5868
St. John's 100 E. Market St. Okabena, MN 56161	507-853-4550	Pre-K-8, Christian Based
Sonshine Pre-School 1157 Third Ave. Windom, MN 56101	507-831-3522	Christian Based
Southwest Adult Basic Education (SW ABE & ESL) 607 W. Main St. Marshall, MN 56258	507-847-7927 (Jackson Location) 507-376-6105 (Worthington & Marshall Locations also)	<a href="http://www.southwestabe.org/">http://www.southwestabe.org/</a> dona.anderson@mnwest.edu
Walnut Grove Elementary 5 <sup>th</sup> Ave. & Washington Walnut Grove, MN 56180	507-859-2141	<a href="http://www.wwgschools.org">www.wwgschools.org</a>
Westbrook High School 344 8 <sup>th</sup> St., PO Box 129 Westbrook, MN 56183	507-274-6111	<a href="http://www.wwgschools.org">www.wwgschools.org</a> ECFE

## EDUCATION, cont.

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Windom Area High School 1400 7 <sup>th</sup> St. Windom, MN 56101	507-831-6910	<a href="http://www.windom.k12.mn.us">www.windom.k12.mn.us</a>
Windom Area Middle School 1400 7 <sup>th</sup> St. Windom, MN 56101	507-831-6910	<a href="http://www.windom.k12.mn.us">www.windom.k12.mn.us</a>
Windom Education & Collaborative Center 1012 Fifth Ave. Windom, MN 56101	507-831-2375	
Winfair Elementary 1454 6 <sup>th</sup> Ave. Windom, MN 56101	507-831-6925	<a href="http://www.windom.k12.mn.us">www.windom.k12.mn.us</a> ECFE

## EMERGENCY ASSISTANCE / RESOURCES (Natural Disaster / Fire / etc.)

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American Red Cross 105 Homestead Dr., Mankato, MN 56001	507-387-6664	<a href="http://www.redcross.org">www.redcross.org</a>
Centers for Disease Control and Prevention (CDC)		<a href="http://www.cdc.gov">www.cdc.gov</a>
Cottonwood County Area Sharing Center 1156 4 <sup>th</sup> Ave. Windom, MN 56101	507-822-7210 *emergency # 507-822-7210	Tuesdays 10:00am-1:00pm and Wednesday 10:00am-1:00pm
Des Moines Valley Health and Human Services 407 Fifth St., PO Box 67 Jackson, MN 56143	507-847-4000	<a href="http://www.dvhhs.org/">http://www.dvhhs.org/</a>
11 Fourth St., PO Box 9 Windom, MN 56101	507-831-1891	
Emergency & Community Health Outreach		<a href="http://www.echominnesota.org">www.echominnesota.org</a>
Emergency Assistance		<a href="https://applymn.dhs.mn.gov/">https://applymn.dhs.mn.gov/</a>
Federal Emergency Management Agency		<a href="http://www.fema.gov">www.fema.gov</a>
Minnesota Department of Health		<a href="http://www.health.state.mn.us">www.health.state.mn.us</a>
Minnesota Department of Public Safety		<a href="http://www.dps.state.mn.us">www.dps.state.mn.us</a>
Minnesota Flu Information Line	866-259-4655	
Salvation Army – Cottonwood County Salvation Army – HeatShare Salvation Army – Jackson County	507-831-1891 507-238-9797 507-847-2632	<i>Not handled by individual county Salvation Army</i>

## EMERGENCY ASSISTANCE / RESOURCES (Natural Disaster / Fire / etc.) cont.

Ready America		<a href="http://www.ready.gov">www.ready.gov</a>
United Community Action Partnership		
115 South Highway, PO Box 207	507-847-2632	
Jackson, MN 56143		
1012 5 <sup>th</sup> Ave, (BARC building, room #50)	507-841-2603	
Windom MN 56101		Drop box outside west entrance
World Health Organization		<a href="http://www.who.int/en">www.who.int/en</a>

## FOOD SHELF / FOOD ASSISTANCE / FOOD RESOURCES

Cottonwood County Area Sharing Center	507-822-7210	Tuesdays 10:00am-1:00pm and
1156 4 <sup>th</sup> Ave.	*emergency #	Wednesday 10:00am-1:00pm
Windom, MN 56101	507-822-7210	
Des Moines Valley Health and Human Services	SNAP=Supplemental Nutrition Assistance Program; WIC=Women/Infants/Children	
407 Fifth St, PO Box 67	507-847-4000	Human Services-SNAP
Jackson, MN 56143	507-847-6867	Public Health-WIC
235 9 <sup>th</sup> St	<a href="mailto:wic@dvhhs.org">wic@dvhhs.org</a>	Public Health-WIC
Windom, MN 56101		
11 Fourth St., PO Box 9	507-831-1891	Human Services-SNAP
Windom, MN 56101		
Heron Lake / Okabena Food Shelf	800-658-2448	Use South Entrance
Sacred Heart Catholic School		Thursday 2:00 - 4:00pm (2 <sup>nd</sup> & 3 <sup>rd</sup> Thursdays)
400 9 <sup>th</sup> St., PO Box 232		ID & Address Proof Required
Heron Lake, MN 56137		
Jackson Food Shelf	Email: <a href="mailto:jacksonfoodshelf@gmail.com">jacksonfoodshelf@gmail.com</a>	Tuesday 10:00am -11:00am
1229 North Highway (Corner of Dewey St. & North Hwy.)		Thursday 4:00pm - 6:00pm
Jackson, MN 56143	<a href="https://www.facebook.com/JacksonCountyFoodShelf/">https://www.facebook.com/JacksonCountyFoodShelf/</a>	
Lakefield Food Shelf	507-841-3350	(Hours by Appointment)
St. Joseph Catholic School	507-822-3350	Facebook: Lakefield MN Food Shelf
416 Broadway Ave.	507-662-6513	
Lakefield, MN 56150		
Lutheran Social Services of MN	800-488-4146	<a href="http://www.lssmn.org/services/older-adults/lss-meals">www.lssmn.org/services/older-adults/lss-meals</a>
Jackson Senior Dining		email: <a href="mailto:meals@lssmn.org">meals@lssmn.org</a>
301 3 <sup>rd</sup> Street	507-847-5884	
Jackson, MN 56143		

## FOOD SHELF / FOOD ASSISTANCE / FOOD RESOURCES, cont

Lakefield Senior Center 112 Main Street Lakefield, MN 56150	507-662-6714 866-985-8509	Heron Lake and Okabena residents should contact Lakefield site.
Mountain Lake Community Center 1027 2 <sup>nd</sup> Ave. Mountain Lake, MN 56159	800-488-4146 507-427-2151	<a href="http://www.lssmn.org/services/older-adults/lss-meals">www.lssmn.org/services/older-adults/lss-meals</a>
Windom Community Center 1750 Cottonwood Lake Drive Windom, MN 56101	507-831-6161 866-985-8513	
Mary & Martha's Pantry 524 1 <sup>st</sup> Ave. Westbrook, MN 56183	507-537-1416	Mondays 1:30pm-3:30pm
Mother & Children Assistance Program (MAC) First Baptist Church 921 Hills Ave. Jackson, MN 56143	800-365-0270	4 <sup>th</sup> Wednesday of each Month. Pre-registration Required
Mountain Lake Community Food Shelf 1027 2 <sup>nd</sup> Ave. Mountain Lake, MN 56159	507-427-3479	Monday & Thursdays 4:00pm-6:00pm Proof of Mountain Lake School District required.
Nutrition Assistance Program for Seniors (NAP) 1229 North Highway Jackson, MN 56143 <a href="http://www.2harvest.org/who--how-we-help/services-and-programs/programs/csf.html#.Wh2ZZD_rvIU">http://www.2harvest.org/who--how-we-help/services-and-programs/programs/csf.html#.Wh2ZZD_rvIU</a>	800-365-0270 651-484-8241	2 <sup>nd</sup> Thursday of each Month 1-2:30pm Pre-registration Required
Ruby's Pantry	651-674-0009	<a href="http://www.rubyspantry.org">www.rubyspantry.org</a>
Supplemental Nutrition Assistance Program (SNAP)		<a href="https://applymn.dhs.mn.gov/">https://applymn.dhs.mn.gov/</a>
United Community Action Partnership 115 South Highway, PO Box 207 Jackson, MN 56143	507-847-2632	Call for an appointment
1012 5 <sup>th</sup> Ave, (BARC building, room #50) Windom MN 56101	507-841-2603	Drop box outside west entrance

### **School Lunches / Free & Reduced Meals**

*Each school offers a Free / Reduced Lunch Program. Contact the school your child will be attending for more information and the application. See the "Education" section in this guide for each school's contact information.*

*Summer lunch programs may be available. Check with your local schools for more information.*

## GOVERNMENT - LOCAL

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City of Alpha	507-847-3557	
City of Heron Lake	507-793-2826	<a href="http://www.heronlakecity.org">www.heronlakecity.org</a>
City of Jackson	507-847-4410	<a href="http://www.cityofjacksonmn.com">www.cityofjacksonmn.com</a>
City of Jeffers	507-628-4242	<a href="http://www.jeffers.us.com">www.jeffers.us.com</a>
City of Lakefield	507-662-5457	<a href="http://www.lakefieldmn.com">www.lakefieldmn.com</a>
City of Mountain Lake	507-427-2999	<a href="http://www.mountainlakemn.com">www.mountainlakemn.com</a>
City of Okabena	507-853-4500	
City of Storden	507-445-3139	
City of Westbrook	507-274-5110	<a href="http://www.cityofwestbrookmn.com">www.cityofwestbrookmn.com</a>
City of Windom	507-831-6129	<a href="http://www.windom-mn.com">www.windom-mn.com</a>
Cottonwood County Coordinator's Office	507-831-5669	<a href="http://www.co.cottonwood.mn.us">www.co.cottonwood.mn.us</a>
Jackson Chamber of Commerce	507-847-3867	<a href="http://www.jacksonmn.com">www.jacksonmn.com</a>
Jackson County Coordinator's Office	507-847-4182	<a href="http://www.co.jackson.mn.us">www.co.jackson.mn.us</a>
Windom Area Chamber of Commerce	507-831-2752	<a href="http://windomchamber.com/chamber-of-commerce/">http://windomchamber.com/chamber-of-commerce/</a>

## HOUSING ASSISTANCE

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Des Moines Valley Health and Human Services 407 Fifth St., PO Box 67 Jackson, MN 56143	507-847-4000	<a href="http://www.dvhhs.org">http://www.dvhhs.org/</a> Utility and emergency assistance
11 Fourth St., PO Box 9 Windom, MN 56101	507-831-1891	Utility and emergency assistance
Rebuilding Together PO Box 266 Windom, MN 56101	507-200-2015	<a href="https://rebuildingtogether-twincities.org/">https://rebuildingtogether-twincities.org/</a> Home Repair & Safe at Home Programs
Salvation Army – Jackson – Windom	507-847-4420 507-831-1891	Contact: Jackson Co. Sheriff's Office
Section 8 Housing	507-376-9123	Housing and Urban Development (HUD)
Southwest Minnesota Continuum of Care		<a href="http://swmnhousinghelp.org/">http://swmnhousinghelp.org/</a>
United Community Action Partnership	507-847-2632	<a href="http://unitedcapmn.org">http://unitedcapmn.org</a>

## HOUSING ASSISTANCE cont.

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115 S. Highway, PO Box 207 Jackson, MN 56143		Utility/Energy Assistance & Housing Programs
1400 S Saratoga St. Marshall, MN 56258	507-537-1416 800-658-2448	Utility/Energy Assistance & Housing Programs
1012 5 <sup>th</sup> Ave, (BARC building, room #50) Windom MN 56101	507-841-2603	Utility/Energy Assistance & Housing Programs Drop box outside west entrance
Worthington HRA, Section 8 819 Tenth St. Worthington, MN 56187	507-376-9123 507-376-3055 (FAX)	Contact: Deb Rent Assistance/Section 8 Vouchers

## HOUSING - SUBSIDIZED

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Eagle Ridge Townhomes (Nicole) Homedale Drive Jackson, MN 56143	507-841-3214	<a href="http://www.lloydmanagementinc.com">www.lloydmanagementinc.com</a>
Heron Lake Apartments 504 9 <sup>th</sup> Street Heron Lake, MN 56137	651-465-6841	Section 8 vouchers accepted
Hillside Manor 177 10 <sup>th</sup> St. Windom, MN 56101	507-831-1016	Income Based
Jackson Housing Authority 116 State St. Jackson, MN 56143	507-847-3926	Income Based (Smoke Free- 50 Apartments, 24 Homes)
Laker Apartments 1225 3 <sup>rd</sup> Ave. Mountain Lake, MN 56159	507-427-2425	
Lloyd Management 135 West Lind St. Mankato, MN 56001	507-625-5573 888-625-5573	<a href="http://www.lloydmanagementinc.com">www.lloydmanagementinc.com</a>
Perkins Creek Apartments 1475 17 <sup>th</sup> St. Windom, MN 56101	507-822-2614	Income Based Lloyd Management
Pinewood Apartments 210 Bush St. Lakefield, MN 56150	507-451-8524 800-676-6505 (Smoke Free)	<a href="http://www.lifestyleinc.net">www.lifestyleinc.net</a> (8 Units, 1 Bedroom)
Prairieview Apartments 551 Lakeview Road Heron Lake, MN 56137	651-465-6841	Section 8 vouchers accepted

## HOUSING – SUBSIDIZED, cont.

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Riverbluff Town Homes (Nicole) 302 Highway 71 South Jackson, MN 56143	507-841-3214	<a href="http://www.lloydmanagementinc.com">www.lloydmanagementinc.com</a>
Riverine Apartments 105 & 107 South Highway Jackson, MN 56143	507-375-3171	(16 Units/ 11 subsidized, no restrictions)
Riverview Apartments 605 10 <sup>th</sup> St. Windom, MN56101	507-831-1016	Income Based
Rolling Hills Apartment 808-812 Hills Ave. Jackson, MN 56143	651-465-6841	Section 8 vouchers accepted
Sunrise Estates 200 Hwy 71 South Jackson, MN 56143	507-847-2330	(40 Subsidized Units)
Tanglewood Apartments 1755 4 <sup>th</sup> Ave. Windom, MN 56101	507-822-2614	
Westbrook Apartments 900 11 <sup>th</sup> St. Westbrook, MN 56183	507-360-8959	
Windom Apartments 145 6 <sup>th</sup> Ave. S. Windom, MN 56101	507-831-4636	Income Based

## JOB RESOURCES

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Minnesota Department of Employment and Economic Development		<a href="http://mn.gov/deed/">http://mn.gov/deed/</a>
Minnesota Works		<a href="http://www.minnesotaworks.net">www.minnesotaworks.net</a>
Southwest Minnesota Careers		<a href="http://www.swmncareers.com">www.swmncareers.com</a>
SW MN Private Industry Council Worthington Career Force 318 9 <sup>th</sup> St. Worthington, MN 56187	507-295-5020	<a href="http://www.swmnpic.org">www.swmnpic.org</a>
Vocational Rehab	888-234-3708	<a href="http://mn.gov/deed/vrs">http://mn.gov/deed/vrs</a>



## **MEDIA (Newspapers / Radio)**

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Jackson County Pilot / Livewire	507-847-3771	<a href="http://www.jacksoncountypilot.com">www.jacksoncountypilot.com</a>
KDOM (97.7FM & 1580 AM)	507-831-3908	<a href="http://www.kdomradio.com">www.kdomradio.com</a>
KKOJ / Extreme Country (97.7 FM & 105.7 FM)	507-847-5400	<a href="http://www.kkoj.com">http://www.kkoj.com</a>
Lakefield Standard	507-662-5555	<a href="http://www.lakefieldstandard.com">www.lakefieldstandard.com</a>
Mountain Lake Observer/Advocate	507-427-2725	<a href="http://www.mtlakenews.com">www.mtlakenews.com</a>
Tri-County News, Heron Lake	507-793-2327	
Westbrook Sentinel-Tribune	507-274-6136	
The Cottonwood County Citizen	507-831-3455	<a href="http://www.windomnews.com">www.windomnews.com</a>

## **MEDICAL CLINICS / HOSPITALS**

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Access Family Medical Group and Avera Medical Group 1216 Ryan's Rd Worthington, MN 56187	507-372-2921		
Access Health Windom and Avera Medical Group 2020 Hospital Dr. Windom, MN 56101	507-831-1703 507-831-4170 (FAX)		<a href="http://www.avera.org">www.avera.org</a>
Sanford Health Windom Clinic-WAH Campus 2170 Hospital Drive; PO Box 231 Windom, MN 56101	507-831-1422 507-831-4783 (Fax)		
Sanford Clinic /Medical Centers 1430 North Highway Jackson, MN 56143	507-847-2200 507-847-2420	Clinic Hospital	<a href="http://www.sanfordjackson.org">www.sanfordjackson.org</a>
209 Main St., PO Box 546 Lakefield, MN 56150	507-662-6611		
308 N 8 <sup>th</sup> St. Mountain Lake, MN 56159	507-427-3332 507-427-2493 (FAX)		
Sanford Clinic /Medical Centers 591 2 <sup>nd</sup> Ave. N Windom, MN 56101	507-831-2223 507-831-0135 (FAX)		
2170 Hospital Drive, PO Box 231 Windom, MN 56101	507-831-1422 507-831-5528 (FAX)		
920 Bell Ave. Westbrook, MN 56183	507-274-1100 507-274-5630 (FAX)		

## MEDICAL CLINICS / HOSPITALS, cont.

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1018 6 <sup>th</sup> Ave Worthington, MN 56187	507-372-2941	Medical Center
1680 Diagonal Road Worthington, MN 56187	507-372-3800 877-894-6187	Clinic
St. James Medical Center 1105 Moulton & Parson Dr. PO Box 460 St. James, MN 56081	507-375-3391	
Windom Area Health 2150 Hospital Dr. Windom, MN 56101	507-831-2400	<a href="http://www.windomareahospital.com">www.windomareahospital.com</a>
Windom Family Medical Center 2170 Hospital Drive Windom, MN 56101	507-831-2550	Dr. Taber
Worthington Specialty Clinic 508 10 <sup>th</sup> St. Worthington, MN 56187	507-372-2921 800-881-1473	

## MEDICAL PROGRAMS / MISC. SERVICES

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Des Moines Valley Health and Human Services 407 Fifth St., PO Box 67 Jackson, MN 56143	507-847-4000	<a href="http://www.dvhhs.org/">http://www.dvhhs.org/</a> Medical Assistance
11 Fourth St., PO Box 9 Windom, MN 56101	507-831-1891	Medical Assistance
Durable Medical Equipment: American Legion 413 Main Street Lakefield MN 56150		*Veterans only at this time.
Rice Home Medical 1303 E Bridge St Redwood Falls MN 56283	507-427-2702	
Durable Medical Equipment: Sanford Home Medical Equipment 585 2 <sup>nd</sup> Ave N Windom, MN 56101	507-831-0247 877-275-3554	
Westbrook VFW 651 1 <sup>st</sup> Ave Westbrook, MN 56183	507-274-5661	

## MEDICAL PROGRAMS / MISC. SERVICES, Cont.

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Wheels for the World	507-381-2818	
Medicare	800-633-4227	<a href="http://www.medicare.gov">www.medicare.gov</a>
MN Sure – Medical Assistance	855-366-7873	<a href="http://www.mnsure.org">www.mnsure.org</a> <i>Applications available at any DVHHS location</i>
Senior Linkage Line	800-333-2433	
Social Security	877-405-0414	<a href="https://www.ssa.gov/">https://www.ssa.gov/</a>
U.S. Dept. of Health and Human Service		<a href="http://www.healthcare.gov">www.healthcare.gov</a>
Veteran’s Linkage Line	888-546-5338	Crisis Intervention for Veterans
Veteran Services – Cottonwood County 41385 US Hwy 71, PO Box 201 Windom, MN 56101	507-831-5522	<a href="http://www.co.cottonwood.mn.us/">http://www.co.cottonwood.mn.us/</a>
Jackson County 402 White St., Suite L01 Jackson, MN 56143	507-847-4774	<a href="http://www.co.jackson.mn.us/veterans">www.co.jackson.mn.us/veterans</a>

## MILITARY RESOURCES

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Army Knowledge On-Line (AKO)		<a href="http://www.us.army.mil">www.us.army.mil</a>
Beyond the Yellow Ribbon		<a href="http://www.BeyondTheYellowRibbon.org">www.BeyondTheYellowRibbon.org</a>
Eagle’s Healing Nest	320-351-6200	<a href="http://www.eagleshealingnest.com">www.eagleshealingnest.com</a>
Military Education		<a href="http://www.mymilitaryeducation.org">www.mymilitaryeducation.org</a>
Military Family Care Initiative		Military Home Front <a href="http://www.militaryhomefront.dod.mil">www.militaryhomefront.dod.mil</a>
Military Home Front		<a href="http://www.militaryhomefront.dod.mil">www.militaryhomefront.dod.mil</a>
Military One Source		<a href="http://www.militaryonesource.com">www.militaryonesource.com</a>
Minnesota Military Appreciation Fund		<a href="http://www.thankmntroops.org">www.thankmntroops.org</a>
Minnesota National Guard		<a href="http://www.minnesotanationalguard.org">www.minnesotanationalguard.org</a>
National Guard Family Programs		
Operation Military Kids & Speak Out for Military Kids		<a href="http://www.operationmilitarykids.org">www.operationmilitarykids.org</a>
Soldier and Family Readiness Contact: Carmen Brunsvold 711 South 17 <sup>th</sup> Street Montevideo, MN 56265	651-268-8388 651-368-4894	a.k.a. Military Family Assistance Center 24/7 Cell <a href="http://www.btyr.org/images/stories/PDF/RISFAC_Invitation.pdf">http://www.btyr.org/images/stories/PDF/RISFAC_Invitation.pdf</a>

## MILITARY RESOURCES, cont.

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TRICARE Health Insurance & Dental Program		<a href="http://www.tricare.mil">www.tricare.mil</a> <a href="http://www.triwest.com">www.triwest.com</a>
Veteran Services – Cottonwood County 41385 US Hwy 71, PO Box 201 Windom, MN 56101	507-831-5522	<a href="http://www.co.cottonwood.mn.us/">http://www.co.cottonwood.mn.us/</a>
Jackson County 402 White St., Suite L01 Jackson, MN 56143	507-847-4774	<a href="http://www.co.jackson.mn.us/veterans">www.co.jackson.mn.us/veterans</a>
Veteran's Linkage Line	888-546-5338	Crisis Intervention for Veterans

## OPTICAL SERVICES

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David M. Kruse, Optometrist 709 2 <sup>nd</sup> St. Jackson, MN 56143	507-847-5951	
Dr. Michael Fischer 230 10 <sup>th</sup> St. Windom, MN 56101	507-831-3478	

## PREGNANCY RESOURCES

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Family Planning 909 4 <sup>th</sup> Ave. Worthington, MN 56187	507-376-4195	
SMOC Family Planning 909 4 <sup>th</sup> Ave. Worthington, MN 56187	800-658-2444 507-376-4195	

## PRESCRIPTION PROGRAMS

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NACO Prescription Drug Discount Card	877-321-2652	
Partnership for Prescription Assistance	888-477-2669	<a href="http://www.pparx.org">www.pparx.org</a>

## PUBLIC LIBRARIES - All Public Libraries offer public internet access

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Heron Lake Public Library 401 9 <sup>th</sup> St., PO Box 348 Heron Lake, MN 56137	507-793-2641	
Jackson Public Library 311 3 <sup>rd</sup> Ave. Jackson, MN 56143	507-847-4748	

## **PUBLIC LIBRARIES - All Public Libraries offer public internet access, cont.**

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Lakefield Public Library 410 Main St., PO Box 723 Lakefield, MN 56150	507-662-5782
Mountain Lake Public Library 1054 4 <sup>th</sup> Ave. Mountain Lake, MN 56159	507-427-2506
Windom Public Library 904 4 <sup>th</sup> Ave. Windom, MN 56101	507-831-6131
Westbrook Public Library 556 1 <sup>st</sup> Ave. Westbrook, MN 56183	507-274-6174

## **TRANSPORTATION**

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Blue Plus (Health Ride)	800-864-2157	
Blue Ride (Secure Blue or Blue Plus Clients)	866-340-8648	
Community Transit	507-847-2632 Ext. 1 <a href="http://www.CommunityTransitSWMN.org">www.CommunityTransitSWMN.org</a>	Serving Cottonwood, Jackson & Murray Counties (a service of UCAP)
Des Moines Valley Health and Human Services 407 Fifth St., PO Box 67 Jackson, MN 56143	507-847-4000	<a href="http://www.dvhhs.org">http://www.dvhhs.org</a> Medical Transportation Reimbursement and Social Service Transportation
11 Fourth St., PO Box 9 Windom, MN 56101	507-831-1891	Medical Transportation Reimbursement and Social Service Transportation
Health Ride (UCare Clients)	800-203-7225	
Medivan	800-422-0976 or 507-372-5758	
Peoples Express	800-450-0123	
Spin Zone Contact: Kirk	507-423-1000 507-523-6215	<a href="http://www.spin-zone.org">www.spin-zone.org</a> Cars available on loan for short periods if qualify.
United Community Action Partnership 115 S. Highway, PO Box 207 Jackson, MN 56143	800-658-2480 507-847-2632	<a href="https://unitedcapmn.org">https://unitedcapmn.org</a> Riders are set up or coordinated with existing systems.
1012 5 <sup>th</sup> Ave. (BARC room #50) Windom MN 56101	507-841-2603	Drop box outside west entrance
Veteran Services – Jackson County 402 White St., Suite L01 Jackson, MN 56143	507-847-4774 <a href="http://www.co.jackson.mn.us/veterans">www.co.jackson.mn.us/veterans</a>	Veterans - VA medical trips to Sioux Falls, Mon. & Wed. & occasionally by appointment - needs based.

## MISCELLANEOUS RESOURCES

Bridge to Benefits	651-227-6121	<a href="http://www.bridgetobenefits.org">www.bridgetobenefits.org</a>
Catholic Charities	507-287-2047	
Community Sharps		<a href="https://safeneedledisposal.org/states/minnesota/">https://safeneedledisposal.org/states/minnesota/</a>
Cottonwood County Animal Rescue	507-831-4110	<a href="http://www.cottonwoodanimalrescue.com">www.cottonwoodanimalrescue.com</a>
Cottonwood County Extension Office 42385 US Hwy 71, Windom, MN 56101	507-831-4022	4-H & Nutritional Programs
<b>Crisis Hotline</b>	<b>800-642-1525</b>	24 hours a day through Southwestern Mental Health Center
Disability Hub MN (Disability Linkage Line)	866-333-2466	<a href="http://disabilityhubmn.org">disabilityhubmn.org</a>
Domestic Violence Advocacy		<a href="https://dps.mn.gov/divisions/ojp/forms-documents/Documents/Victim%20Service%20Directory%20-%20Sorted%20by%20County.pdf">https://dps.mn.gov/divisions/ojp/forms-documents/Documents/Victim%20Service%20Directory%20-%20Sorted%20by%20County.pdf</a>
Elected Official Information		<a href="https://mn.gov/portal/government/state/">https://mn.gov/portal/government/state/</a>
First Call for Help	800-543-2709 or 211	<a href="http://www.211unitedway.org">www.211unitedway.org</a>
Government Benefits		<a href="http://www.govbenefits.gov">www.govbenefits.gov</a>
Income Tax Help (February-April) Service Provided by UCAP	507-847-2632	Call to make an appointment
Jackson County Extension 607 S Hwy 86, Jackson, MN 56143	507-662-5293	4-H & Nutritional Programs
Legal Assistance		<a href="https://mn.gov/law-library/research-links/legal-referrals/legal-referrals-by-county.jsp">https://mn.gov/law-library/research-links/legal-referrals/legal-referrals-by-county.jsp</a>
Lutheran Social Service LSS Caregiver Support and Respite Care	507-822-9305	<a href="https://www.facebook.com/LSSCaregiverSupport">www.facebook.com/LSSCaregiverSupport</a>
Minnesota Department of Human Services		<a href="http://www.dhs.state.mn.us">www.dhs.state.mn.us</a>
Minnesota Help Information Site Minnesota Relay (Voice, TTU, ASCII)	800-627-3529	<a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a>
Minnesota Unemployment	877-898-9090	<a href="http://www.uimn.org">www.uimn.org</a>
MN Attorney Referral Services	800-292-4152	
Senior Linkage Line	800-333-2433	
Social Security Suite 70, 400 State St Fairmont, MN 56031	877-405-0414 800-772-1213 National Number 8am-7pm Monday-Friday 833-950-2182 (FAX)	<a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>
Southwestern Center for Independent Living 109 S 5 <sup>th</sup> St., #700 Marshall, MN 56258	507-532-2221 507-532-2222 Fax 800-422-1485 Consumer Line (For MN Relay, dial 711)	<a href="http://www.swcil.org">www.swcil.org</a>

## MISCELLANEOUS RESOURCES, cont.

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Southwest Minnesota Continuum of Care – working together to end homelessness [www.swmnhousinghelp.org](http://www.swmnhousinghelp.org)

Southern Minnesota Regional Legal Service [www.smrls.org](http://www.smrls.org)  
1567 N. McMillan St., Suite 6, Worthington, MN 56187 507-372-7368 800-233-0023  
Mankato, MN office 507-396-6815 800-247-2299 507-387-2321 (FAX)

Telephone Discounts <https://mn.gov/puc/telecommunications/telephone-discounts/>  
MN Public Utilities Commission 800-657-3782

Telephone Equipment Distribution (TED) 800-657-3663 [www.tedprogram.org](http://www.tedprogram.org)

United Way 651-291-0211 [www.211unitedway.org](http://www.211unitedway.org)