

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.

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 507-847-4000
405 4th St. Bldg 4, 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
405 4th St. Bldg 4., 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

Kids Club

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

CHIROPRACTORS

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

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

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

Evers Chiropractic 507-274-5200
648 7th St.
Westbrook, MN 56183

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

<http://jacksonchiropracticpa.com/>

Lewis Chiropractic
711 3rd St.
Jackson, MN 56143

Dr. Clayton Lewis
507-847-4390

<https://lewischiropracticpsc.com/>

CHIROPRACTORS, Cont.

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

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

The Baby Boutique Shoppe Corner of 9 th St. & 4 th 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 th St. Mountain Lake, MN 56159	507-427-3468	
Etc. and More 1018 3 rd 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.

Tootie's Boutique 33 2 nd St. Jackson, MN 56143	507-849-7330	Consignment clothing & decor
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COUNSELING / MENTAL HEALTH SERVICES

AA Meeting List at the beginning of this guide

Adler Counseling 2500 Maple Ave. Slayton, MN	507-316-4974 https://www.adlercounseling.com/	Children 3+, Adult, Family, Couples, Group
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112 West Main St.
Pipestone, MN

Agape Counseling Center-Samatha Hopwood 305 9 th St. Windom, MN 56101	507-832-8033 https://www.rehab.com/agape-counseling-center	Substance Use Treatment
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Ahrenstorff Counseling 7001 Lake St Spirit Lake, IA	712-320-9524	Adult, Couples, Family
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Base Counseling Tonya Grothe-Bumgardner 106 2 nd St NW Fulda, MN 56131	507-626-2787 http://www.basecounseling.com/	Child, Adult, Couple, Family, Group
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Beyond Brink 314 Chestnut St Mankato, MN Alexandria, MN Owatonna, MN	507-779-7091 www.beyondbrink.com	Substance Abuse Use Treatment Residential Adult
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Celebrate Recovery 603 4 th St. Jackson, MN	Message on Facebook	Christ-centered Recovery
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Center for Rural Behavioral Health University of MN Mankato 1600 Warren St Ste 6 Mankato, MN	507-389-1082	Children 5+, Adults, Mental Health Therapy, Case Management
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Champion State of Mind Estherville, Spirit Lake, Spencer, IA	800-592-0180	
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COUNSELING / MENTAL HEALTH SERVICES, cont.

Counseling Services of Southern MN 226 N Broad St Mankato, MN St. Peter, MN	507-931-8040 https://counseling-services.org/	Child, Adult, Substance Assessment
Crisis Text Line	Text MN to 741741	Free support at your fingertips 24/7 through MN Department of Human Services
Des Moines Valley Health and Human Services	800-622-5207 https://dvhhs.org	Child, Adult, Family, Maternal Support Services, Educational Resources
Diane Dunn 1029 3 rd Ave Worthington, MN	507-376-4368 http://dianedunn counseling.com/	Adult, Couples, Family
ElevaCare 1210 5 th Ave Worthington, MN	507-376-4141 www.elevacare.org 24/7 Crisis Line 800-642-1525	Child 3+, Adult, Couples, Family Medication Management, Adult Residential Mental Health/Substance Abuse Treatment, Detox, Outpatient Substance Treatment, 24/7 Mobile Crisis Service/Crisis Line
Ellie Mental Health 1600 Madison Avenue, Suite 110 Mankato, MN 56001	651-313-8080 elliementalhealth.com	
Eunioia Family Resource Center 1420 N State St. Fairmont, MN 56031 Mankato, MN New Ulm, MN	507-235-6070 https://mentalhealthmn.com/	Psychiatric Medication Management Child 3+, Adult, Couple, Family
Fairmont Mayo Clinic 800 Medical Center Dr Fairmont, MN	507-238-8598 www.mayoclinichealthsystem.org	Evaluation, Medication Management Child, Adult, Substance Abuse
Family Services Network 405 4 th St. Bldg 4 Jackson, MN	507-847-4441	Child Case Management, Family Support/Parent Classes, Assessment
Fountain Centers 828 N North Ave Fairmont, MN	507-238-4382	Substance Use Treatment
Farmers Stress Hotline	800-691-4336	24 hour help line through Avera
Great Lakes Neurobehavioral Center 101 W Robinson St Lake Crystal, MN 56055	952-500-8167 info@glncenter.com www.glncenter.com	Assessments, Children, Family

COUNSELING / MENTAL HEALTH SERVICES, cont.

Greater MN Family Services 2320 East Highway 12, Suite 2 Willmar, MN 56201	320-214-9692 www.greaterminnesota.org	Residential Youth Program, School based, in-home Family
Greater MN Trauma Center Peter Westre, PMHNP St. Peter, MN 56082	507-720-1401 https://www.gmntc.org/appointmentmake-a-referral info@gmntc.org	Medication Management 16+ Complex trauma, SPMI, Veterans In-person or virtual options
Harvest Counseling Services James Rains 214 Main St Lamberton, MN	507-320-1312 https://harvest.clientsecure.me/	Child, Adult, Couples, Substance Use
Hope Haven 414 Industrial Lane Worthington, MN	712-376-3168 www.hopehaven.org	Intensive psychiatric rehabilitation Spiritual, Employment, Living Support
Inspire Family Therapy 212 Maine Ave Adrian, MN	507-483-3322 https://inspirefamilytherapy.com	Adult, Family Group
Jeremy Adler 109 S 5 th St Ste 400 Marshall, MN 56258-1293	507-316-4974	
Journeys of Healing 1029 3 rd Ave. Suite 2 Worthington, MN 56187	507-343-3822 www.journeysofhealing.com	Children, Adult, Family
Krisma Counseling 117 Downtown Plaza Fairmont, MN 56031	507-399-2149	
Lakes Counseling & Wellness 507 18th St Spirit Lake, IA	712-336-8126 www.lakescounseling.org	Assessment, Medication Management, Child, Adult Couple, Family
Lorenz Clinic 1772 Steiger Lake Ln, Ste 220 Victoria, MN 55386	952-443-4600 www.lorenzclinic.com/telehealth	Telecommunication with Mental Health providers
Madelia Community Hospital & Clinic 121 Drew Ave. S.E. Madelia, MN	507-642-5200 www.madeliahealth.org	Assessment, Medication Management, Child Adult, Couple, Family
Mending Roots 1227 Calendonia St Mankato, MN 56001	507-388-8874 mendingrootstherapy@gmail.com	Children, Adult

COUNSELING / MENTAL HEALTH SERVICES, cont.

Mayo Clinic Health System 1101 Moulton and Parsons Dr St. James, MN 56081	507-375-8654	
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
Moxie Nova 1820 Central Ave Esterville, IA	712-340-7323 www.moxienova.com	Adult, Telehealth
National Suicide Prevention Lifeline	800-273-8255 888-628-9454 Española	Available 24/7
New Awakening Counseling Stacy Tweet	507-340-2574 www.newawkendingscounseling.clientsecure.me/	Evaluation, Adult Trauma Parent Ed, Christian Perspective
New Life Treatment Center 1530 Airport Rd Worthington, MN 130 Dakota St. Woodstock, MN 56186	507-777-4321 outpatient inpatient	Substance Use Treatment
Pipestone Counseling Center, LLC 201 2 nd Ave SW Pipestone, MN	605-759-7231 www.pipestonecounseling.com	Children 5+, Adult, Family
Rainbow Behavioral Health 305 9 th St. Windom, MN 56101	866-720-3784	Outpatient Program
Recovery in Motion 1100 Indus St Fairmont, MN	507-432-9740 www.recoveryinmotionmn.com	Men's Residential MH/Substance Use
Reinbow, Inc 43341 480 th Ave Windom, MN 56101	507-822-0526 www.reinbowsinc.com	Horse Assisted Therapy Children
SAMHSA'S National Helpline	800-662-4357	Available 24/7
Sanford Clinic / Medical Center Jackson, MN 56143 308 8th St. Mountain Lake, MN 56159	507-427-3332	

COUNSELING / MENTAL HEALTH SERVICES, cont.

249 E. 5th St. Tracy, MN 56175	507-629-3520	
920 Bell Ave. Westbrook, MN 56183	507-274-1150	
2170 Hospital Drive, Suite 1 Windom, MN 56101	507-831-2223	
2170 Hospital Drive Windom, MN 56101	507-831-1422 WAH Campus	
Seasons Center for Behavioral Health 1401 Hill Ave. Spirit Lake, IA 51360	800-242-5101	
Shade of the Tree 1601 Keokuk Ave. Spirit Lake, IA 51360	712-330-9140	Substance Abuse Counseling
Sioux Trails Mental Health Center 1407 South State St. New Ulm, MN 56073	800-247-2809 507-354-3181	
201 Armstrong Blvd S St. James, MN 56081	507-375-3442	
Southwest Crisis Center 401 West St #27 Jackson, MN 56143	24 HR SAFE LINE 800-376-4311 Domestic Violence/Sexual Violence/ Human Trafficking 507-800-1260	Youth Text Line 216-666-TEEN (8336) www.mnswcc.org
1043 4 th Ave. #1 Windom, MN 56101	507-831-2244	
Worthington	507-376-4311	
Southwest West Central Service Cooperative 1043 4 th Ave Windom, MN 56101	507-831-2936 www.swsc.org	Assessments, Consultation, Schools
Stepping Stones Counseling, LLC 339 9 th Street, Suite C, PO Box 372 Windom, MN 56101	507-221-0005	Kerstin Cooley, MSW, LICSW (Adults)
Strive Counseling Margaret Buchholz, MSW, LICSW, LADC 641 1 st Avenue Westbrook, MN 56183	507-402-2428	strivecounselingmn@gmail.com

COUNSELING / MENTAL HEALTH SERVICES. cont.

Triple M Counseling Services 1016 3 rd Ave. Windom, MN 56101	507-832-8220	Karrie Riley Myers, MA, LMFT (Marriage, family, kids and adults)
Veterans Services Cottonwood County 41385 US Hwy 71 Windom, MN 56101	507-831-5522	Veteran's Resources including mental health
Jackson County 402 White St Jackson, MN 56143	507-847-4774	
Windom Area Health 2150 Hospital Drive Windom, MN 56101	507-831-2400	Dawn (Van Ruler) Bos, psychiatry www.windomareahealth.org
You Beginning, LLC 641 1 st Ave. Suite 2	507-407-0109	Steph Clausen-Swenson MA, LMFT, LPFF, NCC, IMH-E, CASDCS, CALC – Infant & Early Childhood Mental Health Specialist,

For additional crisis resources, please visit <https://www.dvhhs.org/mental-health>

Crisis Hotlines

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

Apple Tree Dental 115 Drew Ave SE #202 Madelia, MN 56062	507-642-8742	Smiles Program; Accepts MA.
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DENTAL PROVIDERS cont

Craig Newell, DDS 579 2 nd Ave. Windom, MN 56101	507-831-2061	
Deborah Christopher, DDS 302 2 nd St. Jackson, MN 56143	507-847-3317	
Family Dentistry 820 2 nd Ave. N Windom, MN 56101	507-831-1370	Bruce Turner, DDS James Miller, DDS
GP Nelson, DDS 1020 4 th 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 nd St. Jackson, MN 56143	507-847-3910	(Formerly Paul Roggow, DDS)

EDUCATION

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	https://unitedcapmn.org/
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	www.ssc.mntm.org
Heron Lake / Okabena High School 124 North Minnesota Ave, PO Box 97 Okabena, MN 56161	507-853-4507	www.ssc.mntm.org
Immanuel Lutheran School 620 Bush St, PO Box 750 Lakefield, MN 56150	507-662-5860	www.immanuellakefield.com Pre-K – 8, Christian based

EDUCATION, cont.

Jackson County Community Education 1128 North Highway, PO Box 119 Jackson, MN 56143	507-847-6627	www.jccschools.com
Jackson County Central High School 1128 North Highway, PO Box 119 Jackson, MN 56143	507-847-5310	www.jccschools.com ECFE Available
Jackson County Central Middle School 703 Mill Road E, PO Box 754 Lakefield, MN 56150	507-662-6625	www.jccschools.com
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	www.mnwest.edu
Mountain Lake Christian School PK – 12th- 710 11 th St. N, PO Box 478 Mountain Lake, MN 56159	507-427-2010	www.gomlc.org
Mountain Lake Public School High School - 450 12 th St., PO Box 400 Elementary - Mountain Lake, MN 56159	507-427-2325 507-427-3151	http://home.mountainlake.k12.mn.us/ ECSE, Headstart ECFE Available
Pleasantview Elementary 703 Mill Rd E, PO Box 754 Lakefield, MN 56150	507-662-6218	www.jccschools.com Pre-School ECFE
Red Rock Central School 100 6 th St., PO Box Lamberton, MN 56152	507-752-7361	http://www.redrockcentral.org/ Pre-School Available 5 th -12 th Grades
Riverside Elementary 820 Park St. Jackson, MN 56143	507-847-5963	www.jccschools.com 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

EDUCATION, cont.

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)	http://www.southwestabe.org/ dona.anderson@mnwest.edu
Walnut Grove Elementary 5 th Ave. & Washington Walnut Grove, MN 56180	507-859-2141	www.wwgschools.org
Westbrook High School 344 8 th St., PO Box 129 Westbrook, MN 56183	507-274-6111	www.wwgschools.org ECFE
Windom Area High School 1400 7 th St. Windom, MN 56101	507-831-6910	www.windom.k12.mn.us
Windom Area Middle School 1400 7 th St. Windom, MN 56101	507-831-6910	www.windom.k12.mn.us
Windom Education & Collaborative Center 1012 Fifth Ave. Windom, MN 56101	507-831-2375	
Winfair Elementary 1454 6 th Ave. Windom, MN 56101	507-831-6925	www.windom.k12.mn.us ECFE

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

American Red Cross 105 Homestead Dr., Mankato, MN 56001	507-387-6664	www.redcross.org
Centers for Disease Control and Prevention (CDC)		www.cdc.gov
Cottonwood County Area Sharing Center 1156 4 th 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 405 4 th St. Bldg 4., PO Box 67 Jackson, MN 56143	507-847-4000	http://www.dvhhs.org/
11 Fourth St., PO Box 9 Windom, MN 56101	507-831-1891	
Emergency & Community Health Outreach		www.echominnesota.org
Emergency Assistance		https://applymn.dhs.mn.gov/

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

Federal Emergency Management Agency		www.fema.gov
Minnesota Department of Health		www.health.state.mn.us
Minnesota Department of Public Safety		www.dps.state.mn.us
Minnesota Flu Information Line	866-259-4655	
Salvation Army – Cottonwood County	507-831-1891	<i>Not handled by individual county Salvation Army</i>
Salvation Army – HeatShare	507-238-9797	
Salvation Army – Jackson County	507-847-2632	
Ready America		www.ready.gov
United Community Action Partnership		
115 South Highway, PO Box 207	507-847-2632	
Jackson, MN 56143		
1012 5 th Ave, (BARC building, room #50)	507-841-2603	
Windom MN 56101		Drop box outside west entrance
World Health Organization		www.who.int/en

FOOD SHELF / FOOD ASSISTANCE / FOOD RESOURCES

Cottonwood County Area Sharing Center	507-822-7210	Tuesdays 10:00am-1:00pm and
1156 4 th 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	
405 4 th St. Bldg 4, PO Box 67	507-847-4000	Human Services-SNAP
Jackson, MN 56143	507-847-6867	Public Health-WIC
235 9 th St	wic@dvhhs.org	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 nd & 3 rd Thursdays)
400 9 th St., PO Box 232		ID & Address Proof Required
Heron Lake, MN 56137		
Jackson Food Shelf	Email: jacksonfoodshelf@gmail.com	Tuesday 10:00am -11:00am
1229 North Highway (Corner of Dewey St. & North Hwy.)		Thursday 4:00pm - 6:00pm
Jackson, MN 56143	https://www.facebook.com/p/Jackson-Minnesota-Food-Shelf-Inc-61553256114658	

FOOD SHELF / FOOD ASSISTANCE / FOOD RESOURCES cont

Lakefield Food Shelf St. Joseph Catholic School 416 Broadway Ave. Lakefield, MN 56150	507-841-3350 507-822-3350 507-662-6513	(Hours by Appointment) Facebook: Lakefield MN Food Shelf
Lutheran Social Services of MN Jackson Senior Dining 301 3 rd Street Jackson, MN 56143	800-488-4146 507-847-5884	www.lssmn.org/services/older-adults/lss-meals email: meals@lssmn.org
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 nd Ave. Mountain Lake, MN 56159	800-488-4146 507-427-2151	www.lssmn.org/services/older-adults/lss-meals
Windom Community Center 1750 Cottonwood Lake Drive Windom, MN 56101	507-831-6161 866-985-8513	
Mary & Martha's Pantry 524 1 st 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 th Wednesday of each Month. Pre-registration Required
Mountain Lake Community Food Shelf 1027 2 nd 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 http://www.2harvest.org/who--how-we-help/services-and-programs/programs/csfp.html#.Wh2ZZD_rvIU	800-365-0270 651-484-8241	2 nd Thursday of each Month 1-2:30pm Pre-registration Required
Ruby's Pantry	651-674-0009	www.rubyspantry.org
Supplemental Nutrition Assistance Program (SNAP)		https://applymn.dhs.mn.gov/
United Community Action Partnership 115 South Highway, PO Box 207 Jackson, MN 56143 1012 5 th Ave, (BARC building, room #50) Windom MN 56101	507-847-2632 507-841-2603	Call for an appointment Drop box outside west entrance

FOOD SHELF / FOOD ASSISTANCE / FOOD RESOURCES, cont

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

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

HOUSING ASSISTANCE

Des Moines Valley Health and Human Services 405 4 th St. Bldg 4., PO Box 67 Jackson, MN 56143	507-847-4000	http://www.dvhhs.org/ 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	https://rebuildingtogether-twincities.org/ Home Repair & Safe at Home Programs

HOUSING ASSISTANCE, cont

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		http://swmnhousinghelp.org/
United Community Action Partnership 115 S. Highway, PO Box 207 Jackson, MN 56143	507-847-2632	http://unitedcapmn.org 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 th 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

Eagle Ridge Townhomes (Nicole) Homedale Drive Jackson, MN 56143	507-841-3214	www.lloydmanagementinc.com
Heron Lake Apartments 504 9 th Street Heron Lake, MN 56137	651-465-6841	Section 8 vouchers accepted
Hillside Manor 177 10 th 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 rd Ave. Mountain Lake, MN 56159	507-427-2425	
Lloyd Management 135 West Lind St. Mankato, MN 56001	507-625-5573 888-625-5573	www.lloydmanagementinc.com

HOUSING – SUBSIDIZED, cont.

Perkins Creek Apartments 1475 17 th 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)	www.lifestyleinc.net (8 Units, 1 Bedroom)
Prairieview Apartments 551 Lakeview Road Heron Lake, MN 56137	651-465-6841	Section 8 vouchers accepted
Riverbluff Town Homes (Nicole) 302 Highway 71 South Jackson, MN 56143	507-841-3214	www.lloydmanagementinc.com
Riverine Apartments 105 & 107 South Highway Jackson, MN 56143	507-375-3171	(16 Units/ 11 subsidized, no restrictions)
Riverview Apartments 605 10 th St. Windom, MN 56101	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 th Ave. Windom, MN 56101	507-822-2614	
Westbrook Apartments 900 11 th St. Westbrook, MN 56183	507-360-8959	
Windom Apartments 145 6 th Ave. S. Windom, MN 56101	507-831-4636	Income Based

JOB RESOURCES

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

MEDIA (Newspapers / Radio)

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

MEDICAL CLINICS / HOSPITALS

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)	www.avera.org
Sanford Health Windom Clinic-WAH Campus 2170 Hospital Drive; PO Box 231 Windom, MN 56101	507-831-1422 507-831-4783 (Fax)	

MEDICAL CLINICS / HOSPITALS, cont

Sanford Clinic /Medical Centers 1430 North Highway Jackson, MN 56143	507-847-2200 Clinic 507-847-2420 Hospital	www.sanfordjackson.org
209 Main St., PO Box 546 Lakefield, MN 56150	507-662-6611	
308 N 8 th St. Mountain Lake, MN 56159	507-427-3332 507-427-2493 (FAX)	
Sanford Clinic /Medical Centers 2170 Hospital Drive, Suite 1 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 1018 6 th Ave Worthington, MN 56187	507-274-1100 507-274-5630 (FAX) 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	www.windomareahospital.com
Windom Family Medical Center 2170 Hospital Drive Windom, MN 56101	507-831-2550	Dr. Taber
Worthington Specialty Clinic 508 10 th St. Worthington, MN 56187	507-372-2921 800-881-1473	

MEDICAL PROGRAMS / MISC. SERVICES

Des Moines Valley Health and Human Services 405 4 th St. Bldg 4, PO Box 67 Jackson, MN 56143	507-847-4000	http://www.dvhhs.org/ 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 nd Ave N Windom, MN 56101	507-831-0247 877-275-3554	
Westbrook VFW 651 1 st Ave Westbrook, MN 56183	507-274-5661	
Wheels for the World	507-381-2818	
Medicare	800-633-4227	www.medicare.gov
MN Sure – Medical Assistance	855-366-7873	www.mnsure.org <i>Applications available at any DVHHS location</i>
Senior Linkage Line	800-333-2433	
Social Security	877-405-0414	https://www.ssa.gov/
U.S. Dept. of Health and Human Service		www.healthcare.gov
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	http://www.co.cottonwood.mn.us/
Jackson County 402 White St., Suite L01 Jackson, MN 56143	507-847-4774	www.co.jackson.mn.us/veterans

MILITARY RESOURCES

Army Knowledge On-Line (AKO)		www.us.army.mil
Beyond the Yellow Ribbon		www.BeyondTheYellowRibbon.org
Eagle's Healing Nest	320-351-6200	www.eagleshealingnest.com
Military Education		www.mymilitaryeducation.org
Military Family Care Initiative		Military Home Front www.militaryhomefront.dod.mil
Military Home Front		www.militaryhomefront.dod.mil
Military One Source		www.militaryonesource.com
Minnesota Military Appreciation Fund		www.thankmntroops.org
Minnesota National Guard		www.minnesotanationalguard.org
National Guard Family Programs		
Operation Military Kids & Speak Out for Military Kids		www.operationmilitarykids.org
Soldier and Family Readiness Contact: Carmen Brunsvold 711 South 17 th Street Montevideo, MN 56265	651-268-8388 651-368-4894 http://www.btyr.org/images/stories/PDF/RISFAC_Invitation.pdf	a.k.a. Military Family Assistance Center 24/7 Cell
TRICARE Health Insurance & Dental Program		www.tricare.mil www.triwest.com
Veteran Services – Cottonwood County 41385 US Hwy 71, PO Box 201 Windom, MN 56101	507-831-5522	http://www.co.cottonwood.mn.us/
Jackson County 402 White St., Suite L01 Jackson, MN 56143	507-847-4774	www.co.jackson.mn.us/veterans
Veteran's Linkage Line	888-546-5338	Crisis Intervention for Veterans

OPTICAL SERVICES

Dr. Michael Fischer 230 10 th St. Windom, MN 56101	507-831-3478	
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PREGNANCY RESOURCES

Family Planning 507-376-4195
909 4th Ave.
Worthington, MN 56187

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

PRESCRIPTION PROGRAMS

NACO Prescription Drug Discount Card 877-321-2652

Partnership for Prescription Assistance 888-477-2669 www.pparx.org

PUBLIC LIBRARIES - All Public Libraries offer public internet access

Heron Lake Public Library 507-793-2641
401 9th St., PO Box 348
Heron Lake, MN 56137

Jackson Public Library 507-847-4748
311 3rd Ave.
Jackson, MN 56143

Lakefield Public Library 507-662-5782
410 Main St., PO Box 723
Lakefield, MN 56150

Mountain Lake Public Library 507-427-2506
1054 4th Ave.
Mountain Lake, MN 56159

Windom Public Library 507-831-6131
904 4th Ave.
Windom, MN 56101

Westbrook Public Library 507-274-6174
556 1st Ave.
Westbrook, MN 56183

TRANSPORTATION

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 Serving Cottonwood, Jackson & Murray
www.CommunityTransitSWMN.org Counties (a service of UCAP)

TRANSPORTATION, cont

Des Moines Valley Health and Human Services 405 4 th St. Bldg 4., PO Box 67 Jackson, MN 56143	507-847-4000	http://www.dvhhs.org 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	www.spin-zone.org 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	https://unitedcapmn.org Riders are set up or coordinated with existing systems.
1012 5 th 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 www.co.jackson.mn.us/veterans	Veterans - VA medical trips to Sioux Falls, Mon. & Wed. & occasionally by appointment - needs based.

MISCELLANEOUS RESOURCES

Bridge to Benefits	651-227-6121	www.bridgetobenefits.org
Catholic Charities	507-287-2047	
Community Sharps		https://safeneedledisposal.org/states/minnesota/
Cottonwood County Animal Rescue	507-831-4110	www.cottonwoodanimalrescue.com
Cottonwood County Extension Office 42385 US Hwy 71, Windom, MN 56101	507-831-4022	4-H & Nutritional Programs
Crisis Hotline	800-642-1525	24 hours a day through Southwestern Mental Health Center
Disability Hub MN (Disability Linkage Line)	866-333-2466	disabilityhubmn.org
Domestic Violence Advocacy	https://dps.mn.gov/divisions/ojp/forms- documents/Documents/Victim%20Service%20Directory%20-%20Sorted%20by%20County.pdf	
Elected Official Information		https://mn.gov/portal/government/state/

MISCELLANEOUS RESOURCES, cont.

First Call for Help	800-543-2709 or 211	www.211unitedway.org
Government Benefits		www.govbenefits.gov
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		https://mn.gov/law-library/research-links/legal-referrals/legal-referrals-by-county.jsp
Lutheran Social Service LSS Caregiver Support and Respite Care	507-822-9305	www.facebook.com/LSSCaregiverSupport
Minnesota Department of Human Services		www.dhs.state.mn.us
Minnesota Help Information Site Minnesota Relay (Voice, TTU, ASCII)	800-627-3529	www.minnesotahelp.info
Minnesota Unemployment	877-898-9090	www.uimn.org
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)	www.socialsecurity.gov
Southwestern Center for Independent Living 109 S 5 th St., #700 Marshall, MN 56258	507-532-2221 507-532-2222 Fax 800-422-1485 Consumer Line (For MN Relay, dial 711)	www.swcil.org
Southwest Minnesota Continuum of Care – working together to end homelessness		www.swmnhousinghelp.org
Southern Minnesota Regional Legal Service 1567 N. McMillan St., Suite 6, Worthington, MN 56187 Mankato, MN office	507-372-7368 507-396-6815	www.smrls.org 800-233-0023 800-247-2299 507-387-2321 (FAX)
Telephone Discounts MN Public Utilities Commission	https://mn.gov/puc/telecommunications/telephone-discounts/ 800-657-3782	
Telephone Equipment Distribution (TED)	800-657-3663	www.tedprogram.org
United Way	651-291-0211	www.211unitedway.org