

MOWER COUNTY RESOURCE GUIDE

LISTA DE RECURSOS DEL CONDADO DE MOWER

LAW ENFORCEMENT / MEDICAL EMERGENCY/POLICIA / EMERGENCIA MEDICA

Emergency Call 911

LLAMADA DE EMERGENCIA 911

Austin Police Department Non-Emergency
437-9400

Mower County Sheriff 437-9400

Truancy Officer 437-9454

Current Jail Inmate List

www.co.mower.us/sheriff.htm

CRISIS INTERVENTION / INTERVENCION EN CRISIS

Crime Victims Resource Center 437-6680

Crisis Response 844-274-7472

CHILD ABUSE PREVENTION / PREVENCION DEL ABUSO INFANTIL

Child Protection 437-9700

Human Trafficking Hotline 1-888-373-7888

HEALTH SERVICES / SERVICIOS DE SALUD

Mayo Clinic Health System 433-7351

Nurse Care Line 888-609-4065

Patient Online Services

Support Line 877-858-0398

Other Behavioral Services 433-7389

Psychiatric Service Unit 433-7351

Patient Education 434-1753

Covid-19 Nurse Helpline 507-293-9525

Health Access Minnesota 507-589-8136

Financial Patient Services 844-217-9591

QPP Employee Clinic 434-6299

Hormel Employee Clinic 434-6882

Mower County Public Health 434-9770

WIC-Mower County 437-9799

Adams Health Care Center 507-582-3263

Express Clinic at HyVee in Austin_WALK-IN

Minnesota Care 1-800-657-3672

Mower County Public Health 437-9701

Sacred Heart Home Health Care 433-1808

Intrepid USA Health Care Service 433-4700

MN Children w/Special Health Needs

1-800-728-5420

United Home Health Care Choice

1-888-460-1815

AIDS-HIV TESTING/EXAMENES DESIDA-VIH

AIDS National Hotline 1-800-342-AIDS

AIDS Minnesota Hotline 1-800-248-AIDS

TOLL-FREE HOTLINE NUMBERS / NUMEROS DE LINEA TELEFONICA GRATUITA

SEX TRAFFICKING HOTLINE 1-888-373-7888

SAFE HARBOR (SEXUALLY EXPLOITED YOUTH) 1-866-223-1111

RUNAWAYS (OPERATION PEACE OF MIND)1-800-231-6946

EPILEPSY FOUNDATION OF MN 1-800-332-1000

MADD(MOTHERS AGAINST DRUNK DRIVERS)1-800-487-6233

RUNAWAYS/SAFE CHOICES 1-800-621-4000

STUTTERING HOTLINE 1-800-221-2483

MN CRIME VICTIMS 1-800-247-0390

24-HOUR CRISIS LINE 1-800-422-1295

BATTERED WOMEN 1-800-799-7233

PACER 1-800-537-2237

PARENT WARMLINE

\$0.50

\$0.50

\$0.50



Send resource list additions or changes to programs@prc-austinmn.org

**COUNSELING/MENTAL HEALTH /
ASESORAMIENTO / SALUD MENTAL**

MAYO Clinic 433-7351
 Catholic Charities 433-3062
 Cedar River Counseling Srvcs 433-6482
 Cedar House 437-9152
 Crisis Response 1-844-274-7472
 Family Focus 434-3586
 Gerard Community Mental Health
 Services Therapy, Diagnostic,
 Assessment and Psychological
 Testing 434-4366
 Kevin Anderson Lic. Psychologist/EMDR
 Therapy 440-0134
 Lutheran Social Srvs. 1-800-582-5260
 Mayo Clinic Social Services 437-7351
 Psychiatry/
 Psychology Assoc.-So MN 433-5191
 Independent Management Services
 (IMS)/ ARMHS therapy, diagnostic
 assessment &
 psychological test 437-6389
 Dr Moran Professional Corp 438-2010
 Veteran Service Office
 Mower County 434-2712
 Quality Case Mgmt, Inc. 437-9085
 Quality Community Srvs. Inc 437-9085
 New Horizons Adoption
 Agency 800-314-3370
 Wellness In The Woods 844-739-6369

EDUCATION / EDUCACION

Austin Public Schools District Office 460-1900
 Alt School/Area Learning Ctr 460-1805
 Austin Community Education 460-1706
 Austin Adult Learning 433-0600
 English Language Learning 433-0600
 GED & Transition to College 440-8701
 Austin ECFE 460-1709
 ECSE(Early Childhood Special Ed.) 460-1705
 Blooming Prairie Public Schools 583-4427
 Grand Meadow Admin & ECFE 754-5310
 Hayfield-Brownsdale ECFE 477-3236
 Hayfield-Brownsdale Public Schools 477-3236

 Southland Schools ECFE 582-3405
 Southland Schools 582-3568
 LeRoy-Ostrander Admin 324-5743
 LeRoy-Ostrander ECFE 324-5741
 Lyle Schools Administration 582-3568
 Riverland CC Austin 433-0600
 1-800-247-5039
 Headstart Program (SEMCAC) 433-5889
 PACER 1-800-537-2237
 Autism Resource Specialist 433-4243
 Univ. of Minnesota Ext, Mower Co. 437-9552
 Univ. of Minnesota Extension, Mower Co. for
 SNAP -Ed (Nutrition) 434-2653 ext 653
 CLUES - SNAP 612-439-9790
 CLUES - ESL 612-746-3504



LIBRARIES / BIBLIOTECAS

Austin Public Library 433-2391
 Brownsdale Public Library 567-2177
 Grand Meadow Public Library 754-5859
 Hayfield Community Library 477-2455
 LeRoy Public Library 324-5641
 Lyle Community Library 325-2369
 MN Library for the Blind/Talking Books 1-800-722-0550



PARENTING EDUCATION / EDUCACION DE CRIANZA

Parenting Resource Center

Parents Forever Divorce Education	437-8330
Parent WARMLINE	440-4164
Parent Education	437-8330
University of Minnesota Extension, Mower Co.	437-9552
ECFE (Early Childhood Family Ed.)	460-1709
HelpMeGrowMN	1-866-693-4769
Austin Aspires Parent to Parent	437-0920
NST Attorneys At Law Child Safety Resources	https://www.nstlaw.com/child-safety/



YOUTH RECREATION / RECREACION PARA JOVENES Y NINOS

Austin Community Education	433-0971
Austin Park & Recreation Program	433-1881
Boy Scouts	387-3123
Girl Scouts River Valley	1-800-845-0787
Austin Community Recreation Center	433-1804

SUPPORT GROUPS / GRUPOS DE APOYO

Crimes Victims Resource Center	437-6680
Mother of Children with Handicaps	325-4742
Adult Children of Alcoholics	437-3797
Circle of Parents	377-7665
Circle of Hope	438-2034
La Leche League of Southeast MN	456-8238
Celebrate Recovery	433-7008
MOPS-Austin (Mom's Group) on FB or Call	507-219-2291
Recovery Is Happening	507-218-4773
Nexus Gerard Family Healing	433-1845
Austin Manor	433-5569
Austin Alano Groups	433-9868
The Bridge	434-9334
Support With Love LGBTQ+	440-4164 or 437-8330
Wellness In The Woods	844-739-6369
Independent Management Services	437-6389 or 396-4477



SUBSTANCE PREVENTION / PREVENCION DE SUSTANCIAS

Alcoholics Anonymous (AA)	433-9868
Narcotics Anonymous	433-9868
Mayo Clinic Health System Fountain Center Austin	434-1890
Mayo Clinic Health System Tobacco Cessation	434-1429
Circle of Hope Support Group	438-2034
Independent Management Services	437-6389 or 396-4477



FOOD/COMIDA

Mower CountyDHS (vouchers)	437-9701
Ruby's Pantry Grace Lutheran Austin 3rd Thursdays of each month	433-3445
Cornerstone Church Austin	433-7008
Lyle Our Savior's Lutheran Church	325-4684
LeRoyArea Ministerial Assoc	324-5722
Racine	507-378-4801
Mower County Senior Center	507-433-2370
WIC (Women, Infant& Children)	437-9799
Salvation Army	437-4566
Our Saviors Lutheran-Lyle	325-4684
American Red Cross—Disaster	1-844-878-9933
NAPS	1-877-500-8699
Little Cedar Food Shelf (for Southland Families)	582-3185
Meals at Twin Tower and Picket Place	507-373-7759
Austin Meals on Wheels	438-3140
Rural Mower County	507-864-8228
CLUES	651-379-4256



HOUSING/VIVIENDA

Austin HRA	433-1866
Mower Co HRA	434-5556
American Red Cross (disaster)	1-844-878-9933
Salvation Army(emergency)	437-4566
SEMCAC (emergency)	433-5889
Housing Equality Law Project	1-866-292-0080
Rochester Women's Shelter	507-285-1010
Quality Case Management, Inc.	437-9085
Crisis Resource Center Owatonna	1-800-451-1202
Dorothy Day Shelter (homeless)	507-282-5172
Habitat for Humanity-Freeborn/Mower	433-1349
Independent Management Services	437-6389
Mower County DHS (vouchers)	437-9701
CLUES	612-520-1878
180 Degrees (Rochester Shelter ages 12-19)	507-280-0110



CLOTHING / ROPA

Rachel's Hope	437-7595
Parenting Resource Center	437-8330
Salvation Army	433-7203



USED CLOTHING OR FURNITURE FOR SALE / VENTA DE ROPA O MUEBLES USADOS

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



PERSONAL CARE ITEMS / ARTICULOS DE CUIDADO PERSONAL

Twice is Nice	433-5353
Salvation Army	437-4566
A to Z Treasures	433-0090
Parenting Resource Center	437-8330



ENERGY ASSISTANCE/ ASISTENCIA DE EMERGENCIA ELECTRICA

SEMCAC	433-5889
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TRANSPORATION/TRANSPORTE

SMART	1-855-762-7821
AB Taxi	434-9689
Quick Ride Taxi Service	433-9055



DRIVER'S LICENSE/LICENCIAS DE CONDUCIR

DEPT OF MOTOR VEHICLES	434-2675
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FINANCIAL CONSULTING/CONSULTORIA FINANCIERA

Independent Management Services	437-6389
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EMPLOYMENT & CAREER COUNSELING/EMPLEO Y ORIENTACION PROFESIONAL

Workforce Development	433-0555
CLUES	355-8575
Welcome Center	434-2863
CHOICES	507-280-5510
Cedar Valley Services	433-2303
Riverland Community College	433-0600



CHILDCARE/ GUARDERIAS

Child Care Resource and Referral 1-800-462-1660
Helping Homes 507-438-1270
(emergency/temporary care)

Mower County Public Health –Daycare Providers list
website: www.mowercountyhhs.com

Mower County Childcare Assistance 437-9701
<https://www.mowercountyhhs.com/child-care-assistance>

Austin Aspires – Daycare and Preschool
Opening list (always updated) – visit 437-6389
www.austinaspres.org



BIRTH CONTROL / CONTROL DE LA NATALIDAD

MN Family Planning/STI Hotline 1-800-783-2287
Mower CountyCommunityHealth 437-9701



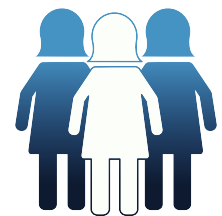
PREGNANCY/EMBARAZO

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



LOCAL MOM GROUPS / GRUPOS DE MAMAS LOCALES

Mother of Children with Handicaps 325-4742
La Leche League of Southeast MN 456-8238
MOPS-Austin (Mom's Group) on FB or Call 507-219-2291
[Facebook Pages](#)
Mommies
Parent-to-Parent



HUMAN SERVICES/SERVICIOS HUMANOS

Independent Management Service	437-6389
Lutheran Social Services of MN	1-800-582-5260
Welcome Center	434-2863
Mower County DHS	437-9701
MN 211	2-1-1
Cedar Valley Services	433-2303
Health Access Minnesota	589-8136
New Horizons Adoption Agency	800-314-3370
Austin Human Rights Commission	437-9940
IMAA Intercultural Mutual Asst Assoc.	507-273-2280 or 507-273-4230



DISABILITY SERVICES/SERVICIOS DE DISCAPACIDAD

LIFE Mower County	433-8994
Cedar Branch DAC Adams	582-7726
Cedar Valley Services	433-2303
Cedar House, Inc.	437-9152
Division of Rehabilitation	433-0570
Epilepsy (MinCepCare PA)	1-612-525-2400
March of Dimes/SE MN	1-507-282-0649
MN State Council on Disabilities	1-800-562-9747
Mower Council for Handicapped	433-9609
SE Center for Independent Living (Rochester)	507-285-1815
REM Woodvale	433-7301
SEMCIL	1-888-460-1815
MN Children w/Special Health Needs	1-800-728-5420
Independent Management Services	437-6389
Quality Case Management, Inc.	437-9085
Quality Community Services, Inc.	437-9085



FAMILY VISITATION & EXCHANGE/VISITAS FAMILIARRES Y INTERCAMBIOS

Seibel Visitation Center 434-7550

FOSTER CARE / ALOJAMIENTO TEMPORAL EN CASA HOGAR

Mower County DHS 437-9700

LEGAL SERVICES/SERVICIOS LEGALES

SE Minnesota Reg. Legal Services (Intake)	1-888-575-2954
Minnesota Family Law Project	1-866-292-0080
Immigrant Law Center of Minnesota	1-651-641-1011
Child Safety Resource	https://www.nstlaw.com/child-safety/



REFUGEE PANDEMIC RESOURCE

Minnesota recently launched a new hotline specifically for refugees and immigrants to ensure they have access to accurate, timely information about the COVID-19 pandemic.

Refugees and other immigrants can call 651-318-0989 from 9 a.m. to 5 p.m. Monday through Friday, for information on:

COVID-19 testing locations
Food support
Health care
Mental health resources
Housing and rental assistance
COVID-19 case investigation and contact tracing.



The hotline has staff that can speak Amharic, Anuak, Arabic, French, Hindi, Karen, Lingala, Luganda, Mashi, Oromo, Somali, Spanish and Swahili. Language line help is available for any other language.

<https://mn.gov/dhs/people-we-serve/seniors/services/refugee-assistance/>