

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
507-437-9400

Mower County Sheriff 507-437-9400

Truancy Officer 507-437-9454

Current Jail Inmate List:

www.co.mower.mn.us/198/County-Jail

CRISIS INTERVENTION / INTERVENCION EN CRISIS

Crime Victims Resource Center
507-437-6680

Crisis Response
1-844-274-7472

CHILD ABUSE PREVENTION / PREVENCION DEL ABUSO INFANTIL

Child Protection 507-437-9701

Human Trafficking Hotline
1-888-373-7888

HEALTH SERVICES / SERVICIOS DE SALUD

Mayo Clinic Health System 507-433-8758

Nurse Care Line 507-293-9800

Patient Online Services

Support Line 877-858-0398

Other Behavioral Services 507-433-7389

Psychiatric Service Unit 507-433-7351

Patient Education 507-434-1753

Health Access Minnesota 507-589-8136

Financial Patient Services 844-217-9591

QPP Employee Clinic 507-434-6299

Hormel Employee Clinic 507-434-6982

Mower County Public Health 507-437-9701

WIC-Mower County 507-437-9799

Adams Health Care Center 507-582-3263

Express Clinic at Hy Vee in Austin__WALK- IN

Minnesota Care 1-800-657-3672

Mower County Public Health 507-437-9701

Sacred Heart Home Health Care
507-433-1808

Intrepid USA Health Care Service
507-433-4700

MN Children w/Special Health Needs
1-800-728-5420

United Home Health Care Choice SEMCIL
1-888-460-1815

AIDS-HIV TESTING/EXAMENES DESIDA-VIH

AIDS National Hotline 1-800-342-2437

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

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 1-800-992-9392

MN Crime Victims 1-800-247-0390

24-hour Crisis Line Dial 988

Battered Women 1-800-799-7233

Pacer 1-800-676-6856



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

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

MAYO Clinic 507-433-7351
 Catholic Charities 507-433-9120
 Cedar River Counseling Services
 507-433-6482
 Cedar House 507-437-9152
 Crisis Response 1-844-274-7472
 Family Focus 507-434-3586
 Gerard Community Mental Health
 Services Therapy, Diagnostic,
 Assessment and Psychological Testing
 507-434-4366
 Kevin Anderson Lic. Psychologist/EMDR
 Therapy 507-440 - 0134
 Lutheran Social Svcs. 1-800-582-5260
 Mayo Clinic Social Services 507-284-2131
 Psychiatry/
 Psychology Assoc. - So MN
 952-928-4657
 Independent Management Services
 (IMS)/ ARMHS therapy, diagnostic
 assessment &
 psychological test 507-437-6389
 Dr Moran Professional Corp
 507-438 - 2010
 Veteran Service Office
 Mower County 507-434 - 2712
 Quality Case Mgmt., Inc. 507-437-9085
 Quality Community Svcs. Inc
 507-437 - 9085
 New Horizons Adoption
 Agency 800-314-3370
 Wellness In the Woods 844-843-9489.



LIBRARIES / BIBLIOTECAS

Austin Public Library 507-433- 2391
 Brownsdale Public Library 507-567- 2177
 Grand Meadow Public Library 507-754- 5859
 Hayfield Community Library 507-477- 2455
 LeRoy Public Library 507-324- 5641
 Lyle Community Library 507-325- 2311
 MN Library for the Blind/Talking Books 507-333-4828

EDUCATION / EDUCACION

Austin Public Schools District Office 507-460-
 1900
 Alt School/Area Learning Ctr 507-460-1805
 Austin Community Education 507-460-1706
 Austin Adult Learning 507-460-1860
 English Language Learning 507-460-1860
 Austin ECFE 507-460-1707
 ECSE(Early Childhood Special Ed.)507-460-1705
 Blooming Prairie Public Schools 507-583-4426
 Grand Meadow Admin & ECFE 507-754-5310
 Hayfield-Brownsdale ECFE 507-477-3236
 Hayfield-Brownsdale Public Schools
 507-477-3236
 Pacelli Catholic Schools 507-437-3278
 Southland Schools ECFE 507-582-3405
 Southland Schools 507-582-3568
 LeRoy-Ostrander Admin 507-324-5743
 LeRoy-Ostrander ECFE 507-324-5741
 Lyle Schools Administration 507-582-3568
 Riverland CC Austin 507-433-0600
 Headstart Program (SEMCAAC) 507-433-8487
 Sacred Heart Schools - Adams 507-582-3120
 PACER 1-800-676-6856
 Autism Resource Specialist 507-433-4243
 Univ. of Minnesota Ext, Mower Co. 507-437-9552
 Univ. of Minnesota Extension, Mower Co. for
 SNAP -Ed (Nutrition) 507-434-2653 ext. 653
 Comunidades Latinas Unidas en Servicio- CLUES
 612-439-9790



PARENTING EDUCATION / EDUCACION DE CRIANZA

Parenting Resource Center

| | |
|--|--|
| Parents Forever Divorce Education | 507-437-8330 |
| Parent Education | 507-437-8330 |
| University of Minnesota Extension, Mower Co. | 507-437-9552 |
| ECFE (Early Childhood Family Ed.) | 507-460-1709 |
| HelpMeGrowMN | 1-866-693-4769 |
| Austin Aspires Parent to Parent | 507-437-0920 |
| NST Attorneys At Law Child Safety Resources | www.nstlaw.com/child-safety/ |



YOUTH RECREATION /

RECREACION PARA JOVENES Y NINOS

| | |
|------------------------------------|----------------|
| Austin Community Education | 507-433-0971 |
| Austin Park & Recreation Program | 507-433-1881 |
| Boy Scouts | 507-387-3123 |
| Girl Scouts River Valley | 1-800-845-0787 |
| Austin Community Recreation Center | 507-433-1804 |

SUPPORT GROUPS / GRUPOS DE APOYO

| | |
|---|------------------------------|
| Crimes Victims Resource Center | 507-437-6680 |
| Mother of Children with Handicaps | 507-325-4742 |
| Circle of Parents | 651-523-0099 |
| MOPS-Austin (Mom's Group) on FB or Call | 507-437-1000 |
| Recovery Is Happening | 507-218-4773 |
| Nexus Gerard Family Healing | 507-433-1845 |
| Austin Manor | 507-433-5569 |
| The Bridge | 507-434-9334 |
| Wellness In The Woods | 844-843-9489 |
| Independent Management Services | 507-437-6389 or 507-396-4477 |



SUBSTANCE PREVENTION / PREVENCIÓN DE SUSTANCIAS

| | |
|--|---------------------------------|
| Alcoholics Anonymous (AA) | 512-327-9927 |
| Mayo Clinic Health System Fountain Center Austin | 507-434-1890 |
| Mayo Clinic Health System Tobacco Cessation | 507-434-1429 |
| Independent Management Services | 507-437-6389 or 507-396-4477 |



FOOD/COMIDA

| | |
|--|----------------|
| Mower County DHS (vouchers) | 507-437-9701 |
| Ruby's Pantry Grace Lutheran Austin 3rd | |
| Thursdays of each month | 507-433-7008 |
| Cornerstone Church Austin | 507-433-7008 |
| Lyle Our Savior's Lutheran Church | 507-325-4684 |
| Racine | 507-378-4801 |
| Mower County Senior Center | 507-433-2370 |
| WIC (Women, Infant & Children) | 507-437-9700 |
| Salvation Army | 507-437-4566 |
| Our Saviors Lutheran-Lyle | 507-325-4684 |
| CSSP | 1-877-500-8699 |
| Little Cedar Food Shelf (for Southland Families) | 507-582-3185 |
| Meals at Twin Tower and Picket Place | 507-373-7759 |
| Austin Meals on Wheels | 507-438-3140 |
| CLUES | 507-355-2575 |



HOUSING/VIVIENDA

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|--|--------------|
| Austin HRA | 507-433-1866 |
| Mower Co HRA | 507-434-5556 |
| Salvation Army(emergency) | 507-437-4566 |
| SEMCAC (emergency) | 507-433-5889 |
| Rochester Women's Shelter | 507-285-1010 |
| Quality Case Management, Inc. | 507-437-9085 |
| Crisis Resource Center Owatonna | 507-451-1202 |
| Dorothy Day Shelter (homeless) | 507-282-5172 |
| Habitat for Humanity-Freeborn/Mower | 507-433-1349 |
| Independent Management Services | 507-437-6389 |
| Mower County DHS (vouchers) | 507-437-9701 |
| CLUES | 507-355-2575 |
| 180 Degrees (Rochester Shelter ages 12-19) | 507-280-0110 |



CLOTHING / ROPA

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|---|--------------|
| Rachel's Hope (NB-2t) | 507-437-7595 |
| Parenting Resource Center (3t-XL 14/16) | 507-437-8330 |
| United Way (Winter Clothing) | 507-437-2313 |



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

| | |
|------------------------------------|--------------|
| Twice is Nice | 507-433-5353 |
| A to Z Treasures | 507-433-0090 |
| Second Act (3301 West Oakland Ave) | 507-437-9078 |



PERSONAL CARE ITEMS / ARTICULOS DE CUIDADO PERSONAL

| | |
|---------------------------|--------------|
| Twice is Nice | 507-433-5353 |
| A to Z Treasures | 507-433-0090 |
| Parenting Resource Center | 507-437-8330 |



ENERGY ASSISTANCE / ASISTENCIA DE EMERGENCIA ELECTRICA

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|--------|--------------|
| SEMCAC | 507-433-5889 |
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TRANSPORATION/TRANSPORTE

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|-------------------------|----------------|
| SMART | 1-855-762-7821 |
| AB Taxi | 507-434-9689 |
| Quick Ride Taxi Service | 507-433-9055 |



DRIVER'S LICENSE/LICENCIAS DE CONDUCIR

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|------------------------|--------------|
| DEPT OF MOTOR VEHICLES | 507-433-8744 |
|------------------------|--------------|



FINANCIAL CONSULTING/CONSULTORIA FINANCIERA

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|---------------------------------|--------------|
| Independent Management Services | 507-437-6389 |
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EMPLOYMENT & CAREER COUNSELING/ EMPLEO Y ORIENTACION PROFESIONAL

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|-----------------------------|--------------|
| Workforce Development | 507-460-5020 |
| CLUES | 507-355-2575 |
| Welcome Center | 507-437-8330 |
| Cedar Valley Services | 507-434-0542 |
| Riverland Community College | 507-433-0600 |



CHILDCARE/ GUARDERIAS

Families First of MN

1-800-462-1660

Two of the programs and services we provide for families with young children:

State-wide search for child care in MN: **Parent Aware 888.291.8911** www.parentaware.org

Early Learning Scholarships: Dollars to pay for quality child care for children 0-5, for families who qualify by income: earlylearningscholarshipshub.mn.gov

Mower County Public Health –Daycare Providers list website:

www.co.mower.mn.us

Mower County Childcare Assistance

507-437-9701

<https://www.mowercountyhhs.com/child-care-assistance>

Austin Aspires – Daycare and Preschool Opening list

507-437-6389 www.austinaspres.org



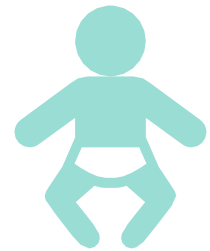
BIRTH CONTROL / CONTROL DE LA NATALIDAD

MN Family Planning/STI Hotline

1-800-783-2287

Mower County Community Health

507-437-9701



PREGNANCY/EMBARAZO

Mower County Community Health

507-437-9701

Rachel's Hope Support & Council

507-437-7595

Catholic Charity Information Line

1-800-222-5859

Pregnancy Hot Line

1-800-848-5683

Mayo Clinic Health System

507-433-7351

New Horizon Adoption Agency

1-800-314-3370



LOCAL MOM GROUPS / GRUPOS DE MAMAS LOCALES

Breastfeeding & Beyond

507-210-1655

-meets Tuesdays 9-11am at 301 ½ N. Main St

MomTime-Faith Church

507-437-1000



LOCAL FATHER GROUPS / GRUPOS DE PADRES LOCALES

Fatherhood Forum

507-606-2342



PARENTING
RESOURCE CENTER
INC. 1977

HUMAN SERVICES/SERVICIOS HUMANOS

| | |
|---------------------------------------|----------------|
| Independent Management Service | 507-437-6389 |
| Lutheran Social Services of MN | 1-800-582-5260 |
| Welcome Center | 507-437-8330 |
| Mower County DHS | 507-437-9701 |
| MN 211 | 2-1-1 |
| Cedar Valley Services | 507-434-0542 |
| Health Access Minnesota | 507-589-8649 |
| New Horizons Adoption Agency | 507-526-3518 |
| Austin Human Rights Commission | 507-437-9940 |
| IMAA Intercultural Mutual Asst Assoc. | 507-289-5960 |



DISABILITY SERVICES/SERVICIOS DE DISCAPACIDAD

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|--|--------------|
| LIFE Mower County | 507-433-8994 |
| Cedar Branch DAC Adams | 507-582-7726 |
| Cedar Valley Services | 507-433-2303 |
| Cedar House, Inc. | 507-437-9152 |
| Epilepsy (MinCepCare PA) | 952-525-4500 |
| March of Dimes/SE MN | 218-727-1318 |
| MN State Council on Disabilities | 651-361-7800 |
| Mower Council for Handicapped | 507-433-9609 |
| SE Center for Independent Living (Rochester) | 507-285-1815 |
| REM Woodvale | 507-668-4432 |
| SEMCIL | 507-285-1815 |
| MN Children w/Special Health Needs | 651-201-3650 |
| Independent Management Services | 507-437-6389 |
| Quality Case Management, Inc. | 507-437-9085 |
| Quality Community Services, Inc. | 507-396-2162 |



FAMILY VISITATION & EXCHANGE/VISITAS FAMILIARRES Y INTERCAMBIOS

Seibel Visitation Center 507-434-7550

FOSTER CARE / ALOJAMIENTO TEMPORAL EN CASA HOGAR

Mower County DHS 507-437 -9700

LEGAL SERVICES/SERVICIOS LEGALES

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|---|---|
| SE Minnesota Reg. Legal Services (Intake) | 507-377-2831 |
| Immigrant Law Center of Minnesota | 1-651-641-1011 |
| Child Safety Resource | https://www.nstlaw.com/child-safety/ |



