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
Althing Clinic – Austin	1-888-423-7247
Mower County Public Health	507-437-9701
WIC-Mower County	507-437-9799
Adams Health Care Center	507-582-3263
HELPcare Clinic	507-279-2345
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
Green Touch Doula Care	507-210-1655

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

PARENTING RESOURCE CENTER INC. 1977

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
Charlie Health 986-206-0414
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 Srvs. 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 Srvs. Inc 507-437 – 9085
New Horizons Adoption Agency 800-314-3370
Wellness In the Woods 844–843-9489.

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-BrownsdaleECFE 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 (SEMCAC) 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

Hormel Foundation Digital Navigator Initiative 507-606-1787





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

PARENTING EDUCATION / EDUCACION DE CRIANZA

Parenting Resource Center

Parents Forever Divorce Education	507-437-8330
Parent Education	507-437-8330
Rachel's Hope	507-437-7595
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
Space for Healing (Women's Addiction Recovery Group)	507-437-8330



SUBSTANCE PREVENTION / PREVENCION DE SUSTANCIAS

Alcoholics Anonymous (AA)	507-433-9868
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

AddictionResource.net www.addictionresource.net/best-drug-rehab-centers/minnesota/

Smarter Recovery www.smarterrecovery.com/meetings/

FOOD/COMIDA

Mower County DHS (vouchers)	507-437-9701
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

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	507-3552575
180 Degrees (Rochester Shelter ages 12-19)	507-280-0110



CLOTHING / ROPA



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



Gypsy K Consignments	507-396-2135
A to Z Treasures	507-433-0090
Second Act (3301 West Oakland Ave)	507-438-6376

PERSONAL CARE ITEMS / ARTICULOS DE CUIDADO PERSONAL



Second Act Thrift Store	507-438-6376
A to Z Treasures	507-433-0090
Parenting Resource Center	507-437-8330

ENERGY ASSISTANCE/ ASISTENCIA DE EMERGENCIA ELECTRICA



SEMCAC	507-433-5889

TRANSPORATION/TRANSPORTE



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

DRIVER'S LICENSE/LICENCIAS DE CONDUCIR



DEPT OF MOTOR VEHICLES	507-433-8744

FINANCIAL CONSULTING/CONSULTORIA FINANCIERA



Independent Management Services	507-437-6389

EMPLOYMENT & CAREER COUNSELING/ EMPLEO Y ORIENTACION PROFESIONAL



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
Hormel Foundation Digital Navigator Initiative	507-606-1787

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.austinaspires.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
Green Touch Doula Care	507-210-1655

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

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

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 FAMILIARARES 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

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/



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