

The background features a decorative graphic consisting of three blue circles of varying sizes, each composed of concentric rings in different shades of blue. These circles are arranged in a triangular pattern. Two thin, light blue lines intersect at the top left, forming a large 'V' shape that frames the circles and the text.

Traverse County Resource Guide

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BUDGETING RESOURCES

Budgeting assistance booklets and videos are available through **West Central Minnesota Community Action** in the Family Services Resources category.

Check with your local University of Minnesota Extension Office (Educational Resources category) for budgeting assistance programs in your area.

For information on the Financial Resource Center Program offered through the **Village Family Service Center**, see listing in Family Services.

For information on the financial counseling programs offered through **Lutheran Social Services**, see listing in Mental Health Resources.

CHILD CARE RESOURCES

CHILD CARE AWARE OF MINNESOTA.....888-291-9811

www.mnchildcare.org

Alexandria.....320-219-6222 or 800-452-3646, Ext. 1585

700 Cedar St. Suite 117, Alexandria MN 56308

Email: dawnb@lakesandprairies.net

Fergus Falls.....218-998-2359 or 877-558-7616

220 W Washington Ave. Suite 104, Fergus Falls MN 56537

Email: luannh@lakesandprairies.net

Services: CCR&R assist families that are looking for child care by providing a referral list of providers and offers materials to use when selecting a provider. CCR&R supports those individuals and programs that care for children by offering training and technical assistance related to early childhood to child care professionals, employers and businesses. CCR&R also builds connections in communities to generate understanding and activism for child care issues as well as provide statistical information on the child care industry.

COUNTY CONTACTS

Grant County.....Jennifer Albjerg/Natasha Kaiser at 218-685-8200 or 800-291-2827

Stevens County.....Mary F at 320-208-6600

Traverse County.....Gale at 320-422-7777 or 855-735-8916

PRESCHOOLS:

Morris

Country Day Nursery School.....320-589-3493

200 Columbia Ave., Morris MN 56267

Wheaton

Little Flock.....320-563-8624

505 8th St. N., Wheaton, MN 56296

Wheaton Area Preschool.....320-563-8191

710 4th Ave N, Wheaton, MN 56296 Leah Krauth lkrauth!@wheaton.k12.mn.us

SCHOOL AGE CHILD CARE (SACC).....218-685-4477 ext. 38

New families or for information call 320-528-2650

WCA North Elementary School 411 1st St. SE., Elbow Lake MN 56531

Email: msabolik@wca.k12.mn.us Fax: 320-528-2279

Services: Providing a safe environment for children of working parents; with over 15 learning centers.

CHILD SUPPORT

County Contacts:

Grant County.....Vicky Kloos or Viki Brekke at 218-685-4417 or 800-291-2827

Stevens County..... Shanda Anderson 320-208-6600

Traverse County.....Mary at 320-422-7777 or toll free 855-735-8916

State of Minnesota Child Support Division..... (800) 657-3954

TTY Users.....(888) 234-1208 or use the Minnesota Relay at 711

Service: If you need answers to general questions about federal regulations, state statutes or department policies as they relate to child support in Minnesota, call for recorded information 24 hours a day, seven days a week.

Payment Information.....800-657-3512

TTY Users.....888-234-1208 or use the Minnesota Relay at 711

Services: You can get up-to-the minute information about payments or your case on our secure Web site Minnesota Child Support Online or by telephone using our interactive voice response (IVR) system. Both systems are available 24 hours a day, seven days a week.

Getting information about your case is easy. Simply enter your child support participant number and your personal identification number (PIN). If you don't have a PIN, call your county worker and ask for one. Your worker will mail it to you at the address in the case.

Both systems provide information about the child support program specifically for participants on child support cases. In addition, participants can report a problem with their case or speak to a customer service representative if they have questions about setting up or changing their direct deposit and automatic recurring withdrawal account using the IVR.

Minnesota Child Support Online

www.childsupport.dhs.state.mn.us

Services: Participants can get general case information, a 90 day financial history, and information about the child support program.

Child Support and Community Partners.....800-657-3890

8:00 a.m. to 4:30 p.m. Monday through Friday.

Service: The Child Support Partners line is an automated phone system specifically for employers, payors of funds, community partners, and child support agencies outside Minnesota.

Child Support Enforcement Division.....651-431-4400

Minnesota Department of Human Services
Child Support Enforcement Division
PO Box 64946 St. Paul, MN 55164-0946

DISABILITY RESOURCES

ARC WEST CENTRAL MINNESOTA.....218-233-5949 or 800-411-0124

Contact: Donna & Terry Atherton

810 4th Ave. S. #134, Moorhead MN 56560

Email: arcwcm@702com.net Website: www.thearcofminnesota.org Fax: 218-233-0853

Services: ARC helps address the concerns of families of children with special needs. ARC chapters offer a variety of support systems to families; including, emotional support, referral services and possible parent-to-parent matching of families with children with similar diagnoses and conditions. ARC also holds workshops, publishes literature and has lending libraries with books about developmental disabilities.

DEAF AND HARD-OF-HEARING SERVICES.....800-456-7589

Services: DHHS provides information about educational and communication options for families of deaf and hard of hearing children including: parent services, info and referral, family activities, family resource packets, specialized telephone equipment and contract services for psycho-social assessments, mental health counseling, interpreter referral and deaf/blind services. Website: www.dhhsd.org

MN State Services for the Blind:.....800-652-9000 or 651-539-2300

Satellite Office – Moorhead MN -- 800-657-3755 or 218-236-2422

Quality Disability Services, LLC.....855-724-1146

Website: www.qdsservices.net

Disability Linage Line.....866-333-2466

Services: Representing Social Security Disability Claimants

SPECIAL EDUCATION COOPERATIVES:

Fergus Falls Special Ed Co-op.....218-998-0935

518 Friberg Ave., Fergus Falls MN 56537

Contact: Stacy Haugen-mcAllister, 805 E Channing Ave. ext. 1222

Fax: 218-998-3952

Areas Covered: Ashby, Battle Lake, Breckenridge, Campbell-Tintah, West Central Area, Fergus Falls, Pelican Rapids, Rothsay and Underwood school districts.

Midwest Special Ed Co-op.....320-589-4248

203 S Columbia Ave., Morris MN 56267

Contact: Todd Travis Email: ttravis@morris.k12.mn.us Fax: 320-589-0435

Areas Covered: Clinton-Graceville-Beardsley, Browns Valley, Chokio-Alberta, Cyrus, Hancock, Herman, Morris, West Central Area South and Wheaton school districts.

Runestone Area Education District.....320-763-5559

700 Northside Dr NE, Alexandria MN 56308

Website: www.runestone.k12.mn.us Fax: 320-763-2812

Areas Covered: Brandon, Evansville, Minnewaska, Osakis and Parkers Prairie school districts.

PACER CENTER.....952-838-9000

Website: www.pacer.org

Services: PACER Center is a Minnesota nonprofit organization that provides services without a fee to families of children and young adults with **all** disabilities

TODD VANS.....320-589-8633 or 888-TODDVAN

PO Box 309 E Hwy 28, Morris MN 56267

Contact: Todd Anderson, President

Services: Installs handicap equipment in vehicles, such as: hand controls, wheelchair securement systems, wheelchair lifts, etc. We also put high tops on vans.

THE WINDMILL PROJECT.....320-763-9228 or 320-634-4446

Contact: Sonja Kuhn – Executive Director

Phone: 320-760-3301

Email: www.windmillprojectmn@gmail.com

Services: Mission Statement: As parents and professionals working together, we will share experiences, provide information and offer encouragement to families who have children with special needs in order to create a strong system of quality support that will generate energy within ourselves and impact the systems that support us.

DISABILITY VEHICLE DECALS OR LICENSE PLATES:

Traverse County License Bureau.....320-422-7738

Traverse County Courthouse – Main Floor

EDUCATIONAL RESOURCES

ADULT BASIC EDUCATION (GED/HIGH SCHOOL COMPLETION):

Alexandria.....	320-762-0627
Browns Valley.....	320-695-2103
Evansville/Brandon.....	218-948-2241 or 320-834-4084 ext. 0
Glenwood/Starbuck.....	320-762-0627 (Joyce) or 320-634-3559 ext. 4
Grant County.....	320-528-2650 ext. 153
Herman/Norcross.....	320-677-2291 (Tracy)
Morris.....	320-585-2230
Hancock.....	320-392-5622
Osakis	320-859-2191 or 320-859-2528
Wheaton.....	320-563-0059

Services: Help for persons 16 years or older with high school completion (diploma or GED), English as a second language (ESL), basic reading, writing and math. Also provides help with functional literacy skills, family literacy, workforce preparation and citizenship.

ATC-SMART START & EQUITY PROGRAMS.....320-762-4527 or 888-234-1222

1601 Jefferson St, Alexandria MN 56308

Contact: Joan Thompson Website: www.alextech.edu Fax: 320-762-4634

Services: Single parents, displaced homemakers and single pregnant women enrolled at Alexandria Technical College may be eligible for services. Equity students enrolled in non-traditional programs (based on gender) may be eligible (females in a predominantly male program).

GRANT COUNTY CHILD AND YOUTH COUNCIL.....218-685-4587

Email: cycmail@wca.k12.mn.us Fax: 218-685-4149

Services: The Council serves as Grant County's Community Transition Interagency Committee (CTIC), Interagency Early Intervention Committee (IEIC) and Local Coordinating Council (LCC) for mental health. The purpose of the council is to bring people, agencies and organizations together to better support the children, teens and families in the Ashby, Herman-Norcross and West Central Area school districts. The Council is also an Early Childhood Initiative community advocating and working with and for children in the early childhood years and their families.

MINNESOTA LITERACY COUNCIL (MLC).....800-222-1990

Website: www.themlc.org

Services: The Minnesota Literacy Council is a statewide non-profit organization providing basic literacy and English instruction free to adults throughout Minnesota. Call our literacy hotline number to be referred to the program closest to you.

SCHOOL DISTRICTS:

School districts may offer a variety of the following services. Please see individual listings to find out what services are offered in a particular district.

Community Education: Community Education offers programs, classes and other opportunities for residents of all ages, interests and abilities. May also provide programming for: preschoolers, after school and non-school days, summer programs, mentorship, adult enrichment, adult basic education and volunteer opportunities.

Early Childhood Family Education (ECFE): A program available to families in the district from birth to kindergarten entrance. Parents come with their children to an age appropriate class to participate in activities together and to have a parent education group. This parent child program enhances relationships between parent and child in a positive, supportive learning environment.

Early Childhood Special Education (ECSE): Provides special education services to children ages birth through five years old or age of school entry at no cost to parents. Provides developmental assessments as needed and offers services upon meeting Minnesota special education entrance requirements. Professionals strive to provide services in settings with other children of similar ages.

Family School: Family school is a program for families that are concerned about the impact of stress in their lives affecting parenting skills and relationships. It is a parent/child program that focuses on education and mental health to provide education and support for families.

School Readiness Preschool Programs: This program is generally a yearlong program for children ages 3-5 to prepare them for Kindergarten entrance. Programming may be between one and three sessions per week. Parent information sessions are a part of the program also.

SCHOOL DISTRICTS

Browns Valley Public School District 801.....320-695-2103

118 Church St. PO Box N, Browns Valley MN 56219

Services Offered Through District 801:

Before and After School Programs (School Age)

Community Ed

ECFE, ECSE

Preparedness Program (Pre School Program)

Wheaton Public School District 803.....320-563-8282

1700 3rd Ave. S., Wheaton MN 56296

Website: www.wheaton.k12.mn.us

Services Offered Through District 803:

After School Program "Connections"

Community Education

ECFE & School Readiness

Schools located within District 803:

Pearson Elementary School	K-5	710 4 th Ave N, Wheaton	320-563-8191
Wheaton High School	6-12	1700 3 rd Ave S, Wheaton	320-563-8282

UNIVERSITY OF MINNESOTA EXTENSION SERVICE.....www.extension.umn.edu

Traverse County.....320-422-7729

Services: Extension educators deliver free information and educational materials and programs based on concerns and issues in the specific county/area. Help with food budgeting and healthier eating for families also available.

EMERGENCY RESOURCES

AMERICAN RED CROSS.....800-560-7641

Website: www.redcross.org

Grant & Traverse Counties.....218-736-3481
1008 Frontier Dr.; Suite 204., Fergus Falls MN 56537

CARING AND SHARING ROOM.....320-763-5759

Alexandria, MN 56308

Contact: Sister Blanche

Services: The Caring and Sharing Room is sponsored by churches in and serves households in the Douglas County Area. The Room collects, stores and makes available basic household furnishings to families and individuals whose need for such items is determined by social service agencies. Those receiving furnishings must provide their own transportation. Anyone wishing to donate household items or furnishings (no appliances please) can call the number listed. Donated items must be clean, in working condition and immediately usable.

HEATSHARE.....888-220-4808

Services: A Salvation Army Program that assists households with payments of gas, oil and electric bills.

WINGS (Formerly Listening Ear Crisis Center).....320-763-6828 or 800-854-9001

700 Cedar St. Suite 266, Alexandria MN 56308 Fax: 320-763-6639

Services: 24-hour crisis line. Listening Ear provides helpful, supportive, non-judgmental advocacy in the following areas: General crime, sexual assault, domestic violence, transitional housing, PLUS Kids (Safe exchange or supervised visitation), temporary safe housing, support groups and assistance with emergency needs.

NEW LIFE CENTER.....701-235-4453

1902 3rd Ave N., PO Box 1067, Fargo ND 58107 Fax: 701-235-4454

Services: Provides shelter for men, meals, clothing, job search, GED program, free clinic, religious services, advocacy, Traveler's Aid Family Shelter, in-resident program, thrift store and travelers aid to families (homeless or indigent.) Office hours: Monday-Friday 9:00 am-12:00 pm and 1:00-5:00 pm.

NSP GAS EMERGENCY (Gas Odor).....800-895-2999

POISON CONTROL CENTER.....800-222-1222

Website: www.mnpoison.org

SALVATION ARMY:

Traverse County.....320-422-7777

202 8th St. N., PO Box 46, Wheaton MN 56296

Contact: Gale L. Fax: 320-563-4230

Traverse County Sheriff's Department.....320-422-7800

SOMEPLACE SAFE SHELTER.....218-739-3359 OR 866-223-1111

www.someplacesafe.info

Traverse County Advocacy Office.....320-563-4121

PO Box 63, Wheaton MN 56296

Services: Will provide services to victims of domestic violence. Assistance with legal, medical and other systems. Support groups for battered women, children in grades 1-6 and teens. Provides regional shelters/safe housing for West Central Minnesota. Legal advocacy-assistance with Orders for Protection. Assistance for victims whose abuser has been arrested; court tracking. Speakers available to provide education on various issues relating to domestic violence.

SOMEPLACE SAFE CRISIS HOTLINE.....800-974-3359

SOMEPLACE SAFE PARENTING TIME CENTER:

Fergus Falls.....218-739-3132

1402 East Bancroft Ave., Fergus Falls MN 56537

Fax: 218-739-5791

Morris.....320-424-2301

202 Atlantic Ave., Morris MN 56267

Services: Someplace Safe is a program designed to provide a safe and neutral environment for safe exchanges and supervised visitations during family crisis such as separation, divorce and violence. The Centers help to reduce children's vulnerability to family violence/trauma by preventing the children from witnessing unhealthy behaviors between parents.

EMPLOYMENT RESOURCES

DAY TRAINING & HABILITATION CENTER (DT&H)/DEVELOPMENT ACHIEVEMENT CENTER (DAC)

Traverse County-Broadway Industries.....320-563-0229

Services: Vocational training and employment opportunities for adults with developmental disabilities, as well as support services to obtain and maintain employment.

DOHERTY STAFFING SOLUTIONS.....320-763-3121 or 888-570-8946

315 Nokomis St., Alexandria MN 56308 Website: www.dohertyemployment.com

Email: kmiddendorf@dohertyemployment.com Fax: 800-713-5369

MANPOWER, INC.....320-763-9899

507 N Nokomis St., Alexandria MN 56308 Website: www.us.manpower.com

PRODUCTIVE ALTERNATIVES.....320-763-4101

302 Kenwood Ave. S., PO Box 685, Alexandria MN 56308

Services: Private, non-profit agency providing transitional, supported, and competitive placement employment opportunities in integrated community-based work sites to disabled and special needs individuals.

THE WORK CONNECTION.....320-762-2001

308 3rd Ave.E., Alexandria MN 56308 Fax: 320-762-2008

Website: www.theworkconnection.com Email: AJahner@theworkconnection.com

Services: Experienced in developing customized programs for long and short term, seasonal and direct hire placement.

THE WORKFORCE CENTER (JOB SERVICES/RURAL MN CEP).....888-438-5627

Website: www.mnwfc.org

Alexandria.....320-762-7800 or 800-500-8935

Fergus Falls.....218-739-7560

Services: Resume and cover letter writing assistance, job search assistance, various workshops available and veteran's assistance.

WORKFORCE REHABILITATION SERVICES.....218-739-7565 or 800-657-3758

125 W Lincoln Ave Suite 3, Fergus Falls MN 56537 Fax#: 218-739-7496

Services: Vocational Rehabilitation (VR) is for people with disabilities who need our services to prepare for work, or to find and keep a job.

Eligibility: You may be eligible for VR if you have a physical or mental disability which makes it difficult for you to find or keep a job, and if you require VR services to prepare for, secure, retain, or regain employment.

FAMILY FUN RESOURCES

ALEXANDRIA ARTS ASSOCIATION.....320-762-8300

618 Broadway, Alexandria MN 56308

Website: www.alexandriaareaarts.org Email: aaaa@rea-alp.com

CHAHINKAPA PARK ZOO & CAROUSEL.....701-642-8709

1004 RJ Hughes Dr., Wahpeton ND 58075

Website: www.chahinkapazoo.com Email: info@chahinkapazoo.com

Service: Zoo, recreation, education and conservation. Hours April 29 – September 30 are 10:00 am to 7:00 pm. October hours are 10:00 am to 5:00 pm. Dates not listed are by appointment only. Call for current rates

CHAMBERS OF COMMERCE:

Wheaton.....320-563-8271

PO Box 493, Wheaton MN 56296 Email: cityhall@cityofwheaton.com

City of Wheaton: www.cityofwheaton.com

COUNTY WEB SITES:

Traverse County.....www.co.traverse.mn.us.

HISTORICAL SOCIETIES: Traverse County

Browns Valley.....320-695-2312

Wheaton.....320-563-4619

KENSINGTON RUNESTONE PARK.....320-763-6001

8755 Co. Rd. 103 SW., Kensington MN 56343

Website: www.co.douglas.mn.us/kensington_runestone_park.htm

LAKES AREA RECREATION.....320-762-2868

720 Fillmore St., Alexandria MN 56308

Services: Variety of services and recreational activities available.

LEE COMMUNITY CENTER.....320-589-4585

101 S.Co. Rd. 22, Morris MN 56267 Email: mhockey@info-link.net

Services: From October to March the Lee Community Center is used for hockey practices, games and tournaments, as well as figure skating, open skating and broom ball. From April through September, the Lee Community Center is available for shows, exhibitions, auctions, dances, meetings, rollerblading, birthday parties, etc. A walking track is available year round.

FAMILY UNDERSTANDING NETWORK (FUN).....218-685-4587

Email: cycmail@wca.k12.mn.us Fax: 218-685-4149

LIBRARIES.....Website: www.viking.lib.mn.us

Browns Valley Public Library.....320-695-2318

Douglas County Public Library.....320-762-3014

Website: www.douglascountylibrary.org

Elbow Lake Thorson Memorial Library.....218-685-6850

Fergus Falls Public Library.....218-739-5286

Morris Public Library.....320-589-1634

Wheaton Community Library.....320-563-8487

REGIONAL FITNESS CENTER.....320-589-6485

626 E 2nd S., Morris MN 56267

Website: www.mrs.umn.edu/rfc

RUNESTONE MUSEUM.....320-763-3160

206 Broadway, Alexandria MN 56308

Website: www.runestonemuseum.org Email: bigole@rea-alp.com

SANTA'S LAND & ZOO.....320-846-0997

151 Woodsmen Drive NE., Alexandria MN 56308

Hours: Memorial Day thru Labor Day 10:00 am-5:00 pm Weekends Sept-Oct 14th 10:00 am-4:00 pm

Services: Zoo offerings such as African lion, black bear, goats, horses, monkeys, parrots, trout and more. Santa's Land is a holiday pageant performed by local 4-H members

FAMILY SERVICES RESOURCES

AMERICAN CANCER SOCIETY

Dorothy Baldry.....320-563-8873
Dave Schmitz.....320-563-8252

ASSISTED LIVING CENTERS – None in Traverse County

COUNTY COORDINATORS ON AGING:

Traverse County.....Deb Rapp; 218-685-8220
202 8th St N, Wheaton MN 56296

Services: Variety of activities and services to enrich retirement years and to help senior citizens remain independent. Information, referrals and advocates for senior citizens.

MEALS ON WHEELS

Wheaton Community Diner.....320-563-4718
Traverse County: Deb Rapp.....218-685-8220
Tinah: Lucy McLemor.....218-369-2166
Browns Valley.....320-695-2348

COVERING ALL FAMILIES WEB TOOL.....www.coveringallfamilies.org

Services: This tool allows families to determine their eligibility for a wide range of services, including health care, child care, tax credits, food support, energy assistance, etc.

FATHERS' RESOURCE PROGRAM.....320-763-6638

1417 S Broadway, Alexandria, MN 56308 Fax: 320-763-6639
Mike Anderson, Program Coordinator 218-739-3011

Services: Offers FREE information and support regarding visitation, custody, child support and paternity.

FIRST CALL FOR HELP.....800-543-7709 or 211

Services: First call is a 24 hour information and referral service available for all Minnesota residents. All calls are free and anonymous. You can find information about the following and more: education, community, crisis, disabilities, emergency, health, financial, senior, legal, counseling, employment, civic, transportation, volunteerism, and support

FREecycle NETWORK.....www.freecycle.org

Services: The Freecycle Network™ is an email-based group available to all who are interested in exchanging needed items for free so they don't end up in our landfills. Membership is free and local groups are managed by a local moderator. If you need something or want to give something away, visit the website to find the group nearest you.

GROCERY STORES

Willy's Super Valu.....320-563-4841

Maynard's Food.....320-695-2252

HOME CARE: Essential Home Care (Graceville MN).....320-748-7223

Coteau Des Prairies Home Care.....605-698-7647

Graceville Health Center Home Care.....320-748-7233

HOME HEALTH

Sanford Home Health.....320-563-0078

INSURANCE HELPLINE.....800-642-6121

Website: www.mninsurancehelp.com

Services: The helpline gives free, unbiased answers to any insurance questions or problems.

INTERNAL REVENUE SERVICE (IRS).....800-829-1040

Website: www.irs.gov

MINNESOTA BETTER BUSINESS BUREAU.....800-646-6222

Website: www.minnesota.bbb.org

POPE COUNTY FAMILY COLLABORATIVE.....320-634-3909

219 1st St. SE., Glenwood MN 56334

Email: famcolab@runestone.net Fax: 320-634-3909

Primary Focus: Families and children will be supported by matching outreach services using the wraparound process, which is supported by proactive teams that draw on the resources of multiple agencies, communities and organizations. Project Areas: Resource and Referral, yearly Pope County update and distribution of the Head Start Community Resource Book, "Caring For Children" newsletter, school census, child care issues, FARE For All, welcome packets for new community members, parent education and the Healthy Communities Healthy Youth Initiative and Youth and Adults Achieving Community.

HORIZON PUBLIC HEALTH – Stevens, Traverse, Grant Public Health.....320-422-7806

202 8th St. N., Wheaton MN 56296

SOCIAL SECURITY ADMINISTRATION.....320-762-2454 or 800-772-1213

1103 Broadway, Alexandria MN 56308

Website: www.socialsecurity.gov Fax: 320-762-2726

Services: Social Security (retirement, survivors and disability benefits), Medicare enrollment, Supplemental Security Income and social security cards.

SOCIAL SERVICE AGENCIES:

Traverse County Social Services.....320-422-7777 or 855-735-8916

202 8th St. N., Wheaton MN 56296

Rhonda Antrim, Director 320-422-7777 or 1-855-735-8916

Fax: 320-563-4230

THE VILLAGE FAMILY SERVICE CENTER.....320-762-8851 or 888-861-4584

4133 Iowa St., Suite 105 Alexandria MN 56308

Website: www.thevillagefamily.org Phone: 320-762-8851 Fax: 320-762-8550

Services: Children and divorce education, preventive in-home counseling, financial resource center, family based services and youth services.

WEST CENTRAL AREA AGENCY ON AGING.....218-739-4617 or 800-333-2433

313 South Mill St., PO Box 726, Fergus Falls MN 56537

Email: mtwcaaa@prtcl.com Fax: 218-739-4618

Services: A source of information about options in services and programs available to elderly Americans. Training for seniors, professionals and service providers. Senior LinkAge™ statewide information and referral.

WEST CENTRAL MN COMMUNITY ACTION.....800-492-4805

411 Industrial Park Boulevard P.O. Box 956 Elbow Lake, MN 56531

Services: Provides low-income information, advocacy, and referral services. Can help if you are in a crisis situation and need help with food, shelter, heat, or other necessities. Here are some of the programs: Jump Start Care Program, Farm or Individual Development Accounts, Family Loan Program, Energy Assistance Program, Home Weatherization Program, Rural Housing Assistance, Stability Program and Head Start Program

WEST CENTRAL INITIATIVE.....218-739-2239 or 800-735-2239

1000 Western Ave., P.O. Box 318, Fergus Falls MN 56537

Web: www.wcif.org Email: grants@wcif.org

Mission: Serving to improve West Central Minnesota through funding programs and technical assistance.

FOOD RESOURCES

FARE FOR ALL.....**800-582-4291**

Web: www.emergencyfoodshelf.org

Services: Food packages are available at a reduced cost on a monthly basis in return for 2 hours of volunteer work per food package purchased. Distribution of food packages take place at the Fergus Falls Salvation Army. Call the number listed for more information.

FOOD SHELF:

Traverse County (Browns Valley).....**320-695-2110**

106 4th St S., Browns Valley MN 56219

Tues 1:00-3:00 pm; 1st Thursday of Month 10:00 – 12:00

Douglas County.....**320-763-6638**

1405 Lake S.t, Alexandria MN 56308

Mon & Tues 8:00 am–3:00 pm

Grant County.....**218-685-4176**

Utilities Building-Hwy 79 E, Elbow Lake MN 56531

Tues & Thurs 9:00-11:00 am

Pope County Hearts & Hands.....**320-634-4394**

206 6th Ave. NW., Glenwood MN 56334

Mon & Wed 2:30-4:30 pm and Thurs 9:00-11:00 am

Stevens County.....**320-589-7436**

701 Iowa Ave., Morris MN 56267

Mon 2:30-3:30 pm, Tues, Wed, Fri 10:30-11:30 am and Thurs 5:30-6:30 pm

Traverse County (Wheaton).....**320-422-7777**

202 8th St. N., Wheaton MN 56296

Father Stan Wieser – 320-815-9696

FOOD SUPPORT PROGRAM.....**218-685-4486 or 800-492-4805**

West Central Minnesota Communities Action, Inc. is now offering application assistance for the Food Support Program! The Food Support program helps households get the food they need for sound nutrition and well-balanced meals. Benefits are put on an Electronic Benefits Transfer (EBT) card and used at the grocery store the same way as a bank debit card. They can be used to buy food or plants and seeds to grow food to eat.

Website: www.dhhsd.org

HOUSING RESOURCES

FEDERAL LIFELINE PLAN.....Contact your local telephone company

Services: You could qualify for a monthly federal lifeline credit of \$5.25 on your telephone bill if you are receiving certain benefits such as Medicaid, Food Stamps or Energy Assistance. Contact your local telephone company for a complete list of eligible programs and more information.

HABITAT FOR HUMANITY.....www.habitat.org

Douglas County.....320-763-4255

406 3rd Ave. E. #200, Alexandria MN 56308

Email: hfh@rea-alp.com Fax: 320-762-4255

Pope County.....320-634-0355

PO Box 122, Glenwood MN 56334

Email: tamis@habitatprairielakes.org

Otter Tail County.....218-736-2905

PO Box 84, Fergus Falls MN 56537

Email: craigmolstad@yahoo.com Fax: 218-736-2905

Traverse County.....320-839-2528

9 3rd St. NW., Ortonville MN 56278

Services: Habitat for Humanity's primary goal is to partner with those who may not be able to purchase affordable, yet simple housing. We believe through their sweat equity and your help, our new homeowners are building better families and communities.

HOUSING AND REDEVELOPMENT AUTHORITY (HRA):

Douglas & Pope Counties.....320-762-3849

715 Elm St. Suite 1060 , Alexandria MN 56308

Website: www.douglascountyhra.org Email: hra@rea-alp.com Fax: 320-762-3034

Grant County.....218-685-4494

PO Box 1007 10 2nd St. NE., Elbow Lake MN 56531

Email: denise.derby@co.grant.mn.us Fax: 218-685-4498

Services: Section 8 rental assistance program. HUD low income public housing. Sixty 1-bedroom units in 3 communities, 20 family units located in 5 communities and 18 market rate apartments in 3 communities. HRA also manages the Ashby Apartment I & II in Ashby and the Hoffman Center Apartments. MHFA rehabilitation loan program and the HOME rental rehabilitation program.

Stevens County.....320-208-6559

5th & Colorado Ave., PO Box 530, Morris MN 56267

Contact: Jessica Kirwin

Email: Jessicakirwin@co.stevens.mn.us

Traverse County Soc. Services also has applications: 320-422-4777

Services: Section 8 rental assistance available in Stevens and Traverse Counties. All other housing resources available in Stevens County only.

LINK UP MINNESOTA.....Contact your local telephone company
Services: Discounted hook-up fees to those who meet eligibility requirements.

RURAL DEVELOPMENT.....320-763-3191
900 Robert St. NE. Suite 103, Alexandria MN 56308
Website: www.rurdev.usda.gov Email: john.strand@mn.usda.gov

Services: Low-income families in greater Minnesota may obtain low interest rate loans and grants for repairs and home improvements. Affordable home loans are also available for low-income families. Affordable rental housing is available for low-income families.

TELEPHONE ASSISTANCE PLAN (TAP).....Contact your local telephone company
Services: You could save on your telephone bill. You must have a phone in your name or your spouse's name, must live in Minnesota, your household cannot get help for phone service under any other state aid program and you or your spouse must be at least 65 years of age or disabled.

LEGAL RESOURCES

GRANT COUNTY LAW LIBRARY.....218-685-5317

10 2nd St. NE., PO Box 1007, Elbow Lake MN 56531
Contact: Genevie White

LEGAL SERVICES OF NORTHWEST MINNESOTA.....800-450-2552

Website: www.lsnmlaw.org Email: legalaid@lsnmlaw.org

Alexandria Regional Office.....320-762-0663

426 Broadway, Alexandria MN 56308 Fax: 320-762-0740

Services: Legal Services of Northwest Minnesota is a private, non-profit corporation which provides civil legal services without charge to low-income people and senior citizens. When you apply, you will be asked for information on the income and assets of your household. Most applications will take less than 5 minutes.

TAXPAYER RIGHTS.....651-296-0992

Services: Represents the interests and promotes the rights of taxpayers who have grievances with the Department of Revenue

TAX CREDIT AVAILABLE.....Contact your local Social Service Office

MENTAL HEALTH RESOURCES

ALCOHOLICS ANONYMOUS (AA) HELP LINE (FOR NEAREST MEETING).....866-423-2969

BRIDGEWAY BEHAVIORAL HEALTHCARE SERVICES.....218-736-8208

Lake Region Healthcare Corporation

712 Cascade St. S., Fergus Falls MN 56537 Website: www.lrhc.org

Services: Bridgeway Care Unit provides short term treatment (usually 5-10 days) for persons 14 years of age or older suffering from a mental health illness or problem.

COMMUNITY MENTAL HEALTH SERVICES

24-Hour Emergency Mental Health.....800-568-5955

24- Hour Emergency Mental Health...TDD Access 320-589-1313

Community Support Program..... 320-589-3077

Outpatient Services by Life Center.....320-589-7625

Services: 24-Hour Emergency Services, The Warmline, Outpatient Services, Family/Community Support Services, Acute Care Hospital Treatment, Intensive Residential Treatment Services, Community Behavioral Health Hospital, Case Management, and Flexible Fund

COMMUNITY SUPPORT PROGRAM

Community Support Director.....320-589-3077

Traverse County.....320-422-7777

Traverse County Emergency Number.....800-568-5955

Services: Assists individuals who have long-term mental health problems to live as successfully and independently as possible in their own community. They will work together with clients in their own homes to develop their self-reliance through teaching of independent living and coping skills. It is the aim of the program that through this, teaching clients will become more skillful in dealing with life's goals, problems, and demands. Client Outreach, Crisis Assistance, Housing Assistance, Benefits Assistance, Employability Services, Medication Management, Socialization, Assistance in independent Living Skills

LAKELAND MENTAL HEALTH320-762-2400

1500 Irving Street, Alexandria MN 56308

Services: Family, couples or individual psychotherapy, psychological and psychiatric services; including testing, evaluations and medication management. All ages over 5 years of age. We accept MA, Medicare, BCBS and commercial insurance.

LAKELAND MENTAL HEALTH CENTER.....218-736-6987

Website: www.lmhc.org

Fergus Falls.....218-762-2400

980 South Tower Road, Fergus Falls MN 56537 Fax: 218-736-6980

Glenwood.....320-634-3446

100 17th Ave. NW, Suite 2., Glenwood MN 56334

Services: Individual, group, marital and family therapy, employee assistance, psychological and psychiatric evaluation, medication management for children and adults and outreach services to children and their families. Case management is available for children and adults with serious and persistent mental illness. Lakeland staff work with clients in assessing various medical, social, education and other services, and will monitor and continue to reassess their needs.

TRAVERSE COUNTY SUPPORT GROUP.....320-422-7777

LIFE CENTER.....320-589-7625

800-568-5955 (24 Hour Crisis Line)

Stevens Community Medical Center

400 E. 1st, PO Box 660, Morris MN 56267

Email: jpew@scmcinc.org Fax: 320-589-7686

Services: Outpatient mental health program, individual counseling, psychological testing, personal growth groups, individual counseling and marriage counseling, and psychiatrist services. We do not turn people away because of financial issues. Flexible hours.

LUTHERAN SOCIAL SERVICE OF MINNESOTA (LSS).....888-881-8261

Website: www.lssmn.org

Alexandria.....320-762-5124

507 22ND Ave East, Alexandria MN 56308

Contact: Jody Shaskey-Setright

Email: jshaskey@lss.org Fax: 320-762-2422

WARMLINE.....888-808-3653 or 320-808-3653

Seven days a week from 6:00pm-10:00pm

Services: The Warm Line is a telephone contact line that provides information, support, encouragement, and referral to consumers of Mental Health Services. They also provide general information on the community.

Fergus Falls.....218-736-5431

477 S. Maybelle, Fergus Falls MN 56538

Contact: Gene or Renae

Services: Individual, marriage and family counseling. Employee Assistance Program, family based services, therapeutic foster care, person/social awareness program, dynamics of self, domestic abuse program, child/parent mediation, enrichment and family life education, consultation workshops, chemical dependency, adoption, guardianship services, senior nutrition, supervised living services and refugee and immigration services. Costs may be covered by third-party reimbursement (i.e. MA, insurance, etc.) There is a sliding fee scale available to persons ineligible for third-party payment.

MINNEWASKA MENTAL HEALTH SERVICES.....320-239-2257

500 John St., PO Box 10, Starbuck MN 56381

Email: slmahoney@minnewaska.k12.mn.us Fax: 320-239-1420

Services: Children's Therapeutic Services and Supports (CTSS), Day Treatment and Family Services. Provides direct care mental health services within the school setting to children and adolescents. Family and parenting skills training or therapy can also be provided to parents.

MORRIS LIFE CARE PREGNANCY CENTER.....800-285-0712

10 E 6th St., Morris MN 56267 Email: lifecare@hometownsolutions.net

Services: Free, confidential pregnancy testing and counseling, pregnancy and parenting classes, practical assistance and emotional support. Baby items are available at no cost.

PRAIRIE PARTNERS

Grant, Pope, Stevens & Traverse Counties.....320-589-3077

579 6th St., PO Box 56, Hancock MN 56244 Fax: 320-392-7000

Services: Mission is to assist mental health consumers in Douglas, Grant, Pope, Stevens and Traverse counties with developing job readiness skills, finding employment that suites his/her individualized choice and support to keep his/her job.

TRAVERSE COUNTY SUPPORT GROUP

1ST AND 3RD Tuesday of the month @ 1:00 pm

Traverse County Drop-In Center

1305 3rd Ave South Apt 110, Wheaton, MN 56296

Transportation available by request, call 320-422-7777

TRANSPORTATION RESOURCES

ALPHA TRANSIT.....500-435-4797 (Bus Service)

218-685-4417 (Volunteer Driver Service)

PO Box 1006, Elbow Lake MN 56531

Contact: Karen Nelson, Coordinator Email: karen.nelson@co.grant.mn.us

Services: Provides transportation services to residents of Grant County. The bus is equipped with a lift for wheel chair accessibility if needed. Service is available Monday through Friday from 8:00 am to 5:00 pm on a flex-route or dial-a-ride schedule. Bus fare is \$1.50 per 10 mile zone-may either pay cash or contact 218-685-4417 for tickets or more information.

NorthLink Mobility, LLC320-333-1594

<http://northlinkmobility.com/>

E-mail: George@northlinkmobility.com

MediVan.....218-847-1729

16777 Longview Dr., Detroit Lakes, MN 56501

MORRIS TRANSIT.....320-589-1000

609 Oregon Ave., Morris MN 56267

Services: Low cost public transportation. Handicap accessible.

RAINBOW RIDER.....800-450-7770

401 Florence Ave., PO Box 136, Lowry MN 56349

Fax: 320-283-5066 Website: www.rainbowriderbus.com

Services: Rainbow Rider is your door to door public transit system available to all people in Douglas, Pope, Stevens and Traverse Counties. Extra care is given to children and senior citizens. Buses are handicapped accessible and have drivers who are professionals with training in defensive driving, CPR, First Aid and Passenger Assistance. Rainbow Rider offers reasonable fares with tickets and punch cards available.

** Veterans/spouses or widows may ride the Rainbow Rider for free. When you call for a ride, tell them you are a veteran or the spouse of a veteran.

DAV VAN.....855-277-9787

Contact Dan Wood, Coordinator or Traverse County Veteran's Service Office at 320-422-7726.

SERVICES: The DAV Van is a free service to all veterans. The veteran should call for a ride prior to making an appointment. The van prefers to run to Fargo on Wednesdays and Thursdays of each week and to St. Cloud on Mondays. If these days do not work for you, arrangements can be made. Appointments should be scheduled between 10:00 a.m. – 2:00 p.m. in order to arrive on time. Spouses may ride with to the appointment.