



**Laura Baker Services Association Resource Directory  
Family Support Services  
2010-2011**

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## 24 Hour Crisis Lines

**Immediate Emergency  
911**

Hope Center Safeline  
1-800-607-2330

Warm Line  
Hour Crisis Line  
1-800-337-2460

Catholic Charities 24  
  
1-800-227-3002

South Central Crisis Center  
1-877-399-3040

Rice County 24 Hour Crisis Line  
1-800-422-1286

District One Life Line  
Line  
1-507-332-4880

Minnesota Domestic Violence  
  
1-866-223-1111

<b>Mental Health Supports and Resources</b>	
Associates in Psychiatry & Psychology (APP) 1961 Cardinal Ln., Faribault (507)333-5044 www.appmn.com	-Individual, marital or group therapy -Chemical Dependence Treatment and Evaluation -Expertise in Addictions, Anxiety, Anger Management Depression, Teenage Adjustment Issues, Hypnosis
Allina Mental Health 100 State Ave, Faribault (507) 334-3921 1400 Jefferson Road, Northfield (786) 663-9000 www.allina.com	-Grief Resources -Crisis Intervention and Assessment -Substance Abuse Programs -Full Hospitalization -Day Treatment/Support & Therapy Groups
Catholic Charities 24 Hour Crisis Line 1-800-227-3002 4 2 <sup>nd</sup> Ave SW, Faribault (507) 334-2266 ext. 21 www.catholiccharitiesusa.org	-Directed towards low to moderate income persons -Services provided regardless of religious affiliation or ability to pay -Clinical and Supportive Counseling Services -Crisis Consultation
Cedar House, Inc. 329 Faribault Rd, Faribault (507)334-1983 815 Hwy 3 N, Northfield (786) 645-8335 www.cedarhouseinc.com	-Coping Skills -ARHMS Services -Day Treatment -Employment Skills -Independent Living Skills
Center for Human Resources 220 Division St., Northfield	-Professional Mental Health Services -Outpatient Mental Health Center

(507) 645-9304 <a href="http://chr-northfield.com">http://chr-northfield.com</a>	-Marriage Clinic -Current Research on Depression -Improving relationships -Eating Disorders and Treatment
Depression/Bipolar Support Alliance Group District One Hospital 200 State Ave, Faribault (507) 330-2296 Toll Free 1-800-826-3632 <a href="http://www.dbsalliance.org">www.dbsalliance.org</a>	-Regular, confidential, self-help support group meetings from 7-9pm on first Thursday of each month -Educational and Support Groups -Tests and Educational Tools -Advocate and Volunteer Opportunities -Online Support Groups
Friendship House 212B Central Ave. N, Faribault (507) 334-5840 ( <a href="http://friendshiphouse.sccbi.info/">http://friendshiphouse.sccbi.info/</a> )	-Support Groups -Volunteer Opportunities -Crisis Intervention -Employment Support -Fitness Programs
Fernbrook Family Center 1900 Cardinal Ln, Faribault (507) 331-3454 115 Landmark Dr, Owatonna (507) 446-0431 <a href="http://www.fernbrook.org">www.fernbrook.org</a>	-Staff address concerns where they are happening (home, community, school, daycare) -Children Therapeutic Services and Supports (CTSS) -Adult Rehabilitative Mental Health Services (ARMHS) -Parent-Child Interaction Therapy (PCIT)
Healthy Minds Counseling Services 303 1 <sup>st</sup> Ave NE Suite 240, Faribault (507) 331-1111	-Private Counseling Center established in 2010
The HOPE Center 303 1 <sup>st</sup> Ave. NE, Faribault (507) 332-0882 <a href="http://www.hopocentermn.org">www.hopocentermn.org</a>	-Help for Survivors and Victims of Sexual and Domestic Violence -Legal Advocacy and Support Groups -Child Resiliency Center -Rice County Sexual Multidisciplinary Action Response Team (SMART)
Lutheran Social Services 204 NW 2 <sup>nd</sup> St., Faribault (507) 332-2932 1651 Jefferson Pkwy, Northfield (507) 645-4799 <a href="http://www.lssmn.org">www.lssmn.org</a>	-Individual & Family Counseling -Anxiety -Play Therapy -10am – 7pm Tuesdays in Faribault
New Directions Counseling Center Contact: John DeFransisco, LP 303 1 <sup>st</sup> Ave NW Suite 202, Faribault (507)332-8082	-Individual Therapy -Couples and Family Therapy -Psychological Assessments -Weight Management
South Central Crisis Center 24 Hour Crisis/Warm Line (877) 399-3040 521 Pfau St., Mankato (507) 344-0621	-Services in Chemical Dependency, Developmental Disabilities, Financial Assistance, Housing and other Mental

	Health Services
<b>Food</b>	
Cathedral Guild House 101 NW 6 <sup>th</sup> St., Faribault (507)334-7866	-Free Tuesday Evening Dinners 5-6:30pm all year long -May offer other programs and forms of support
Community Action Center – Food Shelf 1651 Jefferson Parkway, Suite HS-200 (507) 664-3550	-The Food Shelf is open Mondays, Thursdays and Fridays (11:00am – 4:00pm) and Tuesdays (12:00pm – 7:00pm) -To participate, apply at the address listed
Food Shelf Faribault West Mall Location Western Ave NW (507) 334-2137	-Serves approx 300 families a month -Monthly program which includes pre-packed bag of groceries -Must make under poverty level wages to qualify
Northfield Community Resource Center Thursday’s Table 1651 Jefferson Parkway Northfield, MN 55057	-gives everyone a hot, healthy meal every Thursday -Served from 5:00pm-6:30pm
WIC Program Rice County Public Health Nursing Services Government Services Building 320 3rd Street NW, Suite 1 Local (507)-332-5906 Toll Free 1-800-657-3942	-Women, Infant and Children’s Program -Tips and advice to keep family healthy -Help find health care, immunizations -Vouchers for healthy food -Eligible if pregnant, or have a child under 5 years -Automatically eligible if participating in MA, Food Stamps, MFIP, Reduced Free School Lunch
Seattle Sutton’s Healthy Eating 3169 Wellner Drive NE, Rochester (507) 334-5033 Faribault@seattlesuttonmn.com	-Also a Lakeville Location (Serves Faribault & Northfield) -Weekly healthy meals delivered to your door -Calorie and portion controlled -Pricing Varies and may be subject to sliding scale
<b>Clothing and Furniture</b>	
Burdens to Blessings 222 3 <sup>rd</sup> Ave NW, Faribault (507)-323-1677	-Collects and distributes household items to those in need -No clothing
The Clothes Closet 325 Central Ave., Faribault (507)334-9242	-Provides volunteer opportunity for seniors -Provides essential financial support for Senior Center

	-Bargain priced clothes for the whole family
The Clothes Closet 1651 Jefferson Parkway Suite HS-200 Northfield, MN 55057 (507) 664-3550	-Discounted and/or free clothing and household items -Donate gently used clothing, linens and household items -Open M, T, W, and F (9:00am to 5:00pm) -Open Th (9:00am to 7:00pm)
The Children's Exchange 408 Central Ave N Faribault (507)332-7591	-Resale shop with like new in style clothing for newborns through adult clothing sizes -Also sells books, home décor, jewelry and toys
The Salvation Army 200 Western Ave. NW # C8, Faribault (507)333-1336	-Gently used items at a discount price -Provides volunteer opportunities -Clothing, furniture, home décor, appliances, books etc.
St. Vincent DePaul Center for Charitable Gifts 617 3 <sup>rd</sup> Ave. NW, Faribault (507)301-1977 Or (507) 334-2100	-Clothing -Furniture -Food Assistance
Used a Bit Shoppe Riverpark Mall 624 Water Street South Northfield, MN 55057 507-645-1399	-Used Home Furnishings Store M, T, W, F, S (10:00am- 5:00pm) Th (10:00am – 7:00pm)
<b>Financial Counseling</b>	
LSS Financial Counseling 1-888-577-2227 424 W. Superior St. Suite 600 Duluth, MN 55802 (serves Rice County) <a href="http://www.lssmn.org/debt">http://www.lssmn.org/debt</a>	-Services provided by phone or in offices located throughout the state -Budget and Debt Counseling Done for Free -Safe accredited services with certified financial counselors
LSS C.O.R.E Program Military/Veteran Family Services 1-888-881-8261	-Case Management, Outreach, Referral and Education -Counseling -Budget and Debt Management Counseling
<b>Housing</b>	
Housing and Redevelopment Authority Board Community Development 208 1st Avenue NW, Faribault (507)334-0100	-Manages public housing units -Trails Edge Apartments & Robinwood Manor -Targets low and moderate income households
Northfield Housing and Redevelopment Authority	Administers following programs

Board 801 Washington St., Northfield (507) 645-8833	-Manufactured Home Repair -First Time Homebuyer Program
Rental Assistance Rice County Government Services Building 320 NW 3rd Street For information on these Programs contact: Joy Watson or Gina McGuire at (507) 332-6100	-Shelter Plus Care -Septic Loan Program -Minnesota City Participation Program -Morristown Housing Preservation Program -Rice County MHFA Rehab Program -Rice County Community Rehab Program
Rice County Housing Division 320 NW 3rd St., Faribault (507) 332-6101 Northfield (507) 645-9576 <a href="http://www.co.rice.mn.us/housing/index.php">http://www.co.rice.mn.us/housing/index.php</a>	-Primary purpose is to administer Section 8 Housing Choice Voucher (HCV) Program -Also see rental assistance for similar (overlapping services)
Ruth's House 124 1st Ave SW Faribault (507) 334-9242	-Women's Shelter -9 units of transitional housing for women and children -Up to 2 years of shelter and safety from homelessness, emotional trauma, addiction, violence
Three Rivers Community Action Center Faribo Town Square 201 S. Lyndale Ave (507) 333-6450 ( <a href="http://www.threeriverscap.org/index.html">http://www.threeriverscap.org/index.html</a> ) Toll Free (866) 644-4510	-Head Start -Housing and Community Development -Energy Assistance -Family Development and Crisis Programs -Public Transportation -Senior Services -Loan Programs
USDA Rural Development 1810 30th St. NW #3, Faribault (507) 332-7418 ext. 102 Contact: <a href="mailto:sherry.keller@mn.usda.gov">sherry.keller@mn.usda.gov</a>	-Provides information, grants and loans for housing and other community developmental programs -Targets low, very low and moderate income level households
<b>Employment Services</b>	
Workforce Center 201 Lyndale Ave S, Suite 1 (507) 333-2047 <a href="http://www.deed.state.mn.us">www.deed.state.mn.us</a>	-Vocational Rehabilitation -Helps job seekers find employment -Provides Information on the Job Market -Veteran Employment Services -Job training -Young Adult Development Program *Contact: Lorna Mendez (507) 475-2690
Work Incentives Connections (651) 632-5113 or (800) 976-6728 <a href="http://www.mnworkincentives.com">www.mnworkincentives.com</a>	-Provides answers to persons with disabilities about how work affects governmental benefits -Work Incentive Programs, Health Care,

	Employment and Training, Housing Programs
MRCI WorkSource 15 Map Drive, Mankato 1-800-289-7110	-Direct employment Assistance -Job placement and post employment support -Help with benefits, housing, medications
<b>Transportation</b>	
Northfield Transit 801 Washington Street Northfield, MN 55057 507-645-7250	-curb to curb rides within city limits <i>Monday-Friday</i> 8:30am - 4:30pm <i>Saturday</i> 10:00am - 1:00pm
A & R Taxi 114 Greenvale Ave W Northfield MN 55057 (507) 664-9474	-Will travel to other towns -Competitive Prices (5.00 per ride in town) -Will have a vehicle to fit special needs
Taxi Connection (507) 645-4447 Northfield, MN	-Please call to inquire about pricing -Generally viewed as a bit more expensive form reviews
<b>Linkage Lines</b>	
Disability Linkage Line 1-866-333-2466	-Free, statewide information and referral source that provides all Minnesotans with disabilities and chronic illness a single access point for all disability related questions
Senior Linkage Line 800-333-2433	-Offers local connections to services and support -Helps simplify complex issues Medicare, Prescriptions drug costs, and caregiver information
Veterans Linkage Line 507-332-6117	-Provides information, referrals and assistance for Veterans Benefits Assistance Programs
<b>Dental Services</b>	
Children's Dental Service (CDS) Entire Faribault School District Served (612) 746-1530 ext. 21	-Provides dental care for children whose families cannot pay -Birth - 18 years of age (21 if insured) -Possible free care or care on a sliding care

	-MA or MNCare accepted
Miles of Smiles Programs Northfield Community Action Center 1651 Jefferson Parkway (507) 664-7638	-Dental care for low-income, uninsured children of Rice County -Northfield Dental Panel considers issues related to access to dental care for low income families
<b>Education</b>	
Babies and Blankets 1651 Jefferson Parkway (507) 664-3752	-Education support for families and community resources -Home visits -Referrals
Early Childhood Education Center Northfield Public Schools District Office 1400 Division St. S. Northfield (507) 663-0600	-Families with Children birth to 5 years -Classes for parents and children -Resource materials and home visits
Rice County Day Treatment 201 South Lyndale Avenue, Faribault (507)333-6480	-Offers both academic and therapeutic group services for children K-12 -A special education teacher, mental health practitioner and para-professional.
Adult Basic Education Contact Northfield Public Schools District Office 1400 Division St. S Northfield (507)663-0600	-Adult Basic Education (ABE) is free but registration is required -GED testing, GED prep courses, Adult Diploma classes, ELL classes
<b>Childcare</b>	
Ventures Childcare Bridgewater, Greenvale and Sibley Elementary Enrollment Information available at KidVenture sites, at the NCRC, or by calling (507) 664-3752	-Various before and after school programming for kids of various ages. -Contact for information about your particular needs.
Kid's World 925 Parshall St., Faribault (507) 333-6724 www.faribault.k12.mn.us/schools	-Faribault Bus School System can provide Transportation -Certain fee required (approx. \$2.60 per hour)
Rice County Crisis Nursery 320 3rd Street NW Faribault (507) 332-6115 - Faribault (507) 645-4723 - Toll free from Northfield 1-800-422-1286 (24-hours Crisis Line)	-Voluntary crisis care for children -No fees -No eligibility requirements -0-12 years old who would be neglected or abused without intervention -24 hours a day 365 days a year
<b>Social Activities</b>	
Northfield YMCA Health and Wellness Facility 900 Cannon Valley Drive National Guard Armory	-Kids night at the Y (3-10) – Friday Nights -Family Swim -Various Exercise Programs

519 Division Street	-membership not required for all programs
Paradise Center for the Arts 321 Central Ave., Faribault (507) 332-7372 www.paradisecenterforthearts.org	-Scholarships available for qualifying families through Three Rivers Community Action Center -Offers classes for adults and kids in visual arts, performing arts and ceramics -preregistration required for all classes
Project A.B.L.E. 15 W. Division Street Community Center, Faribault (507) 384-0515 Northfield Community Services (507) 664-365 Director: Mary McComiskey mmccomiskey@hotmail.com	-Consortium between Northfield and Faribault public schools -provides specialized social, recreational and educational programming for individuals with disabilities -adult/youth cooking, arts and crafts -Usually a fee for programs
River Bend Nature Center 1000 Rustad Rd. Faribault (507) 332-7151	-Youth & Family Programs -Free for members/small free for nonmembers
Faribault Area Community Center 15 W Division Street Faribault, MN 55021 (507)334-2064	-Public Pool and Exercise/Gymnasium Area -Numerous Activities and Programs -Hours: 5:30 a.m. – 8 p.m. – Monday thru Thursday 5:30 a.m. – 6 p.m. – Friday 8 a.m. – 5 p.m. – Saturday Noon – 6 p.m. – Sunday
Northfield Community Action Center 1651 Jefferson Parkway Suite HS-200, Northfield, MN 55057, 507.664.3550	-Food Shelf and Thursday's Table -Emergency, transitional and permanent housing -Clothing -Small loans, short term counseling -Bus Tokens and gas vouchers
Buckham Memorial Library 11 Division Street East, Faribault 507-334-2089	-Easy access to information, books and commuters -Special programs for adults and children on a monthly basis. Call or stop in to see what programs are available! 9:00 a.m.–6:00 p.m.: Mon & Wed 9:00 a.m.–8:00 p.m.: Tue & Thurs 9:00 a.m.–5:00 p.m.: Fri & Sat
Northfield Library 210 Washington Street Northfield, MN 55057	-Easy Access to information, books and computers -Special programs for adults and children. Call or stop by to see what programs are available!

	<p><i>Monday-Thurs.: 9:30am - 8:00pm</i>  <i>Friday: 9:30am - 5:30pm</i>  <i>Saturday: 9:30am - 5:00pm</i>  <i>Sunday: Closed</i>  Closed on all Federal Holidays</p>
<b>Children's Services and Mentoring</b>	
<p>Project Friendship  Northfield Based  Contact Northfield School District</p>	<p>-Mentoring program for youth  -Elementary aged children matched with college students in Northfield  -Mission is to build healthy, supportive relationships</p>
<p>Helping Youth Positively Engage (HYPE)  Contact Youth Development Coordinator  Jen Winterfeldt (507) 664-3654</p>	<p>-For middle school aged children  -Register through Community Services</p>
<p>Middle School Youth Center (MSYC)  For more information contact  Jen Winterfeldt (507) 664-3654</p>	<p>-After School Drop- in program Located at the Northfield Middle School  -The program is free and welcomes Northfield youth in grades 6-8</p>
<p>Big Brother's Big Sisters  322 Central Ave. Faribault (507) 334-0258  For Match Contact: Jenna - 507-414-0308  www.bbbsouthernmn.org</p>	<p>-One-to-One Youth Mentoring Organization  -Promote self esteem, healthy life choices  -Improve social skills.</p>
<p>Child Welfare Services  320 N.W. 3rd Street  Faribault Phone (507) 332-6115  Northfield Phone (507) 645-4723</p>	<p>-Offers protective services, individual and family counseling, referrals, parent education and case management  -Foster care with focus on family reunification</p>
<p>The Tommy Allen Youth Endowment Fund  Community Center, Faribault (507) 334-2065</p>	<p>-Information and Scholarships regarding youth recreation programs and develops fundraising efforts</p>
<b>Medical Services</b>	
<p>District One Hospital  200 State Ave., Faribault (507) 334-6451</p>	<p>-Assessment and Referral for mental health and chemical dependency needs</p>
<p>Northfield Hospital  2000 North Ave., Northfield (507) 646-1000</p>	
<p>Pediatric and Young Adult Health Care  706 S. Division St.  Northfield, MN 55057  (507) 645-9534</p>	<p>-help young adults and children in the medical setting  -8am-5pm M-F and sat mornings  -Education/Awareness and Prevention/ ADD and ADHD</p>

<p>HeathFinders Coalition  County Road 88/130th Street Dundas, MN.  Faribault Phone (507) 330-4031  Northfield Phone (507) 646-8964</p>	<ul style="list-style-type: none"> <li>-Provides quality, accessible and culturally sensitive healthcare services at no cost</li> <li>-HealthFinders Clinic Operates Tuesdays and Thursdays from 5:30 to 8:30pm</li> <li>-Education and Support for Chronic Conditions (Diabetes)</li> <li>-Medication Assistance Program</li> </ul>
<p>Take it to the Box  24 Hour Drop Box  Northfield and Faribault Police Departments</p>	<ul style="list-style-type: none"> <li>-Take your outdated or unneeded medications, prescription drugs, over-the-counter medications and animal meds</li> <li>-Secure medication disposal box in the lobby both Faribault and Northfield</li> </ul>
<p><b>Services for Seniors</b></p>	
<p>Senior Center  19 W. Division St., Faribault (507) 332-7357  www.faribaultseniorcenter.org</p>	<ul style="list-style-type: none"> <li>-Monthly Card Parties</li> <li>-Health Insurance Counselor (free &amp; confidential)</li> <li>-Book Club</li> <li>-Exercise Class</li> <li>-Daily Lunches</li> <li>-Computer Classes</li> </ul>
<p>Northfield Senior Citizens Center  1651 Jefferson Parkway, Northfield  (507) 664-3700</p>	<ul style="list-style-type: none"> <li>-Visual Art and Life Long Learning</li> <li>-Computer Activities</li> <li>-Cards and Book Club</li> <li>-Volunteer Opportunities</li> </ul>
<p><b>Chemical and Substance Abuse Resources and Services</b></p>	
<p>Family Focus  2301 NW 4<sup>th</sup> St. suite 202  Faribault (507)334-6413</p>	<ul style="list-style-type: none"> <li>-Outpatient Substance Abuse Services</li> <li>-Chemical Dependency</li> <li>-Payment Accepted: Self payment, Medicaid, Medicare, Private health insurance, Military insurance</li> </ul>
<p>Omada Behavioral Health Services  401 Division St. S, Suite A, Northfield  (507) 664-9407</p>	<ul style="list-style-type: none"> <li>-Substance Abuse Services and Treatment</li> <li>-Outpatient</li> <li>-Partial Hospitalization/Day Treatment</li> <li>-Self payment, Medicaid, Medicare, Private health insurance, Military insurance</li> </ul>
<p><b>Developmental Disabilities</b></p>	

<p>Parents Meeting Parents  St. John's Church  500 3<sup>rd</sup> St. West  Northfield, MN  Contact Lisa Malecha with questions  (507) 663-8806 ext. 203</p>	<p>-A group for parents and caregivers of children with unique needs; receiving special education, mental health concerns, physical disabilities, and other needs)  -Thursdays 7:00pm-9:00pm  -Free childcare upon request/registration</p>
<p>Autism Society of Minnesota  <a href="http://www.ausm.org/aboutUs/index.asp">http://www.ausm.org/aboutUs/index.asp</a></p>	<p>Educate families, professionals and public about autism  Workshops  Support Groups</p>
<p>The Arc Minnesota  <a href="http://www.arcmn.org/">http://www.arcmn.org/</a>  800 Transfer Road, Suite 7A, St. Paul, MN 55111</p>	<p>Private, nonprofit state voluntary organization  The nation's largest grassroots advocacy org for people with disabilities  Housing Access services, resources and events</p>
<p>Minnesota Youth and Children with Special Needs (MYCSHN) - 1-800-728-5420.  <a href="http://www.health.state.mn.us/mcshn">http://www.health.state.mn.us/mcshn</a></p>	<p>Provides help in arranging funding evaluations for children under the age of 21 years</p>
<p>The Minnesota Governor's Council on Developmental Disabilities    <a href="http://www.mnddc.org/resources/links.htm">http://www.mnddc.org/resources/links.htm</a></p>	<p>Children, Youth and Family links  Disability Advocacy  Disability Law  Health</p>
<p>The PACER Center (nonprofit)  National Organization located in Minneapolis (Parent Advocacy Coalition for Educational Rights)  <a href="http://www.pacer.org/">http://www.pacer.org/</a></p>	<p>Parent training and information Center  Publications, Workshops and other Resources to help make decisions about education, vocational training, employment and other services for children</p>
<p>MN Disability Law Center  <a href="http://www.mndlc.org/">http://www.mndlc.org/</a>  Legal Aid – Mid Minnesota Legal Assistance  430 1st Avenue N, Suite 300  Minneapolis, MN 55401-1780  Phone: 612-332-1441</p>	<p>Free legal services for persons with developmental disabilities</p>
<p>SSI/RSDI  Call Social Security at  1-800-722-1213</p>	<p>Supplemental Security Income/Retirement and Survivors with Disability Insurance are cash benefits payable to children with qualifying disabilities whose families have limited income</p>

Laura Baker Services Association  
211 Oak Street  
Northfield, MN 55057  
507-645-8866

Laura Baker Services Association Mission:

*Laura Baker Services Association's mission is to respect the life choices and dreams of people with developmental disabilities and help them reach their goals.*

### **Rice County Social Services Intake Information**

Rice County Case Management Services (*ask for Intake*)  
320 NW 3<sup>rd</sup> St., Suite 2, Faribault (507) 332-6115  
Northfield Phone (507) 645-4723

Rice County Offices Northfield  
801 Washington, Northfield (507) 645-3090