



PUBLIC HEALTH/NURSING

320 Third Street NW • Faribault, MN 55021

(507) 332-6111 • Fax (507) 332-5932

www.co.rice.mn.us



**Revised
Feb 2020**

Family Resource List for Families with Young Children

(Lista De Recursos Familiares Para Familias Del Condado Rice Con Niños Pequeños)

Activities and Classes for Families / Actividades y Clases Para Familias

| | | |
|--|---|----------------|
| | Buckham Memorial Library – Faribault | (507) 334-2089 |
| | Community Education/Recreation - Northfield | (507) 664-3550 |
| | Early Childhood Family Education | |
| | ■ Faribault | (507) 333-6460 |
| | ■ Montgomery / Lonsdale | (507) 364-8116 |
| | ■ Morristown | (507) 362-4403 |
| | ■ Northfield | (507) 664-3750 |
| | Head Start (0-5 Years) – Faribault | (800) 277-8418 |
| | Head Start (0-5 Years) – Northfield | (800) 277-8418 |
| | Learning Readiness Program (pre-kindergarten) - Morristown | (507) 362-4403 |
| | Learning Readiness (McKinley Preschool) - Faribault | (507) 333-6460 |
| | Learning Readiness – Northfield | (507) 664-3750 |
| | MN Children’s Museum http://mcm.org/give-to-mcm/corporate-foundation-giving/play-for-all-program | (651) 225-6000 |
| | MN History Center: Discount with WIC folder and ID http://www.minnesotahistorycenter.org/events-programs/limited-income-program | (651) 259-3000 |
| | MN Science Museum: Discount with WIC folder and ID http://www.smm.org/tickets/limited-income-discounts | (651) 221-9444 |
| | MN Zoo: Discount with WIC folder and ID http://mnzoo.org/us/freetoexplore | (952) 431-9200 |
| | Northfield Public Library | (507) 645-6606 |
| | Tri Valley Opportunity Council (Elysian Area Learning Center) | (507) 267-4373 |

Car Seat Information / Información De Silla De Seguridad Para El Carro

| | | |
|--|---|---|
| | AAA- http://exchange.aaa.com/safety/child-safety/safety-seat-guide/ | |
| | Car Seat Safety Programs | |
| | ■ Faribault ECFE | (507) 333-6835 (ask for Cahrene) |
| | ■ Rice County Public Health | (507) 332-6111 (ask for Lyndsey or Sara) (507) 332-5940 (For Spanish speaking) |
| | Car Seat Safety Website: www.carseatsmadesimple.org or https://www.safekids.org/ultimate-car-seat-guide/ | |

Chemical Dependency / Dependencia Química

| | | |
|--|--|----------------|
| | Alcoholics Anonymous | |
| | Minneapolis Intergroup Contact | (952) 922-0880 |
| | Meeting Locator: www.aaminnesota.org/mmeetingsonresearch.php | |
| | Fountain Center: www.fountaincenters.org | (507) 334-6413 |
| | Omada Behavior Health Services | |
| | ■ Northfield | (507) 664-9407 |

Child Development / Desarrollo Infantil

| | | |
|--|---|--|
| | Early Childhood Family Education | |
| | ■ Faribault | (507) 333-6460 |
| | ■ Montgomery/Lonsdale | (507) 364-8116 |
| | ■ Morristown (WEM schools) | (507) 362-4403 |
| | ■ Northfield | (507) 664-3754 |
| | Early Childhood Special Education (for Ages 3 to Kindergarten) | |
| | ■ Faribault | (507) 333-6455 |
| | ■ Pre-School for the Deaf and Hard of Hearing | (507) 384-6600 |
| | ■ Lonsdale/Montgomery (Tri-City United Schools) | (507) 364-8116 |
| | ■ Northfield | (507) 645-1243 |
| | ■ Morristown (WEM Schools) | (507) 362-4439 |
| | Early Childhood Screening (preschool screening-3-1/2 to 5 year olds) | |
| | ■ Faribault | (507) 333-6460 |
| | ■ Kenyon | (507) 824-2211 |
| | ■ Medford | (507) 451-5250 |
| | ■ Montgomery-Lonsdale | (507) 364-8119 |
| | ■ Morristown | (507) 362-4439 |
| | ■ Northfield | (507) 645-1200 |
| | Early Intervention Services (for Birth up to age 5) "Help Me Grow" | |
| | ■ Faribault | (507) 333-6804 |
| | ■ Morristown | (507) 835-2246 |
| | ■ Lonsdale/Montgomery (Tri-City United Schools) | (866) 693-4769 |
| | ■ Northfield | (507) 333-6804 |
| | Head Start (Birth-3yrs. Home visiting/3-5 year Preschool) | |
| | ■ Faribault | (800) 277-8418 Ext. 156 |
| | ■ Northfield | (800) 277-8418 Ext. 156 |
| | Rice County Public Health Nursing Service | (507) 332-6111/645-9576 744-5185/TDD 332-6248 |
| | ■ Infant follow Along Program https://cfhp.health.state.mn.us/fap/ | |
| | Websites: http://helpmegrowmn.org www.parentaware.org https://www.cdc.gov/ncbddd/actearly/milestones-app.html | |

Child Protection / Protección Infantil

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| | Faribault Police | (507) 334-4305 |
| | Morristown Police | (507) 685-4190 |
| | Northfield Police | (507) 645-4475 |
| | Rice County Social Services | (507) 332-6115 / 645-4723 / 744-5185 TDD 332-6248 |

Childbirth & Breastfeeding Education / Educación Sobre El Parto y La Lactancia Materna

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|--|---|---|
| | Baby Stop (for families with infants 0-8 weeks) - Faribault | (507) 333-6460 |
| | Baby Talk (for families with infants 0-12 weeks) - Northfield | (507) 664-3750 |
| | District One Hospital's Lactation Consultant | (507) 497-3740 |
| | District One Hospital Women's Health Unit | (507) 497-3743 |
| | LaLeche League International www.llli.org | 1-800-525-3243 |
| | Northfield Childbirth Education Northfield Hospital Childbirth education | (507) 646-1534 |
| | Northfield Hospital (Birth Center) | (507) 646-1205 |
| | Somali Prenatal Program | (507)333-6460 |
| | Starting Together Childbirth Education Class District One Hospital | (507) 333-5518 |
| | Text4baby: An educational program of the National Healthy Mothers, Healthy Babies Coalition. Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year. Registration is easy and can be done from your cell phone. | Simply text the word BABY (or BEBE for Spanish) to 511411. You will be asked to enter your baby's birth date & your zip code. |
| | WIC (Women, Infants, Children) - Breastfeeding Education | (507) 332-5906/ 645-9576/ 744-5185 / TDD 332-6248 |

Community Services / Servicios De La Comunidad

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| | Adult Area Learning Center (adult diploma and GED) | (507) 333-6472 |
| | Alternative Learning Center (Faribault Area) | (507) 333-6187 |
| | American Red Cross | (507) 334-8471 |
| | Big Brothers/Big Sisters Program | (507) 334-0258 |
| | Community Education - Montgomery / Lonsdale / LeCenter | (507) 364-8107 |
| | Exchange Club Center for Family Unity (Volunteer Parent Aide Program) | (507) 455-1190 |
| | Faribault Community Center | (507) 334-2064 |
| | Hope Center (Relationship Violence/Support) | (507) 332-0882 |
| | Housing (HRA – Section 8) | (507) 333-3787 |
| | Libraries | |
| | ■ Faribault - Buckham Memorial Library | (507) 334-2089 |
| | ■ Northfield Library | (507) 645-6606 |
| | LINK CENTER-Northfield Area Resources: Info and Referral Service @NCRC (English and Spanish) | (507)664-3500 |
| | Northfield Community Action Center | (507) 664-3550 |
| | Northfield Community Education | (507) 664-3649 |
| | Northfield Community Resource Center | (507) 664-3500 |
| | Northfield Healthy Community Initiative https://northfieldhci.org | |
| | Rice County Social Services | (507) 332-6115 / 645-4723 / |

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| | CASE MANAGEMENT FINANCIAL ASSISTANCE MENTAL HEALTH SERVICES (CHILDREN & ADULTS) RESPITE CARE CHILD CARE ASSISTANCE | 744-5185 / TDD 332-6248 24 Hour Emergency Number: 1-800-422-1286 |
| | Ruth's House | (507) 332-2236 |
| | Salvation Army Faribault | (507) 333-1337 |
| | St. Vincent DePaul | (507) 334-2100 |
| | Three Rivers Community Action Center Advocacy for Adults/Caregivers Three River CAP BUDGET COUNSELING/HOMELESS PREVENTION ENERGY ASSISTANCE HEAD START INFORMATION AND REFERRAL LOW INCOME WEATHERIZATION | (800) 277-8418 Main Switchboard (507)316-0610 General Faxes 507-933-4481 Hiawathaland Transportation Faxes (507) 534-9275 Energy Assistance Program Faxes (507) 258-5501 |
| | United Way telephone referral service: 8:30-5:00 p.m. | (507) 334-0660 |
| | USDA Rural Development www.rurdev.usda.gov/mn | 2-1-1 or 1-800-543-7709 |
| | Work Force Center - Faribault | (507) 333-2088 |
| | Youth Connect- Faribault faribaultyouthinvestment.org/youthconnect | |

Health Concerns & Immunizations / Preocupaciones De Salud y Vacunas

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| | Allina Medical Clinic Faribault | (507) 334-3921 |
| | Allina Medical Clinic Northfield | (507) 663-9000 |
| | Bridge to Benefits http://mn.bridgetobenefits.org/Home2 - online screening tool for families to find out if they are eligible for seven public programs, including health insurance | |
| | Brite Smiles Inc. Preventive Dental Care rdblome@yahoo.com | (507) 475-0628 |
| | Mayo Health System - Faribault | (507) 333-3300 |
| | Child and Teen Check-Up (M.A. Program) Birth-21 | (507) 332-6111 |
| | Family Health Medical Clinic of Lonsdale | (507) 744-3245 |
| | Family Health Medical Clinic of Northfield | (507) 646-1494 |
| | Family Voices of MN- Parent to Parent Networking (Parents of children with special health care needs that have physical, mental or emotional disabilities, or may have a chronic or life threatening medical condition.) connected@familyvoicesmn.org | 866-334-8444 |
| | HealthFinders (health care for uninsured) | Faribault (507) 323-8100 Northfield (507) 646-8964 |
| | MCSHN (Minnesota Children with Special Health Needs) | 1-800-728-5420 |
| | MinnesotaCare - health insurance for low income families | 1-800-657-3672 |
| | Minnesota Family Planning Program www.dhs.state.mn.us/familyplanning | For an application call: 1-888-702-9968 |
| | Minnesota Hands and Voices www.mnhandsandvoices.org - support services for families with children who are deaf/HOH | 1-866-346-4543 |
| | Minnesota's Tobacco Phone Counseling Program Quit Plan (smoking cessation) | 1-888-354-7526 |
| | MNsure Information www.mnsure.org (Northfield Action Center 507-664-3550, Three River Community Action Center 800-277-8418, Health Finders 507-330-4031 or 507-646-8964) | |

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| | Northfield Urgent Care – Northfield <i>(No Appointment Needed)</i> | (507) 664-9999 |
| | Parent To Parent Program (Parents of children with special health care needs that have physical, mental or emotional disabilities, or may have a chronic or life threatening medical condition.) http://www.pacer.org/parent/ | |
| | Poison Control Center | 1-800-222-1222 |
| | Portico Healthnet Free help to determine health coverage eligibility and assistance with health care program application and submission. | 1-866-489-4899 |
| | Rice County Public Health Nursing Service | (507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248 |
| | Southern Heights Dental Clinic www.southernheightsdental.com | (507) 334-6433 |
| | Women’s Health Center of Northfield Hospital | (507) 646-1478 |

Helpline Numbers for Crisis Intervention / Números De Ayuda Para Intervención En Crisis

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| | CRISIS Text Line | Text MN to 741741 |
| | Hope Center 24-Hour Safeline (Relationship Violence) | Toll Free: 1-800-607-2330 Business: (507) 332-0882 |
| | National Suicide Prevention Lifeline | 1-800-273-TALK |
| | Pregnancy Postpartum Support MN Helpline | Call or Text (612)787-PPSM Email: ppsmhelpline@gmail.com |
| | Rice County Social Services 24-Hour Crisis Line | 1-800-422-1286 |
| | South Central Mobile Crisis Team -If you or a loved one is experiencing a mental health crisis, available 24 hours/day 7 days/week | (877) 399-3040 |

Homeless Coordinated Access Sites / Sitios De Acceso Coordinado Para Personas Sin Hogar

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| | Individuals and Families with Children- Three Rivers Community Action Community Action Center of Northfield | Switchboard (507) 316-0610 1-800-277-8418 (507) 664-3550 |
| | Women and Families with children- Ruth’s House of Hope | (507) 332-2236 |
| | Victims of Domestic and Sexual Violence- Hope Center 24-Hour SafeLine | 800-607-2330 |
| | Unaccompanied Youth (24 years old or younger)- Lutheran Social Service | (507) 316-8273 |
| | Military Veterans- Minnesota Assistance Council for Veterans | (507) 345-8258 |

Legal Aid / Asistencia Legal

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| | LawHelpMN- www.lawhelpmn.org | |
| | SMRLS Southern Minnesota Regional Legal Service / Servicios Regionales Legales www.smrls.org | |

Licensed Family Daycare / Guardería Familiar Con Licencia

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| | Child Care Aware of MN www.childcareawaremn.org | 1-888-291-9811 |
| | Rice County Social Services (List of licensed day care providers in Rice County/ Lista autorizada que facilitan Guardería en el condado Rice) | (507) 332-6115 / 645-4723 / 744-5185 / TDD 332-6248 |

Nursery Schools and Daycare Centers / Guarderías de Escuela y Centros de Guarderías

| | | |
|-------------------|---|-------------------------|
| Faribault | | |
| | A Child's Delight Too (Childcare and Nursery School) | (507) 332-2264 |
| | Divine Mercy Catholic Schools Preschool | (507) 334-7706 |
| | Faribault Childcare Center | (507) 332-2571 |
| | McKinley Preschool | (507) 333-6460 |
| | Peace Lutheran Nursery School | (507) 334-5999 |
| | Town Square Head Start | (507) 333-6450 |
| Northfield | | |
| | http://northfieldearlychildhood.org/preschool-and-licensed-early-childhood-centers/ | |
| | Anna's Bananas Daycare & Preschool | (507) 645-5050 |
| | Early Ventures Learning Center | (507) 645-1216 |
| | Hand in Hand Preschool | (507) 645-1232 |
| | Montessori Children's House | (507) 645-2445 |
| | Northfield Head Start & Infant/Toddler Center | (507) 664-3783 |
| | Northfield Daycare Center | (507) 645-8400 |
| | Northfield Montessori | (507) 663-1279 |
| | Northfield Nursery School | (507) 645-4607 |
| | Open Door Preschool | (507) 645-8532 |
| | St. Dominic School | (507) 645-8136 |
| | Three Rivers Head Start Preschool | (800) 277-8418 Ext. 156 |
| Lonsdale | | |
| | Lonsdale Christian Learning Center Preschool | (612)269-2346 |
| Webster | | |
| | Holy Cross Catholic Preschool | (952)652-6100 |

Nutrition / Nutrición

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| | Community Café fellowship meal, 101 NW 6 th Street, Faribault (Every Tuesday Evening 5-6:30pm). All ages, no charge | |
| | Fare for All Express (Groceries at discount prices. Call for details) https://fareforall.org/ | 1-800-582-4291/1-763-450-3880 |
| | Food Shelf Information | |
| | ■ Faribault 200 Western Ave. | (507) 334-2137 |
| | ■ Lonsdale 130 Delaware Street SE | (507) 744-7453 |
| | ■ Northfield NCRC 1651 Jefferson Parkway | (507) 664-3585 |
| | Full Belly, INC. Guild House 101 6 th Street NW, Faribault. Free hot meal Wed. Fri. Sat. 5-7pm. | (507) 331-3236 |
| | Meals on Wheels Three Rivers CAP (Faribault) | (800) 277-8418 |
| | NAPS (Nutrition Assistance Program for Seniors) <i>Northfield residents: Call NCRC at (507) 664-3550</i> | (507) 424-1704 or 877-500-8699 |
| | Rice County Extension Service – Health and Nutrition Program | (507) 332-6109 |
| | SNAP Benefits–Rice County Social Services | (507) 332-6115 |
| | St. Vincent de Paul 617 3 rd Ave. NW, Faribault | (507) 334-2100 |
| | Thursdays Table–Northfield | (507) 664-3550 |
| | WIC (Women, Infants, Children / Mujeres, Infantes Niños) | (507) 332-5906/645-9576/ 744-5185 / TDD 332-6248 |

Parenting Education / Educación Para Padres

| | | |
|--|---|---|
| | Early Childhood Family Education | |
| | ■ Faribault | (507) 333-6460 |
| | ■ Montgomery / Lonsdale | (507) 364-8116 |
| | ■ Morristown | (507) 362-4403 |
| | ■ Northfield | (507) 664-3754 |
| | Parents Forever Online Courses For parents in separation/divorce. http://www.extension.umn.edu/family/parents-forever/ | |
| | Rice County Family Home Visiting Programs Healthy Families Southeast Minnesota lea (An in-home service through the Public Health Nursing Service) | (507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248 |
| | Parent Child + Visits 2x/week for families with children 18m to 2.5 years old | (507) 291-2822 |
| | Text4baby: An educational program of the National Healthy Mothers, Healthy Babies Coalition. Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year. Registration is easy and can be done from your cell phone. | Simply text the word BABY (or BEBE for Spanish) to 511411. You will be asked to enter your baby's birth date and your zip code. |

Reproductive Health / Salud Reproductiva

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| | MN Family Planning & STD Hotline | 1-800-783-2287 |
| | MN Family Planning Program www.dhs.state.mn.us/familyplanning | For an application call: 1-888-702-9968 |
| | Northfield Women's Center www.northfieldwomenscenter.org | (507) 645-7638 |
| | Planned Parenthood of Apple Valley | (952) 890-0940 |
| | Pregnancy Options LifeCare Center – Faribault Helpline https://www.pregnancyoptionsfbo.org/ | (507) 332-7644 |
| | Rice County Public Health Nursing Service's Family Planning Program | (507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248 Español: (507) 332-5940 |

Social Services / Servicios Sociales

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|--|---|---|
| | Rice County Social Services SERVICES: MEDICAL ASSISTANCE, AFDC, FOOD STAMPS, CHILD SUPPORT, CHILD PROTECTION, DAY CARE, ADOPTION SERVICES, FOSTER CARE, AND COUNSELING | (507) 332-6115 / 645-4723 / 744-5185 |
| | Social Services Northfield Satellite Office | (-507) 645-3090 |

Support Groups / Grupos de Apoyo

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| | Al-Anon Family Groups- Strength and hope for friends and families of problem drinkers http://al-anon.org | 1-888-4AL-ANON |
| | Hope Center (Offers support groups for survivors of domestic violence and sexual violence, both for adults and youth, also open to friends and family members of victims) http://hopecentermn.org/ | Toll Free: 1-800 -607-2330 Office: (507) 332-0882 |
| | IRIS (Infants Remembered in Silence) – Support related to death of a child in early pregnancy or early childhood death http://www.irisremembers.com/ | (507) 334-4748 |
| | MOPS (non-denominational support group) for mothers with children age birth through kindergarten at Northfield | (507)663-0133 : Northfield |

