



# RICE COUNTY

## Community Health Services

Government Services Building - Lower Level

320 Third Street, N.W., Suite 1 - Faribault, Minnesota 55021-5194

Main Telephone: (507) 332-6111 TDD: (507) 332-6248 FAX: (507) 332-5932

Toll Free from Northfield: (507) 645-9576, ext. 6111 Toll Free from Lonsdale: (507) 744-5185, ext. 6111

**Revision Date:  
March, 2012**

## Family Resource List for Families with Young Children

(LISTA DE RECURSOS PARA LA FAMILIA DE RICE COUNTY FAMILIA CON NIÑOS MENORES)



### Activities and Classes for Families / Actividades y Clases Para Familias

	Buckham Memorial Library – Faribault	(507) 334-2089
	Community Education/Recreation - Northfield	(507) 645-6676
	<b>Early Childhood Family Education</b>	
	■ Faribault	(507) 333-6460
	■ Montgomery / Lonsdale	(507) 364-8116/(507) 364-3026
	■ Morristown	(507) 362-4403
	■ Northfield	(507) 664-3750
	Head Start (3 to 5 Years) – Faribault	(507) 732-7391/ <i>ilingual</i> (507) 732-8556
	Head Start (3 to 5 Years) – Northfield	(507) 664-3780/ <i>Espanol</i> 1-800-277-8418
	Learning Readiness Program (pre-kindergarten) - Morristown	(507) 362-4403
	Learning Readiness (McKinley Preschool) - Faribault	(507) 333-6460
	Learning Readiness – Northfield	(507) 664-3750
	Northfield Public Library	(507) 645-6606

### Car Seat Information / Informacion De Silla De Seguridad Para El Caro

	Car Seat Safety Checks in Northfield	(507) 646-1035
	Car Seat Safety Checks in Faribault (by appointment with Faribault ECFE)	(507) 332-6111 (ask for Denise)
	Car Seat Safety Website: <a href="http://www.carseatsmadesimple.org">www.carseatsmadesimple.org</a>	
	Rice County Public Health Nursing Service	(507) 332-6111/645-9576/744-5185 TDD 332-6248

### Chemical Dependency / Dependencia y Sustancia Quimica

	<b>Alcoholic Anonymous</b>	
	■ Faribault	(507) 334-3434
	■ Northfield	(507) 645-6282
	<b>Family Focus Chemical Dependency Services</b>	
	■ Faribault	(507) 334-6413
	■ Northfield	(507) 663-8882

*Rice County does not discriminate on the basis of race, color, national origin, sex, religion, age and handicapped status in employment or the provision of services.*

## Child Development / Niño y Su Desarrollo

	<b>Early Childhood Family Education</b>	
	■ Faribault	(507) 333-6460
	■ Montgomery/Lonsdale	(507) 364-8116/(507) 364-3026
	■ Morristown (WEM schools)	(507) 685-4222
	■ Northfield	(507) 664-3750
	<b>Early Childhood Special Education</b> (for Ages 3 to Kindergarten)	
	■ Faribault	(507) 333-6455
	■ Pre-School for the Deaf and Hard of Hearing	(507) 384-6793
	■ Lonsdale/Montgomery (Sandy Kolling)	(507) 364-8116
	■ Northfield	(507) 645-3410
	■ Morristown	(507) 685-4222
	<b>Early Childhood Screening</b> (preschool screening-3-1/2 to 5 year olds)	
	■ Faribault	(507) 333-6460
	■ Kenyon	(507) 263-5570
	■ Medford	(507) 334-7396, ext. 204
	■ Montgomery-Lonsdale	(507) 364-8409
	■ Morristown	(507) 362-4439
	■ Northfield	(507) 645-1200
	<b>Early Intervention Services</b> (for Birth up to age ) "Help Me Grow"	
	■ Faribault/Morristown	(507) 333-6804
	■ Lonsdale/Montgomery (Minnesota River Valley Special Education)	(952) 378-2451
	■ Northfield	(507) 333-6804
	<b>Head Start</b>	
	■ Faribault	(800) 277-8418
	■ Northfield	(507) 664-3792
	<b>Rice County Public Health Nursing Service</b>	(507) 332-6111/645-9576 744-5185/TDD 332-6248
	<b>Websites:</b> <a href="http://www.mnparentsknow.info">www.mnparentsknow.info</a> <a href="http://www.isyourchildready.com">www.isyourchildready.com</a>	

## Child Protection / Proteccion del Niño

	Faribault Police	(507) 334-4391
	Morristown Police	(507) 685-4190
	Northfield Police	(507) 663-9316
	Rice County Social Services	(507) 332-6115 / 645-4723 / 744-5185 TDD 332-6248

## Childbirth & Breastfeeding Education / Educacion Para el Parto y Amamantamiento *(continued on next page)*

	Baby Stop (for families with infants 0-8 weeks) - Faribault	(507) 333-6460 or 332-5914
	Baby Talk (for families with infants 0-8 weeks) - Northfield	(507) 645-9576, ext. 5914
	District One Hospital – Free Breastfeeding Classes	(507) 334-6451
	District One Hospital's Lactation Consultant, Carol Roessler	(507) 332-4740
	District One Hospital Women's Health Unit	(507) 332-4743
	Faribault Area Childbirth Education Association (classes)	(507) 334-8701

## Childbirth & Breastfeeding Education / Educacion Para el Parto y Amamantamiento

(continued from last page)

	LaLeche League	
	• Cannon Falls (Maria)	(507) 263-8849
	• Northfield (Vanessa)	(507) 663-1045
	• Owatonna (Kimberly)	(507) 446-0489
	LaLeche League International	1-800-525-3243
	Northfield Childbirth Education Association (classes)	(507) 646-1035
	Northfield Hospital (Birth Center)	(507) 646-1000
	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'll be asked to enter your baby's birth date and your zip code.
	WIC (Women, Infants, Children) - Breastfeeding Education	(507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248

## Community Services / Servicios De La Comunidad

	Adult Area Learning Center (adult diploma and GED)	(507) 333-6471
	Alternative Learning Center (Faribault Area)	(507) 333-6187
	Big Brothers/Big Sisters Program	(507) 334-0258
	Community Education - Montgomery / Lonsdale	(507) 364-8107
	Exchange Club Center for Family Unity (Volunteer Parent Aide Program)	1-800-642-0089
	Faribault Community Services	(507) 334-2064
	Hope Center	(507) 332-0882
	Housing (HRA – Section 8)	(507) 333-3787
	<b>Libraries:</b>	
	■ 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) 664-3659
	Northfield Community Resource Center	(507) 664-3500
	Rental Housing Assistance (City Hall)	(507) 332-6100
	Rice County Social Services SERVICES--- CASE MANAGEMENT FINANCIAL ASSISTANCE MENTAL HEALTH SERVICES (CHILDREN & ADULTS) RESPIRE CARE CHILD CARE ASSISTANCE	(507) 332-6115 / 645-4723 / 744-5185 / TDD 332-6248  <b>24 Hour Emergency Number: 1-800-422-1286</b>
	Ruth's House of Hope	(507) 332-2236
	Three Rivers Community Action Center SERVICES--- BUDGET COUNSELING/HOMELESS PREVENTION ENERGY ASSISTANCE HEAD START INFORMATION AND REFERRAL LOW INCOME WEATHERIZATION	(800) 277-8418
	United Way telephone referral service: 8:30-5:00 p.m.: Information of community resources in Minnesota	Call 2 – 1 – 1
	Work Force Center - Faribault	(507) 333-2047

## Health Concerns & Immunizations / Concernir Acerca de la Salud y Immunizacion

	Allina Medical Clinic Faribault	(507) 334-3921
	Allina Medical Clinic Northfield	(507) 663-9000
	Bridge to Benefits <i>- online screening tool for families to find out if they are eligible for seven public programs, including health insurance</i>	<a href="http://mn.bridgetobenefits.org/start_screening.html">http://mn.bridgetobenefits.org/start_screening.html</a>
	Cannon Valley Clinic/Mayo Health System - Faribault	(507) 333-3300
	Child and Teen Check-Up ( M.A. Program) Birth-21 - Laura Jensen, Public Health Nurse	(507) 332-6111
	Community Action Center – Northfield (dental service options) <i>Contact Kathy for more information on dental services available to low income families for children and young adults up to age 21 and pregnant women. Eligible persons may schedule an appointment for services via the Ronald McDonald dental van.</i>	(507) 664-3554
	Family Health Medical Clinic of Lonsdale	(507) 744-3245
	Family Health Medical Clinic of Northfield	(507) 646-1494
	HealthFinders (health care for uninsured) To schedule an appointment for the Ronald McDonald Dental Van contact HealthFinders at: <i>(Dental van serves persons 21 years of age and younger and pregnant women on MA, MNCare or those with no dental insurance.)</i>	(507) 330-4031 / (507) 646-8964  (507) 330-4031 / (507) 646-8964
	MCSHN (Minnesota Children with Special Health Needs)	1-800-728-5420
	<b>MinnesotaCare</b> - health insurance for low income families	1-800-657-3672
	Minnesota Family Planning Program <a href="http://www.dhs.state.mn.us/family_planning">www.dhs.state.mn.us/family_planning</a>	For an application call: 1-888-702-9968
	Minnesota Hands and Voices <a href="http://www.mnhandsandvoices.org">www.mnhandsandvoices.org</a> – 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-PLAN
	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.	1-866-430-5111
	Rice County Public Health Nursing Service	(507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248
	Women’s Health Center of Northfield Hospital	(507) 646-1478

## Helpline Numbers for Crisis Intervention / Numero de Linea Para la Intervencion en Crisis

	Adult Mental Health Crisis Line (10-county South Central Region)	1-800-233-9929
	Rice County Social Services 24-Hour Crisis Line	1-800-422-1286
	Hope Center 24-Hour Crisis Line	Toll Free: 1-800-607-2330 Business: (507) 332-0882 TTY: 332-8993

## Legal Aid/Ayuda Legal

	LawHelpMN - Helping low-income Minnesotans solve civil legal problems / Ayudando a Minnesotanos de bajos ingresos a resolver sus problemas legales civiles	Websites: <a href="http://LawHelpMN.org">LawHelpMN.org</a> <a href="http://LawHelpMN.org/español">LawHelpMN.org/español</a>
	Southern MN Regional Legal Service / Servicios Regionales Legales	1-800-223-0280

**Licensed Family Daycare /  
Centros de Guarderia Autorizada para la Familia**

	Child Care Resource & Referral Network	1-888-291-9811
	Rice County Social Services (List of licensed day care providers in Rice County/ Lista autorizada que facilitan Day Care in Rice County)	(507) 332-6115 / 645-4723 / 744-5185 / TDD 332-6248

**Nursery Schools and Daycare Centers /  
Escuela Guarderias y Centros de Servicios**

	<b>Faribault</b>	
	A Child's Delight Central (Childcare and Nursery School)	(507) 332-2264
	Consolidated Catholic Schools Pre-School	(507) 334-8201/334-7706
	Kids at First Nursery School	(507) 334-4389
	Kids Avenue Learning Center	(507) 332-2571
	McKinley Preschool	(507) 333-6460
	Peace Lutheran Nursery School	(507) 334-5999
	Seeds of Hope (Day Care)	(507) 334-3381
	Three Rivers Head Start	(507) 732-7391
	Trinity Lutheran Pre-School	(507) 331-6579
	<b>Northfield</b>	
	EarlyVentures	(507) 645-1216
	Northfield Daycare Center	(507) 645-8400
	Northfield Montessori	(507) 663-1279
	Northfield Nursery School	(507) 645-4607
	Open Door Nursery	(507) 645-8532
	St. Dominics School	(507) 645-8136
	Three Rivers Head Start	(507) 645-3780
	<b>Lonsdale</b>	
	Children's Learning and Adventure Center (Daycare)	(507)744-5113
	Lonsdale Christian Learning Center Preschool	(612)269-2346
	<b>Webster</b>	
	Holy Cross Catholic Preschool	(952)652-6100

**Nutrition/Nutricion**

	<b>Food Shelf Information</b>	
	■ Faribault	(507) 334-2100
	■ Lonsdale	(507) 744-2327
	■ Northfield	(507) 664-3550
	MAC (Mothers & Children/Estante de Comida) Nutrition Program and NAPS (Nutrition Assistance Program for Seniors) <i>Northfield residents: Call NCRC at (507) 664-3500</i>	CALL THE CHANNEL ONE FOOD BANK: (507) 287-2350
	Rice County Extension Service - Family Nutrition Program	(507) 332-6109
	WIC (Women, Infants, Children / Mujeres, Infantes Ninos)	(507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248

## Parenting Education / Educacion Para los Padres

	<b>Early Childhood Family Education</b>	
	■ Faribault	(507) 333-6460
	■ Montgomery / Lonsdale	(507) 364-8116/(507) 364-3026
	■ Morristown	(507) 362-4403
	■ Northfield	(507) 664-3750
	Rice County Parent Aide Program (An in-home service through the Public Health Nursing Service)	(507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248
	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'll be asked to enter your baby's birth date and your zip code.
	Warmline: <i>Free Parenting Warmline sponsored by Children's Hospital of Clinics of Minnesota</i>	1-866-916-4316 or 1-612-813-6336
	Parents Forever Online Courses For parents in separation/divorce. <a href="http://www.extension.umn.edu/family/parents-forever/classesfor-parents/online-course-for-parents/">www.extension.umn.edu/family/parents-forever/classesfor-parents/online-course-for-parents/</a>	

## Reproductive Health / Salud Reproductor

	Birthright, Inc. of Northfield	(507) 645-7638
	Couple to Couple League (Natural Family Planning)	(507) 334-3190
	MN Family Planning & STD Hotline (9:00 a.m.-9:00 p.m.)	1-800-783-2287
	MN Family Planning Program <a href="http://www.dhs.state.mn.us/familyplanning">www.dhs.state.mn.us/familyplanning</a>	For an application call: 1-888-702-9968
	Planned Parenthood of Apple Valley	(952) 890-0940
	Planned Parenthood of Owatonna	(507) 451-0184
	Pregnancy Options LifeCare Center – Helpline (until 10 p.m.)	(507) 332-7644
	Rice County Public Health Nursing Service's Family Planning Program	(507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248

## Social Services / Servicios Sociales

	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 / TDD 332-6248
	Social Services Northfield Satellite Office	(507) 645-3090

## Support Groups / Grupos de Apoyo

	Circle of Parents (Group offering support for parents: Meetings are held at our Savior's Lutheran Church – 1207 Prairie Avenue, Faribault on Tuesdays from 6-7 p.m.)	Call Gina at Ruth's House for more information: (507) 332-2236
	Depression & Bipolar Support Group (District One Hospital)	(507) 330-2296
	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)	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	(507) 334-4748
	MOPS (non-denominational support group) for mothers with children age birth through kindergarten. Meetings at the Faribault Evangelical Free Church and Northfield Evangelical Free Church <a href="http://www.faribaultmops.com">www.faribaultmops.com</a>	(507) 210-8308 : Faribault (507)663-0133 : Northfield
	New Moms Network (6 week support group)-Meets in Northfield	(507) 645-5687
	Postpartum Depression Support Group	(507) 332-4740

	Pregnancy and Infant Loss Center	(507) 334-3781
	Support Group for Parents with Children with Type I Diabetes (for more information, call District One Hospital)	(507) 334-6451
	Teen & Young Parents Classes - sponsored by ECFE and Rice County Public Health (meets Tuesdays from 3 p.m. to 4 p.m. at the McKinley Early Childhood Center)	Corinne: (507) 333-6834 or Ellen: (507) 332-6111

### **Used Clothing / Ropa Usada**

### **Used Furniture & Household Items / Muebles Usados y Cosas Para la Casa**

	The Children's Exchange – Faribault	(507) 332-7591
	Faribault Senior Center's Clothes Closet	(507) 334-9242
	Northfield Community Action Center Clothes Closet	(507) 664-3580
	Salvation Army Store	(507) 333-1336
	Mother Goose of Northfield	(507) 649-0745



Please contact **Ann Oakes** at Rice County Public Health Nursing Service, Tel. **(507) 332-5940**, or [AOAKES@CO.RICE.MN.US](mailto:AOAKES@CO.RICE.MN.US) with any additions/corrections/changes to this listing. *Thank You!*