



PUBLIC HEALTH/NURSING

320 Third Street NW • Faribault, MN 55021

(507) 332-6111 • Fax (507) 332-5932

www.co.rice.mn.us



**Revised
Nov 2018**

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) 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 Ext. 156
	Head Start (0-5 Years) – Northfield	(800) 277-8418 Ext. 156
	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 / Informacion 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 Sara)
	Car Seat Safety Website: www.carseatsmadesimple.org	

Chemical Dependency / Dependencia y Sustancia Quimica

	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 / Niño y Su Desarrollo

	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 del Niño

	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 Para el Parto y Amamantamiento *(continued on next page)*

	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

Childbirth & Breastfeeding Education / Educación Para el Parto y Amamantamiento *(continued from last page)*

	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'll 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

	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 CASE MANAGEMENT FINANCIAL ASSISTANCE MENTAL HEALTH SERVICES (CHILDREN & ADULTS) RESPITE CARE CHILD CARE ASSISTANCE	(507) 332-6115 / 645-4723 / 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 507-732-8547 Hiawathaland Transportation Faxes (507) 534-9278 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 / Concernir Acerca de la Salud y Immunizacion

	Allina Medical Clinic Faribault	(507) 334-3921
	Allina Medical Clinic Northfield	(507) 663-9000
	Bridge to Benefits http://mn.bridgetobenefits.org/Home2 <i>- online screening tool for families to find out if they are eligible for seven public programs, including health insurance</i>	
	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	
	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 / Numeros de Linea Para la Intervencion en Crisis

	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/Sin Hogar Sitios de Acceso a la entrada coordinada

	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/Ayuda Legal

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

Licensed Family Daycare / Centros de Guarderia Autorizada para la Familia

	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 Day Care in Rice County)	(507) 332-6115 / 645-4723 / 744-5185 / TDD 332-6248

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

	Faribault	
	A Child's Delight Too (Childcare and Nursery School)	(507) 332-2264
	Divine Mercy Catholic Schools Preschool	(507) 334-7706
	Hyatt Daycare & Preschool Center	(507) 332-2571
	McKinley Preschool	(507) 333-6460
	Peace Lutheran Nursery School	(507) 334-5999
	Three Rivers Head Start Preschool	(800) 277-8418 Ext. 156
	Trinity Lutheran Preschool	(507) 331-6579
	Northfield http://northfieldearlychildhood.org/preschool-and-licensed-early-childhood-centers/	
	Early Ventures Learning Center	(507) 645-1216
	Hand in Hand Preschool	(507) 645-1232
	Montessori Children's House	(507) 645-2445
	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	
	Little Titans School Readiness	(507) 364-8107
	Lonsdale Christian Learning Center Preschool	(612)269-2346
	Webster	
	Holy Cross Catholic Preschool	(952)652-6100

Nutrition/Nutricion

	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 & Morristown)	(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 / Educacion Para los 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 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.

Reproductive Health / Salud Reproductor

	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
	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
	Social Services Northfield Satellite Office	(-507) 645-3090

Support Groups / Grupos de Apoyo

	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 Evangelical Free Church	(507)663-0133 : Northfield
	New Moms Network (6 week support group)-Meets in Northfield	(507) 645-5687
	Teen & Young Parents Classes - sponsored by ECFE and Rice County Public Health (meets Wednesday from 3:15 to 4:30 pm at the McKinley Early Childhood Center)	Cahrene: (507) 333-6835 or Sue: (507) 332-5916

Used Clothing / Ropa Usada

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

	All Seasons –Thrift Store	(507) 334-5072
	Faribault Senior Center Clothes Closet	(507) 334-9242
	Goodwill	(507) 334-2893
	Jan’s Thrift Shop	(507) 334-7480
	Mother Goose of Northfield	(507) 649-0745
	Northfield Community Action Center Clothes Closet	(507) 645-1389
	Salvation Army Store	(507) 333-1336
	St. Vincent DePaul	(507) 334-2100
	The Children’s Exchange – Faribault	(507) 332-7591
	Used a bit Shoppe – Riverpark Mall	(507) 645-1399

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This list may not represent all resources available in Rice County.
Please contact Lyndsey Reece @ Rice County Public Health Nursing Services, Tel. (507) 332-6111 or
lreece@co.rice.mn.us with any additions/corrections/changes to this listing. *Thank You!*