

# Goodhue County



## Resource Guide

September 2019

This is a condensed version of the People's Pamphlet  
from United Way

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## **Addiction Support Programs**

### **Alcoholics Anonymous**

United Lutheran	1-651-388-3583
Prairie Island	1-651-385-4185
Red Wing	1-651-388-2949
Al-Anon	1-651-388-9360
Chemical Health Initiative of Goodhue County	1-651-385-3307
Gamblers Anonymous	1-800-333-4673
Narcotics Anonymous	1-877-767-7676

### **Adult Mental Health**

Catholic Charities Counseling Services	1-651-388-9360 ext. 26
Covered Bridge Family Resources-Zumbrota	1-507-732-4136
Grief Support Program	1-651-267-5386
Hiawatha Valley Mental Health Center	1-651-327-2270
Mayo Clinic Health System	1-651-267-5000
National Alliance for the Mentally Ill	1-888-626-4435
Possibilities Therapeutic Services	1-651-301-1369
Suicide Prevention	1-800-784-2433

### **Children's Mental Health Services**

A Plus - Behavioral Analyst Specialist	1-612-276-3300
Behavior Wizards	1-320-230-2708 or Jon 1-218-839-9135
Bill Clifton	651-385-9131
Children's Mental Health Crisis Response	1-844-274-7472
Community Support Services Fernbrook	Case Manager refers to 651-212-7429

Fraser	1-612-331-9413
Hiawatha Valley	651-327-2270
Mayo Red Wing	651-267-5000
MN Autism	1-651-452-3499
MN Life Bridges	1-651-431-2017
Mount Olivet	1-952-401-4868
Ombudsperson	1-800-657-3591
PSOP	Make Social Service referral
Scott Schauss – Behavior Specialist	651-388-0051
St. David’s Center	1-952-939-0396

**Children’s Services**

Families First of Minnesota	1-800-462-1660
Children Safety Center	1-651-388-9360
Goodhue County Health & Human Services (Public Health)	1-651-385-3200
Minnesota Child Care Assistance Program	1-651-385-3200
Kids Count Abused Children’s Program	1-651-388-9360
Red Wing Youth Outreach	1-651-388-3371
Runaway Hot Line	1-800-621-4000
ARC SE MN	1-888-732-8520

**Disabilities**

ProAct, Red Wing	1-651-388-7108
ProAct, Zumbrota	1-507-732-7888
Minnesota Hand & Voices	1-651-265-2435

Toll Free	1-866-346-4543
TTY	1-651-265-2379
Opportunity Services	1-651-388-1854
Vocational Rehabilitation Services	1-651-385-6486
Disability Hub MN	1-866-333-2466
Minnesota Relay	7-1-1
RideAbility	1-507-356-8154
SEMCIL	1-651-388-0466

### **SILS and Residential**

Cardinal	1-507-281-1077
Howry	1-651-395-5101
Lutheran Social Services	1-651-388-8845
REM	1-651-388-7158
Riverview Services - Wanamingo	1-507-824-2091

### **Education**

Cannon Falls Public Library	1-507-263-2804
Cannon Falls Public School District	1-507-263-6800
Colvill Family Center	1-651-385-8000
Community Education & Recreation	1-651-385-4565
Environmental Learning Center	1-651-388-7339
Goodhue Independent School District	1-651-923-4447
Head Start- Three Rivers	1-800-277-8418
Hispanic Outreach	1-651-301-2184
Kenyon Public Library	1-507-789-6821

Kenyon/Wanamingo School District	1-507-824-2211
Minnesota State College SE Technical-Red Wing	1-651-385-6300
Pine Island School District	1-507-356-4849
Red Cottage Montessori School	1-651-380-7249
Red Cross – SE MN Office	1-507-287-2200
Red Wing Public Library	1-651-385-3673
Red Wing School District	1-651-385-4500
Sunshine Corner Preschool	1-651-388-4724
Towerview Alternative High School	1-651-388-8963
Under the Rainbow Child Care Center	1-651-388-6433
Van Horn Public Library-Pine Island	1-507-356-8558
Wabasha-Kellogg Early Learning Programs	1-651-565-3559
Zumbrota Public Library	1-507-732-5211
Zumbrota/Mazeppa School District	1-507-843-4080

**Emergency Numbers**

Battered Women Hotline	1-800-369-5214
Goodhue County Mental Health Crisis Line	1-800-422-0670
Hope Coalition – Sexual Assault Crisis Line	1-800-519-6690
Poison Control	1-800-222-1222
Red Cross	1-651-388-9166
Salvation Army	1-651-388-9270

**Non-Emergency Numbers**

Cannon Falls Police	1-507-263-2278
Goodhue Police	1-651-923-4880
Kenyon Police	1-507-789-5214

Lake City	1-651-345-3344
Pine Island	1-651-507-4070
Prairie Island	1-651-267-4000
Red Wing	1-651-385-3155
Wanamingo	1-651-385-3155
Zumbrota	1-651-385-3155

**Employment**

Express Personnel Services	1-651-388-6331
Minnesota Workforce Center	1-651-385-6402

**Financial**

AARP Tax Aide	1-888-687-2277
Community Care Fund	1-651-388-9360 ext. 10
Goodhue County Health & Human Services (Income Maintenance)	1-651-385-3200
Lutheran Social Services- Credit Counseling	1-888-577-2227
Medicare	1-800-633-4227
Salvation Army	1-651-388-9270
Salvation Army Heat Share	1-800-296-0406
Social Security	1-507-289-1667
Three Rivers Community Action (weatherization & fuel assistance)	1-800-277-8418
Xcel Personal Accounts Representative	1-800-331-5262

**\*\*Cold Weather Rule- October 15 to April 15  
You must contact your utility provider to apply**

**Food** – next page

**Food Shelves:**

Cannon Falls Food Shelf	1-507-298-1500
Kenyon Food Shelf	1-507-789-5261
Lake City Food Shelf	1-651-345-5855
Mazeppa Food Shelf	1-507-843-3800
Pine Island Sharing Shelves	1-507-356-2999
Red Wing Food Shelf	1-651-388-9302
Zumbrota Area Emergency Food Shelf	1-507-732-7330
Goodhue County Health & Human Services	1-651-385-3200
HOPE Coalition	1-651-388-9360
Loaves & Fishes- Red Wing	1-651-388-3262
WIC- Women, Infants, Children	1-651-385-6120

**Meals on Wheels:**

St. Crispin Meals on Wheels (Red Wing)	1-651-385-5429 or 5436
Lake City Medical Center (evening meal)	1-651-345-3321
Sunset Home (Kenyon)	1-507-789-6134 ext 126
Three Rivers Community Action, Inc. (Cannon Falls, Goodhue, Pine Island, Wanamingo, & Zumbrota)	1-800-277-8418
Minnesota Food Helpline	1-888-711-1151
Mom's Meals	1-866-716-3257

**Senior Dining Sites: (SEMCAC)**

Meals, social events and dietary services in group settings

Cannon Falls	1-507-263-3956
Kenyon	1-507-789-6120
Lake City	1-651-345-5977
Pine Island	1-507-356-8991



Red Wing (Jordan Towers)	1-651-388-7571
Main office	1-800-944-3402
Wanamingo (10:00am – 1:00pm)	1-507-824-2995
Zumbrota	1-507-732-5086

## **Health**

### **Blind and Visually Impaired:**

SE MN Services for the Blind	1-800-366-2715
CARE Clinic (Red Wing)	1-651-388-1022

### **Deaf and Hard of Hearing:**

Telephone Equipment Distribution program	1-800-311-1148
Southern Minnesota Hearing Aid Bank program	1-800-311-1148
Goodhue County Health & Human Services	1-800-950-2142 or 1-651-385-3200

### **Home Care Agencies/Resources**

Omega Home Healthcare LLC	1-877-517-0644
Recover Home Care	1-507-289-2411
Heartland Home Health Care	1-507-292-1170
Hiawatha Home Care	1-800-837-8898 or 1-651-388-2223
Interim HealthCare (Rochester)	1-507-200-1111
Adara Home Health (no longer does PCA)	1-507-252-9844
Recover Health Home Care	1-507-282-2246
Spectrum Homecare (Rochester)	1-507-282-8052
Community Involvement Homecare Services	1-612-362-4404
Intrepid Northfield	1-952-894-2663
Northfield Homecare	1-507-646-1457
St. Elizabeth – Wabasha	1-651-565-5577
Dannielle Angell’s Natural Choice Cleaning	1-507-259-3366

(Homemaking services only)

**All above agencies are Medicare certified home care agencies**

ACCRA Home Health (private pay or insurance only)		1-651-388-1010
Home Health Agency Hotline		1-800-369-7994
Home Instead Senior Care	1-888-285-1733 or	1-507-285-1700
Lutheran Social Services		1-651-388-8845
SEMCIL – PCA only	1-507-285-1815 or	1-651-388-0466

**Hospice Care:**

Faribault Area Hospice		1-507-332-4835
Heartland Home Health Care & Hospice	1-877-291-9498 or	1-507-292-1170
Mayo Health Care System Red Wing	1-888-845-3410 or	1-651-385-3410
Mayo Hospice Program		1-507-284-4002
MN Hospice Organization		1-866-290-4321
Season’s Hospice of Rochester		1-507-285-1930
St. Croix Hospice		1-507-281-5700

Life Choice Pregnancy Resource Center- Cannon Falls 1-507-263-8000

**Lifeline Services:**

Fairview		1-952-885-6185
Kenyon Area, District One		1-507-334-6451
Mayo Clinic Store		1-888-303-9354
Mayo Health Care System Cannon Falls		1-507-263-6000

Mayo Health Care System Red Wing 1-866-827-5039 or 1-800-242-1306 ext. 4518

Phillips Lifeline 1-800-368-2925 or 1-800-242-1306 ext. 4518  
(MN 903 – program code)

**Mayo Health Care System Facilities:**

Cannon Falls		1-507-263-6000
Lake City		1-651-345-3321

Red Wing	1-651-267-5000
Same Day Clinic and Walk-ins (Red Wing)	1-651-267-5000
Zumbrota	1-507-732-7314

**Medical Supplies and Equipment:**

Alliance Medical Supply	1-651-895-8040
American Home Patient	1-507-281-4884
Corner Home Medical Equipment	1-651-267-2414
Lincare (home respiratory) SPS	1-651-388-0722
Med City Mobility	1-507-334-2602
Wheelchair Ramp Build – SEMCIL	1-507-285-1815
Minnesota Care	1-800-657-3672
MN sure	1-855-366-7873
New Beginnings Family Services- Red Wing	1-651-267-4357
24-Hour Helpline	1-800-712-4357
WIC- Women, Infants, Children	1-651-385-6120

**Housing**

**Assisted Living Facilities:**

Deer Crest (Red Wing)	1-651-267-5444
Evergreen Place (Pine Island)	1-507-356-8585
Gunderson Gardens (Kenyon)	1-507-789-6134
Loving Residence (Red Wing)	1-651-388-1650
Potter Ridge (Red Wing)	1-651-388-1546
St. Crispin Living Community (formerly St. Brigid’s at Hi Park -Red Wing)	1-651-388-1234
The Bridges of Zumbrota	1-507-732-8455
Cannon Rivers Senior Living (formerly Twin Rivers - Cannon Falls)	1-507-263-3600

Valentine's (Red Wing) 1-651-388-5556

**Long Term Care Facilities:**

Bayview Nursing and Rehabilitation Center (Red Wing Health Center) 1-651-388-4800

The Gardens @ Cannon Falls 1-507-263-4658

Kenyon Sunset Home 1-507-789-6134

Lake City Medical Center 1-651-345-3321

Pine Haven Care Center (Pine Island) 1-507-356-8304

River Oaks Health Care Center (Lake City) 1-651-345-2713

St. Crispin (Red Wing) 1-651-385-3434 and for 24 hour 1-651-380-2109

Zumbrota Care Center 1-507-732-8400

**Other housing options:**

CommonBond- Maple Hills Apartments 1-651-388-2821

Habitat for Humanity 1-651-388-9360 ext. 32

HOPE Coalition 1-651-388-9360 ext. 28

Lutheran Social Services 1-651-388-3498

Red Wing Housing Authority 1-651-388-7571

SEMMCHRA 1-651-565-2638

Three Rivers Community Action 1-507-316-0610

**Information & Referral**

2-1-1 Information & Referral 2-1-1 or 1-800-543-7709

Families First of Minnesota - Rochester 1-800-462-1660

Disability Hub MN 1-866-333-2466

Hispanic Outreach of Goodhue County 1-651-301-2184

Immigrant Law Center of Minnesota 1-651-641-1011

Senior Linkage Line 1-800-333-2433

**Legal Assistance**

Housing Equality Law Project	1-866-292-0080
MN Department of Human Rights	1-800-657-3704
Ombudsperson	1-800-657-3591
PFLAG	1-651-388-9610
Red Wing Human Rights Commission	1-651-385-3634
Southern MN Regional Legal Services	Intake – 1-888-575-2954 or 1-800-372-8168

### **Senior Services**

Elder Network	1-507-285-5272
Faith in Action- Red Wing	1-651-327-2400
Foster Grandparent Program	1-888-205-3770
Grief Support	1-651-385-3412
Pier 55 Red Wing Area Seniors	1-651-327-2255
Pine Island Area Home Services	1-507-356-2999
Quality Career Services	1-651-385-3352
SEMCAC-Senior Dining	1-651-388-9875
St. Crispin Meals on Wheels	1-651-385-5429 or 1-651-385-5436
Senior LinkAge Line	1-800-333-2433
Seniors Helping Seniors	1-651-267-3599
Three Rivers Community Action	1-507-316-0610

### **Transportation**

Action Volunteers (Lake City)	1-507-534-1244
American Cancer Society	1-651-388-3321
Corporate Car and Coach	1-651-388-8800

Dave's Taxi	1-651-307-1708
Faith in Action	1-651-327-2400
Handi-Van	1-507-281-3600
Hiawathaland Transit	1-866-623-7505
Pine Island Area Home Services	1-507-356-2999
The Taxi Company-Red Wing	1-651-385-8294
Red Wing Mobility	1-651-388-9215
R & S Transport	1-800-656-5080
Three Rivers Transportation	1-866-623-7505

### **Used Furniture & Clothing**

Annadee's Closet	1-651-388-7031
Connecting Connection	1-651-388-1900
Salvation Army	1-651-388-9270
Wise Penny Thrift Store	1-651-385-0565

### **Veteran's Services**

Veteran's medical rides to a VA hospital	1-651-385-3256
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### **Victim Assistance**

Battered Women Hotline	1-800-369-5214
Child Help National Abuse Helpline	1-800-422-4453
Goodhue County Health & Human Services	1-651-385-3232
Haven of Hope- Domestic Violence	1-651-385-8601
MN Domestic Violence Resource	1-612-565-4114

National Domestic Abuse Hotline

1-800-799-7233

SARA- Sexual Assault Resource Agency

1-800-519-6690

## **Helpful Websites**

[www.minnesotahelp.info](http://www.minnesotahelp.info)

[www.healthcare.gov](http://www.healthcare.gov)

[www.mn.bridgetobenefits.org](http://www.mn.bridgetobenefits.org)

[www.mhfa.state.mn.us](http://www.mhfa.state.mn.us)

[www.freephonemn.org](http://www.freephonemn.org)

[www.lawhelpmn.org](http://www.lawhelpmn.org)

[www.211.org](http://www.211.org)

