

Goodhue County



Resource Guide

March 2022^{-updated}

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
Nystrom & Associates	1-651-977-5001
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
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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: 1-651-212-7429
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
Secure Base Counseling Center (Northfield)	1-507-301-3412
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 Services)	1-651-385-3200
MN Autism Center in Red Wing	1-952-767-4200
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
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

Home Modifications for Accessibility

Accessibility Design	1- 952-925-0301
Livable Home Solutions	1-952-463-8779
SEMCIL.....	1- 507-285-1815

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

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
Tower View 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's 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

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:

Homestyle Meals	1-866-735-0921
St. Crispin Meals on Wheels (Red Wing)	1-651 385- <u>5429</u> or <u>5436</u>
Lake City Medical Center (evening meal)	1-651-345-3321
Kenyon Senior Living	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	1-888-711-115
Mom's Meals	1-866-716-3257

Senior Dining Sites: (SEMCAC)

Cannon Falls	1-507-263-3956
Kenyon	1-507-789-6134 ext. 126
Lake City	1-651-345-5977
Pine Island	1-507-356-8991
Red Wing (Jordan Towers)	1-651-388-9875
Main office	1-800-944-3402
Wanamingo (10:00am – 1:00pm)	1-507-824-2995
Zumbrota	1-507-732-5086

Health

CARE Clinic - Red Wing	1-651-388-1022
First Choice Clinic & Baby Café – Red Wing	1-651-267-4357
Life Choice Pregnancy Resource Center- Cannon Falls	1-507-263-8000

Blind and Visually Impaired:

SE MN Services for the Blind	1-800-366-2715
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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 1-651-385-3200 or	1-800-950-2142

Home Care Agencies/Resources

Accra (PCA only agency)	1-952-935-3515
Accord Home Health Services	1-612-455-1236
Adara Home Health (no longer does PCA)	1-507-252-9844

Bridges MN (ILS provider)	1-651-772-4957
Community Involvement Homecare Services	1-612-362-4404
Heartland Home Health Care	1-507-292-1170
Hiawatha Home Care	1-651-388-2223 or 1-800-837-8898
Interim HealthCare (Rochester)	1-507-200-1111
Intrepid Northfield	1-952-894-2663
Maids of MN (homemaker services only)	1-612-245-5992
Natural Choice Cleaning (homemaker services only)	1-507-259-3366
Northfield Homecare	1-507-646-1457
Omega Home Healthcare LLC	1-877-517-0644
Quality Care	1-507-258-4578
Recover Health Home Care	1-507-282-2246
Recover Home Care	1-507-289-2411
Spectrum Homecare (Rochester)	1-507-282-8052
St. Elizabeth – Wabasha	1-651-565-5577
*** All above agencies are Medicare certified home care agencies	
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

Lifeline Services:

Accent Fairview Lifeline 1-952-885-6185

Guardian Medical Monitoring 1-888-349-2400

Kenyon Area, District One 1-507-334-6451

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 1-651-345-1100

Red Wing 1-651-267-5000

Same Day Clinic and Walk-ins (Red Wing) 1-651-267-5000

St. Mary's Hospital – Rochester 1-507-255-5123

Zumbrota 1-507-732-7314

Medical Supplies and Equipment:

180 Medical 1-877-688-2729

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 (cont)
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
Elysian Senior Homes of Lake City	1-651-448-8333
Evergreen Place (Pine Island)	1-507-356-8585
Cannon Country (Cannon Falls)	1-507-298-8857
Gunderson Gardens (Kenyon)	1-507-789-6134
Loving Residence (Red Wing)	1-651-388-1650
Potter Ridge (Red Wing)	1-651-388-1546
Oakridge Assisted Living (Hastings)	1-651-438-0418
St. Crispin Living Community (formerly St. Brigid's- 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 Terrace (Cannon Falls –formerly The Gardens)	1-507-263-4658

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
	(for 24 hours) call 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
Mentoring Professions-Housing Stabilizations Services	1-651-797-2438
Red Wing Housing Authority	1-651-388-7571
SEMCIL-home assessment	1-507-285-1815
SEMMCHRA	1-651-565-2638
Technology for Home	1-952-921-8334
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
Minneapolis VA Health Care System	1-612-725-2000

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

www.healthcare.gov

www.mn.bridgetobenefits.org

www.mhfa.state.mn.us

www.freephonemn.org

www.lawhelpmn.org

www.211.org