

ADOPTION COUNSELING / PLACEMENT

Catholic Charities - Owatonna.....	455-2088
Downey Side Families for Youth.....	446-8503
Lutheran Social Service of MN.....	1-800-582-5260
MN Prairie Human Services.....	507-431-5600

BREASTFEEDING EDUCATION

Amazing Newborn Clinic (<i>Tues. 12:30-2 pm</i>)	507-444-7900
Breastfeeding Helpline.....	1-800-994-9662
Breastfeeding Coalition.....	612-209-3188
Le Leche League.....	1-800-525-3243
Steele County Public Health.....	444-7650

CHEMICAL USE/ADDICTIVE BEHAVIORS

(Evaluation/Counseling/Education/Treatment)

AA/Al-Anon/Alateen.....	451-8610
American Council of Alcoholism.....	1-800-527-5344
Cocaine Anonymous.....	1-800-925-6159
Fountain Centers.....	451-0511
MN Prairie Human Services.....	507-431-5600
Narcotics Anonymous (NA).....	507-451-8610
National Council on Alcohol &Drug Dependence.....	1-800-622-2255
Overeaters Anonymous.....	507-676-0903
West Hills Lodge (<i>Halfway House</i>).....	451-1172 (Self Help Programs)

CHILDBIRTH / CLASSES

Birth, Babies and Beyond (<i>Community Ed</i>).....	444-7900
Owatonna Hospital, Birth Center.....	507-977-2455

CHILDCARE / PRESCHOOL

Associated Church Preschool.....	451-0041
Blooming Prairie Preschool.....	507-583-6615
Bright Beginnings Preschool (<i>Roosevelt</i>).....	444-7900
Christian Family Daycare Center (<i>Cedar Kids</i>).....	444-0601
Early Head Start (<i>Tri-Valley Early</i>).....	507-455-2203
Ellendale Preschool.....	507-684-3181
Good Shepard Lutheran Preschool.....	451-6821
Head Start (Semsac) Owatonna.....	451-8180
Kid's Korner Educate.....	451-0312
Medford Preschool.....	214-6380
Migrant Head Start.....	455-2203
Owatonna Montessori Children's House.....	451-2885
School Age Care (SAC).....	444-7900
Semcac.....	507-864-7741
St. Isidore's Preschool.....	451-5876
St. Mary's Preschool.....	446-2300
Sunshine Tree Daycare.....	451-0795
Trinity Nursery School.....	451-8247
Wee Pals Child Care Center.....	451-8355

CLOTHING / HOUSEHOLD

Beds for Kids.....	507-213-6312
Birthing.....	455-1622 / 1-800-550-4900
Children's Remedial Fund.....	444-8415
Salvation Army.....	455-2023
Steele County Clothesline.....	451-2550

COUNSELING

Associates in Psychiatry & Psychology.....	455-0992
Catholic Charities - Owatonna.....	455-2088
Crisis Resource Center.....	451-1202
Fernbrook Family Center.....	446-0431
Lutheran Social Service.....	451-7811
Mental Health Professionals.....	446-8123
South Central Human Relations Center.....	451-2630

DENTAL CARE

Child & Teen Checkups - SCPH.....	444-7650
Children's Remedial Fund.....	444-8415
The Dentists of Owatonna Family Dentistry.....	451-2600

Give Kids Smile Free Dental Care.....	1800-543-7709
Healthy Smiles.....	507-319-6845
Prairie Ridge Orthodontics.....	414-5602
Smith Dental Care.....	455-1641
Wottreng Family Dental.....	446-8301

*Call individual dentists to see if they accept MA.

EDUCATION

Blooming Prairie Public Schools.....	507-583-4426
Early Childhood Family Education / Community Ed.Blooming Prairie.....	507-583-6615
.....Ellendale.....	507-684-3181
.....Medford.....	451-5250
.....Owatonna.....	444-7900
Ellendale Public SchoolsNRHEG Elementary.....	507-684-3181
.....NRHEG High School.....	507-465-3205
Medford Public Schools.....	451-5250
Owatonna Area Learning Center.....	444-8000
Owatonna Christian School.....	451-3495
Owatonna Public Schools.....	444-8600
Riverland Community College.....	455-5880
St. Isidore's School.....	451-5876
St. Mary's School.....	446-2300

EMERGENCIES / PROTECTION

Ambulance/Fire/Police/Sheriff/State Patrol.....	911
Child Protection (<i>MN Prairie Human Serv.</i>).....	507-431-5600
Crisis Resource Center.....	451-1202
Crisis Response.....	1-844-274-7472
MN Poison Control Center (<i>24 hr.</i>).....	1-800-222-1222
Owatonna Clinic - Urgent Care.....	451-1120
Owatonna Hospital (<i>24 hr.</i>).....	451-3850
Road Conditions.....	1-800-542-0220
Runaway Hotline.....	1-800-786-2929

EMPLOYMENT / VOCATIONAL SERVICES

Cedar Valley Services.....	451-5897
CHOICES.....	1-800-657-3716
Doherty Staffing Solutions.....	444-9088
Express Employment Professionals.....	455-3002
Manpower.....	451-3404
MET, Inc.....	446-1471
Private Industry Council.....	455-5850
Specialty Personnel Services.....	451-5773
Spherion.....	451-3400
Straight River Enterprises.....	444-2427
Workforce Center (<i>Unemployment, Job Center</i>).....	431-2275

FINANCIAL SERVICES

Children's Remedial Fund.....	444-8415
Energy Assistance.....	451-7134 / 1-800-944-3281
LSS Financial.....	1-888-577-2227
Lutheran Social Service.....	451-7811
Medicare.....	1-800-633-4227
Minnesota Care.....	1-800-657-3672
MN Prairie of Human Services - MFIP, Food Stamps, <i>Medical Assist. Child Care, Child Support</i>	507-431-5600
Semcac Steele County.....	451-7134
Social Security Administration.....	1-800-772-1213
Steele County Extension.....	444-7685

FOOD

Bethel Church (<i>free meal Wednesdays from 5 to 6 pm</i>)	451-8548
Ellendale UMC Food Shelf.....	507-684-2731
Food Assistance (<i>MN Prairie Human Serv.</i>).....	507-431-5600
Meals in Motion Mobile Food Shelf.....	455-2991
Meals on WheelsBlooming Prairie.....	507-583-7571
.....Ellendale.....	507-684-3311
.....Medford.....	507-455-3195
.....Owatonna (<i>Semcac</i>).....	455-3195

Milk Moms (<i>for nursing mothers</i>).....	1-866-645-5666
MN Extension-Nutrition Education.....	444-7685 / 444-7693
MN Food HelpLine.....	1-888-711-1151
NAPS (Channel one food Bank).....	1-877-500-8699
Owatonna Public Schools Food Service.....	444-8616
Salvation Army.....	455-2023
Senior DiningBlooming Prairie.....	507-583-7399
.....Ellendale.....	507-684-3311
.....Owatonna (<i>Semcac</i>).....	455-3195
Steele County Food Shelf.....	455-2991
St. Joe's Community Meal Tuesdays 5:30 ...	507-451-4845
Trinity Luth.Church.....	451-4520

(Free meal through Meals of Hope - Sun. 5-6 pm)

WIC.....	444-7660
----------	----------

HEALTHCARE

Amazing Newborn Clinic (<i>Tues. 12:30-2 pm</i>).....	444-7900
Blooming Prairie Clinic.....	507-583-7225
Care Connections (<i>MA eligibility</i>).....	1-877-405-3463
The Center Clinic.....	507-633-9200
Centro Campesino.....	446-9599
Child & Teen Checkups - SCPH.....	444-7650
Children's Hospital.....	1-888-543-7866
Community Health Services low income.....	507-451-4361
Free Clinic of Steele.....	507-214-6662
Portico.....	1-866-489-4899
Open Door Health Center (<i>MA & uninsured</i>).....	507-388-2120
Owatonna Clinic (Mayo).....	451-1120
Owatonna Hospital (Allina).....	451-3850
Planned Parenthood Mankato.....	507-387-5581
Planned Parenthood Rochester.....	507-288-5186
Sage (<i>free mammograms</i>).....	1-888-643-2584
Steele County Public Health.....	444-7650

HOME CARE NURSING

Owatonna Homestead Hospice.....	446-0936
Steele County Public Health.....	444-7650

HOUSING

American Red Cross (Owatonna).....	451-2777
Habitat for Humanity - Steele County.....	446-0112
HOME Line.....	1-866-866-3546
Hospitality House of Owatonna.....	444-4042
Housing Discrimination Complaints.....	1-800-669-9777
Life Style.....	451-8524
MN Prairie Human Services.....	507-431-5600
Owatonna HRA Rental Assistance Programs(<i>Public Housing Units, Section Vouchers</i>).....	507-774-7318
Salvation Army (<i>Emergency</i>).....	455-2023
Semcac Steele County (<i>Emergency</i>).....	451-7134
Steele County Transitional Housing.....	446-9315

IMMUNIZATIONS

Centers for Disease Control.....	1-800-232-4636
Migrant Health.....	1-800-842-8693
Owatonna Clinic (Mayo).....	451-1120
Steele County Public Health.....	444-7650

INFORMATION & REFERRAL

Care Connections (<i>medical/dental</i>).....	1-877-405-3463
Disability Linkage Line.....	1-866-333-2466
Salvation Army.....	455-2023
Semcac Steele County.....	451-7134
Senior Linkage Line.....	1-800-333-2433
United Way 211.....	211 / 1-800-543-7709
United Way of Steele County.....	455-1180
Veteran's Affairs - Steele County.....	444-7460

INTERPRETERS / I.N.S. INFO

Adult Learning Center	444-7900
Centro Campesino (<i>Julie Ochs 455-2203 ext. 2952</i>).....	446-9599
Cultural Diversity Network	446-1492
Immigration Services & Benefits	1-800-375-5283
Language Line	1-800-752-6096
Migrant Health	1-800-842-8693
Somali American Organization	451-2072

LEGAL ASSISTANCE / ADVOCACY

Child Safety Seat Recall Info	1-800-424-9393
Child Support Info/Payment Line	1-800-657-3512
Migrant Legal Services	507-583-4523
Minnesota Disability Law Center.....	1-800-292-4150
Senior & Caregiver Advocacy (<i>Semcac</i>).....	451-7134
Senior Citizens Legal Services (<i>Senior Place</i>)	444-4280
Southern MN Regional Legal Services	1-888-575-2954
US Consumer Product Safety	1-800-638-2772

LIBRARIES

Blooming Prairie Public Library	507-583-7750
Hayfield Public Library.....	507-477-2455
Mayo Clinic Cancer Center.....	507-266-9288
MN Braille & Talking Book Library.....	1-800-722-0550
Owatonna Public Library	444-2460

SMOKING CESSATION

Mayo Nicotine Dependence Center	
.....& Support Group	1-800-344-5984
Narcotics Anonymous – MN Region.....	1-877-767-7676
Quitplan Helpline	1-888-354-7526

SPECIAL NEEDS SERVICES

Advocates for Developmental Disabilities.....	451-9769
ARC (<i>support for the disabled</i>).....	507-433-8994
Disability Linkage Line	1-866-333-2466
Early Childhood Special Education	
.....Blooming Prairie	507-583-6615
.....Medford	451-5250
.....NRHEG	507-684-3181
.....Owatonna.....	444-7900
Gillette Children's Hospital	1-800-719-4040
Kenny Kids (<i>Owatonna Hospital</i>).....	507-977-2150
March of Dimes – SE MN.....	1-507-282-0649
MN Children w/ Special Health Needs	1-800-728-5420
MN State Council on Disabilities	1-800-945-8913
PACER Center, Inc. – MN.....	1-800-537-2237
Semcil.....	1-888-460-1815
Telephone Equipment Distribution Prog.	1-800-657-3663

SUPPORT GROUPS / PROGRAMS

Adolescent Grief Support Group	446-0936
Adult Grief Support Group	446-0936
Alzheimer's Association Helpline	1-800-272-3900
American Cancer Society.....	1-800-227-2345
American Cancer Society Rochester.....	507-287-2044
American Heart Association	1-800-242-8721
Arthritis/Fibromyalgia Support Group	507-446-0611
Autism Spectrum Disorder Support Grp.....	507-213-1323
Big Brothers/Big Sisters (Southern MN)	451-5922
Birthing	455-1622
Car Seat Program – SCPH	444-7650
Center for Family Unity	455-1190
Child & Teen Checkups – SCPH.....	444-7650
Childcare Association – Steele County	455-2840
Children's Support Group.....	451-1202
Compassionate Friends	455-1636
Down syndrome Support Group	451-0367
Epilepsy Foundation of MN	1-800-779-0777
Exchange Club	455-1190 / 1-800-642-0089
Family Connections – SCPH.....	444-7650
Fetal Alcohol Disorders Support Group.....	507-272-0964

Follow Along Program – SCPH.....	444-7650
Gluten-Free Support Group	451-5752
Goodwill – Easter Seals	651-379-5800
Grandparents Support Group	451-3727
Grieving Support Group (<i>Owatonna Area Hospice</i>)	
.....Adult/Adolescent/Child	455-0700
Healthy Seniors of Steele County	507-774-7648
Linea de Apoyo (<i>Spanish</i>).....	1-877-434-9528
Men Who Batter	451-2630
Minnesota AIDS Project	1-800-248-2437
MS Society (Upper Midwest)	1-800-344-4867
MOPS (<i>Mothers of Preschoolers</i>).....	451-8548
Owatonna Homestead Hospice	446-0936
Owatonna Solo Parents & Singles	507-202-6195
Parent Warm Line	1-888-584-2204
Parenting the ADD/ADHD Child Sup. Grp ...	507-358-8869
Parkinson Support Group.....	1-800-327-4545
Post-Polio Awareness & Support Society	446-0194
Rebuilding (<i>divorce, separation or death</i>).....	455-4104
Senior Place.....	444-4280
Sib Shop	451-9769
Supporting Activities for Singles.....	451-0200
Survivors Domestic Abuse Support Group.....	1-800-451-1202
TRIAMI	507-835-7036
Young Life	451-9401

TRANSPORTATION

Blooming Prairie Volunteer Transport	507-583-7369
Donation Based Rides for Seniors (<i>Semcac</i>).....	451-7134
Ellendale Volunteer Transportation	507-684-2321
R&S Transport	1-800-656-5080
Royal Transportation	507-214-2781
SMART Bus	1-855-762-7821
Semcac Transportation	451-7134
Taxi First Choice	444-0020
Tonna Taxi Service	451-4215

UTILITIES

Blooming Prairie Public Utilities	507-583-6683
Center Point Energy	1-800-729-6164
Emergency Assistance – MN Prairie.....	507-431-5600
Energy Assistance Program (<i>EAP</i>)	
.....Semcac	451-7134 / 1-800-944-3281
Gas Affordability Program (<i>GAP</i>)	1-800-245-2377
Heat Share - Minnesota	1-866-455-6472
Centerpoint Energy Emergency	1-800-722-9326
Owatonna Public Utilities.....	451-2480
Peoples Natural Gas.....	1-800-764-0111
Steele-Waseca Cooperative Electric.....	451-7340
Weatherization/Conservation Help (<i>Xcel</i>).....	1-800-657-3710

This information was compiled by Steele County Public Health. If any information in this pamphlet is incorrect, please contact us at the number listed below. Thank you.



Steele County Public Health
635 Florence Avenue
Owatonna, MN 55060
507-444-7650
WWW.CO.STEELE.MN.US
scphn@co.steele.mn.us



Updated May 2018

Steele County RESOURCE



PHONE DIRECTORY

Inclusion of services in this pamphlet does not imply endorsement. You are encouraged to find out as much as possible about an organization before making a decision to use their services. Additional services are available in your local phone book.