

Other Services

Dave Ramsey Online Resources
www.daveramsey.com

Resources and education on budgeting, eliminating debt and planning for the future

Volunteer Lawyers Network (VLN)
612-752-6677, www.vlnmn.org

Statewide civil and criminal expungement legal services available for low-income people through volunteer attorneys

www.lawhelpmn.org

Help for low-income people with a broad range of civil (non-criminal) legal matters.

Southern Minnesota Regional Legal Services
www.smrls.org or 888-575-2954

www.freewill.com to complete a free will that after notarization is legal binding

Compassion Counseling (free)
5500 25th Ave NW, Rochester, MN 55901
Phone: (507) 208-8822
www.compassioncounseling.org

Zumbro Valley Health Center
<https://www.zvhc.org/>
343 Woodlake Dr, Rochester, MN 55904
Phone: (507) 289-2089

Mental health, mobile crisis and stabilization unit, substance abuse, community support services.

Pregnancy Resource Centers

Pregnancy Options
507-332-7644

18 2nd St NW Faribault, MN

Northfield Women's Center
507-645-7638

314 Washington St. Northfield, MN

First Choice Clinic
651-267-4357

1614 West 3rd St. Red Wing, MN

First Care Pregnancy Center
507-282-3377

40 16th St SE. Rochester, MN
<https://firstcaremn.org/>

Emergency Services

National Domestic Violence Hotline 24/7
800-799-7233 Text BEGIN to 88788

Day One MN 1-866-223-1111 (24-hours)
<https://dayoneservices.org/>
Help and resources for victims of general crime, domestic violence, sexual assault, trafficking.

24/7 Mental health crisis and suicide prevention line
Text 988

National Suicide Prevention line 1-800-273-8255

Warm Line (844) 739-6369
mnwitw.org/mnwarmline
5pm - 9am (7 days a week/365 days a year)

<https://fasttrackermn.org/> Search tool for real time information and availability for behavioral/mental health services.

MN Adult & Teen Challenge
612-464-2866
Locations in Minneapolis, Alexandria, Brainerd, Duluth and Rochester.

South East



Single Parents
Resources & Support

For additional resources, to find a local single parent group, or events
www.sprs.life

Housing

HRA by county look up
<https://www.hud.gov/states/minnesota/renting/hawebsites>

<https://www.mnhousing.gov/>
links to home ownership programs and rental programs.

<https://www.housinglink.org/>
Searchable website for subsidized housing

CommonBond Communities
<https://commonbond.org/>
Searchable website for affordable or supported housing.

Affordable Housing Online
www.affordablehousingonline.com
Searchable website for affordable housing, Public Housing, Section 8, also has signup for alerts for wait list openings.

Food

Fare for All
<https://www.thefoodgroupmn.org/groceries/fare-for-all>

Channel One Regional Food Bank
131 35th St SE, Rochester, MN 55904 (507) 287-2350
<https://www.helpingfeedpeople.org/>

Community Food Response
120 1st St NE, Rochester, MN 55906 (651) 789-2449
www.communityfoodresponse.org

For Kids

Help Me Connect
"A navigator connecting expectant families, families with young children (birth-8years old)

Imagination Library
<https://imaginationlibrary.com/check-availability/>
Receive free books for children from birth to age 5, no matter their family income.

**All PMAP and Minnesota Care policies have a car seat program. Call the number on the back of the child's card and ask 😊
UCare Insurance-ucare.org/health-wellness/pregnancy-children-teens/seats-program
HealthPartners Insurance- freecarseat.org

Toys for Tots
<https://www.toysfortots.org/find-your-local-chapter/>

Basic Needs

www.weareresourceful.org
Helping with health care, legal aid, food pantries, food delivery, housing transportation, counseling, dental care and more.

Bridge to benefits
<https://www.bridgetobenefits.org/ScreeningTool>
Website that takes basic information and determines eligibility for state and federal programs. Option to enter contact information and resources will contact you.

<https://minncap.org/local-agencies#interactivemap>
Community Action Partnerships offer a variety of programs including energy assistance, food support, housing, etc.

United Way..... 211 or 1-800-543-7709
Free, confidential help to find information for housing, food, clothing, tax assistance, family resources, healthcare, legal services, and much more!

Salvation Army
115 1st Ave NE, Rochester, MN 55906
(507) 288-3663
<https://centralusa.salvationarmy.org/northern/Rochester/>

Three Rivers Community Action
1926 Collegeview Rd E Suite 1302, Rochester, MN 55904
(507) 316-0610
<https://www.threeriverscap.org/>
Energy assistance, childcare assistance, housing, and more

Catholic Charities of Southern Minnesota
903 W Center St # 220, Rochester, MN 55902
Phone: (507) 287-2047
<https://www.ccsomn.org/>
Housing, financial counseling, wellness and counseling, parenting classes, and more.

Energy

**Find your local Community Action Partnership www.minncap.org

Energy Cents
www.energycents.org/programs
Appliance protection programs

