



**WABASHA COUNTY  
DEPARTMENT OF SOCIAL SERVICES**

Wabasha County Services Building  
411 Hiawatha Drive E.  
Wabasha, MN 55981-1573  
Telephone: 651-565-3351  
Toll Free: 888-315-8815  
Fax: 651-565-3084

**After Hours/Crisis:**

National Suicide Prevention Hotline \_\_\_\_\_ 1-800-273-TALK (8255) or Call/Text 988

Domestic Violence Hotline \_\_\_\_\_ 1-800-799-7233

Crisis Hotline \_\_\_\_\_ 1-844-274-7472

Victim Services – Sexual Assault Program \_\_\_\_\_ 1-507-289-0636

**Mental Health**

**Rochester:**

ABC Therapy \_\_\_\_\_ 507-536-7662

Amazing You Therapy \_\_\_\_\_ 507-722-1139

Associates and Psychology \_\_\_\_\_ 507-288-8544

Birchlawn Place \_\_\_\_\_ 507-258-3287

Bluestem \_\_\_\_\_ 507-282-1009

Catholic Charities \_\_\_\_\_ 507-287-2047

Compassion Counseling Center \_\_\_\_\_ 507-208-8822

Decisionpoint Behavioral Health \_\_\_\_\_ 507-261-7080

Family Services \_\_\_\_\_ 507-287-2010

Hyland Meadows \_\_\_\_\_ 507-288-6978

Inspired Wellness \_\_\_\_\_ 507-302-3418

Lutheran Social Services of Minnesota \_\_\_\_\_ 507-512-1015 or 1-800-582-5260

Mayo Clinic Psychiatry \_\_\_\_\_ 507-266-5100

NAMI \_\_\_\_\_ 507-287-1692  
Nystrom and Associates \_\_\_\_\_ 507-516-0030  
Olmsted Medical Center \_\_\_\_\_ 507-288-3443  
PrairieCare \_\_\_\_\_ 507-218-3700  
Salvation Army Good Samaritan \_\_\_\_\_ 507-529-4100  
Transitions \_\_\_\_\_ 507-288-5818  
Zumbrota Valley Health Center \_\_\_\_\_ 507-289-2089

**Red Wing:**

Hiawatha Mental Health Center \_\_\_\_\_ 651-327-2270  
Mayo Clinic Health System Behavioral Health \_\_\_\_\_ 651-385-3260  
Comprehensive Behavioral Health Services \_\_\_\_\_ 651-388-0051  
Katheryn Zoff-Seivert \_\_\_\_\_ 651-388-6459  
Fernbrook Family Center \_\_\_\_\_ 651-212-7429  
Catholic Charities \_\_\_\_\_ 651-388-9360  
Nystrom and Associates \_\_\_\_\_ 651-977-5001

**Wabasha:**

Hiawatha Valley Mental Health \_\_\_\_\_ 651-565-2234  
Winding Roads Counseling Consulting and Advocacy Services \_\_\_\_\_ 651-564-1256

**Winona:**

Associates in Mental Health and Addiction Services \_\_\_\_\_ 507-452-5206  
August Integrative Therapy \_\_\_\_\_ 507-313-4103  
Counseling Associates \_\_\_\_\_ 507-452-5033  
Ellie Family Services \_\_\_\_\_ 507-479-3079  
Family and Children's Center \_\_\_\_\_ 507-453-9563  
Hiawatha Valley Mental Health Center \_\_\_\_\_ 507-454-4341  
Winona Counseling Clinic \_\_\_\_\_ 507-454-3900

Woods Psychological Services \_\_\_\_\_ 507-474-6264

### **Household/Clothing Needs**

Annadee's Closet \_\_\_\_\_ 321 Potter St. Red Wing, MN 55066 \_\_\_\_\_ 651-388-7031

Children's Exchange \_\_\_\_\_ 1249 Marion Rd SE, Rochester, MN 55904 \_\_\_\_\_ 507-289-6637

Common Closet Thrift Store \_\_\_\_\_ 154 Pembroke Ave S, Wabasha, MN 55981 \_\_\_\_\_ 651-565-0359

Goodwill \_\_\_\_\_ 239 28<sup>th</sup> St SE, Rochester, MN 55904 \_\_\_\_\_ 507-281-9651

Goodwill \_\_\_\_\_ 1450 Gilmore Ave, Winona, MN 55987 \_\_\_\_\_ 507-454-4817

Grace Place \_\_\_\_\_ 66 E 2<sup>nd</sup> St, Winona, MN 55987 \_\_\_\_\_ 507-452-2283

Once Upon A Child \_\_\_\_\_ 3432 55<sup>th</sup> St NW, Rochester, MN 55901 \_\_\_\_\_ 507-252-5090

Pass It On \_\_\_\_\_ 118 N Oak St, Lake City, MN 55041 \_\_\_\_\_ 651-345-4901

Salvation Army \_\_\_\_\_ 501 Plum St, Red Wing, MN 55066 \_\_\_\_\_ 651-388-9270

Savers \_\_\_\_\_ 1201 S Broadway Ste B, Rochester, MN 55904 \_\_\_\_\_ 507-536-2564

Winona Volunteer Services Clothes Shop \_\_ 402 E 2<sup>nd</sup> St, Winona, MN 55987 \_\_\_\_\_ 507-452-5591

### **Child Care Resources**

Families First of Minnesota \_\_\_\_\_ 507-287-2020

Lake City Child Care Association \_\_\_\_\_ 651-345-4365 or 507-396-3842

Wabasha County Social Services Day Care Assistance \_\_\_\_\_ 651-565-3351

### **Food Resources**

Channel One Food Shelf \_\_\_\_\_ 131 35<sup>th</sup> St NE, Rochester, MN 55904 \_\_\_\_\_ 507-287-2350

Mom's Meals \_\_\_\_\_ 1-877-508-6667

Lake City Food Shelf \_\_\_\_\_ 600 S 8<sup>th</sup> St, Lake City, MN 55041 \_\_\_\_\_ 651-345-5888

Plainview-Elgin Area Food Shelf \_\_\_ 25 Main St W, Elgin, MN 55932 \_\_\_\_\_ 507-876-0112

Red Wing Food Shelf \_\_\_\_\_ 1755 Old W Main St, Red Wing, MN 55066 \_\_\_\_\_ 651-388-9302

Three Rivers Community Action (Meals on Wheels) \_\_\_\_\_ 1-800-277-8418 or 507-316-0610

Wabasha-Kellogg Food Shelf \_\_\_\_\_ 142 2<sup>nd</sup> St W, Wabasha, MN 55981 \_\_\_\_\_ 651-565-5667

Women, Infant, Children Program (WIC) \_\_\_\_\_ 651-565-5200

Winona Volunteer Services Food Shelf \_\_\_\_\_ 507-452-5591

Berean Community Church \_\_\_\_\_ 3157 Kenosha Dr NW, Rochester, MN 55901 \_\_\_\_\_ 507-289-4179

Community Food Response \_\_\_\_\_ 810 3<sup>rd</sup> Ave SE, Rochester, MN 55904 \_\_\_\_\_ 507-281-5061

Hope Summit Christian Church \_\_\_ 1315 6<sup>th</sup> Ave SE, Rochester, MN 55904 \_\_\_\_\_ 507-288-3293

Life Gate Services \_\_\_\_\_ 1300 10<sup>th</sup> Ave NE, Rochester, MN 55906 \_\_\_\_\_ 507-206-3174

Oasis Church/Supermarket Sunday \_\_\_ 3819 18<sup>th</sup> Ave NE, Rochester, MN 55901 \_\_\_\_\_ 507-289-8596

Rochester Outreach Center \_\_\_\_\_ 1500 1<sup>st</sup> Ave NE, Rochester, MN 55906 \_\_\_\_\_ 507-226-8193

Word of Life \_\_\_\_\_ 400 13<sup>th</sup> Ave SE, Rochester, MN 55904 \_\_\_\_\_ 507-281-6379

### **Housing Assistance**

Habitat for Humanity \_\_\_\_\_ 507-252-0849

Salvation Army \_\_\_\_\_ 507-288-3663

Southeastern Minnesota Multi-County Housing and Redevelopment Authority \_\_\_\_\_ 651-565-2638

Three Rivers Community Action \_\_\_\_\_ 507-316-0610

### **Utility Assistance**

Salvation Army Heat Share \_\_\_\_\_ 1-800-842-7279

Telephone Assistance Plan (TAP) \_\_\_\_\_ 651-539-1876

Three Rivers Community \_\_\_\_\_ 507-316-0610

### **Transportation Assistance**

Faith in Action – Plainview \_\_\_\_\_ 507-534-1244

Faith in Action – Red Wing \_\_\_\_\_ 651-327-2400

Hiawathaland Transit \_\_\_\_\_ 1-866-623-7505

Rochester Bus Company \_\_\_\_\_ 507-328-2900

South County Health Alliance Ride Connect \_\_\_\_\_ 1-866-567-7242

Three Rivers Community Action \_\_\_\_\_ 507-316-0610

UCARE Transportation \_\_\_\_\_ 1-800-864-2157 or 612-676-6830

Vantastic Transit \_\_\_\_\_ 507-272-4901

### **Employment Assistance**

Choices of SEMN Displaces Homemaker Program \_\_\_\_\_ 507-280-5510

#### Express Personnel

Red Wing \_\_\_\_\_ 910 Main St Ste 101, Red Wing MN 55066 \_\_\_\_\_ 651-388-6331

Rochester \_\_\_\_\_ 2518 N Broadway, Rochester MN 55906 \_\_\_\_\_ 507-285-1616

Winona \_\_\_\_\_ 1600 Gilmore Ave, Winona MN 55987 \_\_\_\_\_ 507-457-3311

Manpower \_\_\_\_\_ 2746 Superior Dr. NW, Suite 320, Rochester MN 55901 \_\_\_\_\_ 507-285-0710

People Ready \_\_\_\_\_ 304 Elton Hills Dr NW, Rochester MN 55901 \_\_\_\_\_ 507-286-1064

Vocational Rehabilitation Service \_\_\_\_ 1250 Homer Road, Ste 200, Winona MN 55987 \_\_\_\_ 507-205-6060

#### Workforce Development

Red Wing \_\_\_\_\_ 308 Pioneer Rd, Red Wing MN 55066 \_\_\_\_\_ 651-385-6402

Rochester \_\_\_\_\_ 2070 College View Rd E \_\_\_\_\_ 507-292-5152

Wabasha \_\_\_\_\_ 222 Main St W, Wabasha MN 55981 \_\_\_\_\_ 651-565-2635

## **Legal Assistance**

Civil Rights \_\_\_\_\_ 1-833-454-0148

Law Help Minnesota \_\_\_\_\_ [www.lawhelpmn.org](http://www.lawhelpmn.org)

Minnesota Attorney General Office \_\_\_\_\_ 800-657-3787

### Southern Minnesota Regional Legal Services

Rochester \_\_\_\_\_ 903 W Center St Ste 230, Rochester MN 55902 \_\_\_\_\_ 507-292-0080

Winona \_\_\_\_\_ 66 E 3<sup>rd</sup> St Ste 204, Winona MN 55987 \_\_\_\_\_ 507-454-6660

United Way 211 \_\_\_\_\_ 800-543-7709 or 651-291-0211

## **Senior Adult Assistance**

Catholic Charities \_\_\_\_\_ 111 Market St Ste 2, Winona MN 55987 \_\_\_\_\_ 507-454-2270

Elder Network \_\_\_\_\_ 651-565-3237

Live Well at Home \_\_\_\_\_ [www.mnlivewellathome.org](http://www.mnlivewellathome.org)

Mom's Meals \_\_\_\_\_ [www.momsmeals.com](http://www.momsmeals.com)

### SEMCA Senior Dining

Lake City \_\_\_\_\_ 221 N Franklin St, Lake City MN 55041 \_\_\_\_\_ 651-345-5977

Wabasha \_\_\_\_\_ 730 W 6<sup>th</sup> St, Wabasha MN 55981 \_\_\_\_\_ 507-459-5766

Senior Center – 125 Live \_\_\_\_\_ 125 Elton Hills Dr NW, Rochester MN 55901 \_\_\_\_\_ 507-287-1404

Senior Citizens Legal Service \_\_\_\_\_ 66 E 3<sup>rd</sup> St Ste 204, Winona MN 55987 \_\_\_\_\_ 507-454-6665

Senior Linkage Line \_\_\_\_\_ 421 1<sup>st</sup> Ave SW, Rochester MN 55902 \_\_\_\_\_ 800-333-2433

### Social Security Administration

Rochester \_\_\_\_\_ 2443 Clare Ln NE, Rochester MN 55906 \_\_\_\_\_ 877-405-3631

Winona \_\_\_\_\_ 53 E 3<sup>rd</sup> St Ste 307, Winona MN 55987 \_\_\_\_\_ 877-600-2853  
Three Rivers Community Action (Meals on Wheels) \_\_\_\_\_ 507-316-0610

### **Disability Assistance**

Ability Building Center \_\_\_\_\_ 1911 14<sup>th</sup> St NW, Rochester MN 55901 \_\_\_\_\_ 507-281-6262

ARC Southeastern Minnesota \_\_\_\_ 6301 Bandel Rd NW Ste 605, Rochester MN 55901 \_\_ 507-287-2032

Disability Linkage Line \_\_\_\_\_ 1-866-333-2466

Great River Homes \_\_\_\_\_ 611 Broadway Ave Ste 105, Wabasha MN 55981 \_\_\_\_ 651-565-2120

#### Hiawatha Mental Health Center

Wabasha \_\_\_\_\_ 611 Broadway Ave Ste 100, Wabasha MN 55981 \_\_\_\_\_ 651-565-2234

Winona \_\_\_\_\_ 420 E Sarnia St, Winona MN 55987 \_\_\_\_\_ 507-454-4341

Hiawatha Valley Education District \_\_\_\_\_ 507-452-1200

SEMCIL \_\_\_\_\_ 2200 2<sup>nd</sup> St, Rochester MN 55902 \_\_\_\_\_ 507-285-1815

#### Social Security Administration

Rochester \_\_\_\_\_ 2443 Clare Ln NE, Rochester MN 55906 \_\_\_\_\_ 877-405-3631

Winona \_\_\_\_\_ 53 E St Ste 307, Winona MN 55987 \_\_\_\_\_ 877-600-2853

Wabasha County DAC \_\_\_\_\_ 611 Broadway Ave Ste 110, Wabasha MN 55981 \_\_\_\_\_ 651-565-3612

Winona ORC Industries \_\_\_\_\_ 1053 E Mark St, Winona MN 55987 \_\_\_\_\_ 507-452-1855

### **Dental Services**

Apple Tree Dental \_\_\_\_\_ 973 Skyline Dr. SW, Rochester MN 55902 \_\_\_\_\_ 507-424-1040

Good Samaritan Dental Clinic \_\_\_\_ 120 Broadway Ave N Ste A, Rochester MN 55906\_\_ 507-529-4100

#### Perry Dental

Lake City \_\_\_\_\_ 210 N Lakeshore Dr, Lake City MN 55041 \_\_\_\_\_ 651-345-4677

Wabasha \_\_\_\_\_ 1000 Hiawatha Dr E, Wabasha MN 55981 \_\_\_\_\_ 651-565-2888  
RCTC Dental Hygiene Program \_\_\_ 1926 Collegeview Rd SE, Rochester MN 55904 \_\_\_\_ 507-280-3169

### **Medical Services**

Community Health Services \_\_\_ 1926 College View Rd E, Rochester MN 55904 \_\_\_\_\_ 507-529-0503  
Good Samaritan Medical Clinic \_\_ 120 Broadway Ave N Ste A, Rochester MN 55906 \_\_\_\_ 507-529-4100  
Mayo Express Care Clinic  
    North \_\_\_\_\_ 4221 W Circle Dr NW, Rochester MN 55901 \_\_\_\_\_ 507-293-8590  
    South \_\_\_\_\_ 500 Crossroads Dr SW, Rochester MN 55902 \_\_\_\_\_ 507-293-8590  
MN Information & Referral Website \_\_\_\_\_ [www.mnhelp.info](http://www.mnhelp.info)  
NACO Prescription Drug Program \_\_\_\_\_ <https://livehealthycard.com>  
OMC FastCare \_\_\_\_\_ 102 Elton Hills Dr NW Ste 200, Rochester MN 55901 \_\_\_\_ 507-280-1824  
St. Elizabeth's Medical Center, Urgent Care & Emergency Room \_\_\_\_\_ 651-565-4531  
Wabasha County Public Health \_\_\_\_\_ 651-565-5200

### **Veterans Services**

Federal VA Regional Office \_\_\_\_\_ [www.va.gov](http://www.va.gov) or 800-698-2411  
VA Medical Center Minneapolis \_\_\_ 1 Veterans Dr, Minneapolis MN 55417 \_\_\_\_\_ 612-725-2000  
VA Rochester \_\_\_\_\_ 3551 Commercial Dr. SW Ste 400, Rochester MN 55902 \_\_\_\_ 507-252-0885  
Veteran Linkage Line \_\_\_\_\_ 1-888-546-5838  
Wabasha County Veteran Services \_\_\_\_\_ 651-565-3864



## Recovery Resources

Associates in Mental Health and Addiction Services \_\_\_\_\_ 507-452-5206

Common Ground \_\_\_\_\_ 2227 7<sup>th</sup> St NW Ste 100, Rochester MN 55901 \_\_\_\_\_ 507-281-0023

Common Ground Recovery House

    Inpatient \_\_\_\_\_ 730 W Broadway, Winona MN 55987 \_\_\_\_\_ 507-615-0101

    Outpatient \_\_\_\_\_ 174 Main St, Winona MN 55987 \_\_\_\_\_ 507-453-0023

Empower \_\_\_\_\_ 602 11<sup>th</sup> Ave NW Ste 300, Rochester MN 55901 \_\_\_\_\_ 507-292-1379

Fountain Centers \_\_\_\_\_ 408 W Fountain St, Albert Lea MN 56007 \_\_\_\_\_ 507-377-6411

Gables \_\_\_\_\_ 604 5<sup>th</sup> St SW, Rochester MN 55902 \_\_\_\_\_ 507-282-2500

HVMHC Winona \_\_\_\_\_ 420 E Sarnia St, Winona MN 55987 \_\_\_\_\_ 507-454-4341

Midwest Recovery \_\_\_\_\_ 217 Plum St Ste 140, Red Wing MN 55066 \_\_\_\_\_ 651-846-9010

MN Adult and Teen Challenge \_\_\_\_ 1530 Assisi Dr NW, Rochester MN 55901 \_\_\_\_\_ 507-288-3733

Recovery is Happening \_\_\_\_\_ 25 16<sup>th</sup> St NE, Rochester MN 55906 \_\_\_\_\_ 507-218-4773

Zumbro Valley Mental Health Center \_\_\_\_ 343 Woodlake Dr SE, Rochester MN 55904 \_\_\_\_ 507-289-2089

## Other Resources

Advocacy Center of Winona \_\_\_\_\_ 100 Latsch Sq, Winona MN 55987 \_\_\_\_\_ 507-452-4453

Empower CTC \_\_\_\_\_ 602 11<sup>th</sup> Ave NW Ste 300, Rochester MN 55901 \_\_\_\_\_ 507-292-1379

Winona Community Resources \_\_\_\_\_ [www.winonaresources.org](http://www.winonaresources.org)

Woman's Advocate Admin Office \_\_\_\_\_ 651-227-9966

Woman's Advocate Crisis Line \_\_\_\_\_ 651-227-8284