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Get Connected. Get Help.™

For additional resources call 211, United Way's confidential 24-hour resource hotline.

Dial 2-1-1

(651) 291-0211

1-800-543-7709 or visit

www.211unitedway.org



COMMUNITY CONNECTION

RESOURCE GUIDE

UNITED WAY OF GOODHUE, WABASHA, & PIERCE COUNTIES

GOODHUE COUNTY

HEALTH & HUMAN SERVICES

651-385-3200 | MN Relay 7-1-1

SOCIAL SERVICES

Child & Adult Protection | Foster Care | Adoption | Mental Health | Chemical Dependency | Child Care Licensing | Parent Support & Outreach

PUBLIC HEALTH

Healthy Communities | Disease Prevention & Control | Emergency Preparedness | Maternal Child Health | Women, Infants, and Children (WIC) Program | Home & Community Based Service Waivers

ECONOMIC ASSISTANCE

Child Support | Income Maintenance | Medical Assistance | Food Support | Child Care Assistance | Cash Assistance | Emergency Assistance

VETERAN SERVICES

651-385-3256

WABASHA COUNTY

SOCIAL SERVICES

651-565-3351 or 1-888-315-8815

Child & Adult Protection | Foster Care | Adoption Assistance | Mental Health | Child Care Licensing | Parent Support Outreach Program | Youth Mentorship Program | Disability Services

PUBLIC HEALTH

651-565-5200

Environmental Health Veterans | Aging & Disability Services | Women, Infants, and Children (WIC) Program | Child & Teen Checkups | Environmental Health | Family Health | Follow Along Program | Maternal Child Health | Family Home Visiting | Care Coordination | MN Choices/Assessments | Disease Prevention & Control | Tuberculosis Screening | Immunizations | Emergency Preparedness | Car Seats

VETERAN SERVICES

651-565-3864

VA Medical Center Enrollment | Pharmaceutical Refills | Scheduling VA Appointments | Transportation | Burial & Death Benefits | Compensation for Survivors & Service Connected Disabilities | Education/GI Bill | Military Records | Military Retirees | Nursing Home Care | Optical/Dental/Special Needs Grants | Veteran Pension

PIERCE COUNTY

SOCIAL SERVICES

715-273-6766 or 715-273-6770

Children, Youth, & Families Programs | Mental Health & AODA | Economic Support | Child Support

PUBLIC HEALTH

715-273-6755

Birth to Three | Environmental Health | Reproductive Health | Women, Infants, and Children (WIC) Program

AGING & DISABILITY

RESOURCE CENTER

715-273-6780

Toll Free: 877-273-080

VETERANS SERVICES

715-273-6753

United Way fights for the health, education, and financial stability of every person in every community. Live United!



BASIC NEEDS

Food

- All Seasons Food Shelf**, Kenyon | 507-789-6162 | www.foodpantries.org/li/kenyon_area_food_shelf_55946
- Cannon Falls Food Shelf**, Cannon Falls | 507-263-3257 | www.facebook.com/groups/454220238076503
- Lake City Food Shelf**, Lake City | 651-345-5888 | www.lakecityfoodshelf.org
- Mazeppa Food Shelf**, Mazeppa | 507-843-3800 | mazeppamn.us/mazeppa-area-food-shelf
- Pierce County Food Pantry**, Ellsworth | 715-273-2070 | www.hungerpreventioncouncil.com/
- Pine Island Sharing Shelves** | 507-722-1331 | <https://www.facebook.com/pineislandsharingshelves/>
- Plainview-Elgin Food Shelf**, Elgin | 507-876-0112 | <https://www.loc8nearme.com/minnesota/elgin/plainview-elgin-area-food-shelf/7242343/>
- Plum City Food Pantry**, Plum City | 715-647-2191 | www.plumcityfreechurch.com/plum-city-food-pantry
- Prescott Area Food Pantry**, Prescott | 715-262-4143 | www.prescottfoodpantry.com
- Red Wing Area Food Shelf**, Red Wing | 651-388-9302 | www.redwingfoodshelf.org
- Spring Valley Community Food Pantry**, Spring Valley | 507-346-7367 | www.springvalley-mn.com/index.asp?SEC=32D22067-00F5-4604-9150-CB8A85BEF460
- Wabasha Area Food Shelf**, Wabasha | 651-565-5667 | wabashafood.com
- Zumbrota Area Emergency Food Shelf**, Zumbrota | 507-732-7330 | <https://zumbrotaareafoodshelf.weebly.com/>
- G Goodhue County Food Access Network** | <https://www.findfoodgoodhuecounty.com/>
- GW Three Rivers Community Action - Home-Delivered meals** | 507-316-0610 | threeriverscap.org/older-adults/meals-on-wheels
- P West Central Wisconsin Community Action Agency** | 715-598-4750 | westcap.org
- W St. Isidore, Plainview Home - Delivered Meals** | 507-534-3470
- G Meals on Wheels, Benedictine Living Community** | 651-388-1234
- GW Minnesota Food Helpline** | 1-888-711-1151 | www.hungersolutions.org/programs/mn-food-helpline
- W Southeast Minnesota Rural Education and Resource Center** | 507-932-8056 | hometownrc.org
- Free Community Meal at First United Methodist**, Red Wing | 651-388-3262
- SEMCA Senior Dining Sites** | www.semca.org/senior-services/senior-dining
- Pine Island, Senior Center, 11:30 (M,T,W,Th,F) | 507-356-2228
 - Red Wing, Jordan Tower II 11:45(Sun-Sat) | 651-388-9875
 - Zumbrota, Zumbrota Tower, 11:30 (M,T,W,Th,F) | 507-732-5086
 - Wabasha, Maple Grove Apartments, 11:30 (M,T,W,Th,F) | 507-459-5766

B A S I C N E E D S

Food Continued

Red Wing Free Summer Lunch Program for all youth birth-18yrs of age

651-385-4583 or 211 or 1-800-543-7709, or Text 612-516-FOOD (3663) | www.republicaneagle.com/news/free-summer-meals-for-students/article_2b67d722-e1df-11ec-935f-8755df146c50.html

Cannon Falls Free Summer Lunch Program for all youth birth-18yrs of age | 507-263-6800 or 211 or 1-800-543-7709, or Text 612-516-FOOD (3663) | www.cannonfallsschools.com/departments/food_service

Housing

GW Southeastern Minnesota Multi-County Housing and Redevelopment (SEMMCHRA) | 651-565-2638 | <https://www.semmchra.org>

GW Three Rivers Community Action | 507-316-0610 | <https://www.threeriverscap.org>

P River Falls Housing Authority | 715-314-3901 | <http://rfhousing.org>

P St. Croix Valley Habitat for Humanity | 715-350-8575 | <https://scvhabitat.org>

P Positive Alternatives - Youth long term, short term, respite, and crisis shelter | 715-426-2225 | <https://positive-alternatives.org>

GWP Common Bond-Maple Hills Apartments | 651-291-1750 | <https://commonbond.org/housing-support>

P West Central Wisconsin Community Action Agency | 715-598-4750 | <https://westcap.org>

GWP Goodhue County Habitat for Humanity | 651-327-2195 or 877-264-4707 | <https://gchabitat.org>

G Red Wing Housing and Redevelopment Authority | 651-388-7571 | <https://redwinghra.org>

G HOPE Coalition | 651-388-9360 ext. 2 | <https://hope-coalition.org>

GW Coordinated Entry System Access Points in Goodhue County | <https://www.rivervalleyscoc.org>

- Individuals and Families with Children call Three Rivers Community Action Inc | 507-316-0610 or 1-800-277-8418
- Victims of Domestic and Sexual Violence call HOPE Coalition | 1-800-369-5214 or 651-388-9360 ext. 11
- Veterans call MN Assistance Council for Veterans | 507-345-8258
- Victims of Domestic and Sexual Violence call Women's Shelter, Inc. | 651-565-4112

B A S I C N E E D S

Transportation

GW Hiawathaland Transit/Dial-A-Ride/Volunteer Transit-HART Program | 866-623-7505 |

<https://www.threeriverscap.org/transportation/hiawathaland-transit>

GWP Taxi Company of Red Wing | 651-385-8294 | <http://www.redwingtaxi.com>

P West Central Wisconsin Community Action Agency | 715-598-4750 | <https://westcap.org>

G Faith in Action | 651-327-2400 | <https://faithinactionredwing.org>

W Wabasha County Veterans Services | 651-565-3864 |

https://www.co.wabasha.mn.us/departments/veterans_services/index.php

G Goodhue County Veterans Services | 651-385-3256 | <https://www.co.goodhue.mn.us/187/Veterans-Service>

P Pierce County Veterans Services | 715-273-6753 |

https://www.co.pierce.wi.us/departments/veterans_services/index.php

Used Furniture & Clothing

Tried & True Thrift Store, Ellsworth | 715-273-4933 | <https://www.facebook.com/triedandtruethrift>

Treasures from the Heart, River Falls | 715-425-9771 | <https://adoray.org/treasures-stores>

Annadee's Closet, Red Wing | 651-388-7031 | <http://www.redwingareaseniors.org/Annadees.html>

Connecting Connection, Red Wing | 651-301-1192 | <https://www.facebook.com/pages/category/Charity-Organization/The-Connecting-Connection-130239427032486>

Salvation Army, Red Wing | 651-388-9270 | <https://centralusa.salvationarmy.org/northern/Rochester/family-store>

Wise Penny Thrift Store, Red Wing | 651-385-0565 | <https://www.thriftstores.net/store/5966/wise-penny-thrift-store/#two>

Common Closet Thrift Store, Wabasha | 651-565-0359 | <https://www.facebook.com/thecommonclosetwabasha>

Pass it On, Lake City | 651-345-4901 | <https://www.facebook.com/people/Pass-It-On-Thrift-Shop/100057285715114>

GWP Bridging (Need a referring agency - see website www.bridging.org) | 952-888-1105 | www.bridging.org

P Basics for Local Kids | 1-715-821-1623 | <http://www.basicsforlocalkids.org>

HEALTH

Health

St. Elizabeth Medical Center, Wabasha | 651-565-4531 or 800-581-4531 | <https://www.gundersenhealth.org/st-elizabeths/hospital>

GWP Heartland Hospice | <https://www.promedica-hospice.org>

- Goodhue & Wabasha use Rochester office | 866-216-5708 | <https://www.promedica-hospice.org/find-an-agency/promedica-hospice-rochester/>
- Pierce use Eau Claire office | 866-216-5708 | <https://www.promedica-hospice.org/find-an-agency/promedica-hospice-eau-claire/>

P Free Clinic of Pierce & St. Croix County | 715-307-3948 | <https://freeclinicpiercestcroix.org>

GWP Hiawatha Home Care | 800-837-8898 | <https://hiawathahomecare.com>

GWP Mayo Clinic Health System | <https://www.mayoclinichealthsystem.org>

- Ellsworth | 715-273-5061
- Cannon Falls | 507-263-6000
- Lake City | 651-345-3321
- Red Wing | 651-267-5000
- Zumbrota | 507-732-7314

River Falls Area Hospital | 715-307-6000 | <https://www.allinahealth.org/river-falls-area-hospital>

GWP First Choice Clinic | 651-267-4357 | <https://firstchoiceclinic.org>

G CARE CLINIC - Free clinic in Red Wing | 651-388-1022 | <https://www.careclinicrw.com/index.html>

GW Mnsure | 651-539-2099 or 855-366-7873 | <https://www.mnsure.org>

GW Sage - Free breast exams, mammograms, cervical cancer screenings, colonoscopies, smoking cessation
888-643-2584 | <https://www.health.state.mn.us/diseases/cancer/sage/about/index.html>

HEALTH

Mental Health and Chemical Dependency

GW Crisis Response for Southeast MN | 1-844-274-7472 | <https://www.crisisresponsesoutheastmn.com/when-it-crisis>

GW Zumbro Valley Mental Health Center | 507-289-2089 | <https://www.zvhc.org/>

GW Programa de Terapia en Español | 651-301-2184 | <https://hispanicoutreach.org>

GW Hiawatha Valley Mental Health Center | 1-800-657-6777 | <https://www.hvmhc.org/#>

GW Fernbrook | 507-446-0431 | <https://fernbrook.org/>

GWP National Alliance for the Mentally Ill (NAMI) | 1-800-950-6264 | <https://nami.org/Home>

P Northwest Connections 24-hour Crisis Line | 1-888-552-6642 | <https://nwcgc.com/>

G Red Wing Youth Outreach | 651-388-3371 | <https://www.redwingyouthoutreach.org/>

GWP Covered Bridge Family Resources | 507-732-4136 |

<https://www.coveredbridgefamilyresources.com/contact>

GWP Possibilities Therapeutic Services | 651-301-1369 | <https://possibilitiestherapeuticservices.com/>

GWP EmPower CTC | 507-292-1379 | <https://www.empowerctc.com/>

GWP National Suicide Prevention Lifeline | 988 or 1-800-273-TALK (8255) | <https://988lifeline.org>

GW Alcoholics Anonymous Minnesota | 651-227-5502 | <https://aaminnesota.org/>

P Alcoholics Anonymous Wisconsin | 1-800-839-1686 | <https://alcoholicsanonymous.com/aa-meetings/wisconsin/>

GWP Local Independent Therapists and Counselors | <https://www.psychologytoday.com/us/therapists>

Mayo Red Wing Behavioral Health | 651-385-3260 or 1-800-464-2296 |

<https://www.mayoclinichealthsystem.org/locations/red-wing>

DISTINCT POPULATION SERVICES

Child and Youth Services

GW Families First of MN - Early Childhood Resources, Scholarships and Referral | 1-800-462-1660 |

<https://www.familiesfirstmn.org>

P Positive Alternatives Inc. - Shelter, prevention and intervention services | 715-426-2224 |

<https://positive-alternatives.org>

GW Red Wing Youth Outreach - Intervention, life skills education and mentoring | 651-388-3371 |

<https://www.redwingyouthoutreach.org/programs>

GW Hispanic Outreach - Youth Mentoring | 651-301-2184 | <https://hispanicoutreach.org/programs-and-services/after-school-programs-rises/>

GWP HOPE Coalition Kids Count - program for children that experienced abuse and neglect | 651-388-9360 ext. 3 |

<https://hope-coalition.org/i-need-help/child-abuse/>

GWP Red Wing Family YMCA | 651-388-4724 | <https://www.redwingymca.org/>

GWP Child Help National Abuse Hotline | 1-800-422-4453 | <https://childhelpline.org>

GW Parent Aware - Find High quality childcare and early education programs | 1-888-291-9811 |

<https://www.parentaware.org/#/>

GW Three Rivers Community Action Head Start | 507-316-0610 | <https://threeriverscap.org/early-childhood>

Senior Services

W Elder Network | 651-565-3237 | <https://www.elder-network.org>

GW Senior Linkage Line | 1-800-333-2433 | https://mn.gov/senior-linkage-line/?utm_source=gmb&utm_medium=organic

W Senior Health and Wellness Offerings (Tai Ji Quan, Matter of Balance, Fit City Seniors, Water Aerobics, Support Groups, etc.) | Call 2-1-1 or 1-800-543-7709 for schedule and locations

Cannon Valley Senior Services, Cannon Falls | 507-263-2136 | <https://cannonvalleyseniorcenter.org>

Pier 55-Red Wing Area Seniors | 651-327-2255 | <http://redwingareaseniors.org/index.html>

G Faith in Action Red Wing | 651-327-2400 | <https://faithinactionredwing.org>

GW Three River Community Action | 507-316-0610 | <https://www.threeriverscap.org>

SEMCA Senior Dining See "Food" Section | <https://www.semcac.org/senior-services/senior-dining>

DISTINCT POPULATION SERVICES

Disabilities

W Great River Homes - Residential and in-home services | 651-565-4884 | <https://www.greatriverhomes.org/about-us>

GW The Arc Southeastern MN - Advocacy, support, and education | 1-888-732-8520 | <https://arcminnesota.org/regions/southeast>

GW Minnesota Relay - Relays the phone conversation between a person who has hearing loss or speech disability and a hearing person | Call 7-1-1 | <https://mn.gov/commerce/consumers/your-phone/minnesota-relay>

RideAbility Therapeutic Horseback Riding | 507-356-8154 or 507-271-8908 | <http://www.rideability.org>

ProAct Red Wing | 651-388-7108 | <https://www.proactinc.org>

GW Minnesota Hands and Voices - Services to families of children who have been diagnosed as deaf or hard of hearing

| 651-265-2435 | <https://www.lssmn.org/mnhandsandvoices>

GW Disability Linkage Line | 1-866-333-2466 | <https://disabilityhubmn.org>

G Opportunity Services | 952-445-4306 | <https://oppserv.org>

GW SE MN Center for Independent Living (SEMCIL) | 507-285-1815 | <https://www.semcil.org>

P Aging and Disability Resource Center | 715-839-4735 | <https://www.co.eau-claire.wi.us/our-government/departments-and-facilities/department-directory/aging-disability-resource-center>

W Wabasha Developmental Achievement Center | 651-565-3612 | <https://www.wabashadac.com>

Servicio a los Hispanos

G Hispanic Outreach Program of Goodhue County | 651-301-2184 | <https://hispanicoutreach.org>

ECONOMIC STABILITY

Financial

GWP IRS Taxpayer Assistance | 1-800-829-1040 | <https://www.irs.gov/help/contact-your-local-irs-office>

GWP LSS Credit Counseling | 1-888-577-2227 | <https://www.lssmn.org/financialcounseling>

GW Three Rivers Community Action - Energy Bill Pay Assistance | 507-316-0610 |

<https://threeriverscap.org/energy/energy-assistance>

P West Central Wisconsin Community Action Agency | 715-598-4750 | <https://westcap.org>

Workforce Development | <https://workforcedevelopmentinc.org>

◦ Wabasha | 651-565-2635 | <https://workforcedevelopmentinc.org/locations/wabasha>

◦ Red Wing | 651-385-6402 | <https://workforcedevelopmentinc.org/locations/red-wing>

GWP Salvation Army Heat Share | 1-800-842-7279 | <https://centralusa.salvationarmy.org/northern/heatshare-program>

P St. Croix Valley Job Center | 715-426-0388 | <https://www.dhs.wisconsin.gov/srvprovider/stcroix>

GWP HOPE Coalition - Community Care Fund, | Walk in Hours: Tue-Fri 2-4 pm | 651-388-9360 ext 2 | <https://hope-coalition.org/i-need-help/basic-needs>

W Wabasha Area Community Resource Center | 651-565-0359 | <https://www.wabashamn.org/directory/listing/the-common-closet-wabasha-area-community-resource-center>

G Red Wing Salvation Army - Emergency Assistance | 651-388-9360 ext 2 |

<https://centralusa.salvationarmy.org/metro/emergency-assistance-and-homelessness-prevention>

GWP AARP Tax Aide | 1-888-OUR-AARP (888-687-2277) | [https://taxaide.aarpfoundation.org/?](https://taxaide.aarpfoundation.org/?utm_campaign=general&utm_source=vanityurl&utm_medium=referral&utm_content=taxaide)

[utm_campaign=general&utm_source=vanityurl&utm_medium=referral&utm_content=taxaide](https://taxaide.aarpfoundation.org/?utm_campaign=general&utm_source=vanityurl&utm_medium=referral&utm_content=taxaide)

GW Family Voices of MN Telephone Equipment Distribution Program | 1-800-657-3663 | <https://mn.gov/deaf-hard-of-hearing/communication-access/ted>

◦ Telephone Service Discount Program | 651-296-0406

◦ Free Voicemail | 651-643-0883

GW Bridge to Benefits (Public work support eligibility screening tool) | <http://www.bridgetobenefits.org/Home2>

ECONOMIC STABILITY

Legal

GW Southern MN Regional Legal Services | 1-888-575-2954 | <https://www.smrls.org>

GW MN Disability Law Center | <https://mn.gov/disability-mn/topics>

GW Volunteer Lawyers Network | 612-752-6655 | <https://www.vlnmn.org>

GW MN Find a Lawyer Directory | <https://www.mnbar.org/member-directory/find-a-lawyer>

GW Call for Justice | <https://www.callforjustice.org>

G Red Wings Human Rights Commission | 651-385-3612 | <https://www.red-wing.org/290/Human-Rights-Commission>

Victim Assistance

P Victim Assistance Program | 715-273-6750 EXT. 4 | <https://www.piercecountywa.gov/3711/Victim-Witness-Assistance-Services>

GW HOPE Coalition Sexual Assault Service 24-hour Crisis Hotline | 1-800-519-6690 or office 651-388-9360 | <https://hope-coalition.org/i-need-help/sexual-assault>

GW HOPE Coalition - Haven of Hope (Domestic Violence Shelter, Red Wing) 24-hour Crisis Hotline | 1-800-369-5214 or office 651-385-8601 | <https://hope-coalition.org/i-need-help>

P St Croix Valley Sexual Assault Response Team, Inc. | 715-425-6443 | <https://stcroixvalleysart.org>

P Turning Point (Victims of Domestic and Sexual Violence) 24-hour Crisis Hotline | 1-800-345-5104, 24-hour text hotline 715-821-8626, local 715-425-6751 | <https://www.turningpoint-wi.org>