

### Westbrook

Grace Lutheran Church	755 Adams Ave.	274-5572
Immanuel Baptist Church	655 6 <sup>th</sup> St.	274-5556
Old Westbrook Lutheran Church	25280 368 <sup>th</sup> Ave.	445-3189
St. Anthony's Church	1153 1 <sup>st</sup> Ave.	274-5946
Trinity Lutheran Church	808 Adams Ave.	274-6685
Trinity Lutheran Church ELCA	914 1 <sup>st</sup> Ave.	274-5623

### Windom

American Lutheran Church	906 Prospect Ave.	831-1794
Assembly of God Church	41445 Highway 71	831-5683
Bethany Lutheran Church	53521 890 <sup>th</sup> St.	831-3724
Episcopal Church	453 10 <sup>th</sup> St.	831-1797
Evangelical Free Church	409 11 <sup>th</sup> St.	831-3713
First Presbyterian Church	336 11 <sup>th</sup> St.	831-2532
Living Word Lutheran Church	580 Cindy St.	831-5561
Our Savior Lutheran Church	1157 3 <sup>rd</sup> Ave.	831-3522
Seventh Day Adventist	41519 US Hwy 71	831-5566
St. Francis Xavier Church	532 17 <sup>th</sup> St.	831-1985
United Methodist Church	974 6 <sup>th</sup> St.	831-3284

### ***Domestic Abuse/Violence/Sexual Assault***

Southwest Crisis Center, Windom

Call: 507-831-2244 or 24 hour crisis line 1-800-376-4311

Teen Solutions (Southwest Crisis Center, Windom)

Call: 507-831-2244 or 1-800-376-4311

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# Area Community Resources

## Financial Services

- **MN Family Investment Program (MFIP)** - includes both cash and food stamps based on need.
- **Emergency Assistance Program (EA)** - helps families with children under 21 years old who are in an emergency situation.

**Cottonwood County Family Service Agency**  
 Call: 507-831-1891  
**Jackson County Human Services**  
 Call: 507-847-4000

For financial literacy and tax preparation assistance, contact:  
**Western Community Action**  
 Call: 1-800-658-2480

## Financial Assistance with Medical/Dental Needs

### Medical Assistance -

(State contracts with U-Care and Blue Plus):

- For pregnant women or infants up through 1 year of age; and for low income eligible families.
- May cover medical costs up to three months prior to MA application.
- Will find out if pregnant woman qualifies within 15 days after application submitted.
- Clinic or physician must confirm pregnancy in writing prior to eligibility.
- MA will continue until 60 days after delivery.
- Infant is covered until one year old if living with mother.

## Churches

### Bingham Lake

First Baptist Church	450 3 <sup>rd</sup> Ave.	831-3811
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### Jeffers

Jeffers Baptist Church	48558 St Hwy 30	628-4924
Trinity Lutheran Church	202 N. Deaver Ave.	628-4855

### Mountain Lake

Alliance Missionary Church	809 5 <sup>th</sup> Ave.	427-2886
Assembly of God	701 3 <sup>rd</sup> Ave.	427-2215
Bethel Mennonite Church	301 N. 9 <sup>th</sup> St.	427-3075
Community Bible Church	500 Klein St.	427-2538
Evangelical Mennonite Brethren Church	1019 Prince St.	427-2208
First Mennonite Church	305 N. 7 <sup>th</sup> St.	427-2237
First Presbyterian Church	1217 6 <sup>th</sup> Ave.	427-3209
Lakeview Gospel Church	1002 N. 10 <sup>th</sup> St.	427-2046
Trinity Evangelical Lutheran Church	1418 Second Ave.	427-2451

### Storden

Amo Lutheran Church	39915 350 <sup>th</sup> St.	445-3101
Bethany Lutheran Church	300 America St.	445-3432
Storden Baptist Church	4011 United States Ave.	445-3955

## *Day Care Centers*

Please contact each individual day care for additional information.		
<b>Elizabeth House Day Care Center</b>	1616 Prince St. Mountain Lake, MN 56159	507-427-2889 or 1-888-808-3757
<b>Town &amp; Country Day Care</b>	Mountain Lake Public School 450 12 <sup>th</sup> Street Mountain Lake, MN 56159	507-427-3303

**\*\* For a listing of home day cares in your area contact:  
Childcare Resource and Referral - Phone: 1-800-658-1416**

**For child care assistance contact:  
Cottonwood County Family Service Agency - 507-831-1891  
Jackson County Human Services - 507-847-4000**

## *Preschool Programs*

Please contact each individual preschool for additional information.		
<b>Discovery Preschool</b>	Mountain Lake Public School 450 12 <sup>th</sup> St. Mountain Lake, MN 56159	507-427-3151
<b>Busy Bee</b>	First United Methodist Church 974 6 <sup>th</sup> Street Windom, MN 56101	507-831-5982
<b>Sonshine School</b>	Lutheran Church of Our Savior 1157 Third Ave. Windom, MN 56101	507-831-3522
<b>Elizabeth House Preschool</b>	1616 Prince Street Mountain Lake, MN 56159	507-427-2889 or 1-888-808-3757
<b>Bridges</b>	Highland School 68 10 <sup>th</sup> Street P.O. Box C-177 Windom, MN 56101	507-831-6940
<b>Headstart</b>	Western Community Action Hilltop Center Jackson, MN 56143	507-847-2632 or 1-800-658-2480

## *Transportation*

**For individuals in need of medical transportation:  
U-Care: 1-800-203-7225  
Blue Plus (Health Ride): 1-800-864-2157**

**For other transportation needs contact:  
(Available 8 a.m. to 4:30 p.m. Monday through Friday)  
Cottonwood County Transit System  
Call: 1-877-939-5669 or 507-831-5669**

## *Eye Doctors*

(Optometrists)

<b>M.R. Fisher</b>	230 - 10 <sup>th</sup> St. Windom, MN 56101	507-831-3478
<b>Roger Pabst &amp; Brian Temme</b>	1006 Fourth Ave. Windom, MN 56101	507-831-2429
<b>David Kruse</b>	709 2nd St. P.O. Box 89 Jackson, MN 56143	507-847-5951

## *Chiropractors*

<b>Hedman Chiropractic Brian Hedman, DC</b>	307 9 <sup>th</sup> St. Windom, MN 56101	507-831-4770
<b>Tegels Chiropractic Thomas Tegels, DC</b>	601 4 <sup>th</sup> Ave. Windom, MN 56101	507-831-2460
<b>Progressive Chiropractic Phillip Skow, DC</b>	304 10 <sup>th</sup> St. N Mt. Lake, MN 56159	507-427-3878
<b>Evers Chiropractic</b>	648 7 <sup>th</sup> Street Westbrook, MN 56183	507-274-5200

*Food Shelves/Food Supplement Programs (cont.)*

- *Meals-On-Wheels Mt. Lake 507-427-2151*  
*Windom 507-831-2929*  
*Westbrook 507-274-6211*
- *Senior Dining - 507-831-6161 (for Mt. Lake and Windom)*

**Public & Parochial Schools**

<b>Mountain Lake Public School</b>	450 12 <sup>th</sup> Street P.O. Box 400 Mountain Lake, MN 56150	507-427-3151
<b>Windom Area High School and Middle School</b>	1400 W. 17 <sup>th</sup> St. P.O. Box C-177 Windom, MN 56101	507-831-6910
<b>Westbrook-Walnut Grove School</b>	344 8 <sup>th</sup> St. Westbrook, MN 56183	507-274-6111
<b>Winfair Elementary School</b>	1454 6 <sup>th</sup> Ave. P.O. Box C-177 Windom, MN 56101	507-831-6925
<b>Red Rock Ridge Alternative Learning Center (ALC)</b> • "Level Four" • Elementary & Middle School Day Treatment • High School Day Treatment	68 10 <sup>th</sup> Street Windom, MN 56101	507-831-6935
<b>Red Rock Central Elementary School</b>	107 E. Clark Jeffers, MN 56145	507-628-5521
<b>Westbrook Elementary School</b>	344 8 <sup>th</sup> St. Westbrook, MN 56183	507-274-5500
<b>Mountain Lake Christian School</b>	710 11 <sup>th</sup> St. N Mountain Lake, MN 56159	507-427-3900
<b>Westbrook Christian School</b>	555 6 <sup>th</sup> St. Westbrook, MN 56183	507-274-5556

**Local Medical Clinics**

UC - Takes U-Care Minnesota  
BP - Take Blue Plus

**Hartberg Medical Clinic (UC)**  
Located next to Windom Hospital  
Windom, MN 56101  
507-831-1422

**Worthington Specialty Clinic (BP)**  
508 10<sup>th</sup> St.  
Worthington, MN 56187  
507-372-2921 or 1-800-881-1473

**United Medical Clinic (BP)**  
820 Second Ave.  
Windom, MN 56101  
507-831-1703

**Windom Family Medical Center (UC)**  
Located next to Windom Hospital  
Windom, MN 56101  
507-831-2550

**Sacred Heart Mercy Health**  
803 Fourth St.  
Jackson, MN 56143  
507-847-3571

**Glick Medical Clinic (UC)**  
308 10<sup>th</sup> St.  
Windom, MN 56101  
507-831-2223

**Sioux Valley Worthington Clinic (UC)**  
1680 Diagonal Road  
Worthington, MN 56187  
507-372-3800

**Mt. Lake Medical Clinic (UC)**  
308 North 8<sup>th</sup> St.  
Mt. Lake, MN 56159  
507-427-3332

**Westbrook Clinic (UC)**  
920 Bell Ave.  
Westbrook, MN 56183  
507-274-6121

**Jackson Medical Center**  
1430 North Highway  
Jackson, MN 56143  
507-847-2200

**Springfield Medical Center**  
602 N. Jackson  
Springfield, MN 56087  
507-723-6201

**Minnesota Care** (state funded health care program for people who live in Minnesota and do not have health insurance):

**Contact:**

- **Cottonwood County Family Service Agency**  
Call: 507-831-1891
- **Jackson County Human Services**  
Call: 507-847-4000

### ***Food Shelves/Food Supplement Programs***

**Sharing Center** - Corner of 3<sup>rd</sup> Ave. and 10<sup>th</sup> St. (next to the Travel Agency) Windom

**Hours:** Tuesday & Wednesday 10 a.m. to 1 p.m.

**Mt. Lake Community Food Shelf** - in Community Center  
At the corner of 10<sup>th</sup> St. and 2<sup>nd</sup> Ave., Mt. Lake

**Hours:** Monday and Thursday, 4 to 6 p.m.

**PROOF OF MT. LAKE SCHOOL DISTRICT RESIDENCY REQUIRED**

**WIC** (Women, Infants and Children) is a food supplement program for low income eligible pregnant women and/or children up to age 5 years. Contact WIC at:

**Cottonwood-Jackson Community Health Services**

Windom: 1-800-247-1401

Jackson: 1-800-622-5207

**MAC** (Mothers and Children)-

- For income eligible families with children up to age 6 years and/or pregnant women up to 1 year postpartum.
- **Cannot be on WIC at the same time**
- Monthly distribution (1<sup>st</sup> Monday of the month - 12:30 to 1:30 p.m.) at:

**The American Lutheran Church of Windom**  
10<sup>th</sup> and Miller Ave.

**Call: 1-800-365-0270**

**Free & Reduced Breakfast and Lunches call:**  
Contact your child's school (see page 3).

## ***Clothing/Housing***

### **Western Community Action-**

- **Storden Clothing Center**, Storden School
- **Open:** 9:30 a.m. to 3:30 p.m. Thursday & Friday  
9 a.m. to Noon Saturdays
- **Call:** 1-800-658-2480

### **Care & Share Thrift Shop**

- 208 N. 10<sup>th</sup> St., Mountain Lake
- **Open** 9 a.m. to 5 p.m. Monday through Saturday

### **The Connection**

- 948 4<sup>th</sup> Ave., Windom
- **Open:** 9 a.m. to 5 p.m. Monday through Friday

### **Elizabeth House**

- 915 North 9<sup>th</sup> Street, Mountain Lake
- "Baby Boutique" - New and gently used baby clothes (birth through size 2), furniture and other items
- **Open:** 1 p.m. to 5 p.m. Tuesdays and 9 a.m. to noon on Saturdays.

## ***Employment Services***

### **MDES (MN Department of Economic Security)**

<http://www.deed.state.mn.us/>

**Call:** 1-800-657-8372

### **Minnesota Work Force Center - Worthington**

318 9<sup>th</sup> Street

Worthington, MN 56187

**Call:** 507-376-3116

**Call** 888-GET-JOBS (438-5627)

**Hours:** 8 a.m. to 4:30 p.m. Monday through Friday

### **Cottonwood County Family Service Agency**

**Call:** 507-831-1891

## ***Libraries***

<b><i>Call your local library for days and hours they are open.</i></b>		
Mountain Lake Public Library	1504 4 <sup>th</sup> Ave.	507-427-2506
Windom Public Library	904 4 <sup>th</sup> Ave.	507-831-6131
Westbrook Public Library	556 1 <sup>st</sup> Ave.	507-274-6174

## ***Prenatal/Childbirth Classes***

### **Windom Area Hospital**

(Call for schedule - no charge for U-Care members)

**Call:** 507-831-2400

From Mt. Lake call toll-free: 427-2700

### **Worthington Regional Hospital**

**Call:** 507-372-2941

### **Cottonwood-Jackson Community Health Services**

(Through a free home visit program)

Windom: 1-800-247-1401

Jackson: 1-800-622-5207

## ***Pregnancy & Parenting Education/Support***

### **Elizabeth House**

For information call Toll-free 1-888-808-3757

**Pregnancy Care Center** 315 North 9<sup>th</sup> Street, Mt. Lake

- **Free pregnancy testing**
- "Baby Boutique" - New and gently used baby clothes, furniture and items
- **Open:** 1 p.m. to 5 p.m. Tuesdays and 9 a.m. to noon on Saturdays.

### **Cottonwood-Jackson Community Health Services**

(Through a free home visit program)

Windom: 1-800-247-1401

Jackson: 1-800-622-5207

## ***Child Care***

For general information:

**Child Care Resource and Referral: 1-800-658-2444**

For a list of licensed family day care centers of information about financial assistance for child care:

Cottonwood County Family Service Agency

Call: 1-507-831-1891

Jackson County Human Service

Call: 1-507-847-4000

## ***Car Seat Program***

*(Eligible last trimester of pregnancy and anytime after delivery)*

For U-Care and all low-income families, call:  
**Cottonwood-Jackson Community Health Services**  
Call: 1-800-247-1401

For Blue Plus Recipients call:  
1-866-489-6948

## ***Family Planning***

Family Planning  
1106 3<sup>rd</sup> Ave.  
Worthington, MN 56187  
507-376-4195

## ***STD Testing***

*(Including HIV testing)*

**One-To-One Clinic**  
1008 S. Front St.; Mankato, MN  
507-388-9950  
Hours: Monday & Thursday 6 to 9 p.m.

## ***Housing/Energy Assistance***

*Emergency Housing, weatherization, fuel assistance, and energy related repairs:*

**Western Community Action**

**Marshall - Call: 800-658-2480**

**Salvation Army**

*(Emergency Housing/Food Assistance)*

Local Contact: Family Service Agency

507-831-1891

## ***Self-Sufficiency Programs***

**Western Community Action**

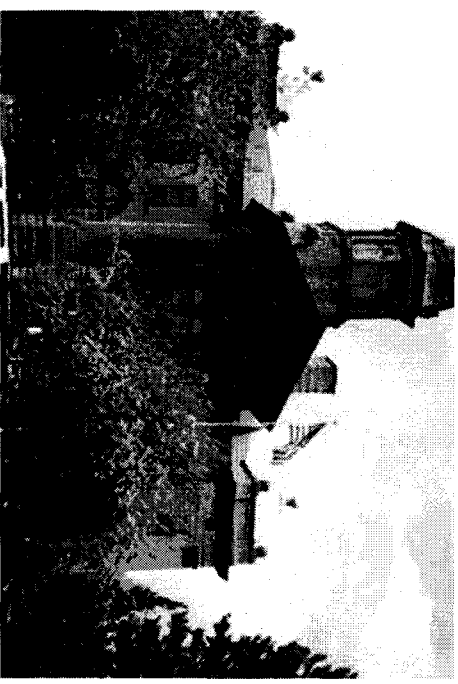
Call: 1-800-658-2480

- Family Resource Programs
- Housing Stabilization
- Rental Assistance
- "Big Buddies" Program
- Circle of Support

**Elizabeth House Life Skills Classes Call: 1-888-808-3757**

- **Free - Weekly classes** (in specific modules) that cover parenting, budget/money management, employment information, family nutrition, child growth and development, women's health care issues, domestic abuse/violence, self-defense for women, etc.
- Sit-down supper together with other families
- Childcare provided during classes

**Resources  
For  
Families  
Living in**



**Cottonwood  
County**

## ***Dentists***

(UC = takes UCare MN)

**Gary Nelson, DDS**  
1020 Fourth Ave.  
Windom, MN 56101  
507-831-3717

**James Miller, DDS and  
Bruce Turner, DDS (UC)**  
820 Second Ave.  
Windom, MN 56101  
507-831-5688

**Greg Peterson, DDS (UC)**  
800 5<sup>th</sup> Ave.  
Windom, MN 56101  
507-831-2538

**Jim Klaassen, DDS (UC)**  
1450 North Hwy 60 and 71  
Windom, MN 56101  
507-831-1020

**D J Dill, DDS**  
732 6<sup>th</sup> Street  
Westbrook, MN 56183  
507-274-5945

Pediatric Dentists  
Dorthe Hartmann  
James Walton  
Pediatric & Adolescent Dentistry, Ltd.  
212 Star Street  
Mankato, MN 56001  
507-387-4078  
Email: [dentist@prairie.lakes.com](mailto:dentist@prairie.lakes.com)  
Dorthe Hartmann takes Medical Assistance

## ***Early Childhood Family Education***

Mountain Lake: 507-427-3159  
Windom: 507-831-6940  
Jeffers: 507-752-7361

## ***Community Education***

Mountain Lake: 507-427-2325  
Windom: 507-831-6915  
Jeffers/Storden: 507-  
Westbrook: 507-274-5450

## ***ABE/GED/ELL Information***

For more information, contact the office of your local school district (see page 3).

## ***Youth Enrichment***

Cottonwood County Extension Office  
235 9<sup>th</sup> Street  
Windom, MN 56101  
507-831-4022 or 800-967-1763  
\* Nutrition Education  
\* 4-H Program

## ***Legal Assistance***

(Free legal assistance for financially eligible low-income individuals with legal programs related to housing, public benefits, family, debts, etc.)

**Southern Minnesota Regional Legal Services, Inc.**  
Call: 1-800-233-0023

## ***Chemical Dependency/Addiction Counseling***

- **Rainbow Behavioral Clinic**  
305 9<sup>th</sup> Street  
Windom, MN 56101  
Phone: 507-831-4699
- **Alcoholic and Drug Helpline**  
1-800-821-4357
- **Alcohol & Drug Abuse Crisis Line(Available 24/7)**  
1-800-234-0420
- **Narcotics Anonymous**  
1-800-763-9000

Resource Booklet Compiled by Members of the Cottonwood  
County Youth Task Force.

Printing costs supplemented by Cottonwood County Collaborative

Please contact the Cottonwood County Youth Task Force if there  
are changes that need to be made. (P.O. Box 278; Windom, MN  
56101)

## ***Mental Health Services***

**Southwestern Mental Health Center (\*Takes M.A.)**  
Industrial Park  
Windom, MN 56101  
Phone: 507-831-2090

**Rainbow Behavioral Clinic**  
305 9<sup>th</sup> Street  
Windom, MN 56101  
Phone: 507-831-4699

**Stronghold Counseling Services, Inc.**  
Myra Heckenlaible-Gotto, ED.D.  
1405 N. Highway 60  
Windom, MN 56101  
1-800-802-0003