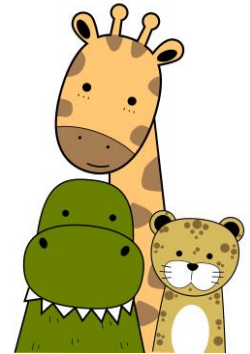




PUBLIC HEALTH

320 Third Street NW • Faribault, MN 55021
 (507) 332-6111 • Fax (507) 332-5932
www.co.rice.mn.us

**Revised
June 2021**



Family Resource List for Families with Young Children

(Lista De Recursos Familiares Para Familias Del Condado Rice Con Niños Pequeños)

Activities and Classes for Families / Actividades y Clases Para Familias

Buckham Memorial Library – Faribault https://www.ci.faribault.mn.us/248/Library	(507) 334-2089
Community Education/Recreation - Northfield https://northfieldschools.org/communityeducation/	(507) 664-3550
Early Childhood Family Education	
■ Faribault	(507) 333-6460
■ Montgomery / Lonsdale	(507) 364-8116
■ Morristown	(507) 362-4403
■ Northfield	(507) 664-3750
Head Start (0-5 Years) – Faribault	(800) 277-8418
Head Start (0-5 Years) – Northfield	(800) 277-8418
Learning Readiness Program (pre-kindergarten) - Morristown	(507) 362-4403
Learning Readiness (McKinley Preschool) - Faribault	(507) 333-6460
Learning Readiness – Northfield	(507) 664-3750
MN Children’s Museum http://mcm.org/give-to-mcm/corporate-foundation-giving/play-for-all-program	(651) 225-6000
MN History Center: Discount with WIC folder and ID http://www.minnesotahistorycenter.org/events-programs/limited-income-program	(651) 259-3000
MN Science Museum: Discount with WIC folder and ID http://www.smm.org/tickets/limited-income-discounts	(651) 221-9444
MN Zoo: Discount with WIC folder and ID http://mnzoo.org/us/freetoexplore	(952) 431-9200
Northfield Public Library https://guides.mynpl.org/home	(507) 645-6606
Tri Valley Opportunity Council (Elysian Area Learning Center)	(507) 267-4373

Car Seat Information / Información De Silla De Seguridad Para El Carro

AAA- http://exchange.aaa.com/safety/child-safety/safety-seat-guide/	
Car Seat Safety Programs	
■ Faribault ECFE	(507) 333-6835
■ Rice County Public Health http://www.co.rice.mn.us/278/Family-Child-Health-Services	(507) 332-6111 (507) 332-5940 (For Spanish speaking)
Car Seat Safety Website: www.carseatsmadesimple.org or https://www.safekids.org/ultimate-car-seat-guide/	

Chemical Dependency / Dependencia Química	
Alcoholics Anonymous	
Minneapolis Intergroup Contact	(952) 922-0880
Meeting Locator: www.aaminnesota.org/mmeetingsonsearch.php	
Fountain Center: www.fountaincenters.org	(507) 334-6413
Omada Behavior Health Services	
■ Northfield	(507) 664-9407
Child Development / Desarrollo Infantil	
Early Childhood Family Education	
■ Faribault	(507) 333-6460
■ Montgomery/Lonsdale	(507) 364-8116
■ Morristown (WEM schools)	(507) 362-4403
■ Northfield	(507) 664-3754
Early Childhood Special Education (for Ages 3 to Kindergarten)	
■ Faribault	(507) 333-6455
■ Pre-School for the Deaf and Hard of Hearing	(507) 384-6600
■ Lonsdale/Montgomery (Tri-City United Schools)	(507) 364-8116
■ Northfield	(507) 645-1243
■ Morristown (WEM Schools)	(507) 362-4439
Early Childhood Screening (preschool screening-3-1/2 to 5 year olds)	
■ Faribault	(507) 333-6460
■ Kenyon	(507) 824-2211
■ Medford	(507) 451-5250
■ Montgomery-Lonsdale	(507) 364-8119
■ Morristown	(507) 362-4439
■ Northfield	(507) 645-1200
Early Intervention Services (for Birth up to age 5) "Help Me Grow"	
■ Faribault	(507) 333-6804
■ Morristown	(507) 835-2246
■ Lonsdale/Montgomery (Tri-City United Schools)	(866) 693-4769
■ Northfield	(507) 333-6804
Head Start (Birth-3yrs. Home visiting/3-5 year Preschool)	
■ Faribault	(800) 277-8418 Ext. 156
■ Northfield	(800) 277-8418 Ext. 156
Rice County Public Health Nursing Service	(507) 332-6111/645-9576
■ Infant follow Along Program https://cfhp.health.state.mn.us/fap/	744-5185/TDD 332-6248
Websites: www.helpmeconnectmn.org www.helpmegrowmn.org www.parentaware.org https://www.cdc.gov/ncbddd/actearly/milestones-app.html	
Child Protection / Protección Infantil	
Faribault Police	(507) 334-4305
Morristown Police	(507) 685-4190
Northfield Police	(507) 645-4475
Rice County Social Services	(507) 332-6115 / 645-4723 / 744-5185 TDD 332-6248
Childbirth & Breastfeeding Education /Educación Sobre El Parto y La Lactancia Materna	
Baby Stop (for families with infants 0-8 weeks) - Faribault	(507) 333-6460
Baby Talk (for families with infants 0-12 weeks)- Northfield	(507) 664-3750

District One Hospital's Lactation Consultant	(507) 497-3740
District One Hospital Women's Health Unit	(507) 497-3743
LaLeche League International www.llli.org	1-800-525-3243
Northfield Childbirth Education Northfield Hospital Childbirth education	(507) 646-1534
Northfield Hospital (Birth Center)	(507) 646-1205
Somali Prenatal Program	(507)333-6460
Starting Together Childbirth Education Class District One Hospital	(507) 333-5518
Text4baby: An educational program of the National Healthy Mothers, Healthy Babies Coalition. Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year. Registration is easy and can be done from your cell phone.	Simply text the word BABY (or BEBE for Spanish) to 511411. You will be asked to enter your baby's birth date & your zip code.
WIC (Women, Infants, Children) - Breastfeeding Education http://www.co.rice.mn.us/281/Women-Infants-Children-WIC	(507) 332-5906/ 645-9576/ 744-5185 / TDD 332-6248
Community Services / Servicios De La Comunidad	
American Red Cross (Disaster assistance, military assistance) https://www.redcross.org/local/mn-nd-sd/about-us/locations/southeast-minnesota.html	(507) 334-8471
Big Brothers/Big Sisters Program (youth mentor program) http://www.bbbsouthernmn.org/	(507) 334-0258
Community Education - Montgomery / Lonsdale / LeCenter https://www.tcu2905.us/page/4231	(507) 364-8107
Exchange Club Center for Family Unity (Volunteer Parent Aide Program) https://centerforfamilyunitymn.org/	(507) 455-1190
Faribault Community Center (sports, activities, etc). https://www.ci.faribault.mn.us/217/Community-Center	(507) 334-2064
Faribault Education Center (Adult diploma, English courses, and GED) https://fec.faribault.k12.mn.us/	(507) 333-6472
Hope Center (Relationship Violence/Support) http://hopecentermn.org/	(507) 332-0882
Housing (HRA – Section 8) https://www.co.rice.mn.us/327/Housing	(507) 333-3787
LINK SERVICES-Northfield Area Resources: Info and Referral Service https://guides.mynpl.org/c.php?g=922088&p=7437482	(507)645-6606
Northfield Community Action and Resource Center https://communityactioncenter.org/	(507) 664-3550
Northfield Community Education https://northfieldschools.org/communityeducation/	(507) 664-3649
Northfield Healthy Community Initiative https://northfieldhci.org	
Rice County Family Recovery Support Program- support for parents in recovery https://www.ricecountycmhc.org/family-recovery-support-program/	507-403-8260
Rice County Social Services CASE MANAGEMENT FINANCIAL ASSISTANCE MENTAL HEALTH SERVICES (CHILDREN & ADULTS) RESPIRE CARE CHILD CARE ASSISTANCE https://www.co.rice.mn.us/340/Social-Services	(507) 332-6115 / 645-4723 / 744-5185 / TDD 332-6248 24 Hour Emergency Number: 1-800-422-1286
Ruth's House (Transitional housing) https://ruthshousemn.org/	(507) 332-2236
Salvation Army Faribault (hunger relief, veteran programs, rehab, etc)	(507) 333-1337
St. Vincent DePaul (food, assistance, clothing, etc) Mon, Wed, Fri https://www.divinemeracy.cc/st-vincent-depaul	(507) 334-2100
Three Rivers Community Action Center Advocacy for Adults/Caregivers Three River CAP BUDGET COUNSELING/HOMELESS PREVENTION ENERGY ASSISTANCE HEAD START INFORMATION AND REFERRAL	(800) 277-8418 Main Switchboard (507)316-0610 General Faxes 507-933-4481 Hiawathaland Transportation Faxes (507) 534-9275

LOW INCOME WEATHERIZATION https://www.threeriverscap.org/	Energy Assistance Program Faxes (507) 258-5501
United Way telephone referral service: 8:30-5:00 p.m. (Finances, health, education) https://www.ricecountyunitedway.org/	(507) 334-0660
USDA Rural Development (housing assistance) www.rurdev.usda.gov/mn	2-1-1 or 1-800-543-7709
Work Force Center – Faribault (career training, work support) https://www.careerforcemn.com/faribault	(507) 333-2088
Youth Connect- Faribault faribaultyouthinvestment.org/youthconnect	
Health Concerns & Immunizations / Preocupaciones De Salud y Vacunas	
Allina Medical Clinic Faribault	(507) 334-3921
Allina Medical Clinic Northfield	(507) 663-9000
Bridge to Benefits http://mn.bridgetobenefits.org/Home2 - online screening tool for families to find out if they are eligible for seven public programs, including health insurance	
Mayo Health System - Faribault	(507) 333-3300
Child and Teen Check-Up (M.A. Program) Birth-21	(507) 332-6111
Family Health Medical Clinic of Lonsdale	(507) 744-3245
Family Health Medical Clinic of Northfield	(507) 646-1494
Family Voices of MN- Parent to Parent Networking (Parents of children with special health care needs that have physical, mental or emotional disabilities, or may have a chronic or life threatening medical condition.) connected@familyvoicesmn.org	866-334-8444
HealthFinders (health and dental care for uninsured)	Faribault (507) 323-8100 Northfield (507) 646-8964
MCSHN (Minnesota Children with Special Health Needs)	1-800-728-5420
MinnesotaCare - health insurance for low income families	1-800-657-3672
Minnesota Family Planning Program www.dhs.state.mn.us/familyplanning	For an application call: 1-888-702-9968
Minnesota Hands and Voices www.mnhandsandvoices.org – support services for families with children who are deaf/HOH	1-866-346-4543
Minnesota's Tobacco Phone Counseling Program Quit Plan (smoking cessation)	1-888-354-7526
MNsure Information www.mnsure.org (Northfield Action Center 507-664-3550, Three River Community Action Center 800-277-8418, Health Finders 507-330-4031 or 507-646-8964	
Northfield Urgent Care – Northfield (No Appointment Needed)	(507) 664-9999
Parent To Parent Program (Parents of children with special health care needs that have physical, mental or emotional disabilities, or may have a chronic or life threatening medical condition.) http://www.pacer.org/parent/	
Poison Control Center	1-800-222-1222
Portico Healthnet Free help to determine health coverage eligibility and assistance with health care program application and submission.	1-866-489-4899
Rice County Public Health Nursing Service	(507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248
Southern Heights Dental Clinic www.southernheightsdental.com	(507) 334-6433
Women's Health Center of Northfield Hospital	(507) 646-1478
Helpline Numbers for Crisis Intervention / Números De Ayuda Para Intervención En Crisis	
CRISIS Text Line	Text MN to 741741
Hope Center 24-Hour Safeline (Relationship Violence)	Toll Free: 1-800-607-2330 Business: (507) 332-0882

National Suicide Prevention Lifeline	1-800-273-TALK
Pregnancy Postpartum Support MN Helpline	Call or Text (612)787-PPSM Email: ppsmhelpline@gmail.com
Rice County Social Services 24-Hour Crisis Line	1-800-422-1286
South Central Mobile Crisis Team -If you or a loved one is experiencing a mental health crisis, available 24 hours/day 7 days/week	(877) 399-3040
Homeless Coordinated Access Sites / Sitios De Acceso Coordinado Para Personas Sin Hogar	
Individuals and Families with Children- Three Rivers Community Action Community Action Center of Northfield	Switchboard (507) 316-0610 1-800-277-8418 (507) 664-3550
Women and Families with children- Ruth's House of Hope	(507) 332-2236
Victims of Domestic and Sexual Violence- Hope Center 24-Hour SafeLine	800-607-2330
Unaccompanied Youth (24 years old or younger)- Lutheran Social Service	(507) 316-8273
Military Veterans- Minnesota Assistance Council for Veterans	(507) 345-8258
Legal Aid / Asistencia Legal	
LawHelpMN- www.lawhelpmn.org	
SMRLS Southern Minnesota Regional Legal Service / Servicios Regionales Legales www.smrls.org	
Licensed Family Daycare /Guardería Familiar Con Licencia	
Child Care Aware of MN www.childcareawaremn.org	1-888-291-9811
Rice County Social Services (List of licensed day care providers in Rice County/ Lista autorizada que facilitan Guardería en el condado Rice)	(507) 332-6115 / 645-4723 / 744-5185 / TDD 332-6248
Nursery Schools and Daycare Centers / Guarderías de Escuela y Centros de Guarderías	
Faribault	
A Child's Delight Too (Childcare and Nursery School)	(507) 332-2264
Divine Mercy Catholic Schools Preschool	(507) 334-7706
Faribault Childcare Center	(507) 332-2571
McKinley Preschool	(507) 333-6460
Peace Lutheran Nursery School	(507) 334-5999
Town Square Head Start	(507) 333-6450
Northfield http://northfielddearlychildhood.org/preschool-and-licensed-early-childhood-centers/	
Anna's Bananas Daycare & Preschool	(507) 645-5050
Early Ventures Learning Center	(507) 645-1216
Hand in Hand Preschool	(507) 645-1232
Montessori Children's House	(507) 645-2445
Northfield Head Start & Infant/Toddler Center	(507) 664-3783
Northfield Daycare Center	(507) 645-8400
Northfield Montessori	(507) 663-1279
Northfield Nursery School	(507) 645-4607
Open Door Preschool	(507) 645-8532
St. Dominic School	(507) 645-8136
Three Rivers Head Start Preschool	(800) 277-8418 Ext. 156
Lonsdale	

Lonsdale Christian Learning Center Preschool	(612)269-2346
Webster	
Holy Cross Catholic Preschool	(952)652-6100
Nutrition / Nutrición	
Community Café fellowship meal, 101 NW 6 th Street, Faribault (Every Tuesday Evening 5-6:30pm). All ages, no charge	
Fare for All Express (Groceries at discount prices. Call for details) https://fareforall.org/	1-800-582-4291/1-763-450-3880
Lonsdale 130 Delaware Street SE	(507) 744-7453
Northfield NCRC 1651 Jefferson Parkway	(507) 664-3585
Full Belly, INC. Guild House 101 6 th Street NW, Faribault. Free hot meal Wed. Fri. Sat. 5-7pm.	(507) 331-3236
Meals on Wheels Three Rivers CAP (Faribault)	(800) 277-8418
NAPS (Nutrition Assistance Program for Seniors) <i>Northfield residents: Call NCRC at (507) 664-3550</i>	(507) 424-1704 or 877-500-8699
Rice County Extension Service – Health and Nutrition Program	(507) 332-6109
SNAP Benefits-Rice County Social Services	(507) 332-6115
St. Vincent de Paul 617 3 rd Ave. NW, Faribault (M, W, F)	(507) 334-2100
Thursdays Table-Northfield	(507) 664-3550
WIC (Women, Infants, Children / Mujeres, Infantes Niños) http://www.co.rice.mn.us/281/Women-Infants-Children-WIC	(507) 332-5906/645-9576/ 744-5185 / TDD 332-6248
Parenting Education / Educación Para Padres	
Early Childhood Family Education	
■ Faribault	(507) 333-6460
■ Montgomery / Lonsdale	(507) 364-8116
■ Morristown	(507) 362-4403
■ Northfield	(507) 664-3754
Parents Forever Online Courses For parents in separation/divorce. http://www.extension.umn.edu/family/parents-forever/	
Rice County Family Home Visiting Programs Healthy Families Southeast Minnesota (An in-home service through the Public Health Nursing Service)	(507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248
Parent Child + Visits 2x/week for families with children 18m to 2.5 years old	(507) 291-2822
Text4baby: An educational program of the National Healthy Mothers, Healthy Babies Coalition. Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year. Registration is easy and can be done from your cell phone.	Simply text the word BABY (or BEBE for Spanish) to 511411. You will be asked to enter your baby's birth date and your zip code.
Reproductive Health / Salud Reproductiva	
MN Family Planning & STD Hotline	1-800-783-2287
MN Family Planning Program www.dhs.state.mn.us/familyplanning	For an application call: 1-888-702-9968
Northfield Women's Center www.northfieldwomenscenter.org	(507) 645-7638
Planned Parenthood of Apple Valley	(952) 890-0940
Pregnancy Options LifeCare Center – Faribault Helpline https://www.pregnancyoptionsfbo.org/	(507) 332-7644
Rice County Public Health Nursing Service's Family Planning Program	(507) 332-6111 / 645-9576 / 744-5185 / TDD 332-6248 Español: (507) 332-5940
Social Services / Servicios Sociales	
Rice County Social Services SERVICES: MEDICAL ASSISTANCE, AFDC, FOOD STAMPS, CHILD SUPPORT,	(507) 332-6115 / 645-4723 / 744-5185

CHILD PROTECTION, DAY CARE, ADOPTION SERVICES, FOSTER CARE, AND COUNSELING	
Social Services Northfield Satellite Office	(-507) 645-3090
Support Groups / Grupos de Apoyo	
Al-Anon Family Groups- Strength and hope for friends and families of problem drinkers http://al-anon.org	1-888-4AL-ANON
Hope Center (Offers support groups for survivors of domestic violence and sexual violence, both for adults and youth, also open to friends and family members of victims) http://hopecentermn.org/	Toll Free: 1-800 -607-2330 Office: (507) 332-0882
IRIS (Infants Remembered in Silence) – Support related to death of a child in early pregnancy or early childhood death http://www.irisremembers.com/	(507) 334-4748
MOPS (non-denominational support group) for mothers with children age birth through kindergarten at Northfield Evangelical Free Church	(507)663-0133 : Northfield
New Moms Network (6 week support group)-Meets in Northfield	(507) 645-5687
Teen & Young Parents Classes - sponsored by ECFE and Rice County Public Health (meets Wednesday from 3:15 to 4:30 pm at the McKinley Early Childhood Center)	Cahrene: (507) 333-6835 or Sue: (507) 332-5916
Used Clothing / Ropa Usada Used Furniture & Household Items / Muebles Usados y Cosas Para el Hogar	
All Seasons –Thrift Store	(507) 334-5072
Faribault Senior Center Clothes Closet	(507) 334-9242
Goodwill	(507) 334-2893
Jan's Thrift Shop	(507) 334-7480
Mother Goose of Northfield	(507) 649-0745
Northfield Community Action Center Clothes Closet	(507) 645-1389
St. Vincent DePaul (M, W, F)	(507) 334-2100
Used a Bit Shoppe – Riverpark Mall	(507) 645-1399

Clerical Shared/MCH FCH

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This list may not represent all resources available in Rice County.
Please contact Lyndsey Reece @ Rice County Public Health Nursing Services, Tel. (507) 332-6111 or
lreece@co.rice.mn.us with any additions/corrections/changes to this listing. *Thank You!*