



WASECA COUNTY PUBLIC HEALTH SERVICES

Public Health
Prevent. Promote. Protect.

Resources for Waseca County

EMERGENCY NUMBERS		
Police, Fire Ambulance		911
Sheriff Dispatch		1-507-835-0500
Poison Control		1-800-222-1222
Suicide Prevention	24 hour Crisis Line	South Central Crisis Center 1-800-865-0606
CADA (Committee Against Domestic Abuse)	Providing safety and support to victims of domestic violence and sexual assault through education, advocacy and shelter	Waseca County CADA 1-507-835-7828 1-800-477-0466 (Crisis)
American Red Cross		Emergency Dispatch Center 844-878-9933
FAMILY HEALTH		
Waseca County Public Health Services	Immunizations, free pregnancy testing, WIC, home visits with a Maternal/Child Health nurse for expectant mothers, new babies and handicapped/chronically ill, Follow Along Program, Child and Teen Checkup outreach and follow-up assistance to families with children ages 0-21 years old to ensure that Medical Assistance and Minnesota Care enrolled children receive comprehensive health care, and Car Seat Program which provides education and installation assistance to the community and families using car seats.	299 Johnson Avenue SW, Suite 160 Waseca, MN 56093 1-507-835-0685 www.co.waseca.mn.us

Healthy Smiles	Dental cleanings and educations for children 0-14 years. Must be covered by MA, SCHA, or UCare.	Waseca County Public Health 299 Johnson Ave SW Waseca, MN 56093 1-507-835-0685
Mayo Clinic Health Systems in Waseca		501 North State Street Waseca, MN 56093 Clinic- 1-507-835-3110 Hospital- 1-507-835-1210 www.mayohealthsystem.org
Mayo Clinic Health Systems in Janesville		312 N. Main St Janesville, MN 56048 507-231-5118 www.mayohealthsystem.org
Mayo Clinic Health Systems in New Richland		318 First Street, SW New Richland, MN 56072 507-465-3216 www.mayohealthsystem.org
Mayo Clinic Health Systems in Albert Lea		404 West Fountain St Albert lea, MN 56007 1-507-373-2384 www.mayohealthsystem.org
Mayo Clinic Health System in Mankato		1025 Marsh St Mankato, MN 56001 1-507-625-4031 www.mayohealthsystem.org
Planned Parenthood	Family planning services, birth control needs, women's annual exams, pregnancy testing and STD testing and treatment, HIV screening, men's sexual and reproductive health, education and counseling. Sliding fee scale.	Mankato Location 310 Belle Avenue Mankato, MN 56001 1-507-387-5581 1-800-230-7526 www.plannedparenthood.org
Catholic Charities	Services offered: 24hr Pregnancy information line, travel to birthparents, financial assistance, free pregnancy counseling, parenting planning and education, adoption planning	577 State Avenue Owatonna, MN 55060 1-507-455-2008 www.ccwinona.org Pregnancy Information Line: 1-800-222-5859

	<p>and placement, options for open adoption, post-adoption support, education and vocational planning.</p> <p>Information/referrals for: Free pregnancy test, medical care, nutritional services, education assistance, employment assistance, child care assistance, housing assistance, legal assistance, parenting educations and support services.</p> <p>Serving all Faiths</p>	
<p>Health Connection- Immanuel St. Joseph's Hospital</p>	<p>Referral services for area physicians, support groups and health classes.</p>	<p>1025 Marsh Street Mankato, MN 56001 1-507-625-4031 1-800-327-3721</p>
<p>Open Door Health Center</p>	<p>Provides financial assistance for various health care services to meet the needs of low income and underserved communities facing language, cultural, and/or financial barriers to health care. Services include: medical, dental, medication, and mental health assistance. Spanish translators are onsite and other interpreters are available when needed. Accepts MA, MN Care, Medicare, UCare, high deductible insurances, and uninsured and offers assistance in applying for MA, MN Care, and other public programs. Call for more information.</p>	<p>309 Holly Lane # 101 Mankato, MN 56001 1-507-388-2120 www.odhc.org</p>
<p>La Leche League of Mankato</p>	<p>Breastfeeding support.</p>	<p>Ines Wingert 507-400-0928 http://llmankatostpeter.weebly.com/</p>

MENTAL HEALTH, ALCOHOL, SUICIDE, AND DRUG COUNSELING

<p>Children & Adult Mental Health Services</p>	<p>Mental Health Intake for adults and children.</p>	<p>Waseca County Human Services 299 Johnson Ave SW Suite 160 Waseca, MN 56093 507-835-0560</p>
<p>South Central Human Relations</p>	<p>Assessments, individual and family therapy, psychiatric evaluations, employee assistance, day treatment program. Sliding fee scale. Appointments must be scheduled in advance. Therapist available in Waseca, Monday, Tuesday, and Thursday. Children's Mental Health case management is also at the office in Waseca.</p>	<p>204 2nd Street NW Waseca, MN 56093 1-507-835-7064</p> <p>610 Florence Avenue Owatonna, MN 55060 1-507-451-2630 1-800-722-0590</p> <p>After-hours emergencies 507-455-8100 www.schrc.com</p>
<p>Medica Members: Mental/Behavioral Health Care</p>	<p>Medica Members can get information and support on a wide range of mental health and wellness issues-from relationships and parenting to stress and depression.</p>	<p>www.liveandworkwell.com 1-800-848-8327</p>
<p>Lutheran Social Services</p>	<p>Individual, couple and family counseling. Tuesday 8:00am-8:00pm, Wednesday 8:00am-11:00am, and Friday 8:00am-12:00 noon. Last appointments are taken one hour prior to closing. Alternate appointment times are available in Mankato.</p>	<p>St. John's Lutheran Church 401 3rd Avenue NE Waseca, MN 56093 1-507-835-4301</p> <p>Lutheran Social Services of Mankato 710 South 2nd Street Mankato, MN 56001 1-507-625-7660</p> <p>www.lssmn.org</p>
<p>Mental Health Professionals, Inc.</p>	<p>Psychotherapy and assessment services for children, adolescents and adults. Waseca satellite office.</p>	<p>1880 Austin Road, #2 Owatonna, MN 55060 1-507-446-8123 www.mentalhealthprofessionalsinc.com</p>

<p>Mayo Clinic Health Systems in Waseca</p>	<p>Provides evaluations, assessments, diagnosis, and outpatient care for children and adults with behavioral health concerns.</p>	<p>501 North State Street Waseca, MN 56093 Clinic- 1-507-835-3110 Hospital- 1-507-835-1210 www.mayohealthsystem.org</p>
<p>Waseca County Court Services</p>	<p>Chemical dependency assessments, counseling referrals, probation for youth and adults.</p>	<p>307 N. State Street Waseca, MN 56093 1-507-835-0550</p>
<p>Fountain Center</p>	<p>Residential and outpatient chemical dependency treatment and intervention services for adults and adolescents. After care, Hispanic inpatient program, inpatient/outpatient, adult/adolescents in Albert Lea. Outpatient services in both Rochester and Fairmont also. Adult outpatient services available in Waseca.</p>	<p>505 S. State Street Waseca, MN 56093 1-507-835-4342 408 W. Fountain Street Albert Lea, MN 56007 1-507-377-6411 1-800-533-1616 Mayo Clinic Health System 1400 Madison Ave. Suite 324A Mankato, MN 55001 1-507-625-3372 Fountain Center of Owatonna 134 Southview St. Owatonna, MN 55060 1-507-451-0511 www.almedcenter.org</p>
<p>Fernbrook Family Center</p>	<p>Offers skills training and therapy for adults, children, parents, and/or families with mental health concerns within the environment that the concerns occur. A mental health diagnosis is usually required. Provides diagnostic assessments if needed. Offers Adult Rehabilitative Mental Health Services (ARMHS) for adults with mental health concerns and Children's Therapeutic Services and Supports (CTSS) for children with mental health concerns.</p>	<p>Owatonna Office 631 N Cedar Ave Owatonna, MN 55060 1-507-446-0431 Waseca Office 111 N State St Waseca, MN 56093 1-507-201-2568 www.fernbrook.org</p>

<p>Alcoholics Anonymous</p>	<p>Alcoholics of all ages are welcome. The only requirement for membership is the personal desire to quit drinking/drugs. For meeting locations, dates, and times call the places above or AA St. Paul Intergroup 1-651-227-5502.</p>	<p>West Hills Lodge, Inc. 545 Florence Avenue Owatonna, MN 55060 1-507-451-1172</p> <p>South Central Human Relations 610 Florence Avenue Owatonna, MN 55060 1-507-444-2250</p> <p>Waseca 1-507-234-5842</p> <p>www.alcoholicsanonymous.com</p>
<p>Catholic Charities</p>	<p>Individual, chemical abuse, individual, couple, and family counseling. Sliding fee scale.</p>	<p>577 State Avenue Owatonna, MN 55060 1-507-455-2008</p> <p>101 2nd St. North Suite 106 Mankato, MN 56001 1-507-387-5586</p> <p>www.ccwinona.org</p>
<p>Family Focus</p>	<p>Evaluations, outpatient treatment and aftercare, chemical dependency and co-dependency awareness classes available. Chemical dependency assessments for anyone and treatment services for adults 18 and older.</p>	<p>Chemical Dependency Services 634 W. Bridge Street Owatonna, MN 55060 1-507-451-0511</p>
<p>Associates in Psychiatry and Psychology</p>	<p>Provides psychiatric and psychology services including: individual, couples, and family therapy, psychological assessments and testing, chemical dependence treatment and evaluation, and medical evaluation and monitoring. No emergency or crisis appointments available.</p>	<p>120 Landmark Dr. NE Suite 1 Owatonna, MN 55060 1-507-455-0992</p> <p>1961 Cardinal Lane, Suite B Faribault, MN 55021 1-507-333-5044</p> <p>www.appmn.com</p>

<p>Bluestem Center</p>	<p>Provides family-centered assessments and treatment for children, adolescents, and adults. Diagnose and treat learning and behavior disorders. Offer individual, couple and family therapy along with medication treatment as needed. Rochester office makes appointments for the Owatonna clinic.</p>	<p>110 N. Cedar Avenue Owatonna, MN 55060 1-800-282-1009</p> <p>124 Elton Hills Lane NW Rochester, MN 55901 1-507-282-1009 1-888-283-1009 www.bluestemcenter.com</p>
<p>Owatonna Hospital Mental Health Unit</p>	<p>Provides inpatient care to adults and adolescents. Referral by a therapist, pastor, physician, or local hospital emergency room is required for admission.</p>	<p>2250 26th St. NW Owatonna, MN 55060 1-507-977-2022 www.owatonnahospital.com</p>
<p>Adult, Child and Family Services</p>	<p>Offers comprehensive mental health services to Mankato and the surrounding areas such as (but not limited to): mental health evaluations, individual and group therapy, and home based skills training.</p>	<p>103 N. Broad Street Mankato, MN 56001 1-507-387-3777 www.acfs-mankato.org</p>
<p>Philip Psychological Clinic</p>		<p>526 S. 2nd St. Suite 3 Mankato, MN 56001 1-507-345-5049</p>
<p>Counseling Services of Southern Minnesota</p>	<p>Specialize in these areas of mental health challenges: Adult Depression and Anxiety. Asperger's Syndrome. ADD, ADHD. General Psychological Assessments. Geriatric Population. Health and Behaviors Assessment for Bariatric Surgery. Learning Disability Assessments, Neuropsychological Screenings. Oppositional Defiant and Conduct Disorders. Personality Disorders.</p>	<p>116 S 3rd St St. Peter, MN 56082 1-507-931-8040</p>

<p>Mankato Clinic Psychiatric and Psychology Department</p>	<p>Evaluate, diagnose, treat and prevent illnesses that interfere with emotional and behavioral health. Also provides services for consultations and medication management. Services for children, adolescents, and adults available.</p>	<p>209 S. 2nd St, Suite 306 Mankato, MN 56001 1-507-387-1350 www.mankatoclinic.com/psychiatry-and-psychology</p>
<p>Riverview Clinic</p>	<p>Child and adolescent adjustment problems, learning disabilities, marital and family relationship problems and psychiatric conditions.</p>	<p>600 Reed Street, Suite 115 Mankato, MN 56001 1-507-625-4060 http://riverviewclinic.com</p>
<p>Suicide Prevention</p>	<p>24 hour Crisis Line</p>	<p>South Central Crisis Center 1-800-865-0606</p>
<p>Compassionate Counseling Services</p>	<p>Treatments specialties: Marriage support and counseling, Family counseling, Parenting support, Grief Counseling, Work and Career issues, Stress Management, Addiction & Recovery, Conflict Resolution, Play Therapy, Geriatric Counseling, Blended Family Counseling.</p>	<p>505 S State St. Suite 4 Waseca, MN 56093 1-507-310-1321</p>
<p>New Directions Counseling Center</p>	<p>Services include: Adoption, Attention Deficit, Blended Family, Child Sexual Abuse, Depression, Family/Marriage, Grief & Loss, Parenting Issues, Play & Art Therapy, School Problems, Stress, Trauma</p>	<p>303 1st Ave NE Faribault, MN 55021 1-507-332-8082</p>
<p>Associated Psychological Services</p>	<p>Services Includes: Psychological and Behavioral Evaluations, Marriage and Family, neuropsychological Assessments, ADHD Evaluations, Parenting, Sex Offender Evaluation and treatment, Chemical Dependency Evaluation and treatment,</p>	<p>113 E Hickory St Mankato, MN 56001 1-507-388-8114</p>

	Depression, Anxiety & other Psychological Disorders, Anger Management, Bariatric evaluations.	
PUBLIC SCHOOL DISTRICTS WITHIN WASECA COUNTY		
Waseca Area Alternative School at Waseca High School	High School Diploma (serving Waterville, Elysian, Morristown (WEM) and districts below)	1-507-835-5470 501 East Elm Ave. Waseca, MN 56093 1-507-835-5588
Janesville, Waldorf, Pemberton (JWP) District #2835		110 E 3 rd St Janesville, MN 56048 1-507-234-5181 www.jwp.k12.mn.us
New Richland, Hartland, Ellendale, Geneva (NRHEG) District #2168		Elementary School 1-507-684-3181 Secondary School 1-507-465-3205 www.nrheg.k12.mn.us
Waseca Public Schools #829		1-507-835-5470 www.waseca.k12.mn.us
Team Academy Charter School		1-507-833-8326 www.team.k12.mn.us
AREA PRESCHOOLS		
Sacred Heart Children's House Montessori	Preschool for children ages 3 – Kindergarten, non-denominational. Promotes independent self-discipline and a sense of self-responsibility in a multiple age classroom. Fee based.	400 2nd Ave. NW Waseca, MN 56093 1-507-835-1044 www.sacredheartwaseca.org
Hansel and Gretel Preschool, Inc.	Preschool for children ages 3, 4, and 5 years old. Fee based.	801 4th Ave. NE Waseca, MN 56093 1-507-833-2063
KinderPrep	Kindergarten readiness classes for children who are not attending kindergarten. Must be 4 years old by September 1st. Based on a sliding fee scale. Children with the greatest needs, as identified through a family rating scale, receive priority.	Family Education Center 501 E. Elm Avenue Waseca, MN 56093 1-507-835-2222 www.waseca.k12.mn.us

<p>MVAC- Waseca County Head Start</p>	<p>Preschool for children ages 3 and 4 years old and their families. Home-based and center-based program. Income requirements to qualify. No fee. Must be 3 years old by September 1.</p>	<p>108 10TH Ave. SE Waseca, MN 56093 1-507-835-1282 www.mnvac.org</p>
<p>Rainbow Connection Preschool</p>	<p>Rainbow Connection Preschool for children ages 3-5. Scholarships available/ Fee based.</p>	<p>Family Education Center 501 East Elm Ave. Waseca, MN 56093 1-507-835-2222 www.waseca.k12.mn.us</p>
<p>Trinity Lutheran Preschool Tender Little Souls</p>		<p>501 North Main St Janesville, MN 56048</p> <p>Email: estockman@trinityjanesville.com or call 507-231-6646 for more information</p>
<p>JWP Kids Korner Preschool</p>	<p>Tuition will be set on a sliding fee scale.</p>	<p>405 N Main St Janesville, MN 56048 507-231-7777 Email: nhartfiel@jwp.k12.mn.us for more information jwp.k12.mn.us/page/2613</p>
<p>Panther Preschool-New Richland</p>	<p>Our primary goal is to provide a positive learning experience for your child in an environment that inspires exploration, experimentation, and discovery. Classes will begin the week of September 9th. Tuition will be \$80.00/month/child for the 2 day a week program (children who will be eligible for kindergarten in the fall of 2014) and \$40.00/month/child for the 1 day a week program (children who are eligible to enter kindergarten in the fall of 2015)</p>	<p>Contact Marilyn Dobberstein mdobbers@nrheg.k12.mn.us</p>

CHILD CARE

Child Care Aware	For more information on child care	1-507-389-1716 1-800-373-2782
Early Childhood Family Education		1-507-835-2222
Grace Gardens Child Care	Child care/ preschool for children ages 6 weeks to 5 years old. Fee based. Weekly contracts, drop-ins rates also available. Preference given to full-time students. Summer care also available for children 6 weeks to 12 years.	Grace Lutheran Church 300 E. Elm Ave. Waseca, MN 56093 1-507-835-4926- Contact- Tricia Vasquez www.wasecagrancelutheran.com/gracegarden
ELM Care Day Care	6 weeks to 12 years, open 6:45-5:30.	900 4th Street SW Waseca, MN 56093 1-507-835-5875
School Age Care-Waseca	Preschool for children ages 3 and 4 years old. Before and after school child care for students Kindergarten- 6th grades. Fee based- contract and drop-in available. Sliding fee scale. Free meals. Summer program also available for preschool- 6th grade students. Free transportation available to Summer Community Education activities.	Waseca Public Schools- Hartley Elementary and Central Intermediate Schools 501 E. Elm Ave. Waseca, MN 56093 507-835-3187 – Contact Macy www.waseca.k12.mn.us
School Age Care- JWP	Our goal is to provide high-quality, educational care for students. We will provide a safe place where children can interact with peers, explore their environment, and use their imaginations. We will provide the students structured activities to help them reach their potentials and show them that learning is fun! We also want to provide students with opportunities to explore their interests and abilities. Participants will have the	404 N Main St Janesville, MN 56048 Melissa: 507-231-7752 sac@jwp.k12.mn.us

	opportunity to have a snack, get homework help, play, have fun and make friends.	
Minnesota Prairie County Alliance	For information on area licensed childcare providers. Apply for Child Care Assistance Program. Obtain information on daycare licensing.	299 Johnson Ave. SW, Suite 160 Waseca, MN 56093 507-837-6607
Childcare Resource and Referral	For information on licensed daycare providers and obtaining daycare licensing.	101 N. 2nd Street Mankato, MN 56001 1-507-389-1716 www.c2r2.org
MVAC (Minnesota Valley Action Council)	Provides list of licensed childcare providers.	108 10th Avenue SE Waseca, MN 56093 1-507-835-8240 www.mnvac.org
LIBRARIES		
Waseca-Le Sueur Regional Library-Waseca		408 N. State St Waseca, MN 56093 1-507-835-2910
Janesville Public Library		102 W. 2nd St. Janesville, MN 5604 1-507-234-6605
Waldorf Public Library		119 S. Main St Waldorf, MN 56091
New Richland Public Library		129 S. Broadway New Richland, MN 56072 1-507-465-3708
Blue Earth County Library		100 E Main St. Mankato, MN 56001 1-507-304-4001

PARENT SUPPORT AND INFORMATION

<p>Family Service Coordinators</p>	<p>Coordinators serve as a liaison between school, family, community services and other resources.</p>	<p>Waseca County Collaborative for Families 299 Johnson Ave SW Waseca, MN 56093 1-507-835-0584</p> <p>Janesville (K-8): 1-507-234-6360 Ellendale (K-6): 1-507-416-2139 Hartley K-3, Sacred Heart 1-507-835-0983 Waseca 4-6 1-507-837-5501 Waseca Intermediate School 1-507-835-0935 Email: ce.waseca.k12.mn.us</p>
<p>Early Childhood Screening</p>	<p>Early Childhood Screening is required for kindergarten entrance in MN. If your child is 3 or 4 years old, call to schedule a FREE screening appointment. Earlier is better!</p>	<p>Family Education Center 501 E. Elm Avenue Waseca, MN 56093 1-507-835-2222 Coordinator: Carrie Morris morc@waseca.k12.mn.us</p>
<p>Minnesota Prairie County Alliance</p>	<p>Provide emergency assistance, food stamps, medical assistance, and financial assistance.</p>	<p>299 Johnson Avenue SW Suite 160 Waseca, MN 56093 507-837-6607</p>
<p>First Call for Help</p>	<p>24 hour confidential information and referral to community health and human services.</p>	<p>1-800-543-7709 or 211</p>
<p>CADA (Committee Against Domestic Violence)</p>	<p>Waseca services for victims of sexual assault and victims of domestic violence.</p>	<p>105 S. State Street Waseca, MN 56093 1-507-835-7828 (office) Crisis 1-800-477-0466 Shelter/CADA house, Mankato 1-800-477-0466</p>

<p>Connections</p>	<p>A supervised visitation and safe exchange center that offers a safe, respectful, and secure space for parenting time and exchanges for families who have experienced domestic violence, stalking, dating violence, and sexual assault</p>	<p>303 South State Street Waseca, MN 56093</p> <p>Phone: 507-835-9759 Fax: 507-835-1678</p>
<p>Parent Support Outreach Project</p>	<p>Program assesses family needs and assists them in connecting with the appropriate services. Family may be self-referred for the services or referred by a professional. Must have at least one child age 10 or younger in the family.</p>	<p>Waseca County Human Services 299 Johnson Avenue SW, Suite 160 Waseca, MN 56093 1-507-835-0560 www.co.waseca.mn.us</p>
<p>Healthy Start</p>	<p>Healthy Start is a program where a nurse provides support, education and referrals to Waseca County parents. This is a home visiting program for any parent(s) beginning either during pregnancy or in the first three months after the baby is born and ending when the child turns three. The program is provided at no cost to parents that meet the eligibility guidelines.</p>	<p>Waseca County Public Health Services 299 Johnson Avenue SW, Suite 160 Waseca, MN 56093 1-507-835-0646 www.co.waseca.mn.us</p>
<p>Waseca Youth Development Grant</p>	<p>Assists parents in helping to cover costs of youth development activities such as: youth enrichment classes, youth recreation/ sports, youth academic/ extracurricular clubs, or family/parent education classes. Eligibility is based on need as determined the Federal Free and Reduced Lunch Guidelines. Must live within the boundaries of Waseca Public School District.</p>	<p>Waseca Community Education 501 E. Elm Avenue Waseca, MN 56093 1-507-835-5626 ce.waseca.k12.mn.us</p>

<p>Exchange Club Center for Family Unity</p>	<p>Support for families and parents in which issues of abuse, past or present, have been identified. Intensive support services for parents who find themselves in an overwhelming life situation which prevents them from adequately parenting. One to one mentors provide an individualized, in home approach to parent education on a weekly basis. Must have at least one child under 12 years of age. No fee.</p>	<p>209 E. Main Street Owatonna, MN 55060 1-507-455-1190</p> <p>605 N. State Street Waseca, MN 56093 1-800-642-0089</p> <p>www.centerforfamilyunitymn.com/</p>
<p>Waseca Early Childhood Family Education</p>	<p>Provide classes for children ages 0-5 and classes for parents that provide support and information on child development and parenting.</p>	<p>501 E. Elm Avenue Waseca, MN 56093 1-507-835-2222</p> <p>www.waseca.k12.mn.us</p>
<p>Janesville Early Childhood Family Education</p>	<p>What do you do at ECFE? Interact with your children, talk to other parents who have children the same age, learn new parenting techniques, check out DVDs/CDs and books, go on field trips, meet new people, and have lots of fun.</p>	<p>Call Diane at 507-354-7829 or email at dlandwehr@jwp.k12.mn.us With any questions</p> <p>www.jwp.k12.mn.us/page/2531</p>
<p>New Richland Early Childhood Family Education</p>	<p>ECFE Goals: To support parents as their child's first teacher. To support parents in their child raising efforts. To offer information about child development and parenting techniques. To provide opportunities for children to discover and learn.</p>	<p>NRHGE-Schools-New Richland Site 306 Ash Ave. S. New Richland, MN 56072 507-417-2667</p> <p>www.nrheg.k12.mn.us/page/2906</p>
<p>Help Me Grow</p>	<p>Help Me Grow has many resources about the development of young children for parents and professionals. These resources</p>	<p>501 E. Elm Waseca, MN 56093 1-507-835-2246</p>

	include information on developmental milestones, YouTube videos, caregiver strategies to support development, screening and evaluation, and how to talk about developmental concerns.	
Moms and Kids (MAKS)	MAKS is an organization for mothers of young children. We desire to minister to the hearts of mothers and to encourage and nurture them in their personal and family lives. We meet the first and third Tuesday of each month between Sept and May, from 10-Noon at the church.	Christ Community Church 2200 4 th St. NE Waseca, MN 560093 1-507-835-2235

EDUCATION, JOB TRAINING, AND OPPORTUNITIES

Waseca Community Education & Recreation	Activities for all age groups, including family special events, day trips and sports. Fun for the whole family.	501 East Elm Ave Waseca, MN 56093 507-835-5626 www.waseca.k12.mn.us
NRHEG Community education	Activities for all age groups, including family special events, day trips and sports. Fun for the whole family.	NRHEG School District 306 Ash Ave. South New Richland, MN 56072 507-417-2667 Marilyn Dobberstein mdobbers@nrheg.k12.mn.us
JWP Community Education	Activities for all age groups, including family special events, day trips and sports. Fun for the whole family.	110 E. Third St Janesville, MN 56048 507-231-7777 Nancy Hartfiel nhartfiel@jwp.k12.mn.us
MVAC (Minnesota Valley Action Council)	Job service information and referral for job openings, information and referral for Dislocated Workers- job search, resume and job keeping skills resources. Youth employment program, work readiness, JTPA.	108 10th Avenue SE Waseca, MN 56093 1-507-835-8240 www.mnvac.org

Mankato Workforce Center- Dislocated Worker Program/Job Service	Provides job search and resume assistance. Offers practice interviews, job retention skills resources and workshops. Career exploration, aptitude and interest testing, on the job training, financial assistance for books, tuition, etc. for classroom training leading to a degree, diploma, or certificate. Most services are free of charge	12 Civic Center Plaza, Suite 1600A Mankato, MN 56001 1-507-389-6723 1-888-438-5627 (then enter Mankato's zip code 56001) www.mn.gov/deed/job-seekers/workforce-centers/workforce-center-locations/mankato-wfc/
Unemployment		Webclaim: www.uimn.org Teleclaim: 1-877-898-9090 Information: 1-877-898-9090
Lifework Planning Center	Career counseling, pre-employment and personal employment services for displaced homemakers and any women in transition.	201 N. Broad Street, Suite 100 Mankato, MN 56001 1-507-345-1577 www.lwpc.org
Adult Basic Education (ABE)	Classes are FREE. GED and Adult Diploma assistance. ELL services, post-secondary and college transition assistance, private tutoring, and basic skills classes.	Waseca Community Education 501 E. Elm Avenue Waseca, MN 56093 1-507-835-2222 www.waseca.k12.mn.us
ASSISTANCE PROGRAM AND AGENCIES		
Minnesota Prairie County Alliance	Food stamps, financial assistance, medical assistance, and emergency assistance.	299 Johnson Avenue SW, Suite 160 Waseca, MN 56093 1-507-837-6607
FOOD/NUTRITION and BASIC NEEDS		
Waseca Area Neighborhood Service Center	Provides assistance to individuals and families in need of assistance: food shelf, clothing, emergency shelter funds, emergency medical assistance, Santa Anonymous, and school supplies. Families may visit the food shelf one time per month. Free emergency food package (no	THRIFT STORE: 203 3 rd Ave NW Waseca, MN 56093 1-507-833-4119 FOOD SHELF: 112 2 nd Ave NW Waseca, MN 56093 1-507-833-4022

	charge). Also offer thrift store vouchers for start-up (pots, pans, bedding, towels, dishes, etc.) and various clothing packages.	www.wasecaunitedway.org/waseca_area_neighborhood_service.htm
Grace Lutheran Church Food Shelf	Open the 2 nd Thursday of every month from 5-6 pm. No income guidelines. Open to all citizens in Waseca County. Limit four visits.	300 Elm Avenue E. Waseca, MN 56093 1-507-835-1709 www.wasecagrancelutheran.com Located at the Grace Garage (formerly the countryside Motor Sales office across from the fire department).
"Food @ Faith" Food Shelf Faith United Methodist Church	Open the third Saturday of each month 10 am -11:30am. First come, first serve. \$25 per household Cash only, (NO EBT, debit/credit or Check). No income restrictions.	Faith United Methodist Church 801 4th Avenue NE Waseca, MN 56093 Parking Lot, Lower Entrance 1-507-835-3167 www.wasecafaithumc.com
Simply Good Eating	Provides free information to promote good eating and good health to low-income families.	Waseca County Extension Office 900 3 rd St. NE Waseca, MN 56093 1-507-835-0600
Women, Infants & Children (WIC)	Nutrition education for pregnant women, women who are breast feeding and children ages 0-5, supplement food and formula.	Waseca County Public Health 299 Johnson Avenue SW, Suite 160 Waseca, MN 56093 1-507-835-0685- Kathy Roycraft www.co.waseca.mn.us
Senior Food Program	Assistance for adults age 60 and over. 1st Thursday of the month. Income guidelines.	Waseca Area Neighborhood Service Center 203 3rd Ave. NW Waseca, MN 56093 507-833-4119

<p>Janesville Food Shelf</p>	<p>Emergency food packages (no charge). Every Tuesday 10 a.m. to noon and the second Thursday of the month 6-7 p.m. Residents of Janesville receive 2 bags of food per visit; residents of other towns receive 1 bag. Families from Waseca County are allowed to visit one time per month and must provide proof of residency and meet income guidelines.</p>	<p>412 North Main Street Janesville, MN 56048 The location is alley entrance behind Trinity Lutheran Church, (please use south door).</p>
<p>New Richland Area Food Shelf</p>	<p>Hours of Operation: First and Third Tuesdays of each month from 4:30-6:30pm, other times by availability or appointment. Anyone is welcome. No one will be asked how much money they make. A person can come whenever he/she needs food. No one will be asked for a financial donation.</p>	<p>Trinity Lutheran Church 204 1st Street NW New Richland, MN 56072 1-507-465-3635 Call 507-463-3421 for an appointment.</p>
<p>Neighborhood Service Center Thrift Store</p>	<p>Affordable, gently used clothing and household items are sold in the Thrift Store. Donations are accepted all year for the Thrift Store.</p>	<p>Waseca Area Neighborhood Service Center 203 3rd Avenue NW Waseca, MN 56093 1-507-833-4119</p>
<p>Neighborhood Service Center School Supplies program</p>	<p>The school supply program provides children with the necessary items needed for the new school year. Parents need to complete registration form and provide proof that they meet income guidelines.</p>	<p>Waseca Area Neighborhood Service Center 203 3rd Avenue NW Waseca, MN 56093 1-507-833-4119</p>
<p>Neighborhood Service Center School Santa Anonymous</p>	<p>Santa Anonymous program for children, birth-18 years and live in Waseca County. Families must meet income guidelines and complete registration form.</p>	<p>Waseca Area Neighborhood Service Center 203 3rd Avenue NW Waseca, MN 56093 1-507-833-4119</p>

HOUSING AND SHELTER

MVAC	<p>108 10th Avenue SE Waseca, MN 56093 www.mnvac.org For information on below programs contact 507-345-6822</p> <p><u>Energy Assistance Program & Crisis</u> Assist income eligible households with fuel assistance during the heating season.</p> <p><u>Reach Out for Warmth</u> Assist households who are ineligible for EAP (Energy Assistance Program) with shut-offs or no fuel emergencies.</p> <p><u>Weatherization</u> Help reduce heat loss and heating costs (winterizing homes) for homeowners or renters eligible for the EAP.</p> <p><u>Homelessness Prevention Programs</u> Helps families or individuals that are homeless or at-risk of being homeless.</p> <p><u>Home Improvement Loans & Grants</u> Assists homeowners with repairs or improvements of their property.</p>	
Waseca PHA (Public Housing Agency)	Provides assistance in finding low-rent housing options.	<p>308 2nd Avenue NW Waseca, MN 56093 1-507-835-1753 www.scommchra.org</p>
Salvation Army/ Heat Share	Helps households with heat or electric shut-offs. Also offers assistance with other needs.	<p>State Wide- 1-800-842-7279 1810 South Cedar Avenue Owatonna, MN 55060 1-507-455-2023 www.thesalarmy.org</p> <p>700 S. Riverfront Drive Mankato, MN 56001 1-507-345-7840</p>
New Beginnings	Can help pay rent, mortgage, or utilities with a limit up to \$150. There is a \$500.00 life time maximum which can be paid on the participant's behalf. Must be a Waseca County resident and meet income guidelines. Can also provide vouchers for the Thrift Store.	<p>Waseca Area Neighborhood Service Center 203 3rd Avenue NW Waseca, MN 56093 1-507-833-4119</p>

Section 8 Rental Assistance	Affordable housing assistance for both families and individuals who meet income eligibility in Waseca, Nicollet, Martin, Sibley, and Watonwan counties.	South Central MN Multi-County HRA 422 Belgrade Ave, Suite 102 North Mankato, MN 56003 1-507-345-1977 1-800-733-9564. www.scommchra.org
Project Home	Provides supportive housing and case management to those who have been long-term homeless. Need one year continuous or four episodes in the last three years to be considered. Not time limited. Follows section 8 housing guidelines.	South Central Human Relations Center Waseca Office 204 2 nd St. SW Waseca, MN 56093 1-507-835-7064 610 Florence Avenue Owatonna, MN 55060 1-507-451-2630 1-800-722-0590 www.schrc.com
LEGAL AID		
Southern Minnesota Regional Legal Services	Free legal assistance for low income families and seniors. To provide a full range of high quality legal services to low income persons and eligible client groups in civil matters, in a respectful manner which enables clients to: enforce their legal rights; obtain effective access to the courts, administrative agencies and forums which constitute our system of justice; maintain freedom from hunger, homelessness, sickness and abuse; empower persons and assure equal opportunity, thus, helping people to help themselves and become economically self-reliant, to the extent their individual abilities and circumstances permit	Mankato Office 12 Civic Center Plaza, Suite 3000 PO Box 3304 Mankato, MN 56001 1-507-387-5588 1-888-575-2954 (New Clients) www.smrls.org

Refugee, Immigrant, and Migrant Services	Free legal assistance.	Southern Minnesota Regional Legal Services 450 North Syndicate Street, Suite 285 St. Paul, MN 55104 1-651-291-2837 or 1-651-255-0797 www.smrls.org
Minnesota Disability Law Center	Assists in addressing the unique legal needs of Minnesotans with disabilities.	12 Civic Center Plaza Suite 3000-A Mankato, MN 55601 Disability Line: 800-292-4150
TELEPHONE ASSISTANCE		
Lifeline Across America	The federal program offers eligible individuals discounts on monthly charges for their primary home phone line.	1-800-225-5322 or contact your local telephone company for more information. www.lifeline.gov
Link-Up America	Provides eligible individuals with a reduction of one-half of the local telephone startup fees and installation charges, up to \$30.	1-800-225-5322 www.lifeline.gov
Telephone Assistance Plan (TAP)	Contact your local telephone company for more information or application. Provides eligible individuals monthly discount on their bill. http://www.puc.state.mn.us/puc/consumers/telephone-discounts/index.html	
Telecommunication Access Minnesota (TAM)	Helps distribute communication devices to eligible hearing impaired individuals.	Contact your local telephone company for more information or application.
TRANSPORTATION		
SMART Southern Minnesota Area Rural Transit	Local Public Transportation for ALL citizens of Freeborn, Mower, Steele and Waseca Counties. Call or visit the website for route and cost information.	1-855-762-7821 During dispatch hours: 7am to 6 pm Mon-Fri 9am to 3pm Sat. TTY 1-800-627-3529 www.SMARTBusMN.org

SEMCAC	Seniors and/or low income families can arrange for a volunteer driver through SEMCAC, if you need to travel outside of Waseca County for a medical appointment.	Dispatch: 1-800-528-7622
Medica Provide-A-Ride	Medica Members: If you do not have access to a vehicle, Medica will help you schedule transportation to and from health care visits.	Monday-Thursday 8:00am-5:00 pm Friday: 9:00 am-5:00pm 952-992-2292 1-800-601-1805
Driver's Exam Station		County East Annex Building 300 N. State St. Waseca, MN 56093 1-507-835-0625
Wheel Get There-MVAC	Cars & car loans	706 N. Victory Drive Mankato, MN 56001 1-507-345-0446
TAX SERVICES		
MVAC- Tax Clinic		706 N. Victory Road Mankato, MN 56001 1-800-767-7139
AmeriCare Mobility Van (AMV)	Provides transportation for Non-emergency medical transportation for individuals with disabilities.	703 S 2 nd St Mankato, MN 56001 1-507-625-6741 1-800-963-7233
Minnesota Revenue	Free tax preparation website.	www.revenue.state.mn.us
SERVICES/ORGANIZATIONS FOR PEOPLE WITH DISABILITIES AND THEIR FAMILIES		
Disability Linkage Line	Information and referral service for people with disabilities. Inquiries may include requests for information and referrals on disability benefits programs, home modifications, assistive technology, personal assistance services, transition services, accessible housing, employments, social activities and disability rights.	1-866-333-2466

<p>ICAN (Independent Counseling Advocacy Network)</p>	<p>Offers supervised living services, in-home family support services, respite care, transportation services, foster care, personal care assistance, supervised living sites, and semi-independent living services for individuals with disabilities and their families.</p>	<p>100 North State Street PO Box 266 Waseca, MN 56093 1-507-835-9140 www.icaninc.org</p>
<p>ELM Homes</p>	<p>Provides a variety of residential settings and training within the community, to ensure individualized quality of programs, quality of life, independence and self-determination within each individual. Examples of services: Adult or child foster care homes, Personal Care Attendants, supervised living services, and residential homes.</p>	<p>204 2nd Street SW Waseca, MN 56093 1-507-835-1146 www.elmhomes.org</p>
<p>A Little Extra</p>	<p>Supplemental food program for adults ages 18-60. Food is distributed one time per month. Must meet Social Security requirements for a disability.</p>	<p>Waseca Area Neighborhood Service Center 203 3rd Avenue NW 1-507-833-4119</p>
<p>Jobs Plus Inc.</p>	<p>Provides day training, habilitation and job placement (in-house and community employment) to adults with developmental disabilities or related conditions</p>	<p>200 16th Avenue SE Waseca, MN 56093 1-507-835-5004 www.jobspluswaseca.com</p>
<p>PACER (Parent Advocacy Coalition for Educational Rights)</p>	<p>Parents helping parents of children and young adults with disabilities to enhance their quality of life through workshops, individual assistance.</p>	<p>8161 Normandale Blvd. Bloomington, MN 55437 1-800-537-2237 1-952-838-9000 www.pacer.org</p>
<p>Help Me Grow</p>	<p>Countywide screening committee identifies and assigns assessments to children birth to age 5 when there are developmental concerns.</p>	<p>Waseca County 501 E. Elm Avenue Waseca, MN 56093 1-507-835-2246- Carol Schaper</p>

Minnesota Prairie County Alliance	TEFRA (medical assistance) for children with disabilities, child and adult protection, child and adult case management services.	299 Johnson Avenue SW, Suite 160 Waseca, MN 56093 1-507-837-6607
Advocates for Developmental Disabilities (ADD)	Advocacy and support for people with developmental disabilities.	Steele and Waseca Counties 1225 Lincoln Ave. South Owatonna, MN 55060 1-800-451-9769 www.koolkidsadd.com
Rehabilitation Services/Workforce Center	Thursdays in Waseca. Offers career assessment, career planning, vocational training, assistive technology, and job placement services to people who are experiencing a difficult time getting and or keeping a job due to a severe disability.	12 Civic Center Plaza, Suite 1600A Mankato, MN 56001 1-507-389-6723 201 Lyndale Avenue S., Suite S1 Faribault, MN 55021 1-507-333-2047 www.positivelyminnesota.com/jobseekers
S.M.I.L.E.S. Center for Independent Living	Advocacy, peer counseling, independent living skills training, transition from school to community living, waived services, SILS (semi-independent living services), and assistive technology.	709 Front Street, Suite 7 Mankato, MN 56001 1-507-345-7139 Monday- Friday 8:00- 4:30 505 S. State St. #6 Waseca, MN 56093 1-507-833-1339 www.smilecil.org
Social Security Administration	Benefits to children under age 18 (or 19 if still in high school) with a disability. Supplemental Security Income (SSI) payments to anyone who is disabled and meets certain financial and citizenship requirements.	12 Civic Center Plaza, Suite 1550 Mankato, MN 56001 1-877-457-1734 1-800-772-1213
SENIOR PROGRAMS		
Forms Assistance Program	Confidential one-to-one help to complete medical assistance, Medicare and supplemental forms, balance checkbooks and pay bills.	Senior LinkAge Line 1-800-333-2433

<p>Retired Senior Volunteer Program (RSVP)</p>	<p>Senior volunteers are matched with volunteer opportunities in the community. Call for more information. Donations accepted.</p>	<p>Loretta Schlaak 507-461-5709 www.mnseniorcorps.org</p>
<p>Waseca County Public Health Services</p>	<p>Long Term Care Consultation/Pre-Admission Screening, Case Management of Waiver Clients, and loan medical equipment.</p>	<p>299 Johnson Avenue SW, Suite 160 Waseca, MN 56093 1-507-835-0685 www.co.waseca.mn.us</p>
<p>Senior Dining/Meals on Wheels</p>	<p>Inexpensive, nutritious meals for senior shut-ins; also noon meals for seniors.</p>	<p>Waseca 1-507-835-7447</p> <p>Janesville 1-507-234-5333</p> <p>New Richland 1-507-465-3292</p>
<p>Waseca Area Senior Center</p>	<p>A noon meal that is free will donation for people age 60 or older and \$6.55 for anyone that is younger than 55. The meals are catered by Hy-Vee Waseca.</p> <p>There are many free things to do at the Waseca Senior Center! Pool Tables, Bingo, Card Playing, Wii Bowling and games, internet and computers, and more! We have many activities throughout the week. You can always come up and read the paper, surf the internet, or just socialize! They also offer education, recreational and employment programs for senior citizens</p>	<p>308 N. State Street Waseca, MN 56093 1-507-835-4552</p>

Experience Works	Offers employment opportunities for people 55 years of age or older.	815 E University St Owatonna, MN 55060 1-507-451-0989 www.experienceworks.org
Senior Drug Program	Helps seniors pay for prescription drugs.	Senior LinkAge Line 1-800-333-2433
Senior LinkAge Line	A free telephone information and assistance service that makes it easy for older adults and their families to find community services.	1-800-333-2433 1-507-345-8040

SOUTH COUNTRY HEALTH ALLIANCE MEMBER SERVICES

South Country Health Alliance Health Care Programs	Information about your current health care program. Programs offered: Medical Assistance MinnesotaCare Minnesota Senior Care Plus AbilityCare, Medicaid and Medicare SeniorCare Complete	2300 Park Drive Suite 100 Owatonna, MN 55060 Member Services 1-866-567-7242 Hearing Impaired: 711 http://www.mnscha.org/
South Country Health Alliance (SCHA) Mayo Clinic Nurse Helpline.	<i>Ask Mayo Clinic nurses are here day and night, every day of the year. They can answer your health questions. They can help you decide what to do when you're sick or injured. Call them anytime and ask them for advice when you are worried and don't know exactly what to do.</i>	1-800-504-3451 (Toll Free) 1-877-728-3311 (TTY)
South Country Health Alliance (SCHA) Dental Appointment Scheduling Assistance	Call to get help or to schedule a dental appointment. Call DentaQuest Customer Service and press option #4.	DentaQuest Customer Service Appointment Scheduling Line 1-800-516-2940
SCHA Disease Management & Chronic Care Improvement Program	This service helps our members who suffer from the chronic diseases of heart failure, diabetes, or asthma. Disease Management empowers members to successfully deal with their chronic conditions	1-866-567-7242 And ask to speak to a Disease Management Nurse for more information.

	and prevent complications. Our team provides one-on-one support, disease-specific education, and more. The service is entirely voluntary and is provided at no cost.	
Health Care Directive	A health care directive (also known as a "living will") is a legal written document that tells others about how you want to be taken care of when you can't communicate with them, as in situations where you may be critically ill or injured. It allows you to name another person, called an "agent", to decide for you if you are unable to decide. You must be at least 18 years old to make a health care directive.	Download a free Health Care Directive at http://www.mnscha.org/Members/Directives.aspx

SCHA Take Charge! Health Promotions Programs

Smoking cessation	Get the personalized support and tools you need to kick the habit. The Mayo Clinic Tobacco Quitline offers telephone-based help and education at no charge.	1-800-504-3451 (TTY: 1-877-728-3311).
Car seat educations and distribution	SCHA will provide one car seat per child age 7 and younger, per lifetime, along with training about how to safely use the car seat.	Waseca County Public Health 299 Johnson Ave SW Waseca, MN 56093 1-507-835-0685
Be Fit and Be Active exercise Reward Programs	SCHA is excited to offer a new program that rewards members for exercising. SCHA members ages 18 years and older will be eligible for up to \$20 off the cost of their monthly health club membership fees simply by exercising at least 8 days per month	Member Services for more information 1-866-567-7242 (TYY 711)

<p>Mammograms Rewards</p>	<p>Women age 40 and older should have a mammogram every year. This X-ray of the breast is done to look for early signs of breast cancer. It's an important screening, even for women in good health! Women who are over age 40 and SCHA members on the date of service can be rewarded for getting a mammogram. This is an annual award for members.</p>	<p>To get the vouchers, you can: Ask county public health nurse 1-507-835-0685 Ask Member Services 1-866-567-7242 (TYY 711) Print at home http://www.mnscha.org/Members/HealthPromotions.aspx</p>
<p>Lead Test Rewards</p>	<p>A simple blood lead test is recommended for children when they turn 1 and again by age 2. SCHA offers a reward for each of these two tests. Children who are SCHA members on the dates of the lead tests are eligible for a \$25 gift card. There is a maximum of two gift cards per member.</p>	<p>To get the vouchers, you can: Ask county public health nurse 1-507-835-0685 Ask Member Services 1-866-567-7242 (TYY 711) Print at home http://www.mnscha.org/Members/HealthPromotions.aspx</p>
<p>Check-up Rewards</p>	<p>Well-care checkups are a regular part of your child's health care. These visits are more thorough than the usual checkup and help keep your child healthy. Infant checkups are recommended at 1, 2, 4, 6, 9, 12 and 15 months of age. Children who are SCHA members can get a gift card for having at least six checkups by 15 months of age.</p>	<p>To get the vouchers, you can: Ask county public health nurse 1-507-835-0685 Ask Member Services 1-866-567-7242 (TYY 711) Print at home http://www.mnscha.org/Members/HealthPromotions.aspx</p>
<p>Immunization rewards</p>	<p>It is important for your child to get all of the recommended immunizations or shots. SCHA offers two rewards: one for children up to age 2, and a second for children up to age 12 who receive their</p>	<p>To get the vouchers, you can: Ask county public health nurse 1-507-835-0685 Ask Member Services</p>

	recommended shots. Children who are SCHA members on the dates of the immunizations are eligible for a \$25 gift card.	1-866-567-7242 (TYT 711) Print at home http://www.mnscha.org/Members/HealthPromotions.aspx
Prenatal Care Reward	You can get a reward for having your first doctor's visit during your first trimester (three months) of pregnancy. If you joined SCHA after your first trimester, you can still earn a reward if you see the doctor within 60 days of enrolling.	To get the vouchers, you can: Ask county public health nurse 1-507-835-0685 Ask Member Services 1-866-567-7242 (TYT 711) Print at home http://www.mnscha.org/Members/HealthPromotions.aspx
Postpartum Care Reward	Seeing the doctor after your baby's birth is important. SCHA will give you a reward if you complete your six-week postpartum visit with your health care provider.	To get the vouchers, you can: Ask county public health nurse 1-507-835-0685 Ask Member Services 1-866-567-7242 (TYT 711)

Medica: My Health Rewards

Child and Teen Checkups	Birth through 14 months: Earn up to \$75 for six C&TC visits from birth -14 months 15 months through 20 years: Earn a \$25 Reward Card every year for a C&TC visit	For more information visit www.medica.com/earnrewards Member services: 952-992-2322 1-800-373-8335
Prenatal and Postpartum Visits	Earn up to \$150 for prenatal and postnatal visits. \$50 for your first prenatal visit, \$50 based on the total number of parental visits and \$50 for having a postpartum visit.	For more information visit www.medica.com/earnrewards Member services: 952-992-2322 1-800-373-8335
Preventative Screenings	Earn \$15 when you get a: -Mammogram - Pap Test -Colon Cancer Screening -Chlamydia Screening	For more information visit www.medica.com/earnrewards Member services: 952-992-2322 1-800-373-8335

Diabetes Monitoring Test	If you have Type One or Type Two diabetes you can earn \$25 for having these three tests: HbA1c, LDL Cholesterol, urine microalbumin OR positive urine macroalbumin	For more information visit www.medica.com/earnrewards Member services: 952-992-2322 1-800-373-8335
Car Seat	Medica will provide car seats to women who are at least 6 months pregnant and to children through age 8. Education on how to properly install and use the car seat will also be provided	For more information visit www.medica.com/earnrewards Member services: 952-992-2322 1-800-373-8335
Quit Tobacco	Work with a trained counselor or online program for help to quit tobacco; receive nicotine replacement therapy at no cost to you. Earn rewards for completing the program	For more information visit www.medica.com/earnrewards Member services: 952-992-2322 1-800-373-8335
Health Club Membership	Medica offers \$20 credit towards a monthly fitness center for members	For more information visit www.medica.com/earnrewards Member services: 952-992-2322 1-800-373-8335
Health Handbooks	Medica offers five easy-to-read health handbooks for prenatal care, sick kids, kids with asthma, teen and senior health.	For more information visit www.medica.com/earnrewards Member services: 952-992-2322 1-800-373-8335
Asthma, Diabetes and Healthy Weight Camp	Kids who qualify may attend summer camp at no cost.	For more information visit www.medica.com/earnrewards Member services: 952-992-2322 1-800-373-8335
Medica Provide-A-Dentist Program	Medica Program that can help you make and keep an appointment with a dentist through Delta Dental	Monday-Friday 8:00am-5:00 pm 651-406-5919 1-800-459-8574

Medica Provide-A-Ride	If you do not have access to a vehicle, Medica will help you schedule transportation to and from health care visits.	Monday-Thursday 8:00am-5:00 pm Friday: 9:00 am-5:00pm 952-992-2292 1-800-601-1805
Medica CallLink Nurse Line	Registered nurses are available 24 hours a day, seven days a week, to help members choose appropriate care.	1-866-715-0915
Mental/Behavioral Health Care	Get information and support on a wide range of mental health and wellness issues-from relationships and parenting to stress and depression.	www.liveandworkwell.com 1-800-848-8327