

INTERCULTURAL RESOURCE HANDBOOK



**Click on arrow
to continue**

Welcome to Alexandria Technical and Community College.

It is the college's goal for you to have a positive, rewarding educational experience here. The college offers many services to assist you and help you succeed.

It is the intent of this Handbook to provide an overview of community services and resources.

The Intercultural Center is a welcoming and inclusive place committed to fostering collaboration and awareness of the intercultural history of a global society. The center provides a forum for education and social exchange that encourages greater appreciation, consciousness, and respect for the different cultural backgrounds represented by the ATCC students, faculty, staff, and the surrounding communities.

The Intercultural Center provides resources such as magazines, newspapers, multilingual TV programming and news, books, videos, and bilingual journals.

The Intercultural Club meets weekly to plan and organize events on campus and in the community.

Please stop by our offices in the Office & Information Technology building, room 744. Our website is www.alextech.edu/interculturalcenter and our email address is muzambas@alextech.edu. Please feel free to stop by the office with any questions you may have concerning your time at Alexandria Technical & Community College.

I look forward to our meeting.

Muzamba Sibajene | Intercultural Program Management Specialist
Phone: 320.762.4629 • 888.234.1222 Ext.
www.alextech.edu/diversity

CHILD CARE RESOURCES

CHILD CARE RESOURCE AND REFERRAL

Child Care Resource and Referral (CCR&R) assist families that are looking for childcare by providing a referral list of providers and offers materials to use when selecting a provider. CCR&R supports those individuals and programs that care for children by offering training and technical assistance related to early childhood to childcare professionals, employers and businesses. CCR&R also builds connections in communities to generate understanding and activism for child care issues as well as provide statistical information on the childcare industry.

CONTACT INFORMATION

Alexandria Office **Phone:** 320.759.3993 • 877.724.9430

Email: leahw@lakesandprairies.net

Address: 700 Cedar St Suite 117, Alexandria, MN 56308

MN Child Care **Phone:** 320.759.3993 • 877.724.9430

Website: www.mnchildcare.org

BUILDING CONNECTIONS

Building Connections, the Douglas County Early childhood Initiative, supports building strong connections between families, communities, businesses, and governing bodies.

CONTACT INFORMATION

Building
Connections **Phone:** 320.886.9412

Website: www.buildingconnectionseic.org

PRESCHOOLS: ALEXANDRIA

ADVENTURE ALLY CHILD CARE

CONTACT INFORMATION

Phone: 320.759.3034

Address: 503 Hawthorne Street

CALVARY LUTHERAN PRESCHOOL

CONTACT INFORMATION

Phone: 320.763.4099

Address: 605 Douglas Street

COMMUNITY NURSERY SCHOOL

CONTACT INFORMATION

Phone: 320.763.5293

Email: cnskidz@yahoo.com

Address: 822 Douglas Street

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CHILD CARE RESOURCES

PRESCHOOLS: ALEXANDRIA

JANET'S HUMPTY DUMPTY DAYCARE

CONTACT INFORMATION

Phone: 320.759.5339

Address: 811 Homestead Road NE, Alexandria MN

STEPPING STONES CHILD DEVELOPMENT & DAYCARE CENTER

CONTACT INFORMATION

Phone: 320.763.4927

Website: www.steppingstonesforkids.com

Address: 1405 Broadway Street, Alexandria MN

YMCA CHILD CARE

CONTACT INFORMATION

Phone: 320.834.9622

Website: www.alexandriaymca.com

Address: 110 Karl Drive, Alexandria MN

ZION LUTHERN NURSERY SCHOOL

CONTACT INFORMATION

Phone: 320.763.3676

Address: 300 Lake Street, Alexandria MN

CLOTHING RESOURCES

Reasonable prices for household items, clothing and miscellaneous things.

KLOTHES KLOSET

CONTACT INFORMATION

Phone: 320.763.3676

Address: 660 Northside Drive, Alexandria MN

KRUPKES KONSIGNMENTS

CONTACT INFORMATION

Phone: 320.759.1110

Address: 423 Nokomis Street, Alexandria MN

NARLIES

CONTACT INFORMATION

Phone: 320.762.1538

Address: 418 North Broadway, Alexandria MN

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CLOTHING RESOURCES

SALVATION ARMY

CONTACT INFORMATION

Phone: 320.304.4233

SOMEPLACE SAFE THRIFT STORE

CONTACT INFORMATION

Phone: 320.763.4677

Address: 619 Broadway Street, Alexandria MN

UNITED WAY OF DOUGLAS AND POPE COUNTIES

CONTACT INFORMATION

Phone: 320.834.7800

Address: 2504 Aga Drive, Alexandria MN

Website: www.uwdp.org

DENTAL RESOURCES

CARING HANDS DENTAL CLINIC

A community dental access clinic.

CONTACT INFORMATION

Phone: 320.815.5711

Address: 700 Cedar Street Suite 44, Alexandria MN

Email: caringhandsdc@gctel.net

DISABILITY RESOURCES

ARC WEST CENTRAL MINNESOTA DOUGLAS COUNTY

ARC helps address the concerns of families of children with special needs. ARC chapters offer a variety of support systems to families; including emotional support, referral services and possible parent-to-parent matching of families with children with similar diagnoses and conditions. ARC also holds workshops, publishes literature and has lending libraries with books about developmental disabilities.

CONTACT INFORMATION

Phone: 320.852.7942

Website: www.thearcofminnesota.org

Email: arusch@arcwestcentral.org

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DISABILITY RESOURCES

DEAF AND HARD OF HEARING SERVICES

Provides information about educational and communication options for families of deaf and hard of hearing children including: parent services, info and referral, family activities, family resource packets, specialized telephone equipment and contract services for psycho-social assessments, mental health counseling, interpreter referral and deaf/blind services.

CONTACT INFORMATION

Phone: 800.456.7589

SPECIAL EDUCATION COOPERATIVES - RUNESTONE AREA EDUCATION DISTRICT

CONTACT INFORMATION

Phone: 320.763.5559

Website: www.runestone.k12.mn.us

DISABILITY LINKAGE LINE (DLL)

Free, statewide information and referral resource specifically designed for Minnesotans with disabilities and chronic illnesses to offer a single access point for all disability related questions. They specialize in employment, disability benefits, housing, modifications, assistive technology, personal care assistance and disability awareness and rights.

CONTACT INFORMATION

Phone: 866.333.2466

PACER CENTER

Pacer Center is a Minnesota nonprofit organization that provides services without a fee to families of children and young adults with all disabilities

CONTACT INFORMATION

Phone: 800.537.2237 • 952.838.9000

THE WINDMILL PROJECT

Mission Statement: As parents and professionals working together, we will share experiences, provide information and offer encouragement to families who have children with special needs in order to create a strong system of quality support that will generate energy within ourselves and impact the systems that support us.

CONTACT INFORMATION

Phone: 320.763.9228 • 320.634.4446

Website: www.windmillproject.org

Email: jail@rea-alp.com • madedcoli@runestone.net

EDUCATIONAL RESOURCES

ADULT BASIC EDUCATION (GED /HIGH SCHOOL COMPLETION) ALEXANDRIA TECHNICAL AND COMMUNITY COLLEGE

Providing help for persons 16 years or older with high school completion (diploma or GED), English as a second language (ESL), basic reading, writing, and math. Also provides help with functional literacy skills, family literacy, workforce preparation, life skills, college readiness, transition to employment and online learning classes. Our flexible classes are designed to meet your learning goals. You'll progress at your own speed toward goals you set! Since, classes operate on a continuous basis, you may enroll anytime and discontinue when your learning goals have been met. Individual literacy tutors are available for one-to-one instruction.

CONTACT INFORMATION

Phone: 320.762.0627

ATC SMART START

Single parents, displaced homemakers and single pregnant women enrolled at ATC may be eligible for services. They may provide funding for emergency expenses to those students who meet the criteria. A "Lunch and Learn" network group meets weekly.

CONTACT INFORMATION

Phone: 888.234.1313 ext. 4527

Website: www.alextech.edu

ALEXANDRIA PUBLIC SCHOOL DISTRICT 206

CONTACT INFORMATION

Phone: 320.762.2141

Website: www.alexandria.k12.mn.us

Address: 1410 McKay Avenue Suite 201, Alexandria MN

ALEXANDRIA FAMILY SCHOOL (AFS)

Family school is a program for families that are concerned about the impact of stress in their lives affecting parenting skills and relationships. It is a parent/child program that focuses on education and mental health to provide education and support for families.

CONTACT INFORMATION

Phone: 320.762.3305

COMMUNITY EDUCATION

Community Education offers programs, classes and other opportunities for residents of all ages, interests and abilities. May also provide programming for: preschoolers, after school and non-school days, summer programs, mentorship, adult enrichment, adult basic education and volunteer opportunities.

CONTACT INFORMATION

Phone: 320.762.3310

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EDUCATIONAL RESOURCES

ECFE

A program available to families in the district from birth to kindergarten entrance. Parents come with their children to an age appropriate class to participate in activities together and to have a parent education group. This parent child program enhances relationships between parent & child in a positive, supportive learning environment.

CONTACT INFORMATION

Phone: 320.762.3305

ECSE

Provides special education services to children age's birth through five years old or age of school entry at no cost to parents. Provides developmental assessments as needed and offers services upon meeting Minnesota special education entrance requirements. Professionals strive to provide services in settings with other children of similar ages.

CONTACT INFORMATION

Phone: 320.762.3305 ext. 4242

SCHOOL READINESS

This program is generally a yearlong program for children ages 3-5 to prepare them for Kindergarten entrance. Programming may be between one and three sessions per week. Parent information sessions are a part of the program also.

CONTACT INFORMATION

Phone: 320.762.3305

ALEXANDRIA LITERACY PROJECT

CONTACT INFORMATION

Phone: 320.762.3305

Website: www.thealp.org

Address: 1204 Hwy 27 W, Alexandria MN

MINNESOTA ADULT LITERACY HOTLINE

The Minnesota Literacy Council helps adult learners find convenient programs closest to you to learn English (ESL) or help to read and write better. Some programs offered are: basic reading, writing and math, GED preparation and testing sites, Adult high school diploma programs, Citizenship classes, brush-up skills classes and family literacy programs. All services are provided free of charge.

CONTACT INFORMATION

Phone: 800.222.1990

EMERGENCY RESOURCES

AMERICAN RED CROSS

The American Red Cross can provide two types of assistance after a disaster – hard and soft. Hard assistance provides material items and may include feeding, shelter, clean-up kits, comfort kits and financial assistance. Soft assistance minimizes immediate disaster- caused suffering through listening, guidance, advocacy and counseling. Also provides services to military families.

CONTACT INFORMATION

Phone: 320.763.3800

Website: www.redcross.org

Address: 700 Cedar Street Suite 110, Alexandria MN

DOUGLAS COUNTY SHERIFF /POLICE DEPARTMENT

CONTACT INFORMATION

Website: www.alexandriapolice.com

FIRST CALL FOR HELP

CONTACT INFORMATION

Phone: 800.453.7709

LOVE INC.

Love In the Name of Christ brings Christian churches together, across denominational lines, to help the poor by meeting immediate needs such as food and clothing, to longer-term responses through relational ministries such as life skills training and transitional housing.

CONTACT INFORMATION

Phone: 320.759.3022

NSP GAS EMERGENCY (GAS ODOR)

CONTACT INFORMATION

Phone: 800.895.2999

NORTHERN CONNECTION

CONTACT INFORMATION

Phone: 877.346.4624

POISON CONTROL CENTER

CONTACT INFORMATION

Phone: 800.222.1222

Website: www.mnpoison.org

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EMERGENCY RESOURCES

RURAL LIFE OUTREACH

The Rural Life Outreach Program assists people in Northwest and West Central Minnesota who are under financial stress. The program serves all ages, individuals, families, businesses and churches; regardless of religious faith.

CONTACT INFORMATION

Phone: 701.371.5890

SALVATION ARMY

The Salvation Army's social services encompass a wide range of programs to help individuals and families overcome daunting obstacles. We strive to empower people and to enable those in need to change their circumstances and overcome the challenges that stand in their way. Services that may be available are: disaster services, emergency financial assistance, emergency shelter, youth camping activities and other adult services. Please contact your local service unit to see what that area has available.

Heatshare is a Salvation Army Program that assists households with payment of gas, oil and electric bills – call 888-220-4808

CONTACT INFORMATION

Phone: 320.302.4233

SOMEPLACE SAFE

Provide services free of charge to victims of domestic violence and sexual assault. They also provides assistance with legal, medical and other systems, support groups for battered women, children in grades 1-6 and teens. They have regional shelters/safe housing for West Central Minnesota. They help with legal advocacy-assistance with Orders for Protection, assistance for a victim whose abuser has been arrested; court tracking. Speakers are available to provide education on various issues relating to domestic violence/sexual assault.

CONTACT INFORMATION

Phone: 320.762.1995

Crisis Hotline: 800.974.3359

Address: 700 Cedar Street Suite 237, Alexandria MN

UNITED WAY OF DOUGLAS AND POPE COUNTIES

Provides coat collection and distribution: new and slightly used jackets. Dolly Parton's Imagination Library Program: free book each month to registered children from birth to their 5th birthday. Heat a Home: locally donated wood for individuals that use wood as a source of heat. Family Wise Script Card: Prescription card for individuals with limited or no insurance. Mobile Food Drop: mostly distribution of food for local individuals and families. Plant and Extra Row: locally grown, fresh produce for local individuals and families. Project Community Connect: annual service fair that connects individuals and families with vital human services. Stuff the Bus: backpacks filled with school supplies. Toys-For Tots: assist in distributing donated toys for local children in need.

CONTACT INFORMATION

Phone: 320.834.7800

Website: www.uwpd.org

Address: 2504 Aga Drive, Alexandria MN

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EMERGENCY RESOURCES

RURAL LIFE OUTREACH

Wings is an advocate for and provides supportive services to homeless, vulnerable and less fortunate children and their families. Services provided include: Transitional Housing program, PLUSkids (safe exchange or supervised visitation), Father's Resource Program and Child & Youth Services.

CONTACT INFORMATION

Phone: 320.763.6638

Website: www.wingsfamilyservices.com

Address: 1417 S. Broadway Street, Alexandria MN

EMPLOYMENT RESOURCES

DAY TRAINING & HABILITATION CENTER (DT&H)/ DEVELOPMENT ACHIEVEMENT CENTER (DAC)

Vocational training and employment opportunities for adults with developmental disabilities, as well as support services to obtain and maintain employment.

CONTACT INFORMATION

Phone: 320.762.1771

DOHERTY STAFFING SOLUTIONS

Doherty Career Solutions offers full-service direct or contract placement staffing solutions. They have full-time, part-time, long-term, seasonal, direct hire or temp-to-hire positions with the flexibility to choose the work you want.

CONTACT INFORMATION

Phone: 320.763.3121

Website: www.dohertystaffing.com

MANPOWER, INC

Manpower offers permanent, temporary, and temporary to permanent employment opportunities for a wide range of skill sets and in a variety of industries. Manpower also offers job seekers help with career planning, and resume writing and interview preparation.

CONTACT INFORMATION

Phone: 320.763.9899

Website: www.us.manpower.com

PRODUCTIVE ALTERNATIVES

Private, nonprofit agency providing transitional, supported and competitive placement employment opportunities in integrated community-based work sites to disabled and special needs individuals.

CONTACT INFORMATION

Phone: 320.763.4101

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EMPLOYMENT RESOURCES

THE WORK CONNECTION

Experienced in developing customized programs for long and short term, seasonal and direct hire placement.

CONTACT INFORMATION

Phone: 320.762.2001

Email: AJahner@theworkconnection.com

Website: www.theworkconnection.com

THE WORKFORCE CENTER (JOB SERVICES/RURAL MN CEP)

Resume and cover letter writing assistance, job search assistance, various workshops available and veteran's assistance.

CONTACT INFORMATION

Phone: 320.762.7800

Phone: 888.438.5627

Website: www.mnwfc.com

FAMILY FUN AND WELLNESS

ALEXANDRIA AREA YMCA

The Alexandria Area YMCA is a nonprofit organization that provides membership and programming opportunities for residents of the Alexandria area. The UMCA recently constructed 56,000 square feet of program space that includes the following: aquatic center, gymnasium, indoor walking track, health and wellness center, aerobic studio, child care center, child watch, outdoor field space, locker rooms and much more. The UMCA provides intergenerational programming for kids ranging from birth and well into their 90's. We offer a scholarship/financial assistance program for those in the community that qualify.

CONTACT INFORMATION

Phone: 320.834.9622

Address: 110 Karl Drive, Alexandria MN

Website: www.alexandriaymca.com

CHAMBER OF COMMERCE

CONTACT INFORMATION

Phone: 320.763.3161

Phone: 800.235.9441

Website: www.alexandriamn.org

Address: 206 Broadway, Alexandria MN

DOUGLAS COUNTY

CONTACT INFORMATION

Website: www.co.douglas.mn.us

DOUGLAS COUNTY LIBRARY

CONTACT INFORMATION

Phone: 320.762.3014

Address: 720 Filmore Street, Alexandria MN

(Continued on next page)

FAMILY FUN AND WELLNESS

LAKES AREA RECREATION

Variety of services and recreational activities available.

CONTACT INFORMATION

Phone: 320.762.2868

Website: www.lakesarearecreation.com

Address: 720 Filmore Street, Alexandria MN

FAMILY SERVICES

MINNESOTA HELP INFO

Online directory of services designed to help people in Minnesota find human services, information and referral financial assistance and other forms of help.

CONTACT INFORMATION

Phone: 800.333.2433

Website: www.MinnesotaHelp.Info

MN PARENTS KNOW WEBSITE

The Minnesota department of Education (MDE) hosts an innovative and interactive website for parents. The MNParentsKnow website provides resources on child development, parent education, and child care and consumer safety and includes links to MDE and other trusted websites.

CONTACT INFORMATION

Phone: 866.693.4769

Website: www.MNParentsKnow.org

NORTHERN CONNECTIONS

Provides supportive services to families working towards financial independence. Services offered include job retention counseling, re-employment assistance, career advancement counseling, financial counseling and referrals and information on other resources and programs that are beneficial to families. This program is free and is provided telephonically so families do not need transportation or child care for this service.

CONTACT INFORMATION

Phone: 218.346.4624

Website: www.northernconnections.org

Phone: 877.346.4624

Email: info@northernconnections.org

RURAL AIDS ACTION NETWORK (RAAN)

Fostering knowledgeable, caring communities which ensure quality services & support for people affected by HIV/AIDS. Medical Case Management, Free & Confidential HIV Testing, Medical Transportation Assistance, Health Education/Risk Reduction, Support Groups, Professional Training

CONTACT INFORMATION

Phone: 320.762.7226

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FAMILY SERVICES

LAKES AREA RECREATION

Variety of services and recreational activities available.

CONTACT INFORMATION

Phone: 320.762.2868

Website: www.lakesarearecreation.com

Address: 720 Filmore Street, Alexandria MN

SOCIAL SERVICES DOUGLAS COUNTY

CONTACT INFORMATION

Phone: 320.762.2302

Website: [www.co.douglas.mn.us/Social Services.htm](http://www.co.douglas.mn.us/Social%20Services.htm)

Address: 809 Elm Street Suite 1186, Alexandria MN

UNIVERSITY OF MN EXTENTION SERVICES

Extension educators deliver free information and educational materials and programs based on concerns and issues in the specific county/area. Help with food budgeting and healthier eating for families also available.

CONTACT INFORMATION

Phone: 320.762.3890

Website: www.extention.umn.edu

Address: 720 Fillmore St Suite B0909, Alexandria MN

THE VILLAGE FAMILY SERVICE CENTER

Children and divorce education, preventive in-home counseling, financial resource center, family based services and youth services.

CONTACT INFORMATION

Phone: 320.762.8851

Address: 460 Northside Drive #5, Alexandria MN

Phone: 800-627-8280

Website: www.thevillagefamily.org

WEST CENTRAL INITIATIVE

Serving to improve West Central Minnesota through funding, programs and technical assistance. West Central Initiative is a regional community foundation that supports families and helps strengthen the economy of West Central Minnesota through its four initiatives: business and employment, communities and the region, workers and their families and promoting philanthropy.

CONTACT INFORMATION

Phone: 218.739.2239

Website: www.wcif.org

Phone: 800.735.2239

Email: info@wcif.org

FOOD RESOURCES

1ST LUTHERAN CHURCH

Free home cooked meal to ATCC students and immediate family, 2nd Thursday of month when school is in session 5-6:30 p.m.

CONTACT INFORMATION

Phone: 320.762.2196

Address: 822 Douglas Street, Alexandria MN

FOOD SHELF

Call for more information

CONTACT INFORMATION

Phone: 320.762.8411

Address: 1405 Lake Street, Alexandria MN

6TH AVENUE COMMUNITY CENTER

Free meal and fellowship/games every Friday evening.

CONTACT INFORMATION

Phone: 320.759.0826

Address: 1615 6th Avenue East, Alexandria MN

UNITED METHODIST CHURCH

Free breakfast on the 2nd Saturday of the month serving from 9:00-10:30

CONTACT INFORMATION

Phone: 320.763.4624

Address: 2210 E 6th Avenue, Alexandria MN

UNITED WAY FOOD DROP

Monthly food distribution, call United Way for times and place. Bring your own boxes, baskets or bins for carrying the distribution you receive. No qualifications required.

CONTACT INFORMATION

Phone: 320.834.7800

Website: www.uwdp.org

HOUSING RESOURCES

HOUSING AND REDEVELOPMENT AUTHORITY (HRA)

Section 8 rental assistance program, HUD low income public housing.

CONTACT INFORMATION

Phone: 320.762.3849

Website: www.douglascountyhra.org

Address: 1224 N Nokomis, Alexandria MN

Email: hra@rea-alp.com

LIFELINE PLAN

Provides qualified users a discount on monthly charges for the primary home phone line, even if it's a cell phone. If you are receiving benefits such as Medicaid, Food Support, SSI, MFIP, Housing Assistance or Energy Assistance, School Lunch Program or meet the income guidelines, you may qualify.

CONTACT INFORMATION

Contact your plan.

LINK UP MINNESOTA

Pays up to 50% (up to \$30) of a qualified user's home phone installation/connection charges (even if it's a cell phone.) You may ask for a year to pay the other half of connection or activation charges, interest free. If you are receiving benefits such as Medicaid, Food Support, SSI, MFIP, Housing Assistance or Energy Assistance, School Lunch Program or meet the income guidelines, you may qualify.

CONTACT INFORMATION

Contact your plan.

RURAL DEVELOPMENT

Low-income families in Greater Minnesota may obtain low interest rate loans and grants for repairs and home improvements. Affordable home loans are also available for low-income families. Affordable rental housing is available for low-income families.

CONTACT INFORMATION

Phone: 320.763.3191

Address: 900 Robert St. NE Suite 103, Alexandria MN

TELEPHONE ASSISTANCE PLAN (TAP)

Provides a monthly discount on your local telephone bill (excludes cell phones). If you are receiving benefits such as Medicaid, Food Support, SSI, MFIP, Housing Assistance or Energy Assistance, School Lunch Program or meet the income guidelines, you may qualify.

CONTACT INFORMATION

Contact your plan.

LEGAL RESOURCES

LEGAL SERVICES OF NORTHWEST MINNESOTA

Legal Services of Northwest Minnesota is a private, nonprofit corporation which provides civil legal services without charge to low-income people and senior citizens. When you apply, you will be asked for information on the income and assets of your household. Most applications will take less than 5 minutes.

CONTACT INFORMATION

Phone: 320.762.0663

Phone: 800.450.2552

Address: 426 Broadway Street, Alexandria MN

Website: www.lsnmlaw.org

Email: legalaid@lsnmlaw.org

TAXPAYER RIGHTS ADVOCATE

Represents the interests and promotes the rights of taxpayers who have a legitimate complaint with the Department of Revenue.

CONTACT INFORMATION

Phone: 651.296.0992

Email: DOR.taxpayeradvocate@state.mn.us

MEDICAL RESOURCES

BIRTHRIGHT

Free pregnancy testing, crisis pregnancy counseling, free baby and maternity clothing. Referrals for financial assistance and medical care. These services are for any married or single woman.

CONTACT INFORMATION

Phone: 320.762.1224

Website: www.lifecall.org

CLINICS: ALEXANDRIA

ALEXANDRIA CLINIC

CONTACT INFORMATION

Phone: 320.763.5123

Phone: 800.646.4220

Website: www.alexclinic.com

Address: 610 30th Avenue West, Alexandria MN

BROADWAY MEDICAL CENTER

CONTACT INFORMATION

Phone: 320.762.0399

Phone: 888.640.0399

Website: www.broadwaymedicalcenter.com

Address: 1527 Broadway, Alexandria MN

MIDWAY MEDICAL CENTER

CONTACT INFORMATION

Phone: 320.763.6452

Address: 119 30th Avenue West, Alexandria MN

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MEDICAL RESOURCES

COMMUNITY UNCOMPENSATED CARE

Free or below-cost hospital care for individuals without health insurance

CONTACT INFORMATION

Contact local hospital for details.

DOUGLAS COUNTY PUBLIC HEALTH

WIC, family planning, immunization clinics, prenatal classes, parenting visits, early childhood monitoring, AIDS resources, school health and health screening clinics, universally offered postpartum visits and Child and Teen Check-ups. Fees on a free or sliding fee basis. No one refused based on inability to pay.

CONTACT INFORMATION

Phone: 320.763.6018

Website: www.co.douglas.mn.us/publichealth.htm

Address: 725 Elm Street Suite 1200, Alexandria MN

MINNESOTA VISION PROJECT

VISION USA provides basic eye health and vision care services free of charge to uninsured, low-income people and their families.

CONTACT INFORMATION

Phone: 651.746.3400

Website: www.aoa.org/visionusa.xml

PLANNED PARENTHOOD

Pregnancy testing, HIV and STI testing, pap smears, emergency contraception and birth control. All services are confidential.

CONTACT INFORMATION

Phone: 320.762.0766

Website: www.ppmsd.org

Address: 1103 Broadway suite 110, Alexandria MN

Email: alex@ppmsd.org

PRIMEWEST HEALTH SYSTEM

Primewest is a managed health plan that assures low income residents have geographic and economic access to quality, local health care providers and services. Members are also offered assistance in finding local doctors, dentists or other providers needed to improve their health and enable continuing relationships.

CONTACT INFORMATION

Phone: 320.763.4135

Website: www.primewest.org

Phone: 888.588.4420

Address: 2209 Jefferson St Suite 101, Alexandria MN

RURAL AIDS ACTION NETWORK (RAAN)

Fostering knowledgeable, caring communities which ensure quality services & support for people affected by HIV/AIDS, Medical Case Management, free & confidential HIV testing, medical transportation assistance, health education/risk reduction, support groups and professional training

CONTACT INFORMATION

Phone: 320.762.7226

Website: www.raan.org

MENTAL HEALTH RESOURCES

LAKELAND MENTAL HEALTH CENTER- ALEXANDRIA

Individual, group, marital and family therapy, employee assistance, psychological and psychiatric evaluation, medication management for children and adults and outreach services to children and their families. Case management is available for children and adults with serious and persistent mental illness. Lakeland staff work with clients in assessing various medical, social, education and other services, and will monitor and continue to reassess their needs.

CONTACT INFORMATION

Phone: 320.762.2400

Website: www.lmhc.org

Phone: 800.223.4512

Address: 700 Cedar Street Suite 254, Alexandria MN

LUTHERAN SOCIAL SERVICE OF MN (LLS)- ALEXANDRIA

Individual, marriage and family counseling, Employee Assistance Program, family based services, therapeutic foster care, person/social awareness program, dynamics of self, domestic abuse program, child/parent mediation, enrichment and family life education, consultation workshops, chemical dependency, adoption, guardianship services, senior nutrition, supervised living services and refugee and immigration services. Costs may be covered by third-party reimbursement (i.e. MA, insurance, etc.) There is a sliding fee scale available for persons ineligible for third-party payment.

CONTACT INFORMATION

Phone: 320.762.5124

Website: www.llsmn.org

Phone: 888.881.8261

Address: 507 22nd Avenue E Suite 1, Alexandria MN

PARISH HEALTH NURSES

Contact Val Trumm.

CONTACT INFORMATION

Phone: 320.762.2196

PRAIRIE COMMUNITY SERVICES SUPPORTIVE EMPLOYMENT- DOUGLAS COUNTY

Mission is to assist adult mental health consumers in Grant, Pope, Stevens and Traverse counties with developing job readiness skills, finding employment that suites his/her individualized choice and support to keep his/her job.

CONTACT INFORMATION

Phone: 320.763.4101

Address: PO Box 685, Alexandria MN

SOLUTIONS BEHAVIORAL HEALTHCARE PROFESSIONALS, INC.

Solutions is a nonprofit agency which provides Intensive Behavioral Intervention Services for children and adults with behavioral disturbances, mental health problems, developmental disabilities and related disorders.

CONTACT INFORMATION

Phone: 320.762.5411

Website: www.solutionspractice.org

Address: 510 22nd Avenue, Alexandria MN

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MENTAL HEALTH RESOURCES

VIKINGLAND COMMUNITY SUPPORT PROGRAM

Provides community based services and supports to individuals with mental illness who are at least 18 years of age, reside in Douglas County and are eligible for Medical Assistance and/or have a serious and persistent mental illness.

CONTACT INFORMATION

Phone: 320.762.5411

Address: 510 22nd Avenue, Alexandria MN

RELIGIOUS RESOURCES

LIVING WATERS (SPANISH SERVICE)

CONTACT INFORMATION

Phone: 320.763.5224

Address: 1310 Nokomis Street, Alexandria MN

TRANSPORTATION

EXECUTIVE EXPRESS

CONTACT INFORMATION

Phone: 888.522.9899

RAINBOW RIDER

Rainbow Rider is your door to door public transit system available to all people in Douglas, Pope, Stevens, Todd and Traverse Counties. Extra care is given to children and senior citizens. Buses are handicapped accessible and have drivers who are professionals with training in defensive driving, CPR, First Aid and Passenger Assistance. Rainbow Rider offers reasonable fares with tickets and punch cards available.

CONTACT INFORMATION

Phone: 800.450.7770

Website: www.rainbowriderbus.com

TAXI SERVICE

CONTACT INFORMATION

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