

# RESOURCE DIRECTORY for Freeborn County

**Emergency Numbers: • AMBULANCE • POLICE • SHERIFF - 911  
• MN POISON CENTER 1-800-222-1222**

## BUDGETING – INFORMATION AND ASSISTANCE

[University of MN – Extension Service](#) 507-377-5660 Gov't Center, 411 S Broadway, Albert Lea  
[SEMCAAC](#) 507-373-1329 204 W Clark St, Albert Lea

## CHILD CARE

[Adults' & Children's Alliance](#) 800-433-8108  
[The Children's Center](#) 507-373-7979 605 James Ave, Albert Lea  
[Albert Lea Family Y \(After School Program\)](#) 507-373-8228 2021 W Main St, Albert Lea  
[Families First of Minnesota](#) 800-462-1660 126 Woodlake Dr SE, Rochester  
[County Licensing \(Human Services\)](#) 507-377-5400 203 W Clark St, Albert Lea  
[Parenting Resource Center](#) 507-437-8330 105 First St SE, Suite A, Austin

## COUNSELING & SUPPORT GROUPS

[AA Groups in Albert Lea](#)  
Abigail Goskeson 507-383-6872 117 S Newton Ave, Albert Lea  
[Catholic Charities](#) 507-287-2047 903 W Center St Ste 220, Rochester  
Cedar House 507-377-8506 907 Sykes St, Albert Lea  
[Cedar River Counseling](#) 507-433-6482 810 W Oakland Ave, Austin  
[Chemical Dependency Center/Fountain Centers](#) 507-377-6411 404 W Fountain St, Albert Lea  
Circle of Parents (Barb Sorum) 507-383-8842 Albert Lea  
[Crime Victim's Crisis Center](#) 507-377-5460 Gov't Center, 411 S Broadway, Albert Lea  
[Fernbrook Family Center](#) 507-446-0431 2575 Harvest Lane NW, Owatonna  
Freeborn County Mental Health Center 507-377-5400 203 W Clark St, Albert Lea  
**Crisis Line:** Emergency Mental Health Services 877-399-3040 (after hours) -----  
Independent Management Services 507-396-4477 709 Algon St, Albert Lea  
[Life Center](#) - Advocacy Support for People with  
Developmental Disabilities and Their Families 507-377-3469 407 E William St, Albert Lea  
[Lutheran Social Services](#) 800-582-5260 2485 Como Ave, St Paul  
[Mayo Clinic Health System Albert Lea –  
Pediatric Dept.](#) 507-668-2121 404 W Fountain St, Albert Lea  
Nexus-Gerard Family Healing 507-434-4366 137 N Broadway Ave, Albert Lea  
[PACER](#) 800-537-2237 -----  
Pathway to Healing Counseling Services 507-668-4004 131 S Newton Ave, Albert Lea  
[Parent Warmline](#) MN Warmline 651-288-0400 Or text "Support" to 85511  
Timothy Lang 507-438-3062 1637 W Main St, Albert Lea  
Water Street Psychology (Beth Olchefske) 507-377-1719 668 Meadow Lane, Albert Lea

## EDUCATION – CHILDREN & FAMILIES (INCLUDING COMMUNITY EDUCATION)

[Adult Basic Education \(ABE/ESL/GED\)](#) 507-379-4866 211 W Richway Dr, Albert Lea  
[Albert Lea Area Schools](#)  
[Albert Lea Area Community Education](#) 507-379-5318 147 N Broadway Ave, Albert Lea  
[Albert Lea Area High School](#) 507-379-5340 2000 Tiger Lane, Albert Lea  
[Halverson Elementary](#) 507-379-4900 707 E Tenth St, Albert Lea  
[Hawthorne Elementary](#) 507-379-4960 1000 E Hawthorne St, Albert Lea  
[Lakeview Elementary](#) 507-379-5020 902 Abbott St, Albert Lea  
[Sibley Elementary](#) 507-379-5080 1501 W Front St, Albert Lea  
[Southwest Middle School](#) 507-379-5242 1601 W Front St, Albert Lea  
Brookside Education Center 507-379-4800 211 W Richway Dr, Albert Lea  
[Pre-School Programs/Wrap Around Child Care](#) 507-379-4838 211 W Richway Dr, Albert Lea  
[Early Childhood Family Education](#) 507-379-4838 211 W Richway Dr, Albert Lea  
[Alden/Conger Public Schools](#) 507-874-3240 215 N Broadway, Alden  
[Early Childhood Screening](#)  
(Contact your local schools) 507-379-4838 (for Albert Lea) 211 W Richway Dr, Albert Lea  
[Families First - Head Start of Freeborn County](#) 507-923-8524 411 S 1<sup>st</sup> Ave Ste F, Albert Lea  
[Family Home Visiting \(Public Health\)](#) 507-377-5100 Gov't Center, 411 S Broadway, Albert Lea  
Glenville Community Preschool 507-448-3334 240 Second Ave SW, Glenville  
[Glenville/Emmons Public School](#) 507-448-3334 240 Second Ave SW, Glenville  
[Help Me Grow MN](#) 866-693-4769  
(Developmental or Behavioral Referral Site)  
[Hollandale Christian School](#) 507-889-3321 203 Central Ave S, Hollandale  
[NRHEG Public Schools](#) 507-684-3181 PO Box 428, Ellendale  
(New Richland, Hartland, Ellendale, Geneva) 507-465-3205 306 Ash Ave S, New Richland  
[St. Theodore Catholic School](#) 507-373-9657 323 E Clark St, Albert Lea  
[United Preschool](#) 507-373-6712 702 Hwy 69 S, Albert Lea  
[USC Public Schools](#) 507-553-5810 600 11<sup>th</sup> St SW, Wells  
(Wells, Easton, Bricelyn, Kiester, Freeborn)

## EMPLOYMENT – EDUCATION, SKILLS, INFORMATION

Express Temporary Services 507-373-2826 1410 W Main St, Albert Lea  
Manpower Temporary Services 507-377-7410 2564 Bridge Ave, Albert Lea (In Mall)  
Workforce Development Center 507-821-1010 Riverland Community College,  
2200 Riverland Dr, Albert Lea (Door A3)

## FOOD – ASSISTANCE

Alden Area Food Shelf 507-383-6913 191 W Water, Alden  
Ecumenical Food Pantry 507-373-2035 308 Water St, Albert Lea  
Food Support (Human Services) 507-377-5400 203 W Clark St, Albert Lea  
Loaves & Fishes 507-373-1545 Marian Hall, 315 E Clark St, Albert Lea

*A Hot Meal Program offered on Monday, serving 5:00 pm until 5:45 pm.*

[MN Food HelpLine](#) 888-711-1151  
[Our Daily Bread Café](#) 507-373-8776

Salvation Army Albert Lea Citadel  
302 Court St, Albert Lea

*Free community meal offered Monday through Friday.  
Serving 11:30 am until 12:30 pm. Everyone is welcome.*

[Salvation Army Food Pantry](#) 507-373-8776  
[WIC](#) (Women/Infants/Children) 507-377-5289

302 Court St, Albert Lea  
Gov't Center, 411 S. Broadway, Albert Lea

**HEALTH SERVICES – MEDICAL NEEDS**

[Children's Dental Health Services](#) 507-529-0436  
[Family Home Visiting](#) (Public Health) 507-377-5100  
[Freeborn County Public Health](#) (Immunizations) 507-377-5100  
[Mayo Clinic Health System Albert Lea](#) 507-373-2384  
[MN Children with Special Health Needs](#) 800-728-5420  
[MSU Dental Hygiene Clinic](#) 507-389-2147  
[Open Door Health Center](#) *Medical/Dental/Behavioral* 507-388-2120  
Planned Parenthood  
[Mankato Office](#) 507-387-5581  
[Rochester Office](#) 507-288-5186

Appointments in Rochester  
Gov't Center, 411 S. Broadway, Albert Lea  
Gov't Center, 411 S Broadway, Albert Lea  
404 W Fountain St, Albert Lea  
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Mankato  
Mankato  
340 Stadium Rd Suite 400, Mankato  
1212 Seventh St NW, Rochester

**HOUSING – ASSISTANCE**

[SEMCAC](#) (Emergency) 507-373-1329  
Department of Human Services 507-377-5400  
Housing & Urban Development 507-377-4375  
Salvation Army (Emergency) 507-373-5710

204 W Clark St, Albert Lea  
203 W Clark St, Albert Lea  
800 Fourth Ave S, Albert Lea  
302 Court St, Albert Lea

**HUMAN SERVICES – MFIP (Medical, Food Support Assistance, Child & Family Services, Child Protection)**

[Department of Human Services](#) 507-377-5400

203 W Clark St, Albert Lea

**LEGAL ASSISTANCE**

Southern MN Regional Legal Services 507-377-2831

146 College St W, Albert Lea

**PUBLIC LIBRARY**

[Albert Lea Public Library](#) 507-377-4350

221 E Clark St, Albert Lea

**RECREATION**

[Albert Lea Family Y](#) 507-373-8228  
[Albert Lea Park & Recreation](#) (Schedule) 507-377-4370

2021 W Main St, Albert Lea  
221 E Clark St, Albert Lea

**TRANSPORTATION**

Albert Lea Bus Company (School Bus) 507-373-1467  
LEA TAXI 507-318-6323  
AmeriCare Mobility Van, Inc. (AMV) 800-963-7233  
[Southern MN Area Rural Transit](#) (Public Transit) 855-762-7821

1407 St. John Ave, Albert Lea  
Albert Lea  
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905 E 16<sup>th</sup> St, Albert Lea

*(Demand Response Service: 6:00am-6:00pm, Monday-Friday - 1<sup>st</sup> come 1<sup>st</sup> served, 24 hour or more Advance Reservation recommended)*  
*(Demand Response Service: 9:00am-1:00pm on Saturday - 1<sup>st</sup> come 1<sup>st</sup> served, 24 hour or more Advance Reservation recommended)*  
*(Demand Response Service: 8:00am-12:00pm on Sunday - 1<sup>st</sup> come 1<sup>st</sup> served, 24 hour or more Advance Reservation recommended)*  
*(Deviated Route Service: 7:00am-9:00pm, Monday-Friday - Call a couple hours ahead)*  
*(Dispatch hours: Monday-Friday 6:00am-6:00pm, Saturday 9:00am-3:00pm)*

**UTILITIES – ENERGY ASSISTANCE**

[Local Fuel Assistance](#) (SEMCAC) 507-373-1329

204 W Clark St, Albert Lea

# FREEBORN COUNTY RESOURCES

## HEALTHCARE

**EMERGENCY** **911**

**Non-Emergency Number** **507-377-5205 ext. 5**

**Minnesota Resource Website**

[Minnesota Aging & Disability Resources](#)

**Healthcare Services**

<a href="#">Albert Lea VA Outpatient Clinic</a>	507-379-5530
<a href="#">Big Stone Physical/ Occupational Therapies</a>	507-552-0022
<a href="#">Freeborn County Human Services</a>	507-377-5400
<a href="#">Freeborn County Public Health</a>	507-377-5100
<a href="#">Hearing Associates</a>	888-760-2032
<a href="#">Mayo Clinic Health System</a>	507-373-2384
<a href="#">Mayo Clinic Physical/Occupational Therapy</a>	507-668-2900
<a href="#">Mayo Clinic Nurse Line Triage</a>	800-628-2538
<a href="#">Mason City Clinic- Medical Specialists</a>	800-622-1411
<a href="#">Mercy One Durable Medical Supply</a>	507-320-7905
<a href="#">Minnesota Care</a>	800-657-3672
<a href="#">MN Children with Special Health Needs</a>	800-728-5420
<a href="#">Open Door Health Center – Dental Services</a>	507-388-2120
<a href="#">Patient’s Choice Wellness Clinic</a>	507-821-1051
<a href="#">Salvation Army</a>	507-373-8776
<a href="#">Senior Center</a>	507-373-0704
<a href="#">Minnesota Aging Pathways</a>	800-333-2433

**AIDS-HIV Testing**

[AIDS Minnesota Hotline](#) 612-373-2437

**Birth Control**

<a href="#">MN Family Planning/ VD Hotline</a>	800-783-2287
<a href="#">Open Door Health Center</a>	507-388-2120
<a href="#">Planned Parenthood</a>	507-373-5288

**Pregnancy Counseling**

<a href="#">Catholic Charities Information Line</a>	800-222-5859
<a href="#">Lutheran Social Services</a>	800-582-5260
<a href="#">New Horizons Adoption Agency</a>	800-314-3370
<a href="#">Pregnancy Hotline</a>	800-848-5683

## HEALTHCARE (cont.)

**Social Services**

<a href="#">Freeborn County Dept. of Human Services</a>	507-377-5400
<a href="#">Independent Management Services</a>	507-396-4477
<a href="#">Lutheran Social Services of MN</a>	800-582-5260
<a href="#">MN211</a>	211
<a href="#">United Way of Freeborn County</a>	507-373-8670
<a href="#">Welcome Center (Austin)</a>	507-437-8330

**Disability Services**

<a href="#">Albert Lea Area Schools</a>	507-379-4800
<a href="#">Cedar Valley- Alpha Program</a>	507-373-6064
<a href="#">Cedar Valley Services</a>	507-377-2893
<a href="#">Crest Services</a>	507-373-0188
<a href="#">Disability Hub MN</a>	866-333-2466
<a href="#">Freeborn County Human Services</a>	507-377-5400
<a href="#">Life Center Freeborn County</a>	507-377-3469

## TRANSPORTATION

**Transportation Services**

<a href="#">Albert Lea Bus Company</a>	507-373-1467
<a href="#">AmVAn Mobility Van</a>	800-963-7233
<a href="#">FairRyde</a>	612-806-2646
<a href="#">Grace Transportation</a>	507-369-5370
<a href="#">Greyhound Bus Stop</a>	800-231-2222
Lea Taxi	507- 318-6323
<a href="#">SMART Transit</a>	855-762-7821
Vern’s Ride Service	507-320-8690

**License Center**

<a href="#">Freeborn County License Center</a>	507-377-5126
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## MENTAL HEALTH

**EMERGENCY** **911**

**SUICIDE HOTLINE** **988**

**Professional Services**

<a href="#">Abigail Goskesn, LICSW</a>	507-383-6872
<a href="#">Albert Lea VA Clinic</a>	507-379-5532
<a href="#">Arukah Christian Counseling</a>	507-402-6934
<a href="#">Behavioral Health Services</a>	507-377-6406
<a href="#">Catholic Charities</a>	507-377-3664
<a href="#">Cedar House</a>	507-377-8506
Ellie Wiemerslage Essential Psychology	507-383-2560
<a href="#">Fernbrook Family Center</a>	507-446-0431
<a href="#">Freeborn County Dept. of Human Services</a>	507-377-5400
<a href="#">Freeborn County Mental Health Center</a>	507- 377-5440
<a href="#">Horizon Homes</a>	
<i>South Central Crisis Line</i>	877-399-3040
<a href="#">Independent Management Services</a>	507-396-4477
<a href="#">Lutheran Social Services of MN</a>	800-582-5260
<a href="#">Mason City Clinic- Psychiatric</a>	800-622-1411
<a href="#">Mayo Clinic Health System</a>	507-377-2384
<a href="#">Mayo Clinic Social Services</a>	507-284-2131
<a href="#">Nexus Gerard Academy</a>	507-433-1843
Pathways to Healing	507-688-4004
<a href="#">Sandy Anderson Consulting &amp; Coaching</a>	507-440-2390
<a href="#">Stacy Brown Wellness Counseling Studio</a>	507-478-7480
Stellar Wellness, Tara Jenö	507- 203-2761
<a href="#">Tim Lang- Southern MN Psyc. Services</a>	507-438-3062
Water Street Psychology	507-377-1719

**Support Groups**

<a href="#">AA Groups in Albert Lea</a>	507-565-6891
<a href="#">Circle of Parents</a>	507-383-8842
Memory Café	507-373-3938
<a href="#">Minnesota Warmline</a>	855-927-6546
<a href="#">Next Step Club House</a>	507-373-6938
<a href="#">Parenting Resource Center</a>	
<i>Parent Warm Line</i>	888-584-2204
• <i>Spanish</i>	507-437-8330
• <i>Karen</i>	1-877-434-9528

## Freeborn County Senior Services

<b>Adult Foster Care (AFC)</b>	Freeborn County (AFC)	507-377-5488
<b>Advocacy, Information &amp; Assistance</b>		
<b>Assisted Living</b>	Hidden Creek	507-379-2737
	Oak Park Place	507-373-5600
	Prairie Senior Cottages	507-379-9000
	The Meadow's of St John's	507-473-1047
	Thorne Crest Retirement Community	507-373-2311
	Bancroft Creek Estates	507-379-2737
	Knutson Place	507-473-1047
<b>Caregiver Support</b>	National Alzheimers Assn.	800-272-3900
	Regional Alzheimers Assn.	507-289-3950
<b>Chore</b>		
<b>County Social Services</b>	Freeborn County - Albert Lea	507-377-5400
<b>Disability Services</b>	Disability Hub	866-333-2466
	PossAbilities	507-281-6116
	SEMCIL	507-285-1815
<b>Emergency Call System</b>	Heartland Security	888-264-6380
	Guardian Medical	800-860-4230
	Medscope	800-645-2060
	Medical Guardian - Private Pay	800-313-1191
	Dose Health	844-300-6212
<b>Hospice</b>	Ecumen	<i>Questions</i> 507-774-3221
		<i>Referrals</i> 877-311-4997
	Mayo Clinic Hospice	507-284-4002
	Moments	507-888-9700
	St. Croix	507-416-4247
<b>Information, Referral &amp; Assistance and Health Insurance Counseling</b>	<a href="#">Minnesota Aging Pathways</a>	800-333-2433
<b>Legal Assistance</b>	SMRLS Hotline	888-575-2954
	(Southern MN Regional Legal Services)	507-377-2831
<b>Home Care</b>		
<b>Medicare Certified Home Care Agencies</b>	Adara	800-598-5546
	Good Samaritan Home Care	888-381-3205
	Good Samaritan Home Care - Austin	507-533-7101
	International Quality Home Care	507-451-6262
	Regency Home Health Care	507-434-4900
<b>Personal Care</b>		
	Helping Hands	507-993-7500
	Embrace	507-369-5701

For Complete List of Providers	<a href="#">Minnesota Aging &amp; Disability Resources</a>	
Other Home Care Agencies		
*Note some agencies may not serve the entire county or may not be covered by all paysouces	Baywood Home Care*	507-399-2080
	Freedom Home Care*	507-387-4663
	Legacy Home Care*	763-593-1000
	Aveanna*	507-282-2246
	VIsiting Angels	507-289-1147
Long-Term Care Consultation (MnCHOICES Assessment)	Freeborn County	507-377 -5100
Long-Term Care Ombudsman	Statewide system	800-657-3591
Home Delivered Meals	HomeStyle Direct	866-735-0921
	Meals on Wheels Albert Lea	507-373-7759
	Meals on Wheels Alden	507-874-3781
	Meals on Wheels Emmons	507-373-7759
	Meals on Wheels Geneva	507-440-0166
	Meals on WheelsGlenville	507-373-7759
	Meals on Wheels Semcac-Sr. Tower & rural	507-864-8228
*Many resturants, grocery stores and deli will deliver also	Luteran Social Services Meals to Go	877-287-0768
	Sister's Meals Home Style Entrees	515-332-1928
Medicare	<a href="http://www.medicare.gov">www.medicare.gov</a>	800-633-4227
Medical Equipment	Reliable Medical Supply - Rochester	507-218-3800
	Reliable Medical Supply - Faribault	507-334-2602
	Pal Medical Systems	800-852-6575
	Mayo Clinic Medical Store	507-668-2913
Mental Health	Albert Lea Behavioral Health	507-594-2929
	Cedar House	507-377-8506
	Independent Management Services	507-369-4477
	Mental Health Center	507-377-5440
Senior Center (staffed)	Albert Lea	507-373-0704
Senior Dining	Albert Lea Senior Tower	507-373-7759
	Alden	507-874-3781
Senior Housing		
	Accessible Space, INC	800-466-7722
	<a href="#">Life Style, Inc</a>	507-451-8524
	Gray Gables	507-320-5546
	Northbridge Apartments	507-402-3373
	Albert Lea Housing Authority	507-377-4375
	Trailside	507-373-5533
	Hartland Apartments	507-456-9514
	Park Apartment-Geneva	507-456-9514
	Oak Park- Emmons	507-525-3576

	Heritage Apartments Alden	507-525-3576
<b>Skilled Nursing Home Facility</b>	St John's Lutheran Community	507-373-2040
	Thone Crest Senior Community	507-373-2311
	Good Samaritan Society	507-229-4570
<b>Social Security</b>	<a href="http://www.ssa.gov">www.ssa.gov</a>	800-772-1213
	Austin Office	866-504-5010
<b>Telephone Reassurance</b>	Albert Lea Fire Department	507-377-4346
<b>Transportation</b>	Albert Lea Transit	507-379-1111
	Grace Home Care Transportation	507-369-5370
	Handivan	507-281-3600
<b>**Managed Care Medical Assistance Partipants contact Care Coordinator to arrange medical rides</b>	SMART	855-762-7821
<b>Volunteer Programs</b>		
	Senior Companion	507-512-1036
	United Way Volunteer Center	507-373-8670
<b>Veterans Service Office</b>	Freeborn County	507-377-5184
<b>For Complete List of all Services</b>	<a href="#">Minnesota Aging &amp; Disability Resources</a>	