

Positive Parenting:

10 Tips On How To Talk to Your Child...

- Make it a point to listen to your child. They will learn to listen to you if you listen to them.
- Look into your child's eyes while talking. Get down to his/her level so they don't feel so small.
- Speak in a calm quiet voice. Your child will be less frightened or angry, and more willing to listen.
- Practice listening and talking. Ask questions about things they are interested in. Have your child explain in detail.
- Respect your child. Use a polite tone of voice and do not talk down to them.
- Notice good behaviors as well as bad. Praise them for doing a good job or little things we often take for granted.
- Use inviting words to encourage discussion. Use phrases such as, "really", "I see", or "tell me more".
- Praise your child to build confidence and encourage discussion.
- Tell your child you love them regularly, whether in a note for them to carry or verbally.
- Pay attention when your child wants to talk. Take time from other tasks, make it a point to listen.



Directory of Resources for Families

CHIPPEWA COUNTY
FAMILY SERVICES

Developed by
Chippewa County Family Services
(320) 269-6401
Toll Free: (877) 450-6401

2014

Women, Infants & Children (WIC)

Chippewa County Family Services hopes this booklet will help you become informed about the variety of services available to families in our county. We appreciate the cooperation of all of the different providers listed in this book.

*Additional booklets available free of charge:
Directory of Resources for Adults,
Children with Disabilities, and
Directory of Resources for Senior Citizens.*

According to the National Center on Addiction & Substance Abuse at Columbia University, compared to kids who have fewer than three family dinners per week, children and teens who have frequent family dinners are:

1. At 70% lower risk for substance abuse
2. Half as likely to try cigarettes
3. Half as likely to be daily cigarette smokers
4. Half as likely to try marijuana
5. Half as likely to get drunk monthly
6. One third less likely to try alcohol
7. More likely to get better grades in school
8. Less likely to have friends who drink alcohol & use marijuana
9. More likely to have parents who take responsibility—teen drug use
10. Almost 40% likelier to say future drug use will never happen

COUNTRYSIDE PUBLIC HEALTH

Community Services Building
719 N 7th Street – Suite 308
Montevideo, MN 56265
320-269-2174
1-800-894-0192
countrysidepublichealth.org

* * * * *

WIC is a nutrition education program that provides free supplemental foods which promote good health.

Provides:

Milk, cheese, eggs, juice, iron fortified cereals, peanut butter and/or dried peas and beans. Infants receive infant cereal and iron fortified formula.

- Pregnant Women
- Women breastfeeding an infant under 1 year of age.
- Women who have a baby less than 6 months old.
- Infants and children up to 5 years old—if the child is 5 years old, apply to MAC at local Prairie V.
- Participation in Food Stamps, MFIP, or MA is automatic income qualification for an individual.
- Higher income guidelines apply to pregnant women & children under 2.

Nixle Alerts [www.nixle.com]

Joint effort of the City of Montevideo, Montevideo Police Department, ISD #129, Chippewa County Emergency Management, and Chippewa County Sheriff's Office. This is a free service that people subscribe to by entering their email address and/or phone number at www.nixle.com in order to receive text messages or emails. The emails/text messages would cover snow emergencies, school closures, weather announcements, water/power outages within the City of Montevideo.

Youth Program Continued

Milan Challengers 4-H Club

Jen Tostenson
(320) 269-8185

Mighty Milan 4-H Club

Kami Schoenfeld
(320) 269-6521
Ann Thompson
(320) 734-4868

Chippewa Champs 4-H Club

(Maynard)

Kjersti Jaenisch
(320) 367-2782
Shalesha Summer
(320) 367-2114

Granite Go Getters 4-H Club

Sarah Bartels
(320) 669-3353

Mandt Livewires 4-H Club

(Montevideo)

Janet Bosch
(320) 843-4432

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General Information

Child Care Resource & referral

1-800-292-KIDS (5437)

Provides information and child care. Referrals to support parents in their search for quality child care. Primary goal is to ensure that all children have access to quality, nurturing environments. List of Child Care providers.

Chippewa County Extension University of Minnesota Extension

629 N 11th Street – Suite 6
Montevideo, MN 56265
320-269-6521

Website:

www.extension.umn.edu

Agriculture, community, environment, family, garden, nutrition education, and youth resources including 4-H.

Email:

mnext-chippewa@umn.edu

Chippewa County Family Services

719 N 7th St. Ste 200
Community Services Building
Montevideo, MN 56265
320-269-6401
Toll free: 1-877-450-6401

Website:

<http://www.co.chippewa.mn.us/>

Information and referral, chemical abuse/dependency services, children and family services, child care assistance, child and adult foster care licensing, education/public speaking, services for adults and children with developmental and/or physical disabilities, child and adult mental health services, and financial services including food support and health care programs.

Country Side Public Health

719 N. 7th Street, Suite 308
Montevideo MN 56265
(320) 269-2174
1-800-894-0192

www.countrysidepublichealth.org

Services include: Childhood and adult immunizations, WIC program, prenatal/postnatal and car seat education, water, radon, lead testing kits, Child & Teen Checkup Outreach, Emergency Preparedness information, jail and school contract nursing.

Youth Programs

Girl Scouts of America:

Girl Scout Minnesota and Wisconsin

Lakes and Pines (local council)

Waite Park, MN 56387

(320) 252-2952

Email: Communityrelationsh@gslakesandpines.org

The Girl Scouts of Americas mission statement is, “building girls of courage, confidence, and character, who make the world a better place”. To learn more about how to get involved with girl scouts contact the local council to learn more about how to get involved.

Boy Scouts of America:

Troop 3259

Trinity Lutheran Church

220 S 13th St.

Montevideo, MN 56265

(651) 224- 1891

Boy Scouts of American is a values-based youth development organization. It provides activities for boys to take part in to build character, to be conscious citizens, and provide a healthy personal fitness. If you want more information contact the local council to learn how to get involved.

Troop 3269– Clara City Lions Club

General Delivery

Clara City, MN 56222

(651) 224-1891

Northern Star Council (local council)

393 Marshall Ave

Saint Paul, MN 55102

(651) 224-1891

Cheerful Champs 4–H Club

(**Montevideo**)

Jamie & Jennifer Winters:

(320)-226-5631

Ed & Kathy Johnson

(507) 227-8866

Kathy & Paul Toft

(320) 269-3765

Churches

St. John's Evangelical Church

4005 40th St. SW
Montevideo, MN 56265
(320) 269-6601

Kvitseid Lutheran Church

308 N 3rd St.
Milan, MN 56262
(320) 734-4455

St. Paul's Lutheran Church

321 N 5th St. PO Box 156
Montevideo, MN 56265
(320) 269-7145

Watson Lutheran Church

PO Box 159
Watson, MN 56295
(320) 269-5595

St. Joseph's Catholic Church 512

Black Oak Ave
Montevideo, MN 56265
(320) 269-5954

Trinity Lutheran Church of Havelock

4005 40th St. SW
Montevideo, MN 56265

Casa de Dios

(417) 294-1475

Bethany Reformed Church

PO Box 687
Clara City, MN 56222
(320) 847-3322

Trinity/ Maynard Lutheran Church

220 S 13th St.
Montevideo, MN 56265
(320) 269-8232

Bunde Christian Reformed Church

5086 140th Ave SE
Clara City, MN 56222
(320) 847-3520

United Methodist Church

731 N 7th St.
Montevideo, MN 56265
(320) 269-9054

First Presbyterian Church

Maynard, MN 56260
(320) 367-2700

Immanuel Lutheran Church

204 NE 2nd St.
Clara City, MN 56222
(320) 847-2138

Wang Lutheran Church

Maynard, MN 56260
(320) 367-2859

General Information (Continued)

Prairie Five Community Action Council, Inc.

Community Services Building
719 N 7th Street – Suite 302
Montevideo, MN 56265
320-269-6578 or
1-800-292-5437

Food/nutrition, transportation, housing, energy, senior citizens, and self-sufficiency programs.

Workforce Center / SW MN Private Industry Council, INC.

202 N 1st St. Ste. 100
Montevideo MN 56265
320-269-5561

- Employment Information
- Job Service
- SW MN Private Industry Counseling
- Job Search Assistance
- Youth Employment Programs
- Adult & Dislocated Worker Services

City of Clara City

215 1st St. NW P.O. Box 560
Clara City MN 56222
320-847-2142
www.claracity.org

Clara City Police Department

30 2nd Ave NW P.O. Box 560
Clara City, MN 56222
320-847-3221

City of Montevideo

PO Box 517
103 Canton Ave
Montevideo MN 56265
320-269-6575

General government inquiries/information, utility bill payments, housing, and park/public facility rentals, etc.

Montevideo Police Department

PO Box 517
103 Canton Ave
Montevideo MN 56265
320-269-8808
tips@montevideopolice.com

Accident/incident report, abuse reporting, D.A.R.E., education, criminal investigation, and general patrol.

City of Granite Falls

641 Prentice St.
Granite Falls, MN 56241
320-564-3011
www.granitefalls.com

Granite Falls Police Department

930 4th Street, Suite 3
Granite Falls, MN 56241
320-564-2129

police@granitefalls.com

Car Seats/Booster Seats

Countryside Public Health

719 N. 7th Street, Suite 308
Montevideo MN 56265
(320) 269-2174
1-800-894-0192
www.countrysidepublichealth.org

Provide education on correct car seat for your child, how to use the seat and how to install it correctly. Car seats may be available for a reduced cost.

Counseling and Support

AL-ANON / ALATEEN

For additional meeting information:
1-888-4AL-ANON
(1-888-425-2666)
M – F; 8 am - 6 pm ET.

Al-Anon/Alateen offers strength and hope for friends and families of problem drinkers.

Al-Anon

Monday Nite New Start AFG
Home of Mary Jane Hilt
205 N 8th Street
Montevideo, MN 56265

Monday – 7 p.m.

Our Savior's Lutheran Church

222 N 5th Street
Montevideo, MN 56265

Thursday 8 p.m.
* Use back door

Granite Falls Alano Club

145 8th Ave
Granite Falls, MN

Friday 8:00 p.m.
Sunday 7:00 p.m.

Project Turnabout

660 18th St
Granite Falls, MN 56241

Wednesday 12:00 (Noon)

Teen AA

Carnegie Hall
300 N 3rd St
Montevideo, MN 56265

Thursday 6:30 p.m.

Churches

Our Saviors Lutheran Church–

Baxter & Saron

1421 N 4th St.
Montevideo, MN 56265
(320) 269-8260

Faith Evangelical Lutheran

Church

4014 SW 115th St.
Clara City, MN 56222
(320) 847-3507

Big Bend Lutheran Church

8070 90th Ave NW
Milan, MN 56262
(320) 793-6622

First Congregational Church

224 N 4th St.
Montevideo, MN 56265
(320) 269- 8244

Calvary Baptist Church

716 Benson Road
Montevideo, MN 56265
(320) 269- 7521

Hope Reformed Church

Lincoln Ave & 17th St.
Montevideo, MN 56265

Community Bible Church

1117 Benson Road
Montevideo, MN 56265
(320) 269-7500

Jevnaker Lutheran Church

4055 40th Ave. NW
Montevideo, MN 56265
(320) 269- 8284

Cornerstone Baptist Church

2006 William Dr.
Montevideo, MN 56265

Luther Haven Nursing Home

1109 Minnesota 7
Montevideo, MN 56265
(320) 321-8338

Maynard Baptist Church

PO Box 367
Maynard, MN 56260
(320) 367-2142

Our Saviors Lutheran Church

222 N 5th St.
Montevideo, MN 56265

Volunteer Opportunities

Circle Sentencing

320-269-9503

Caregiver Support

320-269-6401
The Chippewa County Caregiver Program has a volunteer visitation program matching volunteers with senior citizens. This program serves primarily through area churches matching people who are involved in the same church for a once a month visit. If you are interested in visiting a senior from your church, please let your clergy member know or the Coordinator at 320 269-6401. We also match community volunteers.

Prairie Five

Contact your local school for opportunities to help students.

RICE HOSPICE

(320)231-4450
1-800-336-7423

For more information contact Deb Van Buren, Volunteer Coordinator at (320)-231-4433

AA

Carnegie Hall
300 N 3rd St.
Montevideo, MN 56265

Thursday 8:00 p.m.

Project Turnabout

660 18th St.
Granite Falls, MN 56241

Wednesday 7:30 p.m. (women)
Saturday 8:00 p.m. (open)

Granite Falls Alano Club

145 8th Ave
Granite Falls, MN 56241

Sunday 7:00 p.m.
Mondays 12:30 p.m.
Tuesdays 7:00 p.m.
Wednesday 12 p.m. (noon)
Thursday 8:00 p.m.
Friday 8:00 p.m.

ACOA -Adult Children of Alcoholics

Our Saviors Lutheran Church
225 N 5th St, Room 35
Montevideo, MN 56265

Support group for people who grew up with an alcoholic parent.

Thursday at 7:00 p.m.

NA

Friends in Recovery
Our Saviors Lutheran Church
225 N 5th St. Room 35
Montevideo, MN 56265

Friday 7:30 p.m.

Counseling and Support (continued)

RICE GRIEF CENTER

301 Becker Ave SW
Willmar, MN 56201
For more information: contact Brenda
Wiese, 320-231-4714 or
bwie@rice.willmar.mn.us

From Rice Memorial Hospital with out-
reach services in Appleton,
Benson, Ortonville/Graceville,
Montevideo, Dawson, Granite Falls, and
Willmar. Provides counseling for all
types of grief & loss. All ages served.

PROJECT TURNABOUT

660 18th Street
PO Box 116
Granite Falls, MN 56241
320-564-4911
Toll free: 1-800-862-1453
www.projectturnabout.org

Project Turnabout provides the hope of
recovery from chemical dependency and
compulsive gambling addictions. They
provide residential/inpatient treatment
and outpatient treatment and outpatient
services for men, women, and families.
They also provide detox services with 24
hour nursing services. Project Turna-
bout's main campus is in Granite Falls
with outpatient services in Willmar, Mar-
shall, and Redwood Falls. We also have a
domestic abuse program for perpetrators.
The Marshall location also provides a
men's halfway house.

SAFE AVENUES

Chippewa/Lac qui Parle Outreach
103 W Nichols Ave.
Montevideo, MN 56265
320-269-6520
24-Hour Crisis Line:
1-800-792-4210

Safe Avenues is a shelter, protection and
prevention program for those affected by
domestic violence, sexual assault or po-
tential abuse to children. Our main office
is located in Willmar, along with outreach
offices located in Willmar, Swift, Ren-
ville, and Chippewa County.

WOODLAND CENTERS

517 N 17th Street
Montevideo, MN 56265
320-269-6581
1-888-281-0241

1125 SE 6th Street
Willmar, MN 56201
1-800-992-1716
320-235-4613

www.woodlandcenters.com

Outpatient Individual, marital and family
counseling. Psychiatry Services for
Adults and Children. DBT (Dialectical
Behavior Therapy) for Adults and Ado-
lescents. Day Treatment/ ARMHS (Adult
Rehabilitative Mental Health Services).
Assertive Community Treatment (ACT)-
Adults. Youth Day Treatment. Adult and
Youth Partial Hospitalizations Programs.
Adult and Youth Crisis Center/Detox.
Anger Management Classes/Adults.
Home Based Services. Outpatient Chemi-
cal Dependency. Community Support/
Adult Community Support/ Family Com-
munity Support/Drop-in Centers/ Peer
Mentors. School Linked Mental Health
Services. Westwinds Board and Lodge
and Charles Place Board and Lodge.

Pharmacies (continued)

LIEBE DRUG

145 N Miles Street
Appleton, MN 56208
320-289-1252

THRIFTY WHITE DRUG

760 Prentice Street
Granite Falls, MN 56241
320-564-2339

Thrift Shops

Wear & Share

1209 Black Oak
Montevideo, MN 56265
1-800-292-5437
320-269-6578

Second Time Around

540 1st St. SW
Montevideo, MN 56265
Phone: 320-226-1311

Classic Review

113 S 1st St.
Montevideo, MN 56265
Phone: 320-269-3233

Second Time Around

734 Prentice
Granite Falls, MN 56241
Phone: 320-226-8653

Full Circle Thrift Store

408 N 4th St.
Milan, MN 56262
Phone: 320-734-4868

Transportation

GRANITE FALLS HEARTLAND EXPRESS

641 Prentice Street
Granite Falls, MN 56241
320-564-3800

Door-to-door bus service within city
limits of Granite Falls.
Monday through Friday 6:30 a.m. to
5:30 p.m.

Prairie Five RIDES

Community Service Building
719 N 7th St.
Montevideo, MN 56265
320-269-6578
1-877-757-4337

Public transportation provided
throughout five counties (Big Stone,
Chippewa, Lac qui Parle, Swift, and
Yellow Medicine). Transportation
provided outside the five counties with
buses and volunteer drivers.

Pre-School Programs

HEADSTART:
1-800-443-4283

A federally funded program designed to help low income families with children ages 3-5.

KINDER KARE
Sanford Education Center
412 S. 13th St.
Montevideo, MN 56265
(320)269-6538

Child Care Center, Preschool Program, Before/After-School Care.

LITTLE LAMBS
321 N 5th St.
Montevideo MN 56265
320-269-7145

MOPS: Mothers of Preschoolers
Salem Lutheran Church
631 N 7th St
Montevideo, MN 56265
320-269-7624

Offers encouragement, support, teaching, and friendships for mothers of preschoolers. Available Sept-May, 1st and 3rd Wednesdays, 9:15 a.m. to 11:30 a.m.

SMALL WORLD NURSERY SCHOOL
Sanford Education Center
412 S 13th Street
Montevideo, MN 56265
320-269-6538 ext. 3198
Contact: Peggy Knutson
peggyk@montevidEOSchools.org

Community Education program for children three to five years of age who are not yet enrolled in Kindergarten. The nursery school is designed to assist parents with the emotional, social, intellectual, and physical development of their preschool child. School Readiness Scholarships are available to qualifying families.

Pharmacies

THRIFTY WHITE DRUG
1234 E Highway 7
Montevideo, MN 56265
320-269-6411

WAL-MART
2202 E Highway 7
Montevideo, MN 56265
320-269-5496

CHIPPEWA COUNTY MONTEVIDEO HOSPITAL
824 N 11th Street
Montevideo, MN 56265
320-269-8877
www.montevideomedical.com

PhD Counselor available

Camp G.K Bear
Rice Grief Center
301 Becker AVE SW
Willmar, MN 56201
Brenda Wiese
(320) 231-4714

One-day Camp for children grades k-6 who have experienced the death of a significant person in their lives.

Education

Adult Basic Education (ABE)
Ramsey Elementary
Library
502 Hamilton Ave.
Montevideo, MN 56265
ABE: 320-269-9297

ABE is designed to help anyone, 17 years of age or older and not currently enrolled in school, with basic skills such as reading, math, spelling, computer, writing, and more.

CHIPPEWA COUNTY EXTENSION
Courthouse Ste. #6
629 N 11th St.
Montevideo, MN 56265
(320) 269-6521
Email: mnext-chippewa@umn.edu
Website: www.extension.umn.edu

University of Minnesota Extension programs and resources for Agriculture, Community Vitality, Family Development, and Youth Development. Chippewa County Extension staff working directly with the 4-H program and Nutrition Education.

EARLY CHILDHOOD FAMILY EDUCATION (ECFE)
Sanford Education Center
412 S 13th Street
Montevideo, MN 56265
320-269-5026
ecfe@montevidEOSchools.org
www.montevidEOSchools.com

ECFE is a program for all Montevideo families with children between the ages of birth to kindergarten enrollment. ECFE works to strengthen families and enhance the ability of parents to provide the best possible environment for the healthy growth and development of their children.

Education (continued)

ENGLISH AS A SECOND LANGUAGE (ESL)

Sanford Education Center
412 S 13th Street
Montevideo, MN 56265

For more information call
Community Education at 269-5026

Assists individuals to maximize skills to advance in the workplace. Offers assistance with speaking English, educational development (GED preparation in math, reading, writing, social studies, and science), employment skills, and preparation for citizenship exam. Classes are free, start anytime.

MACCRAY PUBLIC SCHOOLS

711 Wolverine Drive
PO Box 690
Clara City, MN 56222
320-847-2154
www.maccray.k12.mn.us

Community Education:
320-847-5355
Early Childhood Family Education (ECFE)
Head start: 320-847-3525
For more information about school based activities, please contact the school directly.

MACCRAY ALTERNATIVE LEARNING PROGRAM (ALP)

P.O. Box 690
Clara City, MN 56222
Jim Trulock, Coordinator
320-847-5212
320-847-2154

ALP is designed for learners who have fallen behind, are missing credits toward graduation, or need a non-traditional setting to better suit their needs.

MONTEVIDEO PUBLIC SCHOOLS

2001 William Avenue
Montevideo, MN 56265
320-269-8833
www.montevideoschools.com

Our goal is to educate and inspire learners to achieve their highest potential. Through partnerships with families, community and staff, we will provide exemplary educational opportunities, preparing all students for successful futures. For more information on school based activities, please contact the school.

IF YOUR CHILD IS ARRESTED FOR BREAKING THE LAW, THE FOLLOWING CONSEQUENCES OR A COMBINATION OF CONSEQUENCES WILL BE ORDERED BY THE COURT:

- Detention at Prairie Lakes Youth Program in Willmar*
 - Secure residential placement at Prairie Lakes Youth Program in Willmar*
 - Electronic Home Monitoring*
 - Circle Sentencing
 - As a parent you will be required to pay a fee for these programs.
-

Juvenile Corrections

6 West Community Corrections

129 Nichols Ave.
PO Box 511
Montevideo, MN 56265
320-269-6513

CIRCLE SENTENCING

Community Services Building
719 N 7th Street – Suite 200
Montevideo, MN 56265
320-269-9503
Contact: Angela Arndt
circle@charterinternet.com

Legal Services

MID-MINNESOTA LEGAL AID

415 7TH St. SW
PO Box 1866
Willmar, MN 56201
(320) 235-9600
(888) 360-3666 toll free

Provides assistance with Social Security claims, Medicare disputes, supplemental Medicare insurance, consumer problems, housing problems, phone sales solicitations, age discrimination, nursing home issues, and other legal problems.

Hospice

RICE HOSPICE
Administrative Office
301 Becker Avenue SW
Willmar, MN 56201
320-231-4450
1-800-336-7423

Addressing the physical, spiritual, psychological, and social needs of seriously ill persons and their families.

Satellite Offices: Appleton, Benson, Dawson, Granite Falls, Montevideo, Ortonville/Graceville, and Paynesville

Housing

HOUSING & REDEVELOPMENT AUTHORITY
629 N 11th Street
Montevideo, MN 56265
320-269-6414

Section 8 housing assistance for qualified low-income households & referrals to other income-based housing. Assistance is provided in Chippewa, Lac Qui Parle, and Yellow Medicine County.

PRAIRIE FIVE COMMUNITY ACTION COUNCIL, INC.
719 N 7th Street – Suite 302
Montevideo, MN 56265
320-269-6578 or
800-292-5437

Various housing programs available.

CITY OF MONTEVIDEO COMMUNITY DEVELOPMENT DEPARTMENT
103 Canton Ave
Montevideo MN 56265
320-269-6575
cdd@montevideomn.org

Housing information, financing assistance programs for down payments, fair housing programs, Grant Funding. Building Code Enforcement, Building permits, Rental Property Licensing and information

Education

MINNESOTA VALLEY AREA LEARNING CENTER (ALC)
1313 East Black Oak Ave.
Box 487
Montevideo, MN 56265
Phone: 320-269-7131
Fax: 320-269-3083

Assists learners, who have not been successful in a traditional educational setting, in earning a high school diploma. Accommodates for difficult learning styles or living situations.

YELLOW MEDICINE EAST PUBLIC SCHOOLS
450 9th Ave
Granite Falls, MN 56241
320-564-4081

LAC QUI PARLE VALLEY SCHOOL
2860 291st Ave
Madison, MN 56256-3230
320-752-4800.

MONTEVIDEO COMMUNITY EDUCATION
412 S. 13th St.
Montevideo, MN 56265
320-269-5026

Provides community residents of all ages a variety of educational, recreational, enrichment, and social programs throughout the year.

Early Childhood Special Education (ECSE)
Sanford Education Center
412 S. 13th St.
Montevideo MN 56265
(320)269-6538

Provide help for children (birth through 5 years old) with special needs. Families with concerns about their child can contact their local school district for information or County Side Public Health.

Energy Fuel Assistance & Weatherization

PRAIRIE FIVE COMMUNITY ACTION COUNCIL, INC.

Community Services Building
719 N 7th Street – Suite 302
Montevideo, MN 56265
320-269-6578 or
1-800-292-5437
www.prairiefive.com

Assistance with: transportation, food shelf, fuel and energy assistance, volunteer services, housing, weatherization, clothing centers, property tax refunds, Head Start, tax clinic, and rent rebates.

Family Planning / Birth Control

SOUTHWESTERN MINNESOTA OPPORTUNITY COUNCIL, INC. (SMOC)

321 S. 1st St.
Montevideo MN 56265
(320) 305-1306

Services available for both females and males. Offer complete physical exam, pap smear, assistance in choosing an appropriate birth control method, reduced cost birth control, pregnancy testing, screening for sexually transmitted infections, emergency contraception, and education and counseling by a qualified professional.

COUNTRYSIDE PUBLIC HEALTH

719 N. 7th Street, Suite 308
Montevideo MN 56265
(320) 269-2174
1-800-894-0192
www.countrysidepublichealth.org

Pregnancy testing at no cost.

Deaf & Hard of Hearing Services

3400 1st St. N, Suite 302
St. Cloud, MN 56303
320-223-7130 (Voice)
866-274-5884 (TTY)
320-654-5157 (Fax)
Email: dhhs.stcloud@state.mn.us

MARSHALL

Lyon County Courthouse
607 West Main Street
Marshall, MN 56258-3009
Tel: 507-537-7114 (Voice/TTY)
Toll Free: 1-800-366-4813
FAX: 507-537-7977

STATE SERVICES FOR BLIND & VISUALLY IMPAIRED

1542 Northway Drive, Door 2
St. Cloud, MN 56303
1-800-366-3909 or
320-308-2699

MONTEVIDEO FAMILY DENTISTRY

1317 Grove Ave
Montevideo MN 56265
320-269-6416
www.montedentistry.com

MAINSTREET DENTAL CARE

315 N 1st St.
Montevideo, MN 56265
320-269-6406

BEALS OPTOMETRY

209 1st St.
Montevideo MN 56265
320-269-6822

JEFF ANDERSON OPTOMETRIST

602 Legion Dr.
Montevideo, MN 56265
320-269-8182

KARL ERICKSON DENTIST

703 Prentice St.
Granite Falls, MN 56241
320-564-2278

TODD TRUDEL OPTOMETRIST

870 Prentice St.
Granite Falls, MN 56241
320-564-4997

GRANITE FALLS CENTER FOR HEARING, BRANCH OF WILLMAR HEARING AID CENTER

761 Prentice St.
Granite Falls, MN 56241
320-564-3311

GRANITE FALLS FAMILY DENTISTRY

1265 6th St.
Granite Falls, MN 56241
320-564-4281
www.granitedentistry.com

RICE REGIONAL DENTAL CLINIC

301 Becker Ave SW
Willmar, MN 56201
320-214-2620
1-877-214-2611
www.ricehospital.com/dentalclinic.html

Learning environment in which students perform dental procedures under professional supervision. Dental clinic is open to anyone, regardless of insurance. Uninsured patients fees are determined on a sliding fee scale.

Health Care (continued)

AFFILIATED COMMUNITY MEDICAL CENTERS (ACMC)

295 10th Ave
Granite Falls, MN 56241
(320) 564-2511
(320) 313-4024—Fax
www.acmc.com

Hours are
Monday—Friday: 8 a.m. to 5 p.m.
Saturday: 8 a.m. to 12 p.m.

GRANITE FALLS MUNICIPAL HOSPITAL AND MANOR

345 10th Ave
Granite Falls, MN 56241
320-564-3111
www.granitefallshealthcare.com

A 25 bed acute care, general hospital equipped with a 3 bed monitored unit, surgery, radiology, mammography, and obstetrical services available on site. Ultrasound, nuclear medicine, and MRI are available on regular schedule basis. Chemotherapy, special transportation service, and ALS (advanced life support) ambulance

COUNTRYSIDE PUBLIC HEALTH

719 N. 7th Street, Suite 308
Montevideo MN 56265
(320) 269-2174
1-800-894-0192
www.countrysidepublichealth.org

Immunizations, WIC, prenatal/postnatal education, car seat education, water/radon/lead testing, child and teen checkup (CTC), outreach and referral and many other services.
Information and referral.

CCMH Diabetes& Nutrition Center

Offers Diabetes Education & Assistance with Diabetes Management for: New Diagnosis of Type 1 & Type 2 Diabetes, Gestational Diabetes, Secondary Diabetes, Pre-Diabetes, and Complication prevention. Medical Nutrition Therapy, including: Weight management, Hyperlipidemia (Cholesterol Disorder), Hypertension (High Blood Pressure), Food Allergies, Eating Disorders.

The educators together have over 43 years of Diabetes Education experience and are Certified Diabetes Educators. The Chippewa County–Montevideo Hospital’s Diabetes Education Program is recognized by the American Diabetes Association. Group classes & Individualized sessions are offered on education & management of diabetes or other health concerns. Our services are covered by most insurances, Medicare, & Medicaid.

Grocery Stores

BERGEN’S PRAIRIE MARKET

Box 200
Milan, MN 56262
320-734-4429

Home delivered groceries within a 10-15 mile radius of Milan.

BILL’S SUPERMARKET

132 W Nichols Avenue
Montevideo, MN 56265
320-269-8274

Home delivered groceries on Tuesdays within city limits.

COBORNS

1409 E Hwy 7
Montevideo, MN 56265
320-269-9550

ECONOMART

1340 9th Street
Granite Falls, MN 56241
320-564-3444

Home delivered groceries available on Wednesdays within the city limits.

RHODE’S FAMILY FOODS

18 E Center Avenue
Box 645
Clara City, MN 56222
320-847-3410

Home delivered groceries available on Tuesdays, Thursdays, and Saturdays.

Health Care

CHIPPEWA COUNTY MONTE- VIDEO HOSPITAL & MEDICAL CLINIC

824 N 11th Street
Montevideo, MN 56265
Hospital - main office
320-269-8877
Clinic - appointments
320-269-6435

Satellite Clinics:

Clarkfield: 320-669-4417
Milan: 320-734-4632
Montevideo: 320-269-6435