

TODD COUNTY AND AREA RESOURCES

ABUSE

EMERGENCY

911

Bridges of Hope – Crisis Nursery (888)750-7682
Central MN Sexual Assault Center (800)237-5090
Child Help USA Child Abuse Hotline (800)422-4453
Coalition for Battered Women (800)289-6177
Crisis Line and Referral Service (800)462-5525
Freshwater Drug and Violence Prevention Council (218)894-2439
Hands of Hope Crisis Line 24 Hour (800)682-4547
Hands of Hope (Morrison) (800)296-1657(320)632-1657
Hands of Hope (Todd) (888)732-2319(320)732-2319
Mid-Minnesota Women's Center (Collect Calls Accepted) (218)828-1216
Minnesota Coalition for Battered Women
National Center for Missing and Exploited Children (800)843-5678
National Runaway Safeline (800)786-2929
Northern Pines - Long Prairie (320)732-6602
Todd County Sheriff's Dept. (Non-emergency) (320)732-2157
Todd County Health and Human Services (888)838-4066(320)732-4500
Vulnerable Adult (888)838-4066(320)732-4500
Wings Family Supportive Services (320)763-6638
West Central Regional Fathers Program/Kids Visitation Exchange Center
Transitional Housing Unit for Mothers

ADOPTION

Adoption Information Line - LSS (888)205-3769
 Alexandria Office (320)762-5124
 St.Cloud Office (320)251-7700
Caritas Family Services- Catholic Charities (320)650-1660
Lutheran Social Services of MN (800)488-4146(612)879-5200
Todd County Health and Human Services (888)838-4066(320)732-4500
 Staples (218)894-6300

ADULT DAY CARE

Amy B Claseman - Long Prairie (320)732-6245
A Lakeside Lodge - Osakis (320)491-8143
A Touch of Home (Pam Stueve, Eagle Bend) (218)738-5594
Becky's on the Lake - Osakis (320)859-5701
Camphill Village – Long Prairie (320)732-6365
Cedar Cove Assisted Living 320-491-8143
Eagle's Crossing – Grey Eagle (612)578-0950
Long Prairie Memorial Nursing Home (320)732-2141
Maple Hill – Browerville (320)533-1119(320)594-3004
Oakridge SILS Home (218)756-2599
Peaceful Valley/Juanita Mitchell - Hewitt (218)924-4179
Prairie Community Services (320)594-2993
REM (Robert E Miller) (218)739-3662
Seasons Adult Foster Care (218)894-1306

WEBSITE

www.bridgesofhopemn.org
www.cmsac.org
www.childhelp.org
www.mcbw.org

www.fed.k12.mn.us
www.handsofhope.net
www.handsofhope.net
www.handsofhope.net
www.mmwomctr@brainerd.net
www.mcbw.org
www.missingkids.com
www.1800runaway.org

www.co.todd.mn.us
www.co.todd.mn.us
www.co.todd.mn.us
www.wingsfamilyservice.com

www.minnesota.org
www.minnesota.org
www.minnesota.org
www.ccstcloud.org
www.lssmn.org
www.co.todd.mn.us

danieliesemeyer@gmail.com

juddmaplehill@yahoo.com

AGING

AARP Member Services Center	(888)687-2277	www.aarp.org
Alzheimer's Disease Hotline	(800)272-3900	www.alzmnndak.org
Mahube Community Council	(218)847-1385	adallmann@mahube.org
MN Board of Aging	(800)882-6262	www.mnaging.org
North Central Community Resources & Assistance	(800)333-2433	
Ombudsman for Older Americans	(800)657-3591	www.mnaging.org
Senior Linkage Line	(800)333-2433	www.cmcoa.org
Todd County Council on Aging	(320)732-4637	www.co.todd.mn.us
Todd County Health and Human Services	(888)838-4066(320)732-4500	www.co.todd.mn.us
Volunteer Transportation Program	(888)838-4066(218)894-6300	www.co.todd.mn.us

Also, See Hospitals

AIDS

AIDS Case Reports – MN Dept of Health	(651)201-5414	
American Red Cross MN Chapter	(320)251-7641	www.cenmnredcross.org
CDC National HIV/AIDS Hotline	(800)232-4636	www.cdc.com
Spanish (800)344-7432 TTY	(800)243-7889	
Minnesota AIDSLINE	(800)248-2437	www.mnaidsproject.org
Minnesota AIDS Project (MAP)	(612)341-2060	www.mnaidsproject.org
MN Department of Health - AIDS/STD Prevention	(651)201-5414	www.dhs.state.mn.us
Planned Parenthood Alexandria HIV/STD testing	(320)762-0766	www.ppmsd.org
RAAN - Rural AIDS Action Network		
Free and confidential testing	(800)966-9735(877)536-7226	www.raan.org
Sexually Transmitted Disease Hotline - Mpls.	(800)783-2287	
Sexually Transmitted Disease Hotline - National	(800)227-8922	www.sexualhealth.mn.org
Spanish Speaking Line - National	(800)344-7432	

ALCOHOL AND DRUGS

See Chemical Dependency

ALS (Amyotrophic Lateral Sclerosis Assn.) (888)672-0484 www.alsmn.org

ALTERNATIVE CARE SERVICES

See:Adult Foster Care/Assisted Living

ALZHEIMER'S DISEASE

Alzheimer's Disease Association Hotline (800)272-3900 www.alz.org/mnnd

AMBULANCE SERVICES

911

EMERGENCY NUMBER

Bertha, Browerville, Clarissa, Eagle Bend,
Grey Eagle, Hewitt, Long Prairie, Staples

AMERICAN RED CROSS

Central MN Chapter - St. Cloud (800)560-7641(320)251-7641 www.cenmnredcross.org

ARTHRITIS FOUNDATION

Arthritis Foundation MN Chapter (800)333-1380 www.arthritis.org

ASSISTED LIVING

Colonial Terrace Apartments - CTCCC	(218)756-3636	
Fair Oaks Lodge	(218)631-1163	
Fairway Pines Sauk Centre	(320)351-4900	www.twdcc.com/fairwaypines
Getty Street Sauk Centre	(320)351-4333	www.gettystreetassistedliving.com
Lakewood Manor Staples	(218)894-2124	
Lakewood Pines - Staples	(218)894-4460	
Staples High Rise	(320)894-2301	
Bridgewell Terrace Heights/Westview - Osakis	(320)859-6242	www.galeonmn.com
Valley View Estates - Long Prairie	(320)732-3516	

ASTHMA

Asthma and Allergy's Foundation	(800)727-8462	www.aafa.org
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ATTORNEY GENERAL'S OFFICE MN

(800)657-3787	www.ag.state.mn.us
(651)296-3353	

AUTISM

Autism Society of Minnesota	(651)647-1083	(800)328-8476	www.autism-society.org	www.autismspeakes.com
Minnesota Autism Center		(952)767-4200		

BETTER BUSINESS BUREAU

(651)699-1111

BLIND & VISUALLY HANDICAPPED

American Council of the Blind	(800)424-8666	www.acb.org	
Local Contact Services for the Blind – Margie St Cloud	(320)308-2699		
Minnesota Radio Talking Book Network	(800)652-9000	(651)642-0500	www.mnssb.org
State Service for Blind	(800)652-9000		www.mnssb.org

CANCER

American Cancer Society	(800)582-5152	www.cancer.org
American Cancer Society - Midwest MN Contact	(218)727-7439	www.cancer.org
Cancer Information Service Spanish Available	(800)422-6237	www.cancer.gov
Ronald McDonald House Charities - Mpls	(612)331-5752	www.rmhtwincities.org

CARBON MONOXIDE

MDH - Carbon Monoxide Poisoning	(651)201-4601	www.dhs.state.mn.us
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CAREGIVER SUPPORT

LSS Caregiver Support and Respite Program	(800)488-4146	www.lssmn.org
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CAR SEATS

Long Prairie Memorial Hospital	(320)732-2141	www.centracare.com	
Minnesota Safety Council	(800)444-9150	(651)291-9150	www.minnesotasafetycouncil.org
Todd County Health and Human Services	(888)838-4066	(320)732-4456	www.co.todd.mn.us

CENTER FOR DISEASE CONTROL

Disease Control and Prevention	(800)311-3435	(404)639-3311	www.cdc.gov
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CEREBRAL PALSY

United Cerebral Palsy of Central MN	(888)616-3726	(320)253-0765	www.ucpcentralmn.org
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CHEMICAL DEPENDENCY

Al-Anon Family Group Headquarters	(800)356-9996	www.al-anon.org
Al Anon – Staples	(218)894-2137	
Alcohol & Drug Helpline	(800)252-6465	www.adcare.com
Alcoholics Anonymous - Browerville	(320)594-6076	
Alcoholics Anonymous - Eagle Bend	(218)738-6752	
Alcoholics Anonymous - Long Prairie	(320)732-6723(320)732-2870	
Freshwater Drug and Violence Prevention	(218)894-2439	www.fed.k12.mn.us
Haven Road Recovery Center – Little Falls	(320)632-0065	
MADD	(800)487-6233	www.maddmn.org
MDH Alcohol/Drug Abuse Counselors	(651)282-5619	www.dhs.state.mn.us
Minnesota Prevention Resource Center	(800)247-1303	www.emprc.org
National Association for Children of Alcoholics	(888)554-2627	www.nacoa.net
National Clearing House for Drug and Alcohol Info.	(800)729-6686	www.health.org
National Council on Alcoholism	(800)622-2255	
Neighborhood Counseling Center	(218)631-1714	
New Beginnings	(800)487-8758	www.newbeginningsatwaverly.com
Next Step Treatment Center	(218)894-0034	www.nextstep.com
Recovery Connections	(800)886-8925	www.lakeviewhealth.com
St Cloud Hospital Recovery Plus	(800)742-4357	
St. Josephs Medical Center Focus Unit	(218)828-7374	
Todd County Health and Human Services		www.co.todd.mn.us
Long Prairie	(888)838-4066(320)732-4500	
Staples	(218)894-6300	

CHILD CARE PROVIDERS - PRESCHOOL PROGRAM

Child Care Resource & Referral - St. Cloud	(800)288-8549	www.childcarechoices.net
Child Care Resource & Referral - Wadena	(800)422-7395	www.mnchildcare.org
Freshwater Education District		
Early Childhood Family Education	(800)450-0540(218)894-2439	www.fed.k12.mn.us
Licensed Day Care Provider information	(888)838-4066(320)732-4500	www.co.todd.mn.us
Tri-County Community Action	(320)632-3691	www.tccaction.com
West Central Education District	(320)352-6120	www.westcentraled.com

CHILDREN/ADOLESCENTS

Alisha's Care Center – Well Child Visits	(320)732-8162	www.alishascarecenter.com
Healthy Children.org		www.healthychildren.org
Minnesota Children with Special Health Needs	(800)728-5420	www.health.state.mn.us
Minnesota Department of Education	(651)582-8200	www.education.state.mn.us
Minnesota State High School League	(760)560-2262	www.mshsl.org
National Center for Missing and Exploited Children	(800)843-5678	www.missingkids.com
National Child Safety Council Childwatch	(800)222-1464	

CITY INFORMATION

Bertha	(218)924-4454
Browerville	(320)594-2201
Burtrum	(320)285-4975
Clarissa	(218)756-2125
Eagle Bend	(218)738-5982
Grey Eagle	(320)285-2464
Hewitt	(218)924-4343
Long Prairie	(320)732-2167
Staples	(218)894-2550

CIVIL DEFENSE

Todd County Emergency Management	(320)732-2157(320)732-4657	www.co.todd.mn.us
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CLERGY

Long Prairie Ministerial Society (320)732-2730
Staples Ministerial Society (218)894-2891

CLINICS

Alexandria Clinic (800)646-4220(320)763-5123 www.alexandriaclinic.com
Alexandria Orthopedic (800)762-1177(320)762-1144 www.alexortho.com
Alexandria Sanford Broadway Clinic (888)640-0399(320)762-6828 www.broadwaymedicalcenter.com
Bertha Medical Clinic (218)924-2250 www.bmc@tricityhospital.org
Centra Care Clinic - Long Prairie (320)732-2131 www.centracareclinic.com
Centra Care Clinic – Sauk Centre (320)352-6591
Dr. Susan Wasson – Osakis (320)859-2366
Eagle Valley Clinic (218)738-2804
Family Medical Center - Little Falls (320)631-7000(320)631-7200 www.stgabriels.com
Lakewood Health System Clinic
 Browerville (320)594-2231 www.lakewoodhealthsystem.com
 Motley (218)352-6922 www.lakewoodhealthsystem.com
 Staples (800)525-8344(218)894-1033 www.lakewoodhealthsystem.com
Osakis Medical Clinic (800)989-3038(320)859-3038
Wadena Medical Center (218)631-1360

CO-DEPENDENCY

Al-Anon Family Group Headquarters (800)356-9996 www.al-anon.org
St. Cloud Hospital Recovery Plus (800)742-4357(320)255-5613

COMMUNITY CONCERN FOR YOUTH & COMMUNITY CORRECTIONS

Long Prairie (320)732-6165 www.co.todd.mn.us
Staples (218)894-2554 www.co.todd.mn.us

COMMUNITY EDUCATION

Bertha-Hewitt Community Education (218)924-2500
Browerville Community Education (320)594-2272 www.browerville.k12.mn.us
Eagle Valley Community Education (218)738-6442 www.evps.k12.mn.us
Freshwater Education District (218)894-2439 www.fed.k12.mn.us
Long Prairie/Grey Eagle Community Education (320)732-2194 www.lpge.k12.mn.us
Staples Community Education (218)894-2497

CONSUMER SERVICES

Attorney General Office in Minnesota (651)296-3353 www.ag.state.mn.us
Better Business Bureau of Minnesota (800)646-6222 - (800)955-5100 www.bbb.org
Charities Review Council (800)733-4483 www.smartgivers.org
Consumer Information (202)501-1794 www.pueblo.gsa.gov
Consumer Products Complaints and Information (800)638-2772
Consumer Products Safety Commission (800)638-2772
Food and Drug Administration (612)334-4100(888)463-6362
State Board of Medical Practice (612)617-2130 www.bmp.state.mn.us

COUNSELING

Birthline Incorporated St. Cloud (800)786-0200 www.birthline.org
Brainerd - Birthright (218)765-3282(218)829-8470
Caritas Family Service - Catholic Charities (320)252-1280 www.stclouddiocese.com
Crisis Line (800)462-5525

COUNSELING CONT

Liberty Counseling Service	(320)732-3041	
Listening Ear Crisis Center	(800)854-9001(320)763-6638	
Lutheran Social Service	(888)881-8261	www.lssmn.org
Brainerd – Counseling Office	(218)828-7379	
Alexandria – Counseling Office	(320)762-5124	
Neighborhood Counseling Center –		
Long Prairie	(320)732-3344	
Wadena	(218)631-1714	
Northern Pines Mental Health		
Little Falls	(320)632-6647	
Long Prairie	(320)732-6602	
Staples	(218)894-1002	
Wadena	(218)631-5933	
Patty Venekamp Counseling	(320)732-7111	
Senior Behavioral Health Unit	(218)333-0323	
St.Gabriels Hospital - Behavior Health	(320)632-1131	www.unityfamily.org

CYSTIC FIBROSIS

Cystic Fibrosis Foundation	(800)344-4823	www.cff.org
Cystic Fibrosis Foundation MN Chapter	(651)631-3290	www.cff.org

DAY CARE PROVIDERS

Child Care Resource and Referral	(800)890-5399	www.mnchildcare.org
Licensed Day Care Provider Info	(888)838-4066(320)732-4500	www.co.todd.mn.us

DEATH AND GRIEVING

Grief Recovery Help Line	(800)445-4808	
Grief Support Group - Staples Hospital	(218)894-8623(218)894-8093	www.lakewoodhealthsystem.com
Smile Again Ministries	(320)310-8877	www.smileagainministries.com
St. Gabriels Hospital	(320)632-1240(320)632-1241	www.unityfamily.org

DENTAL

Alexandria – Caring Hands Dental	(320)815-5711	
Alexandria – Family and Cosmetic Gentle Dentistry	(320)763-5052	
American Dental Association	(312)440-2593	
Clarissa Dental Clinic PA	(218)756-2234	
Dental Center of America – St Cloud	(320)229-2205	
Lakes Mobile Dental	(877)562-7874(218)831-3131	
Little Falls – First Avenue Dental	(320)632-8113	
Long Prairie Dental Clinic	(320)732-6141	
Melrose - Sieben and Hedglin Dental Office	(320)256-4267	
Midwest Dental Benefits	(800)836-4098(651)647-6673	
Minneapolis – Sharing and Caring Hands	(612)596-3463	
Minnesota Dental Association	(800)950-3368	www.mndental.org
Osakis Dental Clinic	(320)859-3038	
Pillager Country Dental – Dr. Daniel Rose	(218)746-4555	
Sauk Centre - Dr. David Mayer	(320)352-2822	
Sauk Centre - Dr. James Williams	(320)352-2171	
Sauk Centre - Dr. Jim Wachlarowicz	(320)352-6669	
Smile Center - Deerwood	(800)477-7645	
Smile Center – Big Lake	(866)748-6684	
Staples – Dr. Jill Bailey	(218)895-7878	

DENTAL CONT

Staples - Dr. Zachary Bailey (218)894-1941
Staples - Dr. Peter Brenny (218)894-2755
Staples - Dr. Dominic Gagnon (218)894-2201
St. Paul Union Gospel Mission (651)292-1721
Swanville - Community Dental Clinic (320)632-6621 (320)547-2246
Wadena - Dr. James Matthiae (218)895-1487
Wadena - Dr. Ryan Anderson (218)631-4431

DEVELOPMENTAL ACHIEVEMENT CENTER

Browerville DAC (320)594-6423
Browerville DAC - Thread Shed (320)594-6456

DIABETES

American Diabetes Association (800)232-3472 (612)654-0826 www.diabetes.org
Diabetic Training for Patients-St. Cloud (320)251-2700 Ext 4628 www.centracare.com
Juvenile Diabetes Foundation International Hotline (800)223-1138 www.jdrs.org
Mid-Minnesota Diabetes Nutrition Center (320)231-8740 www.ricehospital.com
National Diabetes Information Clearing House (301)654-3327 www.niddk.nih.gov

DIGESTIVE DISEASES

Digestive Diseases Information (301)654-3810 www.digestive.niddk.nih.gov

DISABILITY SERVICES

Advance OMP (orthodics) (320)762-2210
ARC MN (800)582-5256 www.thearcofminnesota.org
Confidence Learning Center (218)828-2344 www.campconfidence.com
Disability Linkage Line (866)333-2466
Freshwater Education District (218)894-2439 www.fed.k12.mn.us
Hand Controls for Vehicles Local Garages
Meridian Services (320)255-5151 (320)732-2070
Mid-State Education District - Little Falls (320)632-5417 www.midstate.k12.mn.us
MN Children with Special Health Needs (800)728-5420 www.health.st.mn.us/mcshn
MN Disability Law Center (800)292-4150 www.mylegalaid.org/mdlc/about
MN State Council on Disability (800)945-8913 (651)361-7800 www.state.mn.us
Oakridge/SILS (218)756-2599
Project Together: Services for Adults with Disabilities:
 Long Prairie (320)732-2194 www.lpge.k12.mn.us
 Staples (800)450-2497 (218)894-2497
REACH (320)762-1511
Rehabilitation Information (800)346-2742 www.maric.com
Vocational Rehabilitation Services of Todd (800)664-3595 (218)825-2034 www.state.mn.us
Vocational Rehabilitation Services of Wadena (218)631-7663 www.state.mn.us
Shriner's Hospital for Crippled Children (800)237-5055
Todd County Developmental Achievement Center (320)594-6423
West Central Education District - Sauk Centre (320)352-6120 www.westcentraled.com
Wilderness Inquiry (800)728-0719 (612)379-3858 www.wildernessinquiry.org

DISEASE

Center for Disease Control and Prevention (800)232-1311 www.cdc.gov
Office of Smoking and Health (800)232-4636 (770)488-5705 www.cdc.gov/tobacco
Epidemiologist - St. Cloud (320)255-4216 www.health.state.mn.us

DOMESTIC VIOLENCE

Please call for assistance

(911)

Hands of Hope Crisis Line 24 hour (800)682-4547
Hands of Hope (Long Prairie) (888)732-2319(320)732-2319
Hands of Hope (Morrison) (888)454-4878(320)632-1657
Mid-Minnesota Women's Center(Collect Calls Accepted) (218)828-1216
Rape Crisis Center (202)333-7273

www.handsofhope.net
www.handsofhope.net
www.handsofhope.net
www.mmwomctr@brainerd.net
www.dcrcc.org

DOWN SYNDROME

Down Syndrome Parent Support - Staples Area (218)894-3735
Down Syndrome Support Group - St. Cloud(320)251-7272(877)251-7272
National Down's Syndrome Society (800)221-4602

www.arcmidstate.org
www.ndss.org

DNR

(320)616-2450(320)285-2948

www.dnr.state.mn.us

EATING DISORDERS

Centra Care – Behavioral Health Clinic (320)229-4918
Dietitian/Nutrition Counseling(Lakewood Clinic) (218)894-1033(800)525-1033
National Assn Anorexia Nervosa and Related Disorders (847)831-3438
Northern Pines (320)732-6602

www.centracare.com

www.anad.org

EDUCATIONAL COOPERATIVES

Freshwater Education District - Staples (218)894-2501
Freshwater Special Education District - Wadena (218)631-3505
Midstate Education District - Little Falls (320)632-5417
West Central Education District - Sauk Centre (320)352-6120

www.fed.k12.mn.us
www.fed.k12.mn.us
www.midstate.k12.mn.us
www.westcentraled.com

EMERGENCY SERVICES

911

EMPLOYMENT

Experience Works (218)631-3483
MN Dept Vocational Rehab/Staples Andrea Chirhart (218)894-5404
Rural Minnesota CEP:
 Long Prairie (320)732-1909
 Staples (218)894-6300
Tri-County Community Action Program (320)632-3691
Work Force Center-Job Service-CEP (800)419-1330(320)616-2400
Working Women's Job Survival Hotline (800)522-0925

www.experienceworks.org

www.co.todd.mn.us
www.co.todd.mn.us
www.tccaction.com
www.mnworks.org

ENVIRONMENTAL HEALTH

American Lung Association (800)586-4872(651)227-8014
Indoor Air Quality Information Clearing House (800)438-4318
Indoor Air Quality - MDH (651)201-4601
Minnesota Office Environmental Assistance (800)657-3843
Minnesota Pollution Control Agency (800)657-3864(218)828-2492
Safe Drinking Water (800)426-4791
Todd County Soil and Water Conservation Department (320)732-4420
Todd County Health and Human Services (888)838-4066(320)732-4500

www.alamn.org
www.epa.gov/iaq
www.health.state.mn.us
www.pca.state.mn.us
www.pca.state.mn.us
www.epa.gov/safewater
www.co.todd.mn.us
www.co.todd.mn.us

EPILEPSY

Epilepsy Foundation (800)332-1000
Epilepsy Foundation of MN (800)779-0777(651)287-2300

www.efmn.org

EVICTION PREVENTION

Hope Housing Program (800)829-5902(218)829-5000

EXTENSION SERVICE - TODD COUNTY

(320)732-4435

www.co.todd.mn.us

FAMILY PLANNING

Community Action Family Planning Program (877)275-6123

Minnesota Family Planning and STD Hotline (800)783-2287

Office of Marriage and Planning (320)252-2100

Planned Parenthood

Alexandria (320)762-0766

Brainerd (218)829-1469

St. Cloud (320)252-9504

Todd County Health and Human Services (888)838-4066(320)732-4500

www.stdhotline.state.mn.us

www.ppmsd.org

www.ppmsd.org

www.ppsd.org

www.co.todd.mn.us

FARE FOR ALL FOOD PROGRAM

FOR CLOSEST SITE (800)582-4291

www.fareforall.org

FETAL ALCOHOL SPECTRUM DISORDER

(218)894-8054

www.lakewoodhealthsystem.com

FINANCIAL

MN Child Support Enforcement (800)657-3512(651)296-2542

MN Department of Revenue (651)556-6003

www.taxes.state.mn.us

FIRE DEPARTMENTS - TODD COUNTY

911

For Non-Emergency see **CITY INFORMATION**
and contact your local city hall

FIRST CALL FOR HELP

(651)291-0211

www.211unitedway.org

FITNESS

Aerobic and Fitness Association of America (800)233-4886

www.afa.com

FOOD AND DRUG ADMINISTRATION

(888)463-6332

www.fda.gov

FOOD SHELF

Bertha (218)924-2085(218)924-2930

4th Monday 9:00-11:00

Browerville (320)594-6391

Wednesdays 10:00 -12:00 & 1:00 -3:00

Long Prairie (320)732-0979

Wednesdays and Fridays 9:00 -11:30

Staples (218)894-2427(218)894-1041

Monday and Tuesday 2:00-4:00 pm and fourth Thursday 6:00-8:00 pm

FRESHWATER EDUCATION DISTRICT

(800)450-0540

(218)894-2439

www.fed.k12.mn.us

Choices Infant Care Center, Community Education

Early Childhood Family Education, Special Education

Freshwater Drug and Violence Prevention Council

Area Learning Center

Long Prairie (320)732-6638

Staples (218)894-2501

FURNITURE

ARC- Valu Village	(612)866-8820	www.arcsvaluevillage.org
Salvation Army	(612)332-6961	www.ucs.salvationarmy.org

GAMBLING

MN Compulsive Gambling Hotline	(800)437-3641	www.miph.org/gambling www.nojudgement.com
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GRIEF COUNSELING

Emblom/Brenny Support Group – Sally Brenny	(320)632-8600
Grief Support Group- Alexandria	(320)762-2196
Grief Support Group- Little Falls	(320)632-6238
Grieving Parents Support Group	(320)763-5781
Widowed Persons Support Group	(320)650-1660

GROUP HOMES

Camphill Village	(320)732-6365	
Meridian Home	(320)-255-5151(320)732-2070	www.meridansvs.com
Oakridge Homes	(218)756-2599	
Prairie Community Services	(320)594-6556	
Wadena Share-A-Home	(218)631-1853	

HEAD INJURY/PAIN

Brain Injury Association	(800)444-6443(202)296-6443	www.biausa.org
Brain Injury Association of Minnesota	(800)669-6442	www.braininjurymn.org
National Headache Foundation	(800)843-2256	

HEAD START

Little Falls - Morrison	(320)632-3691
Long Prairie - Todd	(320)732-4023
Brainerd - Crow Wing	(218)829-2410

HEARING

Alexander Graham Bell Assoc. for Deaf Inc.	(202)337-5220	www.agbell.org
Alexandria Hearing Center	(320)763-2889	
Better Hearing Institute	(800)327-9355	www.betterhearing.org
Caption Call		www.CaptionCall.com
CSD of MN Interpreting Services	(651)224-6548(877)456-7589	www.c-s-d.org
Deaf and Hard of Hearing Services	(800)456-7589(218)291-5880	www.dhhsd.org
(Telephone Equipment Program)	(800)657-3663	www.tedprogram.org
Ear Foundation	(800)545-4327	www.earfoundation.org
East-West Central Deaf and Hard of Hearing Services	(320)255-3502	www.dhhsd.org
TDD	(320)255-3590	
Hearing Helpline	(800)327-9355	www.betterhearing.org
Hear Now	(800)648-4327	www.sotheworldmayhear.org
National Institute on Deafness	(800)241-1044	www.nidcd.nih.gov
TTY	(800)241-1055	
St Cloud ENT – Audiology Exam	(320)762-1057	

HEART

American Heart Association	(800)242-8721	www.americanheart.org
Women's Cardiac Support Group	(320)762-2196	

HOME CARE

Accurate Home Care	(763)633-3808	
Barnabas Health Care	(800)434-7225(218)829-0901	www.barnabashealth.com
Caring Hands Home Care	(888)290-5572(218)837-5572	
Heartland Home Care and Hospice	(Jeanne) (320)654-1136	
Knute Nelson Home Care LP Office	(320)732-3110 (320)759-1273	
Lake Country Home Care	(218)385-3422	
Lakewood Health Systems Home Care	(800)525-1033(218)894-8080	www.lakewoodhealthsystem.com
Legacy Home Care- Wadena	(218)632-1335	
Mahube – OTWA	(888)458-1385	
MN Home Care - Nisswa	(218)963-8899	
New Dimensions Home Health Care	(218)739-5856	www.newdimenisonshhc.com
New Horizons Home Care	(320)594-7958	
Oakridge Homes - Wadena	(218)756-2599	
Prairie River Home Care	(320)255-1882	www.prhomecare.com
Recover Health	(320)846-0002	
Sauk Centre Home Care	(320)352-2221 Ext 1508	www.stmichaelshospital.org
Todd County Health and Human Services	(888)838-4066(320)732-4500	www.co.todd.mn.us
Universal Pediatric Services Inc	(800)876-2285	

HOME DELIVERED MEALS

Bertha Senior Citizens Center (contact EB site) LSS	(218)738-4152
Clarissa Senior Citizens Center (contact EB site) LSS	(218)738-4152
Eagle Bend Senior Citizens Center LSS	(218)738-4152
Grey Eagle Senior Citizens Center NSI	(320)285-4481
Hewitt Senior Center (contact EB site) LSS	(218)738-4152
Long Prairie Senior Citizens Center- NSI	(320)732-2282
Lutheran Social Service	(800)488-4146
MOM's Meals	(866)204-6111
Motley Sunny Pines Senior Housing	(218)352-6271
Nutrition Services Inc	(507)835-5074
Osakis Senior Citizens Center - NSI	(320)859-2325
Staples Senior Citizens Center - LSS	(218)894-2556
Todd County Bundled Services (EB site) LSS	(888)307-1466
Upsala Senior Citizens Center – NSI	(320)573-4435

HOMEMAKING SERVICES

All Good Home Care	(888)682-4189	
Alternative Senior Care	(866)352-3350(320)352-3350	www.alternativesseniorcare.com
Choices Home Care	(320)766-3306	
Home Instead Senior Care	(218)824-0077	www.homeinstead.com
Grattan Healthcare	(800)470-1326	
Knute Nelson LP Office	(320)732-3110 (320)759-1270	
Lake Country Home Care, LLC	(218)385-3422	
Lakewood Health System	(218)894-8080	

HOSPICE

Caring Hands (Sebeka)	(888-290-5572)	
Centra Care Home Care and Hospice	(800)835-6610	www.centracare.com
Heartland Hospice Care	(800)736-4427(320)654-1136	
Lakewood Health Systems	(800)525-8344(218)894-1515	www.lakewoodhealthsystems.com
Legacy Home Care and Hospice	(218)631-7480	
St. Michael's Hospital	(320)352-2221	www.stmichaelshospital.org
Unity Family Home Care - Little Falls	(320)632-1144	www.stgabriels.com

HOSPITALS

Douglas County Hospital - Alexandria	(320)762-1511	www.dchospital.com
Lakewood Health System Hospital	(800)525-8344(218)894-1515	www.lakewoodhealthsystem.com
Long Prairie Memorial Hospital & Home	(320)732-2141	www.centracare.com
Melrose Hospital	(320)256-4231	www.centracare.com
St. Cloud Hospital	(800)835-6652(320)251-2700	www.centracare.com
St. Gabriels Hospital - Little Falls	(320)632-5441	www.stgabriels.com
St. Michael's Hospital - Sauk Centre	(320)352-2221	www.stmichaelshospital.org
Tri-County Hospital - Wadena	(218)631-3510	www.tricountyhospital.org

HOUSING/HOMELESS

Central MN Housing Partnership	(888)203-9301	www.cmhp.net
Community Action Council - Wadena/Ottertail	(218)385-2900	www.otwcac.org
Home Line (Tenant/Landlord Issues)	(866)866-3546	www.homelinemn.org
HUD User	(800)245-2691	www.huduser.org
Leaf River Area Habitat for Humanity	(218)632-6900	www.lrahfh.org
LSS – Hope Housing	(866-970-1437) (218)824-1437	
Rental Assistance (HUD Hotline)	(800)669-9777	
Long Prairie HRA	(320)732-2801	
Staples HRA	(218)894-2301	
Todd County HRA	(320)594-6388	
Salvation Army – Chaplain Dave Greaver	(320)732-2157	www.co.todd.mn.us
Tri-County Community Action	(218)829-2410(320)632-3691	www.tccaction.com

HOUSING UNITS TODD COUNTY

Bertha Manor Apartments	(952)935-0359
Bertha Horizon Manor	(218)924-2964
Browerville Hillside Apartments	(320)594-2441
Browerville Sun Rose Courts	(320)594-6388
Clarissa CTCCC Apartments	(218)756-3636
Clarissa Manor	(218)756-2125
Clarissa Colonial Terrace Apartments	(218)756-3636
Clarissa Heritage Place	(218)756-2462
Eagle Bend Green Leaf Apartments	(800)728-5401
Eagle Bend Eagle Heights Apartments	(218)738-2019
Grey Eagle Village View Apartments	(320)285-2752
Long Prairie Grandview Apartments	(320)732-3620
Long Prairie Northwest Estates	(320)732-6931
Long Prairie Prairie View 400	(320)732-6940
Long Prairie Prairie View Manor	(320)732-2801
Long Prairie Reichert Place	(320)732-6794
Staples Lakewood Pines	(218)894-4460
Staples Hi-Rise	(218)894-2301

HUNTINGTON'S DISEASE

Huntington's Disease Society of America	(800)345-4372
Northern Pines	(320)732-6602

IMMIGRATION

Bridging the Communications Gap for Immigrants and Refugees in Minnesota		www.echominnesota.org
Centro Legal Inc	(651)642-1890	
Immigrant Law Center of Minnesota	(800)223-1368	

IMMUNIZATIONS

Foreign Travel Immunization Information	(651)201-5513	www.health.state.mn.us
MDH Immunization Hotline	(800)657-3970	www.health.state.mn.us/divs/idepc/immunize/safety/imminfo.html
National Vaccine Injury Compensation Program	(800)338-2382	www.hrsa.gov/vaccinecompensation
Todd County Health and Human Services	(888)838-4066(320)732-4652	www.co.todd.mn.us

INSURANCE

Minnesota Care	(800)657-3672 - (651)297-3862	www.minnesotacare.com
National Insurance Consumer Helpline	(800)942-4242	www.iii.org

INTERNET SAFETY

www.internetsafety101.org

KIDNEY

American Kidney Fund	(800)638-8299	www.kidneyfund.org
National Kidney Foundation	(800)622-9010	www.kidney.org
National Kidney Foundation - MN	(952)544-7300	www.kidney.org

LALECHE LEAGUE

(800)525-3243	www.lalecheleague.com
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LEAD

Minnesota Department of Health – Lead Unit	(651)201-4610	www.health.state.mn.us
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LEGAL SERVICES

Attorney Generals Office of MN	(800)657-3787(651)296-7575	www.ag.state.mn.us
Central MN Legal Services	(800)622-7773	www.centralmnlegal.org
Consumer Services Division	(651)296-3353	
Estate and Elder Law Services	(612)676-6300	www.voamn.org
Federal Court Pro Se Resources	(612)664-5000	www.mnd.uscourts.gov
Home Line	(866)866-3546	www.homelinemn.org
LawHelpMN		www.lawhelpmn.org
Legal Corps	(888)454-5267	www.legalcorps.org
Mid Minnesota Legal Aid	(888)360-2889	www.mylegalaid.org
Minnesota Courts – Self Help Center		www.mncourts.gov/selfhelp
MN Dept. Of Human Rights	(800)657-3704(651)296-5663	www.humanrights.state.mn.us
MN State Bar Association (Referral Service)	(800)292-4152	www.mnfindalawyer.com
Public Defenders Office – Seventh District	(218-739-7467	
Southern Minnesota Regional Legal Services	(701)232-8872	www.smrls.org
St. Cloud - Area Legal Services	(800)622-7773	www.midmnlegal.org
Todd County Attorney	(320)732-6039	www.co.todd.mn.us
Volunteer Lawyers Network	(612)752-6677	

LEUKEMIA

American Cancer Society	(800)582-5152	www.cancer.org
Cancer Information Service	(800)422-6237	www.cancer.gov

LIBRARY SERVICES

Eagle Bend Library	(218)738-4590
Grey Eagle Library	(320)285-2505
Long Prairie Library	(320)732-2332
National Library Service for the Blind	(800)424-8567
Staples Library	(218)894-1401

LIFELINE

Framingham, MA	(800)368-2925	
Heartland Securities	(888)264-6380	
Knute Nelson – PERS system	(320)759-1273(320)732-3110	www.knutenelsonseniorhomecare.com
Lifecall - Northern Safety and Security Bemidji	(877)751-3902	www.northensafetyandsecurity.com
St. Cloud Hospital	(800)835-6652 Ext 54619	www.centracare.com
St. Gabriels Hospital	(320)632-5441	www.stgabriels.com
Tri-County Hospital Wadena	(218)631-7480	www.tricountyhospital.com

LONG TERM CARE CONSULTATION/LTCC

Todd County Health and Human Services	(888)838-4066(320)732-4500	www.co.todd.mn.us
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LUNG

American Lung Association	(800)642-5864	www.alamn.org
Lung Line (National Asthma Center)	(800)222-5864	www.nationaljewish.org
Stratospheric Ozone Hotline Information	(800)296-1996	www.epa.gov/ozone

LUPUS ERYTHEMATOSUS

Lupus Foundation of America	(800)558-0121	www.lupus.org
Minnesota Chapter	(612)375-1131	www.lupus.mn.org

LYME DISEASE

(651)201-5414	www.health.state.mn.us
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MADD

(800)487-6233	www.maddmn.org
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MARCH OF DIMES

(320)252-1156

MEALS ON WHEELS

SEE HOME DELIVERED MEALS

MEDICA

(800)458-5512	www.medica.com
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MEDICAL EQUIPMENT SUPPLIERS

Brainerd Medical Supply	(800)950-6006
Care Medical Supply - Sauk Rapids	(800)638-7135
Freedom Medical Equipment	(866)882-0664(320)258-4055
Homecare Oxygen	(800)445-3130
Lincare Incorporated	(800)628-1341(320)632-3661
Medical Marketplace	(877)518-7380(218)894-8776
North Central Medical Supply	(888)577-7331(218)825-7331
Rice Home Medical LLC - Alexandria	(800)450-6036 or 320-762-6036
Specialty Home Med. - Brainerd	(800)450-4710
Thrifty White – LP	(320)732-3228
VFW Long Prairie	(320)732-3873

CONTACT YOUR LOCAL PHARMACY

MEDICARE/MEDICAID

Customer Service Hotline	(800)633-4227
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MENTAL HEALTH

Community Behavior Health	(218)319-6003	
Douglas County Hospital	(320)762-1511	www.dchospital.com
Mental Health Association	(800)862-1799	www.mentalhealthmn.org
National Institute of Mental Health	(800)421-4211	www.nimh.nih.gov
Neighborhood Counseling Center	(218)631-1714	www.nccenter.org
Northern Pines		
Brainerd	(218)829-3235	
Little Falls	(320)632-6647	
Long Prairie	(320)732-6602	
Staples	(218)894-1002	
Wadena	(218)631-2462	
Walker	(218)547-3240	
Reflections Mental Health – Lakewood	(800)525-8344	
Senior Behavioral Health Unit	(218)894-1515	
	(218)333-0323	www.lakewoodhealthsystem.com

See Counseling

MENTORING FOR CHILDREN AND ADOLESCENTS

Big Brother and Big Sister Program – St Cloud	(320)253-1616	www.bbbscentralmn.org
Kinship of Morrison County – (including Long Prairie)	(320)632-8806	www.kinshippartners.org
Kinship of Todd/Wadena Counties – (including Motley)	(218)894-2799	

MIDWIFERY SERVICES

Alexandria OB/GYN Associates	(320)762-0273	
Long Prairie Medical Clinic	(320)732-2131	www.centracare.com

MINORITY AND MULTICULTURAL HEALTH (651)201-5813

MN CARE (800)657-3739(651)657-3672 www.minnesotacare.com

MN DEPARTMENT OF EDUCATION (651)582-8200

MN DEPARTMENT OF HEALTH (651)201-5000 www.health.state.mn.us

MN DEPARTMENT OF HUMAN SERVICES (651)297-3933

MN DO NOT CALL LIST 888-382-1222 www.donotcall.gov

MN HELP INFORMATION www.MinnesotaHelp.info

MN HEMOPHILIA FOUNDATION (800)994-4363

MN POLLUTION CONTROL AGENCY

St Paul	(800)657-3864	www.pca.state.mn.us
Brainerd	(218)828-2492	

MONEY MANAGEMENT

Caritas Family Services	(320)650-1660	
Lutheran Social Services	(800)488-4146(612)879-5200	www.lssmn.org

MULTIPLE SCLEROSIS

Greater Staples Hospital (800)525-8344(218)894-1515 www.lakewoodhealthsystem.com
Multitple Sclerosis Support Group (320)762-0184
National Multiple Sclerosis Society -MN Chapter (800)582-5296 www.nationalmssociety.org

MUSCULAR DYSTROPHY ASSOCIATION (800)572-1717

www.mdausa.org

NATIONAL HEALTH INFO CLEARING HOUSE

(800)336-4797 www.healthfinder.gov

NURSING HOME

Bethany Nursing Home - Alexandria (320)762-1567
Central Todd County Care Center - Clarissa (218)756-3636
Fair Oaks Lodge – Wadena (218)631-1391
Galleon Community Memorial Home - Osakis (320)859-2142
Lakewood Health Systems Care Center (800)525-8344(218)894-1515
Knute Nelson - Alexandria (320)763-6653
Long Prairie Memorial Hospital & Home (320)732-2141
Lutheran Care Center - Little Falls (320)632-9211
Melrose Pine Villa - Melrose (320)256-4231
Nursing Home Ombudsman (800)657-3591
St. Michaels - Sauk Centre (320)352-2221
St. Ottos Care Center - Little Falls (320)632-9281
St. Williams - Parkers Prairie (218)338-4671

NUTRITION

Food Stamp Nutritional Educational Program (320)732-4435
Lutheran Social Service (800)488-4146
LSS – Todd County Home Delivered Meals (218)738-4152
MAC Program/NAPS (800)365-0270
Nutrition Services Inc. (507)835-5074
Todd County Extension Service (320)732-4435
Women, Infants and Children (WIC) (800)953-4440(320)732-4456 www.health.state.mn.us/divs/fh/wic
US Dept. of Agriculture (800)535-4555

Also, Refer to Home Delivered Meals

ORGAN DONATION

American Red Cross (320)251-7641 www.cenmnredcross.org
Lifesource (651)603-7800 www.life-source.org
The Living Bank (800)528-2971 www.livingbank.org

PARENTING

American Academy of Pediatrics www.zerotothree.org and www.aap.org
Bright Futures www.brightfutures.org
Early Childhood Family Education - Freshwater (800)450-0540 www.fed.k12.mn.us
MUMS (877)336-5333 www.netnet.net/mums
Todd County Health and Human Services – MCH (888)838-4066(320)732-4500 www.co.todd.mn.us
Trusted Parenting Information www.parentsknow.state.mn.us/parentsknow/index.html

PARKINSON'S DISEASE

American Parkinsons Disease Association (800)223-2732
National Parkinson Foundation (800)327-4545 www.parkinsons.org
Parkinson's Support Group (320)762-2196

PCA SERVICES

Accurate Home Care	(866)214-3800(763)633-3800
Barnabas Home Care	(218)829-0901
Choices Home Care	(320)762-1501
Grattan Health Care Inc	(218)820-1326
MN Home Care Inc	(218)963-8899
New Dimensions Home Health Care	(218)739-5856
Oakridge Home SILS/SLS	(218)756-2599
Prairie Community Services	(320)589-3077(320)594-2993
Tender Hearts Home Care	(877)362-9784(218)385-3466

POISON CONTROL CENTER

(800)222-1222

www.mnpoison.org

POLICE DEPARTMENTS

Bertha	(218)924-2100
Browerville (Todd County Sheriffs Dept)	(320)732-2157
Burtrum (Todd County Sheriffs Dept)	(320)732-2157
Clarissa	(218)756-2133
Eagle Bend	(218)738-3492
Grey Eagle (Todd County Sheriffs Dept)	(320)732-2157
Long Prairie	(320)732-2156
Staples	(218)894-1841

PREGNANCY: INFORMATION & TESTING

Birthright	(800)550-4900	www.birthright.org
Caritas	(320)252-1280	www.ccstcloud.org
Choices: Education Now and Babies Later ENABL	(218)894-2439	www.fed.k12.mn.us
MDH Maternal and Child Health	(651)201-3760	www.dhs.state.mn.us
New Beginnings - Home for Single Pregnant Women	(320)255-1252	www.newbeginningsmn.org
Planned Parenthood		www.plannedparenthood.org
Alexandria	(320)762-0766	
Brainerd	(218)829-1469	
St. Cloud	(320)252-9504	
RESOLVE(Infertility Support Group)	(320)846-1124(320)763-4650	
Todd County Health and Human Services	(888)838-4066(320)732-4500	www.co.todd.mn.us

PREMENSTRUAL SYNDROME

PMS Access - Woman's Health American	(800)222-4767	www.womenshealth.com
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PRENATAL CLASSES CHECK WITH YOUR LOCAL HOSPITALS

RABIES

Epidemiologist - St. Cloud	(320)255-4216	www.health.state.mn.us
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RECYCLING

Todd County Solid Waste	(320)594-2210	www.co.todd.mn.us
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RED CROSS

(800)560-7641(320)251-7641	www.cenmnredcross.org
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RESIDENTIAL CARE AND HOME CARE AGENCIES

See Assisted Living/Home Care/Adult Foster Care www.co.todd.mn.us
Contact **Todd County Health and Human Services for Services**
1-320-732-4500 1-888-4066

RESPIRE AND CAREGIVER SUPPORT

Lutheran Social Service (800)488-4146 www.lssmn.org

REYE'S SYNDROME

National Reye's Syndrome Foundation (800)233-7393 www.reyessyndrome.org

RX CONNECT

Help with prescription payment for those who qualify (800)333-2433

SAFETY

Consumer Product Safety Commission (800)638-2772 www.cpsc.gov
Health and Safety Information on Household Products w.householdproducts.nlm.nih.gov/index.htm
Minnesota Safety Council (800)444-9150(651)291-9150 www.minnesotasafetycouncil.org
National Child Safety Council - Childwatch (800)222-1464 www.nationalchildsafetycouncil.org
Northern Safety and Security (877)751-3902

SALVATION ARMY

St. Cloud Office (320)252-4552 www.salarmy.org
Todd County –Sheriff's Dept (800)794-5733(320)732-2157 www.co.todd.mn.us

SCHOOLS

Bertha - Hewitt (218)924-2500 www.bertha-hewitt.k12.mn.us
Browerville - Christ the King (320)594-6114 www.rc.net/stcloud/ctk
Browerville - Public (320)594-2272 www.browerville.k12.mn.us
Eagle Valley Public School (218)756-3631 www.evps.k12.mn.us
Freshwater Education District (800)450-0540(218)894-2439 www.fed.k12.mn.us
Long Prairie Area Learning Center (320)732-6638 www.lpge.k12.mn.us
Long Prairie - Grey Eagle High School (320)732-2194 www.lpge.k12.mn.us
Long Prairie Head Start Center (320)732-6986 www.tccaction.com
Long Prairie Public Elementary (320)732-2194 www.lpge.k12.mn.us
Long Prairie - St. Mary's Catholic (320)732-3478
Staples Area Learning Center (218)894-2501 www.fed.k12.mn.us
Staples Head Start Center (218)894-3020 www.tccaction.com
Staples - Motley Public School (218)352-6315 www.isd2170.k12.mn.us
Staples North Elementary (218)894-2433 www.isd2170.k12.mn.us
Staples - Sacred Heart Catholic (218)894-2077 www.sacredheartareaschool.org
Staples - Technical College (800)247-6836 www.clcmn.edu

SECOND HAND STORES

Bargain Barn - Long Prairie (320)732-4162
Thread Shed - Browerville (320)594-6456
Thread Shed - Staples (218)895-5023

SENIOR LINKAGE LINE

(800)333-2433 www.cmcoa.org

SENIOR CITIZENS

AARP (888)687-2277 www.aarp.org
Mahube Community Council (218)847-1385 adallmann@mahube.org
MN Board on Aging (651)431-2500
MN Safety Council (Defensive Driving) (800)444-9150 www.minnesotasafetycouncil.org
Retired Senior Volunteer Program (218)385-2900 www.otwcac.org
Senior Linkage Line (800)333-2433

SENIOR CITIZENS CONT

Todd County Aging Coordinator	(218)894-3983	www.co.todd.mn.us
Todd County Centers		
Bertha	(218)924-4150	
Clarissa	(218)756-2403	
Eagle Bend	(218)738-4152	
Grey Eagle	(320)285-4481	
Hewitt	(218)924-4130	
Long Prairie	(320)732-2282	
Staples	(218)894-2556	
Tri -County Community Action Program		
Brainerd	(218)829-2410	
Little Falls	(320)632-3691	

SENIOR COMPANION PROGRAM

Eagles Crossing	(612)578-0950(320)285-3128	
Lutheran Social Service	(888)205-3770	
Todd County	(888)838-4066(320)732-4500	www.co.todd.mn.us

SEXUALLY TRANSMITTED DISEASE

Minnesota Family Planning & STD Hotline	(800)783-2287	
Planned Parenthood		www.plannedparenthood.org
Alexandria	(320)762-0766	
Brainerd	(218)829-1469	
St. Cloud	(320)252-9504	

SMOKING CESSATION

Minnesota Free and Clear	(877)270-7867	
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SOCIAL SECURITY INFORMATION

Alexandria Office	(800)772-1213 (320)762-2454	www.socialsecurity.gov
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SPINA BIFIDA

Spina Bifida Association	(202)944-3285	
Spina Bifida Support Group(Contact Person)	(218)631-2652	

STATE BOARD OF MEDICAL PRACTICE

(612)617-2130	www.bmp.state.mn.us
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STROKE

American Stroke Association	(800)553-6321	www.strokeassn.org
National Aphasia Association	(800)922-4622	www.apasia.org

SUDDEN INFANT DEATH SYNDROME

Minnesota Sudden Infant Death Center	(800)732-3812	www.childrensmn.org/sidcenter
First Candle	(800)221-7437	www.firstcandle.org
St. Cloud	(320)251-2700	www.centracare.com

SUICIDE PREVENTION

Crisis Support Line (Press 1 for Vets)	(800)273-8255	
Mental Health Crisis Line	(800)462-5525	
National Hope Line	(800)784-2433	

TODD COUNTY DEVELOPMENT CORP

(320)732-2128	www.co.todd.mn.us
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TODD COUNTY HEALTH AND HUMAN SERVICES

Todd County Health and Human Services(888)838-4066(320)732-4500 www.co.todd.mn.us

Includes Home Health Care, Home Health Aides & Homemaker Program, Health Education, Child and Teen Checkups, Immunizations, WIC, School Health, Health Promotion, Long Term Care Consultation and Coordination Environmental Health and Maternal Child Health

Todd County Social Services (888)838-4066(320)732-4500

Includes Services for adoption, chore and homemaking service, counseling, developmental achievement service, day care certification, foster care licensing, foster care, child protection, mental health, vulnerable adults, money management, financial assistance, chemical dependency, food stamps, and housing rehab and loans.

TRANSPORTATION

Emergency Transportation for Battered Women

and Detoxification Center (320)732-4500(320)732-2157 (888)838-4066 - **911**

Care Cab	(800)772-4227	www.caretransportation.com
Care Van-Lakewood Health System	(218)894-8331(800)525-8344	www.lakewoodhealthsystem.com
Friendly Rider – Wadena	(888)773-5500	
Home Instead	(218)824-0077	www.homeinstead.com
Lutheran Social Service	(800)488-4146(218)233-7521	www.lssmn.org
People's Express	(800)450-0123	www.peoplesexpress.com
Rainbow Rider	(800)450-7770	
Todd County Senior Volunteer Transportation Program	(218)894-6300(320)732-4500	www.co.todd.mn.us
Todd County Veterans Van Service	(320)732-4418	www.co.todd.mn.us

VETERANS SERVICES

Department of Veterans Affairs	(800)827-1000	www.va.gov
LSS Core Program	(888) 881-8261	
MAC-V: Services for Veterans	(612-726-1327	www.mac-v.org
Military One Source	(800)342-9647	
Northern Pines Veterans Contact (320)632-6647 Ext 151	(320)232-9101	
Todd County	(320)732-4418	www.co.todd.mn.us
Veterans Linkage Line	(888)546-5838	
Wills for Heroes		www.mnbar.org/willsforheroes

VISION

American Council for the Blind	(800)424-8666	
American Foundation for the Blind	(800)232-5463	www.afb.org
State Services for the Blind	(800)652-9000	www.mnssb.org

Check with your local Lions Club

Contact your local Optometrist, Ophthalmologist

VOLUNTEER SERVICES

Foster Grandparent Program (Catholic Charities)	(866)895-7992	www.ccstcloud.org/FGP/
Kinship of Todd/Morrison County	(218)894-2799	www.kinship.com
Lutheran Social Service – Senior Companion	(888)205-3770	www.mnseniorcorps.org
MAVA MN Assn Volunteer Administration	(652)255-0469	
RSVP Retired Senior Volunteer Program	(218)847-1385	adallmann@mahube.org
Todd County Council on Aging (Verna Toenyan)	(218)894-6300	
Todd County Senior Companion Site (800)-953-4440	(320)732-4440	www.co.todd.mn.us
Volunteers Working Together	(218)631-3510	

WATER TESTING

DHIA Laboratory - Sauk Centre	(800)369-2697(320)352-2028	
Todd County Health and Human Services - Testing Kits	(888)838-4066(320)732-4500	www.co.todd.mn.us
Tri - County Hospital - Wadena Ext.274	(218)631-3510 Ext.274	

WEIGHT CONTROL

Dietitian Nutrition Counseling (218)894-1033
Gastric Bypass/Weight Loss Support Group (320)762-0605
T.O.P.S. (414)482-4620
Weight Watchers (800)888-3546

www.tops.org
www.weightwatchers.com

WIC

Women's, Infants and Children's (320)732-4456(800)953-4440
Nutrition Program

www.co.todd.mn.us

WORKERS COMPENSATION

(800)342-5354

