

GRANT COUNTY RESOURCES

EMERGENCY

Fire / Police / Ambulance / Sheriff	911
Poison Control	800-222-1222
National Suicide Prevention Lifeline	800-273-8255
Suicide Prevention Resource - Crisis Text Line: Text MN to 741741 . Available 24 hours a day, 7 days a week	
Mental Health Crisis	701-364-0431
The Adult and Children's Mobile Crisis Teams are available in the community and in Emergency Rooms 24 hours a day, 7 days a week.	
Serving Grant, Douglas, Pope, Stevens, and Traverse Counties.	
Mental Health 24-Hour Emergency Service (Lakeland Mental Health)	800-223-4512
Grant County Sheriff (Provides coverage for Ashby, Barrett, Elbow Lake, Herman, Hoffman, and Wendell)	218-685-8280

EDUCATION—Early Childhood (ECFE, Head Start, School Readiness), Elementary, Secondary

Ashby Public Schools http://www.ashby.k12.mn.us/pages/Ashby_Public_School	218-747-2257
Fergus Falls Area Special Education Co-op & Early Childhood Special Education (serves Ashby School District)	218-998-0544 (ext.1004)
Head Start – West Central MN Communities Action http://www.wcmca.org/programs_headstart.cfm	218-685-4486
Herman-Norcross Community Schools http://herman.mn.schoolwebpages.com	320-677-2291
Midwest Special Education Co-op & Early Childhood Special Education, Preschool Screenings (serves HNCS and WCA School Districts)	320-589-4248
School Nurse – Haley (serves Ashby, Herman-Norcross, and West Central Area School Districts)	218-685-7371
West Central Area North Elementary – Elbow Lake	218-685-7500
West Central Area South Elementary – Kensington	320-965-7600
West Central Area Secondary – Barrett http://www.westcentralareaschools.net/main/	320-528-7400

HEALTH—Physical

Alexandria Clinic – Alexandria	320-763-5123
Alomere Health – Alexandria	320-762-1511
Coteau des Prairies Clinic and Pharmacy – Herman	320-677-2220
Lake Region Health Care – Fergus Falls	218-739-2221
Lake Region Health Care – Ashby Clinic	218-747-2293
Prairie Ridge Hospital & Health Services	Toll Free 888-818-4461
Elbow Lake Campus & Hospital	218-685-7300
Ashby Campus	218-747-2293
Evansville Campus	218-948-2040
Herman Clinic	320-677-2221
Hoffman Campus	320-986-2038
Morris Campus	320-589-4008
Sanford Health – Alexandria	320-762-0399
Stevens Community Medical Center – Morris	320-589-1313

HEALTH—Chiropractors

Kastner Chiropractic	218-685-4544
Vistad Chiropractic	218-685-4500
Hoffman Chiropractic	320-986-2210

HEALTH—Mental

Dion Darveaux, PHD – Fergus Falls	218-736-3035
Lakeland Mental Health Center – Alexandria	320-762-2400
Fergus Falls	218-736-6987
Glenwood	320-634-3446
Life Center Mental Health – Morris	320-589-7625
Lutheran Social Service – Alexandria	320-762-5124
Fergus Falls	218-736-5431
Minnesota Farm & Rural Helpline - Free, confidential, 24/7 help for those struggling with stress, anxiety, depression or suicidal thoughts.	833-600-2670
Prairie St. John's – Fargo, ND	701-476-7216
Psychological Professionals of Alexandria	320-762-1762
Solutions Behavioral Healthcare Prof. – Alexandria	320-762-5411
Fergus Falls	218-998-2992
The Village Family Services – Alexandria	320-762-8851

HEALTH—Dental

Apple Tree Dental & Children's Dental Outreach Clinics	877-998-2218
Caring Hands Dental Clinic (Alexandria) – Community Dental Access Clinic	320-815-5711
Elbow Lake Dental Center	218-685-4710

GRANT COUNTY RESOURCES

HELPFUL LINKS

Bridge to Benefits – Programs you may be able to access	www.bridgetobenefits.org
Legal Services of Northwest MN - Civil legal services without charge. Call for eligibility	800-450-2552
Grant County Website	www.co.grant.mn.us
Help Me Grow – for parents of young children	www.helpmegrowmn.org
Community Resource Book	www.wcmca.org/programs/headstart-program
Disability LinkAge Line	Toll Free 866-333-2466
Senior LinkAge Line	Toll Free 800-333-2433
Veterans LinkAge Line	Toll Free 888-546-5838

FAMILY SUPPORTS AND RESOURCES

AA Mondays, 7:00 p.m., Thursdays, 7:00 p.m., Big Book	Bethlehem Lutheran Church, 11 2nd Ave., SE, Elbow Lake
Addiction Ministry “Set Free” Tuesday, 6:30 p.m.	Elbow Lake Baptist Church, 11 3rd Ave. SE, Elbow Lake 218-685-2278
ARC West Central MN <i>(for persons with intellectual and developmental disabilities: housing, social activities)</i>	donnaatherton@arcminnesota.org
Caring Neighbors Free Mission – Ashby FREE STORE: clothing, toys, household items	218-589-8655
Child Care Aware of MN-NW	320-219-6222
<i>Child Care Listings & Support for Child Care Providers</i>	Toll Free 800-452-3646
Alexandria Planned Parenthood	320-762-0766
Life Connections – Alexandria <i>(resources, information, baby equipment, clothing)</i>	320-762-1224
The Father’s Resource Program Parenting education, assist with ProSe motions, 1-on-1 support, information and referrals.	218-632-3600
Health Resource Life Care Center – Fergus Falls	218-736-6050
Minnesota Family Planning Program	888-702-9968
Food Shelf – Grant County (Elbow Lake) Tuesdays and Thursdays, 9 a.m. - 11 a.m.	218-685-4176
Food Shelf – Grant County (Hoffman) Tuesdays 5 p.m. - 7 p.m., Saturdays 9 a.m. - 11 a.m.	320-986-2598
Grant County Child & Youth Council.	218-685-4587
<i>Family Services Collaborative & Early Childhood Initiative.</i>	www.co.grant.mn.us/childyouth.asp
Grant County Housing & Redevelopment Authority	218-685-8240
Grant County Social Services	218-685-8200
	Toll Free 800-291-2827

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| • Children’s & Adult Mental Health | • Minnesota Care | • Subsidized Child Care |
| • Emergency Assistance | • Child & Adult Protection | • Child Care Licensing |
| • Food Support | • Child Foster Care | • Developmental Disabilities |
| • Adult Foster Care | • Parent Support Outreach Program (PSOP) | • Child Support Enforcement |
| • Medical Assistance | • Chemical Dependency Services | • Senior Services |
| • Cash Assistance | | • Public Transportation |

Grant County Nutrition.	218-685-8322
Library (Thorson Memorial) – Elbow Lake – Children’s Programs, Book Club, Summer Reading Program	218-685-6850
NAPS (Nutrition Assistance Program for Seniors)	218-685-8200
Public Transportation - Rainbow Rider	Toll Free 800-450-7770
<i>Grant County Volunteer Driver Program</i>	218-685-8220
Salvation Army – Grant County Unit Central Minnesota Service Extension.	888-399-9501
Someplace Safe – <i>emergency service and supports to victims and survivors of crime and their families</i>	218-685-4203
<i>24-Hour Crisis Hotline</i>	800-974-3359
Horizon Public Health – Elbow Lake Office	218-685-8295
• CTC (Child & Teen Check-Ups)	• Home Visiting Programs
• Follow Along—Ages and Stages <i>(child development)</i>	Growing Great Kids
• WIC (Women, Infant, Children) <i>nutrition info, health services, and access to wholesome foods</i>	Healthy Families America
• Prenatal and Postpartum Home Visits	Supporting Hands Nurse Family Partnership
• SHIP (Statewide Health Improvement Program)	• Childbirth Classes
• Family Planning Program	• Breast Feeding Classes
	• Preschool Screenings Ashby School District
	• Long Term Care Consultation
Thrift Store – Bargain Bazaar – Elbow Lake	218-685-4236
Thrift Store – Second Chance – Ashby.	218-747-2020
University of MN Extension Nutrition Education Program, 4-H Youth Development	218-685-8323
United MOPS (Mothers of Pre-schoolers) 1st and 3rd Mondays, 6:30-8:00 p.m.	unitedmops@hotmail.com
Veterans Service Officer/Beyond the Yellow Ribbon	218-685-8324
West Central MN Communities Action.	218-685-4486
	Toll Free 800-492-4805
	www.wcmca.org

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| • Emergency Assistance and Housing | • Lead Testing | • Early Head Start | • MNSure Navigation |
| • Energy Assistance | • Weatherization | • FAIM Program | |
| • Homeless Prevention | • Free Tax Clinics | • Live Well at Home | |
| • Foreclosure Prevention | • Head Start | • Transportation | |
| • Emergency Shelter | | | |

Work Force Center – Fergus Falls.	218-739-7560
Work Force Center – Alexandria.	320-762-7800