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INTRODUCTION

This directory is a listing of resources for youth in Faribault and Martin counties. Due to limited space, not all agencies in these counties are listed. A listing is not intended as an endorsement, nor is not being listed intended as disapproval.

This directory was developed by a subcommittee of the South Central Youth Council. Members of the subcommittee include:

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Monde Schwartz, District #77
Bonnie Stanton, Minnesota Valley Action Council
Karen Wagner, Mankato WorkForce Center

For more information on area resources, contact United Way 2-1-1 at 211 or 1 (800) 543-7709, or on-line at www.211.org. You can also find resources at minnesotahelp.info.

If you have any suggestions, comments, changes, or need additional copies contact the South Central WorkForce Council at (507) 345-2418.

CHILD CARE

Selecting a child care provider is a very important decision. As a parent, it is important to you that your child is in a safe, nurturing environment when you are away. Visit and interview your potential provider and don't be afraid to ask questions. During your interview discuss issues such as discipline, daily schedules, pickup time flexibility, payment arrangements, etc. It is also suggested that you get the names and phone numbers of at least two parents currently using the provider. Call them and ask about their experiences with the provider. Also, your county human service office is a resource in checking out potential child care providers.

For more information on child care contact:

Child Care Resource and Referral	(507) 389-1716
	1 (800) 373-2782
Human Services of Faribault & Martin	
Blue Earth	(507) 526-3265
Fairmont	(507) 238-4757

COUNSELING

If you feel good about yourself and others, your mental health is pretty good. Remember, though, that you may not feel good all of the time. No

Counseling (cont.)

one does. Everyone has uncomfortable or angry feelings about things going on in their lives. If you experience these kinds of feelings much or most of the time, you may want to contact a counselor.

When do I need counseling?

If things you are feeling or doing begin to interfere with your normal everyday activities, you may need counseling. The following can be warning signs that someone may need counseling:

- Sudden changes in mood or behavior
- Depression-feeling unhappy for a long time
- Anxiety-strong feelings of fear or nervousness, unexplained rapid breathing or heartbeat, knotted stomach
- Losing temper over small things
- Physical aches and pains that have no real physical cause
- Dropping grades
- Difficulty sleeping for many nights
- Excessive use of drugs, alcohol, cigarettes
- Can only think of the problem and nothing else
- Can't eat or feel sick when you do eat

Many counselors charge fees, but some will adjust their fees to what you and your family can afford to pay. With so many options, finding the right counselor can be difficult, but there are knowledgeable people to guide you. Talk to your school nurse, guidance counselor or social worker.

For more information on counseling contact:

Counseling - Chemical Dependency
Elmore Academy(507) 943-3440 202 E. North Street Elmore, MN 56027
Fountain Center of Albert Lea(507) 377-6411 408 W. Fountain Street Albert Lea, MN 56007
Fountain Center of Fairmont(507) 238-4382 828 N. North Avenue Fairmont, MN 56031
Hazelden Center City
Human Services of Faribault & Martin Counties(507) 526-3265 412 N. Nicollet Blue Earth, MN 56013
Human Services of Faribault & Martin Counties(507) 238-4757 115 W. 1st Street Fairmont, MN 56031
Residential Treatment Center for Adolescents1 (800) 637-2460 620 1st Avenue SW, P.O. Box 278 Winnebago, MN 56098

Courseling and Mental Health	
Blue Meadows Family Resource Center(507) 553-349 51652 120th St. Wells, MN 56097	95
Bonnie-Lyn II Mental Health Clinic(507) 235-886 112 W. 1st Street, Suite 103 Fairmont, MN 56031	07
Human Services of Faribault & Martin Counties(507) 526-326 412 N. Nicollet Blue Earth, MN 56013	65
Human Services of Faribault & Martin Counties(507) 238-479 115 W. 1st Street Fairmont, MN 56031	57
Naeve Behavioral Health-Mayo Health System(507) 377-644 414 Park Avenue	06

Counseling - Domestic Abuse/Sexual Assault

Albert Lea, MN 56007

Counseling and Mental Health

Committee Against Domestic Abuse -	CADA1	(800) 477-0466
100 Stadium Court, P.O. Box 466	Crisis	(507) 625-7233
Mankato, MN 56001		

Counseling - Financial Catholic Charities(507) 387-5586 816 Hubbell Avenue Mankato, MN 56001
Episcopal Community Services(507) 235-9320 102 N. Park Street Fairmont, MN 56031
Lutheran Social Service(507) 625-8021 710 S. 2 nd Street Mankato, MN 56001
University of MN Extension-Faribault County1 (800) 526-7428 412 N. Nicollet P.O. Box 130 Blue Earth, MN 56013
University of MN Extension-Martin County(507) 235-3341 201 Lake Avenue –Room 104 Fairmont, MN 56031
Counseling - Gambling Lutheran Social Service(507) 625-7660 710 S. 2 nd Street Mankato, MN 56001
Minnesota Problem Gambling Hotline1 (800) 333-HOPE

Counseling - Legal Southern MN Regional Legal Services
Counseling - Pregnancy/Parenting Options Pregnancy Center(507) 238-2330 121 N. Main Fairmont, MN 56031
Catholic Charities(507) 387-5586 816 Hubbell Avenue Mankato, MN 56001
Early Childhood Family Education –Blue Earth(507) 526-5552 315 E Sixth Street Blue Earth, MN 56013
Early Childhood Family Education –Fairmont(507) 235-6205 1200 N. Park Street Fairmont, MN 56031
Episcopal Community Services(507) 235-9320 102 N. Park Street

Fairmont, MN 56031

Counseling - Pregnancy/Parenting (cont.)
Family Services Collaborative of Faribault & Martin
Counties(507) 238-4757
115 W. 1st Street
Fairmont, MN 56031
First Steps(507) 304-4311
Planned Parenthood-Fairmont Clinic(507) 235-6116
717 S. State St., Suite 900
Fairmont, MN 56031
Counseling - Suicide Prevention
Yellow Ribbon Program -24 hour crisis line1 (800) 865-0606
Counseling - Support Groups
Check with your local hospital for support groups for specific illnesses.
Alcoholics Anonymous(507) 526-3581
118 W. 7 th Street
Blue Earth, MN 56013
Alcoholics Anonymous/Alanon/Alateen(507) 238-2114
214 Downtown Plaza
Fairmont, MN 56031

Counseling - Support Groups (cont.)
Alcoholics Anonymous –Sherburn(507) 764-5161 Sherburn, MN
Alcoholics Anonymous/Alanon –Wells(507) 553-5871 Wells, MN 56097
Cancer Support Group(507) 238-8506 800 Medical Center Drive Fairmont, MN 56031
Grief Support Group(507) 526-7970 United Hospital-United Hands Hospice 520 S. Galbraith Blue Earth, MN 56013
Compassionate Friends(507) 235-5059 Fairmont, MN 56031 or (507) 235-5624
Grief Support Group(507) 238-8600 Fairmont Medical Center –Mayo Health Systems 800 Medical Center Drive

Fairmont, MN 56031

EDUCATION

Education is the best investment of time and money that you can make. It is important that you get as much education as you can when you are young. In high school there are tutoring systems to ensure that you get as much from that experience as possible.

When choosing a post-secondary school, do a comparison. If you are looking at a specific field, talk to someone in that career and ask for advice. If you are looking at a type of school, public vs. private, two year or four year college, compare advantages, prices & course offerings. Talk to school counselors. Websites like ISEEK (www.iseek.org) may be helpful.

Most financial aid comes through the school's financial aid office; follow their advice on obtaining aid. There may also be help paying for school through a job or one of the armed forces.

For more information on education contact:

Secondary Schools

•	
Blue Earth Area High School	(507) 526-3201
Fairmont High School	(507) 238-4411
Granada Huntley-East Chain	(507) 447-2211
Martin County West High School	(507) 764-4661
Martin Luther High School	. ,

Secondary Schools (cont.)

Occordary Ochools (cont.)	
Southern Plains ALC -Fairmont	(507) 235-6151
Truman High School	(507) 776-2111
United South Central	
	,
Post-Secondary Schools	
	(507) 244 7000
Bethany Lutheran College	
Gustavus Adolphus College	
Iowa Lakes Community College	
Martin Luther College	
Minnesota State University, Mankato	1 (800) 722-0544
MN West Technical College, Jackson	1 (800) 658 2522
Presentation College, Fairmont	(507) 235-4658
Rasmussen College	
Riverland Community College	1 (800) 247-5039
South Central College - Mankato	
- Faribault	
- i alibault	(307) 332-3000
0 " = 1 "	
Community Education	
Adult Basic Education/GED -Blue Earth	(507) 526-3172
Fairmont Community Education	(507) 235-3141
Lincoln Community Center (GED Testing)	
Martin County West Community Education	
Wells Community Education	
Trans sommer Edward I I I I I I I I I I I I I I I I I I I	

Head Start

MN Valley Action Council –Faribault County......(507) 526-5458 301 N. Main Street, Blue Earth
MN Valley Action Council –Martin County.....(507) 238-1663 100 N. State Street, Fairmont

Job Corps

Humphrey Job Corps Center......(651) 642-9029 1480 N. Snelling Avenue 1 (800) 733-5627 St. Paul, MN 55108

EMPLOYMENT

If you are under age 14 and want a job, there are many things you can do to earn money or gain experience that will help you later. You can babysit, mow lawns or do odd jobs. You can volunteer at a variety of religious, school, or community programs.

Remember, plan on looking for work at least three months before you need it. For summer jobs apply as early as March, or better yet, obtain a part-time job during the school year. Then you will be the first hired full time in the summer.

Almost all jobs ask for an application or resume. Ask a parent or teacher

Employment (cont.)

to review your application before you turn it in. An interview is also usually required. You should come up with some sample questions and practice an interview before you go. Your local WorkForce Center can provide information on completing applications, resumes, and interviews (see www.mnwfc.org)

(E07) 22E EE40

For more information on employment contact:

Contant Mark Earge Contan

412 S. State St. Fairmont, MN 56031
Mankato WorkForce Center(507) 389-6723 12 Civic Center Plaza, Suite #1600 Mankato, MN 56001
New Ulm WorkForce Center(507) 354-3138 1618 S. Broadway, Suite #203 New Ulm, MN 56073
MN Valley Action Council - Faribault Co(507) 526-5291 301 N. Main St. Blue Earth, MN 56013

See also Employment Contractors-Temporary Help in your local phone book.

FOOD & NUTRITION

Eating nutritious food is essential to proper growth and good health. There are many programs that provide access to food, a healthful diet and nutrition education.

For more information on food and nutrition contact:

Blue Earth Food Shelf	(507) 526-2098
Human Services of Faribault & Martin Blue EarthFairmont	
Salvation Army	(507) 238-9797
University of MN Extension-Faribault Co412 North Nicollet Blue Earth, MN 56013	(507) 526-6240
University of MN Extension-Martin Co201 Lake Avenue Fairmont, MN 56031	(507) 235-3341

Food	&	Nut	rition	(cont.)
				Shalf

Winnebago, MN 56098

Wells Area i ood olieli(301) 333-3343
Good Sheperd Church
291 1st Street SW
Wells, MN 56097
Winnebago Food Shelf(507) 893-3197
127 Main Street North

(507) 553-53/3

Women, Infants & Children-Faribault County......(507) 526-3265 412 North Nicollet Blue Earth, MN 56013

Women, Infants & Children-Martin County(507) 238-4757 115 West First Street Fairmont, MN 56031

HEALTH SERVICES

Taking care of your body is very important. If you have any health concerns or have not had a physical examination in some time see your family doctor. If you don't have a family doctor, or wish to see someone else, there are other options. You can get many health care services free

Health Services (cont.)

or at a cost based on your income (called a sliding fee scale).

Before going to any of the places listed below, call and ask: What services are offered? Who can receive services? How are the charges handled? Do I need an appointment? Do I need my parent's permission? Also check with your school nurse.

For more information on health services contact:

Public Health Clinics

Provide a variety of health services including: physicals, immunizations, nutrition for pregnant women and children (WIC), family planning, disease prevention and more.

Faribault County Public Health(507) 526-3265 412 N. Nicollet Blue Earth, MN 56013

Martin County Public Health......(507) 238-4757 115 W. 1st Street Fairmont, MN 56031

Medical Clinics/Hospitals

Blue Earth Family Practice –Mankato Clinic......(507) 526-7371 520 S. Galbraith Blue Earth, MN 56013

Medical Clinics/Hospitals (cont.)

Braaten Medical Clinic – Fairmont(5 1125 Spruce St. Fairmont, MN 56031	507) 238-9533
Center for Specialty Care – Blue Earth(5 435 S. Grove St. #3 Blue Earth, MN 56098	507) 526-5191
Center for Specialty Care – Fairmont(5717 S. State St. Suite 900 Fairmont, MN 56031	507) 238-4949
Dulcimer Medical Center(5 1950 Center Creek Drive Fairmont, MN 56031	507) 238-4968
Fairmont Medical Center(5 Mayo Health System 800 Medical Center Drive Fairmont, MN 56031	507) 238-8555
Fairmont Medical Center - Walmart(! 1250 Goemann Road Fairmont, MN 56031	507) 238-8500

Medical Clinics/Hospitals (cont.) Immanuel St. Joseph's – Mayo Health System
Mankato Clinic(507) 625-1811 1230 E. Main Street Mankato, MN 56002
Mayo Health Systems – Kiester(507) 294-3693 120 N. Main St. Kiester, MN 56051
Mayo Health Systems – Sherburn(507) 764-4610 32 N. Main St. P.O. Box 425 Sherburn, MN 56171
Mayo Clinic – Truman(507) 776-2811 401 N. 4 th Ave. East Truman, MN 56088
Mayo Clinic – Wells(507) 553-6341 301 S. Broadway

Wells, MN 56097

Medical Clinics/Hospitals (cont.) Open Door Health Center(507) 388-2120 309 Holly Lane Mankato, MN 56001
Smart Clinic
Trimont Family Practice Clinic(507) 639-9301 11 Chestnut St. E. P.O. Box 256 Trimont, MN 56176
United Clinic of Faribault County – Blue Earth(507) 526-7388 435 S. Grove St. #1 Blue Earth, MN 56013
United Clinic of Faribault County – Winnebago(507) 893-3399 1 Main St. N. Winnebago, MN 56098
United Hospital of Blue Earth(507) 526-3273 515 S. Moore St. Blue Earth, MN 56013

HOUSING PROGRAMS

Knowing what you want and can afford before you begin your housing search will make it more successful. When searching for appropriate housing there are a number of issues to consider including:

- Maximum Rent/Mortgage Payment
- Type of Lease
- Space Needs (# of bedrooms, etc.)
- Parking (garage, covered, street)
- Is it a safe neighborhood
- Security Systems
- Cost of Utilities

The following are resources that may be helpful in finding an apartment:

- Classified Ads of your local newspaper
- "Apartments" in the yellow page section of your local phone directory
- Bulletin Boards at local post-secondary schools

For more information on local housing programs contact:

Minnesota Housing Finance Agency.....(651) 296-7608

Minnesota Valley Action Council –Faribault Co(507) 526-5291 301 N. Main Street
Blue Earth, MN 56013
(must be income eligible)

Housing Programs (cont.) Minnesota Valley Action Council –Martin Co(507) 238-1663 100 N. State Street Fairmont, MN 56031 (must be income eligible)
Partners for Affordable Housing(507) 388-1664 121 Ahlstrom Road #2 Mankato, MN 56001 (transitional housing)
Salvation Army(507) 345-7840 700 S. Riverfront Drive Mankato, MN 56001 (men's shelter)
Section 8 Rental Assistance

South Central MN Multi-County HRA......1 (800) 733-9564

or (507) 345-1977

360 Pierce Avenue, Suite 106

North Mankato, MN 56003

Housing Programs (cont.)

Theresa House......(507) 388-1664
121 Ahlstrom Road #2
Mankato, MN 56001
(homeless shelter)

LIBRARIES

Libraries are an important resource. Libraries can provide resources that will help you with your homework or provide reading materials for your fun and leisure. Libraries also provide access to computers and the Internet.

For more information on libraries contact:

Blue Earth Community Library(5 124 W. 7th Street	07) 526-5012
Blue Earth, MN 56013	
Ceylon Library(5	07) 632-4496
108 Main Street	
Ceylon, MN 56121	
Dunnell Public Library(5	07) 695-2152
145 W. Wenberg Street	
Dunnell, MN 56127	

Libraries (cont.) Elmore Public Library(507) 943-3150 302 E. Willis St. Elmore, MN 56027
Fairmont/Martin County Library(507) 238-4207 110 N. Park Street Fairmont, MN 56031
Sherburn Public Library(507) 764-7611 27 N. Main Street Sherburn, MN 56171
Trimont Public Library(507) 639-2571 190 Main Street W. Trimont, MN 56176
Truman Public Library(507) 776-2717 101 E. Ciro Street Truman, MN 56088
Welcome Public Library(507) 728-8376 304 1st Street Welcome, MN 56181
Wells Public Library(507) 553-3702 54 1st Street SW

Wells, MN 56097

Libraries (cont.)

Winnebago Library	(507) 893-3196
36 N. Main Street	
Winnebago, MN 56098	

Library Systems

SMILE Library System	(507) 625-6169
Traverse Des Sioux Library System	(507) 625-6169

RECREATION AND LEISURE

Having fun is an important part of your quality of life. Although meeting new people and trying new things can be scary, getting involved in leisure activities has a positive impact on your general well-being.

In addition to community education and park & recreation activities, you may want to explore local church youth groups and/or local cultural activities such as dance, music or theatre groups.

For more information on recreation and leisure contact:

Anytime Fitness......(507) 235-5055 460 S. State St. Fairmont, MN 56031

Recreation and Leisure (cont.)
Blue Earth Community Education(507) 526-3172 315 E 6 th St.
Blue Earth, MN 56013
Blue Earth Gymnastics Center Inc(507) 526-3668 515 W. 1st St.
Blue Earth, MN 56013
Blue Earth Pool(507) 526-2715
Blue Earth, MN 56013
Bowlmor Lanes(507) 235-5719 617 S. State Street
Fairmont, MN 56031
Faribault Co. Fairgrounds(507) 526-5802
Faribault Co. Fitness Center(507) 526-3376 320 Oak Road
Blue Earth, MN 56013
Fairmont Aquatic Park(507) 238-9292 1400 S. Prairie Avenue
Fairmont, MN 56031

Recreation and Leisure (cont.) Fairmont Children's Theater(507) 238-4900 45 Downtown Plaza Fairmont, MN 56031
Fairmont Community Education(507) 235-3141 714 Victoria Street Fairmont, MN 56031
Fair Lakes Cinema 5(507) 235-5336 1201 N. State St. Fairmont, MN 56031
Flame Theatre(507) 553-5713 125 S. Broadway Wells, MN 56097
190 Moto Cross Course(507) 639-3841
Lucky Lanes(507) 893-4311 37 First Avenue SE Winnebago, MN 56098
Martin County Ice Arena(507) 238-1995 Martin County Fairgrounds Fairmont, MN 56031

Recreation and Leisure (cont.) Martin County Fitness Center(507) 238-2966 1130 Spruce Street Fairmont, MN 56031
Martin County West Pool(507) 764-3651 105 E. 5 th St. Sherburn, MN 56171
Martin County Youth for Christ(507) 235-6016 213 Downtown Plaza Fairmont, MN 56031
Sherburn Theater(507) 764-5121 116 N. Main Sherburn, MN 56171
Truman Pool(507) 776-8561 302 N. 2 nd Ave. E Truman, MN 56088

Additional information can also be found on school district websites and chamber of commerce websites.

Wells Community Education(507) 553-5823

TRANSPORTATION

A key issue for youth in a rural area is transportation. Below is a list of area resources that may be beneficial in meeting your transportation needs.

For more information on transportation contact:

Drivers' License Road & Knowledge Test Sites

Department of Public Safety......(507) 526-5012 124 W. 7th St.

Blue Earth, MN 56013

Department of Public Safety.....(507) 238-3222 282 S. State Street Bay 160

Fairmont, MN 56031

Transportation Services

AmeriCare Mobility Van(507) 625-6741 703 S. 2nd Street 1 (800) 963-7233

Mankato, MN 56001

(Non-emergency medical transportation for individuals with disabilities)

Transportation Services	(cont.)

Mankato, MN 56001 (cars/car loans)

Transportation convices (cont.)
Faribault County Prairie Express(507) 526-7433 415 N. Main St. Blue Earth, MN 56013
Gold Cross Ambulance(507) 238-2123 216 E. 4 th Street Fairmont, MN 56031 (Non-Emergency Medical Transportation)
Martin County Express
National Runaway Switchboard1 (800) RUN-AWAY (must be youth initiated between the ages 12-20)
Wheel Get There –MVAC(507) 345-0446 464 Raintree Road

YOUTH ORGANIZATIONS

Being involved in youth organizations is a great way to meet new friends and learn team-building and leadership skills. In addition to the

Youth Organizations (cont.)

organizations listed below most local places of worship have youth groups also.

For more information on youth organizations contact:

4-H Faribault County Extension(507) 526-6240 Faribault County Office Bldg. 412 N. Nicollet Blue Earth, MN 56013-0130
4-H Martin County Extension(507) 235-3341 104 Courthouse 201 Lake Avenue Fairmont, MN 56031-1845
Boy Scouts of America(507) 387-3123 810 Madison Avenue Mankato, MN 56001
Girl Scouts of MN & WI River Valley(507) 625-7474 Satellite Office Mankato, MN 56001

YOUTH SERVICES

There are many services and resources offered by a variety of agencies in South Central Minnesota that help youth. In addition to the agencies listed below, you may also want to check: www.211.org (or call 1-800-543-7709) for information on services that will meet your specific need.

For more information on youth services contact:

Faribault County Human Services	.(507) 526-3265
Life-Work Planning Center1	(800) 369-5166
201 N. Broad Street, Suite 100	(507) 345-1577
Mankato, MN 56001	
LaMano	. (507) 344-8361
310 Belle Avenue	
Mankato, MN 56001	
Lutheran Social Service1	(888) 577-2227
710 S. 2 nd Street	(507) 625-7660
Mankato, MN 56001	

Youth Services (cont.) Madelia Area Integration Collaborative(507) 642-3232 320 Buck Avenue SE x204 Madelia, MN 56052 (Includes LCWM, Madelia, Maple River, Truman)
Martin County Human Services(507) 238-4757 115 W. 1st Street Fairmont, MN 56031
MN Valley Action Council
MN Valley Action Council(507) 235-5518 412 S. State St. Fairmont, MN 56031 (must be income eligible)
Vocational Rehabilitation Services(507) 235-5518 412 S. State St.

Fairmont, MN 56031

The funding to print the youth directory was made available by the South Central WorkForce Council.



This Directory will help you find information about:

Child Care Housing Programs

CounselingLibrariesEducationRecreationEmploymentTransportation

Food & Nutrition Youth Organizations

Health Services Youth Services

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