

The background of the entire image is a light gray field filled with numerous thin, hand-drawn style arrows. These arrows are curved and point in various directions, creating a sense of movement and flow. The main title is composed of two large blue arrows pointing in opposite directions, one above the other, which stand out prominently against this busy background.

YOUTH

DIRECTORY

**FOR LE SUEUR & WASECA
COUNTIES**

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INTRODUCTION

This directory is a listing of resources for youth in Le Sueur and Waseca 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:

Laura Attenberger, South Central College
Sara Carrigan, South Central WorkForce Council
Sarah Longtin, South Central WorkForce Council
Margy Hendrickson, Minnesota Valley Action Council
Christine Hendrickson, Vocational Rehabilitation Services
Gwenn Wolters, South Central Service Cooperative

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 507-345-2408.

This directory is also available online at www.workforcecouncil.org/youth-council/projects/youth-directories/

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 social services office is a resource in checking out potential child care providers.

For more information on child care contact:

Early Childhood Family Education – Cleveland	507-931-5953
Early Childhood Family Education – Le Sueur	507-665-4620
Early Childhood Family Education – New Prague	952-758-1674
Early Childhood Family Education – Tri-City United	507-364-8116
Early Childhood Family Education – Waseca	507-835-2222
Early Childhood Family Education – Waterville-Elysian-Morristown	507-362-4403

Families First of Minnesota	507-287-2020
Region 9 Office	800-462-1660
424 North Riverfront Dr., Suite 310	www.familiesfirstmn.org
Mankato, MN 56001	

Help Me Grow Program	1-866-693-4769
	www.helpmegrowmn.org

Ivy House	507-354-7626
New Ulm, MN 56073	Crisis Line 507-766-6925
	ivyhousemn.org

Le Sueur County Human & Social Services	507-357-8288
88 S. Park Avenue	
Le Center, MN 56057	

Minnesota Prairie County Alliance	507-837-6600
1000 West Elm Ave.	888-850-9419
Waseca, MN 56093	

Parent Aware	888-291-9811
	www.parentaware.org

Child Care – Centers

Building Blocks	507-665-9919
890 Kingsway Dr.	
Le Sueur, MN 56058	

Grace Garden 300 E. Elm Ave Waseca, MN 56093	507-835-1709
Growing in Grace Child Care Center 719 E. Ferry Street Le Sueur, MN 56058	507-665-0054
Hansel & Gretel Preschool 801 4th Ave NE Waseca, MN 56093	507-833-2063
Sacred Heart Children's House 308 West Elm Ave. Waseca, MN 56093	507-835-2780

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 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 – Autism

Autism Society of Minnesota

651-647-1083

<https://ausm.org>

Caravel Autism Health 1720 Bassett Drive Mankato, MN 56001	507-565-0150
CARE Counseling 501 N Riverfront Dr Mankato, MN 56001	612-223-8898
Fraser	612-767-7222 www.fraser.org
M Nelson Psychological Counseling 100 Warren St., Suite 331 Mankato, MN 56001	507-625-4442
Minnesota Autism Center (MAC) - New Ulm 11 N Minnesota Street New Ulm, MN 56073	952-767-4200
Minnesota Autism Center (MAC) - North Mankato 2101 Rolling Green Lane North Mankato, MN 56003	952-767-4200
River Oaks Counseling Services 931 Madison Ave Mankato, MN 56001	507-351-5185
Serenity Family Counseling LLC 210 20th South St. New Ulm, MN 56073	507-338-5600 507-616-0273

Counseling – Chemical Dependency

Addiction Recovery Technologies

House of Hope
12 Civic Center Plaza, Suite 2116
Mankato, MN 56001

507-345-4670
houseofhopemn.com

Adult, Child and Family Services, LLC

125 St. Andrews Ct., Suite 204
Mankato, MN 56001

507-387-3777

CARE Counseling

501 N Riverfront Dr
Mankato, MN 56001

612-223-8898

Counseling Services of Southern MN

1306 Marshall Street
St. Peter, MN 56082

507-931-8040

Family Focus

634 W. Bridge Street
Owatonna, MN 55060

507-451-0511

Hazelden Betty Ford Foundation

Youth 24-Hour Line **1-855-665-6746**
Family Access Coordinator **1-833-653-9334**
www.hazeldenbettyford.org

Mayo Clinic Health System – Albert Lea Medical Center

404 W. Fountain St.
Albert Lea, MN 56007

General **507-373-2384**
Toll-Free **800-628-2538**
Psychiatry & Psychology **507-377-6406**

Mayo Clinic Health System – Fountain Centers	507-377-6411
408 W. Fountain Street	1-800-533-1616
Albert Lea, MN 56007	

Mayo Clinic Health System – Fountain Centers	507-625-3372
101 Martin Luther King Jr. Dr.	
Mankato, MN 56001	

Mayo Clinic Health System – Fountain Centers	507-377-6443
215 S. Oak Ave.	
Owatonna, MN 55060	

Stages of Change Center, LLC	507-519-2285
100 Warren Street Suite 300-132	
Mankato, MN 56001	

Waseca County Court Services	507-308-7002
307 N. State Street	
Waseca, MN 56093	

Counseling – Domestic Abuse/Sexual Assault

CADA of Le Sueur/Nicollet County	507-934-5583
324 S Minnesota Ave	Crisis Line 1-800-477-0466
St. Peter, MN 56082	

CADA of Waseca County	507-835-7828
105 S. State St.	Crisis Line 1-800-477-0466
Waseca, MN 56093	

Committee Against Domestic Abuse – CADA

100 Stadium Court
Mankato, MN 56001

507-625-8688
Crisis Line **1-800-477-0466**
Text Line **507-233-4200**

Stages of Change Center, LLC

100 Warren Street Suite 300-132
Mankato, MN 56001

507-519-2285

Counseling – Financial

Lutheran Social Service of Minnesota

710 S. 2nd Street
Mankato, MN 56001

The Reach **507-381-6670**
Youth **507-381-6670**
Financial Counseling **888-577-2227**

University of MN Extension–Regional

1961 Premier Drive, Suite 110
Mankato, MN 56001

Regional Office **507-258-8725**
Connect with Extension **612-624-1222**
rcmankato@umn.edu
<https://extension.umn.edu/home-and-financial-management>

Counseling – Gambling

Lutheran Social Service of Minnesota

710 S. 2nd Street
Mankato, MN 56001

The Reach **507-381-6670**
Youth **507-381-6670**
Financial Counseling **888-577-2227**

Minnesota Gambling Hotline

1-800-333-HOPE

Counseling – Legal

Immigrant Law Center of Minnesota

Intake Line **1-800-223-1368**
Detention Intake **651-641-1011**
www.ilcm.org

Le Sueur County Attorney

507-357-2278

65 S. Park Avenue
Le Center, MN 56057

Le Sueur County Victim Witness Program

507-357-8512

88 S. Park Avenue
Le Center, MN 56057

Minnesota Disability Law Center

Disability Law Center **1-800-292-4150**
Intake Line **1-877-696-6529**
mylegalaid.org/about/our-work/disability-law

Southern MN Regional Legal Services

507-396-6815

12 Civic Center Plaza, Suite 3000
Mankato, MN 56001

Volunteer Lawyers Network (VLN)

612-752-6655

600 Nicollet Mall Suite 390A
Minneapolis, MN 55402

Waseca County Attorney

507-835-0520

307 N. State Street
Waseca, MN 56093

Counseling – LGBTQIA+ Support

CARE Counseling 612-223-8898

501 N Riverfront Dr
Mankato, MN 56001

Planned Parenthood 507-387-5581

340 Stadium Road Suite 400 1-800-230-7526
Mankato, MN 56001 MN Telehealth 833-738-1829

Pride Counseling Services 507-246-2667

110 E Walnut St.
Mankato, MN 56001

River Oaks Counseling Services 507-351-5185

931 Madison Ave
Mankato, MN 56001

Counseling – Mental Health Services

Adult, Child and Family Services, LLC 507-387-3777

125 St. Andrews Ct., Suite 204
Mankato, MN 56001

ASC Psychological Services 507-345-4679

11 Civic Center Plaza, Suite 205
Mankato, MN 56001

CARE Counseling 501 N Riverfront Dr Mankato, MN 56001	612-223-8898
Christian Family Solutions <i>Telehealth is available</i>	800-438-1772
Compassionate Counseling Services 212 15th Ave. NE, Suite 2022 Waseca, MN 56093	507-310-1321
Counseling Services of Southern MN 1306 Marshall Street St. Peter, MN 56082	507-931-8040
Fernbrook Family Center 119 N State St Waseca, MN 56093	507-201-2568
Hazelden Betty Ford Foundation Youth 24-Hour Line Family Access Coordinator www.hazeldenbettyford.org	1-855-665-6746 1-833-653-9334
Leo A. Hoffmann Center, Inc. 505 S State St Waseca, MN 56093	507-484-2400
Leo A. Hoffmann Center, Inc. 1715 Sheppard Drive St. Peter, MN 56082	507-484-2400

Lutheran Social Service of Minnesota 710 S. 2nd Street Mankato, MN 56001	The Reach 507-381-6670 Youth 507-381-6670 Financial Counseling 888-577-2227
M Nelson Psychological Counseling 100 Warren St., Suite 331 Mankato, MN 56001	507-625-4442
Mankato Psychology Clinic 209 S. Second Street, Suite 306 Mankato, MN 56001	507-387-1350
Mayo Clinic Health System – Albert Lea Medical Center 404 W. Fountain St. Albert Lea, MN 56007	General 507-373-2384 Toll-Free 800-628-2538 Psychiatry & Psychology 507-377-6406
Mental Health Professionals, Inc 1880 Austin Rd, Suite 2 Owatonna, MN 55060	507-446-8123
Minnesota Prairie County Alliance 1000 West Elm Ave. Waseca, MN 56093	507-837-6600 888-850-9419
MN Mental Health Services 530 N Riverfront Dr. Suite 230 Mankato, MN 56001	507-720-0464

Open Door Health Center 309 Holly Lane Mankato, MN 56001	Appointments 507-388-2120
River Oaks Counseling Services 931 Madison Ave Mankato, MN 56001	507-351-5185
Secure Base Counseling Center 301 E. Main St. W New Prague, MN 56071	507-301-3412
Serenity Family Counseling LLC 210 20th South St. New Ulm, MN 56073	507-338-5600 507-616-0273
South Central Crisis Center & Mobile Team Horizon Homes, Inc. 825 S Front St Mankato, MN 56001	General 507-344-3360 Warm/Crisis Line 1-877-399-3040
Spero South Central Human Relations Center 610 Florence Ave 622 Florence Av Owatonna, MN 55060	507-451-2630 1-800-722-0590

Spero South Central Human Relations Center 204 2nd Street NW Waseca, MN 56093	507-835-7064
Stages of Change Center, LLC 100 Warren Street Suite 300-132 Mankato, MN 56001	507-519-2285
Wright and Associates LLC 213 State St North Waseca, MN 56093	507-310-2002

Counseling – Pregnancy/Parenting

Birthright	National Hotline 1-800-550-4900
Catholic Charities 201 N. Broad St., Suite 100 Mankato, MN 56001	507-387-5586
Early Childhood Family Education – Cleveland	507-931-5953
Early Childhood Family Education – Le Center/Lonsdale/Montgomery	507-364-8116
Early Childhood Family Education – Le Sueur / Henderson	507-665-4620
Early Childhood Family Education – New Prague	952-758-1674

Early Childhood Family Education – Waseca	507-835-2222
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Early Childhood Family Education – Waterville/Elysian/Morristown	507-362-4403
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Exchange Club Center for Family Unity 1820 Hartle Ave Owatonna, MN 55060	507-455-1190
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Help Me Grow Program	1-866-693-4769 www.helpmegrowmn.org
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Lutheran Social Service of Minnesota 710 S. 2nd Street Mankato, MN 56001	The Reach 507-381-6670 Youth 507-381-6670 Financial Counseling 888-577-2227
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Planned Parenthood 340 Stadium Road Suite 400 Mankato, MN 56001	507-387-5581 1-800-230-7526 MN Telehealth 833-738-1829
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Teenage Pregnancy & Parenting Program (TAPP) 110 Fulton St. Mankato, MN 56001	507-387-3047
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Counseling – Suicide Prevention

Alcoholics Anonymous MN meeting locator	aaminnesota.org
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South Central Crisis Center & Mobile Team

Horizon Homes, Inc.

825 S Front St

Mankato, MN 56001

General **507-344-3360**

Warm/Crisis Line **1-877-399-3040**

Yellow Ribbon Suicide Prevention

For immediate crisis, call or text: **988**

National Crisis Line **1-800-273-8255**

Counseling – Support Groups

Check with your local hospital for support groups for specific illnesses.

Alcoholics Anonymous

National Hotline **844-915-3341**

aaminnesota.org

Autism Society of Minnesota

651-647-1083

<https://ausm.org>

CADA of Le Sueur/Nicollet County

507-934-5583

324 S Minnesota Ave

St. Peter, MN 56082

Crisis Line **1-800-477-0466**

CADA of Waseca County

507-835-7828

105 S. State St.

Waseca, MN 56093

Crisis Line **1-800-477-0466**

Codependents AnonymousNational Line **888-444-2359**www.coda.orgwww.minncoda.org

Committee Against Domestic Abuse – CADA**507-625-8688**100 Stadium Court
Mankato, MN 56001Crisis Line **1-800-477-0466**Text Line **507-233-4200**

Journeys Life Groups**507-388-1766**Hosanna Church
105 Hosanna Drive
Mankato, MN 56001Journeys@hosanna.church*Support groups for recovery, divorce, grief, mental health, caregivers, and more.*

Life-Work Planning Center**507-345-1577**127 S. 2nd St., Suite 210
Mankato, MN 56001**1-800-369-5166***Women in transition - personal growth & career development*

Mayo Clinic Health SystemGeneral **507-625-4031**Support Groups
Mankato, MN 56001Cancer Support Group **507-594-2929**

Mayo Clinic Health System – Albert Lea Medical Center **507-668-2050**Cancer Support Group
404 Fountain Street – Lower Level
Albert Lea, MN 56007

Minnesota Brain Injury Force**507-228-8161**www.mnbif.org

NAMI

National Alliance on Mental Illness

Local **651-645-2948**

Toll-Free **1-888-626-4435**

Helpline **651-645-2948 Ext. 117**

www.namimn.org

Serenity Family Counseling LLC

210 20th South St.

New Ulm, MN 56073

507-338-5600

507-616-0273

The Arc Minnesota

501 S. 2nd St.

Mankato, MN 56001

Mankato Office **507-345-4223**

Regional Toll-Free **866-502-4082**

Statewide **833-450-1494**

The Well

1100 N. 4th St.

Le Sueur, MN 56057

507-593-9001

DISABILITY SERVICES

The Center for Advancing Policy on Employment for Youth has identified Guideposts for Success based on what research tells us that all youth need to transition to adulthood including:

1. School-Based Preparatory Experiences
2. Career Preparation and Work Based Learning Experiences
3. Youth Development in Leadership
4. Connecting Activities
5. Family Involvement and Supports

There are many local resources available to help individuals with disabilities in these areas.

For more information on disability services contact:

Waseca Integrated Therapy Hub	507-237-6336
117 State St. N	
Waseca, MN 56093	

School-Based Preparatory Experiences

Secondary

Minnesota Valley Education District (MVED)	507-934-5420
Southwest Metro Intermediate District 288	507-837-5477
	507-833-0790

Post-Secondary

Bethany Lutheran College	Admissions 507-344-7000
	Disability Services 507-344-7730
Gustavus Adolphus College	Admissions 507-933-8000
	Disability Services 507-933-7227

Iowa Lakes Community College	Admissions 800-242-5106
	Estherville 712-362-2601
	Accommodations & Disability Services 712-362-7990

Minnesota State University – Mankato	Admissions 507-389-1822
	Accessibility Resources 507-389-2825

MN West Technical College	Admissions 800-658-2330
	Accessibility & Disability Services 507-847-7970

Rasmussen University	Mankato 507-625-6556
	General 888-754-5781
	Campus Accommodations Coordinator 507-625-6556

South Central College–North Mankato	507-389-7200
	Academic Support Center 507-389-7222

South Central College–Faribault	507-332-5800
	Academic Support Center 507-332-5847

Career Preparation and Work Based Learning Experiences

Connecting Activities

LEEP – Leisure Education for Exceptional People	507-387-5122
1315 Stadium Rd., Suite 101	
Mankato, MN 56001	

Family Involvement and Supports

Advocates for Developmental Disabilities **507-451-9769**

Steele/Waseca Counties
1301 Lincoln Ave. South
Owatonna, MN 55060

AmeriCare Mobility Van **507-625-6741**

307 Pine Street **1-800-963-7233**
Mankato, MN 56001

Non-emergency medical transportation for individuals with disabilities.

Autism Society of Minnesota **651-647-1083**

<https://ausm.org>

Disability Hub MN **1-866-333-2466**

www.disabilityhubmn.org

Minnesota Disability Law Center Disability Law Center **1-800-292-4150**

Intake Line **1-877-696-6529**

mylegalaid.org/about/our-work/disability-law

NAMI Local **651-645-2948**

National Alliance on Mental Illness Toll-Free **1-888-626-4435**

Helpline **651-645-2948 Ext. 117**

www.namimn.org

PACER **952-838-9000**

8161 Normandale Blvd.
Minneapolis, MN 55437

SMILES Center for Independent Living	507-345-7139
709 S. Front St. Suite 7	
Mankato, MN 56001	

SMILES Center for Independent Living	507-310-0266
299 Johnson Ave., Suite 130	
Waseca, MN 56093	

Social Security Administration	1-877-457-1734
12 Civic Center Plaza, Suite 1550	
Mankato, MN 56001	

State of MN Deaf and Hard of Hearing Services	507-344-2840
12 Civic Center Plaza, Suite 1670	
Mankato, MN 56001	

State Services for the Blind	507-389-6070
12 Civic Center Plaza, Suite 1600B	
Mankato, MN 56001	

The Arc Minnesota	Mankato Office 507-345-4223
501 S. 2nd St.	Regional Toll-Free 866-502-4082
Mankato, MN 56001	Statewide 833-450-1494

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. 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

Cleveland High School	507-931-5953
Janesville-Waldorf-Pemberton High School	507-234-5181
Le Sueur-Henderson High School	507-665-5800
Minnesota Valley Education District (MVED)	507-934-5420
MN New Country School	507-248-3353
New Richland-Hartland-Ellendale-Geneva High School	507-465-3205

Southwest Metro Intermediate District 288	507-837-5477 507-833-0790
Tri-City United High School	507-364-8111
Waseca Area Learning Center	507-835-5588
Waseca High School	507-835-5470
Waterville-Elysian-Morristown High School	507-362-4431
Ziebarth Alternative Learning Center	507-665-4640

Post-Secondary Schools

Bethany Lutheran College	Admissions 507-344-7000 Disability Services 507-344-7730
Gustavus Adolphus College	Admissions 507-933-8000 Disability Services 507-933-7227
Iowa Lakes Community College	Admissions 800-242-5106 Estherville 712-362-2601 Accomodations & Disability Services 712-362-7990
Martin Luther College	Admissions 507-354-8221
Minnesota State University – Mankato	Admissions 507-389-1822 Accessibility Resources 507-389-2825
MN West Technical College	Admissions 800-658-2330 Accessibility & Disability Services 507-847-7970

Rasmussen University	Mankato 507-625-6556 General 888-754-5781 Campus Accommodations Coordinator 507-625-6556
Riverland Community College	Albert Lea 507-379-3300 Austin 507-433-0600 Owatonna 507-455-5880
South Central College–North Mankato	507-389-7200 Academic Support Center 507-389-7222
South Central College–Faribault	507-332-5800 Academic Support Center 507-332-5847

Community Education

Adult Basic Education /GED - LeSueur	507-665-4626
Cleveland Community Education 400 6th St Cleveland, MN 56017	507-931-5953
Janesville-Waldorf-Pemberton Community Education	507-234-5181
Le Sueur Community Education	507-665-4620
Lincoln Community Center (GED Testing)	507-345-5222

New Prague Community Ed 410 Central Avenue N. Suite 300 New Prague, MN 56071	952-758-1734
New Prague Community Education	952-758-1734
New Richland-Hartland-Ellendale-Geneva Community Education	507-417-2667
Tri-City United Community Education	507-364-8107
Waseca Community Education	507-835-5626
Waterville-Elysian-Morristown Community Education	507-362-4403

Educational Instruction

Mathnasium 521 Hope St. Mankato, MN 56001	507-345-3276
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Head Start

MN Valley Action Council - Le Sueur Co. Headstart 160 North Mill Le Center, MN 56057	612-910-4076
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MN Valley Action Council – Le Sueur Co.**612-910-4076**

Home Visitor Office
125 E Minnesota St.
Le Center, MN 56057

MN Valley Action Council – Waseca Co.**507-720-4573**

Headstart
501 E. Elm Ave
Waseca, MN 56093

Job Corps

Humphrey Job Corps Center**651-642-1133**

1480 N. Snelling Avenue
St. Paul, MN 55108

1-800-733-5627

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 baby-sit, 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 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 CareerForce can provide information on completing applications, resumes, and interviews (see www.careerforcemn.com). To see available jobs go to minnesotaworks.net.

For more information on employment contact:

CareerForce in Fairmont 400 S. State St., Suite 180 Fairmont, MN 56031	507-618-5610
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CareerForce in Faribault 201 S. Lyndale Avenue, Suite 1 Faribault, MN 55021	507-333-2088
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CareerForce in Mankato 12 Civic Center Plaza, Suite 1600A Mankato, MN 56001	507-344-2622
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CareerForce in New Ulm 1618 S. Broadway, Suite 203 New Ulm, MN 56073	507-354-3138
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Life-Work Planning Center	507-345-1577
127 S. 2nd St., Suite 210	1-800-369-5166
Mankato, MN 56001	

Women in transition - personal growth & career development

MN Valley Action Council - Le Sueur Co	507-357-4246
125 E. Minnesota Street	
Le Center, MN 56057	

Must be income eligible for some programs.

MN Valley Action Council - Waseca Co	507-835-8240
108 10th Ave. SE	
Waseca, MN 56093	

Must be income eligible for some programs.

Staffing Agencies

Aerotek	507-601-5046
921 Madison Ave, Suite 101	
Mankato, MN 56001	

Doherty Staffing Solutions	507-665-3720
113 N. Main St., Suite B	
Le Sueur, MN 56058	

Express Employment Professionals	507-387-5620
113 Monroe Ave.	
North Mankato, MN 56003	

Jeane Thorne 1600 E Madison Ave., Suite 104 Mankato, MN 56001	507-625-8800
Manpower 111 Star St. Suite 110 Mankato, MN 56001	507-345-4201
Masterson Staffing Solutions 624 N. Victory Dr. Mankato, MN 56001	507-229-0300
People Ready 1707 Madison Ave. # 100 Mankato, MN 56001	507-201-8246
Volt Workforce Solutions New Ulm, MN 56073	651-435-8132

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:

Cleveland Food Shelf	507-931-5989
Township Hall Basement 205 4th Street Cleveland, MN 56017	
Fare for All Food & Resource Exchange	763-450-3860 1-800-582-4291
Food @ Faith	507-835-3167
Faith United Methodist Church 801 4th Ave. NE Waseca, MN 56093	
Grace Lutheran Church	507-835-1709
300 Elm Ave Waseca, MN 56093	
Le Center Food Shelf	507-357-4076
15 S. Park Avenue Le Center, MN 56057	
Le Sueur County Human & Social Services	507-357-8288
88 S. Park Avenue Le Center, MN 56057	
Le Sueur County Social Service & Food Shelf	507-291-2905
Salvation Army 151 Elm Ave SE Montgomery, MN 56069	

Tues. & Thurs. 4-6PM

Le Sueur Food Shelf 427 South 5th St. Le Sueur, MN 56058	612-271-8942
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Tues. & Thurs. 2:00-3:30PM

Lonsdale Area Food Shelf 130 Delaware Street SE Lonsdale, MN 55046	507-744-5399
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Thurs. 12:30-5PM

Minnesota Prairie County Alliance 1000 West Elm Ave. Waseca, MN 56093	507-837-6600 888-850-9419
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New Richland Area Food Shelf 101 S. Broadway New Richland, MN 56072	507-463-3421
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1st & 3rd Tues each month from 3-6:30PM

Peace Center 313 Columbus Ave. N New Prague, MN 56071	952-758-4688
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Salvation Army - Southeastern Extension	Service Area Manager 651-746-3566
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Services vary from county to county

Second Harvest Heartland Food Bank	651-209-7980 866-844-3663
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Trinity Lutheran Church	507-231-5189
412 N. Main	
Janesville, MN 56048	

University of MN Extension-Regional	Regional Office 507-258-8725
1961 Premier Drive,	Connect with Extension 612-624-1222
Suite 110	rcmankato@umn.edu
Mankato, MN 56001	https://extension.umn.edu/food-health-and-nutrition

W-E Share Food Shelf	507-317-0532
Waterville-Elysian	
132 Main Street East	
Elysian, MN 56028	

Waseca Area Neighborhood Service Center	507-833-4119
Food Shelf & Thrift Store	
203 Third Avenue NW	
Waseca, MN 56093	

Women, Infants & Children - Le Sueur Co	507-357-8246
130 S Park Ave	
Le Center, MN 56057	

Women, Infants & Children - Waseca Co	507-835-0685
1000 West Elm Ave.	
Waseca, MN 56093	

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 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.

Le Sueur County Public Health

130 S Park Ave
Le Center, MN 56057

507-357-8246

SHIP 507-934-7221

Waseca County Public Health

1000 Elm Ave W
Waseca, MN 56093

507-835-0685
SHIP **507-934-7221**

Medical Clinics/Hospitals

Mankato Clinic - Daniels Health Center**507-934-2325**

1901 N. Old Minnesota Ave.
St. Peter, MN 56082

Mankato Clinic - Main Street**507-625-1811**

1230 E. Main Street
Mankato, MN 56001

Mayo Clinic Health System - Albert Lea Medical Center

404 W. Fountain St.
Albert Lea, MN 56007

General **507-373-2384**Toll-Free **800-628-2538**Psychiatry & Psychology **507-377-6406****Mayo Clinic Health System - Hospital & Clinic****507-625-4031**

1025 Marsh Street
Mankato, MN 56001

1-800-327-3721**1-877-412-7575****Mayo Clinic Health System - Janesville****507-231-5118**

312 N. Main Street
Janesville, MN 56048

1-877-412-7575

Mayo Clinic Health System – Le Sueur 625 S. 4th Street Le Sueur, MN 56058	507-665-6299 1-877-412-7575
Mayo Clinic Health System – Montgomery 501 Fourth Street NW Montgomery, MN 56069	507-364-5600 1-952-758-9355
Mayo Clinic Health System – New Prague Clinic 212 County Road 37 New Prague, MN 56071	952-758-4461 1-952-758-9355
Mayo Clinic Health System – New Prague Hospital 301 Second St. NE New Prague, MN 56071	952-758-4431 1-800-584-6667 1-952-758-9355
Mayo Clinic Health System – Northridge Clinic 1695 LorRay Drive North Mankato, MN 56003	507-385-5700 1-877-412-7575
Mayo Clinic Health System – St. Peter 1900 Sunrise Drive, Suite 200 St. Peter, MN 56082	507-931-2110 1-877-412-7575
Mayo Clinic Health System – Waseca 501 N. State Street Waseca, MN 56093	507-835-1210 1-877-412-7575
Mayo Clinic Health System – Waterville 212 E. Lake Street Waterville, MN 56096	507-362-4221 1-877-412-7575

Open Door Health Center

309 Holly Lane
Mankato, MN 56001

Appointments **507-388-2120**

Ridgeview Le Sueur Medical Center

621 South 4th Street
Le Sueur, MN 56058

507-665-4017

Rivers Edge Hospital & Clinic

1900 N. Sunrise Drive
St. Peter, MN 56082

507-931-2200

Student Health Services/Medical Clinic

Minnesota State University – Mankato
21 Carkoski Commons
Mankato, MN 56001

507-389-6276

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:

Habitat for Humanity	507-388-6682
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Mankato Restore

1730 Bassett Drive

Mankato, MN 56001

Home improvement outlet with building supplies open to the public.

Le Sueur County Social Service & Food Shelf	507-291-2905
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Salvation Army

151 Elm Ave SE

Montgomery, MN 56069

Tues. & Thurs. 4-6PM

Lutheran Social Service of Minnesota	The Reach 507-381-6670
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710 S. 2nd Street

Mankato, MN 56001

Youth **507-381-6670**

Financial Counseling **888-577-2227**

Minnesota Housing Finance Agency	651-296-7608
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<https://mnhousing.gov/>

MN Valley Action Council	1-800-767-7139
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Locations in Le Center and Waseca

Must be income eligible for some programs.

Partners for Housing**507-387-2115**

514 South Riverfront Drive
Mankato, MN 56001

Transitional housing

**Salvation Army - Southeastern
Extension**

Service Area Manager **651-746-3566**

Services vary from county to county

Section 8 Rental Assistance - Le Sueur Co.

MVAC Office **507-357-4246**

Minnesota Valley Action Council
125 E Minnesota St.
Le Center, MN 56057

General **1-800-767-7139**

South Central MN Multi-County HRA**507-345-1977**

422 Belgrade Ave. Suite 102
North Mankato, MN 56003

1-800-733-9564

Steele County Social Services**507-455-1444**

1810 Cedar Ave.
Owatonna, MN 55060

Two Rivers Habitat for Humanity

Rochester, MN **507-252-0849**

General Questions **507-361-4012**

www.tworivershabitat.org/homeownershipapp

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 County Library 100 E. Main Street Mankato, MN 56001	507-304-4001
Elysian Public Library 132 Main Street East Elysian, MN 56028	507-267-4411
Henderson Public Library 110 S. 6th Street Henderson, MN 56044	507-479-3732
Janesville Public Library 102 W. 2nd Street Janesville, MN 56048	507-234-6605
Le Center Public Library 10 W. Tyrone Street Le Center, MN 56057	507-357-6792

Le Sueur Public Library 118 E. Ferry Street Le Sueur, MN 56058	507-665-2662
Montgomery Public Library 104 Oak Avenue SE Montgomery, MN 56069	507-364-7615
New Prague Memorial Library 400 Main Street E. New Prague, MN 56071	952-496-8026
New Richland Public Library 129 S. Broadway New Richland, MN 56072	507-465-3708
North Mankato Taylor Public Library 1001 Belgrade Avenue North Mankato, MN 56003	507-345-5120
St. Peter Public Library 601 S. Washington Avenue St. Peter, MN 56082	507-934-7420
Waldorf Public Library 119 S. Main Street Waldorf, MN 56091	507-239-2248
Waseca-Le Sueur Regional Library - Waseca 408 N. State Street Waseca, MN 56093	507-835-2910

Waterville Public Library**507-362-8462**

210 E. Paquin Street
Waterville, MN 56096

Library Systems

SMILE Library System**507-625-7555**

Traverse Des Sioux Library System**833-837-5422**

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:

300 Club Bowling Alley**507-665-6015**

504 N. Main Street
Le Sueur, MN 56058

Cleveland Community Education 400 6th St Cleveland, MN 56017	507-931-5953
Hoot Lanes 204 Hwy. 13 North Waterville, MN 56096	507-330-4176
Janesville Bowl 307 N. Minnesota Janesville, MN 56048	507-231-5247
<i>September – May only</i>	
Janesville-Waldorf-Pemberton Community Education	507-234-5181
Le Center Swimming Pool 205 E. Derrynane Street Le Center, MN 56057	507-357-6344
Le Sueur Community Center 821 E. Ferry Street Le Sueur, MN 56058	507-665-3325
Le Sueur Community Education	507-665-4620
LEEP – Leisure Education for Exceptional People 1315 Stadium Rd., Suite 101 Mankato, MN 56001	507-387-5122

Montgomery National Golf Club 900 Rogers Drive Montgomery, MN 56069	507-364-5602
New Prague Community Ed 410 Central Avenue N. Suite 300 New Prague, MN 56071	952-758-1734
New Richland-Hartland-Ellendale-Geneva Community Education	507-417-2667
PLA-Mor Lanes 314 First Street S. Montgomery, MN 56069	507-364-7762
Prairie Ridge Golf Course 2000 N. Main St. Janesville, MN 56048	507-234-5505
Riverview Golf Course 15590 240th Ave. New Richland, MN 56072	507-465-3516
Tri-City United Community Education	507-364-8107
Waseca Arts Center 200 N. State St. Waseca, MN 56093	507-835-1701

Waseca Community Arena 1501 2nd Street NW Waseca, MN 56093	507-835-3251
Waseca Community Education	507-835-5626
Waseca Lakeside Club 37160 Clear Lake Dr Waseca, MN 56093	507-835-2574
Waseca Water Park 200 26th Ave. NE Waseca, MN 56093	507-833-0210
Waterville-Elysian-Morristown Community Education	507-362-4403

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

THRIFT STORES

Thrift stores sell new and gently used clothing, housewares, and small furniture.

For more information on thrift stores contact:

Habitat for Humanity	507-388-6682
Mankato Restore 1730 Bassett Drive Mankato, MN 56001	
<i>Home improvement outlet with building supplies open to the public.</i>	
Hands of Friendship	952-758-5114
27980 Koeper Ave NE New Prague, MN 56071	
Lady Bug Thrift Store	507-463-3443
116 Broadway Ave S. New Richland, MN 56072	
Simply Saved Thrift Store	
107 W. 1st St. Janesville, MN 56048	
St. Mary's Thrift Store	507-357-6942
69 E. Minnesota St. Le Center, MN 56057	
Treasures in Town	507-665-4923
206 S. Main St. Le Sueur, MN 56058	
Waseca Area Neighborhood Service Center	507-833-4119
Food Shelf & Thrift Store 203 Third Avenue NW Waseca, MN 56093	

WEM Common Thread Thrift Store**507-362-8469**

126 2nd Street S

Waterville, MN 56096

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:

Driver's Education

Alpha omegA Driving School**507-455-9294**

220 S Oak Ave

alphaomegadiversed@gmail.com

Owatonna, MN 55060

Driver & Vehicle Services

Minnesota Department of Public Safety

<https://dps.mn.gov/divisions/dvs/license-and-id/driver-education>*List of public, private, and community education driver's education programs available.*

Midwest Driving School**612-709-2226**

25358 631st Ave

midwestdrivingmn@gmail.com

Gibbon, MN 55335

<https://mwdschool.net/>

Safety & Respect Driving School LLC

1961 Premier Dr. Suite 267

Mankato, MN 56001

507-382-8986

info@safetyandrespectmn.com

<https://www.safetyandrespectmn.com/>

Driver's License Road & Knowledge Test Sites

Driver's License Exam Station

County East Annex Building

300 N. State Street

Waseca, MN 56093

507-835-0625**651-201-7900**

Driver's License Exam Station

Le Sueur County Courthouse

88 S. Park Avenue

Le Center, MN 56057

507-357-2251**651-201-7900**

Drivers with Disabilities

Adaptive Experts

4807 Kings Crossing N

Brooklyn Park, MN 55443

651-324-0791www.adaptiveexperts.com*Driver Evaluation and Training for People with Disabilities*

Alpha omegA Driving School

220 S Oak Ave

Owatonna, MN 55060

507-455-9294alphaomegadiversed@gmail.com

Courage Kenny Rehabilitation Institute - Owatonna	612-262-7855
2250 NW 26th St	CKRIDrivingService@allina.com
Owatonna, MN 55060	

JWP Community Education - Driver's Education	507-234-05181
110 East 3rd St	
Janesville, MN 56048	

Safety & Respect Driving School LLC	507-382-8986
1961 Premier Dr. Suite 267	info@safetyandrespectmn.com
Mankato, MN 56001	https://www.safetyandrespectmn.com/

Transportation Services

AmeriCare Mobility Van	507-625-6741
307 Pine Street	1-800-963-7233
Mankato, MN 56001	
<i>Non-emergency medical transportation for individuals with disabilities.</i>	

Minnesota River Valley Transit	1-888-880-4696
Dial-a-Ride	
<i>Serving Mankato, St. Peter, Kasota, and Le Sueur</i>	

National Run Away Safeline	1-800-RUN-AWAY
	1-800-786-2929
<i>Must be youth initiated between the ages 12-20</i>	

Salvation Army - Southeastern Extension	Service Area Manager 651-746-3566
<i>Services vary from county to county</i>	

SMART Transit	855-762-7821
<i>Serving Albert Lea, Austin, Owatonna, and Waseca area.</i>	

True Transit	507-388-8783
Vine Faith In Action	1-800-560-1575
<i>Serving Blue Earth, Le Sueur, and Nicollet County</i>	

Wheel Get There – MVAC	507-345-0446
<i>Sells personal vehicles to low-income people at a discount.</i>	

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

For more information on youth organizations contact:

4-H University of MN Extension – Le Sueur Co.	507-357-8230
88 S. Park Avenue Le Center, MN 56057	

4-H University of MN Extension – Waseca Co.	507-835-0600
300 North State Street, Door #3 Waseca, MN 56093	

Big Brothers Big Sisters of Southern MN 545 Dunnell Drive Owatonna, MN 55060	507-451-5922
Boy Scouts of America	507-387-3123
Girl Scouts River Valleys	1-800-845-0787

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:

Le Sueur County Human & Social Services 88 S. Park Avenue Le Center, MN 56057	507-357-8288
LEEP - Leisure Education for Exceptional People 1315 Stadium Rd., Suite 101 Mankato, MN 56001	507-387-5122

Life-Work Planning Center	507-345-1577
127 S. 2nd St., Suite 210	1-800-369-5166
Mankato, MN 56001	

Women in transition - personal growth & career development

Lutheran Social Service of Minnesota	The Reach 507-381-6670
710 S. 2nd Street	Youth 507-381-6670
Mankato, MN 56001	Financial Counseling 888-577-2227

Minnesota Prairie County Alliance	507-837-6600
1000 West Elm Ave.	888-850-9419
Waseca, MN 56093	

MN Valley Action Council – Le Sueur Co	507-357-4246
125 E. Minnesota Street	
Le Center, MN 56057	

Must be income eligible for some programs.

MN Valley Action Council – Waseca Co	507-835-8240
108 10th Ave. SE	
Waseca, MN 56093	

Must be income eligible for some programs.

Salvation Army - Southeastern Extension	Service Area Manager 651-746-3566
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Services vary from county to county

SMILES Center for Independent Living	507-345-7139
709 S. Front St. Suite 7	
Mankato, MN 56001	

SMILES Center for Independent Living	507-310-0266
299 Johnson Ave., Suite 130 Waseca, MN 56093	
The REACH Drop-In Center	507-381-6670
Lutheran Social Service 125 E. Liberty St. Mankato, MN 56001	
Vocational Rehabilitation Services	507-344-2622
12 Civic Center Plaza, Suite 1600C	651-259-7366
Mankato, MN 56001	800-328-9095

NOTES

NOTES



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This Directory will help you find information about:

Child Care	Housing Programs
Counseling	Libraries
Disability Services	Recreation
Education	Thrift Stores
Employment	Transportation
Food & Nutrition	Youth Organizations
Health Services	Youth Services

**Scan this QR code with your smartphone
to link to the youth directory online.**

