

# WIC CLINIC RESOURCE LIST

## Sibley County Area

### COUNSELING

#### **CADA House**

P.O. Box 466  
Mankato, MN 56001  
Business phone: (507) 625-8688  
Toll Free Crisis Line: 1-800-477-0466

*Provides services for battered women.*

#### **Sexual Assault Services for Sibley County**

(507) 237-2826  
24-hour safe line: 1-800-630-1425

*Provides information, referral, support*

#### **Sibley County Public Health and Human Services**

111 Eighth Street  
Gaylord, MN 55334  
(507) 237-4000

*Provides crisis intervention for families in need*

#### **Sioux Trails Mental Health Center**

(Gaylord office)  
(507) 237-5757 (Tues. & Thurs.)

*Sliding fee available based on ability to pay. Services include counseling and mental health services, chemical dependency counseling, crisis 24-hour emergency: 1-800-247-2809 intervention, and public education.*

#### **Eunoia**

112 5<sup>th</sup> St.  
Gaylord, MN 55334  
(855)935-6463

*Individuals, couples, group, family, children, adolescents and adults. Specializing in play therapy.*

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### DAY CARE

#### **Sibley County Public Health & Human Services**

111 Eighth Street  
Gaylord, MN 55334  
(507) 237-4000

*Provides list of licensed daycare providers.*

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### LIBRARIES

#### **Storytime at Public Libraries**

Arlington (507) 964-2490  
Gaylord (507) 237-2280  
Henderson (507) 248-3880  
Winthrop (507) 647-5308  
Gibbon (507) 834-6640

*Call your local library for day and time.*

## EDUCATION

### **Sibley East (Arlington, Gaylord, Green Isle #2310)**

Middle School & High School (6<sup>th</sup> -12<sup>th</sup> grades) – Arlington (507) 964-2292  
Elementary School (Pre-K- 5<sup>th</sup> grades) – Gaylord (507) 237-5511

### **GFW (Gibbon, Fairfax, Winthrop #2365)**

High School (7<sup>th</sup> – 12<sup>th</sup> grades) -- Winthrop (507) 647-6264  
Middle School (4<sup>th</sup> – 6<sup>th</sup> grades) -- Fairfax (507) 426-7251  
Elementary (Pre-Kindergarten – 3<sup>th</sup> grades) -- Gibbon (507) 834-6501

**Green Isle Community School** Grades K-6 – (507) 326-7144

**MN New Country School** – (507)-248-3353

**Hilltop Elementary** (LeSueur Henderson District) – Henderson (507) 665-5900

**Immanuel Lutheran School** – Gaylord 507-237-2804

**Prairie Lutheran School** – Gibbon 507-834-6136

**St. Paul's Lutheran School** – Arlington 507-967-2397

### **English as a Second Language**

Contact your local school district for information.

Gibbon/Winthrop (507) 834-6501

Gaylord (507) 237-3331

Arlington/Green Isle (507) 964-2292 or (507) 964-5658

Henderson (507) 665-3244

### **Special Needs Services**

Local school districts are now mandated to serve children from birth to age 5 as well as school age children. If your child has a special need, contact your local school district.

### **Help Me Grow**

or 1-866-693- GROW (4769)

*Assistance for children 0-6 with developmental health care concerns. [www.helpmegrowmn.org](http://www.helpmegrowmn.org)*

### **GED**

Classes are offered through the local school district.

### **Basic Skills Hotline**

1-800-222-1990

*Help for improving basic skills such as reading, writing, math and English as a second language, GED classes, adult basic education.*

## PRESCHOOL

<b>Head Start</b> (507) 237-5438	<i>Family centered child development program for 3-4 year olds of income-eligible families. Includes education, health, parent involvement, and nutrition components</i>
<b>Early Childhood Family Education (ECFE)</b> Gibbon/Winthrop (507) 834-6501 Gaylord/Arlington (507) 237-3351 Henderson (507) 665-4620	<i>Children's classes for ages 0-5; parent workshop with children ages 2-5. Parenting education classes. Enrichment for children and parent education.</i>
<b>Immanuel Lutheran Preschool – Gaylord</b> (507) 237-2804	<i>Call for information</i>
<b>Prairie Lutheran – Gibbon</b> (507) 834-6136	<i>Call for information</i>
<b>St. Paul's Lutheran – Arlington</b> (507) 964-2397	<i>Call for information</i>

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## FINANCIAL ASSISTANCE

**Work Force Center – MN Jobs and Training Dept.**  
1618 South Broadway  
New Ulm, MN 56073  
(507) 354-3138

**Minnesota Valley Action Council** *Emergency funds for services listed.*  
110 6<sup>th</sup> St., P.O. Box 87  
Gaylord, MN 55334  
(507) 237-2981

- **Adult & Dislocated Worker Programs** *Employment and training services to youth, adults, and people who have been laid off from their employment.*
- **MN Family Investment Program (MFIP) & Diversionary Work Program (DWP)** *Employment services to help develop plans for job search, pursuing and retaining jobs, and job leads*
- **Supplemental Nutrition Assistance Program (SNAP)** *Help for people on food stamps to find employment.*
- **Energy Assistance** *Assistance with home utilities.*

## **Sibley County Public Health and Human Services**

111 Eighth Street  
Gaylord, MN 55334  
(507) 237-4000

- **Employment Training** *Career and educational information, assistance. Child care funds may be provided for students.*
  - **Energy Assistance (EA)** *Program to help pay emergency costs such as utility shut-offs, no heat, evictions, etc. if the household meets eligibility criteria.*
  - **Food Stamps (SNAP)** *Enables people within the income and resource guidelines to purchase food..*
  - **General Assistance (GA)** *Cash program with a monthly check. To qualify, person must meet certain category of eligibility.*
  - **Medical Assistance (MA)** *Assistance to pay medical costs for children under age 21, disabled people, or elderly over age 65. Special guidelines for pregnant women to assist in getting prenatal care.*
  - **Minnesota Family Investment Program (MFIP)** *Cash program with a monthly grant.*
  - **Subsidized Day Care** *State funding to pay a portion of day care expenses if within income guidelines.*
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## **FOOD**

### **School Lunch Program**

Free or low cost for income eligible students. Contact your local school district.

### **Sibley County Food Shelf**

Call for current hours.  
111 Industrial Ave.  
Gaylord, MN 55334

(507) 237-5253

### **Women, Infants & Children (WIC)**

Sibley County Public Health & Human Services  
111 Eighth Street, P.O. Box 237  
Gaylord, MN 55334

(507) 237-4000

*Supplemental food program provides nutrition education and special foods to women who are pregnant, breastfeeding or have recently had a baby, infants age 0-1year, children age 1-5 yrs. Eligibility based on income & nutritional needs.*

## HEALTH CARE

### **Sibley County Public Health and Human Services**

(507) 237-4000

111 Eighth Street, P.O. Box 237

Gaylord, MN 55334

**Immunization Clinics** - Provide immunizations at reduced cost. Fee based on income.

**Pregnancy Testing** – No cost pregnancy testing and referral.

**Family Planning Grant** - Counseling and education regarding birth control methods and medical health care. Free condoms. Free Chlamydia and Gonorrhea testing and treatment.

**Follow Along Program** – No cost program to follow infant development through 3 years old. Uses periodic surveys mailed to parents to complete and return for screening.

**Child Passenger Safety Distribution Program** – Booster and convertible car seats that can be used for infants or toddlers and children under 8 years are available for UCare and South Country Health Alliance Members (Some restrictions apply.) Free car seat installation checks.

**Prenatal and Newborn/Parent Home Visits** - Public Health Nurse makes a home visit to discuss prenatal care, newborn care, postpartum care, and breastfeeding, etc. Long-term mentoring program also available for parents of children 0-5 years.

**Healthy Homes Assessment**—free home visit to assess your home for 7 principles of healthy homes (dry, clean, pest-free, safe, contaminant-free, ventilated and maintained) and help you develop a safe and healthy living environment.

### **Birthright**

Hutchinson office

1-800-550-4900

(320) 587-5433

*Birthright provides anonymous pregnancy tests, education, guidance, shelter home, community resource information, maternity clothes, layettes, medical care, legal advice, help with job placement, referral for professional counseling, adoption information, and other professional services depending on your circumstances.*

### **Lactation Support**

Sibley County Public Health & Human Services (507) 237-4000

New Ulm Medical Center (507) 332-4740

Hutchinson Health (320) 484-4620

Ridgeview Medical Center (952) 442-2191 ext. 5262

### **MinnesotaCare**

1-800-657-3672

A health insurance program with premiums based on income.



# MEDICAL PROVIDERS

<b>Arlington</b>	<b>Belle Plaine</b>
Ridgeview Sibley Medical - Arlington 601 West Chandler Arlington MN 55307 (507) 964-2271	Southern Metro Medical Clinic 700 West Prairie Street Belle Plaine MN 56011 (952) 873-2276
<b>GAYLORD</b>	<b>GLENCOE</b>
Ridgeview Sibley Medical - Gaylord 660 3rd Street Gaylord MN 55334 (507) 237-5523	Glencoe Regional Health Services 1805 Hennepin Avenue North Glencoe MN 55336 (320) 864-3116
<b>HENDERSON</b>	<b>HUTCHINSON</b>
Ridgeview Sibley Medical - Henderson 505 Main Street Henderson MN 56044 (507) 248-3433	Hutchinson Medical Center 3 Century Avenue Hutchinson MN 55350 (320) 587-2020
<b>LESUEUR</b>	<b>MANKATO</b>
LeSueur Medical Clinic 500 North Main LeSueur MN 56058 (507) 665-4017	Open Door Health Center 309 Holly Lane Mankato MN 56001 (507) 388-2120
LeSueur Clinic Mayo Health System 625 South 4th Street LeSueur MN 56058 (507) 665-6299	Mankato Clinic 1230 East Main Street Mankato MN 56002 (507) 625-1811
<b>NEW ULM</b>	Immanuel St. Joseph's - Mayo Health System 1025 Marsh Street Mankato MN 56002 (507) 625-4031
New Ulm Medical Center (NUMC) 1324 5th Street North New Ulm MN 56073 (507) 233-1000	
<b>SHAKOPEE</b>	<b>ST. PETER</b>
Park Nicollet Clinic 1415 St. Francis Avenue Shakopee MN 55379 (952) 993-7750	St. Peter Clinic - Mayo Health System 622 Sunrise Drive St. Peter MN 56082 (507) 931-2110

WACONIA	WINTHROP
Lakeview Clinic 424 Highway 5 West Waconia MN 55387 (952) 442-4461	Ridgeview Sibley Medical - Winthrop 223 North Carver Winthrop MN 55396 (507) 647-2118
Western OB/GYN 550 Maple Street South Waconia MN 55387 (952) 442-2137	NUMC - Winthrop Area Clinic 211 East 2nd Street Winthrop MN 55396 (507) 647-8000

**TRANSPORTATION PROVIDER:**

Trailblazer Transit  
 207 West 11th Street  
 Glencoe MN 55336  
 1-888-743-3828 or 1-320-864-1000  
 Fax. 320-864-1910

Rides available 7:00 a.m. to 5:00 p.m.  
 Monday through Friday.  
 Your ride may be covered by insurance,  
 check with your financial worker.