Community Resource Guide

FOR CHILDREN AND FAMILIES IN DAKOTA COUNTY

HEALTH CARE
DENTAL
WOMEN’S HEALTH
FOOD
HOUSING
SPECIAL NEEDS/DISABILITY
SUPPORT FOR FAMILIES

Dakota County Public Health Department
651.554.6100  www.dakotacounty.us
Public Health Department

For more information on programs and services in Dakota County go to www.dakotacounty.us and enter the keyword in the search box.

General information 651.554.6100
Fax number: 651.554.6130 / Email: public.health@co.dakota.mn.us

Asthma Program 651.554.6115
For children (birth-age 18) diagnosed with asthma. Staff visit and work with the family on ways to reduce the child’s symptoms, discuss community resources and decrease exposure to triggers in the home.

Child and Teen Checkups (C&TC) 952.891.7500
Child and Teen Checkups staff can help find a doctor, or dentist, make an appointment, find transportation or an interpreter for families with children and young adults on Medical Assistance from birth to age 21.

Family Home Visiting 651.554.6115
Home visits support families during pregnancy and after delivery. Staff can provide growth and development checks for infants and children, and resources for children with special needs. To apply call or fill out online form at www.dakotacounty.us and search home visits.

Follow Along Program 651.554.6178
Keeps track of your child’s development from birth - 3 years old. Find out if your child is playing, talking, growing, moving, and acting like other children the same age.

Immunizations for children and adults 952.891.7999
Immunization walk-in clinics are held monthly in West St. Paul and Apple Valley. Call for information or to schedule an appointment.

Radon Testing
Test your home for radon. Pick up a test kit in Apple Valley (952.891.7500) or West St. Paul (651.554.6100), call for availability.

Tuberculosis testing and treatment 952.891.7500
Dakota County offers tuberculosis skin tests by appointment. People with tuberculosis can receive medication at no cost.

WIC Nutrition Program 952.891.7525
For pregnant women and children up to age 5. Women, Infants, and Children (WIC) is a nutrition program that offers free nutritious foods and nutrition education to families. Breastfeeding support and education for women is provided.

Dakota County Services

General information 651.437.3191
Child Support 651.554.5909
Employment and Economic Assistance 651.554.5611
Hours 8:00 a.m. – 4:30 p.m.
- Cash and emergency assistance
- Food assistance
- Financial Empowerment Services
- Child care assistance
- Medical assistance

Social Services 651.554.6000
- Children and Family Intake 952.891.7459
- Adult Services Intake 651.554.6424

Community Living Services 651.554.6336
- Aging and disability services
- Autism Spectrum Disorder
- Developmental disabilities
- Personal care assistance

Dakota County Library 651.450.2900
Dakota County Parks 952.891.7000
Dakota County Veterans Services 651.554.5601

Crisis Services

Dakota County Crisis Intervention 952.891.7171
www.dakotacounty.us (search “Mental Health”) 24-hour response and referral in a mental health crisis

Dakota County Housing Crisis Line 651.554.5751
Emergency shelter, assistance to prevent eviction and information on housing resources and referrals www.dakotacounty.us (search “housing assistance”)

Casa De Esperanza 651.772.1611
www.casadeesperanza.org 24-hour bilingual domestic violence helpline

Crisis Text Line: Text MN to 741741
Free! Services available 24/7. If you or someone you care about is having a mental health crisis or are contemplating suicide.

Lewis House
- Eagan 651.452.7288
- Hastings 651.437.1291
- Sexual Assault Hotline www.360communities.org
Available 24 hours a day for housing and protection for abused women and children

Dakota County Public Health Department
1 Mendota Road W., Suite 410, West St. Paul, MN 55118
Ph: 651.554.6100 / Fax: 651.554.6130
Email: public.health@co.dakota.mn.us

This directory is a general guide to resources and does not imply endorsement by the Dakota County Public Health Department. The information is subject to change. DCPHD-HR-2947 (07/2019)
Multi-Service Agencies

These agencies may help with food, housing, transportation, utilities and emergency assistance.

- **360 Communities** 952.985.5300
  www.360communities.org

- **CAP Agency** 651.322.3500
  www.capagency.org

- **Hastings Family Service** 651.437.7134
  www.hastingsfamilyservice.org
  Serves ISD 200 residents and Hastings area

- **Mission Outpost** 952.898.9311
  http://popmn.org/gethelp/basicneeds
  Prince of Peace Lutheran Church, Burnsville

- **Neighbors Inc.** 651.455.5000
  www.neighborsmn.org
  Inver Grove Heights, South St. Paul, West St. Paul, Mendota Heights, Mendota, Sunfish Lake and Lilydale residents

- **Salvation Army** 651.746.3400
  https://salvationarmynorth.org/

- **United Way 2-1-1 (dial 211)** 651.291.0211
  www.211unitedway.org

- **Disability Linkage Line** 1.866.333.2466
  www.disabilitylinkage.com

- **MinnesotaHelp.Info** www.minnesotahelp.info/index (Searchable resource database)

Chemical Dependency

- **Dakota County Chemical Health** 651.554.6000
  www.dakotacounty.us (search “Chemical Health”)
  The county can assist people with a chemical health assessment and treatment, if they:
  - are a current county resident
  - don’t have health insurance that covers chemical dependency treatment or the insurance plan has denied coverage
  - meet the Minnesota State guidelines for income and household size
  Please contact the Adult Intake Unit in Social Services at 651.554.6424 for eligibility.

- **Alcoholics Anonymous (AA)** 952.922.0880
  www.aainneapolis.org
  Greater Minneapolis Intergroup helps anyone who has a drinking problem. Phones answered 24 hours.

- **Al Anon/Alateen** 651.771.2208
  www.al-anon-alateen-msp.org

- **Comunidades Latinas Unidas en Servicio: CLUES** 651.379.4200
  www.clues.org
  Linguistically and culturally relevant resource and service nonprofit organization for Latinos.

- **Narcotics Anonymous Minnesota** 1.877.767.7676
  www.naminnesota.us

- **Tobacco Quit Plan Helpline** 1.888.354.7526
  www.quitplan.com

Children with Special Needs/Disabilities

- **Autism Spectrum Disorder Information & Resources** www.dakotacounty.us (search “Autism”)

- **Family Voices of MN** 1.866.334.8444
  www.familyvoicesofminnesota.org
  Parent-to-parent support

- **Fraser Center** 612.767.7222
  www.fraser.org
  Services for autism, mental health and rehabilitation

- **Living Well with ADHD** 952.921.5870
  www.centerforlivingwellwithadhd.org

- **Living Well Disability Services** 651.688.8808
  www.livingwell.org

- **Minnesota Hands and Voices** 651.265.2435
  https://www.mnhandsandvoices.org/
  Community of families with children who are deaf and hard of hearing

- **National Alliance on Mental Illness of Minnesota** (NAMI Minnesota) 651.645.2948
  www.namihelps.org

- **PACER Center** 952.838.9000
  www.pacer.org
  Support and advocacy for children with disabilities and their families

- **The ARC Greater Twin Cities** 952.920.0855
  https://arcminnesota.org/
  Parent advocacy to expand opportunities and enhance quality of life

- **Vision Loss Resources** 612.871.2222
  https://visionlossresources.org/
Clothing

360 Communities  952.985.5300
www.360communities.org

Community Clothes Closet  952.898.9595
www.hosannalc.org
Hosanna! Lutheran Church, Lakeville

Hastings Family Service  651.437.7134
www.hastingsfamilyservice.org
Serves ISD 200 residents and Hastings area

Mission Outpost  952.435.8102
www.popmn.org
Prince of Peace Lutheran Church, Burnsville

Neighbors Inc.  651.455.5000
www.neighborsmn.org

Cultural Services

These agencies may help with food, family support, employment, education, health and wellness and empowerment.

Indian Health Board  612.721.9800
www.indianhealthboard.com

Centro Tyrone Guzman (Latino)  612.874.1412
www.centromn.org

CLUES (Latino)
- St. Paul  651.379.4200
- Aging Well Services  651.379.4280
www.clues.org

ECHO
www.echominnesota.org
Emergency health and safety information in multiple languages

Neighborhood House  651.789.2500
www.neighb.org

Progressive Individual Resources, Inc.  651.222.6567
http://pirimn.org/

Zacah  651.705.5968
www.zacah.org
Islamic organization to support Muslims and followers of other faiths

Dental Services

Dental fillings, extractions, other services

On Medical Assistance? Contact your health plan about dental.

Children’s Dental Services  612.746.1530
http://childrensdentalservices.org
Children from birth to age 26 and pregnant women; accepts MA; Sliding fee and free care.

Community University Health Care  612.301.3433
http://www.cuhcc.umn.edu/patient-care-services/dental-care
Fees based on family size and income

Dentistry for Children & Adolescents  952.435.4102
http://www.childrensdent.com
MA not accepted - only physical or mental disability accepted

Helping Hands Health Center  651.224.7561

Hope Dental Clinic
www.hopedentalclinic.org

Indian Health Board
http://indianhealthboard.com

Metropolitan State Univ. Dental Clinic  651.793.1793
http://dental.metrostate.edu/
No sliding fee or free services

Minnesota Dental Association  800.950.3368
www.mndental.org
Search option for Find-a-Dentist by area

MN Donated Dental
http://dentallifeline.org/minnesota
Free care for permanently disabled, elderly or medically fragile

Prince of Peace Dental Clinic  952.898.9318
http://popmn.org/gethelp/dental/

Sharing & Caring Hands-Dental
www.sharingandcaringhands.org/day-services

Southern Heights Dental Group  507.334.6433
www.southernheightsdental.com

True North Community Dental Clinic  952.403.5149
http://truenorthcdc.com/

University of MN Dental Clinics  612.625.2495
www.dentalclinics.umn.edu/

West Side Dental Clinic  651.602.7575
http://westsidechs.org

Dental cleaning and x-rays

Century College  651.779.5787

Normandale Community College  952.358.8608
Dental Hygiene Clinic
## Education

**Head Start**

- Early Head Start (Pregnancy to age 3) 651.322.3500
- and Head Start (Age 3 to school age) [www.capagency.org](http://www.capagency.org)

### Early Childhood Education

<table>
<thead>
<tr>
<th>Institution</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Help Me Grow</td>
<td>1.866.693.4769</td>
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<tr>
<td>ISD 6 South St. Paul Public School</td>
<td>651.457.9418</td>
</tr>
<tr>
<td>ISD 192 Farmington ECFE</td>
<td>651.460.3200</td>
</tr>
<tr>
<td>ISD 194 Lakeville ECFE</td>
<td>952.232.2150</td>
</tr>
<tr>
<td>ISD 196</td>
<td>651.423.7920</td>
</tr>
<tr>
<td>ISD 197 West St. Paul</td>
<td>651.403.8390</td>
</tr>
<tr>
<td>ISD 199 Inver Grove Heights</td>
<td>651.306.7503</td>
</tr>
<tr>
<td>ISD 200 Hastings School District</td>
<td>651.480.7678</td>
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### Early Childhood Screening (pre-school)

Websites for the districts are listed in above section

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<tr>
<th>Institution</th>
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<tbody>
<tr>
<td>ISD 6 South St. Paul Public School</td>
<td>651.288.6897</td>
</tr>
<tr>
<td>ISD 191 Burnsville/Eagan/Savage</td>
<td>952.707.4100</td>
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<tr>
<td>ISD 192 Farmington</td>
<td>651.460.3200</td>
</tr>
<tr>
<td>ISD 194 Lakeville</td>
<td>952.232.3000</td>
</tr>
<tr>
<td>ISD 196</td>
<td>651.423.7899</td>
</tr>
<tr>
<td>ISD 197 West St. Paul</td>
<td>651.403.8363</td>
</tr>
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</tbody>
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## Adult Education

Free adult reading, math, English as a Second Language, G.E.D. and diploma programs

**Minnesota Literacy Council** 651.645.2277
[http://www.mnliteracy.org/hotline](http://www.mnliteracy.org/hotline)
1.800.222.1990 / Text 612.424.1211
Contact to find local classes

## Financial Help

**Employment & Economic Assistance** 651.554.5611
[www.dakotacounty.us](http://www.dakotacounty.us) (search “Financial Counseling”)
Assistance for emergency, food, financial, prenatal care and child care

**Angel Foundation** 612.627.9000
[www.mnangel.org](http://www.mnangel.org)
For cancer patients

**Energy Assistance (CAP Agency)** 651.322.3500
Financial assistance to help pay utility and fuel bill (October to May)

**360 Communities** 952.985.5300
[www.360communities.org](http://www.360communities.org)

**Hastings Family Service** 651.437.7134
[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)

**Lutheran Social Service Financial Counseling** 1.888.577.2227
[www.lssmn.org/debt](http://www.lssmn.org/debt)

**Neighbors, Inc.** 651.455.5000
[www.neighborsmn.org](http://www.neighborsmn.org)

**Social Security Administration** 1.800.772.1213
[www.ssa.gov](http://www.ssa.gov)

**Zacah** 651.705.5968
[www.zacah.org](http://www.zacah.org)
Islamic organization to support Muslims and followers of other faiths

## Fitness

- Dakota County Parks - [www.dakotacounty.us/parks](http://www.dakotacounty.us/parks)
- City Parks - [www.dakotacounty.us](http://www.dakotacounty.us) (search “cities and townships”)
- Fitness and Exercise in Dakota County - [www.dakotacounty.us](http://www.dakotacounty.us) (search “Fitness and Exercise”)
  Find indoor walking options and Simple Steps Walking Program
- **Where Can We Go to Play** booklet (affordable ideas for family fun in Dakota County) available in [English](http://www.dakotacounty.us) and [Spanish](http://www.dakotacounty.us).
Health Insurance

MNsure  1.855.366.7873  651.539.2099
Monday–Friday 8:00 a.m - 6:00 p.m.
www.mnsure.org

Dakota County Employment and
Economic Assistance  651.554.5611
www.dakotacounty.us

MinnesotaCare  651.297.3862
www.mn.gov/dhs

Portico Healthnet  651.489.2273
www.porticohealthnet.org
1.866.489.4899 / Interpreters are available
Helps uninsured/assistance with application

Housing

Dakota County Housing Crisis Line  651.554.5751
www.dakotacounty.us (search “housing assistance”)
Emergency shelter, assistance to prevent eviction,
and information on housing resources/referrals

C.O.R.E Drop In Center  612.205.7944
www.thelinkmn.org/core
Community, Outreach, Resources, and Engagement Drop In
Center is for youth at-risk of or are currently homeless who can
get help with basic needs (food, clothes, shower, laundry, etc.)
and connected to case management and services such as housing

Shelters

Dakota Woodlands (for families)  651.456.9110
www.dakotawoodlands.org

Harbor Shelter  651.480.8377
Youth ages 12-20

General

Dakota County
Community Development Agency  651.675.4400
www.dakotacda.org
Affordable housing

Affordable housing locator
www.housinglink.org

Environmental Health concerns  952.891.7500
Dakota County Public Health

Habitat for Humanity  612.207.1700
Homeowner & Foreclosure Prevention Program
www.tchabitat.org

Smoke-Free Housing Directory  651.646.3005
http://www.mnsmokefreehousing.org/

Food

Many local churches offer community meals free or by donation.

Food Shelves and Community Meals in Dakota County
www.dakotacounty.us (search “Food Shelves”)

Minnesota Food Helpline  1.888.711.1151
Hunger Solutions  651.486.9860
www.hungersolutions.org (Find your local food shelf)

360 Communities  952.985.5300
www.360communities.org

Neighbors, Inc.  651.455.5000
www.neighborsmn.org

Dakota County WIC  952.891.7525

Hastings Family Service  651.437.7134
www.hastingsfamilyservice.org

The Open Door Pantry  651.688.3189
www.theopendoorpantry.org

Fare for All  763.450.3880
www.fareforall.org

Meals on Wheels  612.623.3363
www.meals-on-wheels.com

Farmers Market
http://minnesotagrown.com (Some markets accept EBT and WIC)

Health Clinics (low-cost)

Crown Medical Center  612.871.4354
Green card medical exams and travel clinic services

Diamondhead Community Clinic  952.707.4171
http://www.isd191.org
Must live in School District 191

Dakota Child and Family Clinic  651.209.8640
www.dakotachildandfamily.org

Minnesota Family Planning and
STD (Sexually Transmitted Disease hotline)
http://sexualhealthmn.org

Public Health Immunization Clinic  952.891.7999
www.dakotacounty.us (search “Immunization Clinic”)

St. Mary’s Clinic  651.287.7777
www.stmaryshealthclinics.org
Free non-emergency health care for uninsured, appt. required

Westside Community Health Services  651.602.7500
www.westsidechs.org

Other resources:
- STD testing clinics - www.dakotacounty.us (search “STD testing”)
- www.health.state.mn.us (search “low cost health services”)

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http://minnesotagrown.com (Some markets accept EBT and WIC)
**Job Skills**

MN Workforce Centers
www.mnworkforcecenter.org
Services that can help you look for a job, change careers or create or update a resume
- West St. Paul WorkForce Center 651.554.5955
- Burnsville WorkForce Center 952.703.3100
- Shakopee WorkForce Center 952.445.7087

MinnesotaWorks.net
www.minnesotaworks.net
Online job bank, and other employment web sites to search for and apply for jobs

**Legal Help**

Dakota County Family Court Self-Help Center
- Apple Valley 952.891.7135
- Hastings 651.438.8080
- West St. Paul 651.554.6200
www.dakotacounty.us (search “legal help”)
Free 30-minute consultation on family court issues for county residents who do not have a lawyer

Immigrant Law Center of MN 1.800.223.1368
www.ilcm.org
Legal help for immigrants and refugees

LawHelpMN
www.lawhelpmn.org

Legal Assistance of Dakota County 952.431.3200
www.dakotalegal.org

Southern MN Regional Legal Services 1.888.575.2954
www.smrls.org
Free legal help for low-income people and immigration services

Tubman Chrysalis Center 612.870.2400
www.tubman.org

**Mental Health**

Dakota County
www.dakotacounty.us (search “Mental Health”)
- Adult Mental Health 651.554.6424
- Children’s Mental Health 952.891.7453
- Crisis Response 24-hour 952.891.7171
  24-hour phone and face-to-face crisis intervention

Mental health providers and resources

Associated Clinic of Psychology
- Apple Valley 952.432.1484
- West St. Paul 651.450.0860

Fast-Tracker
www.Fast-TrackerMN.org
Mental Health Clinics & Substance Use Disorder Resources

Mental Health Minnesota 651.493.6634
www.mentalhealthmn.org

Minnesota Mental Health Clinic 651.454.0114
www.mnmentalhealthclinics.com
Community support program funded by Dakota County Apple Valley, Eagan and Lakeville

National Alliance on Mental Illness of Minnesota 651.645.2948
(NAMI Minnesota)
www.namihelps.org

**Parent Support**

Dakota County Child Care Licensing 952.891.7400
www.dakotacounty.us (search “child care licensing”)
For licensed child care homes

Dakota County Public Health 651.554.6115
www.dakotacounty.us (search “home visits”)
Family Home Visiting supports pregnant women and families with young children. They will offer helpful information and support for you to develop new skills as a parent.

Kids-n-Kinship 952.892.6368
www.kidsnkinship.org

Parent Aware 1.888.291.9811
http://parentaware.org
Searchable database of child care and early learning programs

Safe Families for Children 612.518.5986
www.safe-families.org

Together for Good 651.440.4058
https://tfgood.org/

**Crisis Help Lines**

Dakota County Crisis Response 24-hour 952.891.7171
24-hour phone and face-to-face crisis intervention

Crisis Text Line: Text MN to 741741
Free! Services available 24/7. If you or someone you care about is having a mental health crisis or are contemplating suicide.
### Prescription Medications

Some pharmacies participate in drug discount programs and may offer generic drugs for a low fee. Contact your pharmacy.

Dispose of medications safely through the Dakota County Sheriff’s office. Drop boxes are available at various locations, visit [www.dakotacounty.us](http://www.dakotacounty.us) (search “safe disposal”).

### Transportation

Contact your health plan for transportation for a medical appointment if you are on MinnesotaCare or Medical Assistance.

**DARTS** 651.455.1560  
[www.dartsconnects.org](http://www.dartsconnects.org)  
Serving older adults with transportation.

**GoDakota** 651.203.0183  
[www.dakotacounty.us](http://www.dakotacounty.us) (search GoDakota)  
Helps you find public and private transportation options and services like Metro Transit, Minnesota Valley Transit Authority and DARTS. Free travel training is available.

**GAPP Services, Inc.** 952.953.9299  
Transportation for county residents using volunteer drivers. Must schedule at least one week in advance.

**Just Friends Program** 651.437.7134  
[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)  
Transportation, friendly visiting, and grocery shopping assistance. Service area is Hastings and school district 200.

**LOOP Bus System** 651.234.2272  
[www.dartsconnects.org](http://www.dartsconnects.org)  

**Metro Mobility** 651.602.1111  
[www.metrotransit.org/metro-mobility](http://www.metrotransit.org/metro-mobility)  
TTY 651.221.9886  
For certified riders unable to use other buses due to disability of health conditions.

**Metro Transit** 612.373.3333  
[www.metrotransit.org](http://www.metrotransit.org)  
The Transit Assistance Program (TAP) helps make public transit more affordable ($1 per ride) for low-income residents who meet income requirements (www.metrotransit.org/TAP).

**Minnesota Valley Transit Authority** 952.882.7500  
[www.mvta.com](http://www.mvta.com)

**Neighbors Inc. of South St. Paul** 651.455.1508  
[www.neighborsmn.org](http://www.neighborsmn.org)  
Serves low-income community members in Inver Grove Heights, South St. Paul, West St. Paul, Mendota Heights, Mendota, Sunfish Lake and Lilydale.

### Women’s Health

#### Breastfeeding support

**Dakota County Public Health** 651.554.6115  
- Home Visits  
- Women, Infant and Children (WIC) 952.891.7525

**Breastfeeding Connection** 952.892.2552  
[www.fairview.org](http://www.fairview.org) (search “lactation”)  
Fairview Ridges Hospital

**The Birth Center** 507.646.1205  
[www.northfieldhospital.org](http://www.northfieldhospital.org) (search “birth center”)  
Northfield Hospital

**The Family Birthing Center** 651.404.1200  
Regina Hospital, Hastings

**Lactation Support Center** 651.254.2380  
[www.regionshospital.com](http://www.regionshospital.com) (search “lactation”)  
Regions Hospital

**Breastfeeding Support Center** 952.428.2064  
and Lactation Line  
St. Francis Hospital, Shakopee

**HealthEast Lactation Clinic** 651.232.3147  
[www.healtheast.org/maternity/during/breastfeeding](http://www.healtheast.org/maternity/during/breastfeeding)  
St. Joseph’s, St. John’s & Woodwinds Hospitals

**La Leche League** 612.922.4996  
[www.lllofmndas.org/find-a-group](http://www.lllofmndas.org/find-a-group)  
Mother-to-mother education and support

**The Mother Baby Lactation Warm Line** 651.241.6250  
[http://themotherbabycenter.org/services/lactation-breastfeeding](http://themotherbabycenter.org/services/lactation-breastfeeding)  
United and Children’s Hospitals

### Pregnancy and women’s health

**Amnion Crisis Pregnancy Center** 952.898.4357  
[www.amnioncpc.org](http://www.amnioncpc.org)

**Planned Parenthood** 952.890.0940  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Postpartum Anxiety and Depression Support Group** 612.863.4770  
[https://www.allinahealth.org](http://https://www.allinahealth.org) (search “Postpartum”)  
[www.postpartummn.org](http://www.postpartummn.org)

**Pregnancy Choices** 952.997.2229  
[www.mypregnancychoices.com](http://www.mypregnancychoices.com)

**SAGE-Breast & Cervical Cancer Testing** 1.888.643.2584  
[www.health.state.mn.us](http://www.health.state.mn.us) (search “SAGE”)  
[www.regionshospital.com](http://www.regionshospital.com)

**Wakota - A Guiding Star Center** 651.457.1195  
[www.guidingstarwakota.org](http://www.guidingstarwakota.org)