**Winona Resources**

**-Mental Health/Substance Abuse-**

**Hiawatha Valley Mental Health Center**-420 East Sarnia Street, Winona, MN 55987-(507) 454-4341

Psychiatry, Med Room, Outpatient Counseling (individual, group, family, group), Psych testing, Substance Abuse and Prevention Counseling (individual and group), ARMHS, Adult Case Management, Residential Board and Lodge, Hiawatha Bluffs Living, Peer Support Network, Payeeships, School Linked Mental Health Services, In-school Adolescent Day Treatment, Children’s Mental Health Case Management, Children’s Therapeutic Supports Services (CTSS), Early Childhood Therapeutic Services.

**Family and Children’s Center**-601 Franklin St, Winona, MN 55987-(507) 453-9563

Outpatient Counseling, Intensive Residential Treatment Services (IRTS-507 454-7711), ARMHS, Children’s Day Treatment, Youth Act, Youth Night Campus, Youth Day Treatment, Testing and Assessments, Foster Care Licensing, Supervised Visitation.

**Psychiatry and Counseling Services, Winona Health**-855 Mankato Ave, Winona, MN 55987-(507) 454-2606

Outpatient Counseling, Psychiatry. Winona Health Inpatient-Department of Behavioral Medicine.

**Winona County Community Services**-202 W. 3rd St. Winona, MN 55987-(507) 457-6200

Rule 25 funding, CADI Case Management, Adult Mental Health Targeted Case Management, Non-CADI ILS Funding, Intake and Referrals \*see General Resources for more comprehensive list of WCCS services.

**Winona Counseling Clinic**-902 E. Second St., Ste 220, Winona, MN 55987-(507) 454-3900

Outpatient Counseling, Substance Abuse Counseling

**Acumen Counseling**-902 E. Second St. Ste 326, Winona, MN 55987-(855) 855-6776

Outpatient Counseling, DBT group, DBT for teens

**Counseling Associates**-111 Market St #4, Winona, MN 55987-(507) 452-5033

Outpatient Counseling, Substance Abuse Counseling, Rule 25 Assessments, Mental Health Assessments

**Legacies**-51 W. 4th St, Winona, MN 55987-(507) 474-9110

Independent Living Skills (ILS) all ages, In Home Family Supports, Respite, and Group Home Services

**Common Ground**-51 E. 4th St #17, Winona, MN 55987-(507) 281-0023

Rule 25 Assessments, Dual Diagnosis Counseling, Interventions, Treatment and Education Programs, Men’s and Women’s Program (group treatment), Winona Recovery House-Sober House/Halfway House

**Catholic Charities**-111 Market St # 2B, Winona, MN 55987-(507) 454-2270

Family and Individual Counseling, Psychiatry, Guardian/Conservator program (see housing resources and general assistance for more services provided by Catholic Charities)

**WSU Counseling**-Integrated Wellness Complex 222, WSU Campus-(507) 457-5330

**-Crisis Services-**

**Crisis Response for Southeast Minnesota**-1.844.CRISIS2 (1.844.274-7472)

Phone Counseling, Mobile (face to face) Crisis Response-Available 24/7/365

**Text4Life** Crisis Text Line-text MN to 741741

**National Suicide Prevention Lifeline**-(800) 273-8255

[**Great Rivers 2-1-1**](http://www.greatrivers211.org/) 24-hour Crisis Hotline operated by the United Way 1.800.362.8255

**Women’s Resource Center**-100 Latsch Square #201, Winona, MN 55987-(507) 452-4440

Advocacy, Support Groups, Education Services, Legal Forms, Safe Web Use, Crisis Line (507) 452-4453

**911**-In case of emergency

**-Inpatient Treatment-**

Department of Behavioral Medicine (DBM run through Winona Health)

Hiawatha Hall IRTS (through Family and Children’s Center)

Winona Recovery House (halfway house through Common Ground)

**-Support Groups-**

**PSN (Peer Support Network)-**122 W. Second Street, Winona, MN 55987

(open MWF 4p-8p, T+T 10a-2p, S+S 1p-5p) The center consist of a lounge area, recreation room, computer area, dining room, and exercise room

**Grief and Loss Support Group**-(507) 457-4382

**NAMI Minnesota**-(507) 459-2230

Education, advocacy, support, and referrals for people with mental illness and their families.

**Celebrate Recovery**-Pleasant Valley Church-1363 Homer Road, Winona, MN 55987-(507) 452-5518

Every Friday at 6pm

**Alcoholics Anonymous**-visit [www.aadistrict2.org](http://www.aadistrict2.org) for current list of times and locations

**Narcotics Anonymous**-visit [www.na.org/meetingsearch](http://www.na.org/meetingsearch) for current list of times and locations

**Al-Anon**-visit [www.minnesotasouth-al-anon.org/tools/meetings](http://www.minnesotasouth-al-anon.org/tools/meetings) for current list of times and locations

**-Employment and Education Support/Services-**

**Winona Workforce Development Center (Job Service)-**1250 Homer Road #200, Winona, MN 55987- (507) 205-6060

Unemployment application, Job search, career planning, employment counseling/training/support for people with disabilities, resume development, interview skills, employment for veterans, employment support for those transitioning out of high school, employment support for blind/visually impaired, MFIP

**MN Vocational Rehabilitation**-1250 Homer Road #200, Winona, MN 55987- (507) 205-6060

IPS, Vocational Rehabilitation, Transitions, employment counseling, job coaching, some employment related funding available

**ORC**-1053 E. Mark St, Winona, MN 55987- (507) 452-1855

Center Based Employment, Community Based Employment, Supported Employment, stepping into competitive employment (IPS), Job Coaching, Vocational Rehabilitation, Welfare to work, Transportation to center and community based employment for some

**DAC Developmental Center**-1721 W. Service Dr. Winona, MN 55987- (507) 452-1798

Sheltered workshop, transportation to center

**Express Employment Professionals (temp agency)**- 1600 Gilmore Ave, Winona, MN 55987- (507) 457-3311

**Manpower Employment Agency**-601 Huff St. Winona, MN 55987-(507) 454-4044

**ABR Staffing Solutions**-902 E. 2nd St. Winona, MN 55987-(507) 474-6340

**Winona State Disability Services**-Maxwell Hall 314, PO box 5838, Winona, MN 55987-(507) 457-5878

**Saint Mary’s University Disability Services**-700 Terrace Heights #44, Winona, MN 55987-(507) 457-1465

**Minnesota State College Southeast Tech Disability Services**-1250 Homer Road, Winona, MN 55987- (507) 453-2700

**Adult Education-WAPS Community Education**-903 Gilmore Ave, Winona, MN 55987-(507) 494-0900-Three locations for Classes-Maplewood Townhomes, MSC-Southeast and Wesley United Methodist Church

GED Classes, ESL (English as Second Language), ABE (Adult Basic Education), Winona Digital Literacy Program, GED/ABE Distance Learning Hybrid

**Key Kids Child Care**-WAPS-district office-(507) 494-0910

Summer school key kids, school year key kids, non-school day care, snow care, drop-in care

**-Social Security-**

**Local Office**-52 E. 3rd St. Winona, MN 55987- (800) 772-1213

**Lawyers/Advocates**-

Disability Specialists (Claims Advocates) -(800) ­642-­6393

Reitan Law-(507) 388-1800

Greeman and Toomey- (612) 332-3252

**-General Assistance-**

**Volunteer Services**-402 E. Second Street, Winona, MN 55987-(507) 452-5991

Diapers, emergency food, rental assistance, help finding shelter, emergency and specialty clothing vouchers, food shelf, nutrition education, transportation (bus pass, gas voucher, bicycle), bus pass for those stranded, household items voucher, mattress voucher, dental care funding in some instances

**Winona County Community Services**-202 W. 3rd St. Winona, MN 55987-(507) 457-6200

Mental health targeted case management, CADI case management, General Assistance, Guardianship info, foster care and daycare licensing, daycare assistance, locating absent parents, medical assistance, MFIP (Mn Family Investment Program), Nursing home pre admission screening, pre-petition screening of mental health commitments, commitments, PSoP (parent support outreach program), TANF (temporary Assistance for Needy Families), residential treatment funding (rule 25), vulnerable adult investigations and services, welfare fraud investigations, adoption services, Child protective services, child support collection, developmental disability services, child support enforcement, financial aid for repairs of homes, [breast and cervical cancer coverage](http://www.health.state.mn.us/divs/hpcd/ccs/screening/sage/mabc/index.html), [cash assistance](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-2920-ENG), [child care assistance](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3551-ENG), emergency help, [family planning](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-4750-ENG), [Supplemental Nutrition Assistance Program (SNAP) benefits](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-2814-ENG), and [health care](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3182-ENG)

**SEMCAC**-76 W 3rd St. Winona, MN 55987-(507) 452-4307

Homelessness prevention and assistance, (rental security deposit when facing eviction and denied emergency assistance from Winona County) energy assistance, weatherization, head start, housing rehab services, meals on wheels, senior and caregiver advocacy, rolling hills transit, volunteer driver program

**SEMCIL**-902 E 2nd St, Ste 311 Winona, MN 55987-(507) 452-5490

Assistive technology, consumer directed community supports, independent living and vocational rehabilitation services, pre-employment services, transition services, peer mentor, skills training, individual and systems advocacy, veteran’s services, wellness, art, and social recreation, Disability HUB MN- (knows the ins and outs of community resources and government programs, and has years of experience helping people fit them all together), PCA services

**Catholic Charities**-111 Market St # 2B, Winona, MN 55987-(507) 454-2270

Family and Individual Counseling, Psychiatry, Guardian/Conservator program, refugee assistances, volunteer income tax assistance, pregnancy, parenting and adoption support, Winona Warming Center (see housing resources)

**-Energy Assistance-**

Xcel Energy-Power On program-(651) 774-9010; Low Income program-(800) 331-5262

SEMCAC Energy Assistance Program-(507) 864-7741

Salvation Army Heat Share Program-(800) 842-7279

MN Gas Affordability Program-(800) 492-4805

**-Transportation-**

**Winona Transit Services**-city hall-201 Lafayette, PO box 378, Winona, MN 55987-(507) 454-6666

Monday-Friday 6am-615pm; Saturday 905am-505pm, No Service on Holidays, Dial-A-Ride available, passes and tokens available at City Hall, MN State College SE Tech, and Saint Mary’s University, see office for routes and fare information

**Rolling Hills Transit**-SEMCAC-(800) 528-7622

#### **Rolling Hills Transit buses provide fare-based transportation for ALL of the general public. CURB to CURB. 24-hour advanced reservation required. Both in town and out of town routes available**

**Volunteer Driver Program**-SEMCAC-Contact Insurance Provider

Medical Assistance, Blue Plus or UCare clients should call the provider’s number on the back of their benefit cards for authorization. The provider then forwards the ride information to SEMCAC upon authorization.

**Handi Van**-(844) 268-4539

**Reduced Fee State ID**-Forms can be obtained from Department of Motor Vehicle, signed by Case Manager or Doctor verifying mental health or developmental disability. Reduced fee is $0.50.

**Vouchers for Gas or Bus Pass**-Winona County Community Services, MN Vocational Rehabilitation, Volunteer Services and other local agencies occasionally provide bus passes depending on conditions.

**-Medical/Dental Resources and Accepting MA-**

**Herman Dental Clinic**-620 Mn Hwy 44, Caledonia, MN 55921-(507) 725-3341

**Appletree Dental**-Mobile Dental Care-contact Rochester office for sites and availability-(507) 424-1040

**MN Medical Assistance**-Apply at Winona County Community Services

**Bridges Health Services**-Winona Warming Center at Community Bible Church, 69 E. 3rd St. Winona, MN 55987 (enter through back alley)

Free health screenings and primary care for anyone with or without insurance, closed in summer, open Thursdays-walk in only

**Birthright Winona**-920 W. 5th St. Winona, MN 55987- (507) 452-2421

Completely confidential help, free pregnancy tests, medical referrals, emotional support, diapers, baby clothes

**Winona Health**-855 Mankato Ave, Winona, MN 5587-(507) 454-3650

**Winona Volunteer Services**-will cover the cost of some dental services depending on circumstances \*See General Assistance

\*for dentists who may accept MA contact local providers and ask if taking new MA patients

**-Legal Resources-**

**Minnesota Adult Abuse Reporting Center-**(844) 880-1574

**Child Abuse/Neglect Reporting**-(507) 457-6500

**Winona Police Department**-201 W. Third Street, Winona, MN 55987-non-emergency (507) 457-6302

**SMRLS (Southeast MN Regional Legal Services)**-66 E. 3rd St. Winona, MN 55987-(507) 454-6660

Free legal help to low-income and senior citizen clients for civil (non-criminal) legal problems including family law, government benefits, housing, and other matters.

**Winona County Law Library**- Basement of County Courthouse: 171 West 3rd Street, Winona, MN 55987-(507) 457-6504

**Minnesota Disability Law Center**-(800) 292-4150

Free civil legal assistance to individuals with disabilities statewide on legal issues related to their disabilities.

**Winona County Attorney’s Office**-171 W 3rd St. Winona, MN 55987-(507) 457-6310

**Public Defender**-Third Judicial District Winona office: 166 West Third Street, Suite 201, Winona, MN 55987, (507) 474-6440

**Winona County Courthouse**-171 West 3rd Street, Winona, MN 55987-(507) 457-6385

**Women’s Resource Center**- Women’s Resource Center-100 Latsch Square #201, Winona, MN 55987-(507) 452-4440

Help with legal forms-OFP (order for protection), Restraining Orders, DNCO (Do not contact orders), etc.

**Mental Health Ombudsman-**(800) 657-3506

**Felony Probation**-370 W. 2nd St. Ste 210, Winona, MN 55987

**Misdemeanor Probation**-171 West 3rd Street, Winona, MN 55987

**-Housing-**

Winona HRA (Section 8, Schaffner Home, Valley View Tower, Maplewood Townhomes, and Bellview East) 1756 Kraemer Dr. Winona, MN 55987-(507) 454-3665

Hiawatha Valley Mental Health Center-Board and Lodge Housing-Contact Mike Fahey or Danelle Lawson

Fresh Start-Pastor Warren Green-(507) 429-7084 or (507) 961-0585-accepts GRH funding

Hiawatha Bluffs Living-1433 Service Dr, Winona, MN 55987-(507) 474-1433

Cardinal Homes of Minnesota-(507) 281-1077

Home and Community Options-66 E. 3rd St. Winona, MN 55987-(507) 452-1021

Winona Sales and Leasing (John) (507) 454-3671

5th Street Motel-(507) 454-9381

[Bluff View Flats](https://affordablehousingonline.com/housing-search/Minnesota/Winona/Bluff-View-Flats/10018393)-1116 Sugar Loaf Rd, Winona, MN-(507) 454-1950

[Winona Arms](https://affordablehousingonline.com/housing-search/Minnesota/Winona/Winona-Arms/10018414)-150 Pleasant Hill Drive, Winona, MN-(507) 452-1383

[Iverson Court](https://affordablehousingonline.com/housing-search/Minnesota/Winona/Iverson-Court/10018161)-273 Orrin St, Winona, MN-(507) 454-5492

[Winhaven Apartments](https://affordablehousingonline.com/housing-search/Minnesota/Winona/Winhaven-Apartments/10018187)-104 Main St, Winona, MN-(507) 452-1521

[Pleasant Valley Village](https://affordablehousingonline.com/housing-search/Minnesota/Winona/Pleasant-Valley-Village/10031733)-60A Links Ln, Winona, MN-(507) 453-0534

[Bluff View Flats](https://affordablehousingonline.com/housing-search/Minnesota/Winona/Bluff-View-Flats/10018393)-1116 Sugar Loaf Rd, Winona, MN-(507) 454-1950

East Manor Apartments-853 E. Bellview, Winona, MN-(507) 452-0543

Fairway Woods Apartments-1555 Homer Rd, Winona, MN-(507) 452-5330

Sugarloaf Apartments-Loading...358 E Sarnia St # 5D, Winona, MN 55987-(507) 452-4365

Hillview Apartments-4986 Service Dr, Winona, MN 55987-(507) 458-8396

Edgewater Apartments-653 W Sarnia St #8, Winona, MN 55987-(507) 452-5160

Key Apartments-1258 Randall St # 202, Winona, MN 55987-(507) 452-7760

Westwood Apartments-266 Sebo St, Winona, MN 55987-(507) 454-5853

Burns Valley Apartments-1320 E Burns Valley Rd, Winona, MN 55987-(507) 452-3733

Valley Manor-52 Links Ln, Winona, MN 55987-(507) 453-0523

Dunsany Manor Apartments-105 W Mark St, Winona, MN 55987-(507) 458-7364

**-Shelter Resources-**

**Fresh Start**-Pastor Warren Green-(507) 429-7084 or (507) 961-0585-energency shelter for one night depending on availability

**Bethany House/Catholic Worker House for Men**-832 W. Broadway, Winona, MN 55987-(507) 454-8094 \*call for availability.

**Dan Corcoran House/Catholic Worker House for Women and Children**-802 W. Broadway, Winona, MN 55987-(507) 457-3451

**Winona Warming Center**-open November 4-March 31-Community Bible Church, 69 E. 3rd St. Winona, MN 55987-Check in between 9pm and 10pm, can stay until 7am. Contact Lynette at [ljohnson@ccsomn.org](mailto:ljohnson@ccsomn.org) for referrals and more info

**Women’s Resource Center**-100 Latch Square #201, Winona, MN 55987-(507) 452-4440-Shelter and advocacy services for victims of domestic violence. May offer one night vouchers to stay at area hotel depending on circumstances

**Salvation Army Homeless Shelter**-223 N. 8th St. Lacrosse, WI 54601-(608) 782-6126

**Dorothy Day Hospitality House-**703 1st St. SW, Rochester, MN 55902-(507) 282-5172

First come first served, ID, Sobriety, up to 14 days consecutive stay, 2 months between stays, open 4pm-9am, closed 9am-4pm, adults over 18-may accommodate for small families,

**Winona PD**-May offer one night vouchers to stay at area hotel depending on circumstances

**Winona Volunteer Services**-May cover the cost of a hotel as a “bridge” between housing placements.

**-Food-**

**Volunteer Services**-402 E. Second Street, Winona, MN 55987-(507) 452-5991

Emergency food, food shelf, Home Delivered Meals

**Bethany House**- 832 W. Broadway, Winona, MN 55987-(507) 454-8094

Showers and laundry (male, female) available Mondays and Fridays from 4­-7 pm, hot meals served at 6:00 pm daily

**Wesley United Methodist Church**-114 W. Broadway, Winona, MN 55987-(507) 452-6783

“Souper Tuesdays” every Tuesday 1130am-1pm

**First Congregational Church**-161 W. Broadway, Winona, MN 5587-(507) 452-4829

“Souper Thursdays” Every Thursday 12-1pm

**SEMCAC**-76 W 3rd St. Winona, MN 55987-(507) 452-4307

Meals on Wheels

**-Other-**

**Q-Link Wireless**-www.QLinkWireless.com-(855) 754-6543

Free “Obama” phone with unlimited text, 500 minutes, to qualify must be on public assistance and meet income limits

**Assurance Wireless**-www.assurancewireless.com

Free telephone to qualifying low income individuals

**Computer Access**

Winona Friendship Center, Winona Library, PSN (Peer Support Network)

**-Recreation Opportunities/Resources-**

**Community Education**-through Winona Public Schools-contact Enrichment Coordinator at [(507)494-0904](tel:(507)494-0904) for more info.

Adult programs include Adult Enrichment, Adult Literacy, and Project Compass

**Peer Support Network (PSN)-**122 W. Second Street, Winona, MN 55987

Open MWF 4p-8p, T+T 10a-2p, S+S 1p-5p. The center consists of a lounge area, recreation room, computer area, dining room, and exercise room. Support groups as well.

**Benedictine Adult Day Center**-1455 W. Broadway, Winona, MN 55987-(507) 457-3810

**Winona Visitor Center**-924 Huff Street, Winona, MN 55987

**Winona Parks Lake Lodge**-113 Lake Park Drive, Winona, MN 55987-(507) 453-1955

Wide variety of rental equipment available to enjoy on park trails and the lakes. $10.00/day $20.00/year, scholarships available.

**East End Rec Center**-210 Zumbro St, Winona, MN 55987-(507) 453-1634

**Bob Welch Aquatic Center**-780 W. 4th St, Winona, MN 55987-(507) 453-1646

**Winona Friendship Center**-251 Main St. Winona, MN 55987-(507) 454-5212

Health and wellness programs, fellowship, computer access, and more.

**Local Parks**-Bluffside Park, Garvin Heights Park, Lake Park and Disc Golf, Levee Park, Lake Walk trail, Holzinger Lodge trails, Prairie Island nature trail and deer park.

**Museums**-MN Marine Art Museum, Watkins Museum, Winona History Center, Fastenal Museum, Winona Nat’l Bank museum

**Lake Park Bandshell**-8pm Wednesdays in summer-municipal band concert

**Winona Public Library**-151 W. 5th St. Winona, MN 55987

Computer access, books, CD’s, DVD’s for rent.

**More**-Winona State University, Saint Mary’s University sporting evenings, theatre, music

Fishing-free license if receiving social security benefits

YMCA-Scholarships available

**-Thrift Stores-**

**Salvation Army**-143 West Service Drive, Winona, MN 55987-(507) 474-2400

**Grace Place**-66 E. 2nd St. Winona, MN 55987-(507) 452-2283

**Goodwill**-1450 Gilmore Ave. Winona, MN 55987-(507) 454-4817

**Restored Blessings**-1213 Gilmore Ave. Winona, MN 55987-(507) 454-9480

**Volunteer Services Clothes Shop**-416 E. 2nd St. Winona, MN 55987-(507) 452-5591