

MOWER COUNTY RESOURCE GUIDE

HEALTH SERVICES

Mayo Clinic Health System	507-433-7351
Nurse Care Line	888-609-4065
Patient Online Services Support Line	877-858-0398
Patient Education	507-434-1753
Covid-19 Nurse Helpline	507-293-9525
Health Access Minnesota	507-589-8136
Financial Patient Services	844-217-9591
QPP Employee Clinic	507-434-6299
Hormel Employee Clinic	507-434-6982
Mower County Public Health	507-434-9770
Adams Health Care Center	507-582-3263
Austin Hy-Vee express clinic	507-437-7625
Sacred Heart Home Health Care	507-433-1808
Youth w/Special Health Needs	1-800-728-5420

MENTAL HEALTH AND SUPPORT GROUPS

Mayo Clinic Health System	507-433-7351
Cedar River Counseling Services	507-433-6482
Cedar House	507-437-9152
Family Focus	507-434-3586
Lutheran Social Serves	1-800-582-5260
Mayo Clinic Social Services	507-437-7351
Independent Management Services	507-437-6389
Veteran Service Office Mower County	507-434-2712
Crimes Victims' Resource Center	507-437-6680
Mother of Children with Handicaps	507-325-4742
Adult Children of Alcoholics	507-437-3797
Celebrate Recovery	507-433-7008
Recovery Is Happening	507-218-4773
Nexus Gerard Family Healing	507-433-1845
Austin Manor	507-433-5569
Support With Love LGBTQ+	507- 440-4164

ADULT EDUCATION

Austin Community Education	507-460-1700
Austin Adult Learning & GED	507-460-1860
English Language Learning	507-433-0600
Autism Resource Specialist	507-433-4243
Univ. of Minnesota Ext, Mower Co.	507-437-9552
CLUES	507-355-2575

PARENTING EDUCATION

Parenting Resource Center	507-437-8330
Parent WARMLINE	507-440-4164
ECFE (Early Childhood Family Ed.)	507-460-1709
Austin Aspires, Parent to Parent	507-437-0920

YOUTH RECREATION

Austin Community Education	507-460-1715
Austin Park & Recreation Program	507-433-1881
Twin Valley Council, Boy Scouts	507-387-3123
Girl Scouts River Valley	1-800-845-0787
Austin Community Recreation Center	507-433-1804

SUBSTANCE PREVENTION

Alcoholics & Narcotics Anonymous	507-433-9868
Mayo Clinic Health System	507-434-1890
IMS	507-437-6389
Recovery Is Happening	507-218-4773
Austin Alano Groups	507-433-9868

HOUSING

Please call-in order of list to best serve your needs

Mower County DHS (vouchers)	507-437-9701
SEMCAC (emergency)	507-433-5889
Salvation Army (emergency)	507-437-4566
Austin HRA	507-433-1866
Mower County HRA	507-434-5556
American Red Cross (disaster)	1-844-878-9933
IMS	507-437-6389
CLUES	507-355-2575

FOOD

Mower County DHS (vouchers)	507-437-9701
Ruby's Pantry	507-433-3445
Cornerstone Church Austin	507-433-7008
Lyle Our Savior's Lutheran Church	507-325-4684
LeRoy Area Ministerial Association	507-324-5283
Racine Methodist	507-378-4801
Mower County Senior Center	507-433-2370
WIC (Women, Infant& Children)	507-437-9799
Salvation Army	507-437-4566
American Red Cross—Disaster	1-844-878-9933
Austin Hot Meals on Wheels	507-438-3140
Semcac	507-864-8231
Christ Episcopal Church	507-433-3782
CLUES	507-355-2575

CLOTHING & PERSONAL CARE ITEMS

United Way of Mower County (K-12)	507-437-2313
Rachel's Hope Women's Health & Baby Support (Newborn-Two years)	507-437-7595
Parenting Resource Center	507-437-8330
Salvation Army	507-433-4566
Career Force (clothing for interview)	507-460-5020

ENERGY ASSISTANCE

SEMCAC	507-433-5889
Salvation Army	507-433-4566
Mower County DHS	507-437-9701

TRANSPORATION

SMART Transit	1-855-762-7821
AB Taxi	507-434-9689
Quick Ride Taxi Service	507-433-9055

EMPLOYMENT & CAREER COUNSELING

Workforce Development	507-460-5020
CLUES	507-355-2575
Welcome Center	507-434-2863
Cedar Valley Services	507-433-2303
Riverland Community College	507-433-0600

CHILD CARE

Helping Homes (EMERGENCY)	507-438-1270
Mower County Public Health –Daycare Providers list	507-377-5511
Mower County Childcare Assistance	507-437-9701
Austin Aspires Daycare and Preschool list	
www.austinaspires.org	507-437-6389
Head start Program (SEMCAC)	507-433-5889
Catherwood Home Child Care	507-434-2160

LAW ENFORCEMENT / MEDICAL

EMERGENCY / CRISIS RESPONSE

Emergency Call	911
Child Protection	507-437-9700
APD Non-Emergency	507-437-9400
Mower County Sheriff	507-437-9400
Crime Victims Resource Center	507-437-6680
Crisis Response	844-274-7472



United Way of Mower County partners with SingleCare to provide community members with access to affordable prescription medications, ensuring greater health and financial stability.

- Always free to use by everyone
- No registration or eligibility requirements
- Save up to 80% on 10,000+ prescription medications
- Accepted at major pharmacy chains nationwide

SingleCare.com

LEGAL SERVICES

Southern Minnesota Regional Legal Services	1-877-696-6529
Minnesota Family Law Project	1-866-292-0080
Immigrant Law Center of MN	1-651-641-1011




HUMAN SERVICES

Independent Management Service	507-437-6389
Lutheran Social Services of MN	1-800-582-5260
Welcome Center	507-434-2863
Mower County DHS	507-437-9701
United Way 211 Resource Specialist	Dial 2-1-1
Cedar Valley Services	507-433-2303
Health Access Minnesota	507-589-8649
Austin Human Rights Commission	507-437-9940
IMAA Intercultural Mutual Asst Assoc.	507-289-5960



United Way's 211 is a trusted source for information. Save time and stress by cutting through the noise to get reliable information that can help you address a problem or find an opportunity.

Call 211 to learn about:

-  • Food and housing support
-  • Legal assistance
-  • Youth programs
- Medical and dental clinics
- Job training opportunities
- ...and much more!

HOPE STARTS HERE.

DISABILITY SERVICES

LIFE Mower County	507-433-8994
Cedar Branch DAC Adams	507-582-7726
Cedar Valley Services	507-433-2303
Cedar House, Inc.	507-437-9152
MN State Council on Disabilities	651-361-7800
Mower Council for the Handicapped	507-433-9609
REM Woodvale	507-433-7301
MN Children w/Special Health Needs	1-800-728-5420
Independent Management Services	507-437-6389



Rainbow Route

The Rainbow Route provides transportation to and from preschools for \$1 per ride. Applications are required, and students must be enrolled in preschool before applying.
www.uwmower.org/rainbowroute

Backpack Program

Nutritious, non-perishable food is provided to children to ensure food security. Contact your child's success coach to enroll.
www.uwmower.org/backpackprogram

Success Closet

Personal care closet providing clothes, winterwear, hygiene products and more to students K-12. Contact your child's success closet to request items.
www.uwmower.org/successcloset