

UPDATED RESOURCE GUIDE
FOR THE LATINO COMMUNITY
IN THE DIOCESE OF ST. CLOUD

November 2022



Mayuli Bales & Laurie Robles

Diocese of St. Cloud, Multicultural Ministries

General Health

Dr. Susan Rutten Wasson

General practitioner. Speaks Spanish.

200 W Nokomis St, Osakis, MN, 56360

Phone: 320-859-2366

- Very compassionate and takes time to listen to people.
- Not too costly.
- You don't need health insurance.

Mid-Minnesota Family Medicine Center

Clinic that provides health services for the whole family.

1520 Whitney Ct #200, St. Cloud, MN 56303

Phone: 320-240-3157

- Call to make an appointment, when you call you must say the word "Spanish" and they will transfer the call to a person who speaks the language.
- If this is the first time you will make an appointment, you should have time to make the necessary arrangements to receive services in the future. Listen carefully to the directions. You will need to bring proof of address and income.
- You will receive the health and medical services you need the same day you get the appointment.

The Clinic

Medical services clinic. They speak Spanish.

153 Cesar Chavez St Paul, MN 5507

Phone: 651-602-7500

Hours: Monday, Tuesday, Wednesday, Friday 8:00 AM to 5:00 PM

Thursday 9:00 AM to 8:00 PM

Saturday 8:00 AM to 12:00 PM (every other Saturday)

Hope Dental Clinic

Dental clinic for people without dental health insurance or low income individuals.

800 Minnehaha Ave. East #465, St. Paul, MN 55106

Phone: 651-789-7605

info@hopedentalclinic.org

Hours: Monday to Thursday from 8:00 AM to 9:00 PM

- They do exams, cleanings, tooth extractions, and fillings for children and adults.
- It is necessary to make an appointment. You need to bring an interpreter when you go to the appointment.

Aspen Dental Monticello

Dentures, general check-up, extractions, dental implants, whitening, emergencies (broken teeth, lost crowns, toothache, etc.).

9281 Cedar Street

Monticello, MN 55362

Phone: 612-361-5436

Hours: Monday to Wednesday 7:00 AM to 5:00 PM

Thursday 9:00 AM to 7:00

Friday 7:00 AM to 12:00 PM

Call for Appointment: Monday to Friday 6:30 AM to 11:00 PM

Saturday 7:00am - 9:00pm

Sunday 7:00am - 5:30pm

- Dr. Robert Miller, Dentist Associate, Speaks Spanish
- Dr. Jered Vislisel, Endo Dentist, Speaks Spanish

Options for Women MN

Pregnancy resource center that offers free services for pregnant women and couples.

1225 Timberlane Dr. #5, **Sauk Centre**, MN 56378

Phone: 320-351-4025

Hours: Monday to Friday 1:00 PM to 4:30 PM

615 Atlantic Ave., **Morris**, MN 56267

Phone: 320-589-0300

Hours: Monday, Wednesday, and Friday 12:00 PM to 5:00 PM.

Tuesday and Thursday 11:00 AM to 7:00 PM

126 East Lincoln Ave., **Fergus Falls**, MN 56537

Phone: 218-736-6050

Hours: Monday to Wednesday from 10:00 AM to 4:00 PM.

Thursday 10:00 AM to 7:00 PM

- Free pregnancy tests and ultrasounds.
- Paid learning program with opportunity to acquire things for mothers and infants.
- No appointment needed.
- They don't speak Spanish. You will need to bring an interpreter, the agency does not provide one.

Elevier Women's Center

Providing free educational material, emotional and spiritual support services; and reproductive health consultative and medical services.

19022 Freeport St. NW, Suite E, Elk River, MN 55330

Phone: 763-441-7777

Hours: Monday and Tuesday 10:00 AM to 5:00 PM

Wednesday 10:00 AM to 7:00 PM

- Information, classes, support
- Free pregnancy tests and ultrasounds

Recovery Community Network

Founded in 2014, and directed by Cynthia Magallanes García, the Recovery Community Network (RCN) is a nonprofit, grassroots Recovery Community Organization dedicated to mobilizing resources within and outside of the recovery community to increase the prevalence of and access to recovery from substance use disorders.

Midtown Square Mall, North Tower

3400 1st St N, Suite 404, St. Cloud, MN 56303

Phone: 320-428-1887

recoverycommunitynetwork@gmail.com

- They speak Spanish.
- Provides services that are free of charge.
- Promotes recovery through peer-to-peer services.
- Utilizes multiple pathways to recovery.
- Provides specific services to our veteran community.
- Provides housing assistance to the recovery community.

¿How to Obtain Medical Insurance?

Project Care (Mid-Minnesota Legal Aid Initiative)

They help those born outside of the country with the process of signing up for health insurance.

110 6th Ave S #200, St. Cloud, MN 56301

Phone: 320-253-0138 (General)

320-253-0121 (Appointments)

When you call, you will hear a recorded message. Wait for the secretary to respond and say "Spanish, please" to request a Spanish-speaking employee.

Hours: Monday to Friday from 8:30 AM to 4:30 PM (Closed 12:00 to 1:00 PM for lunchtime)

- They offer free individual services.
- They also help with the enrollment process for the state's insulin access program.
- They have employees who speak Spanish.

Mental health

St. Cloud Hospital Crisis Residential Center

Voluntary entry and exit for people who need support with mental health and/or addiction.

Crisis Line: 320-253-5555

Toll Free Crisis Line: 1-800-635-8008

- It's a support group, not a treatment group. They offer access to psychologists, psychiatrists and other necessary medical services in severe mental health cases

such as suicide attempts, suicidal thoughts, severe depression, or cases that require immediate intervention.

- You have to be approved by the supervisor to enter this support site.
- They have supervisors at night, you bring your clothes and personal hygiene items, they offer laundry service in the evenings.
- They have beds available.
- You must call beforehand.
- They don't speak Spanish and don't offer interpreters either.
- You will need to take an identification.

Ana Spence-Baker

Online therapist. Speaks Spanish.

1411 W St. Germain #105, St. Cloud, MN 56301

Phone: 320-253-3715

- They only have online services.
- The secretary does not speak Spanish. You will need an interpreter to make the appointment.
- Payment options:
 - Health Insurance
 - Payment of the total amount in cash on the day of the appointment.Payment in installments is not accepted.

Dr. Nate Page

Psychologist, Northfield Dynamic Therapy. He speaks Spanish.

Phone: 507-581-5920 (Appointments)

You can also make an appointment by logging into the website

<http://www.northfielddynamictherapy.com/> and clicking on the button that says, "Book an Appointment."

- He specializes in students (ages 16 and older) and group therapy.
- Payment options:
 - Medical Insurance, out of network.
 - Payment of the total amount in cash.
 - Sliding scale rates and pro-bono services offered on a case-by-case basis to low-income customers.

- He is willing to work with undocumented immigrants and has experience working with the Latino population.
- Provides a free 15-minute consultation to answer questions before the client begins therapy.
- *Additional information:* He is a Christian. Sometimes offers therapy in pairs. Currently not offering individual therapy.

Catholic Charities Behavioral Health Clinic

Mental Health Clinic that offers low-cost services based on clients' income (or at no cost if you are unemployed).

911 18th St N, St. Cloud, MN 56303
Phone: 320-650-1660 (Appointments)

Hours: Monday and Wednesday 8:00 AM to 8:00 PM
Tuesday and Thursday from 8:00 AM to 6:00 PM
Friday 8:00 AM to 12:00 PM

- They offer individual therapy, psychiatric services, and domestic abuse intervention program (group therapy)
- They don't speak Spanish. They have interpreters.

Hector Obregon

Online Therapist, Latino Resource Institute of Illinois. Catholic. He speaks Spanish.

Phone: 708-714-4423

- Offers private consultation and various workshops.
- Each individual or couple session costs \$30, and the family session costs \$60.
- Payment Method:
 - Does not accept medical insurance.
 - Payment by cash or check through the PayPal service.
 - You can ask about payments in installments.

Lorena Villaseñor

Online therapist. Bilingual and bicultural Mexican with a master's degree in clinical psychology. Works for Open Path Therapy Collective and Aslan Institute.

She considers that accompanying someone in their healing process is a blessing and a privilege. She offers accompaniment full of compassion, authenticity, and warmth with a non-judgmental attitude. Relying on psychodynamic therapy, she provides different therapeutic techniques, such as person-centered therapy, Gestalt therapy, and cognitive behavioral therapy, which are tailored to the unique needs of each client.

4141 Old Sibley Memorial Hwy, Egan, MN 55122

Phone: 612-806-9385

lorena@aslaninst.com

Hours: Available mornings and afternoons on Tuesdays, Wednesdays, Thursdays, and Saturdays.

- Each individual session costs \$30 to \$60, and the couples or family session costs \$30 to \$80.
- Additional information: <https://openpathcollective.org/clinicians/lorena-villasenor-m-a/>

Manuela Gonzalez

Bilingual Chicana therapist with a master's degree in Social Work with emphasis on immigrants and refugees. Works for Catalyst Mental Health.

Offers individual therapy for adults, especially migrants, children of migrants, and people from the LGBTQ+ community. She specializes in sexual abuse, domestic violence, anxiety, depression, trauma, racial/ethnic identity, self-worth, life transitions, and interpersonal conflict.

195 Lyndale Ave S, Minneapolis, MN 55403

Phone: 621-416-7046 extension 2

- Cost per session: \$160-\$220
- You can pay with health insurance, cash, credit card, or a check.

Veronica Rivera Arteaga

Online therapist. Latina. Works for Lyn-Lake Psychotherapy and Wellness.

Works mainly with adult populations (+18). She enjoys bringing positivity, openness, and security to therapy. She is a Latina immigrant who offers therapy in Spanish, Spanglish and English. She uses an integrative therapy model that puts multiple modalities and therapies into action. These modalities include: Acceptance and Commitment Therapy, Mindfulness practices, Brief Dynamic Psychotherapy, and she includes cultural and

spiritual practices of the client. This allows clients to reconnect with their own Self, regain their inner balance, improve confidence and identify important values to help them move on and live better.

Phone: 612-979-2276 (General Lyn-Lake Psychotherapy, not therapist)
info@therapy-mn.com (General of Lyn-Lake Psychotherapy, not the therapist)

You can also make a visit through the website <https://therapy-mn.com/appointments/> If you would like to make an appointment specifically with Veronica Rivera be sure to write the therapist's name in the place where it indicates "Preferred Provider(s)."

Esperanza para Familias

Individual, couples, and family therapy. They speak Spanish.

900 E American Boulevard #132, Bloomington, MN 55420
Phone: 952-846-8843

- Led by social worker Eugenia Apaza
- Cost per 50-minute session is \$150. Reduced-cost services are available on a limited basis.
- Payment options: Medical insurance, credit card, cash, or check.

Deborah Organ & Alejandro Maldonado

Bilingual and bicultural therapists. They speak Spanish. They work for Raíces Sagradas Community Mental Health.

Located at the Church of the Incarnation, Minneapolis
3801 Pleasant Avenue, Minneapolis, MN 55409
Phone: 651-308-0099

- They offer free, culturally appropriate therapy for individuals, couples, and families.
- They speak English and Spanish.
- They also do psychological evaluations for legal immigration processes.

Kiera Reynolds, MSW, LGSW

Licensed social worker. Bilingual in Spanish and English. Her practice areas include Individual psychotherapy with adults, children, and adolescents and family psychotherapy with children/adolescents and their parents/caregivers.

110 2nd St S, Waite Park, MN 56387

Phone: 320-252-2976

kiera@processus-counseling.org

Hours: Mondays and Tuesdays: 9 am - 5 pm (In person or online)

Wednesdays: 9 am - 4:45 pm (In person or online)

Thursdays: 10:15 am - 5:00 pm (In person or online)

Fridays: 9 am - 12 pm (Online only)

Kiera's areas of interest include Latino/Hispanic concerns, immigrant mental health, Spiritual and religious growth, development and challenges, women's issues and concerns, stress, depression, anxiety, trauma, and Attention Deficit Hyperactivity Disorder (ADHD).

Appointments can be paid for with medical insurance. A child's health insurance may be used if she is providing individual therapy to a child or family therapy to children and their parents/caregivers. Most health insurance plans are accepted, including Medical Assistance, Blue Cross Blue Shield, Preferred-One, HealthPartners, Select Care, Medica United Health Care, and United Behavioral Health. Clients will be responsible for any medical insurance copays.

Clients can also use private pay by using cash, check, or card to pay the full cost of their appointments. There is a 25% discount for private pay clients.

If you need to speak with someone in Spanish or check out the Processus website here:

<https://www.processus-counseling.com/>

Legal Aid Services

Mid-Minnesota Legal Aid

Free legal services for civil cases

110 6th Ave S #200 St. Cloud, MN 56301

When you arrive, tell the secretary "Spanish, please" to request a Spanish-speaking employee.

320-253-0121 (Offices)

612-334-5970 (Appointments)

When you call, you will hear a recorded message. Wait for the secretary to respond and say "Spanish, please" to request a Spanish-speaking employee

Hours: Monday to Fri, 8:30 AM - 5:00 PM, closed during lunch 12:00-1:00 PM

Help available via phone Monday through Thursday 8:30-4:30 PM, and Friday 8:30 AM-12:00 PM

- They have Spanish-speaking employees.
- They can notarize documents for clients.
- They also have offices in Minneapolis and Willmar.

Immigrant Law Center of Minnesota

Free legal services for immigration cases. They speak Spanish.

Offices in Saint Paul, Moorhead, Worthington, and Austin

Main Offices in **St Paul**:

450 N Syndicate St #200, St Paul, MN 55104

General line: 651-641-1011

Legal Assistance Line: 1-800-223-1368

Currently the St. Paul office is closed to the general public, but they continue to offer online consultation. All other offices are open.

General admission hours: Mondays and Wednesdays from 9:00 AM to 1:00 PM

Tuesday 1:00 PM to 4:00 PM

Thursday from 3:00 PM to 7:00 PM

Admission Hours for ICE Detainees: Tuesday 2:00 PM to 4:00 PM

Thursday 10:00 AM to 12:00 PM

Moorhead Office:

Contact: Martha Castañón

218-443-1815 (General Office)

218-416-3003 (Martha's Phone)

martha.castanon@ilcm.org

Speak Spanish

Hours: Monday to Friday 9:00 AM to 4:30 PM

Rinke Noonan Law Firm

Family law (custody and divorce)

US Bank Plaza, 1015 W St. Germain, Suite 300, St. Cloud, MN 56301

Phone: 320-251-6700

- They don't speak Spanish; an interpreter is needed.

Graham Ojala-Barbour

Immigration law. Speaks Spanish.

790 Cleveland Avenue South #206, Saint Paul, MN 55116

Phone: 651-214-6284

Laura Tripiciano

Immigration law

505 2nd Ave N, Sauk Rapids, MN 56379

320-224-6535

laura@ltriplaw.com

- They don't speak Spanish; an interpreter is needed.

Jeddeloh, Snyder, & Stommes

Attorneys who help with divorce, family law, custody, and criminal defense.

St. Cloud Office:

803 W Saint Germain, St Saint Cloud, MN 56301

320-240-9423

Contact: Stacey VanderWeyst (legal assistant)

Cold Spring Office:

101 Red River Avenue N, Cold Spring, MN 56320

320-348-2001

Big Lake Office:

101 Jefferson Blvd., Big Lake, MN 55309

763-262-2889

- Custody cases are for youth who reach legal age (18 years) and who need to be represented by their parents
 - Example: High school students who are part of the Special Education program
- They also offer services so that adults with mental disabilities can be represented by another adult legally.
- They don't speak Spanish. You need to bring an interpreter (they do not provide interpreters).

Antonio Tejada Guzman

Workers' Compensation/Worker Assistance Act. He speaks Spanish.

St. Cloud Office:

4140 Thielman Lane #110, Saint Cloud, MN 56302

Willmar Office:

214 4th St SW, Willmar, MN 56201

St. Paul Office:

1 West Water Street #275, St. Paul, MN 55107

Phone: 320-262-3669

Info@tejeda-guzman.com

Noak Law Office

They assist workers and their families with legal issues related to work-related injuries or work-related disability. They speak and Spanish.

Minneapolis Office:

1515 East Lake Street #200, Minneapolis, MN 55407

St. Paul Office:

925 Payne Avenue #201, St. Paul, MN 55130

Phone: 952-248-2850

- They offer a free initial consultation.

- You will only have to pay if the lawyers get you benefits/remuneration. If they can't help you, you don't pay.

Fey Justicia

Fey Justicia is a faith based, Latinx led organization, striving to bring justice and provide kindness and compassion to our community throughout Central Minnesota.

108 6th Ave N, Waite Park, MN 56387

In the old school building

feyjusticiamn@gmail.com

- They speak Spanish.
- They work to educate, train leaders and identify services necessary to community members.
- They offer monthly health clinics at no cost. Third Thursday of every month.
- They offer immigration/asylum/citizenship clinics.

Food Resources

Melrose Area Food Shelf

255 Country Club Road Southwest Melrose, MN 56352

Phone: 320-256-2555

Hours: 1:00 PM to 4:45 PM (First four Wednesdays of each month)

Fair For All

Shop for quality, nutritious foods at discount and budget-friendly prices.

Pop-up locations:

St Cloud: Salem Lutheran Church

90 Riverside Dr. SE, St. Cloud, MN 56304

Monthly on a Monday from 3:30 pm – 5:30 pm

St. Joseph: Resurrection Lutheran Church

610 County Rd 2, St. Joseph, MN 56374

Monthly on a Monday, 3:30pm – 5:30pm

For more information about schedules and locations visit

<https://thefoodgroupmn.org/groceries/fare-for-all/schedule/>

You do not need to register in advance. When you arrive, fill out the form to indicate which boxes you would like to take. Pay at the checkout and a volunteer will help you get the things to your car.

Food is sold by the box. Each box costs \$10 to \$30

St. John's Episcopal Church

Episcopal church offering help. They have food, bus passes, and gas and food vouchers that they offer only once to individuals in crisis. They do not speak Spanish; you need to bring an interpreter.

1111 Cooper Ave S, St Cloud, MN 56301

Phone: 320-251-8524

Salvation Army Northern Division

Christian organization that provides services to the homeless and to individuals in poverty.

400 US-10, St. Cloud, MN 56304

Phone: 320-252-4552

Food bank hours: Tuesday and Sunday 9:00 AM to 3:30 PM (Closed from 11:00 AM to 1:00 PM) and 4th Monday of each month from 4:00 PM to 6:00 PM

- You need to bring photo identification of each family member and proof of address.
- Limit of one visit per month

Community lunch schedule: Monday to Friday 11:30 AM to 12:45 PM.

- All are welcome.
- They don't speak Spanish.
- Services offered:
 - Emergency shelter
 - Free bread and food bank program
 - Community Lunch Program
 - Utility Assistance (The HealthShare Program)
 - Homeless Veterans Program
 - Christian Ministries for Men, Women, and Youth
 - Free backpacks and school supplies
 - Free winter coats and jackets
 - Assistance with tax preparation

- Christmas Toy Program

Catholic Charities Emergency Services

Food bank and other emergency services in Saint Cloud

157 Roosevelt Rd #100, St. Cloud, MN 56301

Phone: 320 229-4560

emergency@ccstcloud.org

Food bank hours: Monday 9:00 AM to 3:00 PM

Wednesday 11:00 AM to 7:00 PM

Friday 9:00 to 3:00 PM

Community lunch schedule for people over 60: 2nd and 4th Thursday of each month from 1:00 PM to 3:30 PM

- They don't speak Spanish; an interpreter is needed.
- To attend the food bank, you will need to make an appointment 24 hours before your arrival.
- If this is your first time attending the food bank, you will need to bring the following documents to register:
 - Identifications for everyone in the home
 - Proof of address for each adult in the household (for example: an envelope with your name and home address)
 - Knowledge of your income
- Please arrive at least 30 minutes before closing.
- Bring bags to transport food.

Rocori Area Food Shelf

The food bank is available to people in need of assistance who live in the Rocori area school district (Rockville, Cold Spring, Richmond)

217 Main Street, Cold Spring, MN 56320

Phone: Call 320-685-8785 or text 320-248-6943

rocorifoodshelf@gmail.com

Hours: Every Monday from 10:00 AM to 2:30 PM

The third Monday of each month is also open in the evenings from 5:30 to 7:00 PM

Closed on public holidays and in case of bad weather.

- To apply for assistance, bring a recent postmarked mail that shows your name and current address as proof that you live in the school district.
- People can receive assistance once a month.
- Food delivery is available for people with disabilities or those who are unable to leave their homes. To arrange this service, call the food shelf.

Emergency Shelter

Place of Hope Ministries

Christian organization that provides services to people in situations of poverty, homelessness, and addiction.

511 9th Ave N, St. Cloud, MN 56303

Phone: 320-203-7881

pastorjc@placeofhopeministries.org

- They don't speak Spanish.
- Services offered:
 - Hospitality center with food, free medical care, clothing, and personal care items.
 - Prepared foods are served all year round: Breakfast, lunch, and dinner.
 - Shelter (October to May)
 - Off-site shelter for those unable to enter the other St. Cloud shelters.

Living Hope Center: A structured program of 6 to 12 months with a residential facility for those who want to get off the street or stop using drugs and alcohol or want a place to regain their stability and tranquility.

H. O. P. E. on Ninth Apartments: A 31-apartment building that includes 10 units of "Supportive Housing." These units are designated for those who have experienced long-term homelessness. They have a support services coordinator on site to help those living in the supportive housing unit.

Catholic Charities Youth House

A place where homeless youth aged 16-24 can stay. The maximum stay period is 24 months.

Phone: 320-229-6035

Jenifer.walker@ccstcloud.org

- They don't speak Spanish.
- They provide assistance with:
 - Learning basic life skills.
 - Managing a budget
 - Job search
 - Connecting to community resources to maintain self-sufficiency.
 - Educational opportunities
 - Meal planning

- Youth in this program must:
 - Commit to positive change.
 - Be willing to follow the expectations and programs of the house.
 - Accept the value of relationships with others and participate in the community.
 - Accept the value of work.
 - Commit to education and opportunities to learn and grow.
 - Agree to be in a place that is staffed 24 hours a day, seven days a week.

Pathways 4 Youth

A resource center for youth ages 16-24 who are homeless.

203 Cooper Ave N #206, St. Cloud, MN 56303

Phone: 320-316-1640

Pathways4youth@lssmn.org

Hours: Monday to Thursday from 1:00 to 5:00 PM

- Services offered:
 - Clothes closet
 - Food pantry
 - Laundry and showers
 - Access to computers to look for work or educational programs.
- Although Pathways does not offer housing, their social workers can help young people find short-term or permanent emergency housing.
- They help with life skills development and goal setting.

- They provide secure containers to store backpacks or duffel bags while in the resource center.
- They can serve as mailing addresses for job seekers.
- They offer employment counseling, and advice for enrollment in MNsure.
- They offer conflict resolution, health and wellness programs, and support groups, among other programs.
- They have volunteers who offer support to guide young people through the services offered at the center.

Anna Marie's Alliance

An organization in St. Cloud that offers a variety of free services for women and children experiencing domestic abuse.

24-hour Crisis Hotline: 320-253-6900 or toll-free 1-800-950-2203

Office Phone: 320-251-7203

Mailing address: PO Box 367 Saint Cloud, MN 56302 (Current location is not listed for reasons of confidentiality)

- They have employees who speak Spanish (or interpreters in any language)
- They offer shelter if needed.

Esperanza United (formerly Casa de Esperanza)

Organization for Latinos in situations of domestic violence.

24-hour Crisis Line (Bilingual): 651-772-1611 or send an email to info@esperanzaunited.org

- Services offered:
 - Advocating for families
 - Courses and technical assistance to those who provide services for people in situations of domestic violence.
 - Research and evaluation on domestic violence

More information at: <https://esperanzaunited.org/en/>

Catholic Preparation

Ágape Catholic Ministries

Online preparation courses in Spanish and English.

Phone: 719-531-0738
Toll Free: 1-800-208-1364

info@agapecatholicministries.com

- Online Pre-Cana (marriage preparation) program for couples getting married.
- Instructor training program in marriage preparation for their community.
- Quinceañera preparation program
- Formation and certification program for parish and diocesan leaders in Quinceañera preparation.
- Baptismal preparation program for parents and godparents.

More information at: <https://www.agapecatholicministries.com/>

Educational Services for Children

Head Start and Early Head Start

Education programs for low-income children ages 0-5 and their parents (also available to low-income pregnant women)

Early Head Start for children ages 0-3 and Head Start for children ages 3-5.

- Home-based option: Home visits available throughout Stearns County. Visits by a professional once a week
- To enroll your children in the program, fill out a form or call this number: (320)-253-8110
 - The form can be found on the website reachupinc.org and you can print or fill it out online.
 - Look for and click on the button that says, "Apply now" and then click on the link "Application PDF" at the bottom of the page
 - The form is also in English.
- They don't speak Spanish; an interpreter is needed.

Melrose School District Early Childhood Education Department

They conduct developmental screenings of young children (0-4 years)

Phone: 320-256-1060 (Dial extension 1008)
Contact: Stacey Jacobson

- They don't speak Spanish; an interpreter is needed.

Help Me Grow

An organization that provides information and resources to families about children's development

- They can evaluate your children at no cost to see if they need help.
- If you have concerns about your child's development and think they need extra help learning and growing, don't hesitate to call.
 - You can refer a child by calling 1-866-693-4769. Spanish interpreters are available.
 - To complete an online referral form in English, visit the "Refer a child" page on the website.
 - After receiving your recommendation, the organization will reach out to schedule an evaluation of your child.

Adult Education Services

Melrose, MN

English as a Second Language (ESL)

Free English classes are offered to people over the age of 17 who are not currently enrolled in school.

Melrose High School Media Center, enter through door 7
546 5th Ave NE, Melrose, MN 56352

There is currently no definite schedule because they are still looking to hire someone for the position. We recommend checking the Melrose High School website for information.

Adult Basic Education (ABE)

ABE classes are offered for people who have basic educational needs. It's free and anyone who isn't currently enrolled in school can sign up.

Melrose High School Media Center, enter through door 7
546 5th Ave NE, Melrose, MN 56352

- Flexible, personalized, and individualized instruction for everyone's reading, writing and math skills.

- They also offer preparation for GED, Work Keys, Career Ready 101 and/or ACCUPLACER exams. If you are looking for a job, they can help you create your resume.

There is currently no definite schedule because they are still looking to hire someone for the position. We recommend checking the Melrose High School website for information.

Waite Park, MN

Quarryview Education Center

800 7th St S, Waite Park, MN 56387

Phone: To register call 320-370-8200 or email abe@isd742.org

Hours: 7:30 am to 4:00 pm from Monday to Friday

- Adult Basic Education (ABE) classes for people over the age of 17
 - GED Test Preparation
 - U.S. Citizenship Classes
 - Skills Enhancement Program
 - Literacy Program for Families
 - Literacy Program for Workers
- English classes for adults (beginner and intermediate level)
 - You need to take a test to determine your level of English before entering a class.

Long Prairie

Basic Education Classes for Adults 17 and over.

Grey Eagle Elementary School

205 Second Street S

Long Prairie, MN 56347

Phone: To register call 320-732-4609 or contact Bryan btollefson@fed.k12.mn.us

They offer classes in GED, English as a Second Language (ESL), and U.S. citizenship.

Cold Spring, MN

They offer early childhood education classes for families in the Cold Spring, Richmond, and Rockville area.

534 5th Ave. North

Cold Spring, MN 56320

To register call Erin Tronback 320-685-8631 or email her tronbake@rocori.k12.mn.us

If you have any questions about your child's development, how to help your children during the pandemic, how to prepare your child for kindergarten, or other questions, you can make a free appointment for an early childhood education worker to visit your home. Call 320-685-8631 to schedule the visit.

Other

Document Translation

Translation service of birth certificate or other documents into English.

Call Tim King at 320-732-6203 or email tyjking49@centurylink.net

- Low prices
- Fast service

La Voz Libre

Free Spanish-language newspaper featuring news from the Central Minnesota area. They also place ads for various services in the area (many of these service providers speak Spanish).

If you want to place an ad in La Voz Libre, you can send an email to LaVozLibreMN@gmail.com

If you have questions or need help connecting to resources, call:

Mayuli Bales

Director of Multicultural Ministries, Diocese of Saint Cloud

- Speaks Spanish and English

305 Seventh avenue North
Saint Cloud, MN 56303

Office Phone: 320-529-4614

mbales@gw.stcdio.org

If you are looking for information related to the Diocese of St. Cloud, you can also visit www.stclouddiocese.org

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