



Please call to see if the program is available around any holiday and is on schedule (due to COVID-19). Some programs are ONLINE ONLY.

DATE

SUPPORT GROUPS

Sunday, Monday, & Tuesday

www.al-anon.alateen.org

Al-Anon – Meets Sundays 10:00 AM & 6:30 PM, Monday 10:00 AM and Tuesday 7:00 PM. Support for family members of a person with alcoholism. Meets at 605 Florence Ave in Owatonna. For information and additional meetings, please call 507-451-8610 or 888-425-2666. *See updated schedule below.*

Sundays – April 5, 12, 19, 26

Al-Anon for Newcomers – 7:00 PM every Sunday at 605 Florence Ave in Owatonna. Support for family members of a person with alcoholism. See updated schedule below. Questions, call 507-451-8610 or 888-425-2666.

Monday – Sunday

www.al-anon.alateen.org
www.aa.org



Alcoholics Anonymous – Meetings held Monday-Saturday at 9:30 AM, Sundays at 8:30 AM at 605 Florence Ave in Owatonna. Newcomers meeting is every Sunday evening at 7:00 PM. Call 507-451-8610 for more information. See updated schedule below.



AlcoholHelp.com

Alcohol Help – Experience life without alcohol addiction. Now is the time to change your life. Addiction 1-800-586-9670

Thursday – April 16 (Austin)

Alzheimer's & Dementia Support Groups that meet in our area:
Austin – Caregiver Support group - Meets 3rd Thursday, 10:30AM, Mower County Senior Center; 400 3rd Ave NE, Austin MN. Contact Jennifer or Nancy at 507-433-3462.

Tuesday – April 28 (Faribault)

Faribault – Family Support Group - Meets 4th Tuesday, 5:30-7:00PM. Buckham Bldg; 19 Division Street West; Faribault, MN. Contact: Brenda @ 507-332-7357.

Tuesday – April 21, 7 (Owatonna)

Owatonna – Afternoons: Meets the 3rd Tuesday, 2:30-3:30 pm
Evenings: 1st Tuesday, 6:00-7:00 PM, both held at Trinity Lutheran Church, 609 Lincoln Ave; 2nd Floor. For more information, call Deb @ 507-213-1305

www.alz.org

www.myalzteam.com

Myalzteam – a social network and online support group for family and friends caring for a loved one with Alzheimer's. Alzheimer's Association Helpline: 1-800-272-3900

Tuesdays – April 7, 14, 21, 28

AMAZING newborn CLINIC

More information at:

asbestos.com/mesothelioma

and

asbestos.com/states/minnesota/

www.asbestos.com

Call 507-451-4520 for more info.

bedsforkids@tlcowatonna.org

Call 507-451-5922 for more info.



www.bbbsouthernmn.org



Call 507-444-8737 for more info.



Amazing Newborn Clinic – This weekly free clinic is sponsored by Steele County Public Health, Owatonna Hospital, and Owatonna Community Education-ECFE – working together to assist in parenting and caring for your newborn. Meets Tuesdays, 10:30 – 12:00 PM, at Roosevelt Community School, 122 McKinley St E in Owatonna. Get your baby's weight checked, meet parents of newborns, get your questions answered about breast feeding, and receive up-to-date information on your baby's growth and development. This is a free service, and no appointment is necessary. **Drop-in anytime from 10:30 a.m. – 12:00 p.m.** Call 504-444-7900 for more information.

Asbestos/Mesothelioma Center- Offering patients 100% free:

- Monthly online support group where we discuss a variety of topics pertaining to cancer patients.
- On-staff doctor and nurse are available to answer any medical-related questions.
- 24-hour live chat support.
- Patient Advocates that work 1-on-1 with individuals to help them find local doctors, treatment centers, and support groups.

Contact Julie Donado at 321-284-8312 or email: jdonado@asbestos.com

Beds for Kids – A charitable non-profit organization dedicated to providing children with beds that are currently in unsuitable sleeping situations. The goal is to do everything possible to ensure that every child in Steele and Waseca Counties has a safe and comfortable bed to sleep in.

Big Brothers Big Sisters of Southern Minnesota – This organization's mission is to enrich the lives of children and help them reach their full potential through professionally supported one-to-one mentoring relationships. Big Brothers Big Sisters matches children ages 5 – 14 with mentors in professionally supported one-to-one relationships and offers weekly mentoring programs. Located at 545 Dunnell Dr. in Owatonna, office hours are Mon – Fri, 8:00 AM – 4:00 PM. Phone is 507-451-5922

Baby Café – Offers information and support to help you reach your breastfeeding goals. You can get help with breastfeeding – or just talk – with a certified lactation counselor from Owatonna Hospital and other moms, like you. Get answers to questions such as:

- *I'm pregnant and wondering, "How will I feed my baby?"
- *I'm having a few problems with breastfeeding
- *How can I continue to breastfeed after I go back to work?
- *How/when do I start solid foods?

You don't need to have given birth at the Owatonna Hospital to go to Baby Café. Sponsored by the Owatonna Hospital Foundation as a service to the community. Thursdays 11:30am – 1:30pm

Children's Remedial Fund – A program intended to provide financial support to eligible families in Steele County who have children ages 0 – 18 with medical, dental, vision, hearing, school supplies and winter clothing needs. This program can also assist with the first 3 months of MN Care premiums. Applications are available at area public schools. <http://childrensremedialfund.org>

Mondays – April 6, 13, 20, 27

Monday – April 13

www.compassionatefriends.org



Monday – Friday
Call 507-455-2991



Thursdays – April 2

Via Zoom



www.diabetes.org
their web page,



For more information, call
1-866-333-2466

www.minnesotahelp.info
[Disability Hub MN - Home](#)



Children's Support Group – The Crisis Resource Center

provides a Children's Support Group that meets Mondays from 3:30 – 4:30 PM for ages 4-12 that focuses on giving children the skills they need to process what has been going on in their lives, helps to develop coping skills, deal with peer pressure, and learn different techniques to deal with anger and stress. This group also deals with fun issues such as emotions, friendships, and self-esteem. Located at 112 N Oak Ave in Owatonna.

Compassionate Friends – A mutual assistance, not-for-profit self-help organization that offers **support and understanding to families who have experienced the death of a child**. It is open to anyone, is non-denominational and there is no charge. The Owatonna Area Chapter of The Compassionate Friends provides a caring environment where bereaved parents and other adult family members can meet and receive support and understanding from those who have experienced a similar loss. Sibling support for teens and young adult also offered. The Owatonna Area Chapter of TCF will be holding their meetings on the 2nd Monday of each month, 7:00 PM at St. Joseph Church-Nazareth Hall.

Community Pathways of Steele County

The Steele County Clothesline and Food Shelf are now combined. The Clothesline provides clothing and household items to Steele County residents in need at no cost. They are located at 155 Oakdale Street, Owatonna, MN.

Hours: Monday & Wednesday	9AM – 4:30 PM
Tuesday	9AM – 3:30PM & 5PM – 8PM
Thursday & Friday	9AM – 3:30PM
Saturday & Sunday	Closed

CRC Women's Group – Women may attend to discuss an issue or just listen to other women. **Complete confidentiality is required to attend.** Meets every Thursday at the CRC from 3pm-5pm Via Zoom. For more information, please call the **24-hour crisis line at 507-451-1202 or 1-800-451-1202.**

Crisis Resource Center – Provides support and confidential services to individuals affected by domestic abuse and sexual violence. Located at 127 W Pearl St in Owatonna. Office hours are Mon – Fri from 8:00 AM – 5:00 PM.

Diabetes Support – American Diabetes Association has information on whether you've been newly diagnosed, have been fighting for a while, or helping a loved one, this is the start of gaining a deeper understanding of how you can live a healthier life. With the tools, help tips, and food ideas, you have options and can live your best life.

Disability HUB MN – A statewide service for persons with a disability, their caregivers, and service providers. The services, facilities and benefits of this program are for all people disability, regardless of race, color, sex, religion, sexual orientation, or national origin. Information is available in another form, such as Braille, large print, or audiotope.

Call 507-455-2203 for more info.



Mondays – April 6, 13, 20, 27
ONLINE

www.nationalexchangeclub.org



www.mofas.org



CLINIC LOCATIONS

FARIBAULT

1415 Town Square Lane
Faribault, MN 55021
507.323.8100

NORTHFIELD

706 Division Street
Northfield, MN 55057
507.646.8964

OWATONNA

134 Southview Street
Owatonna, MN 55060
507.214.6662

Call 866-808-0260 for more info.

www.semccac.org



Call 507-774-7648 for more info.

healthyseniorsmn.org

www.helpmeconnectmn.org



Early Head Start (Tri-Valley Early Head Start) – Services offered are at no cost to eligible families of Steele County. Services are full day care for infants & toddlers (birth to 3 yrs.), breastfeeding education & accommodations. Also serving pregnant mothers, parent support & parent/child activities, health screenings, nutritious family-style meals, disabilities services serving children with disabilities, home-based learning opportunities, also serving homeless families. Located at 565 20th St NE in Owatonna near Our Savior's Lutheran Church. Call for more information (Se Habla Español).

Exchange Club – Parents get support and learn parenting skills, such as discipline, bonding, stress relief, and decreasing parental isolation. There is no cost to families. Call 507-455-1190 or 1-800-642-0089 for details. Online only Mondays at 5:30 PM. Call for updates.

Fetal Alcohol Spectrum Disorders Support – Proof Alliance is dedicated to the prevention of Fetal Alcohol Syndrome (FAS) Spectrum Disorders. Proof Alliance is committed to the wellbeing of those individuals and families living with FASD. Proof Alliance believes knowledge, awareness and love can motivate choices. Call 800-906-6327 for more information, or assistance.

Free Clinic of Steele County – Health Finders and the Free Clinic of Steele County have joined to create a new model in healthcare that makes a real difference for thousands of our neighbors. With similar values, missions and values, both organizations share a commitment to the communities they serve. Call any of our locations to make an appointment. info@helthfindersmn.org healthfindersmn.org

Head Start (SEMCCAC) – A family focused program that promotes the growth and development of three and four-year-old children, including children with special needs. It is a no-cost, comprehensive program with individualized teaching, and meals are provided. Located at 565 20th St. NE, Owatonna

Healthy Seniors of Steele County – Offer a myriad of services for Steele County residents, age 65 and older. Providing needed support and service to keep seniors safely living well at home.

Help Me **CONNECT**

A navigator connecting expectant families, families with young children (birth – 8 years old) and those working with families to services in their local communities that support healthy child development and family well-being. Help Me Connect is an interagency collaboration between Minnesota's Departments of Education, Health and Human Services

Tuesday – April 14, 28

To RSVP or more information call:
MaryAnne Higgins at 507-451-1420



History Partners Memory Café – The History Partners Memory Café serves to provide education, area services, and community resources in a safe environment for persons living with mild to moderate dementia and their caregivers. This is an in-person program focused on awareness of dementia and connecting family, friends, and neighbors to supportive services in the community through meaningful social activities such as storytelling, music, games, and SCHS museum collections. Held at the History Center 1700 Austin Road, Owatonna MN on the 2nd and 4th Tuesday each month.

Wednesday – April 1, 8, 15

www.speromn.org

Men Who Batter – Group therapy 6:00 – 8:00 PM and 1:00 – 3:00 PM, on the 1st - 2nd and 3rd Wednesdays of the month at the Spero 610 Florence Ave in Owatonna. Help with anger control, communication skills, and building healthy relationships. Call Ross Lustig, MA, LPCC at 507-451-2630.

Call 507-455-2203 for more info.



Migrant & Seasonal Head Start (Tri-Valley) – Services offered are at no cost to eligible families working in agriculture throughout Minnesota and North Dakota. Services are full day care for infant/toddlers, and preschool children (6 weeks to 5 yrs. before kindergarten), Parent support & parent/child activities, nutritious family-style meals, medical & dental examinations & immunizations, connect families with community resources, disabilities services & developmental screenings, bus transportation, home-based learning opportunities, also serving homeless families. Located at 565 20th St. NE in Owatonna, MN.

Call 1-866-489-4899 for more info.
or 888-345-0823 toll free



Minnesota Coalition for Kids Health Coverage – This partnership of non-profit agencies helps families find out whether they are eligible for health care through Medical Assistance and Minnesota Care, receive personal assistance with the application process, and get help to understand what is covered.

[Health Coalitions - Minnesota Dept. of Health \(state.mn.us\)](http://state.mn.us)

[MN Prairie County Alliance, MN | Official Website](http://www.mnprairiecountyalliance.org)



MN Prairie County Alliance - Minnesota Prairie County Alliance provides extraordinary human services that build safety, health & well-being in the communities of Dodge, Steele & Waseca counties. Minnesota Prairie County Alliance vision is that all people are safe, healthy, educated, independent, and engaged in our communities. Call 507-451-5600 for Steele County, 507-923-2900 for Dodge County, 507-923-2900 for Waseca county, or **Toll Free 888-850-9419** for assistance.

Tuesdays – April 7, 21

MomCo – Mom Community is an interdenominational Christian organization which nurtures mothers with children ages birth to 5th grade. We meet the 1st and 3rd Tuesdays of every month from September – May (summer off) from 9:00 – 11:00 AM at Bethel Church. Any mother who has a child from birth-5th grade is welcome to attend. Childcare is provided. For more information email us at momcoowatonna@gmail.com Cost is \$60 for the year. Scholarships are available

Thursday – April 2

The Mower County Senior Center Memory Cafe is held every 1st Thursday of the month from 2:00 - 3:30 PM. The Memory Café is in the Mower County Senior Center Coffee Shop, 400 3rd Ave NE, Austin. It is free and open to anyone living with mild to moderate memory loss issues and their care partners. Anyone with interest or questions can contact Jennifer at 507-433-3462 or jennifery@mcs-inc.org.

1-800-344-4867 for more info.

Multiple Sclerosis Society – MN Chapter – The society helps people affected by MS by funding cutting-edge research, driving change through advocacy, facilitating professional education, and providing programs and services that help people with MS and their families move their lives forward.

www.nationalmssociety.org/chapters/MNM/index.aspx

Tuesday – April 21

MS Support Group – 3rd Tuesday of the month from 6:00 pm – 8:00 PM at The Inn at Shattuck-St. Mary's, 1000 Shumway Ave. in Faribault, MN. E-mail Kurt.klett@gmail.com for more information

**Sundays, Mondays, Tuesdays,
Wednesdays, Thursdays, Fridays
& Saturdays**

Narcotics Anonymous – Owatonna meeting times and sites:
Sundays - 7:00 PM at 609 Lincoln Ave S (*virtually and in person*)
Mondays - 7:00 PM at West Hills, 605 Florence Ave
Tuesdays – 6:30 PM St. Paul's Episcopal Church, 220 S Cedar Ave
Wednesdays - 9:30 AM at West Hills, 605 Florence Ave
Thursdays - 7:00 PM at West Hills, 605 Florence Ave
Fridays - 7:00 PM at Trinity Lutheran Church, 609 Lincoln Ave S
Saturdays – 7:30 PM St. Paul's Episcopal Church, 220 S Cedar Ave
Call 507-451-8610 or **877-767-7676** for more information.
See updated schedule below.

www.naminnnesota.org

Saturdays – April 4, 11, 18, 25

Overeaters Anonymous – A twelve-step group for compulsive overeaters, meets Saturday Mornings at 8:00 AM in Owatonna. Call or text Michelle at 507-676-0903 for more information on location of meeting and to register.

www.overeaters.org

Optimum Life Continuing Education Series – Join us for our Optimum Life Continuing Education Series for healthcare professionals. This webcast series will feature a different senior-related topic each month and provide 1.0 credit (one hour) per session for nurses, social workers, case managers, and nursing home administrators. Participants can also have their questions answered by our topic experts. Visit <https://www.brookdale.com/en/referrals/resources/continuing-education.html> to find out if there is a Continuing Education session in your area.

Thursday – April 2

Owatonna Area Solo Parents and Singles – Group activities and support for solo parents and singles, 7:30 PM, Elks Club, 126 Vine St., 1st Thursday of the month. For questions, please contact - Alice Nadeau at 507-202-6195.

Call 507-444-2460 for more info.

Owatonna Public Library - All Minnesotans have an equal opportunity to live a healthy life. Health info @ your library®. Live a healthy life! Get reliable and up-to-date health information at your library. Call 507-444-2460 for more info. Speakers from the community will introduce health-related topics.

www.parkinson.org

**Call helpline @ 1-800-473-4636
for information on Parkinson's**

Parkinson's Foundation-Constantly strives to make a difference for people living with Parkinson's disease. The Parkinson's Foundation Care Partner Program is a no-cost program designed with care partners in mind and is recommended for anyone caring for someone living with PD. They have a set of on-of-a-kind self-paced online courses that offer videos, journal prompts and opportunities to hear from care partners to better understand their role in managing their loved one's care. Sign up for programs or their e-newsletter on their website.

<https://www.quitpartnermn.com>

Quit Partners- Get free support to quit smoking, vaping, or chewing. Free coaching, quit medications (ages 18+) like nicotine patches and gum and more. Free help for Minnesota teens and adults. Specialized programs for people that are pregnant or planning to be, with mental illnesses and substance use disorders.

CALL 1-800-QUIT NOW (1-800-784-8699)

My life, My Quit is for Minnesota teens ages 13-17 who want to quit vaping, smoking or chewing. Free confidential help, text "Start" to 36072.

Call 1-888-643-2584 for more info.

SAGE Screening Program – Sage, the largest program within the Sage Screening Program family, is a breast and cervical cancer screening program. For eligible women, Sage provides free office visits for breast and cervical exams, as well as a screening mammogram and Pap smears. If one of your screening tests shows a problem, Sage covers many diagnostic services and can often cover treatment, if needed. Sage partners with over 400 clinics throughout the state. **Call 1-888-5HEALTH** to see if you're eligible and schedule an appointment. [Sage Programs - SAGE - Minnesota Cancer Screening Program \(state.mn.us\)](http://SagePrograms-SAGE-MinnesotaCancerScreeningProgram.state.mn.us).

Call 507-451-7134 for more info.

www.semccac.org

Semccac – Assist people to achieve or maintain independence and self-reliance through community resources. Located at 209 E Main ST in Owatonna.

Call 1-800-333-2433 for more info.

www.minnesotahelp.info



Senior Linkage Line – Helps connect seniors to services in their community, but also provides the actual assistance to help them get the information and personalized help they need to make good decisions. This includes providing face to face help to seniors in their home and community. **SENIORS call 507-444-4280 for more info.**



The Shepherd's Robe - We have: Gently used clothing of all sizes, basic kitchen items, dishes, bedding, towels, new underwear, basic hygiene items, Some toys, books, games. *Other items depending on donations. **ITEMS ARE FREE** - We ask that you take only what you can use for your family. **Open Tuesdays 1pm-3pm & 5pm-7pm** A supper is served from 5pm-7pm on Tuesdays - Questions: **507-461-0886**

Call 507-451-2630 for more info.
24 Hour Crisis Line 844-274-7472

www.speromn.org



1-855-762-7821

www.SmartBusMn.org



Newly Bereaved Support Group
call for dates and to register
507-977-2856

Call 507-446-9315 for more info.

Thursdays – April 2, 9, 16, 23, 30

Call 1-800-657-3663 for more info.

www.dhs.state.mn.us



Call 507-451-9401 for more info.

<https://steelecounty.younglife.org>



Spero – Provide most every mental health treatment option in today's spectrum of available services including parent-child concerns, ADHD,

depression, anxiety, marriage relationship concerns, adjustment problems, serious mental illness problems, stress, family concerns, grief/loss, anger management, medication, substance use and/or abuse for residents of Dodge, Steele and Waseca counties. Insurance, Medical Assistance, Medicare and other forms of third-party payments are accepted for most services.

Southern Minnesota Area Rural Transit (SMART)

Public transportation services for Freeborn, Mower, Steele, and Waseca counties. Owned and operated by Cedar Valley Services, Inc. Our mission is to provide reliable, accessible, and courteous public transportation services in response to the needs of our communities. Dispatch available M-F 6am to 6pm and Saturday from 9am to 3pm. Local: 507-433-2379; TTY-1-800-627-3529

Steele County Community Grief Support Network –

Provides grief and loss support groups and resources for people in the Steele County community. By working together, various support groups will be offered throughout the year, along with special events and presentations on topics related to grief and loss.

Allina Hospital Grief Support - call 507-977-2856 for meeting times

Steele County Transitional Housing – Helping those who are homeless. Office hours M-F are 8:00 AM – 1:00 PM at 560 Dunnell Dr, #212 Merrill Building in Owatonna.

Survivors of Domestic Abuse Support Group – Meet Thursdays from 3-5 PM via zoom. There is no fee. Call 507-451-1202 or 1-800-451-1202 to RSVP and get the zoom link.

Telephone Equipment Distribution Program – This program loans phone equipment to people who are hard of hearing, deaf or who have speech or mobility impairment. The equipment is provided on a long-term basis at no cost (income guidelines apply). Call 1-800-657-3663 (TTY callers 888-206-6555).

Young Life – a Christian outreach with high school kids that utilize adult leaders who are positive role models for young people. These leaders are dedicated to building lasting friendships with teenagers and introducing them to the person of Jesus Christ and helping them grow their faith and prepare for the future. Lindsay Thompson is the Director.

Real Life – is Young Life's bi-weekly gathering centered around a meal, this is for teens that may prefer more of a small group setting gathering, teen moms and/or those who may not be attending school right now but are high school age. Jane Elsner is the Real Life Director.

Wyld Life – is Young Life for junior high age kids. Lisa Lehrer is the Wyld Life Director.

Walk With Me – is Young Life's one-to-one mentoring program that pairs an adult with a kid who wants to go deeper in their faith. Jane Elsner is the Walk With Me Director. Office is located at 602 Hoffman Dr. in Owatonna.



<http://ci.owatonna.mn.us/parksrecreation/seniorplace>

WEST HILLS SOCIAL COMMONS - (formerly known as Senior Place). LIVE FULL. LIVE WELL. LIVE LONG. Their mission is to involve, enrich and empower adults 50 years of age or better to live as independently as possible in our communities. We do this by promoting the wellness of adults 50 years of age or better through recreational, educational, and social opportunities, as well as being a referral source for services available within our service area. Activities and programming of the center emphasize creating and maintaining independence in all phases of life. West Hills Social Commons provides a wide variety of programs and services for those 50 years of age or better. Eric Anderson, Manager – located at 500 Dunnell Drive, Owatonna, 507-444-4280. Hours are Monday, Wednesday, and Friday, 8:00 AM – 4:00 PM. Find us on Facebook at the Senior Place location. Danielle.bakken@ci.owatonna.mn.us

STEELE COUNTY PUBLIC HEALTH OFFERS



TUBERCULOSIS SCREENING

Skin test fee is \$45.00 – Appointments recommended
Call SCPH @ 507-444-7650 for more information



(Must be able to return two days later to have skin test read.)



Public Health
Prevent. Promote. Protect.
Steele County Public Health



Steele County Public Health *OFFERS*

WIC Clinics (507-444-7660)

www.health.state.mn.us/divs/fh/wic



Are you and your children up to date on immunizations?



Steele County Public Health

635 Florence Ave (Annex/WIC Building)
Owatonna, MN 55060

507-444-7650

www.steelecountymn.gov

Immunizations are available by appointment on **Mondays** from **12:30pm-4:00pm** and **Fridays** from **8:00am-12:00pm** to children birth through 18 years old (and some adults) who qualify. * Flu, Covid-19 and Hepatitis B vaccines are also available to those with private health insurance.

https://www.steelecountymn.gov/public_health/disease_prevention.php



Scheduling is available in English and Spanish. If you do not see an appointment available, please call us at 507-444-7650 and we can try to help you.

Immunizations available include: Tdap (Tetanus, Diphtheria, Pertussis), DTaP, Polio, MMR (Measles, Mumps, Rubella), Hib, Pneumococcal (PCV20), Meningococcal (MCV4), Rotavirus, Human Papilloma Virus (HPV), Hepatitis A and B, Varicella (chicken pox), seasonal influenza and Covid-19.

* If your child is 18 years of age or younger, uninsured, is a MHCP enrollee (on Medical Assistance or MinnesotaCare), has insurance that does not cover vaccines, or is Native American, the Minnesota Vaccine for Children (MnVFC) program offers free or low-cost vaccines.

* If you are uninsured, have insurance that does not cover a specific vaccine, or are Native American, the Uninsured and Underinsured Adult Vaccine (UUAV) program offers free or low-cost vaccines (for 19 years of age and older).

If you are not a Minnesota resident, are a MHCP enrollee (on Medical Assistance or MinnesotaCare), or are on Medicare or have private insurance that covers the specific vaccine (even if deductible must be met first), please contact your medical provider or pharmacy for assistance.

A small administration fee per immunization is suggested, but no one is turned away for inability to pay. **It is very important to bring any immunization records that you have.** Children under 18 years of age **MUST** be accompanied by a parent or legal guardian.

If you are aware of any inaccurate or outdated information in this newsletter, if you no longer wish to receive it, or if you have any inform to include in next month's calendar, please contact 507-444-7650.



Public Health
Prevent. Promote. Protect.
Steele County Public Health

STEELE COUNTY FOOD RESOURCES

Updated 3/31/25



Food Shelves

Community Pathways of Steele County

155 Oakdale St, Owatonna

(507) 455-2991

- Mon & Wed, 9am-4:30pm
- Tue, 9am-3:30pm & 5-8pm
- Thu & Fri, 9am-3:30pm

Call to schedule monthly grocery delivery!



Ellendale Area Food Shelf

200 6th Street, Ellendale

(507) 684-2731

- Thursdays, 4:30-6:30pm



Breastfeeding Support

Amazing Newborn Clinic

122 McKinley St, Owatonna

(507) 444-7650

- Tuesdays, 10:30am-12pm

Baby Café at Owatonna Hospital

2250 NW 26th St, Owatonna

(507) 977-2455

- Thursdays, 11:30am-1:30pm



Meals for Seniors

Owatonna (507) 455-3195

- Mobile Meals
- Senior Dining, 11:30am, Monday-Friday
 - Senior Place, 500 Dunnell Dr
 - Cedar Place, 2211 Hartle Ave

Blooming Prairie (507) 583-7369

- Meals on Wheels
- Senior Dining, 11:30am, Monday-Friday
 - Senior Center, 134 3rd Ave SE

Ellendale (507) 684-3311

- Meals on Wheels
- Senior Dining, 11:45am, Mon/Wed/Fri
 - Community Building, 507 2nd St

Medford (507) 455-3195

- Meals on Wheels



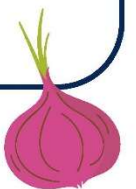
Food Assistance Programs

Women, Infants, & Children: (507) 444-7660

Student Meals: ask your school social worker about student pantry/backpack programs

SNAP Food Benefits: (507) 431-5600

MN Food Helpline: 1-888-711-1151



Community Meals

Mondays, 5:30-6:30pm: Our Savior's Community Meal, 1909 St. Paul Rd, (507) 451-4853

Tuesdays, 5:30-6:30pm: St. Vincent's Table (St. Joseph Parish), 512 South Elm St, (507) 676-5508

Wednesdays, 5:00-6:00pm: Bethel Church Community Supper, 1611 Hemlock Ave, (507) 451-8548

Thursdays, 5:30-6:30pm: Table for All (Trinity Lutheran), 609 Lincoln Ave, (507) 451-4520





BE A HEAD START HERO!

MIGRANT & SEASONAL HEAD START AND EARLY HEAD START, OFFERS:

- COMPREHENSIVE EARLY CHILDHOOD EDUCATION
- PRENATAL EDUCATION
- HEALTH SERVICES
- NUTRITIOUS MEALS
- DISABILITIES SERVICES

FREE SERVICES TO QUALIFYING FAMILIES.
NOW ENROLLING PREGNANT WOMEN AND
CHILDREN FROM BIRTH TO 5 YEARS OLD.

FOR MORE INFORMATION PLEASE
CONTACT US AT 763-346-3057

OWATONNA CENTER
565 20TH ST. NE
507-455-2203

MIGRANT & SEASONAL HEAD START AND EARLY HEAD START, OFRECE:

- EDUCACIÓN COMPLETA PARA LA PRIMERA INFANCIA
- EDUCACIÓN PRENATAL
- SERVICIOS DE SALUD
- COMIDAS NUTRITIVAS
- SERVICIOS PARA NIÑOS CON DISCAPACIDADES

SERVICIOS GRATUITOS PARA LAS
FAMILIAS QUE CALIFICAN. AHORA
INSCRIBIENDO A MUJERES EMBARAZADAS
Y NIÑOS DESDE EL NACIMIENTO HASTA
LOS 5 AÑOS.

PARA MÁS INFORMACIÓN POR FAVOR
CONTÁCTENOS AL 763-346-3057



Tri-Valley
Opportunity Council, Inc.
Head Start, Child & Family Programs

WWW.TVOC.ORG/CAREERS --- TRI-VALLEY IS AN EQUAL OPPORTUNITY EMPLOYER

AMAZING newborn CLINIC



LOCATION & details

- Every Tuesday, 10:30AM to 12:00PM
- Owatonna Community Education
- 122 McKinley St Owatonna, MN
- Scan the QR code for more information.



QUESTIONS answered

- Baby's Weight Check
- Breastfeeding Concerns
- Breast Care
- Health Concerns
- Postpartum Care
- Baby Cues
- Sickness
- Development
- Relationships



Public Health
Prevent. Promote. Protect.
Steele County Public Health

(507) 444 - 7650
635 Florence Ave
SteeleCountyMN.gov
SCPHN@SteeleCountyMN.gov

OWATONNA
PUBLIC SCHOOLS
HELPING EXCELLENCE • EVERY LEARNER • EVERY DAY

COMMUNITY EDUCATION
Roosevelt Community School
Celebrating Life & Learning

(507) 444 - 7900
122 E McKinley St
CommunityEd@isd761.org

A free service for expecting parents, new parents, and children up to age one.

STEELE COUNTY PUBLIC HEALTH

Resources

BREASTFEEDING SUPPORT

Visit with a registered nurse in your home or the office, review what to expect, troubleshoot, and plan for going back to work.

CAR SEAT SAFETY

Receive education and support with ensuring your child is in the properly installed seat. If you have South Country Health Alliance insurance, receive a free seat and education.

FOLLOW ALONG PROGRAM

A fun way to monitor a baby's development with free questionnaires and activities sent in the mail.

IMMUNIZATIONS

Steele County Public Health offers a variety of different immunizations for those that are uninsured or are on Medical Assistance.

MOM AND NEW BABY VISITS

A registered nurse will visit with you and your baby shortly after birth to offer support, resources, and a weight check.

PARENTING SUPPORT

Visit with a parenting expert for guidance/support in parenting, building your strengths, and understanding your child.

PREGNANCY SUPPORT

Visit with a registered nurse and receive support and resources to ensure a healthy pregnancy.

WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM

Receive guidance, education, and support to ensure a healthy, nutritional diet during pregnancy, breastfeeding, and for your child up to age five.



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635 Florence Ave



SteeleCountyMN.gov



SCPHN@SteeleCountyMN.gov

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COMMUNITY EDUCATION
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(507) 444 - 7900

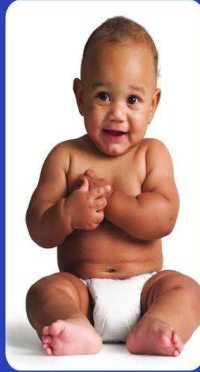


122 E McKinley St



CommunityEd@isd761.org

Pop-up Diaper Distribution



Distribución de Pañales

**Free diapers, pull-ups,
and wipes!**

Location: Center for Family Unity
1820 Hartle Ave , Owatonna
Date: First Tuesday of Every Month
Time: 1-3pm

**Birth certificate or crib card required
for each child in need of diapers**



507-287-2047

**Pañales, pull-ups y toallitas
húmedas gratis!**

Lugar: Centro para la unidad familiar
1820 Hartle Ave, Owatonna
Fecha: Primer Martes del Mes
Horario: 1-3pm

**Se requiere certificado de nacimiento o tarjeta
de cuna para cada niño que necesita pañales**



RECURRING EVENTS

Caregiver Support Group

Every 2nd Monday, 12:30-1:30pm
 March 9, April 13, May 11, June 8
 Birchwood Cottages - North Building Sunroom
 1905 Austin Road, Owatonna
 No Fee. No Registration Required
 Ecumen Bereavement: hospicegriefsupport@ecumen.org
 (651)760-3533

Led by Ecumen staff who will provide information and tools to support you as caregivers. This group is a dedicated time where people who care for others, often loved ones with chronic illnesses, disabilities, or age-related conditions, can come together to share their experiences, challenges, and coping strategies. It provides emotional support, practical advice, and a sense of connection.

Compassionate Friends, Owatonna *(Supporting Family After a Child of Any Age Dies)*

Every 2nd Monday at 7pm.
 Nazareth Hall at St. Joseph Church
 512 South Elm Ave, Owatonna
 No Fee. Contact: Brenda Squires (612) 242-1926
brenda.k.squires@gmail.com
www.compassionatefriends.org

Women's Domestic Violence Support Group

Every Thursday, 9:30-11:30am. Via Zoom
 Crisis Resource Center of Steele County
 127 W Pearl St, Owatonna
 No Fee. Contact: Missy for Zoom invite
 (507)451-1202

Monthly Drop In Grief Support, Owatonna

Every 3rd Monday: 6-7:30pm.
 Trinity Lutheran Church,
 609 Lincoln Ave, Owatonna
 No Fee! No Sign Up! Just Drop In!
 Contact: Pastor Amanda Floy (507)451-4520
 For more info: tlcowatonna.org/griefsupport

NETWORK SUPPORTERS

Trinity Lutheran Church
 609 Lincoln Ave, Owatonna - (607) 461-4620

Our Saviors Lutheran Church
 1909 St. Paul Rd, Owatonna - (607) 461-4863

St. Paul & Zion Lutheran Churches - Owatonna
 (607) 461-2166

St. John Lutheran Church
 (607)461-7293

Sacred Heart Catholic Church
 810 S. Cedar Ave, Owatonna

Bethel Church
 1611 Hemlock Ave, Owatonna (607)461-8648

Owatonna United Methodist Church
 816 E. University St, Owatonna

Cornerstone Church
 1600 SE 18th St, Owatonna (607) 446-6860

Grace Lutheran Church
 300 E. Elm, Waseca (607) 836-1709

The Compassionate Friends - Owatonna Area Chapter
 (607) 676-0661

Crisis Resource Center of Steele County
 127 W Pearl St, Owatonna

Allina Health and Hospice
 (607) 977-2866

Ecumen Hospice
 (607) 774-3221

Ecumen Care Centers (Brooks and Countryside)
 660 El Dorado St SE & 2480 St Paul Rd, Owatonna

Benedictine Living Community
 2360 NW 26th St, Owatonna

Briek-Meyer Funeral Home
 1603 Austin Road, Owatonna

Michaelsons Funeral Home
 1930 Austin Road, Owatonna

MN Prairie County Alliance
 630 Florence Ave, Owatonna

SPERO (FKA South Central Human Relations)
 610 Florence Ave, Owatonna

FOR MORE INFORMATION NETWORK COORDINATOR

Pastor Amanda Floy
 Trinity Lutheran Church, Owatonna
 (607)461-4620

The Steele/Waseca Grief Support Network Spring/Summer 2026



This Grief Support Network provides grief and loss support groups and resources for people in the Steele and Waseca County communities.

By working together, various support groups will be offered throughout the year, along with special events and presentations on topics related to grief and loss.

**CONVERSATIONS WITH
AUTHOR KELLY GROSKLAGS
(LICSW GRIEF THERAPIST)**



Author Kelly Grosklags created Conversations with Kelly (CWK) to alleviate the suffering of those experiencing deep loss. Kelly's childhood encounter with trauma and grief, coupled with a life-long passion for building communities of healing, motivates her to help others discover their inner strength.

**Hope, Love, and Loss - Conversations with
Kelly Grosklags, LICSW Grief Therapist
Virtual/ZoomEvent**

Thursday, April 16th, 6:30pm (CDT)
Via Zoom

Registration required: Fee: \$12

<https://conversationswithkelly.com/events/cwk-live/>

Join us for a heartfelt evening as Kelli explores how the love we share with someone dear to us not only survives death, but can continue to grow beyond it. There will be plenty of time for questions, sharing, and open conversation.

**Hope, Love, and Loss - Conversations with
with Kelly Grosklags, LICSW Grief Therapist
In person**

Thursday, April 23rd, 6pm

Trinity Lutheran Church, 609 Lincoln Ave, Owatonna
Contact: Pastor Amanda Floy (507)451-4520

No Fee. Registration at: tlcowatonna.org/griefsupport

It doesn't matter if it came unexpectedly or you intuitively knew...hearing a life-altering diagnosis or experiencing a death can shatter our foundation. When faced with a potentially devastating situation involving your health or loss, it's crucial to have a place to turn while navigating disbelief, fear, confusion, anger, sadness, worry, and grief.

SPECIAL EVENTS

Transitions in Life and New Beginnings

March 9, April 13, May 11, and June 8th, 10-11AM
Ecumen Countryside - 2nd Floor Activity Area
650 El Dorado St. SE, Owatonna
No Fee. No registration required
Ecumen Bereavement: hospicegriefsupport@ecumen.org
(651)760-3533

Join us as we explore the many transitions life brings —both the challenges and the opportunities for growth. This supportive gathering offers space for grief support, education, and meaningful connection with others who have experienced losses of various kinds, including the death of a loved one, shifts in independence and residence, changes in relationships, and other significant life changes. Led by Ecumen Hospice staff, our time together provides a compassionate environment to share stories, learn new insights, and walk alongside one another as we navigate grief and discover new beginnings.

**Windflower - Music, Poetry, and Stories from
Grief - Steele County**



Thursday, June 11th, 6:30pm
Trinity Lutheran Church,
609 Lincoln Ave, Owatonna
For more information:
tlcowatonna.org/griefsupport
Free to Attend

Windflower is an offering of original music, poetry, and stories shared from the heart. After the loss of their dear sister - lead vocalist, friend, and business partner, Alisa Leonard - Sister returns with music shaped by remembrance, love and family. Featuring the voices of Kiersten Dysthe and Kara Millerhagen, Windflower creates space for reflection, healing through music, laughter, and connection - inviting a beautiful new way of meeting loss.

Paint Your Heart Out

Thursday, May 7th, 6-8pm
Trinity Lutheran Church, 609 Lincoln Ave, Owatonna
Contact: Pastor Amanda Floy (507)451-4520
Registration Required. Fee: \$10.
Registration at: tlcowatonna.org/griefsupport

Join us for a guided painting experience where color, texture, and movement help express what words sometimes cannot. No art experience needed — just come as you are.

**Grief Support Day Camp for Kids Ages 5-10
(Includes creation of a memory bear)**

June 23-25th; 9-11AM
Trinity Lutheran Church, 609 Lincoln Ave, Owatonna
Contact: Pastor Amanda Floy (507)451-4520
Transportation After Group Provided
No Fee. Registration at: tlcowatonna.org/griefsupport

This day-camp is a place for children 5-10 years old who have experienced a profound loss to connect with other young people experiencing grief, and with adults who understand grief. Through music, stories, activities, and a memory bear project we aim to provide these amazing children with a fun and comfortable place to talk about their emotions and feel understood, as well as learn some tools to help manage the pain of loss while inspiring joy, a sense of belonging, and hope that comes from our faith.

**The Compassionate Friends-Annual Butterfly
Release (Supporting Family After a Child of Any
Age Dies)**

Monday, August 11th, 7pm
Morehouse Park, Owatonna
No Fee. Contact: Brenda Squires (612) 242-1926
brenda.k.squires@gmail.com
www.compassionatefriends.org

Take a picture to save
paper ☺ Thanks!



WEST HILLS ALANO CLUB MEETING SCHEDULE

605 Florence Avenue, Owatonna MN

507-451-8610

<https://www.facebook.com/westhillsalanoclub/>

Updated 3/11/2025

All meetings listed here are held at the West Hills Alano Club

All meetings are "CLOSED" (only those seeking recovery) unless indicated with an * meaning the meeting is "OPEN" to the public

SUN	MON	TUES	WED	THUR	FRI	SAT
8:30 am • AA Early Bird Big Rm	9:30 am • AA Big Book Big Rm.	9:30 am • AA Daily Reflections • AA 24 Hour Book	9:30 am • AA Living Sober • NA Wake Up Wednesday	9:30 am • AA Grapevine Reading	8:30 am • NA Meeting	9:30 am • AA As Bill Sees It
10:00 am • AA 24 Hour Book • AA & Al-Anon * BigRm • AA - A Vision of Hope	10:00 am • Al-Anon *	10:30 am • NA Morning Reflections			9:30 am • AA 12 Steps/12 Traditions • AA 24 Hour Book	
6:30 pm • Al-Anon	5:00 pm • Women Living Sober	5:00 pm • 12 Step Study Group	6:00 pm • Women's Wednesday AA Meeting	5:00 pm • Big Book Study Group		6:00 pm • 4 th Saturday AA Potluck
7:00 pm • AA Newcomers/Pins	6:30 pm • Stools & Bottles Study Group	6:15 pm • AA Big Book 12X12 • Study group	7:00 pm • AA Little Red Book Study Group	7:00 pm • AA 12 Steps/12 Traditions Study Group	6:30 pm • AA Big Book Study Group	7:00 pm • 1 st & 3 rd Sat Pin Nights* • 4 th Sat AA Speaker • 4 th Sat in April & Oct Al-Anon Pin Nights* • Grp Cons 8pm Last Sat of each month*
	7:00 pm • NA Monday Night Fight	7:00 pm • Al-Anon	7:30 pm • Wednesday Night CMA	7:00 pm • NA Just For Today	7:00 pm • Biblical 12 Steps	7:00 pm • 2nd Saturday of the month AA 12X12 Study Group
					7:30 pm AA Big Book *	
• Saturday Business Mtg 11:15 a.m 3 rd Sunday of the month • Al-Anon Pin Nights held 4 th Saturday in April & 4 th Saturday in October • Alano Board Meeting 7:00 pm 2 nd Wednesday of Feb, April, June, Aug, Oct, Dec • 7PM Saturday night "OPEN" AA Meeting group conscience is the last Saturday of each month (8:15pm). After the 7pm meeting.			Schedules will be updated & printed monthly if changes have been noted <u>Please Text or call Jessica J @ (507)475-0065 to report any schedule changes.</u> Please stay home & find an online meeting option if you are ill (aa-intergroup.org) and continue to keep social distancing in mind.. Thank you!			

(Wednesday Continued)

Owatonna

***West Hills Alano**

9:30 am 24 hr (C) Rich (507)-676-0001
6:00 pm Womens (C) Gena S (507) 363-1778
7:30 pm (BB) Little Red Book Jim (507) 413-3093

Thursday

Albert Lea

***Ulstad Alano**

1:00 pm (C) (507)-373-7850
7:30 pm **Crows Nest Group** (507)-373-7850

Austin

***Austin Alano**

12:00 pm 24 hr (O) Bonnie M (507)-438-7846
7:30 pm (SP-O) Bonnie M (507)-438-7846

Owatonna

***West Hills Alano**

9:30 am Grapevine (C) (507)-451-8610
7:00 pm 12X12 (C) (507)-451-8610

Waseca

***Grace Garage**

7:00 pm (BB C) Richard J (507)-461-3505

Friday

Albert Lea

***Ulstad Alano**

1:00 pm 12X12 (507)-373-7850
7:30 pm Day by Day (1st SP&P) (507) 373-7850

Sunday

Albert Lea

***Ulstad Alano**

7:00 pm Topic (507)-373-7850

Austin

***Austin Alano**

12:00 pm (12x12) Bonnie M (507)-438-7846
7:30 pm (12X12) Bonnie M (507)-438-7846
7:30 pm **Back to Basics** (BB 12X12) Austin Medical Center Cafeteria Dan (507)-437-4369

Blooming Prairie

5:00 pm (O)(12x12) **Blooming Recovery Group** Senior Center 134 3rd Ave SE
Kevin H (507)- 676-7416

Owatonna

***West Hills Alano**

8:30 am Spirituality (C) (507)-451-8610
10:00 am (BB) **A Vision for You Steve** (612)-889-4272
10:00 am 24hr **Eclectic Smart Ass Group** (507)-451-8610
10:00 am AA/Alanon (507) 451-8610
7:00 pm Newcomers (C) (507)-451-8610

(Friday Continued)

Austin

***Austin Alano**

12:00 pm (BB O) Bonnie M (507)-438-7846
7:30 pm (O) Gary (507)-279-3037

Ellendale

7:30 pm 12X12 **So. Steele Group** 505 2nd St
(3rd SP&P HCA-O) Dave (507)-383-2116

Owatonna

***West Hills Alano**

9:30 am 12X12 (C) (507)-451-8610
7:30 pm (BB-C) (507) 451-8610

Waseca

***Grace Group**

8:00 pm (BB-C) (1st SP&P-O) Earl S (507)-461-3783

Saturday

Albert Lea

***Ulstad Alano**

8:00 am (BB) (507)-373-7850
1:00 pm Topic (507)-373-7850
7:30 pm (C) (507)-373-7850
10:00 am (O) **Welcome Group** Sandy (507)-481-6345

Austin

***Austin Alano**

10:00 am 24 hr (O) Bonnie M (507)-438-7846

Owatonna

***West Hills Alano**

9:30 am (As Bill Sees it) (C) (507)-451-8610
7:00 pm (1st & 3rd P) (2nd 12X12) (4th BB)
Kevin (507)-456-2887

Monday

Albert Lea

***Ulstad Alano**

1:00 pm Topic (C) (507)-373-7850
6:00 pm **Women in Recovery** (507)-373-7850
7:00 pm Topic (C) John (612)-432-7700
7:00 pm (O) **Monday Beginners** 408 Fountain St Fountain Centers Mark (507)-402-2729

Austin

***Austin Alano**

10:00 am Daily Reflections (C) Marilyn (507)-433-3867

Hayfield

7:00 pm (12X12) (Last BB) (C) Trinity Lutheran Church 104 1st St SE Dave (507)-273-6652

Owatonna

***West Hills Alano**

9:30 am (BB) (C) Mary (507)-446-8087
6:30 pm (BB C) Collete (507)-451-1206

Waseca

***Grace Garage**

7:00 pm Daily Reflections
Richard J (507)-461-3505

District 3 AA Meeting Directory

***Ulstad Alano - 1005 N. Ulstad, Albert Lea (507)-373-7850**

***Austin Alano - 1504 10th Dr SE, Austin (507)-433-9868**

***West Hills Alano - 605 Florence Ave, Owatonna (507)-451-8610**

***Grace Garage - 105 2nd St SE, Waseca (507)-461-3505**

District Information

District 3 General Service
P.O. Box 139
Owatonna, MN 55060
www.area36.org/dist3

District 3 Officers

DCM: Lynn Stenstrom (507) 201-2828

Alt DCM:

SEC: Barb

TREASURER: MJ G (507)-456-3399

LITERATURE: Alex N (507)-340-4424

CORRECTIONS:

GROUP RECORDS: Jessica D (507) 475-0065

GRAPEVINE:

CPC (Cooperation with Professional Community):
TREATMENT:

(O)-open, (C)-closed, (BB)-big book
(HCA)-handicap accessable, (SP)-speaker
(P)-pin night, (*) Addresses

Last Update 2/21/23

Tuesday

Albert Lea

***Ulstad Alano**

1:00 pm (BB C) (507)-373-7850
7:30 pm (BB C) John T (612)-432-7700

Austin

***Austin Alano**

12:00 pm 24 hr (O) Bonnie M (507)-438-7846
7:30 pm (BB O) David (507)-440-7472

Owatonna

***West Hills Alano**

9:30 am Daily Reflections (507)-451-8610
6:30 pm (BB C) **Primary Purpose Group**
Jay H (507)-475-4117

Waseca

***Grace Garage**

7:00 pm 12X12 (C) **A Bunch of Drunks**
Richard J (507)-461-3505

Wednesday

Adams

7:00 am (BB) **Adams Group** ZOOM ID: 514
494 2069 PW: AAB2B Sue (507)-606-2173
Log in early!!

Albert Lea

***Ulstad Alano**

1:00 pm Discussion (C) (507)-373-7850
7:30 pm BB(C) (507)-373-7850

Austin

***Austin Alano**

12:00 pm (12X12 O) Bonnie M (507)-438-



HISTORY PARTNERS

Memory CAFÉ



**2nd and 4th Tuesday
of each month**

10:00 – 11:15am

**Steele County History Center
1700 Austin Road, Owatonna**

The History Partners Memory Café serves to provide education, area services, and community resources in a safe environment for persons living with mild to moderate dementia and their caregivers. This is an in-person program focused on awareness of dementia and connecting family, friends, and neighbors to supportive services in the community through meaningful social activities such as storytelling, music, games, and SCHS museum collections.

**TO RSVP OR FOR MORE INFORMATION,
CALL: MaryAnne Higgins at 507-451-1420**

COMMUNITY PARTNERS:

SE MN Area Agency on Aging, Trinity Lutheran Church, Senior Alliance for Steele County, MN Prairie Alliance, Steele County Public Health, and MN-ND Alzheimer's Association.

SPONSORING AGENCY:

m MINNESOTA
BOARD ON AGING