Steele County Public Health

# HEALTH EVENTS CALENDAR

October 2026



*Please call to see if the program is available and on schedule around any holiday. Some programs are ONLINE ONLY.*

| DATE | SUPPORT GROUPS |
|---|---|
| **Sunday, Monday, & Tuesday**<br><br>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 – October 4, 11, 18, 25** | **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**<br><br>www.al-anon.alateen.org<br>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 – October 15 (Austin)**<br><br>**Tuesday – October 27 (Faribault)**<br><br>**Tuesday – October 20, 6 (Owatonna)**<br><br>www.alz.org | **Alzheimer's & Dementia Support Groups** that meet in our area:<br>**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.<br>**Faribault – Family Support Group** - Meets 4th Tuesday, 5:30-7:00PM. Buckham Bldg;19 Division Street West; Faribault, MN. Contact: Brenda @ 507-332-7357.<br>**Owatonna – Afternoons:** Meets the 3rd Tuesday, 2:30-3:30 pm<br>**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.myalzteam.com | **Myalzteam** – a social network and online support group for family and friends caring for a loved one with Alzheimer's.<br>Alzheimers's Association Helpline: 1-800-272-3900 |

**Tuesdays – October 6, 13, 20, 27**

**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 the Owatonna Education Center, 338 E Main St 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 507-444-7900 for more information.

More information at:
asbestos.com/mesothelioma
and
asbestos.com/states/minnesota/

www.asbestos.com

**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

**Call 507-451-4520 for more info.**

bedsforkids@tlcowatonna.org

**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.

**Call 507-451-5922 for more info.**




www.bbbsofsouthernmn.org

**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 141 E Vine 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

**Call 507-444-8737 for more info.**

STEELE COUNTY CHILDREN'S REMEDIAL FUND
CHILDREN'S REMEDIAL FUND OF STEELE COUNTY

**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. **https://childrensremedialfund.org**

**Mondays – October 5, 12, 19, 26**

**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.

**Monday – October 12**
www.compassionatefriends.org



**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.

**Monday – Friday**
**Call 507-455-2991**



**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 |

**Thursdays – October 1, 8, 15, 22, 29**
*Via Zoom*




**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.

**www.diabetes.org**
their web page,

American Diabetes Association.

**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.

**For more information, call 1-866-333-2466**
www.minnesotahelp.info
Disability Hub MN - Home

**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 audiotape.

**Call 507-455-2203 for more info.**



**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).

**Mondays – October 5, 12, 19, 26**
*ONLINE*
www.nationalexchangeclub.org



**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.

www.mofas.org

**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.

HealthFinders COLLABORATIVE

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**

**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

**Call 866-808-0260 for more info.**
www.semcac.org

Semcac Head Start Birth to Age 5

**Head Start (SEMCAC)** – 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

**Call 507-774-7648 for more info.**
healthyseniorsmn.org

**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.

www.helpmeconnectmn.org



**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 – October 13, 27**

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



**History Partners Memory Cafè** – 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 – October 7, 14, 21**

www.speromn.org

**Men Who Batter** – Group therapy 6:00 – 8:00 PM and 1:00 – 3:00 PM 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)

MNPrairie County Alliance, MN | Official Website

MINNESOTA PRAIRIE COUNTY ALLIANCE
COMMUNITY SERVICES OF DODGE, STEELE & WASECA COUNTIES

**MNPrairie 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.

**Tuesday – October 6, 20**

**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 – October 1**

**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.**

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

**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.

**Tuesday – October 20**

**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**

www.naminnesota.org

**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.*

**Saturdays – October 3, 10, 17, 24, 31**
www.overeaters.org

**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.

**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 – October 1**

**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 Partner** – 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).

**Call 507-451-7134 for more info.**
www.semcac.org

**Semcac** – 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



**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.

**1-855-762-7821**
www.SmartBusMn.org

SMART
Southern Minnesota Area Rural Transit

**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**

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

**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

**Call 507-446-9315 for more info.**

**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.

**Thursdays – October 1, 8, 15, 22, 29**

**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.

**Call 1-800-657-3663 for more info.**
www.dhs.state.mn.us



**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).

**Call 507-451-9401 for more info.**
https://steelecounty.younglife.org



**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

MINNESOTA WIC
Women, Infants & Children Nutrition Program

**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.

Phone
(507) 444-7650

Email
SCPHN@SteeleCountyMn.gov

# DRIVE THRU FLU & COVID VACCINES



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

## Blooming Prairie

**Blooming Prairie City Hall**
*not a drive thru
138 Hwy Ave S.
October 9th, 2026
12:30 p.m. - 3:30 p.m.

## Ellendale

**Ellendale Fire Dept.**
507 2nd St. S
October 7th, 2026
1:00 p.m. - 5:00 p.m.

## Medford

**Brick Meger Funeral Home**
310 Central Ave E.
October 6th, 2026
12:30 p.m. - 3:30 p.m.

**South Country Health Alliance**
6380 W Frontage Rd.
October 21st, 2026
3:30 p.m. - 6:30 p.m.

## Owatonna

**Public Health**
635 Florence Ave
October 8th, 2026
12:00 p.m. - 6:00 p.m.

**Public Health**
635 Florence Ave
October 22nd, 2026
12:00 p.m. - 5:00 p.m.

**Trinity Lutheran Church**
*not a drive thru
609 Lincoln Ave
October 29th, 2026
4:30 p.m. - 6:30 p.m.

**Health Finders**
*not a drive thru
134 Southview St.
October 20th, 2026
3:30 p.m. - 6:30 p.m.

**Community Pathways**
*not a drive thru
155 Oakdale St.
October 27th, 2026
12:30 p.m. - 3:30 p.m.

We accept Medicare, South County Health Alliance, Blue Plus, Medical Assistance, BCBS, Health Partners, Humana, Medica, UCare, or cash/check.

**Sign up by visiting our website or scanning the QR code**

www.steelecountymn/departments/public_health/infectious_disease_prevention/covid_and_flu_vaccine_clinics.php

Teléfono
(507) 444-7650

Correo electrónico
SCPHN@SteeleCountyMn.gov

# AUTOSERVICIO GRIPE Y COVID VACUNAS



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

## Blooming Prairie

**Blooming Prairie City Hall**
*no autoservicio
138 Hwy Ave S.
9 de octubre, 2026
12:30 p.m. - 3:30 p.m.

## Ellendale

**Ellendale Fire Dept.**
507 2nd St. S
7 de octubre, 2026
1:00 p.m. - 5:00 p.m.

## Medford

**Brick Meger Funeral Home**
310 Central Ave E.
6 de octubre, 2026
12:30 p.m. - 3:30 p.m.

**South Country Health Alliance**
6380 W Frontage Rd.
21 de octubre, 2026
3:30 p.m. - 6:30 p.m.

## Owatonna

**Public Health**
635 Florence Ave
8 de octubre 2026
12:00 p.m. - 6:00 p.m.

**Public Health**
635 Florence Ave
22 de octubre, 2026
12:00 p.m. - 5:00 p.m.

**Trinity Lutheran Church**
*no autoservicio
609 Lincoln Ave
29 de octubre, 2026
4:30 p.m. - 6:30 p.m.

**Health Finders**
*no autoservicio
134 Southview St.
20 de octubre, 2026
3:30 p.m. - 6:30 p.m.

**Community Pathways**
*no autoservicio
155 Oakdale St.
27 de octubre 2026
12:30 p.m. - 3:30 p.m.

Aceptamos Medicare, South County Health Alliance, Blue Plus, Medical Assistance, BCBS, Health Partners, Humana, Medica, UCare o efectivo/cheque.

**Regístrate visitando nuestra página web o escaneando el código QR.**

www.steelecountymn/departments/public_health/infectious_disease_prevention/covid_and_flu_vaccine_clinics.php

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

# STEELE COUNTY FOOD RESOURCES

Updated 3/31/25

ship
statewide health improvement partnership

## 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**
338 E Main 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

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

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

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

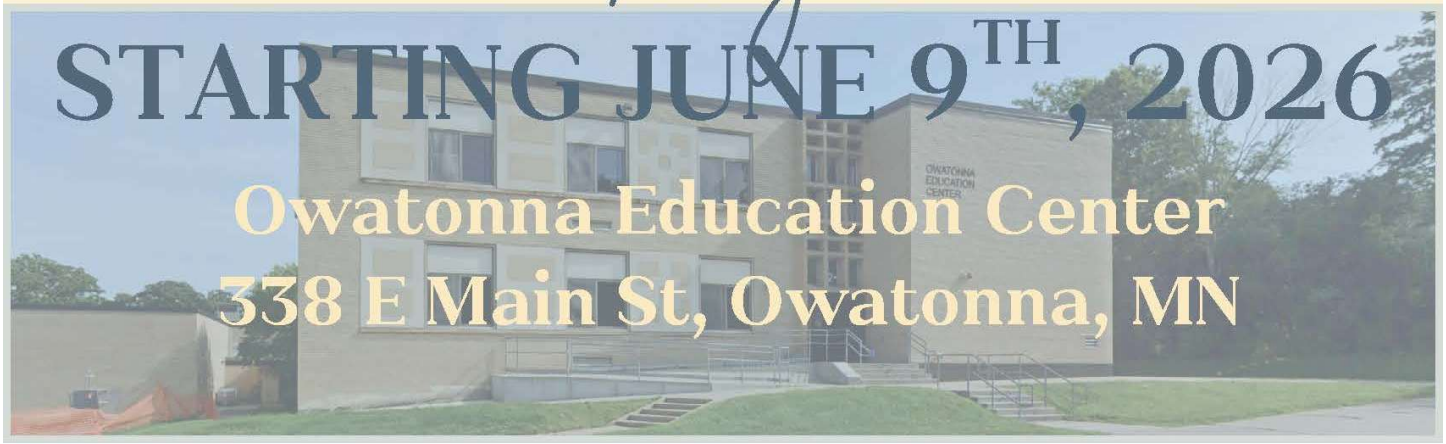
WWW.TVOC.ORG/CAREERS --- TRI-VALLEY IS AN EQUAL OPPORTUNITY EMPLOYER

# AMAZING newborn CLINIC



## LOCATION change

## STARTING JUNE 9TH, 2026



**Owatonna Education Center**
**338 E Main St, Owatonna, MN**

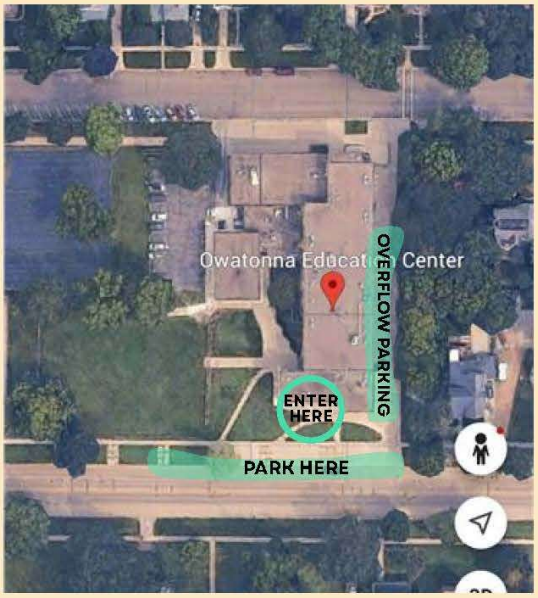
Public Health
Prevent. Promote. Protect.
Steele County Public Health

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

OWATONNA PUBLIC SCHOOLS
INSPIRING EXCELLENCE • EVERY LEARNER • EVERY DAY
COMMUNITY EDUCATION
Roosevelt Community School
Celebrating Life & Learning

(507) 444 - 7900
338 E Main St
CommunityEd@isd761.org

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




# WHERE TO PARK:

1. Park on the south side of the Owatonna Education Center.
2. You may park in the green painted curb area in front of the building. (highlighted in image)
3. Overflow parking is available in the alleyway. Enter through Broadway St on the north side of the building. (highlighted in image)

# WHERE TO ENTER:

1. Enter the building through Door 2P, on the south side of the building on Main St.
2. To let into the second set of doors after entering the building, push the doorbell on the wall to your right.
3. Once you enter the second set of doors, begin walking down the hallway. Amazing Newborn Clinic will take place in Classroom 207 at the end of the hallway on the right hand side.
4. Look for Amazing Newborn Clinic signage.




# CONTACT US:

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

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

OWATONNA PUBLIC SCHOOLS
INSPIRING EXCELLENCE • EVERY LEARNER • EVERY DAY
COMMUNITY EDUCATION
Roosevelt Community School
Celebrating Life & Learning

(507) 444 - 7900
338 E Main 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**

## Pañales, pull-ups y toallitas humedas 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**

Catholic Charities of Southern Minnesota
CHILD and FAMILY SERVICES

**507-287-2047**

Catholic Charities of Southern Minnesota
PROVIDING HELP. CREATING HOPE.

## Recurring Events

**Life Interrupted: A Community of Care for Those Navigating Divorce, Separation, & Rebuilding**
Every 3rd Wednesday: 6pm-7:30pm
Trinity Lutheran Church, 609 Lincoln Ave, Owatonna
Registration: tlcowatonna.org/DivorceSupport
Contact: Paige Alford - cpaige.alford@gmail.com
(507) 451-4520
This ministry is dedicated to providing an encouraging, safe, confidential, and grace-filled space for those picking up the pieces of a broken relationship.
Childcare Available

°°°

**The 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
112 No Oak Ave
No Fee. Contact: Missy for Zoom invite
(507)451-1202

°°°

**Monthly Drop In Grief Support - Owatonna**
Every 3rd Monday: 6pm-7:30pm.
Trinity Lutheran Church, 609 Lincoln Ave
(507) 451-4520
No Fee. No Sign Up - Just Drop In!
Contact: Jodie DeKam Valentine
jodied@tlcowatonna.org
tlcowatonna.org/griefsupport

## Network Supporters

Trinity Lutheran Church
609 Lincoln Ave, Owatonna - (507) 451-4520

Our Saviors Lutheran Church
1909 St. Paul Rd, Owatonna - (507) 451-4853

St. Paul & Zion Lutheran Churches - Owatonna
(507) 451-2165

St. John Lutheran Church
(507)451-7293

Sacred Heart Catholic Church
810 S. Cedar Ave, Owatonna

Bethel Church
1611 Hemlock Ave, Owatonna (507)451-8548

Owatonna United Methodist Church
815 E. University St, Owatonna

Cornerstone Church
1500 SE 18th St, Owatonna (507) 446-5850

Grace Lutheran Church
300 E. Elm, Waseca (507) 835-1709

The Compassionate Friends - Owatonna Area Chapter
(507) 676-0651

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

Allina Health and Hospice
(507) 977-2856

Ecumen Hospice
(507) 774-3221

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

Benedictine Living Community
2350 NW 26th St, Owatonna

Brick-Meger Funeral Home
1605 Austin Road, Owatonna

Michaelsons Funeral Home
1930 Austin Road, Owatonna

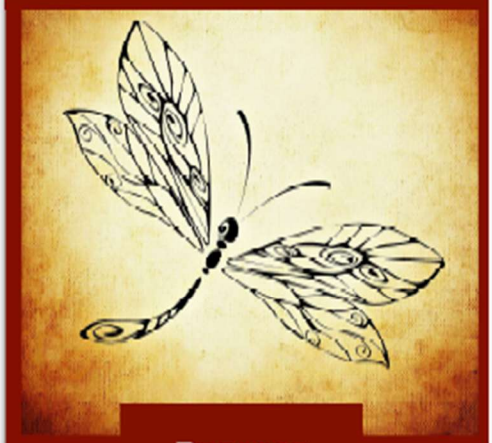
MN Prairie County Alliance
630 Florence Ave, Owatonna

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

## For More Information Network Coordinator

Pastor Amanda Floy ~Trinity Lutheran Church
(507)451-4520 ~ AmandaF@tlcowatonna.org

# The Steele/Waseca Grief Support Network



## Purpose

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.

# Community Grief Support Network

Find us on Facebook

## Calendar of Grief Support Groups & Special Events Fall 2026

### Groups, Workshops & Events

**Griefshare Support Group - Owatonna**
*(A grief recovery support group where you can find help and healing for the hurt of losing a loved one)*
Mondays: September 14th -December 2nd,
6pm - 7:45pm
Bethel Church, 1611 Hemlock Ave, Owatonna
(Room 224 Use Door 3 and go up the stairs)
Free to attend
Contact: Jill Pelovsky - tjjn2@yahoo.com
Registration & Info: griefshare.org/groups/300568

***

**The Caregiver's Table: Rest, Respite & Fresh Slices**
Saturday, October 10th, 5:30pm-7:30pm
Trinity Lutheran Church, 609 Lincoln Ave,
Owatonna
Registration: tlcowatonna.org/caringministry
$10 per person
Contact: Jodie DeKam Valentine (507) 451-4520
jodied@tlcowatonna.org

You spend your days pouring into others—let us pour into you. Join us for an evening dedicated to nourishing your body and soul. Build your own artisan pizza, connect with fellow caregivers, and enjoy a warm, supportive space. Through our **Caring Friends** ministry, we can pair your family with a compassionate volunteer to provide respite care while you attend.

All materials will be provided.
Gluten Free baking included.

**The Knead for Comfort: A Baking & Healing Workshop**
Saturday, November 7th, 10:30am-12pm
Trinity Lutheran Church, 609 Lincoln Ave, Owatonna
Registration: tlcowatonna.org/griefsupport
$10 per person
Contact: Jodie DeKam Valentine (507) 451-4520
jodied@tlcowatonna.org

Grief can feel heavy, but you don't have to carry it alone. Join us for a morning of shared stories and flour-dusted hands. As we knead dough and wait for the bread to rise, we'll explore the patience required in healing and the comfort found in simple, tactile work. No baking experience is necessary—just a heart in need of a little warmth.

All materials will be provided.
Gluten Free baking included.
Under 18 are welcome with adult companion.

***

**Support Group: Walking the Grief Journey: Healing through Togetherness and Worship**
6 Wednesday Nights: Oct. 21st-Nov 25th,
6pm-7:30pm.
Trinity Lutheran Church, 609 Lincoln Ave, Owatonna
Includes worshiping together
at Thanksgiving Eve Service (Nov 25th)
Registration: tlcowatonna.org/griefsupport
Free to attend
Contact: Jodie DeKam Valentine - (507) 451-4520
jodied@tlcowatonna.org

Optional Dinner Available 4:45-6pm. $6/person
Childcare Available

**Heartfelt Holiday Healing: A Grief Support Workshop for Kids Ages 6-12**
Sunday, November 22nd, 12pm-3pm (Pizza Included)
Trinity Lutheran Church, 609 Lincoln Ave, Owatonna
Registration: tlcowatonna.org/griefsupport
Free to attend
Contact: Pastor Amanda Floy (507) 451-4520

In this special workshop, we'll help children express their grief through creative art: decorating personalized ornaments. Each child is invited to bring a small photo or memento to place inside their ornament ball, turning it into a meaningful keepsake of their loved one.

***

**The Compassionate Friends Host The Annual Worldwide Candlelight Remembrance Program**
*(Supporting Family After a Child of Any Age Dies)*
Sunday, December 13th, 7pm
St. Joseph Church, 512 South Elm Ave, Owatonna
(Enter through the main door by the west parking lot)
Contact: Brenda Squires (612) 242-1926
brenda.k.squires@gmail.com

***

**Blue Christmas Worship Services**
Wednesday, December 16th, 6pm
Trinity Lutheran Church. 609 Lincoln Ave, Owatonna
Contact: Pastor Amanda Floy (507) 451-4520

During the holidays, grief, illness, aging, depression, loneliness, unemployment, and loss can be magnified. These services acknowledges this pain, within the joys of this time of Christ's birth.
Childcare Available

# CRISIS RESOURCE CENTER OF STEELE COUNTY

**127 W Pearl Street**

**Owatonna, MN 55060**

**507-451-1202**

*The Crisis Resource Center provides a weekly Children's Support Group for children, ages 4-12, who have been exposed to violence (domestic, sexual or child abuse) in their life. Our goal is to provide physical and emotional safety, structure and consistency, and opportunities to process children's feelings through play and positive activity. Programming is offered every other **Wednesday from 3:00-4:00** during the school year.*

## ***Kid's Group: Fall 2026 Session***

**September 2, 2026:** Getting to Know You
**September 16, 2026:** Feelings/Self-Esteem
**September 30, 2026:** Hands are not for hitting/Bullying
**October 14, 2026:** Families/Separation & Divorce
**October 28, 2026:** Halloween Fun
**November 11, 2026:** Safety Planning
**Novemeber 25, 2026:** Assertiveness
**December 9, 2026:** Abuse
**December 23, 2026:** Goodbye/Fun Party!

If you are interested in having your child participate in the support group or have questions, please contact the Abused Children's Coordinator, Haley, at (507) 451-1202.

*Please note, there will be no group if school is not in session or if it is cancelled due to weather.

UNITED WAY Steele County

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**<br>• AA Early Bird Big Rm | **9:30 am**<br>• AA Big Book Big Rm. | **9:30 am**<br>• AA Daily Reflections<br>• AA 24 Hour Book | **9:30 am**<br>• AA Living Sober<br>• NA Wake Up Wednesday | **9:30 am**<br>• AA Grapevine Reading | **8:30 am**<br>• NA Meeting | **9:30 am**<br>• AA<br>As Bill Sees It |
| **10:00 am**<br>• AA 24 Hour Book<br>• AA & Al-Anon * BigRm<br>• AA - A Vision of Hope | **10:00 am**<br>• Al-Anon * | **10:30 am**<br>• NA Morning Reflections | | | **9:30 am**<br>• AA 12 Steps/12 Traditions<br>• AA 24 Hour Book | |
| **6:30 pm**<br>• Al-Anon | **5:00 pm**<br>• Women Living Sober | **5:00 pm**<br>• 12 Step Study Group | **6:00 pm**<br>• Women's Wednesday AA Meeting | **5:00 pm**<br>• Big Book Study Group | | **6:00 pm**<br>• 4th Saturday AA Potluck |
| **7:00 pm**<br>• AA Newcomers/Pins | **6:30 pm**<br>• Stools & Bottles Study Group | **6:15 pm**<br>• AA Big Book 12X12<br>• Study group | **7:00 pm**<br>• AA Little Red Book Study Group | **7:00 pm**<br>• AA 12 Steps/ 12 Traditions Study Group | **6:30 pm**<br>• AA Big Book Study Group | **7:00 pm**<br>• 1st & 3rd Sat Pin Nights*<br>• 4th Sat AA Speaker<br>• 4th Sat in April & Oct Al-Anon Pin Nights*<br>• Grp Cons 8pm Last Sat of each month* |
| | **7:00 pm**<br>• NA Monday Night Fight | **7:00 pm**<br>• Al-Anon | **7:30 pm**<br>• Wednesday Night CMA | **7:00 pm**<br>• NA Just For Today | **7:00 pm**<br>• Biblical 12 Steps | **7:00 pm**<br>• 2nd Saturday of the month AA 12X12 Study Group |
| | | | | | **7:30 pm**<br>AA Big Book * | |

- *Saturday Business Mtg 11:15 a.m 3rd Sunday of the month*
- *Al-Anon Pin Nights held 4th Saturday in April & 4th Saturday in October*
- *Alano Board Meeting 7:00 pm 2nd 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***
***Please Text or call Jessica J @ (507)475-0065 to report any schedule changes.***

*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

(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

# 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**

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

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**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

### 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

### 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

### 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-



STEELE COUNTY HISTORICAL SOCIETY

# 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:**
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