

Early Childhood Resource Guide

Prenatal – Kindergarten Entry
Wilkin County, MN

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	Program Name	Description	Eligibility	Contact Information
Safety	Breckenridge Police Department	Provide services and programming for safe and stable neighborhoods.	Anyone can receive services.	Breckenridge Police Department 515 Dakota Ave. Breckenridge, MN 56520 (218) 643-5506
Safety	Child Protection	Provides protective services in cases of suspected child abuse or neglect.	Anyone can report.	(218) 643-7161
Safety	Someplace Safe	Provides: <ul style="list-style-type: none"> • 24-Hour Crisis Line • Support for domestic abuse, sexual assault • Free and Confidential Counseling • Assistance with filing protective orders • Assistance with the criminal justice system • Emergency short term placement 	Victims and survivors of domestic violence.	Wilkin Outreach Courthouse Breckenridge, MN 56520 (218) 643-3109 Fax: 218-643-3227 wilkin.co@someplacesafe.info
Safety	Three Rivers Crisis Center	Provides: <ul style="list-style-type: none"> • Crisis intervention and counseling services to victims of personal violence • Education and prevention 	Services are free and confidential; offered to anyone.	Three Rivers Crisis Center 509 Dakota Avenue Suite B Wahpeton, ND 58075 (701) 642-2115 1-800-627-3659
Safety	Wilkin County Sheriff's Department	Provides services throughout Wilkin County	Anyone can receive services.	Wilkin Co. Sheriff's Dept. 515 Dakota Ave. Breckenridge, MN 56520 (218) 643-8544

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Child Care	Child Care Aware	Assist families in their search for quality childcare.	MN and ND parents.	Child Care Aware of Minnesota http://www.parentaware.org (888) 291-9811 (218) 299-7547 ND – Child Care Aware of North Dakota http://www.ndchildcare.org 1-800-452-3646
Child Care	Fun Club	After school program.	Preschool through 6th grade students at Breckenridge and St. Mary's.	Fun Club 810 Beede Ave Breckenridge, MN 56520 (218) 641-4010 www.rschooltoday.com/se3bin/clientgenie.cgi
Child Care	Wilkin County Child Care Licensor	<ul style="list-style-type: none"> • Provide a list of all licensed providers • Inform parents of any state violations of a provider 	Available to anyone.	Wilkin County
Child Care	Child Care Assistance Program	Helps pay childcare for low-income families.	Must be doing one of the following: <ul style="list-style-type: none"> • Working • Looking for a job • Attending high school, • Taking postsecondary education courses 	Wilkin County Family Services Breckenridge, MN 56520 (218) 643-7122 http://caplp.org/childrenfamilies.html

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Dental Health	Apple Tree Dental	Dental services provided for children and adults at the Fergus and Hawley locations. Breckenridge Outreach Clinics provide services 2 times a school year to children 1-18 only.	Anyone can receive services. Accepting MN & ND MA & MN Care along with most insurance. Affordable plans available for individuals without insurance.	Apple Tree Dental Hawley 520 S Main St Hawley, MN 1-888-683-1038 Apple Tree Dental Fergus Falls 327 Western Ave # A, Fergus Falls, MN 56537 (218) 998-2218
Dental Health	Children's Dental Services	CDS provides high-quality, comprehensive dental care for children at more than 600 clinics in schools, Head starts, community centers and other convenient locations across Minnesota.	Serves children from birth to 26 years old (up to 21 without insurance) and pregnant women of all ages, regardless of family income. Accepts all types of insurance including <ul style="list-style-type: none"> • Private insurance • Medical Assistance • A sliding scale discount for families that are ineligible for Medical Assistance 	1-612-746-1530 www.childrensdentalservices.org

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Development	Early Childhood Screenings	Check your child's height, weight, hearing, vision and immunization record, coordination, large and small motor skills, speech, learning development and social and emotional skills.	Targeted age 3-4-year olds. MN state law requires that children be screened by school districts before kindergarten enrollment.	ECFE 810 Beede Ave Breckenridge, MN 56520 (218) 641-4009 www.rschooldtoday.com/se3bin/clientgenie.cgi
Development	Early Childhood Special Education-ECSE	Assesses children suspected of having a disability and provides special education and related services to children who meet criteria for an educational disability category.	Provided for children ages' birth through school age. Children do not have to have a medical diagnosis.	Fergus Falls Area Special Education Cooperative, ISD #935 502 Friberg Avenue Fergus Falls, MN 56537 (218) 998-0544
Development	Follow Along Program	Parents are mailed a simple, multiple-choice tool; called Ages and Stages Questionnaire (ASQ) which helps them learn about the growth and development of their child.	All children, 0-3 in Wilkin County.	Wilkin County Public Health 300 5 th St S Breckenridge, MN 56520 (218) 643-7122 http://www.co.wilkin.mn.us/
Development	Healthy Families America			Wilkin County Public Health 300 5 th St S Breckenridge, MN 56520 (218) 643-7122 http://www.co.wilkin.mn.us/

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	Program Name	Description	Eligibility	Contact Information
Education	Clay-Wilkin Head Start	State and federally funded Preschool program for children ages 3 and 4.	Families with children who meet income guidelines, have special needs, or have automatic qualifiers.	Moorhead, MN (218) 643-2888 1-800-452-3646 http://caplp.org/childrenfamilies.html
Education	General Education Development (GED) Program	Study for the GED, brush up on reading, writing, and math, learn English as a second language, get ready for college.	Individuals: <ul style="list-style-type: none"> • Currently not enrolled in high school • Does not have a high school diploma and at least 19 years of age • Or at least 16 years of age and have obtained an age waiver. 	Community Education 810 Beede Ave Breckenridge, MN 565420 (218) 641-4009 http://www.rschooldtoday.com/se3bin/clientgenie.cgi
Education	Breckenridge Public Library (LARL)	<ul style="list-style-type: none"> • Computer access and training • Story time • Children's programs 	Anyone can utilize the library.	Lake Agassiz Regional Library 205 N 7 th St Breckenridge, MN 56520 (218) 643-2113 http://larl.org/breckenridge
Education	Wahpeton Leach Public Library	<ul style="list-style-type: none"> • Computer access and training • Story time • Children's programs 	Anyone can utilize the library.	Leach Public Library 417 Second Avenue North Wahpeton, ND 58075 (701) 642-5732 http://www.leachlibrarywahpeton.org
Education	Health Resources	Free and confidential! 1 st Trimester ultrasounds and pregnancy testing. One-on-one pregnancy and parenting classes that last 45min.-1hr. Earn points towards gift cards, gas cards, baby items and more.	All MN residents	126 E. Lincoln Ave. Fergus Falls, MN 56537 Need Transportation? Please Call 218-736-6050

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	Program Name	Description	Eligibility	Contact Information
Food	Mothers and Children Program (MAC)	Supplemental food program for children: <ul style="list-style-type: none"> • Ages 5 to 6 or • Women who are NOT breast-feeding and have an infant 6 months to 1 year old. 	1) Live in Minnesota. 2) Income must be within MAC's guidelines and 3) CANNOT be receiving WIC support.	Lakes & Prairies Community Action (218) 299-7314 http://www.lakesandprairies.net/html/fcs_mac.html
Food	Richland-Wilkin Food Bank	Emergency food program.	All are welcome who are in need. May need a referral from service provider.	Richland-Wilkin Food Bank 699 8 th Ave South Wahpeton, ND 58075 (701) 642-1921 Open: Tues-Fri – 1-3pm Thursday – 6:30-7:30pm
Food	Ruby's Pantry	Food distribution; suggested donation of \$20.	Available to anyone on the 4 th Monday of every month from 5:00-7:30pm. Bring boxes.	Inspiration Lutheran Brethren Church 1130 N Main St Breckenridge, MN 56520 (218) 643-8610 http://www.inspirationchurch.org/rubyspantry.html
Food	Wilkin County Food Drop	Occurs periodically in our community. Not scheduled consistently.	All are welcome.	Lakes & Prairies Community Action (218) 299-7000 http://caplp.org/healthwellness.html
Food	Women Infants and Children food program (WIC)	Supplemental food and nutrition program.	Generous Income guidelines. Pregnant women and children birth through age 5.	Wilkin County Public Health 300 5 th St S Breckenridge, MN 56520 (218) 643-7122 http://www.co.wilkin.mn.us/

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	Program Name	Description	Eligibility	Contact Information
Health	Child and Teen Check-Ups	A comprehensive well child exam.	Children birth through 21 on Medical Assistance or MN Care.	Wilkin County Public Health 300 5 th St S Breckenridge, MN 56520 (218) 643-7122 http://www.co.wilkin.mn.us/
Health	Essentia Health Clinic	Family and specialty practitioners to provide medical care.	Services provided to anyone Open M-F 8 am-5 pm	Essentia 275 11 th St S Wahpeton, ND 58075 (701) 642-2000 http://www.innovishealth.com
Health	Infant See Program	A child's 1 st visit to an eye doctor.	Infants between 6 to 12 months are eligible for FREE vision screenings.	http://www.infantsee.org/
Health	Minnesota Vaccines for Children Program	Immunizations services.	Children birth through age 18.	Wilkin County Public Health 300 5 th St S Breckenridge, MN 56520 (218) 643-7122 http://www.co.wilkin.mn.us/
Health	Natural Family Planning (NFP)	Assists in achieving or avoiding pregnancy.	Anyone can receive services.	St. Francis Healthcare Campus 2400 St. Francis Dr. Breckenridge, MN 56520 (218) 643-3000 1-800-864-6225
Health	Nurse Family Partnership (NFP)	Pregnancy assistance for first time moms.	First pregnancy; family must enroll before 28-week gestation. WIC or Medical Assistance eligible.	Wilkin County Public Health 300 5 th St S Breckenridge, MN 56520 (218) 643-7122 http://www.co.wilkin.mn.us/ http://nursefamilypartnership.org/locations
Health	OSPTI	Infant/Toddler Speech and Language Pathologist		430 5 th Street North Breckenridge, MN 56520 (218) 641-7725
Health	Quitplan	Free program to help tobacco users quit effectively.	Available to those whose health insurance does not cover counseling for quitting tobacco.	www.quitplan.com 1-888-354-plan

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	Program Name	Description	Eligibility	Contact Information
Health	Richland County Family Planning	Provides: <ul style="list-style-type: none"> • Annual gynecological exams • Pregnancy testing • STD testing and diagnosis • Information and education on reproductive health for men and women 	Open to all Richland and Wilkin County residents on a sliding fee scale.	Richland County Family Planning 413 3rd Av N Wahpeton, ND 58075 (701) 642-7735 www.richlandcountyhealth.org
Health	Sanford Health Clinic	Comprehensive medical services provided across lifetime.	Services Provided to anyone. M-Th 7:30am-6pm Fri 7:30am-5pm Sat 9am-12 noon	Sanford 332 2nd Ave Wahpeton, ND 58075 (701) 642-7000 www.sanfordhealth.org
Health	St. Francis Hospital	<ul style="list-style-type: none"> • 24-hour 7-days a week ER coverage • Pharmacy • Radiology • Orthopedics • Birthing Center 	Anyone can receive services.	St. Francis Healthcare Campus 2400 St. Francis Drive (218) 643-3000 http://www.sfcare.org/

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	Program Name	Description	Eligibility	Contact Information
Housing	West Central Community Action Programs (WCMCA)	Resource agency, helping people to achieve self-sufficiency.	Family's income must meet guidelines.	CAPLP Moorhead, MN (218)-512-1500 1-800-452-3646 (218) 643-2888 http://caplp.org/housingstability.html

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	Program Name	Description	Eligibility	Contact Information
Jobs	Community Education Program (CEP)	The development of job skills utilizing the opportunities for interaction with persons without disabilities to assist the person with integration into the community.	Individuals 18 years of age or older with a developmental disability.	Wilkin County Family Services Breckenridge, MN 56520 (218) 643-7161 http://www.co.wilkin.mn.us/

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	Program Name	Description	Eligibility	Contact Information
Mental Health	St. Francis Hope Unit	Behavioral Health Services that provide outpatient treatment for: <ul style="list-style-type: none"> • Chemical dependency • Substance abuse • Mental health 	Children and adults are eligible. You must contact the Hope Unit for intake process.	Hope Unit St. Francis Healthcare Campus 2400 St. Francis Drive Breckenridge, MN 56520 (218) 643-0499 https://www.sfcare.org/en/services/clinics/mental-health-clinic.html
Mental Health	Mobil Mental Health Crisis Response	Short-term, face-to-face services almost anywhere in the county with the goal of restoring a child's, adult's, and family functioning level to where it was before the crisis.	Any individual, child, adult or family that resides in Wilkin County. Free of charge.	Phone support available 24 hours a day, 7 days a week 1-800-223-4512 Wilkin County Family Services (218) 643-7161
Mental Health	Solutions Counseling Services, Inc.	Mental health and counseling services for children 5 and older, adults, couples, & families.	All insurance plans accepted.	Solutions Counseling Service 415 Nebraska Ave. Breckenridge, MN 56520 (218) 643-9330
Mental Health	Sanford Health Clinic	Compressive medical services provided across lifetime.	Services Provided to anyone. M-Th 7:30am-7pm Fri 7:30am-5pm	Sanford 332 2 nd Ave Wahpeton, ND 58075 (701) 642-7000 www.sanfordhealth.org
Mental Health	Birchwood Therapeutic Services	Assists with variety of issues related to home and family for all ages.	Richland and Wilkin County Residents.	Birchwood Therapeutic Services 115 5th St N Breckenridge, MN 56520 Phone (218) 643-9330 Fax (218) 641-1001 http://birchwoodcounseling.com/

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Available on-line at www.sfcare.org

	Program Name	Description	Eligibility	Contact Information
Support	AA, NA, AL-Anon	Ongoing support for individuals and families encountering substance and gambling addictions.	Anyone can receive services.	AA Jim (701) 640-6456 Al-Anon Judy (701) 640-6055 http://www.ndscs.nodak.edu/studentlife/health-counseling/counselor/meetings/default.asp?ID=987
Support	Early Childhood Family Education (ECFE)	To enhance the ability of all parents to provide the best possible environment for their child's learning and growth.	Open to all families with young children 0-5 or not yet enrolled in kindergarten.	ECFE 810 Beede Ave Breckenridge, MN 56520 (218) 641-4014 (218) 641-4009 www.rschooldtoday.com/se3bin/clientgenie.cgi
Support	ECFE Parent Outreach Education Program	The Parent Educator provides home visits, parenting information and support as you work on strengthening parenting skills that you feel are important to you and your family.	Wilkin County Families with children birth to age five.	Parent Outreach Education Program 810 Beede Ave Breckenridge, MN 56520 (218) 641-4014 (218) 641-4009 www.rschooldtoday.com/se3bin/clientgenie.cgi
Support	Family Footprints Home Visitation	The Family Footprints Coordinator provides hospital and home visits to support, inform, and offer resources to parents to assist them in their role of parenting and understanding of early child development.	Hospital visits are offered to all families who give birth at St. Francis. Home visits are available to Richland and Wilkin Counties.	Family Footprints Coordinator CHI St. Francis Health 2400 St. Francis Drive Breckenridge, MN 56520 (218) 643-0475 Email: sandrablock-hansen@catholichealth.net
Support	Freedom Resource Center	It assists the disabled in establishing personal goals.	Anyone needing services free of charge.	Freedom Resource Center 315 11th St N Wahpeton, ND 58075 (701) 672-1648 or 1-800-450-0459 www.freedomrc.org/

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	Program Name	Description	Eligibility	Contact Information
Support	Kinship	Mentoring program to help the child achieve his/her potential and grow into a successful adult.	<ul style="list-style-type: none"> Youth, ages 5-16, qualify to be matched with a mentor. Any adult, age 18 and older may be eligible to volunteer. 	Richland Wilkin Kinship 509 ½ Street Dakota Ave Suite 104 Wahpeton, ND 58075 (701) 672-0303 www.rwkinship.org/
Support	Parent Mentor Program	The Parent Mentor Program is a parent-to-parent mentoring program. It identifies parents with proven parenting skills to serve as mentors to parents who have little to no support system in place.	The Parent Mentor Program is available to families in Richland and Wilkin Counties.	Parent Mentor Coordinator CHI St. Francis Health 2400 St. Francis Drive Breckenridge, MN 56520 (218) 643-0471 E-mail: sandrablock-hansen@catholichealth.net
Support	Respite Day Care	Pre-approved non-overnight care provided by a licensed daycare in order to provide relief to the primary caregiver.	For children or families who have an open case with a county social worker. This service is for children who have an emotional or behavioral issue.	Wilkin County Family Service Agency PO Box 369 Breckenridge, MN 56520 (218) 643-8013 www.co.wilkin.mn.us
Support	Respite Foster Care for Foster Parents	Pre-approved overnight care provided by a licensed foster home in order to provide relief or time off to a Foster Home. Limited to 14 days a year.	This is for foster parents who have children in their care due to emotional, behavioral, abuse or neglect issues. The parents must be working with a county social worker.	Wilkin County Family Service Agency PO Box 369 Breckenridge, MN 56520 (218) 643-7161 www.co.wilkin.mn.us
Support	Universal Home Visiting	Public Health Nurse promotes: <ul style="list-style-type: none"> Healthy choices in pregnancy Healthy birth outcomes, Positive parenting School readiness 	Anyone can receive services.	Wilkin County Public Health 300 5 th St S Breckenridge, MN 56520 (218) 643-7122 http://www.co.wilkin.mn.us/

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	Program Name	Description	Eligibility	Contact Information
Transportation	Senior Citizen Bus	<p>Transportation service that goes within the Wahpeton/Breckenridge city limits. Must be for one of the following reasons:</p> <ul style="list-style-type: none"> • Medical • Employment • Grocery shopping <p>\$1 each way-includes the primary person and one extra person. \$1.50 if the ride goes into Wahpeton.</p>	<p>Must have a card/voucher from Wilkin County Social Services. Monday – Friday 8:30 am – 2:30 pm</p>	<p>Wilkin County Family Services 300 5th St S Breckenridge, MN 56520 (218) 643-7122</p>
Transportation	Transit Alternatives – Otter Express Public Transportation Service	<p>Transportation service primarily for Wilkin County residents – goes into Wahpeton, ND. \$1 each way. 10-ride punches available – just ask the driver.</p>	<p>Monday - Friday 8 am – 4:30 pm</p>	<p>Transit Alternatives – Otter Express Public Transportation Service 1225 North Tower Road Fergus Falls, MN 56537 (866) 998-3002</p>
Transportation	Red River Cab Company	<p>Transportation service</p>	<p>Must be a Richland or Wilkin County resident.</p>	<p>www.redrivercabcompany.com (701) 642-5555</p>

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Child Learning	Help Me Grow	<p>Early childhood specialists work with eligible children and families to plan the services and supports needed including:</p> <ul style="list-style-type: none"> • Special instruction and other services, including speech, physical, and occupational therapy. • Ways a family can support a child's development in everyday activities • Community services and program connections. • Early childhood specialists can help find community resources and early childhood programs for children not eligible for Help Me Grow. 	<p>Minnesota children birth to five years old, who are eligible for Help me Grow, can receive services in their home, childcare setting or school. These services are free to eligible families regardless of income or immigrant status.</p>	<p>Contact your local health care provider or call 1-866-693-4769 or Visit www.HelpMeGrowMN.org or ww1.MNParentsKnow.info facebook.com/HelpMeGrowMN</p>
Child Learning	Parent Aware	<p>Free service to help you find the Minnesota childcare providers rated best at preparing young children for kindergarten. This too can help you select high-quality childcare and early education. Information available in four languages: English, Somali, Hmong and Spanish</p>		<p>www.Parentaware.org/#/</p>

Child Learning	Minnesota Act Early	Aims to educate parents and professionals about healthy childhood development, early warning signs of autism and other developmental disorders, the importance of routine developmental screening, and timely early intervention whenever there is a concern.		https://addm.umn.edu/itsae
Child Learning	Mom Enough	Explore the many facts of motherhood from daily joys and struggles to balancing work and family, to considering the big questions of how society views and values mothers and mothering.		www.momenough.com
Child Learning	Parenting Counts	Follow the “Developmental Timeline” link for information on physical, social and emotional, cognitive and learning, and language and communication milestones for children birth to age 5.		www.parentingcounts.org
Child Learning	Text4baby	Get free messages each week on your cell phone to help you through your pregnancy and your baby’s first year.		Text4baby.org Text BABY to 511411
Child Learning	Zero to Three	Get free parenting resources to support your child’s healthy development from birth to age 3. Select “Resources for Parents” for a list of free parenting brochures and guides to download.		www.zerotothree.org

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	Program Name	Description	Eligibility	Contact Information
Car Seats	Intall car seats correctly	Learn how to correctly install your child's car seat		Wilkin County Public Health Courthouse Breckenridge, MN 56520 218-643-7122 Certified Car Seat Technician Maggie Wiertzema