

Local Resource Guide

Housing

Wadena Housing & Redevelopment Authority	218-631-7723	www.wadenahousing.org
Mahube-Otwa CAP	218-632-3600	www.mahube.org

Employment

Rural MN Concentrated Employment Program	218-846-7400	www.rmcep.com
Wadena Workforce Center	218-631-7660	www.careerforcemn.com/wadena
Wadena Developmental Achievement Center	218-837-5182	Email: wcdac@wcta.net

Veteran Services

Veteran Service Office Wadena County Courthouse David Anderson	218-631-7617	Email: david.anderson@wcmn.us
MN Department of Veterans Affairs	888-546-5838	www.mn.gov/mdva
Crisis Line for Veterans and their families	800-273-8255 Text: 838255	www.veteranscrisiline.net

Disability Services

DAC (Developmental Achievement Center, Inc.)	218-837-5182	Email: wcdac@wcta.net
Disability Hub	866-333-2466	www.disabilityhubmn.org
Lifeworks	651-454-2732	www.lifeworks.org

Mental Health Services

Crisis Line & Referral Services- Wadena County	800-462-5525	www.crisislineandreferralservice.org
Mobile Crisis Team	800-223-4512	
National Suicide Hotline	800-273-8255	www.988lifeline.org
National Crisis Text Line	Text "Home" to 741741	www.crisistextline.org
Birch Lake Counseling	218-632-2220	www.birchlakcounseling.com
Northern Pines Mental Health (Wadena)	218-631-1714	www.npmh.org/
The Village Family Service Center	800-627-8220	www.thevillagefamily.org
Lake County Associates (Menhaga)	218-564-9229	
Region V+ Mental Health Initiative (Staples)	218-895-4166	

Family Support		
American Red Cross	218-772-0071	www.redcross.org
Catholic Charities	218-631-1593	
Child Care Aware	888-291-9811	www.childcareaware.org
Early Childhood Family Education	218-632-2364	www.wdc2155.k12.mn.us/ecfe
Father's Resource Program	218-632-3600	
Head Start	218-632-2352	www.wcmca.org/location/wadena-head-start
Luthern Social Services	218-564-1660 or 218-824-3804	Email: brittany.thoms@lssmn.org
Mahube-Otwa CAP	218-632-3600	www.mahube.org
Salvation Army	800-456-4483	Email: WadenaSalvationArmy@gmail.com
Social Security Office	866-331-9087	
Someplace Safe (Wadena Office)	218-631-3311	https://www.someplacesafe.info
Someplace Safe	800-974-3359	https://www.someplacesafe.info
Wadena County Child Protection	218-631-7605	www.co.wadena.mn.us/435/Child-Protection
Wadena County Human Services	218-631-7605	www.co.wadena.mn.us/197/Human-Services
United Way of Ottertail & Wadena County	218-736-5147 or 218-770-9406	www.uwotw.org
Wadena County WIC	218-631-7629	https://www.wicprograms.org/ci/mn-wadena
MN Children w/Special Needs	651-201-5000	www.health.state.mn.us/people/childreneyouth/cyshn
LBGTQ Support		
The Trevor Project	222-695-8650	www.thetrevorproject.org
Out Front Minnesota	800-800-0350	www.outfront.org
Health Care		
Astera Health (Formerly Tri-County)	218-631-3510	www.asterahealth.org
Wadena County Public Health	218-631-7629	www.co.wadena.mn.us/212/Public-Health
Dental		
Wadena Family Dental	218-631-4525	www.facebook.com/WadenaFamilyDental
Woodland Dental	218-631-4431	www.woodlanddental.org
Reuter Family Dentistry	218-631-1487	https://www.reuterfamilydentistry.com
O'Kane Dental Care	218-631-2515	www.okanedental.com
Apple Tree Dental	218-998-2218	www.appletreedental.org

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Chemical Dependency & Substance Abuse Support		
Bell Hill Recovery Center (Wadena)	218-631-3610	
Alcoholics Anonymous	218-631-3828	
Legal Services		
Legal Services of Northwest MN	800-450-8585	www.lsnmlaw.org
Mid-MN Legal Aid (Seniors)	320-253-0121	www.mylegalaid.org
Gaurdianship Information Hotline	844-333-1748	
Home Line	866-866-3546	
Nutrition & Food Support		
SNAP Information		www.mn.gov/dhs/mnfoodhelper
Project Share of Wadena Open Mondays & Thursdays 9-11:45 a.m.	218-632-5335	Email: jmpierce@wcta.net
Menahga Food Shelf Open Wednesdays from 4-6 p.m.	218-564-6143	www.facebook.com/people/Menahga-Area-Food-Shelf/100069853749430
Sebeka Area Food Shelf Open Last Thursday of the month 6-8 p.m.	218-837-5840	
Verndale Food Shelf Open Every Thursday 9-12:20 p.m. First Thursday of the month from 5-7 p.m.	218-445-5568	
Ruby's Pantry (Menahga) Open the 3rd Saturday of the month Registration begins at 8:30 a.m.	651-674-0009	www.rubyspantry.org/location/91

Senior Services		
Meals on Wheels & Senior Center Dining (Wadena)	218-631-4053	
Meals on Wheels & Senior Center Dining (Menahga)	218-564-4858	
Meals on Wheels & Senior Center Dining (Sebeka)	218-837-5068	
Meals on Wheels & Senior Center Dining (Staples)	218-894-2556	
Senior Linkage Line	800-333-2433	www.mn.gov/senior-linkage-line
Transportation		
Friendly Rider-Public Transportation	218-631-5730	www.friendlyrider.com
Education		
Adult Basic Education (Wadena)	218-632-2450	
Adult Basic Education (Menahga)	218-639-7292	
Adult Basic Education (Staples)	218-631-3505 Ext: 1092	
Minnesota State Community & Technical College	218-631-7800	www.minnesota.edu