

# Winona Resources

\*Many programs on this list have eligibility requirements. The list is updated periodically and may not contain the most up to date information. Please call service/resource providers for the most current and accurate information.

## **-Mental Health/Substance Abuse-**

**Hiawatha Valley Mental Health Center**-420 E. Sarnia Street, Winona, MN 55987-(507) 454-4341

Psychiatry, Med Room, Outpatient Counseling (individual, group, family, group), Psych testing, Substance Abuse and Prevention Counseling (individual and group), ARMHS, Adult Case Management, Residential Board and Lodge, Hiawatha Bluffs Living, Peer Support Network, Payeeships, School Linked Mental Health Services, Intensive Treatment in Foster Care Services, Children's Mental Health Case Management, Wraparound Care Coordination Services, Children's Therapeutic Supports Services (CTSS), Early Childhood Therapeutic Services.

**Family and Children's Center**-601 Franklin St, Winona, MN 55987-(507) 453-9563

Outpatient Counseling, Intensive Residential Treatment Services (IRTS-507 454-7711), ARMHS, Children's Day Treatment, Youth Act, Youth Night Campus, Youth Day Treatment, Testing and Assessments, Care Coordinator for HUB, Foster Care Licensing, Supervised Visitation.

**Psychiatry and Counseling Services, Winona Health**-855 Mankato Ave, Winona, MN 55987-(507) 454-2606

Outpatient Counseling, Psychiatry.

**Winona County Health and Human Service Services**-202 W. 3<sup>rd</sup> St. Winona, MN 55987-(507) 457-6200

Intake and Referral. For eligible persons, the following may be an available resource: financial assistance for Substance Use Disorders Assessment and Treatment (often referred to as Rule 25); Assessment to determine eligibility for the Medical Assistance (MA) Home and Community Based Waivers and if determined and in need of this level of service, access to MA Waiver case management (often referred to as CADI Case Management); Adult Mental Health Targeted Case Management.\*see General Resources for more comprehensive list of WCHHS services.

**Monarch Wellness**-51 E. 4th St., Ste 309, Winona, MN 55987-(507) 312-9383

Therapy

**Bloom Neurotherapy**-902 E. Second St. Winona, MN 55987-(507) 494-8702

Ketamine assisted treatment of treatment resistant depression, suicidality, anxiety, and PTSD

**Ellie Family Services**-111 Riverfront, Ste 105, Winona, MN 55987-(651) 313-8080

Therapy, Psychiatric Medication Management, ARMHS, CTSS

**Associates in Mental Health & Addiction Services**-166 W 3<sup>rd</sup> St. Suite 202, Winona-(507) 452-5206

Serves adults and adolescents. Mental health, substance abuse, weight loss management, and eating disorder treatment. Medical marijuana \*must be MN resident and meet criteria.

**EmPower CTC**– 166 West 3<sup>rd</sup> St Suite 202, Winona, MN 55987-(507) 474-4810 or 507-312-1380

Rule 25 Assessments, Chemical Dependency Assessments, Mental Health Assessments, Domestic Violence Assessments, Mental Health Therapy, Substance Abuse and Prevention Counseling - individual, and Domestic Violence Program

**Winona Counseling Clinic**-902 E. Second St., Ste 220, Winona, MN 55987-(507) 454-3900

Outpatient Counseling, Substance Abuse Counseling

**Acumen Counseling**-902 E. Second St. Ste 260, Winona, MN 55987-(855) 855-6776

Outpatient Counseling and DBT program

**Counseling Associates**-111 Market St #4, Winona, MN 55987-(507) 452-5033

Outpatient Counseling, Substance Abuse Counseling, Rule 25 Assessments, Mental Health Assessments

**Common Ground**-174 Main Street, Winona, MN 55987-(507) 281-0023

Rule 25 Assessments, Dual Diagnosis Counseling, Interventions, Treatment and Education Programs, Men's and Women's Program (group treatment), Winona Recovery House-Sober House/Halfway House

**F.A.R.R.- Family Advocacy in Recovery and Restoration**-(Family Service Rochester)-1625 Highway 14 E. Rochester, MN 55906-Winona location: 507-429-7175 [FARR@familyservicerochester.org](mailto:FARR@familyservicerochester.org)

Case management services to women 18 years or older with a history of or a current struggle with substance use disorders who are pregnant or have children 24 months or younger. Case Management helps to address life challenges such as sobriety, parenting, housing, employment, education, finance & budgeting, and mental health; peer sober support groups, and sober social events

**Planned Humanity**-577 Huff St, Suite 1A, Winona, MN 55987-(507)459-7031

Syringe Exchange Program and naloxone services at no cost, blessing bags with travel size toiletries for those who are homeless or struggling financially (Tuesdays 5pm-7pm and Saturdays 11am-230pm)

**Catholic Charities**-111 Market St # 2B, Winona, MN 55987-(507) 454-2270

Family and Individual Counseling, Psychiatry, Guardian/Conservator program (see housing resources and general assistance for more services provided by Catholic Charities)

**WSU Counseling**-Integrated Wellness Complex 222, WSU Campus-(507) 457-5330

## **-Crisis Services-**

**Crisis Response for Southeast Minnesota-1-844-CRISIS2 (1-844-274-7472)**

Phone Counseling, Mobile (face to face) Crisis Response, Stabilization Services-Available  
24/7/365

**Text4Life** Crisis Text Line-text MN to 741741

**National Suicide Prevention Lifeline**-(800) 273-8255

**Veterans Crisis Line**-(800) 273-8255

**Great Rivers 2-1-1** 24-hour Crisis Hotline operated by the United Way 1.800.362.8255

**Advocacy Center of Winona (Formerly Women’s Resource Center)**-100 Latsch Square #201, Winona,  
MN 55987-(507) 452-4440

Advocacy, Support Groups, Education Services, Legal Forms, Safe Web Use, Crisis Line (507) 452-  
4453

**911**-In case of emergency

## **-Inpatient Treatment-**

Hiawatha Hall IRTS (through Family and Children’s Center)

Winona Recovery House (halfway house through Common Ground)

## **-Support Groups-**

**PSN (Peer Support Network)**-420 E Sarnia Street, Winona, MN 55987

The center consists of a lounge area, recreation room, computer area, kitchen/dining area.  
Groups are held frequently.

**Grief and Loss Support Group**-(507) 457-4382

**NAMI Minnesota**-(507) 459-2230

Education, advocacy, support, and referrals for people with mental illness and their families.

**Alcoholics Anonymous**-visit [www.aadistrict2.org](http://www.aadistrict2.org) for current list of times and locations

**Narcotics Anonymous**-visit [www.na.org/meetingsearch](http://www.na.org/meetingsearch) for current list of times and locations

**Al-Anon**-visit [www.minnesotasouth-al-anon.org/tools/meetings](http://www.minnesotasouth-al-anon.org/tools/meetings) for current list of times and locations

## **-Employment and Education Support/Services-**

**Winona Careerforce (Formerly Workforce Development Center/Job Service)**-1250 Homer Road #200,  
Winona, MN 55987- (507) 205-6060

Unemployment application, Job search, career planning, employment  
counseling/training/support for people with disabilities, resume development, interview skills,

employment for veterans, employment support for those transitioning out of high school, employment support for blind/visually impaired, MFIP

**MN Vocational Rehabilitation**-1250 Homer Road #200, Winona, MN 55987- (507) 205-6060

IPS, Vocational Rehabilitation, Transitions, employment counseling, job coaching, some employment related funding available

**ORC**-1053 E. Mark St, Winona, MN 55987- (507) 452-1855

Center Based Employment, Community Based Employment, Supported Employment, stepping into competitive employment (IPS), Job Coaching, Vocational Rehabilitation, Welfare to work, Transportation to center and community based employment for some

**DAC Developmental Center**-1721 W. Service Dr. Winona, MN 55987- (507) 452-1798

Sheltered workshop, transportation to center

**Express Employment Professionals (temp agency)**- 1600 Gilmore Ave, Winona, MN 55987- (507) 457-3311

**Manpower Employment Agency**-601 Huff St. Winona, MN 55987-(507) 454-4044

**ABR Staffing Solutions**-902 E. 2<sup>nd</sup> St. Winona, MN 55987-(507) 474-6340

**Winona State Disability Services**-Maxwell Hall 314, PO box 5838, Winona, MN 55987-(507) 457-5878

**Saint Mary's University Disability Services**-700 Terrace Heights #44, Winona, MN 55987-(507) 457-1465

**Minnesota State College Southeast Tech Disability Services**-1250 Homer Road, Winona, MN 55987-(507) 453-2700

**Adult Education-WAPS Community Education**-903 Gilmore Ave, Winona, MN 55987-(507) 494-0900-  
Three locations for Classes-Maplewood Townhomes, MSC-Southeast and Wesley United Methodist Church

GED Classes, ESL (English as Second Language), ABE (Adult Basic Education), Winona Digital Literacy Program, GED/ABE Distance Learning Hybrid

**Key Kids Child Care**-WAPS-district office-(507) 494-0910

Summer school key kids, school year key kids, non-school day care, snow care, drop-in care

## **-Social Security-**

**Local Office**-52 E. 3<sup>rd</sup> St. Winona, MN 55987- (800) 772-1213

**Lawyers/Advocates-**

Disability Specialists (Claims Advocates) -(800) 642-6393

Reitan Law-(507) 388-1800

Greeman and Toomey- (612) 332-3252

## **-General Assistance-**

### **Winona Volunteer Services-402 E. Second Street, Winona, MN 55987-(507) 452-5991**

Diapers, rental assistance, help finding shelter, emergency and specialty clothing vouchers, food shelf, nutrition education, transportation (bus pass, gas voucher, bicycle), bus ticket for those stranded, household items voucher, dental care funding in some instances

### **Winona County Health and Human Services-202 W. 3<sup>rd</sup> St. Winona, MN 55987-(507) 457-6200**

Mental health targeted case management, Medical Assistance Waiver case management, General Assistance, Guardianship info, foster care and daycare licensing, daycare assistance, locating absent parents, medical assistance, MFIP (Mn Family Investment Program), Nursing home pre admission screening, pre-petition screening of mental health commitments, commitments, PSoP (parent support outreach program), TANF (temporary Assistance for Needy Families), Substance Use Disorder funds for assessment and treatment, vulnerable adult investigations and services, welfare fraud investigations, adoption services, Child protective services, child support collection, developmental disability services, child support enforcement, financial aid for repairs of homes, breast and cervical cancer coverage, cash assistance, child care assistance, emergency help, family planning, Supplemental Nutrition Assistance Program (SNAP) benefits, and health care

### **SEMCAC-420 E. Sarnia Street Ste 1600, Winona, MN 55987-(507) 452-4307**

Homelessness prevention and assistance, (rental security deposit when facing eviction and denied emergency assistance from Winona County) energy assistance, weatherization, head start, housing rehab services, meals on wheels, senior and caregiver advocacy, rolling hills transit, volunteer driver program

### **SEMCIL- 902 E 2<sup>nd</sup> St, Suite 277, Winona, MN 55987-(507) 285-1815, ILS Referral Line (507) 285-3917**

Assistive technology, ramp building or rentals, independent living skills training, pre-employment services, youth and young adult skills training, peer mentor, nursing home transition, individual and systems advocacy, wellness/art/social recreation, and consumer directed community supports.

### **Disability HUB MN-(866) 333-2466**

Disability HUB MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future. You'll discover options and tools for managing your health, your benefits, your work, your housing and more. "we can help you create your best life, your way".

### **Legacies-51 W. 4<sup>th</sup> St, Winona, MN 55987-(507) 474-9110**

Independent Living Skills (ILS) all ages, In Home Family Supports, Respite, and Group Home Services

### **Catholic Charities-111 Market St # 2B, Winona, MN 55987-(507) 454-2270**

Family and Individual Counseling, Psychiatry, Guardian/Conservator program, refugee assistances, pregnancy, parenting and adoption support, Winona Warming Center (see housing resources), Winona Community Day Center (see shelter resources), VITA (Volunteer Income Tax Assistance) program

**Winona Community HUB-**

Community Based Care Coordination supporting eligible individuals and families in addressing medical, financial, behavioral, education, employment, pregnancy, social services referral, housing, health insurance and more. For more information, contact Deb McClellan (507) 474-9825 or Heather Lorenz (507) 474-9825

**Home and Community Options-66 E 3rd St, Winona, MN 55987-(507) 452-1021**

Support Services teach and support individuals who live on their own (or with family or other caregivers) with daily living skills related to money management, home maintenance, health and nutrition, food preparation, transportation, socialization, community safety, and personal hygiene. Services can vary from daily support to a few hours per month. Respite Care is also available. Staff can provide respite care in the person's home, or at one of HCO's two Family Resource Homes. HCO's resource homes are licensed and maintained to provide services to children and young adults who need respite care, skills training, or social interaction opportunities in order to learn and grow in their independence.

**Saint Charles Hometown Resource Center-1244 Whitewater Ave, St Charles, MN 55972-(507) 932-5203, Food Shelf: 507-932-8056**

The Resource Center's mission is to assist people in our local community and surrounding rural area with their food, clothing, household and monetary needs. Food shelf, thrift shop, and more. The Resource Center empowers people to take responsibility for their destiny through physical, social, emotional, financial, legal, educational, political, spiritual, ethical and career planning supports.

**-Energy Assistance-**

Xcel Energy-Power On program-(651) 774-9010; Low Income program-(800) 331-5262

SEMCAC Energy Assistance Program-(507) 864-7741

Salvation Army Heat Share Program-(800) 842-7279

MN Gas Affordability Program-(800) 492-4805

**-Transportation-**

**Winona Transit Services-city hall-201 Lafayette, PO box 378, Winona, MN 55987-(507) 454-6666**

Updated 4.20.21

Monday-Friday 6am-615pm; Saturday 905am-505pm, No Service on Holidays, Dial-A-Ride available (6a-9p m-f, 9a-5p Saturdays), passes and tokens available at City Hall, MN State College SE Tech, and Saint Mary's University, see office for routes and fare information

**Rolling Hills Transit-SEMCAC-(800) 528-7622**

Rolling Hills Transit buses provide fare-based transportation for ALL of the general public. CURB to CURB. 24-hour advanced reservation required. Both in town and out of town routes available

**Volunteer Driver Program-SEMCAC-Contact Insurance Provider**

Medical Assistance, Blue Plus or UCare clients should call the provider's number on the back of their benefit cards for authorization. The provider then forwards the ride information to SEMCAC upon authorization.

**Handi Van-(844) 268-4539**

**Reduced Fee State ID**-Forms can be obtained from Department of Motor Vehicle, signed by Case Manager or Doctor verifying mental health or developmental disability. Reduced fee is \$0.50.

**Vouchers for Gas or Bus Pass**-Winona County Health and Human Services, MN Vocational Rehabilitation, Volunteer Services and other local agencies occasionally provide bus passes depending on conditions.

## **-Medical/Dental Resources and Accepting MA-**

**Herman Dental Clinic**-620 Mn Hwy 44, Caledonia, MN 55921-(507) 725-3341

**Appletree Dental**-Mobile Dental Care-contact Rochester office for sites and availability-(507) 424-1040

**Community Dental**-Rochester-2120 US-14, Rochester, MN 55904-(507) 258-7934

**Children's Dental of Winona**-150 E. 4<sup>th</sup> St., Winona, MN 55987-(507) 452-1543

**MN Medical Assistance**-Apply at Winona County Community Services

**Bridges Health Services**-Winona Warming Center at Community Bible Church, 69 E. 3rd St. Winona, MN 55987 (enter through back alley)

Free health screenings and primary care for anyone with or without insurance, closed in summer, open Thursdays-walk in only

**Birthright Winona**-920 W. 5<sup>th</sup> St. Winona, MN 55987- (507) 452-2421

Completely confidential help, free pregnancy tests, medical referrals, emotional support, diapers, baby clothes

**Winona Health**-855 Mankato Ave, Winona, MN 5587-(507) 454-3650

**Winona Volunteer Services**-will cover the cost of some dental services depending on circumstances

\*See General Assistance

\*for dentists who may accept MA contact local providers and ask if taking new MA patients

## **-Legal Resources-**

**Minnesota Adult Abuse Reporting Center**-(844) 880-1574

**Child Abuse/Neglect Reporting**-(507) 457-6500

**Winona County Sheriff's Office**-201 W. 3<sup>rd</sup> Street, Winona, MN 55987-non-emergency 507-457-5368

**Winona Police Department**-201 W. 3rd Street, Winona, MN 55987-non-emergency (507) 457-6302

**St. Charles Police Department**-830 Whitewater Ave., St. Charles, MN 55972-Non-Emergency (507) 932-8020, Fax: (507) 932-8701

**Lewiston Police Department**-75 Rice Street, PO Box 129, Lewiston, MN 55952-Non-Emergency 507-523-2534

**SMRLS (Southeast MN Regional Legal Services)**-66 E. 3<sup>rd</sup> St. Winona, MN 55987-(507) 454-6660

Free legal help to low-income and senior citizen clients for civil (non-criminal) legal problems including family law, government benefits, housing, and other matters.

**Winona County Law Library**- Basement of County Courthouse: 171 West 3rd Street, Winona, MN 55987-(507) 457-6504

**Minnesota Disability Law Center**-(800) 292-4150

Free civil legal assistance to individuals with disabilities statewide on legal issues related to their disabilities.

**Winona County Attorney's Office**-171 W 3rd St. Winona, MN 55987-(507) 457-6310

**Public Defender**-Third Judicial District Winona office: 166 West Third Street, Suite 201, Winona, MN 55987, (507) 474-6440

**Winona County Courthouse**-171 West 3rd Street, Winona, MN 55987-(507) 615-5183. Fax (507) 452-5979

**Treatment Court of Winona County**-171 West Third Street, Winona- (507) 457-6434.

Enhance public safety and reduce costs to the community and criminal justice system by providing resources and structure that allow offenders to become alcohol and drug free.

**Advocacy Center of Winona (Formerly Women's Resource Center)**-100 Latsch Square #201, Winona, MN 55987-(507) 452-4440

Help with legal forms-OFP (order for protection), Restraining Orders, DNCO (Do not contact orders), etc.

**Mental Health Ombudsman**-(800) 657-3506

**Felony Probation**-370 W. 2<sup>nd</sup> St. Ste 210, Winona, MN 55987



**Misdemeanor Probation**-171 West 3rd Street, Winona, MN 55987

## **-Housing-**

### **Public Housing Offices**

**Winona Housing and Redevelopment Authority (HRA)**-1756 Kraemer Drive, Suite 100 Winona, MN 55987-(507) 454-3665 Fax (507) 454-8173 [www.winonahra.org](http://www.winonahra.org)  
Bellevue East Apts (2-4 bedroom), Maplewood Townhomes (2-4 bedroom), Valley View Tower (efficiency, 1-2 bedroom), Schaffner Homes (efficiency & 1 bedroom). All Veteran preference.

**Southeastern MN Multi-County Housing and Redevelopment Authority (SEMMCHRA)**-134 East Second St. Wabasha, MN 55981-(651) 565-2638 Fax (651) 565-3836 [www.semmchra.org](http://www.semmchra.org) (must apply online)  
Parkview Court (2-3 bedroom) & The Corners (1-3 bedroom) in Lewiston, Norstone- Rollingstone (1-2 bedroom), Wapasa- Winona (elderly or disabled, 1-2 bedroom). All Veteran preference.

### **Apartment Complexes with some Income-Based units**

Lifestyle Inc Management  
507-451-8524  
Fax 507-451-5459  
[www.lifestyleinc.net](http://www.lifestyleinc.net)

*Altura Place* (1-2 bedroom), *Halter Ridge-Rollingstone* (1-2 bedroom), *Halter Heights- St. Charles* (elderly or disabled)

Clover Patch (1-2 bedroom)  
(elderly or disabled)  
100 Clover Court  
St .Charles, MN 55972  
507-625-5573

Iverson Court (disabled)  
273 Orrin St  
Winona, MN 55987  
507-454-5492

Winhaven Court  
104 Main St  
Winona, MN 55987  
507-452-1521

Pleasant Valley Apts (3 bedroom)  
or disabled)  
55 Links Lane  
Winona, MN 55987  
507-453-0534

Sugar Loaf Apts  
358 E Sarnia St  
Winona, MN 55987  
507-452-4365

Winona Arms (elderly)  
150 Pleasant Hill Dr  
Winona, MN 55987  
507-452-1383

Bluffview Flats (1-2 bedroom)  
1116 Sugar Loaf Rd  
Winona, MN 55987  
507-454-1950

Whitewater Way Apts (1-2 bedroom)  
466 Wabasha Ave  
St. Charles, MN 55972  
507-932-4883

### **Market Rate Housing**

Burns Valley Apartments (age 55+)  
1320 E Burns Valley Rd  
Winona, MN 55987

Edgewater Apartments  
675 Sarnia St  
Winona, MN 55987

Golfview Apts.  
1515 W 5<sup>th</sup>  
Winona, MN 55987

452-3733 or 454-1909	507-452-5160	507-452-5330
Lakeside Manor Apts. Apts 5515 W 9 <sup>th</sup> St Winona, MN 55987 507-454-8328	Valley Manor Apts.  52 Links Lane Winona, MN 55987 507-453-0523.	Lakeview Manor  456 Sarnia St E Winona, MN 55987 507-454-5250
Heritage Apartments Crossing 661 W 7 <sup>th</sup> St Winona, MN 55987 507-454-4435	East Manor Apts.  853 E Belleview Winona, MN 55987 507-452-0543	Washington  166 W. Broadway Winona, MN 55987 507-454-4129
Key Apartments House 1258 Randall St Winona, MN 55987 452-7760 or 454-4909	Fairway Woods  1555 Homer Road Winona, MN 55987 507-452-5330	West End Boarding  850 ½ W 5 <sup>th</sup> St Winona, MN 55987 507-474-7548

**Landlords (some have Section 8 apartments)**

Bernie McGuire 507-312-027	River Valley Properties 451-1119
Jeridiah Welti 507-269-6084	Greg Simpson 429-5236
Alicia Suessmith 507-458-6667	John Alexander 458-0997
Dan Christie 507-259-7937	Roger Albrecht 474-0542
The Brittanys 507-932-5709	Bill Baker 454-7945 or 313-1070
Beth Cage 507-932-5598	Matt Biesanz 459-4704
DoAnn Doty 507-932-5020	Bluff City Properties 454-4444
Dana Heger 507-932-3750	Dwight Casper 454-4936
Krenzke Meats 507-932-4170	John Cunningham 454-3764
Dick Patzner 507-932-3604	Kim Dvorak 458-9372
Wolter & Raak 507-932-3010	Primetime Property Management 452-5700

**-Board & Lodge Housing-**

**Hiawatha Valley Mental Health Center**-Various Locations in Winona-Email  
[ResidentialLiving@hvmhc.org](mailto:ResidentialLiving@hvmhc.org) for more information and/or application

Four Board and Lodge homes with special services. Each home provides part-time supervision and some assistance with independent living skills such as arranging for medical and social services, arranging for meetings and appointments, assistance with transportation, and social/recreational opportunities. Staffing includes part-time nursing services as well as staffing that provides medication monitoring for self-administered medications and prescription ordering and storage. Each home can have up to ten residents consisting of adult men and

women who have a mental health diagnosis. If eligible, funding may be provided through the State of Minnesota, Department of Human Service Housing Support.

**Fresh Start**-Pastor Warren Green-(507) 429-7084 or (507) 961-0585

Board and Lodge Housing-Accepts GRH funding, admissions criteria may apply

## **-Adult Foster Care Housing-**

**Cardinal of Minnesota**-3008 Wellner Dr NE, Rochester, MN 55906-(507) 281-1077

11 Corporate Foster Care homes in Winona County assisting clients with meeting basic needs, social engagement, activities of daily living, and more

**Home and Community Options**-66 E 3rd St, Winona, MN 55987-(507) 452-1021

Residential homes for adults with developmental disabilities that need support in a 24-hour setting. Typically, 4-6 individuals in each home learn skills while receiving supervision by trained staff throughout the day, evening, and overnight. Services are also tailored to fully integrate individuals into their neighborhood and community, in order to assist people as they learn and grow in their independence.

**Hope Estates**-Winona, MN-(507) 452-9211

Assisting clients with meeting basic needs, social engagement, activities of daily living, and more

**REM River Bluffs Homes**-Rochester Regional Office-1621 10<sup>th</sup> St. SE, Rochester, MN 55904-(507) 287-6824

Assisting clients with meeting basic needs, social engagement, activities of daily living, and more

**Legacies**-51 W. 4<sup>th</sup> St, Winona, MN 55987-(507) 474-9110

Staff services at the residential home includes transportation for errands and work, assistance with cooking and meal planning, assistance with cleaning, grocery shopping, promoting health social interactions, and accompanying clients on community outings and to medical appointments

## **-Shelter Resources-**

**Fresh Start**-Pastor Warren Green-(507) 429-7084 or (507) 961-0585

Emergency shelter for one night depending on availability

**Winona Warming Center**-open November 4-March 31-Community Bible Church, 69 E. 3rd St. Winona, MN 55987

Check in between 8pm and 10pm, can stay until 8am. Contact Lynette at [ljohnson@ccsomin.org](mailto:ljohnson@ccsomin.org) for referrals and more info

**Winona Community Day Center**-79 W. 3<sup>rd</sup> St. Winona, MN 55987

Emergency day shelter for Winona area adults, 18 and older, experiencing homelessness.

**Advocacy Center of Winona**-100 Latch Square #201, Winona, MN 55987-(507) 452-4440

Shelter and advocacy services for victims of domestic violence. May offer one night vouchers to stay at area hotel depending on circumstances

**New Horizons Shelter**-La Crosse, WI 54602-(608) 791-2600

Shelter services for victims of domestic violence

**Salvation Army Homeless Shelter**-223 N. 8<sup>th</sup> St. Lacrosse, WI 54601-(608) 782-6126

**Family Promise (families)**-811 7<sup>th</sup> St. NW, Rochester, MN 55901-(507) 281-3122

**Dorothy Day Hospitality House**-703 1<sup>st</sup> St. SW, Rochester, MN 55902-(507) 282-5172

First come first served, ID, Sobriety, up to 14-day consecutive stay, 2 months between stays, open 4pm-9am, closed 9am-4pm, adults over 18-may accommodate for small families,

**Winona PD**-May offer one night vouchers to stay at area hotel depending on circumstances

**Winona Volunteer Services**-May cover the cost of a hotel as a "bridge" between housing placements.

## **-Food-**

**Winona Volunteer Services**-402 E. Second Street, Winona, MN 55987-(507) 452-5991

Emergency food, food shelf, Home Delivered Meals

**Bethany House**- 832 W. Broadway, Winona, MN 55987-(507) 454-8094

Showers and laundry (male, female), groceries, hygiene products available Mondays-Fridays from 3-6 pm. Dinner is served Monday through Friday. Call to learn more.

**\*Wesley United Methodist Church**-114 W. Broadway, Winona, MN 55987-(507) 452-6783

"Souper Tuesdays" every Tuesday 1130am-1pm

**\*First Congregational Church**-161 W. Broadway, Winona, MN 5587-(507) 452-4829

"Souper Thursdays" Every Thursday 12-1pm

**Central Lutheran Church**-"drive-thru", every Wednesday from 4:45 PM-5:45 PM. 30 meals available to-go. Anyone can come to the door and get a meal, and eat it at their home/shelter.

**SEMCAC**-76 W 3<sup>rd</sup> St. Winona, MN 55987-(507) 452-4307

Meals on Wheels

\*Not currently offering meals due to Covid. Call for availability in the future.

## **-Other-**

**Q-Link Wireless**-www.QLinkWireless.com-(855) 754-6543

Free "Obama" phone with unlimited text, 500 minutes, to qualify must be on public assistance and meet income limits

**Assurance Wireless**-www.assurancewireless.com

Free telephone to qualifying low income individuals

**Computer Access**

Winona Friendship Center, Winona Library, PSN (Peer Support Network)

## **-Recreation Opportunities/Resources-**

**Community Education**-through Winona Public Schools-contact Enrichment Coordinator at (507)494-0904 for more info.

Adult programs include Adult Enrichment, Adult Literacy, and Project Compass

**Peer Support Network (PSN)**-420 E. Sarnia Street, Winona, MN 55987

The center consists of a lounge area, recreation room, computer area, dining room, and exercise room. Support groups as well.

**Benedictine Adult Day Center**-1455 W. Broadway, Winona, MN 55987-(507) 457-3810

**Winona Visitor Center**-924 Huff Street, Winona, MN 55987

**Winona Parks Lake Lodge**-113 Lake Park Drive, Winona, MN 55987-(507) 453-1955

Wide variety of rental equipment available to enjoy on park trails and the lakes. \$10.00/day \$20.00/year, scholarships available.

**East End Rec Center**-210 Zumbro St, Winona, MN 55987-(507) 453-1634

**Bob Welch Aquatic Center**-780 W. 4<sup>th</sup> St, Winona, MN 55987-(507) 453-1646

**Winona Friendship Center**-251 Main St. Winona, MN 55987-(507) 454-5212

Health and wellness programs, fellowship, computer access, and more.

**Local Parks**-Bluffside Park, Garvin Heights Park, Lake Park and Disc Golf, Levee Park, Lake Walk trail, Holzinger Lodge trails, Prairie Island nature trail and deer park.

**Museums**-MN Marine Art Museum, Watkins Museum, Winona History Center, Fastenal Museum, Winona Nat'l Bank museum

**Lake Park Bandshell**-8pm Wednesdays in summer-municipal band concert

**Winona Public Library**-151 W. 5<sup>th</sup> St. Winona, MN 55987

Computer access, books, CD's, DVD's for rent.

Updated 4.20.21

**More**-Winona State University, Saint Mary's University sporting evenings, theatre, music

Fishing-free license if receiving social security benefits

YMCA-Scholarships available

## **-Thrift Stores-**

**Grace Place**-66 E. 2<sup>nd</sup> St. Winona, MN 55987-(507) 452-2283

**Goodwill**-1450 Gilmore Ave. Winona, MN 55987-(507) 454-4817

**Restored Blessings**-1213 Gilmore Ave. Winona, MN 55987-(507) 454-9480

**Volunteer Services Clothes Shop**-416 E. 2<sup>nd</sup> St. Winona, MN 55987-(507) 452-5591

**Habitat for Humanity Restore**-900 W. 3<sup>rd</sup> Street, Winona. 507-457-0003