

## Supportive Services:

### Community Education:

Sebeka: 218-837-6574

Staples/Motley: 218-894-2497

Wadena: 218- 632-2323

### Kinship Mentoring:

Staples: 218-894-2799

### Lakes Area Pregnancy Support:

Staples: 218-895-5200

### New Life Support Center:

Wadena: 218-631- 2324

### Wadena County Human Services:

Wadena: 218-631-7605

### Wadena County Public Health:

Wadena: 218-631-7629

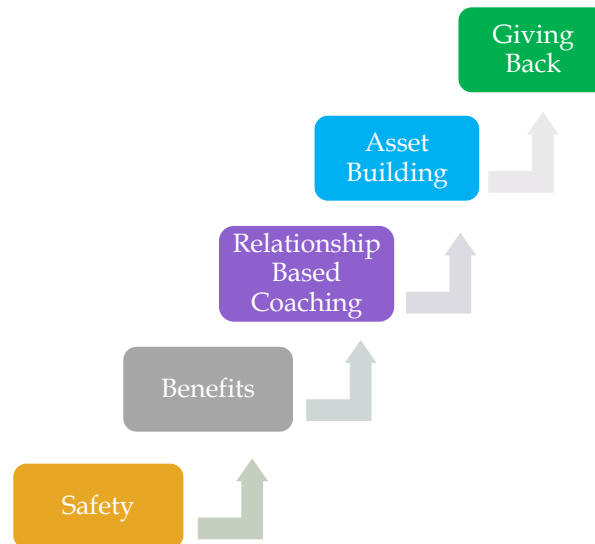
## How can I give back in my community?

- ✓ Learn about community volunteering with the AmeriCorps Seniors Programs
- ✓ Become a Tax Aide Volunteer
- ✓ Take a community leadership training
- ✓ Become a Kinship Mentor
- ✓ Volunteer at an animal shelter
- ✓ Join a community club
- ✓ Spend time as a Senior Companion or Foster Grandparent



## What supports can MAHUBE-OTWA help you find in Wadena County?

- ✓ Helping pay for cost of childcare
- ✓ Helping pay for electric & heating bills
- ✓ Providing health education
- ✓ Insulating a home
- ✓ Family planning & birth control
- ✓ Fixing a furnace or water heater
- ✓ Filling out income tax forms
- ✓ Finding shelter & ending homelessness
- ✓ Applying for health insurance
- ✓ Providing rental deposit assistance
- ✓ Starting a daycare business
- ✓ Finding a ride to appointments
- ✓ Locating warm winter clothing
- ✓ Supporting food stability



MAHUBE-OTWA  
Community Action  
Partnership, Inc

**Whole Family Approach  
Resource Guide:  
Wadena County**

218-632-3600

[www.mahube.org](http://www.mahube.org)

## **Crisis Centers/Support:**

Crisis Line & Referral Services:  
1-800-462-5525

Mobile Crisis Team:  
1-800-223-4512

Someplace Safe:  
Wadena: 218-631-3311



**National Suicide Hotline:**  
**800-273-8255**

**National Crisis Text Line:**  
**Text “Home” to 741741**

**Emergency Services:**  
**911**

## **Mental Health Services:**

Lake County Associates:  
Menahga: 218-564-9229

Northern Pines:  
Wadena: 218-631-1714

Region V+ Mental Health Initiative:  
Staples: 218-895-4166

## **Chemical Dependency & Substance Abuse Support:**

Bell Hill Recovery Center:  
Wadena: 218-631-3610

## **Food Support:**

MNFoodhelper.org to apply or request a SNAP representative reach out to you.



### Food Shelves:

Menahga: 218-564-6143  
\*Open Wednesdays from 4:00pm- 6:00pm

Sebeka: (218) 837-5840  
\*Open Thursdays from 5:00pm-7:00pm

Staples: 218-894-1041  
\*Open Mondays & Tuesdays from 2:00pm to 4:00pm and the last Thursday of the month from 6:00pm- 8:00pm

Verndale: 218-445-5568  
\*Open Thursdays 9:00am-12:30pm. First Thursday of the month also open from 5:00pm-7:00pm

Wadena: 218-632-5335  
\*Open 9:00am-11:45am Mondays & Thursdays

### Ruby’s Pantry:

Menahga: 3rd Saturday of the Month. Registration begins at 8:30 AM. Located at 216 Aspen Avenue South, Menahga

Staples: 1st Tuesday of the Month. Registration begins at 6:00 PM. Located at 1830 Airport Road, Staples, Minnesota

## **Legal Aid:**

Guardianship Information Hotline:  
1-844-333-1748

Home Line:  
1-866-866-3546



Legal Services of Northwest MN:  
Wadena: 1-800-450-2552

## **Employment:**

Career Force  
Wadena: 218-631-7660

## **Education:**

Adult Basic Education:  
Menahga: 218-639-7292  
Staples: 218-631-3505 Ext 1092  
Wadena: 218-632-2450

## **Senior Services:**

Meals on Wheels & Senior Center Dining:  
Menahga: 218-564-4858  
Sebeka: 218-837-5068  
Staples: 218-894-2556  
Wadena: 218-631-4053

Senior Linkage Line:1-800-333-2433

## **Veteran Services:**

Veteran Service Offices:  
Wadena County: 218-631-7617

Veterans Linkage Line:1-888-546-5838

## **Disability Services:**

DAC: 218-837-5182

Disability Hub: 1-866-333-2466

