

PERHAM COMMUNITY RESOURCE DIRECTORY

United Way of Otter Tail County
January 2015
218-770-9406
volunteeruotc@yahoo.com



Perham Community Service Directory

Employment

Doherty Employment Services

800 W Main St. #4, Perham

218-346-7749

www.dohertyemployment.com

Employment

Spherion

400 Lakeside Dr. Perham

218-346-1866

http://www.spherion.com/locations/perham-minnesota_150/#

Office is located within KLN Family Brands headquarters. All hiring for KLN is through Spherion.

Employment

City of Perham

125 2nd Ave. NE, Perham

218-346-4455

www.progressiveperham.com/livehere/jobs/

Employment

Rural MN CEP

803 Roosevelt Ave., Detroit Lakes

218-846-7400

www.rmcep.com

Employment

Royale Resources

154 1st Ave. S, Perham

218-346-3000

www.royalresources.com

Employment

Spartan Staffing

330 E Main St., Perham

218-346-5965

www.spartanstaffing.com

Perham Community Service Directory

Food

Perham Food Shelf

501 4th Ave. NW, Perham, MN

218-346-6181

www.perhamfoodshelf.com

Hours: Each Tuesday: 8:30 – 12pm; 1st Tuesday of the month: 3-6pm. Monday, Wednesday, Thursday, Friday – By Appointment;
Note: Food Shelf will not be open if Perham Schools close due to inclement weather.

Food

Perham Summer Breakfast/Lunch Program

Perham High School - 200 5th St. SE

218-346-6500

www.perham.k12.mn.us/summer-lunch.html

FREE to all kids 18 and younger! 7:30am – 9am and 11am-12:30pm. Adults are welcome for a small charge.

Food

New Creations Lutheran Church Community Meal

295 Coney St. W, Perham

218-346-7203

www.newcreationperham.org

Meal is served every Wednesdays from 5-6:30pm.

Food

Ruby's Pantry

St. Paul's Lutheran Church-500 6th Ave. SW, Perham, MN

218-346-7725

www.rubyspantry.org

Hours: 4th Saturday of the Month – 9:30-11:30am

Food

Children's Weekend Feeding Backpack Program

Pre-School, Elementary, Middle & High Schools

Call school secretary

Programs runs every week that school is in session. Children will receive a food bag to take home for the weekend.

Food

Meals on Wheels

Perham Living – Nancy Moris

218-347-1558

Perham Community Service Directory

Food

WIC – Women, Infants, Children

118 N Main, New York Mills

218-998-8324

<http://www.health.state.mn.us/divs/fh/wic/>

Tuesday – Wednesday – 8-4:30pm

Food

Farmers Market

NP Park on Main – Turtle Park

None

None

Fresh produce and other homemade goods. Open
Wednesdays & Fridays from 9am – 1pm.

Food

New York Mills Food Shelf

109 S Walker St. , New York Mills

Please call the New York Mills Cultural Center at 218-385-3339

Food Shelf is open the last Mon in the month 9-12pm

Food

Otter Tail County Health and Human Services

118 N Main, New York Mills

218-385-5450

<http://www.co.otter-tail.mn.us/242/Food-Programs>

Food and cash assistance programs are available through
the county.

Food

Baby Bin

Crosspoint Alliance Church- 600 8th St NE, Perham

218-346-4673

<http://crosspointalliance.com/ministries/baby-bin/>

Diapers and supplies provided for “WIC” recipients.

9:00 am – 4:00 pm the First Tuesday of each month. Tot Time
9am –noon.

Perham Community Service Directory

Furniture/Clothing/Household Goods

Calvary Lutheran Church Community Outreach

Contact Cindy Olson

Cel: 218-849-8658 or Home: 218-385-2859

<http://calvaryperham.com/outreach>

All sizes of beds and bed frames, kitchen tables and chairs, couches (not hide-a-beds) living room chairs, end tables and lamps, pots and pans and bake ware.

Furniture/Clothing/Household Goods

Second Hand Rose

147 E Main St., Perham

218-346-3700

Furniture/Clothing/Household Goods

Someplace Safe Outreach Office

155 5th St NE, Perham

218-346-7276

<http://www.someplacesafe.info>

Household goods are available at this location.

Furniture/Clothing/Household Goods

Richville Clothing Ministry – United Methodist Church

130 W 1st Ave., Richville

218-346-5656

Hours are Tuesdays 1pm – 4pm and Wednesdays 6:00pm – 7:30pm. All clothing and goods are free.

Furniture/Clothing/Household Goods

Re-Use-It Thrift Shop

225 E Main St., Perham

218-346-2616

<https://www.facebook.com/pages/Re-Use-it-Thrift-Shop/207638395941717>

Hours: Monday – Friday:10-5:30pm; Saturday – 10-3pm

Furniture/Clothing/Household Goods

Thrifty Alternatives

802 Jenny Ave. SW, Perham

218-346-2131

<http://www.paiff.org/thrifty-alternatives.php>

Store Hours: Monday-Friday: 10:00 a.m. – 5:30 p.m.

Perham Community Service Directory

Healthcare/Disabilities

Freedom Resource Center – For Independent Living

1-800-450-0459

Tanya Stoll

www.freedomrc.org

Call for any disability related questions. Freedom Resource Center is a disability rights organization that serves people with any disability at any age.

Healthcare

Mahube Otwa Perham Family Health

200 1st Ave. S, Perham

218-346-3612

<http://www.mahube.org/services/family-health/>

Healthcare

Tri-County Ottertail Clinic

232 Minnesota Highway 78 North, Ottertail

Phone: 218.367.6262; Toll-free: 866.294.3200

<http://www.tchc.org/clinics-ottertail.aspx>

Healthcare

Healthcare

Perham Health Hospital and Clinic

1000 Coney Street West, Perham

218-347-4500

<http://perhamhealth.org>

Clinics are located in Perham, New York Mills, & Ottertail. Check website for hours of service for each clinic.

Healthcare

Perham Living Homecare

665 SW 3rd St., Perham

218-347-1880

http://perhamhealth.org/content_108.php

Perham Community Service Directory

Housing

City of Perham

125 2nd Ave. NE, Perham

218-346-4455

www.progressiveperham.com/livehere/housing/

Housing

Compassion House Homeless Shelter

928 8th St. SE, Detroit Lakes, MN

218-847-1982

<https://www.facebook.com/therefugeofdl/info>

Men Only

Legal Services

Mahube Otwa Fathers Resource Program

1125 W River Rd., Detroit Lakes

218-847-1385

<http://www.mahube.org/services/community-initiatives/fathers-resource-program/>

Housing

Mahube Otwa

1125 W River Rd., Detroit Lakes

218-847-1385

www.mahube.org

Housing & Homeless Assistance is available through Mahube-Otwa.

Homeless

Salvation Army

During Business Hours: Nancy - 218-739-9692

After hours & wkds: Otter Tail County Sheriff- 218-998-8555

<http://salvationarmynorth.org/community/fergus-falls/>

Transient Homeless

Perham Police Department-218-346-4440

Legal Services

Legal Service of Northwest Minnesota

1015 7th Ave. N, Moorhead

1-800-450-8585

<http://lsnmlaw.org/>

Perham Community Service Directory

Mental Health

Someplace Safe

Offices located in Fergus Falls and Perham.

24-Hour Crisis Hotline at 800-974-3359

<http://www.someplacesafe.info/>

Someplace Safe Parenting Time Center (for safe exchange of children) is housed in this location as well.

Mental Health

Perham Health

1000 Coney Street West

218-347-4500

<http://perhamhealth.org>

Mental Health

Lakeland Mental Health

300 West Main Street

(218) 736-6987

<http://www.lmhc.org/perham.html>

Mental Health

Lakes Crisis and Resource Center

Detroit Lakes

218-847-7446 or 1877-754-9683

<http://lakescrisis.com/>

Advocacy, shelter services, parenting assistance, children's services and mental health care.

Mental Health

The Mobile Mental Health Crisis Response Team

1-800-223-4512

<http://www.lmhc.org/emergency-services.html>

Phone support is available 24/7 for both children and adults in Otter Tail, Clay and Wilkin County.

Mental Health

Solutions Behavioral Healthcare

1104 West River Rd.

218.844.6853

<http://www.solutionsinpractice.org/>

Perham Community Service Directory

Mental Health

Alcoholics & Narcotics Anonymous

43452 County Highway 34, Perham

Meetings: Monday, Wednesday, Friday – 7pm

Women's Group: Thursday - Noon

Saturday – 9:30am

AA Helpline: 1-877-833-2327

Mental Health

Alcoholics Anonymous

Trinity Lutheran – 424 Gilman St. E, New York Mills, MN

Tuesdays 7pm – Open Meeting

Mental Health

Stephen Ministries

Calvary Lutheran : Kari Potrament – 218-346-4780

New Creations: Nance Brandborg - 218-639-2797

Sacred Heart Outreach

Pamela Hyde- 616-915-2909

Mental Health

Celebrate Recovery

Calvary Lutheran Church

218-346-4780 <http://www.celebraterecovery.com/>

Meetings: Tuesdays, 5pm -8pm, Dinner & Daycare provided

Celebrate Recovery is a biblical and balanced program that helps us overcome our hurts, hang-ups, and habits.

Mental Health

Alcoholics Anonymous

Methodist Church – Ottertail, MN

Sundays 7pm

Mental Health

Stephen Ministries

St. Paul's Lutheran: Carolyn Frank- 218-346-5855

St. Paul's Lutheran: Roger & Jan Bajumpaa – 218-385-3904

St. Paul's Lutheran: Pastor Noble – 218-346-7725

Perham Community Service Directory

Schools

Perham –Dent School District

200 5th St. SE, Perham

218-346-4501

Superintendent: Mitch Anderson

<http://www.perham.k12.mn.us/>

Schools

Kids Adventure / Early Childhood Family Education

425 4th Ave. SE

218-346-1618

<http://www.perham.k12.mn.us/kids-adventure--early-childhood-family-education-ecfe.html>

Schools

Schools

Perham Area Learning Center

520 1st Ave. S.

218.346.6502

<http://www.perham.k12.mn.us/perham-area-learning-center.html>

Schools

Perham High School

200 5th St. SE, Perham

218-346-6500

Principal: Ehren Zimmerman

<http://www.perham.k12.mn.us/perham-high-school.html>

Schools

Prairie Wind Middle School

480 Coney St.

218-346-1700

Principal: Scott Bjerke

<http://www.perham.k12.mn.us/prairie-wind-middle-school.html>

Schools

Heart of the Lakes Elementary

810 2nd Ave. SW

218-346-5437

Principal: Jen Hendrickson

<http://www.perham.k12.mn.us/heart-of-the-lakes-elementary.html>

Perham Community Service Directory

Schools

Head Start – West Central Community Action

320 6th Ave. SW, Perham

218-639-4290

<http://www.wcmca.org/>

Contact Amy Carlson at above number or e-mail at amycverhs@gmail.com

Schools

St. Paul's Lutheran School

500 6th Ave. SW, Perham

218-346-2300

Principal- Michael Kunza

Preschool – 6th Grade

<http://stpaulsschoolperham.org/>

Senior Services

Perham Senior Center

300 W Main St. , Perham

218-346-2262

Richville Senior Center

100 Grove St., Richville

218-346-4738

Schools

St. Henry's Area School

253 2nd St. SW, Perham

218-346-6190

Principal- Jason Smith

Kindergarten – 6th Grade

<http://sthenrysareaschool.webs.com/>

Senior Services

Otter Tail County Health and Human Services

218-736-6842

<http://www.co.otter-tail.mn.us/506/Resources-for-Seniors>

Perham Community Service Directory

Senior Services

Dent Senior Center

203 Main St., Dent

218-758-2650

New York Mills Senior Center

12 North Walker, New York Mills

218-385-2024

Senior Services

Mahube Otwa

218-847-1385

Karen Lenius - klenius@mahube.org

<http://www.mahube.org/services/senior-programs/>

Homemaking and Chore Services, Appliance Repair or Replacement program, Frail and Elderly Home Repairs, RSVP, Tax Aide, Medicare Counseling

Transportation

Offer Express

Perham- 1-866-998-3002

<http://www.paiff.org/transit-information.php>

Perham Rides are \$1 one way and advance reservations are recommended. Available to all ages.

Senior Services

LSS of MN Caregiver Support and Respite Program

218-233-7521

<http://www.lssmn.org/oa/services/>

Senior Services

Catholic Charities Foster Grandparent Program

320.293.0682

Pat Scherf- pscherf@ccstcloud.org

<http://www.ccstcloud.org/services/family-children/central-minnesota-foster-grandparent-program/>

Annually, over 200 Foster Grandparents serve 8,000 children across Central Minnesota.

Transportation

Mahube Otwa

1125 W River Rd., Detroit Lakes

218-847-1385

www.mahube.org

Funds are available for car repairs.

Perham Community Service Directory

Utilities

City of Perham

125 2nd Ave. NE, Perham

218-346-4455

<http://www.ci.perham.mn.us/>

Gas, Water, & Sewer

Utilities

Offer Tail Power Company

Perham City Limits

1-800-257-4044 or 218-739-8200

<https://www.otpco.com/>

Utilities

Mahube Otwa Energy Assistance Applications

218-847-1385 Detroit Lakes

218-739-3011 Fergus Falls

218-632-3600 Wadena

The energy assistance program helps low-income households pay their home heating bills. Payments are made directly to the household's fuel dealer. [WEBSITE](#)

Utilities

Arvig

150 2nd St. SW Perham, MN 56573

346.4227

<http://arvig.com/>

Phone, Cable, Internet, Cel Phones

Hours: Monday – Friday: 8:00am – 5:30pm Saturday: 9:00am – 1:00pm

Utilities

Lake Region Electric

Surrounding Areas

1-800-552-7658 or 218-863-1171

<http://www.lrec.coop/>

Utilities

Offer Tail County Emergency Programs

218-998-8000

[WEBSITE](#)

Provides help to people who face an emergency situation that threatens the person's health and / or safety, such as eviction or utility shutoff.

Perham Community Service Directory

Youth Services

East Otter tail Daycare Association

President – Sarah Flatau

218-346-2185

[http://perham.com/content_288.php:](http://perham.com/content_288.php)

Youth Services

Boys and Girls Club of the Perham Area

320 6th Ave. SW, Perham

Cori Brown - 218-346-2526

<http://bgcdl.org/our-programs.aspx>

Youth Services

Otter Tail Autism Network

Christi Stoll – 218-770-9406

<http://www.ottertailautismnetwork.com>

A resource website for families of children who have or may have Autism.

Youth Services

Baby Bin

Crosspoint Alliance Church- 600 8th St NE, Perham

Stephanie - 218-346-4673

<http://crosspointalliance.com/ministries/baby-bin/>

Diapers and supplies provided for “WIC” recipients.
9:00 am – 4:00 pm the First Tuesday of each month

Youth Services

Kinship of Perham, Fergus Falls & Parker's Prairie

Jill Shipman- 218-346-7102

<http://kinshipperham.com/>

Youth Services

United Way of Otter Tail County

665 SW 3rd St. , Perham

Christi Stoll - 218-770-9406 or volunteeruwotc@yahoo.com

www.uwotc.com

Stuff the Bus School Supply Backpacks, Coats for Kids, Imagination Library, Early Childhood Dental Network, MN Early Childhood Initiative, Day of Caring, Buddy Book Bins, Prescription for Reading, Children's Weekend Feeding Backpack Program, & Mobile Food Drops.

Youth Services

Children's Services Association

Contact Local School Nurse or Counselor

See brochure for more information about his program.

<http://www.ottertailautismnetwork.com/files/csabrochure.pdf>

Last financial support option available to children and their families. School supplies, cold weather clothing, cribs, medi