

# Perham Area Resource Directory

## Employment

### **City of Perham**

125 2nd Ave. NE, Perham  
218-346-4455  
[www.progressiveperham.com/livehere/jobs/](http://www.progressiveperham.com/livehere/jobs/)

### **Doherty Employment Services**

800 W Main St. #4, Perham  
218-346-7749  
[www.dohertyemployment.com](http://www.dohertyemployment.com)

### **Spherion**

400 Lakeside Dr. Perham  
218-346-1866  
[http://www.spherion.com/locations/perham-minnesota\\_150/#](http://www.spherion.com/locations/perham-minnesota_150/#)  
Office is located within KLN Family Brands headquarters. All hiring for KLN is through Spherion.

### **Rural MN CEP**

803 Roosevelt Ave., Detroit Lakes  
218-846-7400  
[www.rmcep.com](http://www.rmcep.com)

### **Royale Resources**

154 1st Ave. S, Perham  
218-346-3000  
[www.royalresources.com](http://www.royalresources.com)

### **Spartan Staffing**

330 E Main St., Perham  
218-346-5965  
[www.spartanstaffing.com](http://www.spartanstaffing.com)

## Food

### **Perham Food Shelf**

501 4th Ave. NW, Perham, MN  
218-346-6181  
[www.perhamfoodshelf.com](http://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.

### **Ruby's Pantry**

St. Paul's Lutheran Church-500 6th Ave. SW, Perham, MN  
218-346-7725  
[www.rubyspantry.org](http://www.rubyspantry.org)  
Hours: 4th Saturday of the Month – 9:30-11:30am

### **Perham Summer Breakfast/Lunch Program**

Perham High School - 200 5th St. SE  
218-346-6500  
[www.perham.k12.mn.us/summer-lunch.html](http://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.

### **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.

### **New Creations Lutheran Church Community Meal**

295 Coney St. W, Perham  
218-346-7203  
[www.newcreationperham.org](http://www.newcreationperham.org)  
Meal is served every Wednesdays from 5-6:30pm.

### **Meals on Wheels**

Perham Living – Nancy Moris  
218-347-1558

### **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

### **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.

## Perham Area Resource Directory

### 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.

### 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

## 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.

### Richville Clothing Ministry – United Methodist Church

130 W 1st Ave., Richville  
218-346-5656  
Hours are Tuesdays 1pm – 4pm and Wednesdays 6:30pm – 7:30pm. All clothing and goods are free.

### Second Hand Rose

147 E Main St., Perham  
218-346-3700

### 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

### Someplace Safe Outreach Office

155 5th St NE, Perham  
218-346-7276  
<http://www.someplacesafe.info>  
Household goods are available at this location.

### 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.

## Healthcare/Disabilities

### Freedom Resource Center – For Independent Living

1-800-450-0459  
Tanya Stoll  
[www.freedomrc.org](http://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.

### 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.

### Mahube Otwa Perham Family Health

200 1st Ave. S, Perham  
218-346-3612  
<http://www.mahube.org/services/family-health/>

### Perham Living Homecare

665 SW 3rd St., Perham  
218-347-1880  
[http://perhamhealth.org/content\\_108.php](http://perhamhealth.org/content_108.php)

### 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>

# Perham Area Resource Directory

## Housing

### **City of Perham**

125 2nd Ave. NE, Perham  
218-346-4455  
[www.progressiveperham.com/livehere/housing/](http://www.progressiveperham.com/livehere/housing/)

### **Mahube Otwa**

1125 W River Rd., Detroit Lakes  
218-847-1385  
[www.mahube.org](http://www.mahube.org)  
Housing & Homeless Assistance is available through Mahube-Otwa.

### **Compassion House Homeless Shelter**

928 8th St. SE, Detroit Lakes, MN  
218-847-1982  
<https://www.facebook.com/therefugeofdl/info>  
Men Only

### **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

### **Mahube Otwa Fathers Resource Program**

1125 W River Rd., Detroit Lakes  
218-847-1385  
<http://www.mahube.org/services/community-initiatives/fathers-resource-program/>

### **Legal Service of Northwest Minnesota**

1015 7th Ave. N, Moorhead  
1-800-450-8585  
<http://lnmlaw.org/>

## 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.

### **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.

### **Perham Health**

1000 Coney Street West  
218-347-4500  
<http://perhamhealth.org>

### **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.

### **Lakeland Mental Health**

300 West Main Street  
(218) 736-6987  
<http://www.lmhc.org/perham.html>

### **Solutions Behavioral Healthcare**

1104 West River Rd.  
218.844.6853  
<http://www.solutionsinpractice.org/>

### **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

### **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.

### **Alcoholics Anonymous**

Trinity Lutheran – 424 Gilman St. E, New York Mills, MN  
Tuesdays 7pm – Open Meeting

## Perham Area Resource Directory

### Alcoholics Anonymous

Methodist Church – Ottetail, MN  
Sundays 7pm

### Stephen Ministries

Calvary Lutheran : Kari Potrament – 218-346-4780  
New Creations: Nance Brandborg - 218-639-2797  
Sacred Heart Outreach  
Pamela Hyde- 616-915-2909  
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

## Schools

### Perham –Dent School District

200 5th St. SE, Perham  
218-346-4501  
Superintendent: Mitch Anderson  
<http://www.perham.k12.mn.us/>

### Perham High School

200 5th St. SE, Perham  
218-346-6500  
Principal: Ehren Zimmerman  
<http://www.perham.k12.mn.us/perham-high-school.html>

### 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>

### Prairie Wind Middle School

480 Coney St.  
218-346-1700  
Principal: Scott Bjerke  
<http://www.perham.k12.mn.us/prairie-wind-middle-school.html>

### Perham Area Learning Center

520 1st Ave. S.  
218.346.6502  
<http://www.perham.k12.mn.us/perham-area-learning-center.html>

### 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>

### 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](mailto:amycverhs@gmail.com)

### St. Henry's Area School

253 2nd St. SW, Perham  
218-346-6190  
Principal- Jason Smith  
Kindergarten – 6th Grade  
<http://sthenryareaschool.webs.com/>

### St. Paul's Lutheran School

500 6th Ave. SW, Perham  
218-346-2300  
Principal- Michael Kunza  
Preschool – 6th Grade  
<http://stpaulsschoolperham.org/>

## Senior Services

### Otter Tail County Health and Human Services

218-736-6842  
<http://www.co.otter-tail.mn.us/506/Resources-for-Seniors>

### Perham Senior Center

300 W Main St., Perham  
218-346-2262

### Richville Senior Center

100 Grove St., Richville  
218-346-4738

### Dent Senior Center

203 Main St., Dent  
218-758-2650

### New York Mills Senior Center

12 North Walker, New York Mills  
218-385-2024

## Perham Area Resource Directory

### LSS of MN Caregiver Support and Respite Program

218-233-7521

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

### Mahube Otwa

218-847-1385

Karen Lenius - [klenius@mahube.org](mailto: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

### Catholic Charities Foster Grandparent Program

320.293.0682

Pat Scherf- [pscherf@ccstcloud.org](mailto: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

### Otter 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!**

### Mahube Otwa

1125 W River Rd., Detroit Lakes

218-847-1385

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

Funds are available for car repairs.

## Utilities

### City of Perham

125 2nd Ave. NE, Perham

218-346-4455

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

Gas, Water, & Sewer

### 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

### Otter Tail Power Company

Perham City Limits

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

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

### Lake Region Electric

Surrounding Areas

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

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

### 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

### Otter Tail County Emergency Programs

218-998-8000

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

## 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):

### 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

### Boys and Girls Club of the Perham Area

320 6th Ave. SW, Perham

Cori Brown - 218-346-2526

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

Provides Before and After School Programming for youth ages K-18.

## **Perham Area Resource Directory**

### **Kinship of Perham, Fergus Falls & Parker's Prairie**

Jill Shipman- 218-346-7102

<http://kinshipperham.com/>

Youth Mentoring Program for Youth Ages K-18

### **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.

### **United Way of Otter Tail County**

665 SW 3rd St., Perham

Christi Stoll - 218-770-9406 or [volunteeruwotc@yahoo.com](mailto:volunteeruwotc@yahoo.com)

[www.uwotc.com](http://www.uwotc.com)

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

### **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, dental or eye exams, medications, etc...)