



Community Connections October 2023



Published by **Love In the Name of Christ** (Love INC of Douglas County Lakes Area) Phone: 320-759-3022 www.loveincdouglas.org
Churches partnering to transform lives with life skills classes, clothing, shoes, personal care items, furniture (referrals through Love INC to the Caring and Sharing Room), Rainbow Rider passes, gas cards, appliances (must take a class to qualify), Christmas toys, blankets, and prayer.



Connections For All Ages

Bread to the Nations Chili Fundraiser – Join Common Ground Coffee House (516 Hawthorne St, Alexandria) on **October 1st** from 11 AM – 2 PM for a chili fundraiser (free will donation) to help support a women’s team traveling through Bread to the Nations to the Dominican Republic to bless widows who are part of a Haitian church community.

Marriage Enrichment Seeking God Together – All engaged and married couples please join First Lutheran Church (1655 18th Ave E, Alexandria) on **October 1st** from 4 – 6 PM for their next Marriage Enrichment event. The topic is how to seek God together. Register at this link:

<https://firstlutheranalexandriamn.churchcenter.com/login?return=https://firstlutheranalexandriamn.churchcenter.com/registrations/events/1941600/reservations/new>.

Community Resilience Conversation – Come learn more about Adverse Childhood Experiences (ACEs), Positive Childhood Experiences, local data surrounding these topics as well as how addressing stress and promoting resilience can improve the overall health and well-being of you, your families, and your communities. Join First Lutheran Church (1655 18th Ave E S McKay, Alexandria) on **October 5th** from 7:30 – 9:30 AM for a FREE breakfast and a good discussion. RSVP to Connie Fields at clou54@hotmail.com or at 320-219-0349 by October 4th at noon.

Awesome Athletes – Come join Alexandria Public Schools Community Education in collaboration with the Windmill Project for fun and sports! Awesome Athletes provides individuals with special needs with a fun time to try out different sports and have fun! Each participant gets one support person included with their registration. Additional family members are welcome but must register. This program is offered free to the special needs community! Classes are available on **October 8th** from 2:30 – 3:30 PM, **November 5th** from 4:30 – 5:30 PM, and **December 5th** from 4:30 – 5:30 PM. To enroll and more information:

https://alexandria.ce.eleyo.com/course/8687/adult-fall-2023-summer-2024/awesome-athletes?fbclid=IwAR1pkPjHE79JAgSnDajaBSMinPNvnJJ3smi6w9XTYsdh3dVTXX_jBI7G7Bk#awd312.

Central Lakes Orthodontics Day at Country Blossom Farm – Join our Central Lakes Orthodontics team as we celebrate fall with a FREE afternoon at Country Blossom Farm! All friends, families, and community members are welcome to join on **Saturday, October 14th** from 1 – 4 PM. Attend this fun afternoon filled with the season’s best outdoor activities: an apple orchard, a pumpkin patch, a corn maze, and more! RSVP online at <https://centrallakesorthodontics.com/confidence-counts-club/#events> or let us know you’ll be joining us on Facebook: <https://www.facebook.com/events/201720276235060>.

Take A Stand Against Domestic Violence – In honor of Domestic Violence Awareness month and in support of survivors, join us on **October 17th** at 5 PM as we take a stand on 3rd Avenue for domestic violence awareness. After the stand there will be a light supper and speech from Domestic Violence Survivor, Nicole Plowman. The event is held at Zion Lutheran Church (300 Lake St, Alexandria).

Tech Tuesday: Resume Writing – Join the Douglas County Library (720 Filmore St, Alexandria) on **October 24th** from 12 – 1 PM for tips and tricks for writing a great Resume and Cover Letter! We will look at different templates and go over what should be included in a Resume vs Cover Letter. Registration is required to secure the use of a library computer or feel free to bring your own device. Register here: <https://douglascountylibrary.libcal.com/event/11174336>.

Harvest Fun Family Event – Families with young children (birth to 5) join the Early Education Center (1410 McKay Ave S, Alexandria) on **October 27th** from 4 – 6 PM for a fun afternoon with a variety of seasonal activities! (Suggested donation of \$10/family).

Legacy of the Lakes Museum Fall Open House – Join the Legacy of the Lakes Museum in celebrating their 2023 season with an Open House at the museum. Enjoy free museum entry, hot apple cider, fall themed treats, and kid’s crafts on **Sunday, October 29th** from 12 – 4 PM.

Worship Night – Join Alexandria Covenant Church (4005 Dakota St, Alexandria) on **October 29th** from 6 – 7 PM for a refreshing night of worship and prayer. Invite friends, bring your family, and come expecting to see God do great things in our hearts and lives as we worship together. We’ll have a social with desserts and coffee afterwards. Childcare available.

Alexandria Farmers Market – Full line of locally grown fruits, vegetables, meat, and baked goods. Located on Broadway & 2nd Ave in Big Ole Park, 1/2 block N of the Chamber Office. May 13 thru Oct 31: Sat. 9 AM – 12 PM, Tues. 9 AM – 12 PM, Thur. 3 – 6 PM.

Kid Connections



Holding Hands – Moms and caregivers with children birth through homeschooling join Lake Community Church (490 Voyager Dr, Alexandria) in the gym **every other Tuesday beginning October 10th** from 9 AM – 10:30 AM for a short devotional, free play, parachute games, circle-time songs, and plenty of time for ladies to fellowship while the kids run off some energy! Reach out to Saraah for more details: saraahloryn@gmail.com.

Magnet Design for Kids – Kids of all ages are welcome to join the Douglas County Library (720 Filmore St, Alexandria) on **October 13th** from 3:30 PM – 4:30 PM to create a fun homemade magnet! Draw a design or look through discarded books to find a character to turn into a magnet. No registration is required for this event.

Stay & Play at the Library – Children birth to age 3 and their caregivers are welcome to join the Douglas County Library (720 Filmore St, Alexandria) every Thursday beginning **October 26th – December 14th** from 10 – 11:15 AM. Enjoy a warm and inviting space where you and your child can play and socialize with others in the community. Please note this is an unstructured free play time for both caregiver and child; not a structured story time.

Story Hour at Cherry Street Books – Join Cherry Street Books (503 Broadway St, Alexandria) on **Saturdays** for a fun filled mornings from 10 – 11 AM. Geared for kids ages 3-5 we will sing songs, read stories, and make crafts.

Teen Connections



Hayride & Bonfire – Join St. Mary (420 Irving St, Alexandria) for a Hayride & Bonfire (Grades 6-12) at St. Nicholas of Belle River (9473 County Rd 3 NE, Carlos) on **October 14th** from 7 – 9 PM (Carpooling available from St. Mary's after 5 PM Mass).

Girls Art Night – Middle and High school girls join Youth for Christ (124 7th Ave W #15, Alexandria) from 6 - 7:30 PM on the **third Friday** of each month to create! All supplies provided.

Youth for Christ Games & Fun – Join for games, conversations, and fun after school! Middle School Campus Life get together **Mondays** from 3:30 – 5 PM and High School Campus Life get together **Thursdays** from 3:30 – 5 PM at the Youth for Christ Building (124 7th Ave W #15, Alexandria).

Vie Yth – Meets the **first and third Wednesdays** of every month from 6:30 – 8:15 PM at Vie Church (3020 Rosewood Ln SE, Alexandria). This includes all students in grades 5-9. We have an intentional time in the Word of God along with lots of fun, games, and food. We desire to have each student feel valued and experience Jesus in an attractive, compelling, and purpose-filled way.

A Quiet Place Game Night, 2 – Lake Community Church will be hosting a Youth for Christ event, game night Friday, **November 10** from 6 – 8 PM.

Dungeons and Dragons League – Youth for Christ (124 7th Ave W. #15, Alexandria) hosts The Nordic Dungeon League **every Thursday** from 5:30 – 7:30 PM.

Adult Connections

Uncommen Nights – This Event is for all the MEN! Join The Church of the Pines (3992 MN-27, Alexandria) on **October 6th** from 7 – 9 PM for an uncommen night, where men from across Alexandria and different churches come together quarterly to fellowship and worship together. More details at www.kaleoinitiative.com.

Young Families Sundays – Join Lake Community Church (490 Voyager Dr, Alexandria) **every 1st and 3rd Sunday** of the month (beginning October 1st) from 3:30 – 5 PM or 5 – 6:30 PM for a Bible study to bring together young families to share experiences and learn about God together. New families welcome to join any time! Contact Tyler Hauck for more details: hauck_tyler@yahoo.com. Sign up for the 3:30 session here: https://lcc.ministryplatform.com/portal/event_signup.aspx?id=9337 or the 5 PM session here: https://lcc.ministryplatform.com/portal/event_detail.aspx?id=9321.

Women's Worship Night – Ladies, come and join Alexandria Covenant Church (4005 Dakota St, Alexandria) for a night of worship on **October 9th** from 6 – 7:30 PM.

Messy Family Project – Married couples, single parents, engaged couples, and grandparents join The Church of St. Mary (420 Irving St, Alexandria) on **October 13th** from 7 – 9 PM and **October 14th** from 9 AM – 4 PM for a weekend retreat to gain wisdom, inspiration, and practical tools that will help strengthen your family. To register follow this link: <https://messyfamilyproject.org/mfu-registration-alexandria-mn/> or call the parish office at 320-763-5781. The cost is \$65/person (financial assistance available if cost is prohibitive). For assistance finding a sitter for the weekend, contact Tammy Huss at 320-763-5781. For financial assistance, call the parish office at 320-763-5781. For more information and questions: mfpalexandria@gmail.com.

Men on Fire – Join The Church of St. Mary (420 Irving St, Alexandria) for a Men's Breakfast & Retreat from 8 - 11:30 AM on **October 28th** for breakfast, music, keynote speaker Fr. Peter Anderl, and mass with Bishop Neary. Register at:

<https://giving.parishsoft.com/App/Form/fc8ff92b-7aee-49ff-9f04-ac642ff8ab5b>.

Young Adults Ministry – Meets **every Thursday** at 6:30 PM at Reach Church (1310 N Nokomis NE, Alexandria).

40's-60's Life Group – Join Lake Community Church (490 Voyager Dr, Alexandria) on **October 27th** from 6:30 – 7:30 PM if you are in your 40's, 50's, or 60's and looking for a group to connect with others in a similar life stage. We are a fellowship group that is choosing to do life together and support each other. We typically meet on the last Friday of the month at the church but may occasionally meet offsite for activities or events. Contact Lake Community for more information.

Senior Connections

PrimeTimers Campfire – Everyone 55+ are invited to join the DeFoes for an evening of fellowship, potluck, campfire & smores at their home (11952 Carnation Ln SW, Farwell) on Friday, **October 13th** from 5 – 8 PM. Meat and smores will be provided. Please bring a dish to share, chairs, and blankets. Contact Paulette for more details:

dpdefoe@gmail.com.



Ready Ride – Safe, friendly rides helping adults 65+ maintain independence. Call Ready Ride at 218-685-7433 for more information.

Senior Linkage Line – a service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. Call 800-333-2433 for information on a variety of services such as Aging in Place, Caregiving, and Medicare. <https://mn.gov/senior-linkage-line/>

Alexandria Senior Center – Open weekdays 9:00 AM - 3:30 PM (414 Hawthorne St, Alexandria). For more information on all their many exciting events, call 320-762-2087 or visit their website at www.alexsrctr.org.

Aging In Place Program – sponsored by Habitat for Humanity of Douglas County to make improvements to your home for safety, accessibility, or energy efficiency for people 65+. To find out more, please call 320-762-4255.

Dancing Sky Area Agency on Aging – Dancing Sky works with rural communities to help older adults stay in control of their choices. Go to www.dancingskyaaa.org for more information on programs for older adults and caregivers in your area. Follow Dancing Sky Area Agency on Aging for updates and information. Contact the Senior Linkage Line for assistance on options for seniors at 800-333-2433.

Support Groups

Sundays

Recovery Game Day – **Every third Sunday** at the Alano Club, 12 – 4 PM (1604 Jefferson St, Alexandria).



Mondays

Amazing Journeys Support Group for Weight Loss – Meets **second and fourth Mondays** from 6 – 7:30 PM at the YMCA. For more information, please call Betty at 320-304-3444.

Tuesdays

Young Couples without Kids – This Life Group is an ongoing group that meets **every Tuesday** 7 – 8:30 PM with the purpose of growing deeper in community with others and studying the Bible regularly. Topics and studies will change periodically, but they are intended to establish a strong foundation in the faith. Located at the Peterson home (1804 Oak Knoll Dr. NE, Alexandria) contact Andrew Paskewitz at andrew.paskewitz@gmail.com for more information.

Senior Coffee – Located at Calvary Lutheran Church (605 Douglas St, Alexandria) – The **first Tuesday** of every month from 10 – 11 AM.

Pens and Pals – Held on the **first Tuesday** of every month at The Church of St. Mary's (420 Irving St, Alexandria). Pens and Pals is a ministry to love and serve persons in our faith community with disabilities through adult faith formation by creating a trusting partnership between all abilities of adult parishioners. God wants our lives to overflow with mercy, love, and compassion. Contact Barb Friedrichs by email at barb326@live.com or call 320-766-6106.

Caregivers Support Group – Meets the **second Tuesday** of each month from 1:30 – 3:30 PM at First Lutheran Church (1655 18th Ave. E, Alexandria). For more details, call Val at 320-762-2196.

Jesus Cares Bible Studies – The Jesus Cares Ministry reaches out to individuals with intellectual and developmental disabilities through bible study and fellowship opportunities. They meet on the **second and fourth Tuesdays** of the month at 7 – 8 PM at St. Paul's Lutheran Church (718 Victoria Dr, Alexandria). If you have questions or would like more information, call 320-762-1644.

Cancer Support Group – Meeting the **third Tuesday** of the month at Alomere lobby conference room, (111 17th Ave. E, Alexandria). Meetings are offered in person or on Zoom. For more information call Jo at 320-766-3741 or email her at jopete@gmail.com.

Grief Connect Group – Located at Calvary Lutheran Church (605 Douglas St, Alexandria) – **The third Tuesday** of every month from 6:30 – 7:30 PM.

Grieving Parents Group – Located at First Lutheran Church (1655 18th Ave E, Alexandria) on **every third Tuesday** of the month from 7 – 8:15 PM. Contact FLC for more info at (320)762-2196 or at admin@firstlutheranalexandria.com.

Alexandria Area Newcomers – Shalom Lutheran Church (681 Voyager Dr, Alexandria) The Alexandria Newcomers meets on the **fourth Tuesday** of every month from 6:30 – 8 PM. Meetings are open to residents of all ages who are new to the community or former residents who have moved away and returned. For more information contact us at alexandriaareanewcomers@gmail.com.

Wednesdays

Handicraft Support Group – Knitters, sewers, crafters of all varieties and abilities are encouraged to join the Handicraft Support Group. Bring your projects and join others for company, encouragement, and inspiration. Located at Douglas County Library (720 Filmore St, Alexandria) from 1 – 3 PM **every first and third Wednesday**.

MOMS Group – Moms of all ages and stages are invited to connect with each other and Christ over conversation and coffee. Childcare is available for infant – 5 years, the **first and third Wednesday** of the month from 9:15 – 11 AM.

St. Mary's Walking Group – Are you looking to get some exercise and good conversation? Join Katrina Brault the **first and third Wednesdays** each month from 6 – 7 PM. Meet at Big Ole. All are welcome!

Someplace Safe Women's Empowerment Group – A support group for survivors of abuse. Please call Leigh, at Someplace Safe for more information at 320-762-1995.

Coffee Connection – Are you feeling isolated, alone, and disconnected? We need real relationships with one another, so we are starting on ongoing opportunity to connect with other people, make some new friends, and to care well for one another. Join from 9:30 – 11 AM for coffee, donuts, and genuine conversations at Lake Community Church (490 Voyager Dr, Alexandria).

Embrace Grace – Has your life been impacted by a surprise pregnancy? Join our Embrace Grace Group! Make friends in a judgement-free community of women who want to encourage and support you. We've got your baby needs covered! Get a FREE baby shower thrown for you! Or a Celebration of Life Shower for brave moms who choose adoption. Say goodbye to fear, and hello to joy! We help you find hope when life doesn't make sense. Meeting **every Wednesday** from 6:30 – 8:30 PM at Spirit Life Church (912 State Highway 29 N, Alexandria).

Thursdays

Belong – Women's Connection Group **every Thursday** from 6:30 – 8:30 PM gather for community game night and connection. We will celebrate our differences, cross generations, and nurture friendships. Located at Leigha VanderTuin's home (9364 County Road 11 NW, Alexandria) contact Leigha VanderTuin at leighavandertuin@gmail.com for more information.

Ladies & Lattes Coffee Chat – Ladies of all ages welcome: Come join us for fellowship, sharing, and laughter the **second Thursday** every month at Common Ground Coffee House (516 Hawthorne St, Alexandria) from 1 – 2:30 PM. Contact Paulette DeFoe for more information dpdefoe@gmail.com.

We'll Walk – Alomere Health is launching a monthly wellness walk. Every **second Thursday** of the month from 5:15 – 6:15 PM, an Alomere doctor will lead a group of walkers and discuss wellness along the way. In warm weather, we'll meet at Big Ole Central Park (200 Broadway St, Alexandria). When the weather gets cold, we'll meet at Viking Plaza Mall (3015 S Hwy 29, Alexandria).

Fridays

Meal and Fellowship – Every Friday dinner and fellowship at The Regeneration Center (1615 6th Ave E, Alexandria) at 6:30 PM. For questions call Dave at 320-815-3590.

Ground Zero – A place for singles, ages 18-30 and is designed for fellowship and to be a safe place for spiritual growth. Meeting **Fridays** from 6 – 8 PM at the Ahlers Home (1015 Kenwood St, Alexandria). Contact Nick Ahlers for details (507) 786-3256 or nickahlersrom116@gmail.com.

Osakis Life Group – Do you live in the Osakis area and are looking for community? If so, we have a group meeting at the Clapper's home on the **first and third Friday** of the month from 7 – 8:30 PM. Light refreshments and childcare provided. Currently studying the book of Philippians. Located at 405 W Queen St, Osakis, contact Bob Clapper at bobclapper@yahoo.com for more information.

Each day of the week

AA Meetings – Seven days a week at various times at the Alano Club located at (1604 Jefferson St, Alexandria). The schedule is posted outside the club door, or you can go to www.district4online.org or call the AA Hotline at 866-423-2969 for more information as well as the schedule for other area meetings.

Community Resources



Adult Basic Education – Need a better job??? Get your GED. It's free. Call 320-762-3312.

Assurance Wireless – is a lifeline-free government phone program free to qualifying households. Enrollment is available to individuals who qualify based on federal or MN-specific eligibility criteria. You may qualify if you are on certain public assistance programs, like Medicaid or Supplemental Nutrition Assistance Program (SNAP). You can also qualify based on your household income. Find more information at <http://www.assurancewireless.com/>

The Caring and Sharing Room – provides used furniture and household items in good condition to families in need in Douglas County through referrals from agencies like Love INC. They are sponsored by the Church of St. Mary and supported by several area churches and individuals. If you would like to donate, please call the Caring and Sharing Room at 320-760-8084.

Car Care Program – Providing safe and reliable cars that will give you an opportunity to change your situation and help you re-write your story. To set up an appointment call or email Kris at 320-460-7911 or Kris@carcareprogram.org. For more information check out <https://carcareprogram.org/>.

CareerForce – a group of private, public, and nonprofit partners offering a range of services including one-on-one guidance, training, networking, labor market information, resume writing, and much more. They are located at 303 22nd Ave West, Suite 107, Alexandria. For assistance call 320-391-9262.

Cost Plus Drug Company – An online drug company offering safe, affordable medicines at the lowest price possible. <https://costplusdrugs.com/>

Douglas County Outreach Food Shelf – Call 320-762-8411 for an appointment. A box will be prepared for you, brought out to your car, and placed in your trunk. Located at 1205 Lake St, Alexandria. You may visit the shelf every 30 days.

Father's Resource Program – Helps parents and families that have issues involving parenting time, custody, and child support. The program instructs and educates parents and families on area resources and services that may be of assistance to them. Call for an appointment at 320-762-3031 or email mikkela@wcmca.org for more information.

Fostering Love – Provides Immediate needs to foster and adoptive families in Douglas County. Located at 901 MN-29 Suite 202, Alexandria. For current hours and contact information check Douglas County Foster Closet on Facebook or call 320-349-0132.

Habitat for Humanity – Currently taking applications for affordable homes. Habitat encourages anyone who is struggling with home ownership to call 320-762-4255. Help may be available. Habitat homebuyers help build their homes alongside volunteers and purchase the home with an affordable mortgages. For more information or to fill out an application, visit <https://hfhdouglascounty.org/>.

Head Start – promotes the school readiness of young children from low-income families through agencies in their local community. Head Start and Early Head Start programs support the comprehensive development of children from birth to age 5 in centers (Alexandria, Brandon, Elbow Lake, Fergus Falls, Morris, Osakis and Starbuck) and in their own homes. Head Start services include early learning, health and family well-being, including pregnant families. For more information or to enroll your family visit wcmca.org/headstart or call 1-800-492-4805.

Legal Services of NW MN – provides free legal advice/services to qualifying persons in Douglas and surrounding counties. Low-income or age 60+. For instructions on how to best communicate your concerns, call 800-450-2552.

Life Connections - Free and confidential pregnancy and parenting resources including clothing birth to 5T, diapers, formula, maternity clothes, education on health and nutrition, grants for housing, car seats as well as car seat installation classes (1309 Hwy 29 N. Suite 102, Alexandria). For more information, call 320-762-1224 or check out <https://www.lifeconnectionsminn.org/>.

LifeRight Outreach – is a transitional housing ministry reaching out to men who suffer from addiction, alcoholism, and homelessness. It is committed to being the hands and feet of Jesus, helping men make it back home. For an application or to volunteer please call 320-759-3930.

Mental Health Crisis WarmLines – If you are struggling with your mental health but aren't experiencing a mental health crisis or emergency, reach out to the Minnesota Warmline at 651-288-0400, toll-free 855-warmline, or text "Support" to 85511. Open seven days a week, 9 AM - 9 PM.

Opportunity Enterprises – Do you need a job skill or a trade? Even if you are a felon or a recovering addict, we invite you to apply. We provide training for welders and machine operators to enter the workforce. Call 320-815-3590 or email theoemgr@gmail.com.

Outdoor Gear Library – Rent bird-watching kits, camping, outdoor gear, fishing equipment, etc. through Alexandria Public Schools. Open Monday – Friday, 9:00 AM - 4:00 PM. Daily and weekend rentals are available. Please call for more information or to rent: 320-762-3310, Ext. 4242 www.alexschools.org/domain/964

Prescription Drug Discounts – Use the SingleCare App for prescription drug discounts or call Sheila at Douglas County Social Services for information of how you may qualify for prescription drug assistance at 320-762-2302.

Rural Development – The United States Department of Agriculture has loans and grant opportunities that can provide low-income families the ability to repair homes for safer living conditions or help to purchase a home. You do not need to live on a farm to take part in this program. People age 62+ may qualify for grants. For more details or to see if you qualify, contact Dawn at dawn.winter@usda.gov or 320-763-3191 ext. 108.

Safe Families for Children – Serves families in Douglas, Pope, Grant, Traverse, and Stevens counties to mobilize vetted and trained volunteers to provide informal, family-like support for families experiencing a crisis situation. For more information or support please email westcentralmn@safefamilies.net or call 218-671-3224.

The Free Little Pantry – Please visit and take what food you need. Pantry is located next to the front door of Alexandria First Free Methodist Church on the corner of 8th Ave E and Jefferson St, Alexandria. You can drop off non-perishable food for others, too. Open 24/7.

The Storehouse – The food pantry is located at Common Grounds Coffee House (516 Hawthorne St. Alexandria). Food distribution is on Saturday from 3 – 4 PM. To donate food, please drop items off at the same address. For more information, call 320-219-6239.

Veteran's Service Office – Services and support for military veterans. For appointments, call 320-762-3883.

Veteran's Crisis Line – 24-hour / 7 days a week crisis assistance for veterans and their families. 800-273-8255, Ext 1.

Viking Community Support Program – Providing rehabilitative services and support for people struggling with mental health issues. The Drop-In Center is open Monday through Friday from 1 - 5 PM, Tuesday and Friday evenings, and Saturday and Sundays from 12 - 4 PM at 1106 Broadway, Alexandria. They provide computers, pool tables, coffee, TV, crafts, and listening ears. Facebook Live every Monday through Wednesday at 9 AM, talks about coping skills, mental health, physical health management, and ways to get motivated. Call 320-763-6261 with any questions. <https://www.facebook.com/vikinglandcsp/>.

Vocational Rehabilitation – Helps find employment for adults with disabilities, transition planning for High School students with disabilities, financial assistance for post-secondary education, vehicle modification for work travel and more. For assistance call 320-762-7809.

WEcovery – is here to assist individuals seeking to improve their lives through the process of recovery. They provide peer recovery specialists helping those in recovery from substance use disorder. They help educate in small group settings, DWI classes, and more. Located at 503 Hawthorne St. Suite 55, Alexandria. For more information search Unity Recovery or WEcovery on Facebook or call 320-219-7474.

West Central Minnesota Communities Action – Call 320-304-3458 or 800-492-4805 for an appointment if needing assistance for homelessness, weatherization, in-home modifications, home rehab loans, or Head Start. Office in Alexandria is located at 1910 Aga Drive, Suite 206, Alexandria. www.wcmca.org.

Employment Agencies

*Doherty 320-763-3121
*Manpower 320-763-9899
*People Ready 320-762-2001
*Prostaff 320-763-9677
*45 North 320-287-2949

Counseling Services

*Lutheran Social Services 320-762-5124
*Nystrom's and Associates 320-460-8028
*One Hope Christian Counseling 320-808-3096
*West Central Counseling 320-759-3096