

Rochester Metro Area Resource List

A list of community resources that protect, help, encourage and support

Women and Mothers

Parents

Families

Children

ABUSED WOMEN'S SHELTERS AND SUPPORT GROUPS

Women's Shelter Inc.

24-hour hotline: 507-285-1010

Business line: 507-285-1938

<http://www.womens-shelter.org/>

Women's Shelter assists female victims of domestic violence and their children by establishing and maintaining a facility that provides safe, temporary shelter to these women and children.

Family Services Rochester

1110 6th St. NW

Rochester, MN

507-287-2010

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

Women's and Children's Domestic Violence Groups meet on weekday evenings. There is no cost to attend the group. No pre-registration required.

ACUPUNCTURISTS

Deah Kinion

Lilac Wellness Center

3270 19th St. NW

Rochester, MN

507-280-0300

<http://www.lilacwellnesscenter.com>

River Seasons (Marina Keppler)

124 Elton Hills Lane NW

Rochester, MN

507-288-3075

<http://riverseasons.net/acupuncture.htm>

BIRTH DOULAS

Juanita Bateman, Birth Doula, Certified Lactation Counselor/Breastfeeding Peer Counselor

507-254-9748

nlv_ap@yahoo.com

Stephanie Copeman, Massage Doula Intern, CIMT

507-272-0179

www.themassagedoula.com

StephCopeman@aol.com

Sonia Cushing, CD(DONA), Child Passenger Safety Technician

507-252-9127

sonia_cushing@yahoo.com

<http://www.birthempowered.com>

Dana Duffney
daner54@gmail.com

Amy S. Fry, BFA, CD(DONA), ICCE
Artist, Birth Doula, and Childbirth Educator
507-534-4268
jafry5@embarqmail.com

Veronica Jacobsen, BA, CD(DONA), LCCE, CLC
Bachelor of Arts, DONA Certified Birth Doula, Lamaze Certified Childbirth Educator, Certified Lactation Counselor, and Child Passenger Safety Technician
Richfield, MN
612-234-2229
www.byoursidels.net

Jackie Mysak, CD(DONA), birth/maternity/newborn/children/family photography
507-884-9424
jackie.mysak@gmail.com
<http://www.yourbirthpartner.com>
<http://www.jackspratphotography.com>

Rebecca Piatt, Birth Doula (also offers postpartum support)
760-364-3444
gramabecca2@hotmail.com

Michele Ree, Birth Doula
Stewartville, MN
507-216-1905
micheleree@gmail.com
<http://www.dedicateddoula.vpweb.com>

Jennie Schindle
Mantorville, MN
507-272-9080
jennieschindle@yahoo.com
<https://sites.google.com/site/gentleembracedoulaservice/>

BREASTFEEDING PUMP & EQUIPMENT SUPPLIERS

Weber and Judd Pharmacy
507-289-6047
<http://www.weberjudd.com>

Olmsted Medical Center Lactation Services
507-529-6758

Mayo Foundation
507-284-9669
507-266-7890

WIC: Women, Infants and Children (Olmsted County Health Department)
2100 Campus Drive SE
Rochester, MN
507-328-7555

[http://www.co.olmsted.mn.us/family/women_infants_&_children_\(wic\)_program.asp](http://www.co.olmsted.mn.us/family/women_infants_&_children_(wic)_program.asp)

WIC provides breastfeeding information and support, and may provide free or discounted breastpumps to mothers who qualify for WIC services.

BREASTFEEDING SUPPORT GROUPS, CLINICS, CLASSES

La Leche League of Rochester, Minnesota

<http://www.llusa.org/web/RochesterMN.html>

meetings: third Tuesday of each month, 6:45 p.m., Zumbro Lutheran Church, 624 3rd Ave SW

Working Moms Breastfeeding Support Network

Network sessions are hosted by an IBCLC.

507-266-7473

Meetings: second Thursday of each month, noon – 1 p.m.

Olmsted Medical Center (Prenatal and Family Education breastfeeding classes)

507-529-6759

Mayo Clinic (Perinatal Education Center breastfeeding classes)

507-266-7473

CAR SEAT SAFETY INSPECTORS/CLASSES

Sonia Cushing, CD(DONA), Child Passenger Safety Technician

507-252-9127

sonia_cushing@yahoo.com

<http://www.birthempowered.com>

Veronica Jacobsen, BA, CD(DONA), LCCE, CLC

Bachelor of Arts, DONA Certified Birth Doula, Lamaze Certified Childbirth Educator, Certified Lactation Counselor, and Child Passenger Safety Technician

Richfield, MN

612-234-2229

www.byoursidels.net

Sharon Munns, RN, Child Passenger Safety Technician

Mayo Clinic Trauma Center

507-255-5066

munns.sharon@mayo.edu

CHILD ABUSE PROTECTION AGENCIES

Olmsted County Child and Family Services
2116 Campus Dr SE
Rochester, MN
507-328-6400

CHILDBIRTH EDUCATORS

Stephanie and Matt Neher, AAHCC (Bradley Method)
<http://semnnaturalchildbirthclasses.blogspot.com>
birthmomma@kmtel.com
507-634-7498

Olmsted Medical Center (Prenatal and Family Education)
507-529-6759

Mayo Clinic (Perinatal Education Center)
507-266-7473

CHILDCARE OPTIONS

SAAC (School Age Child Care)
Northrop Education Center
201 8th Street NW
Rochester, MN
507-328-4040

www.rochesterce.org/sacc

SAAC provides enrichment opportunities in a nurturing and safe environment for students in Kindergarten through 5th grade, including: before and after school, non-school enrichment days, scheduled district early dismissal days, scheduled district late start days, inclement weather days and summer care.

Child Care Resource & Referral, Inc.
126 Woodlake Drive SE
Rochester, MN
507-287-2020

<http://www.c2r2.org/home.htm>

Offers information on child development, childcare options, programming and links to other helpful Web sites.

CHIROPRACTORS

Brennan Family Chiropractic
1751 Highway 52 N
Rochester, MN
507-289-3333

Chiropractic and acupuncture care for the entire family. The office has a special table for adjusting pregnant women, and Dr. Melissa holds a Pediatric Certificate of Proficiency and is Webster Technique Certified.

The Chiropractic Solution
326 Elton Hills Dr. NW
Rochester, MN
507-281-8844
Dr. Dale Rohlfing is Webster Technique Certified.

Inner Strength Chiropractic
2518 Superior Drive NW #101B
Rochester, MN
507-292-1800

<http://www.innerstrengthchiropractic.com>

Drs. Ed and Stacy LeQuire support the childbearing woman and support natural birth and homebirth clients. They also have a Hayfield office.

RAK Chiropractic
3169 Wellner Dr. NE
Rochester, MN
507-208-4305

www.RAKchiropractic.com

Drs. Ryley and Katie Layden specialize in sports and children's chiropractic.

COMMUNITY SERVICES AND PROGRAMS

Boys and Girls Clubs of Rochester
1026 E. Center Street
Rochester, MN
507-287-2300

info@bgclubroch.org

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

PAIIR (Parents Are Important In Rochester)
Northrop Education Center
201 8th St NW
Rochester, MN
507-328-4020

<http://www.rochester.k12.mn.us/se3bin/clientgenie.cgi>

PAIIR offers early childhood health and development screenings, kindergarten readiness classes, literacy programs and interactive classes to help families with children from birth to kindergarten.

CRISIS ASSISTANCE FOR PARENTS, CHILDREN AND FAMILIES

Family Services Rochester
1110 6th St. NW
Rochester, MN
507-287-2010

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

Family Services Rochester offers programs and services for child maltreatment, child welfare, domestic violence, and family counseling to all the diverse populations in Rochester.

Family Focus
401 16th Ave. NW #106
Rochester, MN
507-286-7877

<http://www.mnfamilyfocus.org>

Promotes healthy family relationships and supportive living environments. Services include: foster care, residential treatment, home-based therapy, education and counseling, whole family placements, child respite care and adoption assistance.

United Way of Olmsted County
903 W. Center St.
Rochester, MN
507-287-2000

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

CRISIS PREGNANCY RESOURCES

Birthright International
830 S. Broadway
Soldiers Field Plaza
Rochester MN
507-288-9374

<http://www.birthright.org>

Catholic Charities
117 East Center Street, Suite B
Rochester, MN
507-287-2047

New Life Family Services
902 North Broadway
Rochester, MN
507-281-1124

<http://www.newlifefamilyservices.com>

DOCTORS PROVIDING PRENATAL/OBSTETRIC CARE

Daniel Swartz, MD (Family Medicine)
Olmsted Medical Center – Northwest Clinic
Rochester, MN 55901
507-292-7070
Attends VBAC deliveries at Olmsted Medical Center (Rochester MN)

Dennis Hartung, MD (Obstetrics/Gynecology)
Hudson, WI
715-531-6800
Attends VBAC and vaginal breech deliveries at Hudson Hospital (Hudson, WI)

David Schwartz, MD (Family Medicine)
Waukon, IA; LaCrosse, WI
563-568-3449
Attends VBAC and vaginal breech deliveries at Veterans Memorial Hospital (Waukon, IA) and
VBAC deliveries at Franciscan Skemp Hospital (LaCrosse, WI)

Olmsted Medical Center
Rochester, MN
507- 288-3443
<http://www.olmmed.org>

Mayo Clinic/Rochester Methodist Hospital
Rochester, MN
507- 284-2511
<http://www.mayoclinic.org/rochester/>

EXERCISE CLASSES: PERINATAL, YOGA, PILATES MOTHER/CHILD

Blue Moon Yoga
1221 3rd Ave. SW
Rochester, MN
507-254-3387
<http://www.bluemoonyogastudio.com>

Yogi Pose
Rochester, MN
507-319-8166
<http://www.yogipose.com>
Offers mom and baby, infant, children's and family yoga classes.

Rochester Area Family YMCA
709 First Ave. SW
Rochester, MN
507-287-2260
<http://www.rochfamy.org/index.html>
The YMCA occasionally offers prenatal and postnatal fitness programs in partnership with Mayo Clinic Perinatal Education Program (507-266-7473).

Rochester Athletic Club
3100 19th St NW
Rochester, MN 55901-6606
5070282-6000

<http://rochesterathleticclub.com/>

The RAC occasionally offers prenatal Pilates and yoga classes. Personal trainer Kim Gordon, MPT, also offers private one-on-one and small group Pilates lessons.

HEALTH FOOD STORES

The Good Food Store
1001 6th St NW
Rochester, MN
507-289-9061

<http://www.rochestergoodfood.com/>

HOSPITALS

Olmsted Medical Center
Rochester, MN
507- 288-3443
<http://www.olmmed.org>

Mayo Clinic/Rochester Methodist Hospital
Rochester, MN
507- 284-2511
<http://www.mayoclinic.org/rochester/>

St. Elizabeth's Medical Center
Wabasha, MN
<http://www.ministryhealth.org/SEMC/home.nws>
Offers waterbirth and midwifery care.

Hudson Hospital
Hudson, WI
<http://www.hudsonhospital.org/>
Offers waterbirth and VBAC birth options.

INFANT MASSAGE CLASSES AND SERVICES

Healing Touch School of Massage Therapy
17 13-1/2 Street NW
Rochester, MN
507-536-4076
<http://www.healingtouchschool.com/>

Stephanie Copeman, Massage Doula Intern, CIMT
507-272-0179
www.themassagedoula.com
StephCopeman@aol.com

LACTATION CONSULTANTS/COUNSELORS

Juanita Bateman, Birth Doula, (CLC) Certified Lactation Counselor, Breastfeeding Peer Counselor
507-254-9748
nlv_ap@yahoo.com

Veronica Jacobsen, BA, CD(DONA), LCCE, CLC
Bachelor of Arts, DONA Certified Birth Doula, Lamaze Certified Childbirth Educator, Certified Lactation Counselor, and Child Passenger Safety Technician
Richfield, MN
612-234-2229
www.byoursidels.net

Mayo Clinic Lactation Consultants (IBCLC) offer breastfeeding support in the hospital and at home to Mayo Clinic patients
507-266-8863

Olmsted Medical Center Lactation Services provided by an IBCLC and CLCs for OMC patients
507-529-6758

LA LECHE LEAGUE

La Leche League of Rochester, Minnesota
<http://www.llusa.org/web/RochesterMN.html>
meetings: third Tuesday of each month, 6:45 p.m., Zumbro Lutheran Church, 624 3rd Ave SW

La Leche League of Southeast Minnesota
<http://www.llusa.org/web/SoutheastMN.html>
Austin: second Tuesday of each month, 10 a.m., Cornerstone Church, 1403 1st Avenue SW
Clarks Grove: third Thursday of each month, 6:30 p.m., First Baptist Church, 205 SE 2nd Street

LIBRARIES/INFANT PROGRAMS

Rochester Public Library
101 2nd Street SE
Rochester, MN
507-285-8000
<http://www.rochesterpubliclibrary.org>

Bedtime Stories: Themes and materials are selected with toddlers and two-year-olds in mind. Parents are encouraged to sit with their children and participate in story time activities. Older siblings are also welcome to attend. Tuesdays, 6:30 p.m. Registration not required.

Stories for Toddlers and Twos: Stories, puppets, and films for children 18 months to 36 months of age and their parents or care providers. Registration not required.

MESSAGE THERAPISTS

Rochester Area Family YMCA
709 First Ave. SW
Rochester, MN
507-287-2260

<http://www.rochfamy.org/index.html>

The Y staffs massage therapists, including therapists specializing in prenatal massage.

Sister Rosalind Gefre Schools and Clinics of Massage
300 Elton Hills Drive NW
Rochester, Minnesota
507-286-8608

<http://www.sisterrosalind.org/rochester.clinic.html>

Offers massage certification classes as well as massage services, including pre- and post-natal massage.

Stephanie Copeman, Massage Doula Intern, CIMT
507-272-0179

www.themassagedoula.com

StephCopeman@aol.com

Heather
507-251-1596
Trained in pregnancy massage.

Massage Envy
2550 S. Broadway, Suite 200
Rochester, MN
507-289-3689

Offers certified prenatal, cranial-sacral and myofascial release massage services.

Adagio Holistic Therapies
Minneapolis, MN

<http://adagioholistic.com/index.html>

Offers pre- and post-pregnancy, cranio-sacral and maya abdominal therapies.

MATERNITY/NURSING CLOTHES

The Children's Exchange
1249 Marion RD SE
Rochester, MN
507-289-6637

Gently used and like-new maternity clothing, children's clothing and items, baby gear and nursery furniture.

Apache Mall (Motherhood Maternity, JCPenney, Sears)
Highways 14 and 52 SW, Rochester

Old Navy
50 25th St SE Rochester, MN
507- 536-0398

Kohls Department Store
20 25th St SE Rochester, MN
507-529-7700

***see Online Resources for Internet-only nursing clothing/bras retailers

MIDWIVES

(I do not have personal experience with every midwife listed. This is simply a list of midwives who serve the Rochester area.)

Brenda Burke
RN, Traditional Midwife
Decorah, IA (serves Rochester area)
inpeace1@msn.com

Nickie Kerrigan
Helping Hands Birth Services and Nickie's Naturals
763-257-9446, 507-333-3925
nickiesnaturals@gmail.com

Rachel McGraw
CPM, LM
651-983-7522
<http://www.riversongmidwifery.com/>
Twin Cities, but serves the Rochester area.

Erika Urban, CPM
507-933-4939
www.erikaurban.com

LeAnn van den Bosch, CNM, LM (attends homebirths)
Winona/LaCrosse (also serves Rochester area)
507-450-3422
www.womancareofwinona.com

Sharon Riester, CNM, FNP, NP
Lake City and Wabasha, MN (attends births at St. Elizabeth's Medical Center in Wabasha, MN)
(651) 565-4571

Minnesota Midwives

<http://minnesotamidwives.net/>

Search for midwives by location. Includes Direct Entry Midwives, Certified Nurse Midwives, Certified Midwives, Certified Professional Midwives, Licensed Midwives, Registered Midwives and Lay Midwives.

Minnesota Families for Midwifery

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

Lists of Minnesota midwives attending both hospital and home births

Minnesota Birth Network

<http://www.minnesotabirthnetwork.com/>

List of Certified Professional Midwives, Licensed Midwives, Direct Entry Midwives or Traditional Midwives

Mayo Clinic - Certified Nurse Midwives

507-284-5135 for appointments

MULTIPLE BIRTH GROUPS/ASSOCIATIONS

Southern Minnesota Mothers of Multiples

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

online discussion group: www.groups.yahoo.com/group/so_mn_MOMs

contact@mmoms.org

ONLINE RESOURCES

Nursing clothing, bras and accessories

- <http://www.expressiva.com/>
- <http://www.birthandbabyorders.com> (also carries maternity, postpartum and infant items and accessories)
- <http://www.figleaves.com>
- <http://www.freshpair.com>
- <http://www.herroom.com>
- <http://www.laurensilva.com>

Childbirth information and preparation

- <http://childbirthconnection.com/> (Childbirth Connection, formerly Maternity Center Association)
- <http://www.childbirthcollective.org/> (Minnesota-based)
- <http://www.motherfriendly.org/> (Coalition for Maternity Services)
- <http://www.givingbirthnaturally.com/>
- <http://www.waterbirth.org/mc/page.do> (Waterbirth International)

- <http://www.blueribbonbaby.org/> (Brewer Diet information)

Breastfeeding information

- <http://drjacknewman.com/> (online videos for breastfeeding help)
- <http://www.llli.org> (La Leche League International)
- <http://www.kellymom.com/index.html> (IBCLC-run site, LOTS of good information)
- <http://www.thebirthden.com/Newman.html> (articles and breastfeeding video clips)

VBAC Support and Information

- <http://ican-online.org/> (International Cesarean Awareness Network)
- <http://www.vbac.com>

PARENTING CLASSES

PAIIR (Parents Are Important In Rochester)

Northrop Education Center

201 8th St NW

Rochester, MN

507-328-4020

<http://www.rochester.k12.mn.us/se3bin/clientgenie.cgi>

PAIIR offers education and support for families with young children who live in the Rochester School district.

PARENT SUPPORT GROUPS

Mothers & More

Quarry Ridge Apartments Clubhouse

1823 Quarry Ridge Place NW

www.rochmoms.org

Mothers & More is a nationwide organization dedicated to improving the lives of mothers through support, education and advocacy. Mothers & More meets twice a month, the second and fourth Tuesdays of the month.

Minnesota Dads At Home

http://groups.yahoo.com/group/mdah_roch (Rochester MDAH)

www.mdah.org (Minnesota MDAH)

Minnesota Dads At Home is a network of dads who stay home with their children.

A Mother's Heart

Berean Community Church

3157 Kenosha Drive NW

507-282-3820

A Christian support network reaching out to moms while serving homeschooling families in the Rochester area.

TeenMOPS

Christ Community Church

4400 55th St. NW

507-289-0875 (contact: Jenni)

www.teenmopsrochester.blogspot.com

TeenMOPS supports teen moms with twice-monthly meetings, meals, guest speakers, life- and skill-building activities and opportunities to earn free baby supplies.

PERINATAL LOSS SUPPORT GROUPS

Mayo Pregnancy Loss Support Group

Rochester Methodist Hospital

507-255-7718

The Mayo Pregnancy Loss Support Group serves parents who have had a pregnancy/early newborn loss.

PHYSICAL THERAPISTS

Active PT

Clinics in Rochester and Plainview

507-322-3467

507-534-1246

<http://www.activeptandsports.com>

Kim Gordon, MPT, specializes in women's health issues, including incontinence, pregnancy, scar adhesion, pelvic floor issues, back pain and pelvis instability. She also offers myofascial release and craniosacral therapy. TENS unit also available for rental.

Toni Lais, PT

Olmsted Medical Center Physical Therapy

102 Elton Hills Drive

Rochester, MN

507-282-8000

POSTPARTUM DOULAS

Barbara Kaltwasser

Osage, Iowa

Home: 641-832-2979, Cell: 319-361-8364

bbkalt@osage.net or DoulaBarb@yahoo.com

Rebecca Piatt, Birth Doula (also offers postpartum support)

760-364-3444

gramabecca2@hotmail.com

SEXUAL ABUSE RESOURCES/SUPPORT GROUPS

Olmsted County Victim Services
151 4th Street SE
Rochester, MN
507-328-7270
507-289-0636 (24-hour line for sexual assault and victim/witness assistance)

Women's Shelter Inc.
24-hour hotline: 507-285-1010
Business line: 507-285-1938
<http://www.womens-shelter.org/>
Women's Shelter assists female victims of domestic violence and their children by establishing and maintaining a facility that provides safe, temporary shelter to these women and children.

Family Services Rochester
1110 6th St. NW
Rochester, MN
507-287-2010
<http://www.familyservicerochester.org/>
Women's and Children's Domestic Violence Groups meet on weekday evenings. There is no cost to attend the group. No pre-registration required.

SINGLE PARENTING GROUPS

PAIIR (Parents Are Important In Rochester)
Single Parent Support Group
Northrop Education Center
201 8th St NW
Rochester, MN
507-285-8033
<http://www.rochester.k12.mn.us/se3bin/clientgenie.cgi>
A light supper and child care for preschoolers is included. No fee, but registration is required.

TeenMOPS
Christ Community Church
4400 55th St. NW
507-289-0875 (contact: Jenni)
www.teenmopsrochester.blogspot.com
TeenMOPS supports teen moms with twice-monthly meetings, meals, guest speakers, life- and skill-building activities and opportunities to earn free baby supplies.

SPECIAL NEEDS RESOURCES

Rochester Public Schools
Early Childhood Special Education (ECSE) Program
507-287-1679 (birth-2 yrs)
507-287-1585 (3-5 yrs)

ECSE provides early intervention services for children with developmental delays. Services include appropriate educational programs that are designed to meet their particular needs.

Follow Along Program
Rochester, MN
507- 285-8370

www.health.state.mn.us/divs/fh/mcshn/fap.htm

Some children need special help to grow up healthy and learn skills such as sitting, walking, or talking. The Follow Along Program can help you know if this is true for your child. For children from birth to 36 months.

PAIIR Parenting a Child with Special Needs
Northrop Education Center
201 8th St NW
Rochester, MN
507-285-8033

<http://www.rochester.k12.mn.us/se3bin/clientgenie.cgi>

The Parenting a Child with Special Needs class is designed specifically for parents with children ages birth to kindergarten enrollment with the added concern of a delay, disability or illness. Meetings are once a month. Childcare for preschoolers provided. There is no fee for this class.

SUPPORT GROUPS FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS

Preemie Parent Connection
Ronald McDonald House
850 2nd St. SW
507-634-6274
Monthly support group for family members of premature babies.

Hearts of Heroes
Ronald McDonald House
850 2nd St SW
507-281-8988
Hearts of Heroes is a monthly support group for parents and caregivers of children with congenital heart defects.

TENS UNIT RENTAL

Active PT and Sports

Clinics in Rochester and Plainview

<http://www.activeptandsports.com>

507-322-3467

507-534-1246

TENS units, useful for pain relief in labor and after cesarean section, available for rental.
Training session included.

VBAC/CESAREAN AWARENESS GROUPS & CLASSES

ICAN of the Twin Cities

<http://www.icantwincities.org>

online discussion group: <http://health.groups.yahoo.com/group/ICANTwincities/>

ICAN of LaCrosse (WI) and Winona (MN)

Contact: Tami Groth 608-385-9848

ICANofLaCrosseandWinona@gmail.com

Olmsted Medical Center (Prenatal and Family Education offers a VBAC class)

507-529-6759

Mayo Clinic (Perinatal Education Center offers a VBAC class)

507-266-7473

VBAC (Vaginal Birth After Cesarean) PROVIDERS

Daniel Swartz, MD (Family Medicine)

Olmsted Medical Center – Northwest Clinic

Rochester, MN 55901

507-292-7070

Attends VBAC deliveries at Olmsted Medical Center (Rochester MN)

Dennis Hartung, MD (Obstetrics/Gynecology)

Hudson, WI

715-531-6800

Attends VBAC deliveries at Hudson Hospital (Hudson, WI)

David Schwartz, MD (Family Medicine)

Waukon, IA; LaCrosse, WI

563-568-3449

Attends VBAC and vaginal breech deliveries at Veterans Memorial Hospital (Waukon, IA) and
VBAC deliveries at Franciscan Skemp Hospital (LaCrosse, WI)

Hudson Hospital
Hudson, WI

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

Offers waterbirth and VBAC birth options.

Mayo Clinic (OB, Family Medicine and Midwives all attend VBACs)
Rochester, MN
507-266-7473

Olmsted Medical Center
Rochester, MN
507-529-6759

WELL BABY/CHILD CLINICS

Olmsted County Public Health Services
2100 Campus Drive SE
Rochester, MN
507-285-8370

www.co.olmsted.mn.us/departments/health/index.asp

Provides a number of services including immunizations, child and teen checkup clinics, the WIC Program, Follow Along Program, pregnancy and parenting home visits, and services to children with special needs.