

Perham Area Resource Directory

Employment

City of Perham

125 2nd Ave. NE, Perham
218-346-4455
www.progressiveperham.com/livehere/jobs/

Doherty Employment Services

800 W Main St. #4, Perham
218-346-7749
www.dohertyemployment.com

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.

Rural MN CEP

803 Roosevelt Ave., Detroit Lakes
218-846-7400
www.rmcep.com

Royale Resources

154 1st Ave. S, Perham
218-346-3000
www.royalresources.com

Spartan Staffing

330 E Main St., Perham
218-346-5965
www.spartanstaffing.com

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.

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

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.

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
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 bakeware.

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
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

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>

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Housing

City of Perham

125 2nd Ave. NE, Perham
218-346-4455
www.progressiveperham.com/livehere/housing/

Mahube Otwa

1125 W River Rd., Detroit Lakes
218-847-1385
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://lsnmlaw.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 – Ottertail, 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

The Village Family Service Center

150 2nd St. SW, Perham
1-800-627-8220
<https://thevillagefamily.org/content/perham>

The Village Family Service Center in Perham offers counseling for a range of mental health concerns such as depression, anxiety, relationships, parenting issues, and much more. The Village strives to help individuals and families in the community build happier, stronger lives.

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

St. Henry’s Area School

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

Perham Area Resource Directory

Richville Senior Center

100 Grove St., Richville
218-346-4738

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

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
<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
<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
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, Cell Phones

Otter Tail Power Company

Perham City Limits
1-800-257-4044 or 218-739-8200
<https://www.otpc.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.

Perham Area Resource Directory

Youth Services

East Otter tail Daycare Association

President – Sarah Flatau 218-346-2185

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.

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

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.

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