

# HELPING HAND PREGNANCY CENTER



## REFERRAL GUIDE

FOR MORE INFORMATION, PLEASE  
CONTACT HELPING HAND PREGNANCY CENTER.

910 3RD AVE. WORTHINGTON, MN  
507-372-2111  
[WWW.HELPINGHANDWORTHINGTON.ORG](http://WWW.HELPINGHANDWORTHINGTON.ORG)



# HELPING HAND PREGNANCY CENTER

## CHILD CARE SERVICES AND WIC



Helping Hand Pregnancy Center takes child care very seriously and wants to promote the well-being of children and hope to see all families thrive in the community.

### **Child Care Centers:**

#### **Head Start**

1077 Pleasant Ave., Worthington, MN  
507-376-5660  
<http://smoc.us/headstart.html>

#### **Hi-Ho Pre-School**

1770 Eleanor St, Worthington, MN  
507-727-8180  
<http://www.worthingtonchristianschool.org>

#### **Kids-R-It Child Care Center**

1118 Johnson Ave, Worthington, MN  
507-372-7999  
<https://kidsritchildcare.weebly.com>

#### **Sunny Days Pre-School**

1645 South Shore Drive, Worthington, MN  
507-376-5109  
[www.firstcovenantworthington.org](http://www.firstcovenantworthington.org)

#### **We Care Day Care**

1200 4th Ave, Worthington, MN  
507-372-7676  
[www.childcarecenter.us](http://www.childcarecenter.us)

### **Childbirth Classes:**

#### **Sanford Health Childbirth Classes**

1680 Diagonal Rd, Worthington, MN  
507-372-3800

<https://www.sanfordhealth.org/classes-and-events>

### **Women, Infants, and Children (WIC)**

#### **Supplemental Nutrition Program:**

##### **Fareway Grocery**

1028 Ryan's Road, Worthington, MN  
507-372-5191

##### **Hy-Vee**

1235 Oxford St, Worthington, MN  
507-372-7354

##### **Manna Food Pantry**

230 Clary Street  
Worthington, Minnesota  
507-329-1951

##### **Nobles County Government Center**

315 10th St, Worthington, MN 56187  
507-295-5201  
<http://www.co.nobles.mn.us/departments/community-services/>

##### **Walmart**

1055 Ryan's Rd, Worthington, MN  
507-376-6446

##### **Worthington Christian Church Food Shelf**

1501 N. Douglas Ave.  
Worthington, MN  
(507) 376-3418  
<http://www.worthingtonchristianchurch.com>

### **Adoption Services:**

#### **Catholic Charities of Southern Minnesota**

1234 Oxford Street, Worthington, MN  
507-376-9757  
<https://www.ccsomn.org>

#### **Lutheran Social Services**

921 4th Ave. #1, Worthington, MN  
507-376-5961  
<https://www.lssmn.org>

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# CENTRO DE EMBARAZO HELPING HAND

## SERVICIOS DE CUIDADO INFANTIL Y DE WIC



El centro de embarazo Helping Hand toma el cuidado de los niños muy en serio, quiere promover el bienestar de los niños y espera ver que todas las familias en la comunidad salgan adelante.

### **Guarderías:**

#### **Head Start**

1077 Pleasant Ave., Worthington, MN  
507-376-5660  
<http://smoc.us/headstart.html>

#### **Hi-Ho Pre-School**

1770 Eleanor St, Worthington, MN  
507-727-8180  
<http://www.worthingtonchristianschool.org>

#### **Kids-R-It Child Care Center**

1118 Johnson Ave, Worthington, MN  
507-372-7999  
<https://kidsritchildcare.weebly.com>

#### **Sunny Days Pre-School**

1645 South Shore Drive, Worthington, MN  
507-376-5109  
[www.firstcovenantworthington.org](http://www.firstcovenantworthington.org)

#### **We Care Day Care**

1200 4th Ave, Worthington, MN  
507-372-7676  
[www.childcarecenter.us](http://www.childcarecenter.us)

### **Clases de parto:**

#### **Sanford Health Childbirth Classes**

1680 Diagonal Rd, Worthington, MN  
507-372-3800  
<https://www.sanfordhealth.org/classes-and-events>

### **Mujeres, bebés y niños (WIC)**

#### **Programa de Asistencia Nutricional Suplementaria (SNAP):**

##### **Fareway Grocery**

1028 Ryan's Road, Worthington, MN  
507-372-5191

##### **Hy-Vee**

1235 Oxford St, Worthington, MN  
507-372-7354

##### **Manna Food Pantry**

230 Clary Street  
Worthington, Minnesota  
507-329-1951

##### **Nobles County Government Center**

315 10th St, Worthington, MN 56187  
507-295-5201  
[http://www.co.nobles.mn.us/departments/  
community-services/](http://www.co.nobles.mn.us/departments/community-services/)

##### **Walmart**

1055 Ryan's Rd, Worthington, MN  
507-376-6446

### **Servicios de adopción:**

#### **Catholic Charities of Southern Minnesota**

1234 Oxford Street, Worthington, MN  
507-376-9757  
<https://www.ccsomn.org>

#### **Lutheran Social Services**

921 4th Ave. #1, Worthington, MN  
507-376-5961  
<https://www.lssmn.org>

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# HELPING HAND PREGNANCY CENTER

## CHRISTIAN CHURCH REFERRAL GUIDE



Helping Hand Pregnancy Center is a Christian-based company that supports and guides many individuals through tough times in life as well as rejoice in the good times. Use our Church Referral Guide to find a worship sanctuary close to you.

### **English Services Only**

#### **Abundant Life Tabernacle**

627 Clary St, Worthington, MN  
507-370-2781

<http://www.worthingtonalt.com>

#### **American Lutheran Church**

915 Winifred St, Worthington, MN  
507-376-5264

<https://www.worthingtonalc.org>

#### **American Reformed Church**

1720 N. Burlington Ave, Worthington, MN  
507-376-6517

<http://www.arcworthington.rcachurches.org>

#### **First Covenant Church**

1645 S. Shore Drive Worthington, MN  
507-376-5109

<http://www.firstcovenantworthington.org>

#### **First Lutheran Church ELCA**

1200 4th Ave, Worthington, MN  
507-376-6148

<http://felcwgtn.org>

#### **First United Methodist Church**

408 11th St. Worthington, MN  
507-372-2939

<http://www.firstumcworthington.com>

#### **Grace Community Church**

2011 Nobles St, Worthington, MN  
507-343-7920

<https://www.graceonline.net>

#### **Lakeside Church**

1000 Linda Ln, Worthington, MN  
507-376-9735

<https://lakesideworthington.org>

#### **Living Waters Covenant Church**

1645 S Shore Dr., Worthington, MN  
507-376-5109

<https://livingwaterscovenant.com>

#### **St. Matthews Lutheran Church**

1505 Dover St, Worthington, MN  
507-375-6168

<https://www.stmatthewworthington.com>

#### **Westminster Presbyterian Church**

230 Clary St, Worthington, MN  
506-376-3138

<https://sites.google.com/view/westminsterpresbyterian/home>

#### **Worthington Baptist Temple**

1508 Douglas Ave, Worthington, MN  
507-376-3292

<https://www.wbt4god.com>

#### **Worthington Christian Church**

1501 Douglas Ave, Worthington, MN  
507-376-3418

<http://www.worthingtonchristianchurch.com>

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# CENTRO DE EMBARAZO HELPING HAND

## LISTADO DE IGLESIAS CRISTIANAS



El centro de embarazo Helping Hand es una empresa con base cristiana que apoya y guía a muchas personas durante momentos difíciles de la vida, al igual que se alegra con ellas en los momentos buenos. Use esta lista para encontrar un lugar de alabanza cerca de usted.

### Iglesias que solo ofrecen servicios en inglés:

**Abundant Life Tabernacle**

627 Clary St, Worthington, MN  
507-370-2781  
<http://www.worthingtonalt.com>

**American Lutheran Church**

915 Winifred St, Worthington, MN  
507-376-5264  
<https://www.worthingtonalc.org>

**American Reformed Church**

1720 N. Burlington Ave, Worthington, MN  
507-376-6517  
<http://www.arcworthington.rcachurches.org>

**First Covenant Church**

1645 S. Shore Drive Worthington, MN  
507-376-5109  
<http://www.firstcovenantworthington.org>

**First Lutheran Church ELCA**

1200 4th Ave, Worthington, MN  
507-376-6148  
<http://felcwgtm.org>

**First United Methodist Church**

408 11th St. Worthington, MN  
507-372-2939  
<http://www.firstumcworthington.com>

**Grace Community Church**

2011 Nobles St, Worthington, MN  
507-343-7920  
<https://www.graceonline.net>

**Lakeside Church**

1000 Linda Ln, Worthington, MN  
507-376-9735  
<https://lakesideworthington.org>

**Living Waters Covenant Church**

1645 S Shore Dr., Worthington, MN  
507-376-5109  
<https://livingwaterscovenant.com>

**St. Matthews Lutheran Church**

1505 Dover St, Worthington, MN  
507-375-6168  
<https://www.stmatthewworthington.com>

**Westminster Presbyterian Church**

230 Clary St, Worthington, MN  
506-376-3138  
<https://sites.google.com/view/westminsterpresbyterian/home>

**Worthington Baptist Temple**

1508 Douglas Ave, Worthington, MN  
507-376-3292  
<https://www.wbt4god.com>

**Worthington Christian Church**

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507-376-3418  
<http://www.worthingtonchristianchurch.com>

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# HELPING HAND PREGNANCY CENTER

## FOOD AND CLOTHING REFERRAL GUIDE



Helping Hand Pregnancy Center offers this Food and Clothing Guide to help everyone find the best places to shop for food and clothing at reasonable prices. With this guide, not only will you be able to cook delicious meals for the whole family, but you'll be able to keep them clothed and fashionable as well.

### **Food:**

#### **Ban Lao Market**

919 4th Ave, Worthington, MN  
507-376-5598

#### **El Mexicano #3**

320 10th St, Worthington, MN  
507-372-2223

#### **Fareway Grocery**

1028 Ryan's Road, Worthington, MN  
507-372-5191  
[www.fareway.com](http://www.fareway.com)

#### **Hy-Vee**

1235 Oxford St, Worthington, MN  
507-372-7354  
<https://www.hy-vee.com>

#### **La Morenita**

1321 Milton Ave, Worthington, MN  
507-727-3100

#### **Lupita Mini Market**

1906 Oxford St, Worthington, MN  
507-343-0229

#### **Panaderia Mi Tierra**

424 10th St, Worthington, MN  
507-343-0324

#### **Sayveo's Asian Food Market**

225 W 11th Ave, Worthington, MN  
507-343-3899

#### **Top Asian Food Inc.**

312 10th St, Worthington, MN  
507-376-9550

#### **Walmart**

1055 Ryan's Rd, Worthington, MN  
507-376-6446  
<https://www.walmart.com>

#### **W-2 Quality Meats**

362 Oxford St #1, Worthington  
507-376-4001  
<https://www.w2qualitymeats.com>

### **Laundromats:**

#### **Colonial Laundry-Dry Cleaners**

1653 N Humiston Ave, Worthington, MN  
507-372-7995

#### **Laundry on 10th**

211 10th St, Worthington, MN  
507-329-5750

### **Discount Clothing:**

#### **Bibles for Mission Thrift Center**

419 10th St, Worthington, MN  
507-376-3766  
<https://www.biblesformissions.org>

#### **Family Value**

1015 4th Ave, Worthington, MN  
507-360-6718

#### **Goodwill**

1122 Ryan's Road, Worthington, MN  
507-376-6687  
<https://www.goodwill.org>

#### **Telvis Store II**

423 10th St, Worthington, MN  
507-376-6086

#### **Threads and Decor Consignment**

316 10th St., Worthington, MN  
507-360-6478

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# CENTRO DE EMBARAZO HELPING HAND

## LISTADO DE TIENDAS DE ALIMENTO Y ROPA



El centro de embarazo Helping Hand le ofrece esta lista de alimentos y ropa para ayudarles a encontrar las mejores tiendas de comida y de ropa que ofrecen precios razonables. Con esta lista usted podrá encontrar alimentos para cocinar comidas deliciosas para toda su familia y también podrá encontrar ropa para tener a su familia bien vestida y a la moda.

### Tiendas de alimentos:

**Ban Lao Market**

919 4th Ave, Worthington, MN  
507-376-5598

**El Mexicano #3**

320 10th St, Worthington, MN  
507-372-2223

**Fareway Grocery**

1028 Ryan's Road, Worthington, MN  
507-372-5191  
[www.fareway.com](http://www.fareway.com)

**Hy-Vee**

1235 Oxford St, Worthington, MN  
507-372-7354  
<https://www.hy-vee.com>

**La Morenita**

1321 Milton Ave, Worthington, MN  
507-727-3100

**Lupita Mini Market**

1906 Oxford St, Worthington, MN  
507-343-0229

**Panaderia Mi Tierra**

424 10th St, Worthington, MN  
507-343-0324

**Sayveo's Asian Food Market**

225 W 11th Ave, Worthington, MN  
507-343-3899

**Top Asian Food Inc.**

312 10th St, Worthington, MN  
507-376-9550

**Walmart**

1055 Ryan's Rd, Worthington, MN  
507-376-6446  
<https://www.walmart.com>

**W-2 Quality Meats**

362 Oxford St #1, Worthington  
507-376-4001  
<https://www.w2squalitymeats.com>

**Lavanderías:****Colonial Laundry-Dry Cleaners**

1653 N Humiston Ave, Worthington, MN  
507-372-7995

**Laundry on 10th**

211 10th St, Worthington, MN  
507-329-5750

### Tiendas de ropa en descuento:

**Bibles for Misson Thrift Center**

419 10th St, Worthington, MN  
507-376-3766  
<https://www.biblesformissions.org>

**Family Value**

1015 4th Ave, Worthington, MN  
507-360-6718

**Goodwill**

1122 Ryan's Road, Worthington, MN  
507-376-6687  
<https://www.goodwill.org>

**Telvis Store II**

423 10th St, Worthington, MN  
507-376-6086

**Threads and Decor Consignment**

316 10th St., Worthington, MN  
507-360-6478

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# HELPING HAND PREGNANCY CENTER

## EDUCATION REFERRAL GUIDE



Helping Hand Pregnancy Center is in complete support of all area residents completing their education. Worthington and the surrounding areas offer a variety of different schooling options of both public and private. Each school works great with children and adults that speak in different languages.

### Early Childhood Development

#### **Head Start**

For 0-3 years or 3-4 years

1077 Pleasant Ave., Worthington, MN  
507-727-1759  
[smoc.us/headstart.html](http://smoc.us/headstart.html)

#### **Hi-Ho Pre-School**

1770 Eleanor St, Worthington, MN  
507-727-8180  
<http://www.worthingtonchristianschool.org>

#### **Sunny Days Pre-School**

1645 South Shore Drive,  
Worthington, MN  
507-376-5109

#### **District ISD 518**

<https://www.isd518.net>

#### **ECSE (Early Childhood Special Education)**

117 11th Ave. #1, Worthington, MN  
507-372-2983

#### **Prairie Elementary (ECSE-4th Grade)**

1700 1st Ave. SW., Worthington, MN  
507-727-1250

#### **Worthington Middle School (5th-8th Grade)**

1401 Crailsheim Rd., Worthington, MN  
507-376-4174

#### **Worthington High School (9th-12th Grade)**

1211 Clary St., Worthington, MN  
507-376-2288

#### **St. Mary's Catholic School**

1206 8th Ave, Worthington, MN  
507-376-5236  
<https://www.smswgtm.org>

#### **Worthington Christian School**

1770 Eleanor St, Worthington, MN  
507-376-4861  
<http://www.worthingtonchristianschool.org>

#### **VIBE Online School (K-12th Grade)**

507-727-1195

#### **District ISD 2907 Round Lake-Brewster Elementary**

915 4th Ave. PO Box 309, Brewster, MN  
507-842-5951  
<http://www.rlb.mntm.org>

#### **District ISD 511**

<http://www.isd511.net>

#### **Adrian Elementary School**

515 Oklahoma Ave, Adrian, MN  
507-483-2225

#### **Adrian High School**

415 Kentucky Ave, Adrian, MN  
507-483-2232

#### **Adult Education:**

1. Adult Basic Education  
117 11th Ave, Worthington, MN  
507-376-6105

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# CENTRO DE EMBARAZO HELPING HAND

## LISTADO DE ESCUELAS



El centro de embarazo Helping Hand apoya totalmente el que todas las personas en el área terminen sus estudios. Worthington y las ciudades alrededor ofrecen diferentes opciones de educación pública y privada. Cada escuela trabaja bien con niños y adultos que hablan diferentes idiomas.

### Desarrollo infantil:

#### **Head Start**

For 0-3 years or 3-4 years

1077 Pleasant Ave., Worthington, MN  
507-727-1759  
smoc.us/headstart.html

#### **Hi-Ho Pre-School**

1770 Eleanor St, Worthington, MN  
507-727-8180  
<http://www.worthingtonchristianschool.org>

#### **Sunny Days Pre-School**

1645 South Shore Drive,  
Worthington, MN  
507-376-5109

### Distrito escolar 518:

<https://www.isd518.net>

#### **ECSE (Early Childhood Special Education)**

117 11th Ave. #1, Worthington, MN  
507-372-2983

#### **Prairie Elementary (ECSE-4th Grade)**

1700 1st Ave. SW., Worthington, MN  
507-727-1250

#### **Worthington Middle School (5th-8th Grade)**

1401 Crailsheim Rd., Worthington, MN  
507-376-4174

#### **Worthington High School (9th-12th Grade)**

1211 Clary St., Worthington, MN  
507-376-2288

#### **St. Mary's Catholic School**

1206 8th Ave, Worthington, MN  
507-376-5236  
<https://www.smsgtn.org>

#### **Worthington Christian School**

1770 Eleanor St, Worthington, MN  
507-376-4861  
<http://www.worthingtonchristianschool.org>

#### **VIBE Online School (K-12th Grade)**

507-727-1195

#### **Distrito escolar 2907: Round Lake-Brewster Elementary**

915 4th Ave. PO Box 309, Brewster, MN  
507-842-5951  
<http://www.rlb.mntm.org>

### Distrito escolar 511:

<http://www.isd511.net>

#### **Adrian Elementary School**

515 Oklahoma Ave, Adrian, MN  
507-483-2225

#### **Adrian High School**

415 Kentucky Ave, Adrian, MN  
507-483-2232

### Educación para adultos:

1. Adult Basic Education  
117 11th Ave, Worthington, MN  
507-376-6105

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# HELPING HAND PREGNANCY CENTER

## GOVERNMENT SERVICES



Helping Hand Pregnancy Center offers our Government Services Referral Guide to ensure that our clients have all of the information at their disposal, so they can use the resources that are available to them.

### **Nobles County**

#### **Community Services:**

#### **Nobles County Government Center**

315 10th St, Worthington, MN  
507-295-5201

[http://www.co.nobles.mn.us/departments/  
community-services](http://www.co.nobles.mn.us/departments/community-services)

#### **Includes:**

#### **1. Children's Services**

Adoption  
Chemical Dependency  
Child Care Licensing  
Child Protection  
Children's Mental Health  
Foster Care Licensing  
Mandated Reporting  
Minor Parents  
Truancy

#### **2. Adult Services**

Local Advisory Council Information and Application

#### **3. Income Maintenance**

Income Maintenance/Child Support

#### **4. Public Health**

Environmental Health  
Health Promotion  
Car Seat Program  
Family Home Visiting Program  
Child and Teen Checkups  
Immunization Program  
Emergency Preparedness  
Tuberculosis

#### **5. Women, Infant, and Children Services (WIC)**

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# HELPING HAND PREGNANCY CENTER

## VIVIENDA/SERVICIOS PÚBLICOS/TRANSPORTE



El centro de embarazo Helping Hand ofrece este listado de vivienda, servicios públicos y transporte para ayudar a nuestros clientes a encontrar una casa, lugares a donde mudarse, maneras de transportarse por la ciudad y más. Con este listado, se le hará más fácil trasladarse por la ciudad o pasar más tiempo en casa.

### **Vivienda:**

#### **Edina Realty**

1425 N McMillian St, Suite 2,  
Worthington, MN  
507-360-5197

#### **Johnson Builders & Realty, Inc.**

1114 Oxford St, Worthington, MN  
507-376-4149

#### **RE/MAX Premier Realty**

1626 Oxford St, Worthington, MN  
507-727-9812

#### **Southwestern Minnesota Opportunity Council (SMOC)**

1106 3rd Ave, Worthington, MN  
507-376-4195

#### **United States Department of Agriculture Rural Development**

1567 McMillian St, Worthington, MN  
507-372-7783

#### **Worthington Housing Authority**

819 10th St, Worthington, MN  
507-372-3655

### **Servicios públicos:**

#### **Intergrys Energy Group Inc**

650 Sherwood St, Worthington, MN  
507-376-6153

#### **Nobles Cooperative Electric**

22636 US-59, Worthington, MN  
507-372-7331

#### **Schaap Sanitation**

27008 US HWY 59, Worthington, MN  
800-293-5642

#### **Worthington Public Utilities**

318 9th St, Worthington, MN  
507-372-8680

### **Transporte:**

#### **Nobles County Heartland Express**

1106 3rd Ave, Worthington, MN  
507-372-3322

#### **Worthington Taxi Service**

322 10th Ave, Worthington, MN  
507-372-4300

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507-372-2111  
WWW.HELPINGHANDWORTHINGTON.ORG



# HELPING HAND PREGNANCY CENTER

## HEALTH REFERRAL GUIDE



Helping Hand Pregnancy Center knows medical health is extremely important for our clients and the community as a whole. For the services that we do not offer, please use this Health Referral Guide to assist you in your medical decisions.

### Medical Health Care:

**Access Family Medical Clinic and Avera Medical Group Worthington**  
1216 Ryan's Rd, Worthington, MN  
507-372-2921  
<https://www.avera.org>

**Our Lady of Guadalupe Free Clinic**  
921 4th Ave #11, Worthington, MN  
507-329-2123  
<https://www.olgfreeclinic.com>

**Sanford Worthington Clinic**  
1680 Diagonal Rd, Worthington, MN  
507-372-3800  
<https://www.sanfordhealth.org>

**Sanford Worthington Medical Center**  
1018 6th Ave, Worthington, MN  
507-372-2941  
**Emergency Room**  
<https://www.sanfordhealth.org>

### Mental/Psychiatric/Depression Care:

**Catholic Charities of Southern Minnesota**  
1234 Oxford St, Worthington, MN  
507-376-9757  
<https://www.ccsomn.org>

**Journeys of Healing**  
1029 3rd Ave, Worthington, MN  
507-343-3822  
<https://www.journeysofhealing.com>

**Southwest Crisis Center**  
320 S Lake St, Worthington, MN  
507-376-4311  
<https://www.mnswcc.org>

**Southwestern Mental Health Center- Avera**  
1210 5th Ave, Worthington, MN  
507-376-4141  
<https://www.avera.org>

**Public Health & Adult Immunizations:**  
**Nobles County Government Center**  
315 10th St, Worthington, MN  
507-295-5201  
<http://www.co.nobles.mn.us>

### Treatment Centers:

**New Beginnings**  
1680 Airport Rd, Suite 200,  
Worthington, MN  
507-376-3916  
<https://nbminnesota.com>

### Support Groups:

**American Reformed Church**  
1720 Burlington Ave, Worthington, MN  
507-376-6517  
<http://www.arcworthington.rcchurches.org>

**Worthington Big Book Group**  
AA (Alcoholics Anonymous)  
American Lutheran Church  
915 Winifred St, Worthington, MN  
507-376-5264  
<https://aaminnesota.org/meetings>

FOR MORE INFORMATION, PLEASE  
CONTACT HELPING HAND PREGNANCY CENTER.

910 3RD AVE, WORTHINGTON, MN  
507-372-2111  
[WWW.HELPINGHANDWORTHINGTON.ORG](http://WWW.HELPINGHANDWORTHINGTON.ORG)



# CENTRO DE EMBARAZO HELPING HAND

## LISTADO DE SALUD



El centro de embarazo Helping Hand sabe que la salud medica es extremadamente importante para nuestros clientes y para la comunidad en conjunto. Para encontrar servicios que nosotros no ofrecemos, por favor use este listado de salud para ayudarse en sus decisiones médicas.

### Atención médica:

**Access Family Medical Clinic and Avera Medical Group Worthington**  
1216 Ryan's Rd, Worthington, MN  
507-372-2921  
<https://www.avera.org>

**Our Lady of Guadalupe Free Clinic**  
921 4th Ave #11, Worthington, MN  
507-329-2123  
<https://www.olgfreeclinic.com>

**Sanford Worthington Clinic**  
1680 Diagonal Rd, Worthington, MN  
507-372-3800  
<https://www.sanfordhealth.org>

**Sanford Worthington Medical Center**  
1018 6th Ave, Worthington, MN  
507-372-2941  
**Emergency Room**  
<https://www.sanfordhealth.org>

### Atención de salud mental, psiquiátrica y depresión:

**Catholic Charities of Southern Minnesota**  
1234 Oxford St, Worthington, MN  
507-376-9757  
<https://www.ccsomn.org>

**Journeys of Healing**  
1029 3rd Ave, Worthington, MN  
507-343-3822  
<https://www.journeysofhealing.com>

**Southwest Crisis Center**  
320 S Lake St, Worthington, MN  
507-376-4311  
<https://www.mnswcc.org>

**Southwestern Mental Health Center- Avera**  
1210 5th Ave, Worthington, MN  
507-376-4141  
<https://www.avera.org>

### Salud pública y vacunas para adultos:

**Nobles County Government Center**  
315 10th St, Worthington, MN  
507-295-5201  
<http://www.co.nobles.mn.us>

### Centros de tratamiento:

**New Beginnings**  
1680 Airport Rd, Suite 200,  
Worthington, MN  
507-376-3916  
<https://nbminnesota.com>

### Grupos de apoyo:

**American Reformed Church**  
1720 Burlington Ave, Worthington, MN  
507-376-6517  
<http://www.arcworthington.rcachurches.org>

**Worthington Big Book Group**  
AA (Alcoholics Anonymous)  
American Lutheran Church  
915 Winifred St, Worthington, MN  
507-376-5264  
<https://aaminnesota.org/meetings>

PARA MÁS INFORMACIÓN, POR FAVOR  
COMUNIQUESE CON EL CENTRO DE  
EMBARAZO HELPING HAND

910 3RD AVE, WORTHINGTON, MN  
507-372-2111  
[WWW.HELPINGHANDWORTHINGTON.ORG](http://WWW.HELPINGHANDWORTHINGTON.ORG)

