



Nontraditional
Student Center

The Nontraditional Student Center is located in the Centennial Student Union room 173.

What you will find:

- Lockers to store personal belongings
- Refrigerator for lunches, drinks, etc
- A place to study or hang out in between classes
- Children's toys, including games, crayons and coloring books
- Computers!!
- Other nontraditional students
- A collection of resources and info for you

The Student Activities Office
Centennial Student Union 173
Mankato, MN 56001
(507) 389 - 6076
www.mnsu.edu/nontrad



Resource Guide for Student Parents

MSU Family Friendly Options

Films

IMPACT program board presents weekly films on campus, some of which are family friendly, all of which are free to students and only \$1 for non-students. Movie times are Wednesday & Thursday at 7pm and 9:30pm, Friday & Saturday at 8pm.

See boredboard.org for titles and location.

Open Swim

Splash around with the whole family on Sundays from 2-4 pm in the Otto Recreation Pool.

Family Rec Time

Burn off some energy with your child playing on the courts on Sundays from 1-6 pm, in the Otto Recreation Center.

Family Weekend @ MSU

Held in October, this exciting weekend of activities will include a kids fun zone, college showcases, a 5k fun run/walk, stimulating presentations by faculty, theatre performances, open game room, and much more. Don't miss this wonderful opportunity to spend time with your student and enjoy the MSU community!

Child Friendly Library Area

The Educational Resource Center, or ERC, houses children's books, puppets, interactive learning materials for children and more. This area in the lower level of the library is a perfect place to bring your child while studying.

Welcome!

Through this brochure, the Nontraditional Student Center provides information about resources that are relevant to you, the student parent.

We recognize that your needs are not always the same as the needs of other students on campus and that the welfare of not only yourself but your child is important to you.

This brochure provides an overview of resources available to you from the state, community and campus. How do you find reliable childcare? How do you apply for funding for childcare or housing assistance? Are there food discount programs or medical plans available to you and your family?

These questions and more will be answered here.



Community Resources

Housing

Section 8 Housing is federally subsidized housing for low-income families. This type of housing assistance is available for the Mankato area. For more information on the program you may contact the city of Mankato's Housing Division @ (507)387-8623.

The Minnesota Valley Action Council is an excellent resource that provides housing assistance programs. MVAC helps individuals and families come out and/or stay out of poverty. For an appointment or more information contact:

Mankato & Blue Earth County Housing Authorities
P.O. Box 3368
Mankato, MN 56002
Or call (507)387-8636

Student Activities compiles a housing list of current apartments. Check it out online at www.mnsu.edu/housing

www.affordablehousingonline.com/apartments has up-to-date lists of affordable housing and apartments in Mankato.

Housing applications can also be found online @ <http://mankato-mn.gov/Housing/ServiceArea.aspx>.

Health

The Minnesota Department of Health, www.health.state.mn.us provides information on health resources and guides in the state of Minnesota. You can find information on the WIC program as well.

WIC stands for Women, Infants, and Children and is a nutrition program that provides nutrition education to improve family health. They offer assistance with healthy foods such as milk, juice, cereal, cheese, infant formula, tuna and carrots to keep families healthy. They also provide referrals to doctors, dentists and other community services. For more information visit: www.fns.usda.gov/wic/

You may also contact the **Minnesota Contact Rep for WIC, toll free:** 1-800-WIC-4030.

Some additional online resources:

www.intelihealth.com is a website for parents providing information about diseases and conditions, healthy living for you and your children, "staying active post-pregnancy and beyond", and even a "Look it Up" feature for your specific concerns.

Frugaltimes.com - receive a free newsletter about living healthy on a budget.

Kidshealth.com, a website for parents, kids and teens. This site offers a FREE newsletter.

Yucky.discovery.com, brought to you by Discovery Kids. A website for children and families where you can learn about the body and health in a fun, interactive way!

Greater Mankato United Way:
www.mankatounitedway.org

Planned Parenthood of Minnesota offers an array of services for low income individuals/families in Minnesota. If you qualify you can receive free birth control and free gynecological related exams. Please see their

website for more details and to see if you qualify. www.ppsd.bluestatedigital.com or visit: plannedparenthood.org

Childcare

First Children's Finance:

www.dcc-corner.com, provides funding for early education to prepare children for school and life.

Pre-K Allowance Program:

This program provides up to \$4,000/year to help families pay for childcare/early education that will help ready children for school. Please contact MVAC @ (507)345-6822.

Minnesota Childcare Resource and Referral Network: www.mnchildcare.org or contact:

Donald Schumacher
Outreach Coordinator
101 N. 2nd St. Suite 105
Mankato, MN 56002
1-800-373-2782

Campus Resources

MSU Counseling Center offers free confidential help to assist students in resolving issues affecting their success. This center is located in CSU245 and is open from 7:30-4:30 M-F. Phone: (507) 389-1455

The MSU Women's Center is open to all MSU students and offers a variety of resources and support appropriate to parents. Plus, there are toys for kids and even a private nursing room. Located in CSU218. Phone: (507) 389-6146