

## OFF-CAMPUS CHEMICAL HEALTH RESOURCES

### Assessment, Treatment, and Detoxification

#### **Addiction Recovery Technologies of Mankato**

12 Civic Center Plaza, Suite 2116  
Mankato, MN 56001  
507-345-4670

Offer CD assessments under private insurance and Rule 25 referrals. Outpatient CD treatment for primary, relapse, and aftercare issues. Day and evening appointments. Insurance and rule 25 referrals accepted. Offer a less intensive treatment program for students with chemical abuse issues. Offer educational classes if students are mandated after first DWI.

#### **Blue Earth County Government Center**

410 S. 5<sup>th</sup> St.  
Mankato, MN 56001  
507-304-4319

[www.co.blue-earth.mn.us/dept/adultservices.php](http://www.co.blue-earth.mn.us/dept/adultservices.php)

Rule 25 CD assessments for low-income students living in Blue Earth County, with or without insurance. The assessment is free or can be billed to insurance if the student has it. Assessment is 1 ½ hours. If treatment is warranted and there is no insurance to cover it, students can apply for Medical Assistance and receive free or low-cost treatment.

#### **Brown County Detox Center**

510 N. Front St.  
P.O. Box 642  
New Ulm, MN 56073  
507-359-9111

[www.bcec.info/detox.html](http://www.bcec.info/detox.html)

Open 24 hours/day

Criterion for admission to detox is 1) student is under the influence of alcohol or drugs and/or 2) student is in active withdrawal from alcohol or drug use. The county will bill insurance, if available, or will arrange for county funding if the student meets financial eligibility.

#### **Community Addiction Recovery Enterprise**

1730 County Rd 15  
St. Peter, MN 56082  
507-933-5190

A community-based, dual-diagnosis residential treatment program for adult men and women, provides gambling assessments and outpatient treatment for pathological gambling. A structured, professionally facilitated aftercare program is offered at no additional cost. Family Programming, Relapse Programming, Continued Care Programming are also available. Payments Accepted: Most types of insurance, and Medical Assistance.

#### **Fairview Chemical Dependency Services**

Minneapolis/St. Paul metro area  
General & Patient: 612-273-3000  
Admit a Patient: 612-672-7575

[www.university.fairview.org](http://www.university.fairview.org) or [www.fairview.org](http://www.fairview.org)

Treatments offered include: Assessment, detoxification and medical stabilization, hospital inpatient services, lodging plus, outpatient services, family/concerned persons programs, group therapy, individual therapy, individualized treatment planning, recovery support (phase II recovery management), and a relapse treatment program.

**Family Focus**

*(Mankato)*  
 309 Holly Lane  
 Mankato, MN 56001  
 507-625-3372

*(Faribault)*  
 2301 NW 4<sup>th</sup> Street  
 Faribault, MN 55021  
 507-334-6413

*(Owatonna)*  
 634 West Bridge St  
 Owatonna, MN 55060  
 507-451-0511

Provide intensive outpatient treatment during daytime or evening hours. Provide aftercare groups. Treatment is tailored to individual needs and is not exclusively based on 12-step model.

**Hazelden Center City**

P.O. Box 11  
 15251 Pleasant Valley Rd.  
 Center City, MN 55012-0011  
 651-213-4200 or toll free 800-257-7810  
[www.hazelden.org](http://www.hazelden.org)

Programs and services include: Assessment and evaluation, adult inpatient treatment, adult inpatient treatment for women, adult inpatient treatment for healthcare professionals, adult outpatient treatment, adult inpatient extended care, family programs, mental health services, and nicotine cessation services.

**Hazelden Center for Youth and Families**

11505 36<sup>th</sup> Avenue North  
 Plymouth, MN 55441-2398  
 763-509-3800 or toll free 800-257-7810  
[www.hazelden.org](http://www.hazelden.org)

Provides services to youths between the ages of 14 to 25 years old. Programs and services available include: Assessment and evaluation, adolescent/young adult inpatient treatment and outpatient treatment, inpatient extended care, and mental health services.

**House of Hope Inc.**

*(Male treatment center)*  
 1429 3<sup>rd</sup> Ave  
 Mankato, MN 56001  
 507-385-7600  
[www.houseofhopemn.com](http://www.houseofhopemn.com)

*(Female treatment center)*  
 1614 3<sup>rd</sup> Ave  
 Mankato, MN 56001  
 507-388-9830

Provides substance abuse treatment services, residential short-term treatment (30 days or less), residential long-term treatment (more than 30 days), and outpatient. Payments Accepted: Self payment, State financed insurance (Other than Medicaid), Private health insurance.

**Mankato Mental Health Associates, P.A.**

209 s. Broad St., Suite C  
 Mankato, MN 56001  
 507-345-4448  
[www.mankatomentalhealth.com](http://www.mankatomentalhealth.com)

Chemical dependency, conflict resolution, and many other services to help individuals resolve problem areas in their lives. Appointments are made on an individual basis. Payments Accepted: Medical Assistance, Minnesota Care, Minnesota Comprehensive, Group Insurance, Private Insurance, Fee For Service, also Accepts Insurance Reimbursements, and Self Payment.

**Muscala Chemical Health Clinic**

Substance Abuse Services  
6950 France Ave. S. Suite 11  
Edina, MN 55435  
(952) 920-1351

Primary Focus: Substance abuse treatment services. Services Provided: Substance abuse treatment, Detoxification. Type of Care: Outpatient, Partial hospitalization/day treatment. Special Programs/Groups: Persons with co-occurring mental and substance abuse disorders, Women, Men, DUI/DWI offenders, Criminal justice clients. Payment Accepted: Self payment, Private health insurance.

**New Beginnings at Saint Peter**

201 West Park, Suite B  
Saint Peter, MN 56082  
507-931-0918

Offers outpatient and residential substance abuse treatment services. Special Programs/Groups: DUI/DWI offenders, criminal justice clients. Payments Accepted: Self payment, State financed insurance (Other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE).

**New Ulm Medical Center***New Ulm Location*

1324 Fifth St. N.  
New Ulm, MN 56073  
507-233-1000 or toll free 800-795-1211  
[www.allina.com/ahs/newulm.nsf](http://www.allina.com/ahs/newulm.nsf)

*Mankato Location*

1821 Bassett Drive Suite 103  
Mankato, MN 56001  
General Office: 507-344-0994

Provides substance abuse assessment and treatment services. The substance abuse department provides residential and outpatient treatment and is licensed by the Minnesota Department of Human Services.

**Riverview Clinic**

600 Reed St., Suite 115  
Regal Office Building  
Mankato, MN 56001  
507-625-4060 or toll free: 1-888-364-5390  
[www.riverviewclinic.com](http://www.riverviewclinic.com)

Offer assessment and one-on-one counseling for chemical dependency issues. Accept Medical Assistance and private insurance. Day and evening hours are available

**Welcome Manor Family Services**

114 west Pleasant Street  
Garden City, MN 56034  
507-546-3295  
[www.welcomemanorfamilyservices.org](http://www.welcomemanorfamilyservices.org)

Residential treatment for primary and extended care treatment and half way house for woman and their children. Group and individual treatment sessions for substance abuse. Licensed by the State of MN under Rule 31 and Rule 3.

**Education and Self-Help****Minnesota State University, Mankato**

Health Education

Wendy Schuh, Alcohol and Drug Education [wendy.schuh@mnsu.edu](mailto:wendy.schuh@mnsu.edu)  
Carly Hopper, Coordinator of Alcohol and Drug Sanction Education [carly.hopper@mnsu.edu](mailto:carly.hopper@mnsu.edu)  
100 Carkoski Commons  
507-389-5689

[www.mnsu.edu/shs/healtheducation/alcohol.html](http://www.mnsu.edu/shs/healtheducation/alcohol.html)

Offers individual guidance, group workshops/classes, and outreach on alcohol and drugs issues.

## Smart Recovery Meeting

Nichols Bldg. 3<sup>rd</sup> floor, room 350

410 Jackson St.

Mankato, MN 56001

[www.smartrecovery.org](http://www.smartrecovery.org)

David Smith (Phone: 507-779-9183) (email: [dbs3268@hotmail.com](mailto:dbs3268@hotmail.com))

SMART Recovery (Self-Management and Recovery Training) helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities. SMART Recovery is an alternative to Alcoholics Anonymous and Narcotics Anonymous.

Monday: 6:30pm

Thursday: 6:30pm -8pm

## Alcoholics Anonymous and Al-Anon

For additional information see [www.mankatoaa.com](http://www.mankatoaa.com) or call 507-387-2772

### SUNDAY

<b>AA Squad 20</b> <b>Time:</b> 10:00am <b>Location:</b> 5th Ave Alano 1430 Fifth Ave Mankato, MN Phone: 507-387-2772 <b>Room:</b> G <b>Meeting Type:</b> AA Closed Non-Smoking	<b>AA/Al-Anon Big Book Study</b> <b>Time:</b> 7:00pm <b>Location:</b> Lute's Travel 112 Marshall Mankato, MN 56001 Phone 507-387-3909 <b>Room:</b> downstairs <b>Meeting Type:</b> AA Open Al-Anon Non-Smoking	<b>AA Discussion</b> <b>Time:</b> 8:00pm <b>Location:</b> Belgrade Ave United Methodist Church 325 Sherman St. North Mankato, MN 56003 <b>Room:</b> Education Annex Downstairs <b>Meeting Type:</b> AA Closed Non-Smoking
<b>AA Squad 27</b> <b>Time:</b> 8:00pm <b>Location:</b> 5th Ave Alano 1430 Fifth Ave Mankato, MN Phone: 507-387-2772 <b>Room:</b> E <b>Meeting Type:</b> AA Closed Non-Smoking		

### MONDAY

<b>AA Discussion</b> <b>Time:</b> 10:30am <b>Location:</b> Summit Center Historical Society 518 South 5 <sup>th</sup> St. Mankato, MN 56001 <b>Meeting Type:</b> AA Open	<b>AA Big Book</b> <b>Time:</b> 12:00pm - 1:00pm <b>Location:</b> Messiah Lutheran Church 1706 Lee Boulevard North Mankato, MN 56003 Phone: 507-387-5573 <b>Room:</b> The Dig <b>Meeting Type:</b> AA Closed Non-Smoking	<b>AA Discussion</b> <b>Time:</b> 6:30pm <b>Location:</b> Lute's Travel 112 Marshall Mankato, MN 56001 Phone: 507-387-3909 <b>Room:</b> downstairs <b>Meeting Type:</b> AA Closed
<b>AA Discussion</b> <b>Time:</b> 8:00pm <b>Location:</b> Lute's Travel 112 Marshall Mankato, MN 56001 Phone 507-387-3909 <b>Room:</b> downstairs <b>Meeting Type:</b> AA Closed Non-Smoking	<b>AA Squad 15</b> <b>Time:</b> 8:00pm <b>Location:</b> 5 <sup>th</sup> Ave Alano 1430 Fifth Ave Mankato, MN 56001 Phone: 507- 387-2772 <b>Room:</b> Front Room <b>Meeting Type:</b> AA Closed Non-Smoking	

**TUESDAY**

<p><b>AA Sunrisers</b>  <b>Time:</b> 6:30am - 07:30am  <b>Location:</b> 151 Good Counsel Drive  Mankato, MN 56001  Phone: 507-243-4236  <b>Room:</b> Publishing Conference Room  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Solutions through Sobriety</b>  <b>Time:</b> 10:00am - 11:00am  <b>Location:</b> Bliss Coffee House  634 S Front St  Mankato, MN 56001  Phone: 507-625-2591  <b>Meeting Type:</b> AA Closed</p>	<p><b>Al-Anon Discussion</b>  <b>Time:</b> 12:00pm -1:00pm  <b>Location:</b> Summit Center  Historical Society  518 South 5<sup>th</sup> St.  Mankato, MN 56001  <b>Meeting Type:</b> Al-Anon</p>
<p><b>Lunchtime Al-Anon Group</b>  <b>Time:</b> 12:00pm-1:00pm  <b>Location:</b> Summit Center  Historical Society  518 South 5<sup>th</sup> St.  Mankato, MN 56001  <b>Meeting Type:</b> Al-Anon  Non-Smoking</p>	<p><b>AA Big Book Study</b>  <b>Time:</b> 5:30pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> B (Front Room)  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Discussion</b>  <b>Time:</b> 5:30pm- 6:30pm  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone 507-387-3909  <b>Room:</b> downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking  Women's Group</p>
<p><b>AA Promises</b>  <b>Time:</b> 6:00pm-6:45pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Meeting Type:</b> AA Open  Non-Smoking</p>	<p><b>Al-Anon</b>  <b>Time:</b> 6:30pm  <b>Location:</b> Messiah Lutheran Church  1706 Lee Boulevard  North Mankato, MN 56003  Phone: 507-387-5573  <b>Room:</b> F  <b>Meeting Type:</b> Al-Anon  Non-Smoking</p>	<p><b>AA Discussion</b>  <b>Time:</b> 8:00pm  <b>Location:</b> Belgrade Ave United Methodist Church  325 Sherman St.  North Mankato, MN 56003  <b>Room:</b> Education Annex  Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>
<p><b>AA Squad 21</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> B (Front Room)  <b>Meeting Type:</b> AA Closed</p>	<p><b>Al-Anon—North Mankato</b>  <b>Time:</b> 8:00pm  <b>Location:</b> Belgrade Ave United Methodist Church  325 Sherman St.  North Mankato, MN 56003  <b>Room:</b> Education Annex  Downstairs  <b>Meeting Type:</b>Al-Anon  Non-Smoking</p>	

**WEDNESDAY**

<p><b>AA Squad 5</b>  <b>Time:</b> 10:00am  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> B  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Squad 500</b>  <b>Time:</b> 6:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Discussion</b>  <b>Time:</b> 6:30pm  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone 507-387-3909  <b>Room:</b> Education Annex  Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>
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**WEDNESDAY cont.**

<p><b>AA Squad 1</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> E  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Squad 28</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> Upstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Step Study</b>  <b>Time:</b> 8:00pm  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone 507-387-3909  <b>Room:</b> Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>
<p><b>Al-Anon Squad 25</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> B (front room)  <b>Meeting Type:</b> Al-Anon  Non-Smoking</p>	<p><b>AA Night Owls</b>  <b>Time:</b> 9:30pm-10:30pm  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone: 507-387-3909  <b>Room:</b> Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	

**THURSDAY**

<p><b>Al-Anon Squad 3</b>  <b>Time:</b> 9:30am  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> G  <b>Meeting Type:</b> Al-Anon  Non-Smoking</p>	<p><b>AA Best of Times</b>  <b>Time:</b> 10:30am  <b>Location:</b> Summit Center  Historical Society  518 South 5<sup>th</sup> St.  Mankato, MN 56001  <b>Room:</b> Library (lower level)  <b>Meeting Type:</b> AA Open  Al-Anon  Non-Smoking</p>	<p><b>Alateen</b>  <b>Time:</b> 5:00pm - 6:00pm  <b>Location:</b> Trinity Lutheran  Church  511 S. 5<sup>th</sup> St  St. Peter, MN 56082  <b>Meeting Type:</b> Alateen</p>
<p><b>Al-Anon - Serenity Seekers</b>  <b>Time:</b> 5:15pm - 6:15pm  <b>Location:</b> Messiah Lutheran Church  1706 Lee Boulevard  North Mankato, MN  56003  Phone: 507-387-5573  <b>Meeting Type:</b> Al-Anon  Non-Smoking</p>	<p><b>AA Ladystepers</b>  <b>Time:</b> 5:30pm  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone 507-387-3909  <b>Room:</b> Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking  Women's Step  Group</p>	<p><b>AA Young People – 25 Camels</b>  <b>Time:</b> 6:30-7:30  <b>Location:</b> MSU –Newman Center  1331 Warren St  Mankato, MN 56001  <b>Room:</b> Downstairs  <b>Meeting Type:</b> AA Open  Non-Smoking</p>
<p><b>Al-Anon</b>  <b>Time:</b> 7:00pm  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone: 507-387-3909  <b>Room:</b> Downstairs  <b>Meeting Type:</b> Al-Anon  Non-Smoking</p>	<p><b>AA Discussion</b>  <b>Time:</b> 8:00pm  <b>Location:</b> Belgrade Ave United  Methodist Church  325 Sherman St.  North Mankato, MN  56003  <b>Room:</b> Education Annex  Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Squad 4</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> G  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>

**THURSDAY cont.**

<p><b>Al-Anon—North Mankato</b>  <b>Time:</b> 8:00pm-9:00pm  <b>Location:</b> Belgrade Ave United  Methodist Church  325 Sherman St.  North Mankato, MN  56003  <b>Room:</b> Education Annex  Downstairs  <b>Meeting Type:</b> Al-Anon  Non-Smoking</p>
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**FRIDAY**

<p><b>AA Discussion</b>  <b>Time:</b> 6:30am  <b>Location:</b> St. John's Church Parish  632 South Broad St  Mankato, MN 56001  Phone: 507-625-3131  <b>Room:</b> Parish Office  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Backseaters</b>  <b>Time:</b> 10:00am  <b>Location:</b> Snell Motors  1900 E Madison Ave  Mankato, MN 56001  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Discussion</b>  <b>Time:</b> 6:30pm  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone: 507-387-3909  <b>Room:</b> Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>
<p><b>AA Squad 13</b>  <b>Time:</b> 6:30pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> B (Front Room)  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Discussion</b>  <b>Time:</b> 8:00pm  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone: 507-387-3909  <b>Room:</b> Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Squad 8</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> B (Front Room)  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>
<p><b>AA Squad 9</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> G  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>Al-Anon Squad 10</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> E  <b>Meeting Type:</b> Al-Anon  Non-Smoking</p>	<p><b>Al-Anon Squad 6</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> F  <b>Meeting Type:</b> Al-Anon  Non-Smoking</p>
<p><b>Back to Basics of Mankato</b>  <b>Time:</b> 9:30pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN  Phone: 507-387-2772  <b>Room:</b> Downstairs  <b>Meeting Type:</b> AA Open</p>		

## SATURDAY

<p><b>AA Step</b>  <b>Time:</b> 9:00am  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone: 507-387-3909  <b>Room:</b> Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Big Book Study</b>  <b>Time:</b> 6:30pm  <b>Location:</b> Lute's Travel  112 Marshall  Mankato, MN 56001  Phone: 507-387-3909  <b>Room:</b> Downstairs  <b>Meeting Type:</b> AA Closed  Non-Smoking</p>	<p><b>AA Squad 99 Speaker Meeting</b>  <b>Time:</b> 8:00pm  <b>Location:</b> 5<sup>th</sup> Ave Alano  1430 Fifth Ave  Mankato, MN 56001  Phone: 507-387-2772  <b>Room:</b> Taylor Hall  <b>Meeting Type:</b> AA Open</p>
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### Narcotics Anonymous

For additional information see [www.naminnnesota.org](http://www.naminnnesota.org)

*7 Day Junkies*

Salvation Army Cafeteria  
700 S Riverfront Dr  
Mankato, MN 56001  
Sunday: 8:00 pm

*Salvation at Salvation*

Salvation Army Cafeteria  
700 S Riverfront Dr  
Mankato, MN  
Tuesday: 7:00 pm

*Hope Works*

House of Hope  
1429 3<sup>rd</sup> Ave  
Mankato, MN 56001  
Wednesday: 8:00 pm

*Crossroads NA*

First Congregational United  
Church of Christ  
150 Stadium Court  
Mankato, MN 56001  
Thursday: 7:30 pm

### Gamblers Anonymous

For additional information see [www.miph.org/projects/gambling-problems-resource-center](http://www.miph.org/projects/gambling-problems-resource-center)

1-888-424-3577

[www.Gamblersanonymous.com](http://www.Gamblersanonymous.com)

Tuesday 7:00-8:00pm  
Hilltop United  
Methodist Church  
1085 Manitou Drive  
Mankato, MN



## **Nicotine Dependence Program**

Immanuel St. Joseph's Mayo Health System  
1025 Marsh St.  
Mankato, MN 56001  
507-345-2620  
[www.mayohealthsystem.org](http://www.mayohealthsystem.org)

### *Face to Face*

Meet with the Tobacco Treatment Specialist to further your plan for quitting tobacco. Each meeting will take 30 - 60 minutes and will include educational tools. To find out more please call 507-385-2607.

*Insurance may provide coverage for the consultation with a referral from your doctor*

### *STOP! Group*

A five-week education and support group for developing a plan to quit tobacco. Price includes educational materials, one hour initial consultation, five weeks of group meetings and telephone follow-ups.

For more information, or to set up an appointment, please email or call our Nicotine Dependence Counselor at 507-385-4662.

## **Other Resources**

Free telephone counseling, nicotine patches, gum, or lozenges to those who qualify. Call 1.888.354.PLAN (7526) or log on at [Quit Plan.com](http://QuitPlan.com)