



School Contact Information

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Site Administrator

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Administrative Assistant

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Transition Case Manager

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Elementary/SUN School Social Worker

Briana Ahrenholz, briana.ahrenholz@swwc.org

Middle/High School Social Worker

Molly Ludwig, molly.ludwig@swwc.org

We will be using JMC alerts for larger school announcements, and email/phone calls for other information.

Talking Tips for COVID-19

Be Informed and Accurate

Sticking to the facts can help with anxiety and keep you safe. Use sources like the CDC (www.cdc.gov) or the Minnesota Department of Health (www.health.state.mn.us/diseases/coronavirus).

Create a “Normal” Routine

Creating a daily schedule (as much as possible) can be reassuring and keep them from becoming more overwhelmed.

Hold Family Meetings

This is a chance to give information and check in with your children about how they are doing and questions they might have. Remember to be as calm and reassuring as possible.

Review Basic Hygiene & Know COVID-19 Symptoms

Reviewing basic hygiene and giving reminders can help stop the spread. Fever, cough and shortness of breath are all possible symptoms of COVID-19. If you notice these symptoms, contact your health care provider.

Mental Health & Crisis Resources

24-Hour Crisis Text-Line: Free support and information over text. Text MN to 741741

United Way 2-1-1: Free and confidential assistance connecting to local health and human services information. Dial 2-1-1

Local Mental Health Agencies

Big Stone, Chippewa, Kandiyohi, Lac qui Parle, Meeker, Renville and Swift Counties (Woodland Centers): 800-432-8781

Lyon and Redwood Counties (Western Mental Health): 800-658-2429

Local Human Services/Family Services Agencies

Big Stone County: 320-839-2555

Chippewa County: 320-269-6401

Kandiyohi County: 320-231-7800

Lac qui Parle County: 320-598-7594

Lyon County (SWHHH): 800-657-3760

Renville County: 320-523-2202

Swift County: 320-843-3160

Yellow Medicine County: 320-564-2211