



**Zumbro Valley**  
*Mental Health Center*



*Restoring Hope...  
One Life at a Time*

Annual Report  
**2009**













# Restoring Hope...



"The staff at Zumbro Valley Mental Health Center is **wonderful**. They are deeply concerned about how I **feel**, and I am always greeted with a **smile** and **friendly** personalities."



"The staff, therapists and physicians are **fantastic**. I would gladly **recommend** Zumbro Valley Mental Health Center to my friends and others who need help."



"Since my work schedule is erratic, I'm out of town a lot and cannot attend sessions at regular times. The **staff is excellent** in finding opportunities to squeeze in appointments when I am in town."

"The staff, therapists and psychiatrists are always **there for me**, providing me with the tools that help me live a **better life**."



"After being treated at Zumbro Valley, I feel like a **new person** after all of the help that I've received. **Thank you**."



"I recently transferred to **Zumbro Valley** Mental Health Center from another provider. The new counselor and psychiatrist are **significant improvements**."



## One Life at a Time



**Main Office**  
343 Wood Lake Drive SE  
Rochester, MN 55904  
Phone: 507-289-2089  
Fax: 507-289-2327  
[www.zumbromhc.org](http://www.zumbromhc.org)

**Fillmore County Office**  
65 Main Avenue North  
Harmony, MN 55939  
Phone: 800-422-0161  
Fax: 507-886-1490  
[www.zumbromhc.org](http://www.zumbromhc.org)

**Mower County Office**  
109 11th Avenue NE  
Austin, MN 55912  
Phone: 507-440-9491  
Fax: 507-434-4795  
[www.zumbromhc.org](http://www.zumbromhc.org)