

HOUSING:

- If families are past due on rent, first contact your landlord and see if you can make a payment arrangement. Often times, landlords are flexible with tenants if they know they are trying to resolve the situation.
- If families need financial assistance for past due rent and you have no way of making arrangements on your own, contact **EMERGENCY ASSISTANCE** through your local county. See following page for instructions.
- **PROJECT HOPE** provides housing advocacy and a homeless prevention program. Offers some resources and case management to families who are homeless or at risk of homelessness due to eviction and other circumstances.
PROJECT HOPE: (651) 222-4731
- **THE ST. PAUL FOUNDATION** will provide financial resources to families incurring a one-time financial crisis. The Community Sharing Fund through this program will assist with a limited dollar amount for approved families. Families can access this fund only one time per 18 months and all referrals must come from a social worker. Call (651) 224-5463 to apply.
- If homeless and in need of a shelter, families can call **211** for the **UNITED WAY** for shelters in their county. Ramsey County residents should call **COORDINATED ACCESS to HOUSING and SHELTER (CAHS)** (651-215-2262). CAHS will provide information on shelter availability and other housing options. Another shelter resource is **THE METRO SHELTER HOTLINE** (1-888-234-1329) which offers information about emergency shelters and transitional housing for single adults, families and youth in the seven county metro areas.
 - Clients must stay in the county of their last known residence for 30 days.
 - If the client has income, they may be required to do a “spend down” at a local hotel before being admitted to a nighttime shelter.
- **THE COMMUNITY SERVICE FUND** is a resource for the RESIDENTS of Vadnais Heights funded by donations. The fund is available for persons living in Vadnais facing eviction issues. Candidates for this assistance MUST have first exhausted any help from other agencies. Applications are available at City Hall or call (651) 204-6011.
- For a list of rental properties available in your community, go to <http://www.housinglink.org/> .

FORECLOSURE:

- Families facing foreclosure or behind on mortgage payments should:
 - Contact their bank or mortgage company and notify them of the situation BEFORE the family gets too far behind on their payments.
 - Get connected with a foreclosure prevention program by calling **MINNESOTA HOME OWNERS CENTER** at (651) 659-9336. These programs usually depend on your city, so they will help families navigate to the correct agency to assist you.

UTILITY ISSUES:

- For Xcel Energy customers:
 - Speak to a **PERSONAL ACCOUNT REPRESENTATIVE** 1-800-331-5262.
 - See if there is a payment arrangement that can be made that the family can actually afford.

- -If the family misses payments under their payment arrangements, Xcel is less likely to negotiate with the family in the future or to keep their service on if they are delinquent.
- Call Xcel and request an application for THE COLD WEATHER PROTECTION RULE that prohibits your heat from being turned off until April 1st of that heating season.
- **HEAT SHARE** through **SALVATION ARMY**- Emergency social services may also be available (651) 770-4974 State Wide Heat Share: 1-800-842-7279
- **COMMUNITY ACTION PROGRAM (CAP)** of Ramsey/Washington Counties:
 - Apply for **ENERGY ASSISTANCE** for families paying their own electric, gas (heat) or both.
 - If the service is already shut off, families should bring their application directly to the CAP office at 450 Syndicate St. N., Suite 122 in St. Paul.
 - Some additional crisis funds may be available for past due bills, but these funds are limited and dependant upon what funds the agency has available and the family's eligibility.
 - CAP: (651) 645-6470 for further information
 - Minnesota residents also may obtain an application and more information by calling 1-800-657-3710 to locate the agency serving their county.
- **WEATHERIZATION ASSISTANCE/ENERGY CONSERVATION PROGRAM** serves Ramsey and Washington counties and will help with home insulation and furnace repairs. (651)482-8260.
- **POWER ON PROGRAM** can assist families in paying utility bills if family is able to maintain thereafter and have just fallen behind. May be eligible for this program if they qualify for Emergency Assistance through their county.(651) 774-9010.
- See "Emergency Assistance" section for county help in paying overdue utility bills.
- **TELEPHONE HELP - LIFELINE** and **LINK UP** are federal assistance programs for low-income families. **LIFELINE** provides discounts (up to \$10/month) on one basic monthly phone service. **LINK UP** provides qualified subscribers with a one-time discount (up to \$30) off of the initial installation or start-up fee. Call your local phone company to apply or dial 1-888-641-8722.
- **FREE CELL PHONE** with 250 monthly minutes offered by Life Wireless and the U.S. Government. Proof of receiving public assistance required for eligibility. Call 612-293-8859 for more information.

EMERGENCY ASSISTANCE (EA):

- Emergency Assistance (EA) is a county-based resource for families with emergent financial needs (generally housing and utility).
- Some things for families to know when applying for Emergency Assistance (EA):
 - Contact EA through your local county human services program:
 - Ramsey County residents call: (651) 266-4444
 - Washington County residents call : (651) 430-6455
- FIRST, the family should contact their financial worker to see if they would be eligible for Emergency Assistance and to get an application.
 - If they do not have a financial worker, call Ramsey County Human Services or Washington County Human Services (numbers above).
 - This can only be used ONCE per year.
 - Need a letter from landlord stating eviction or that will be evicted if amount is not paid.
 - Proof that they have spent at least 50% of their income on basic needs in the past 60 days [i.e. Rent, food, medical].

- Proof that if paid, the situation will not reoccur [i.e. More income coming into household, situational basic needs, crisis etc.].
- If applying for EA for a deposit on rent, same rules apply.

*PLEASE NOTE: Emergency Assistance will deny you if you do not meet these guidelines.

- If you are denied for EA:
 - If the family has ALREADY used or been DENIED by EA, the family can apply for other grants in their community.
 - They need to call **UNITED WAY'S 2-1-1** or 1(800) 543-7709 for cell phone users, to receive the local agencies that provide these additional housing resources.

RAMSEY COUNTY HOUSING CRISIS RESPONSE (for families, single adults and youth):

-Homeless Prevention Program for Single Adults: helps single adults or couples without children who are at immediate risk of becoming homeless by providing financial assistance to those who qualify. Must provide verification of income and documentation of risk of homelessness (eviction notice). Appointments scheduled through housing screener Monday-Thursday (651) 647-2555

-Rapid Re-Housing for Single Adults: helps single adults or couples without children who are staying in a Ramsey County shelter or are homeless in Ramsey County with an income to find affordable housing. Offers financial assistance and limited case management for eligible people. Must meet income qualifications, be living in a shelter and able to increase/stabilize your household income to achieve self-sufficiency. Appointments scheduled through housing screener Monday-Thursday (651) 647-2555

-Youth Programs: services for unaccompanied youth up to 20 years old include **Homeless Prevention** services and **Rapid Re-Housing** for those who are currently homeless. May help youth to problem solve and develop a plan, link youth to supportive services, provide case management to homeless and at-risk youth and provide rental assistance to help youth move into an apartment or maintain current independent housing. Calls answered Monday-Friday 10am-8pm. (651) 224-9664

ST. ANDREW'S COMMUNITY RESOURCE CENTER:

900 Stillwater Road, Mahtomedi, MN 55115. Provides a host of on-site services including: connection to resources in the community, referrals for furniture, household items, emergency assistance, rental assistance and basic needs, clothing, coats, school supplies, blankets, personal care kits, Emergency food, transportation and financial assistance resources. As well as short term housing located off site in a safe environment, free community meal on Thursdays at 6pm, Computer access, mentoring, tutoring, resume help, tax assistance and financial counseling, free summer lunch program, and holiday help- meals, food baskets and gifts. Please call with questions or stop in during the hours: Monday-Wednesday & Friday 8am-4pm, Thursday 8am-8pm, Saturday and Sunday 8am-12pm. www.saintandrews.org (651) 762-9124

FURNITURE NEEDS:

- **BRIDGING** provides a ONCE in a lifetime opportunity for families to receive free new and used furniture through a social service agency. Go to <http://www.bridging.org/AgencyFinder.asp> to find any agency in the family's area that can refer them or call 2-1-1 FIRST CALL FOR HELP.
- **GOODWILL EASTER SEALS** provides low cost furniture and household items. There are several locations, call (651) 603-1544 or (651) 379-5800.
- **TWIN CITIES FREE MARKET** or **CRAIG'S LIST** websites are useful for finding free items across the Metro area. Websites are: <http://twincitiesfreemarket.org> or <http://minneapolis.craigslist.org/>

CLOTHING NEEDS:

- **GODS CLOSET** has used by families that reside on the East Side of St. Paul. Must bring a picture ID with current address. Only open on MWF- (651) 771-4627
- **READY FOR SUCCESS** is a service for women/men in need of clothing to re-enter the workforce. Written referral from a social service agency **IS** needed. Call (612) 872-1509
- **JOSEPH'S COAT** has free used clothing and household items, photo ID is needed- (651) 291-2472
- **DAWN'S CLOSET:** gives clean, gently used clothing to men, women and children as well as functioning household essentials to families in need. Serves families in Washington County, Eastern Ramsey county and parts of Wisconsin. Eligible families can visit as many times as they like until they reach their seasonal limit for each member. Clients must provide proof of identification of all household members and residency. Hours: Monday 5-8pm, Wednesday 10am-1pm, Thursday 4-7pm, Friday 10am-1pm. 1911 Curve Crest Blvd.W., Stillwater, MN 55082 (651) 430-2739 www.valleyoutreachmn.org
- **KIDZ KLOZET** is open the 1st and 3rd Thursday and one Saturday per month. Call for specific Saturday dates 612-730-1968 or 612-202-1761. Must provide a photo ID. Limit of one grocery bag of items per visit. Located at Elim Church 685 13th Ave. NE, Minneapolis 55413
- **ALLEY SHOPPE** provides clothing, cook wear, and other essentials to families in Ramsey County. Referral required from a Ramsey County Social Worker. Open Tuesdays 10:30am-1:30pm.
 - Arlington Hills Church- 1115 Greenbrier St., St. Paul, MN 55106
- **CRADLE OF HOPE** is a non-profit organization providing assistance for pregnant women and infants up until 3 months of age. Provides assistant with utilities, housing, food, medical bills, past due bills related to current pregnancy, child care, maternity clothes/maternity needs, and cribs. [Once 8 months pregnant, moms can apply for a crib up until the baby is 3 months old]. Mother must be a Minnesota resident to receive assistance and have some form of ID.
 - 1935 West County Rd. B2 Suite 241, Roseville, MN 55113 Phone: (651) 636-0637
- **SHARING & CARING HANDS FOOD & CLOTHING SHELF** provides various services for the low-income, and homeless families and individuals of the Twin Cities. There is a food shelf, clothing shelf (with new socks and shoes), household goods, towels, cleaning supplies, toys, etc. Walk-in showers available, as well as free dental care and a free medical examination room staffed by volunteer healthcare professionals, for emergency needs. Help with emergency needs, rental deposits and bus/cab fare also.
 - 525 North 7th Street, Minneapolis, MN 55405 Phone: (612) 338-4640

FOOD NEEDS:

- Call **UNITED WAY's 2-1-1 (1-800-543-7709)** with address and zip code of family and they will provide the correct food self in the family's service area.
- **EMERGENCY FOOD SHELF NETWORK** can provide full lists of food shelves in service area. Calls must come from social workers, schools etc. (763) 450-3860.
 - **FARE FOR ALL** provides monthly food packages and holiday packages at a reduced rate. Clients can select own food [packages]. EBT and Cash accepted. All are eligible regardless of residency or income. (763) 450-3881. Clients should call for specific times and dates. www.fareforall.org
 - **WHITE BEAR LAKE EMERGENCY FOOD SHELF:** (651) 407-5310. Call between 10am & 12pm. WBL Families may only use this food shelf ONCE per month. 1884 Whitaker St.
 - **TRANSFIGURATION CHURCH** has an emergency food shelf on the Second & Fourth Thursday of every month. Serves North St. Paul, & Oakdale residents. Please call for details: (651) 738-2646. They are located at 6133 13th St. No., Oakdale, MN 55128.
 - **RALPH REEDER FOOD SHELF** is open to residents in New Brighton, Mounds View, Shoreview, Arden Hills, Northern Roseville, and the Ramsey County portion of St. Anthony. Call for appointment between 9am and 12pm at 651-621-7451. Opened Monday through Friday.
 - **KEYSTONE FOOD SHELF** serves residents in Roseville, Falcon Heights, Lauderdale, and Little Canada. Located at 2833 N. Hamline Ave. Hours of operation are Monday through Friday 10:00-12:00, 1:00-3:30, and additional evening hours are offered on Tuesdays from 5:30-8:30. Call 651-756-7018.
 - **CHRISTIAN CUPBOARD** has a food shelf every Friday from 9am-12pm. They serve the Woodbury, Landfall, Maplewood south of I-94, Lake Elmo and Oakdale areas. Please call for details (651) 233-1296. They are located at 7380 Afton Rd., Woodbury, MN 55125.
 - **MAHTOMEDI AREA FOOD SHELF** offers a food shelf on Tuesdays & Thursdays from 1-3pm and the 1st & 3rd Wednesday of the month from 5-7pm. They ask that families call by 9am the day of pick-up to place their order. Located at 700 Mahtomedi Ave., Mahtomedi, MN 55115. Call Kathy for more details: (651) 426-3245
 - **HUGO COMMUNITY FOOD SHELF** offers a food shelf for Hugo & Forest Lake residents ONLY. Must bring proof of residency, such as a bill addressed to you. Tuesday & Wednesday 4-7pm and Thursday 3-7pm. 14755 Victor Hugo Blvd. N., Hugo, MN 55038 (651) 429-1576
 - **HUGO GOOD NEIGHBOR FOOD SHELF:** Offers a food shelf Monday, Tuesday and Thursday from 4-7pm. The boundaries are Hugo and residents of the 55038 zip code. Located at 5524 Upper 146th Street, Hugo, MN 55038. (651) 528-6224
 - **MANNA MARKETS** offers a free meal and food distribution event that takes place at Fridley Covenant Church every Tuesday. Doors open at 5 pm for registration and a light dinner. Tickets are issued then at 6 pm tickets are randomly drawn for free groceries. Call 763-571-1657.
 - **FRANCISCAN BROTHERS OF PEACE** offers a food shelf. Families can call for pickup. No one is turned away. Call (651) 646-8586. They are located at 1289 Lafond Ave., St. Paul, MN.
 - **REDEEMERS BAPTIST** offers a food shelf at the church. Families can get up to two bags of food. Call for details (651) 777-2552. The church is located at 2479 Geneva Ave. N., Oakdale, MN.
 - **NEW LIFE CHURCH** offers a food shelf on Tuesday & Thursdays from 8-9am. Families may call for appointments Monday-Friday 8am-4pm. This food shelf serves south Washington County. Call for details (651) 459-0444. The church is located at 6758 Bailey Road, Woodbury, MN.

- **NORTH ST. PAUL EMERGENCY FOOD SHELF:** Hours are Monday-Friday 10am-1pm. Must call one day ahead to make an appointment. Boundaries are the 622 school district (651) 770-1309. 2538 E. Seppala Blvd., North St. Paul, MN 55109
- **ST. MICHAEL'S FOOD SHELF:** Must call to set up appointment during the time of 9am-11am. Call Pat (651) 439-3241. Boundaries are Stillwater (school district 834) residents. 611 S. Third Street, Stillwater, MN 55082 For any other information call (651) 439-4400
- **VALLEY OUTREACH:** Washington County. Hours are Monday 10am-12pm & 6-8pm, Wednesdays 10am-12pm, Thursdays 6pm-8pm and Fridays 10am-12pm. 1911 Curve Crest Blvd. W., Stillwater, MN 55082 (651) 430-2739
- **DOROTHY DAY** is the backup food shelf for all of Ramsey County. They are located at 183 Old 6th Street, St. Paul, MN 55102. (651) 293-1919.
- **WIC (Women, Infants, and Children)** is a program that offers nutrition education and food vouchers for pregnant women, mothers, and young children. Call 651-266-1300 for more information.
- **MESSIAH LUTHERAN CHURCH** offers a free community meal every Wednesday from 4:45-6:15. Address is 2848 County Road H2 - Mounds View 55112. Call 763-784-1786 for more information.
- **ST. ANDREWS COMMUNITY RESOURCE CENTER** offers a free community meal every Thursday at 6pm. They are located at 900 Stillwater Rd. Mahtomedi 55115. Call 651-762-9124 for more information.

TRANSPORTATION NEEDS:

- Contact **METRO TRANSIT SERVICES** (612) 373-3333 or www.metrotransit.org for bus routes, fares
- Contact health insurance carrier for information on transportation services for medical and mental health appointments.
 - **MEDICAL ASSISTANCE** recipients are eligible for free medical rides based on their insurance provider. Call the number on the back of the medical card for details.
- **TRANSIT LINK:** Curb-to-curb service (651) 602-LINK (5465). Available for areas which are not covered by regular bus routes. Please call up to one week ahead of time to guarantee a pick up time. To arrange a ride, call the dispatcher at the number above between 7am and 3:30pm weekdays. Service hours are Monday-Friday from 6am-7pm, \$2.25 each way for less than 10 miles, 10-20 miles is \$4.50 each way, and greater than 20 miles is \$6.75 each way. Passengers must pay cash or have tickets prior to getting on. Call or check www.transitlinktc.org for more details.
- **DISCOVER RIDE INC.** is non-emergency medical transportation. In some cases, client could be taken to work or programs etc., depending on the situation, location and driver. Allows visitors to ride with scheduled passengers, arranges and/or provides for clients, assist passengers to and from vehicle, pick up guaranteed with reservation and pick up guaranteed within 30 minutes of scheduled/reserved time. Must schedule appointment at least 24 hours in advance. \$16 loading fee, plus \$1.85 per mile (3 mile minimum). Any extra passengers are \$5 each. Serving all Metro and Ramsey County area Monday-Friday 6am-6pm. Phone (651) 288-0327
- **DIAL-A-RIDE/NEST:** Serves North St. Paul, Maplewood & Oakdale (651)227-6378
- **CARE CREW:** Serves those residing in Mounds View, Shoreview & New Brighton. Volunteer transport through churches. Need to call at least 3 days before ride is needed. Call 763-784-2097.

**If family does have a vehicle but needs assistance there are several programs that may be able to assist:*

- **CAR CARE SATURDAY** in Lake Elmo, MN has a car care clinic the 2nd Saturday of each month. Call and leave a message for details: (651) 773-3083.
- **RIVERTOWN CAR CARE** in Forest Lake, MN has a car care clinic the 2nd Saturday of each month. Call and leave a message for details: (651) 464-2561. Go to www.Foresthillumc.net for application.
- **CAP:** (651) 603-5880 for an application. May be able to offer car repair cost assistance. Qualifications include:
 - No SUV/Luxury vehicles
 - Title of the car must be in client's name
 - Car cannot be over 10 years old
 - Help also depends on type of vehicle and mileage
 - The value of the vehicle must be more than the cost of the car repair
 - There is an \$800 cap off on repair assistance

HOLIDAY HELP:

- **WBL FOOD SHELF** gives away gifts and gift baskets to families during the holiday season. Deadlines to sign up to receive baskets are very early, so families need to plan ahead and sign up early. Call the food shelf (651-407-5310) for details and to sign up for baskets.
- **TRANSFIGURATION CHURCH** in Oakdale does Thanksgiving and Christmas baskets for families in need. Please call (651) 738-2646 for details and plan to sign up early in the season.
- **CLOSET OF BLESSINGS** at St. James AME Church offers toys, clothing and food to families during the holiday season. Please call (651) 227-4151 for this year's date and details.
- **CATHOLIC CHARITIES** 612-204-8500 Please call for details.
- **UNION GOSPEL MISSION** offers holiday help. Please call (651) 228-1800 for details.
- **THE SALVATION ARMY (TOYS FOR TOTS PROGRAM)** offers toys for children during the holidays. Please call (651) 749-3400 for locations and details.
- **PILGRIM FOUNDATION** offers toys for children during the holidays. Please call (651) 227-3220
- **SACRED HEART CHURCH** gives away toys during the holidays. Please call (651) 776-2741.

CRISIS ASSISTANCE:

- **CHILDREN'S CRISIS RESPONSE** provides 24-hour, 7 days a week immediate in-home responses. Responses conducted by trained staff who work to figure out what may have caused the crisis and look for solutions to them not happening again in the future. Follow-up assistance is also provided for the families. www.spys.org/crisis.htm Phone (651) 774-7000
- **ADULT CRISIS** provides phone and outreach services 24 hours a day, 7 days a week. If someone you know is experiencing a mental health crisis call (651) 266-7900
- **CENTER FOR GRIEF, LOSS & TRANSITION** responds to grief and loss through various forms of therapy, ranging from individual to family and group therapy, as well as children's services. Requires some form of ID, and if the client does not have insurance, sliding fees are offered as well as payment out of pocket. Hours vary by therapist but open Monday-Saturday with some evening hours.
 - 1133 Grand Ave., St. Paul, MN 55105 Phone (651) 641-0177 www.griefloss.org
- **CROSS STREETS PROGRAM- MOBILE CRISIS TEAM** does in-home, crisis interventions for youth dealing with family conflict, runaway, and various mental health issues. Social Security number preferred, but won't be turned away without one. Family does not need insurance to receive services. (651) 771-0076

- **MIDWEST CHILDREN'S RESOURCE CENTER (MCRC)** is a program of Children's Hospitals and Clinics of St. Paul and Minneapolis. Medical diagnosis, psychological assessment and treatment for children affected by physical abuse, sexual abuse, or neglect and their families. Telephone consultation available 24/7. Also, **FIRST STEPS PROGRAM** has volunteers who work with expectant and new then parents to prevent future child abuse. Sliding fee scale and pay out of pocket possible if needed. MCRC direct line: (651) 220-6750
- County Services Intake/Child Protection/Crisis Services:
 - **RAMSEY COUNTY CHILDREN'S SERVICES INTAKE** (651) 226-4500
 - **RAMSEY COUNTY CHILDREN'S CRISIS** (651) 774-7000
 - **RAMSEY COUNTY ADULT CRISIS** (651) 266-7900
 - **WASHINGTON COUNTY CHILDREN'S SERVICES INTAKE** (651) 430-6457
 - **WASHINGTON COUNTY MOBILE CRISIS** (651) 777-5222
- **THE FAMILY PLACE** is a crisis shelter for homeless families- social services, and support for families. Services include child enrichment programs (art, reading, & math focused) housing help, and an employment program. Ramsey County has a variety of services available to those who are homeless or in danger of becoming homeless. Intake services for homeless persons are coordinated through The Family Place. Shelter located at:244 Tenth Street East, St. Paul, MN 55101
 - Phone (651) 225-9354 or (651) 225-9355 www.famplace.org

DOMESTIC ABUSE:

- **MN DOMESTIC VIOLENCE HOTLINE:** 1-866-223-1111
- **ST. PAUL INTERVENTION PROJECT** is a 24-hour crisis line. Also offers support groups for battered women on Wednesdays 5:30-8:30pm. Transportation to support groups, hospital, clinic and legal advocacy, and resources and referrals provided. There are no fees for services. 24-hour phone: (651) 645-2824 www.mcbw.org/node/177
- **TUBMAN FAMILY ALLIANCE (ALSO CHRYSALIS)** responds to crises through a 24-hour helpline. Can help clients by providing residential services, counseling and therapy, legal, youth and family services and through community education. Located at 3111 First Ave. S., Minneapolis, MN 55408 Phone (612) 825-3333 www.tubman.org
- **WOMEN'S ADVOCATES** is a shelter for women and their children to be safe from domestic abuse. Provides advocacy, personalized support, education, and various other resources. Located at 588 Grand Ave., St. Paul, MN. Phone (651) 227-9966 www.wadvocates.org
- **BRIDGES TO SAFETY** provides advocates speaking many languages. Assists with filing/getting an order for protection, finding domestic abuse centers/shelters, personal advocacy and case management, legal advocacy, safety planning, medical services, childcare while parent/caregiver is receiving services. Services are free or low cost. Located at 15 W. Kellogg Blvd., St. Paul, MN Phone: (651) 645-2824
- **ALEXANDRA HOUSE** provides free services to all MN residents including 24-hour emergency shelter and support/advocacy to domestic and sexual violence victims.763-780-2330
- **WHITE BEAR LAKE POLICE DEPARTMENT:** (651) 429-8511
- **MAPLEWOOD POLICE DEPARTMENT:** 651-249-2600
- **MOUNDS VIEW POLICE DEPARTMENT:** 763-717-4070
- **NORTH ST. PAUL POLICE DEPARTMENT:** 651-747-2406
- **OAKDALE POLICE DEPARTMENT:** 651-738-1025

- **ROSEVILLE POLICE DEPARTMENT:** 651-792-7008
- **RAMSEY COUNTY SHERRIF'S OFFICE:** 651-266-9333
- **WASHINGTON COUNTY SHERRIF'S OFFICE:** 651-439-9381

HEALTH NEEDS:

- **CENTURY COLLEGE DENTAL HYGIENE CLINIC** Located at 3330 Century Ave. N., White Bear Lake, MN Contact: Linda Jorgenson, Program Director (651) 779-5787
- **CHILDREN'S DENTAL SERVICES** works with low income families to provide access to dental care as well as working to educate families on proper hygiene. Children from birth to age 18 and pregnant women are eligible. Various locations are offered. Call 612-746-1530 for more information.
- **COMMUNITY DENTAL CARE** provides dental care and preventative educational programs for low income, immigrant and ethnic minority families and children. Self-payment accepted. www.cdentc.org
Clinic hours: 7:30am-9:30pm with early morning and late evening appointments.
 - Located at 1670 Beam Ave., Maplewood, MN 55109 Phone (651) 925-8400
 - 828 Hawthorne Avenue East Saint Paul, MN 55106 Phone (651) 774-2959
- **ST. MARY'S HEALTH CLINICS** provides free high quality care to low-income, uninsured men, women, and children in the greater metropolitan area of St. Paul/Minneapolis. Call (651) 287-7777 with questions or to schedule appointment. Hours for phone line are 8:30 a.m. to 3:30 p.m. Monday through Thursday and 8:30 a.m. to 12pm Friday (*Spanish-speaking schedulers available*)
- **PORTICO HEALTHNET** helps uninsured individuals and families apply to health care programs and they offer a primary and preventive health care access program for some who are ineligible for public programs.
- **UNITED WAY BRIGHT SMILES** provides dental care for children 5 and under and their families.
 - Located at 506 West 7th Street, St. Paul, MN 55102 Phone: (651) 298-8566
- **WEST SIDE COMMUNITY HEALTH SERVICES** provides health services by physicians, social workers, dentists, nurse practitioners, and health educators. www.westsidechs.org
 - Located at 153 Concord Street, St. Paul, MN 55107 Phone: (651) 222-1816

JOB COACHING/TRAINING:

- **HIRED:** Dozens of programs offered for job seekers. Some programs are limited to a particular geographic area; some are limited by income level, age or other circumstances; and some are limited to clients referred to HIRED by other agencies. Call 612-529-3342 for more information.
- **TWIN CITIES RISE!:** Provides work skills and personal empowerment to people in poverty, leading to long-term success in a living wage career with benefits. The program requires a commitment of 12-15 hours per week while in training, with classes in both Minneapolis and St. Paul. Each session lasts ten weeks and includes a two-week period of formal evaluation. Call 612-338-0295 for more information.
- **HHH JOB CORPS:** Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 improve the quality of their lives through career technical and academic training. Call 651-642-1133 for more info.
- **GOODWILL/EASTER SEALS:** Provides employment services specifically designed for people with disabilities, disadvantages or other barriers to work. Call 651-379-5808 for more information.

LOCAL EMPLOYMENT WORKFORCE CENTERS:

- **RAMSEY COUNTY- NORTH ST. PAUL LOCATION:**
 - McKnight 36 Plaza, 2098 11th Ave. E., North St. Paul, MN 55109 Phone: (651) 779-5666
 - Hours of Operation: Monday-Friday 8am-4:30pm
- **RAMSEY COUNTY- ST. PAUL LOCATION:**
 - 540 Fairview Ave. N., St. Paul, MN 55104 Phone: (651) 642-0363 Hours of Operation: Monday-Friday 8am-4:30pm
- **WASHINGTON COUNTY:**
 - 2150 Radio Drive, Woodbury, MN 55125 Phone: (651) 275-8650 Hours of Operation: Monday-Friday 8am-5pm