



Community Resources for Family Basic Needs

General Information	Bridge to Benefits 651-227-6121 www.bridgetobenefits.org	Calculates eligibility for health care, child care, tax credits, food support and energy assistance.
Keystone Food Shelf <i>For families living in Roseville/Falcon Heights</i>	Fairview Community Center by appointment 651-604-3804 or Walk-in at Keystone, 1457 Rice St Monday-Friday 9:00 am – 3:30 pm http://www.keystonecommunityservices.org	-2 day food supply, 1 visit per month -Culturally appropriate food -Family can use letter from school staff verifying need, address & # of children
Salvation Army Food Shelf <i>For families living in Maplewood/Little Canada</i>	Salvation Army East St. Paul 1019 Payne Ave, St. Paul 651-776-2653 Monday – Friday 8:00 am – 4:00 pm http://www.usc.salvationarmy.org	-2 day food supply, 1 visit per month -Culturally appropriate food -Family must verify need, address & ages of children
North Saint Paul Area Food Shelf	2538 Seppala Boulevard, Saint Paul, MN 55109 (651) 770-1309 Monday-Friday 10 am – 1 pm	Call for an appointment the day before you want to visit. Call on Friday for Monday appointments
Ralph Reeder Food Shelf <i>For families living in District 621 (Arden Hills, Mounds View, New Brighton, & Shoreview)</i>	Pike Lake Education Center 2101 14th St. NW, Room 22, New Brighton, MN 55112 Appointments 651-621-7451 Open Monday through Friday by appointment. Day and evening appointments are available as well as emergency bags during off hours. http://www.moundsvIEWSchools.org	Also participates in Operation Joy, providing families with toys and gifts for children and holiday food baskets. Can help with clothing and household needs through vouchers for Penny Pinchers Clothing Store and Goodwill.
White Bear Lake Food Shelf <i>For families living in District 624 (White Bear Lake, White Bear Township, Vadnais Heights, Hugo and Birchwood)</i>	White Bear Lake Food Shelf 1884 Whitaker Avenue White Bear Lake, Minn. 55110 651-407-5310 Accept donations Monday – Friday from 9:00 a.m. to 12:30 p.m. http://www.whitebearlakefoodshelf.org	Families in need of assistance must call between 10:00 a.m. and noon to make an appointment. Appointments are same day between 12:30 to 2:30 depending on client volume for the day. Provide a one week supply of food. Each family must supply a photo ID for the person picking up and a current bill or statement for each adult of the household to prove residency in their service areas.

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Food for Mothers and children up to 5 years	Woman, Infant & Children (WIC) 651-266-1300 www.co.ramsey.mn.us/ph/wic/index	Provides food vouchers for pregnant, new mothers, and children under age 5. Spanish, Hmong, Karen and Somali speaking staff available. Call 266-1300.
Minnesota Food Helpline	Hunger Solutions of Minnesota Helpline hours: Mon-Fri 8:30 – 4:30 1-888-711-1151 Spanish 651-486-9860 http://www.hungersolutions.org/	Help enroll low-income families in Food Stamp program or help callers find emergency food assistance in their area.
Clothing Shelf	North Heights Lutheran Church 2701 Rice Street, Roseville Call Love INC at 651-633-4194 to access	Free used clothing for children and adults. Flexible schedule – must have voucher from Love INC or School staff
Clothing & Household items	Joseph's Coat 1107 W. 7 th St, St. Paul 651-291-2472 www.josephscoatmn.org	Free used clothing and household items. Open Mon & Wed 9 am – 1 pm Second Saturday of month 9 am -1 pm
Maternity Closet	St. John the Baptist Catholic Church 835 2 nd Avenue NW New Brighton, MN 55112 Mothers in need should call 763-516-1417 to schedule an appointment.	Maternity clothes, baby clothes in size infant to 2T.
Furniture & Household Items	Bridging Warehouse 1633 Terrace Dr, Roseville Access through school Social Worker http://www.bridging.org/	Used beds, coaches, tables, chairs, dressers, dishes, bedding, etc.
Housing	Housing Crisis Response Offers a Homeless Prevention Program and a Rapid Re-housing Program for families. 651-215-2262 http://www.co.ramsey.mn.us	Homeless Prevention Program works with families in imminent risk of homelessness. Rapid Re-housing helps families currently staying in a Ramsey County shelter to exit shelter as soon as possible.
Housing	St. Paul Public Housing Agency 555 N Wabasha St. Suite 400, St. Paul 651-298-5664 www.stpaulha.org	Provides safe and affordable housing to low income residents. Coordinates social services for residents.

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Housing	Housing Link General 651-522-2500 Refugees 612-520-9223 www.housinglink.org www.housinglink.org/Refugees	Helpful website providing housing listings and info for renters in low-income housing. Specific help for refugees and immigrants
Housing	Project Hope 651-298-5664 The Family Place 651-225-9354 www.famplace.org	Housing agency and homeless prevention program offering case management and some resources to families who are homeless.
Energy Assistance program	Community Action Partnership of Ramsey & Washington Counties 450 Syndicate Street N Saint Paul, MN 55104 651-645-6445 http://www.caprw.org	Uses past three months of household income or past year's income for self-employment. Household must be below 50% of State median income. Also provides crisis help for utility disconnections.
Emergency Assistance for Heat & Utility Bills	Heatshare (Salvation Army) 651-224-6946 www.heatshare-mn.org	Provides emergency assistance, education budget counseling, family counseling and social service referrals
General Emergency Assistance	Ramsey County Emergency Assistance 651-266-4444 http://www.co.ramsey.mn.us/hs/financialassistance	Help with rental assistance, heat, utilities, food, housing, child care and crisis support.
Child Care	Resources for Child Care 10 Yorkton Court, Saint Paul, MN 55117 651-641-6665 Spanish: 651-641-6660	Provides information on child care openings in the area and access to Child Care Sliding Fee scale funds.
Health Care Insurance	Medical Assistance and Minnesota Care 651-431-2670 Request Interpreter if needed www.dhs.state.mn.us/main/idcplg?idcService	Health insurance for low income families. Emergency medical assistance only for undocumented.
Health Services	Children's Hospital Outpatient Site 1835 W County Rd C, Roseville MN 55113 651-638-1070 http://www.childrensmn.org/Services/FamilyResourceCenter/FinancialResources	Health care services provided for low income and immigrant families. Spanish interpreters available by request

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Health Services	Health East Roselawn Clinic 1983 Sloan Place, Suite 1, St. Paul 651-326-5700 http://www.healtheast.org/clinics/locations/roselawn.html	Health care services for clients without insurance – will set up payment plans. Spanish and Karen speaking staff on site.
Refugee & Immigrant Health	MN Department of Public Health 555 Cedar St. N, St. Paul 651-266-1244 www.co.ramsey.mn.us/ph/yas	Screening and health assessments for communicable diseases. Other health services provided.
Low-cost Prescription Drugs	Target Pharmacy - \$4 generic medications 1515 Cty Rd B W, Roseville 651-631-0330 Walmart Pharmacy - \$4 generic medications 1450 University Ave, St. Paul 651-644-0020 K-Mart - \$5 generic medications 245 E. Maryland Ave, St. Paul 651-488-6781	30 days supply of generic medication with a prescription note from doctor. Access to over 100 generic medications for low co-pays. Pharmacies also have other low-cost medication programs available.
Immunization Clinic	Ramsey County Public Health 555 Cedar St. N, St. Paul 651-266-1234 www.co.ramsey.mn.us/ph/id/immunization	Low-cost immunizations for children Tues 1-3 pm Wed 8:30 -11am, 2-4 pm Thursdays 4 – 7 pm
Dental Care	Community Dental Care 1670 Beam Ave, Maplewood 651-925-8400 www.cdenc.org	Provides dental care for low income and immigrant families. Self-payment accepted. Spanish speaking staff.
Children’s Dental Care	United Way Bright Smiles 506 West 7 th St, St. Paul 651-298-8566 www.unitedwaytwincities.org/ourimpact/brightsmiles	Low cost dental care for children under 5 and their families. Spanish speaking staff on site.
Early Childhood	Early Childhood Information and Referral 1910 County Rd B, Roseville, MN 55113 651-604-3700	Information and referral services for families who have concerns about the development of the child birth – 5yrs
Mental Health Services	Children’s Home Society & Family Services Toogood Building, 2230 Como Avenue, Saint Paul 651-635-0095 http://www.chsfs.org/?q=strengthen/counseling-therapy	Youth and family counseling services. Youth services and educational programming available. Parent Support Services.
Mental Health Services	Northwest Youth & Family Services 3490 Lexington Ave N, Suite 205, Shoreview 651-486-3808 http://nyfs.org	Youth and family counseling services. Youth services and educational programming available.

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Mental Health Services	White Bear Community Counseling Center 1280 North Birch Lake Boulevard, White Bear Lake 651-429-8544 http://www.whitebearlake.org	Youth and family counseling services. Youth services and educational programming available.
Alcohol & Drug Dependency	Chemical Assessment Services – Ramsey Co. Hours: M-F 8:30 am – 4:30 pm 651-266-4008 www.co.ramsey.mn.us/hs/mhc/ChemicalDependency	Provides assessments on a sliding fee bases. Referrals to treatment and other services also available.
Domestic Abuse	St. Paul Intervention Project 1509 Marshall Ave, St. Paul 651-645-2824 www.mcbw.org/node/177	Provides advocacy and therapy for families and individuals of domestic abuse. Legal and community advocacy is provided as well as language help/
Sexual Abuse	Sexual Offenses Services of Ramsey County General 651-266-2400 24 Hour Hotline 651-643-3006 (Confidential) www.co.ramsey.mn.us/ph/yas/sos	Provides free and confidential services to victims of sexual abuse and their families. 24 hour crisis counseling, advocacy, information and referral.
Children’s Crisis Response	Children’s Crisis Response 2100 Wilson Ave, St. Paul 651-774-7000 www.spys.org/crisis.htm	Provides 24 hours a day, 7 days a week immediate in-home response. Trained staff who will problem solve with families and provide support.

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