

Ramsey County Family Resources

Emergency – Police – Fire – Ambulance – 911

[For changes or updates please call “United Way 2-1-1” dial 211 or (651) 291-0211]



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CRISIS PHONE NUMBERS

Police, Fire, Ambulance and Medical Emergency.....	911
Asian Women United.....	(612) 724-8823
24-hour multi-lingual domestic violence crisis line for information and help.	
Birthright.....	(651) 646-7033
Emergency assistance to pregnant women and new mothers; layettes, diapers, etc.	
Bridge for Youth.....	(612) 377-8800
Crisis program including shelter and food. Youth and family counseling. Support groups/transition programs. No suicide	
Child Protection.....	(651) 266-4500
Reports of child abuse or neglect [after-hours (651) 291-6795].	
Children’s Mental Health Crisis.....	(651) 774-7000
24-hour crisis consultation and resources. In-home crisis intervention for children, youth and families.	
Crime Victim Center.....	(612) 340-5400
Crime Victims Assistance.....	(651) 291-8810
Legal services for victims of human trafficking, sexual assault, and abuse.	
Crisis Connection.....	(612) 379-6363
Mental health crisis and general phone counseling. Also offers non-violent crisis intervention training	
Emergency Social Service.....	(651) 291-6795
After-hours response for Ramsey County Social Services – available 5 p.m. through 8:30 a.m.	
First Call for Help-United Way.....	(651) 291-0211
MN Domestic Violence Crisis Line.....	1-866-223-1111
Parent Support Services (formerly Crisis Nursery).....	(651) 641-1300
Poison Control.....	1-800-222-1222
Ramsey County Mental Health.....	(651) 266-7900
Ramsey County Shelters	
Casa de Esperanza - (651) 772-1611	
Tubman Family Alliance - (651) 770-0777 See below.	
Women of Nations (Eagle’s Nest) - (651) 222-5836	
Women’s Advocates - (651) 227-8284 Domestic Violence Program.	
St. Paul Domestic Abuse Intervention Project.....	(651) 645-2824
Crisis intervention for women in abusive situations.	
Sexual Offense Service of Ramsey County.....	(651) 643-3006
Counseling and support for survivors of sexual assault. Tuesday night support group. Help through criminal process.	
Suicide Prevention.....	(612) 873-2222
Tubman Family Alliance.....	(651) 770-0777
Resources, support shelters, and info. for families in suburban Ramsey and Washington Counties.	

United Way First Call for Help

2-1-1.....211 or (651) 291-0211
24-hour information and referral regarding health and human services in the metro area. Can call phone number with **ANY LANGUAGE** and they will find interpreter.

Interpretation Available (if not listed, ask for interpreter):

TTY - 711

Spanish - (651) 291-0211, 8:00 AM - 5:00 PM Monday - Friday

Hmong - (651) 291-0211, 8:00 AM - 5:00 PM Monday - Friday

Russian - (651) 698-9167, 9:00 AM - 1:00 PM Monday - Friday

ADULT CLASSES

Adult Basic Education, GED, brush up ESL and Adult Diploma Program

Harmony Learning Center, located in Maplewood651-748-6208

Serves North Suburban Ramsey County No longer adult diploma

McKnight 36 Plaza, North St Paul Workforce Center.....651-779-5666

Mounds View/Education Center.....651-621-7410

North St. Paul, Maplewood, Oakdale/Harmony Alternative Programs.....651-748-6208

Roseville Adult Learning Center.....651-604-3553

plus credit makeup for high school students

White Bear Lake/Harmony Learning Center.....651-748-6200

Minnesota Literacy Council.....(651) 645-2277

Referrals to adult literacy, English as a Second Language, GED, high school diploma and other adult basic education services.

Ramsey County Minnesota Family Investment Program (MFIP).....(651) 266-4444

MFIP eligible adults have access to job training provided through various employment service agencies; career planning leading to self-sufficiency and job placement.

Ronald Hubbs Center for Lifelong Learning.....(651) 290-4822

Adult education including GED, brush-up, English as a Second Language,

CHILD CARE

Child Care-Ramsey County Human Services.....(651) 266-3781

Families might get help paying for child care if they have received MFIP funds in the past 12 months or have low incomes. Families can also check on license status of day care providers.

MFIP Child Care Assistance Program.....(651) 266-4019

For families on MFIP taking part in work activities. Can also access through Ramsey County Human Services general number: (651) 266-4444

Resources for Child Caring - Child Care Resource and Referral.....(651) 641-0332

Childcare referrals and information helping families find quality childcare;

Sliding-fee child program - Child Care Assistance..... (651) 641-6665

CLOTHING AND FURNITURE

Alley Shoppe.....(651) 776-8708

Free clothing and household items available through Arlington Hills Lutheran Church for those with referral slip from social worker. Tuesdays 9:30-1:30 September to May. Alternate # (651)777-5501

- Birthright.....(651) 646-7033**
Emergency assistance to pregnant women and new mothers; maternity clothes, layettes, etc. Free pregnancy tests and counseling.
- Dayton Avenue Presbyterian Church Clothing Center.....(651) 227-7389**
Clothing Center provides free clothing to anyone in need, 1st and 3rd Saturday of each month. 9-11:45AM
- Department of Indian Work.....(651) 789-3856**
Low cost clothing and baby layettes; available to area Native Americans. Food Shelf Tuesday, Thursday, Friday. Thanksgiving and Christmas meals for Native Americans, must sign up.
- Dorothy Day Center.....(651) 647-2350**
Medical Assistance Health Care and psychologist. Housing: first month's rent and damage deposit. Meals. Women's shelter if qualify.
- God's Closet.....(651) 771-4627**
Adult and children's clothing; donations suggested, but no one turned away.
- Goodwill/Easter Seals.....(651) 603-1544**
Low cost furniture, clothing, and household goods; several locations.
- Hallie Q. Brown Community Center.....(651) 224-4601**
Free clothing distribution: MWF 10-2. Food Shelf: Monday through Friday 9-4
- Joseph's Coat.....(651) 291-2472**
Free seasonal clothes, personal care products and small household items such as pots, pans and bedding.
- Life Care Center East.....(651) 776-2328**
Cribs, diapers, baby clothes. Pregnancy tests, prenatal classes.
- Ready for Success.....(651) 872-1509**
Women need a referral from a social service agency; have work clothing for women re-entering the workforce.
- St. Vincent De Paul Thrift Store.....(651) 227-1332**
Low cost clothing, furniture, and household items.
- Salvation Army Thrift Store.....(651) 789-0099**
Low cost clothing, furniture, and household items.
- Swap Shop, Church of St. Thomas More.....(651) 227-7669**
Free clothing and small household items available to those in need. Saturday 1-3 p. m. school year.
- COUNSELING AND SUPPORT PROGRAMS**
- African-American Wellness Institute.....(612) 871-7878**
Assessment, counseling, and advocacy.
- Alcoholics Anonymous St. Paul.....(651) 227-5502**
- American Indian Family Center.....(651) 793-3803**
Short and long term counseling for youth and their families.
- Asian Women United.....(612) 724-8823**
Provides advocacy for Asian victims of domestic violence. Advocates work in both criminal and family courts. Assist with housing, shelter placement, obtaining orders for protection.
- Catholic Charities.....(651) 204-8500**
Counseling, support, and educational groups; family and individual therapy.

- Center for Grief, Loss and Transition.....(651) 641-0177**
Counseling, educational groups, sliding fee.
- Children’s Home Society and Lutheran Social Services.....(651) 641-1300**
Marriage, family, and personal adjustment therapy for children, adolescents and adults; parenting programs; services for the gay/lesbian community.
- Tubman’s Chrysalis Center.....(612) 870-2426**
Mental health services, therapy and support services.
- CLUES (Comunidades Latinas Unidas En Servicio).....(651) 379-4200**
Bilingual and bicultural services for Spanish-speaking people.
- Face to Face Health and Counseling Service.....(651) 772-5555**
Individual, family and group counseling services for adolescent and young adults ages 11-23.
- Head Start/Fraser Preschool Day Treatment.....(612) 767-7222**
Preschool day treatment services for severely emotionally disturbed children ages 3-5.
“Community Action Headstart.”
- Jewish Family Service.....(651) 698-0767**
Individual and family counseling; family life education; special services for Russian-speaking people.
- Keystone Community Services.....(651) 645-0349**
Case management, information and referral, emergency food shelves, and holiday assistance. Several locations.
- Lao Family Community Center.....(651) 221-0069**
Counseling and social services for Hmong and Laotian families.
- Mental Health Services-Ramsey County Human Services.....(651)266-45000**
Ramsey County helps when people are in crisis. We also provide case management
- Minnesota Indian Women’s Resource Center.....(651) 728-2000**
Assessment, counseling, treatment and advocacy for Native American women and their children.
- Men’s Center.....(see Twin Cities Men’s Center)**
- Mother’s First-Ramsey County Human ServicesInformation (651) 266-7820**
Referrals (651) 266-4111
Mothers and women who are pregnant and have chemical dependency issues can get help. This program helps mothers to have chemical free and healthy babies and children.
- Northeast Youth and Family Services.....(651) 486-3808**
Counseling for families, youth and adults in Ramsey County.
- Parent Support Services (formerly Crisis Nursery).....(651) 641-1300**
Short-term safe 24-hour care for children of families in crisis (ages birth to 12)
- People Inc.(651) 774-0011**
Serving people with mental illness in the Minneapolis and St. Paul metro area
- Project ASSIST.....(651) 771-1301 Ext. 1401**
Screening, assessment and arrangement of ongoing services for children with mental health needs.
- Ramsey County Teen Parent Program (TeenWise).....(651) 644-1447**
Public Health service including home visiting, health counseling, education, employment, and child care for pregnant and parenting adolescents.

- Ramsey County Children and Family Services.....(651) 266-4500**
Services to children with severe emotional disturbances, developmental disabilities or who are abused or neglected.
- Ramsey County Mental Health Center.....(651) 266-7890**
Outpatient mental health service for adults.
- St. Paul Youth Services.....(651) 771-1301**
Diversion programs; mobile crisis program.
- St. Paul Domestic Abuse Intervention Project.....(651) 645-2824**
Crisis intervention, legal advocacy and support groups for women in abusive situations living in the St. Paul Area
- Seton Prenatal Clinic – Catholic Charities.....(651) 647-3100**
Provides a variety of services to low income men, women and their families; homeless youth.
- Twin Cities Men’s Center.....(612) 822-5892**
Provide resources for men seeking to grow in body, mind and spirit in St.Paul and Minneapolis.
- Wilder Child Guidance Center.....(651) 280-2310**
Individual and family counseling for children with behavioral, emotional, or developmental concerns.
- Wilder Programs for Southeast Asians.....(651) 280-2310**
Counseling and social services for Hmong, Vietnamese and Lao families. Parenting programs for Hmong and Cambodian families.

CRISIS NUMBERS

Police, Fire, Ambulance and Medical Emergency.....911

- Asian Women United.....(612) 724-8823**
24-hour multi-lingual domestic violence crisis line for information and help.
- Birthright.....(651) 646-7033**
Emergency assistance to pregnant women and new mothers; layettes, diapers, etc.
- Bridge for Youth.....(612) 377-8800**
Crisis program including shelter and food. Youth and family counseling. Support groups/transition programs. No suicide
- Child Protection.....(651) 266-4500**
Reports of child abuse or neglect [after-hours (651) 291-6795].
- Children’s Mental Health Crisis.....(651) 774-7000**
24-hour crisis consultation and resources. In-home crisis intervention for children, youth and families.
- Crime Victim Center..... (612) 340-5400**
- Crime Victims Assistance.....(651) 291-8810**
Legal services for victims of human trafficking, sexual assault, and abuse.
- Crisis Connection..... (612) 379-6363**
Mental health crisis and general phone counseling.
Also offers non-violent crisis intervention training
- Emergency Social Service.....(651) 291-6795**
After-hours response for Ramsey County Social Services – available 5 p.m. through 8:30 a.m.
- First Call for Help-United Way.....(651) 291-0211**
- MN Domestic Violence Crisis Line.....1-866-223-1111**

Parent Support Services (formerly Crisis Nursery).....(651) 641-1300
Poison Control.....1-800-222-1222
Ramsey County Mental Health.....(651) 266-7900

Ramsey County Shelters

Casa de Esperanza - (651) 772-1611
 Tubman Family Alliance - (651) 770-0777 See below.
 Women of Nations (Eagle’s Nest) - (651) 222-5836
 Women’s Advocates - (651) 227-8284 Domestic Violence Program.

St. Paul Domestic Abuse Intervention Project.....(651) 645-2824
 Crisis intervention for women in abusive situations.

Sexual Offense Service of Ramsey County.....(651) 643-3006
 Counseling and support for survivors of sexual assault. Tuesday night support group. Help through criminal process.

Suicide Prevention.....(612) 873-2222

Tubman Family Alliance.....(651) 770-0777
 Resources, support shelters, and info. for families in suburban Ramsey and Washington Counties.

United Way First Call for Help

2-1-1.....211 or (651) 291-0211
 24-hour information and referral regarding health and human services in the metro area. Can call phone number with **ANY LANGUAGE** and they will find interpreter.

Interpretation Available (if not listed, ask for interpreter):
 TTY - 711
 Spanish - (651) 291-0211, 8:00 AM - 5:00 PM Monday - Friday
 Hmong - (651) 291-0211, 8:00 AM - 5:00 PM Monday - Friday
 Russian - (651) 698-9167, 9:00 AM – 1:00 PM Monday – Friday

CRISIS PROGRAMS

If you feel someone you know is in danger, or is being hurt, or you are in danger, call the MN Domestic Violence Crisis Line at 1-866-223-1111. Your call will be answered by an advocate who can guide you through the process.

Asian Women United, House of Peace.....business line.....(612) 724-0756
.....crisis line.....(612) 724-8823
 Shelter and resources for women and their children under age 17 who are victims of domestic violence.

Casa de Esperanza.....(651) 772-1611
 Shelter for battered women and their children. Services available in English and Spanish. Legal issues related to domestic violence. Community advocacy. Community education. 24 hour crisis line

Child Protection Services-Ramsey County Human Services.....(651) 266-4500
 Intake services for child abuse and neglect. We also provide case management.

Children’s 24-hour Crisis Line-Ramsey County.....(651) 774-7000
 24 hour in-home crisis intervention for children under 18 and their families in Ramsey County, including children’s mental health issues.

Children’s Home Society and Family Services.....(651) 222-0311
 Counseling and parenting program and programs for families affected by domestic abuse.

- Children’s Safety Center Network.....(651) 774-4990**
Supervised child visitation and visitation exchange center.
- Tubman’s Chrysalis Center.....(612) 870-2426**
Therapy services, family law, legal support, domestic violence shelters
- Emergency Social Services.....(651) 291-6795**
After-hours response for Ramsey County Social Services, weekdays 5 p.m. until 8:30 a.m. and 24 hours weekends and holidays.
- House Calls Program.....(651) 266-1290**
Outreach and primary care for Ramsey County families at risk of homelessness; condemnation prevention. Utility bill loans after notice of disconnect. Referral only for help beyond utility bills.
- Project HOPE – Southern MN Legal Services..... (651) 222-5863**
- Ramsey County Mental Health Center.....(651) 266-7890**
Day treatment, individual and group counseling. No private insurance clients. Psychiatry services
- Ramsey County Mental Health Adult Crisis Line 24/7.....(651) 266-7900**
Adult crisis services
- Sexual Offense Services (SOS) of Ramsey County.....answering service (651) 643-3006**
..... SOS office (651-266-1000)
24-hour crisis response for victims of sexual assault.
- St. Paul Domestic Abuse Intervention Project.....(651) 645-2824**
Crisis intervention, legal advocacy and support groups for women in abusive situations living in the St. Paul area. 24/7.
- Suicide Prevention.....(612) 873-2222**
- Tubman Family Alliance.....(651) 770-0777**
Resources, support shelters and information for families in suburban Ramsey and Washington Counties. Now supporting nearly all counties in Minnesota.
- Wilder Children and Family Services.....(651) 280-2310**
Counseling, information, advocacy for mental health issues.
- Women of Nations (Eagle’s Nest).....(651) 222-5836**
Shelter and support services for battered women and their children; special services for Native-American women.
- Women’s Advocates.....(651) 227-8284**
Actual Shelter: for battered women and their children, support groups, information and referral.
- DENTAL CARE**
- Bright Smiles Dental Clinic.....East Side Dental.....(651) 224-7561**
.....West Side Community Health Services Line(651) 602-7500
Children Only. Most insurance plans accepted. No patient charge or co-pay for children under 6 and younger on preventive services or for first time dental visit.. Language spoken: Spanish.
- Century College Dental Clinic.....(651) 779-5787**
Low cost dental hygiene services performed by dental hygiene students. Afternoon and evenings September through May.
- Children’s Dental Services.....(612) 746-1530**
Provides culturally targeted, comprehensive dental services to children ages birth to 18 and pregnant women at over 300 locations in Metro area. Accepts all forms of insurance and has a sliding fee scale. Staff speak 15 different languages.

Community Dental Care.....(651) 774-2959
Offers family dentistry, including sealants, x-rays, cleanings, fluoride treatments, hygiene instructions, fillings, root canals, crowns, bridges, dentures, and most extractions. Accepts most insurance, self-pay, Medical Assistance, General Assistance and Medicaid. Languages spoken: English, Farsi, French, Hindi, Hmong, Lao, Romanian, Spanish and Vietnamese.

East Side Dental Clinic.....(651) 224-7561
Accepts most insurance plans including Medical Assistance and other public assistance. Sliding fee scale is based on federal poverty guidelines of income and family size. Comprehensive dental care is offered. No orthodontics. Languages spoken: French, Hmong, Romanian, Spanish and Vietnamese. Same organization as West Side Dental

Open Cities Health Center.....(651) 290-9200
Accepts most insurance plans including Medical Assistance and other public assistance. Sliding fee scale is based on federal poverty guidelines of income and family size. Two clinic sites. Same day appointments on a first call bases; please call for an appointment. Languages spoke: Hmong, Somali and Spanish.

Union Gospel Mission.....(651) 292-1721
Dental services for those without dental insurance, those who have been turned down at other clinics due to finances and those without the means to pay for necessary dental services. Serving adults and children. Appointment only, no walk-ins. Calls accepted 9AM-1PM Monday – Thursday.

West Side Dental Clinic of Community Health Services.....(651) 602-7575
Accepts most insurance plans including Medical Assistance and other public assistance. Sliding fee scale is based on federal poverty guidelines of income and family size. Comprehensive dental care is offered. No orthodontics. Languages spoken: French, Hmong, Romanian, Spanish and Vietnamese.

EDUCATION

Private - There are many private schools throughout Ramsey County. Classes range from preschool through high school and adult classes. The Minnesota Department of Education maintains a current listing of licensed schools. (651) 582-8200

Public - Every school district administers many types of educational and support programs. Listed below are some of those programs. Call each district for specific information.

- Adult Learning Center
- Child Care Programs
- Community Education, and English as a Second Language (ESL) Classes
- Early Childhood - ages 0-5
- Elementary and Middle Schools - ages 6-14
- High Schools - ages 15-18
- Parenting Support Services

Ramsey County Public School Districts:

- Mounds View #621 - (651) 621-6000
- St. Paul #625 - (651) 767-8100
- North St. Paul, Maplewood, Oakdale #622 - (651) 748-7622
- White Bear Lake #624 - (651) 407-7500
- Roseville #623 - (651) 635-1600

Adolescent Living Skills (ALS).....(651)266-4444
Resources for teens and young adults who live or have lived in foster care. Informal groups help people get ready for live in their own. Coordinators also help with circle of support meetings.

Beginnings In-Home Therapy through Lifetrack Resources.....(651) 227-8471
Designed to positively influence the attachment between parents and their children birth to 3.

Early Childhood Programs - Ages 0-5

Early Childhood Information and Referral of Ramsey County.....(651) 604-3700

Information and resources for families who have questions or concerns about the development of their children, ages birth to six.

Early Childhood Screening (see phone numbers below)

This service is available to all children three to five years of age. Children are screened for vision, speech, hearing, and development. This service is free and required by state law. Parents should call their local school district for information.

Mounds View - (651) 621-7420 ext. 1200

North St. Paul, Maplewood, Oakdale - (651) 748-7289

Roseville - (651) 487-4378

St. Paul - (651) 632-3746

White Bear Lake - (651) 653-3100

Early Childhood Special Education (ECSE)

Coordination of appropriate special education services and related services for children birth through school entry.

Mounds View - (651) 621-6109

North St. Paul, Maplewood, Oakdale - (651) 748-7210

Roseville - (651) 487-4383

St. Paul - (651) 767-8332

White Bear Lake - (651) 653-3100

Early Childhood Family Education (ECFE) and Pre-K Programs

Classes for parents and their children ages birth to kindergarten. Special family events, home visits and toy lending libraries are typically available. Call for a schedule of classes and programs.

Mounds View - (651) 621-7420

North St. Paul, Maplewood, Oakdale - (651) 748-7280

Roseville - (651) 487-4378

St. Paul - (651) 793-5410

White Bear Lake - (651) 653-3100

School Readiness

A program for children ages 3 1/2 to 5 which helps children prepare for kindergarten; referrals are usually made after the child has participated in Early Childhood Screening.

Mounds View - (651) 621-7422

North St. Paul, Maplewood, Oakdale - (651) 748-7280

Roseville - (651) 604-3578

St. Paul - (651) 793-5430

White Bear Lake - (651) 653-3100

Early Head Start.....Community Action Partnership.....(651) 603-5849

Free child development, parent education and family support for children ages 0-3, pregnant women and their families. Income guidelines apply. Home visits and parent to parent support.

Head Start.....Community Action Partnership.....(651) 603-5977

Educational preschool program for children between the ages of 3 and 5 from families with limited incomes; programs for children with special needs. Both full day and 1/2 day center based programs are available. All programs offer family support, health, oral health, mental health services, parenting resources and literary opportunities.

FINANCIAL

Car Ownership Community Action Program(651) 603-5885
Low-interest vehicle loan for working parents who meet eligibility requirements-up to \$4,000.

Cash Assistance-Ramsey County Human Services.....(651) 266-4444
There are cash and voucher programs for food, clothing, housing and medical needs. These programs are for eligible residents.

Child Support-Ramsey County Human Services.....(651) 266-3344
The Ramsey County Attorney's Office administers child support services.

Energy Assistance.....(651) 645-6470
Limited financial assistance to pay utility and fuel bills, October - May.

FAIM (Family Assets for Independence in MN).....(651) 603-5881
Savings matching program that helps people increase their savings for small businesses, home ownership, and education. Program eligibility is based on income.

Heatshare (Salvation Army).....(651) 224-6946
Financial assistance for heating expenses.

Ramsey County Community Human Services.....(651) 266-4444
Financial Assistance on how to apply for basic financial and employment support.

FINANCIAL COUNSELING

Consumer Credit Counseling Service/Family Means.....(651) 789-4014
Free credit report review. Free budget and credit counseling. Sliding fee for pre-filing of bankruptcy. Serve all of MN and WI. Many locations, main location Stillwater

Credit Advisors.....1-800-942-9027
Credit and debt management counseling

FIRE PREVENTION AND SAFETY

Some fire departments offer fire safety information and free smoke detectors or batteries for smoke detectors while doing home fire inspection or at special community events.

Arden Hills - (651) 633-0349	North Oaks - (651) 484-3444
Falcon Heights - (651) 644-5575	North St. Paul - (651) 747-2436
Little Canada - (651) 766-4057	Roseville - (651) 792-7305
Maplewood - (651) 249-2800	Shoreview - (651) 481-7024
Mounds View - (763) 786-4436	St. Paul - (651) 224-7811
New Brighton - (651) 288-4100	White Bear Lake - (651) 429-8568

Juvenile Fire Setting Intervention Program.....1-800-500-8897
Program designed to intervene on child fire play and adolescent fire setting for St. Paul Residents
St. Paul (651) 228-6239 (Office of Public Education)

Northeast Safety Town Program.....(651) 748-7280
Summer program for children entering kindergarten in the fall. Covers personal safety, water safety, use of 9-1-1, bicycle and street safety, fire safety, school bus and school patrol safety. Primarily for School District 622, North St Paul, Maplewood and Oakdale.

Some police and fire departments look at your child's car seat to determine if it has been installed correctly. Call the station near your home and ask them if they provide car seat installation inspections.

For further information on car seat safety, free car seat installation clinics, car seat inspection sites and other safety tips, go to the MN Safety Council's website at:
<http://www.minnesotasafetycouncil.org/home.cfm>

FOOD AND NUTRITION PROGRAMS

Department of Indian Work (DIW)..... (651) 789-3856
Emergency food shelf; will serve non-Native American on referral.

Dorothy Day Center and Catholic Charities..... (651) 293-1919
Meals, food shelf and medical care for homeless and near-homeless individuals in the Twin Cities.

FARE for All (formerly FARE Share)..... (763) 450-3880
Meat and Produce at reduced prices. Open to the public.

Food Shelves

To find the nearest food shelf call United Way 2-1-1 at 2-1-1 or (651) 291-0211 for cell phone users.

Free Meals

To find the nearest location and the times and days, please call United Way 2-1-1 at 2-1-1 or (651) 291-0211 for cell phone users.

Keystone Community Services.....(651) 645-0349
A community-based human service organization in St. Paul offering a variety of human service programs for all ages across multiple sites: food shelf, emergency assistance.

Minnesota Food HelpLine (answered 8:30-4:30 M-F).....1-888-711-1151

Ramsey County Women Infant Child Program (WIC)...Dept Public Health..(651) 266-1300
Supplemental food and nutrition program for children through age 5, pregnant women, and mothers who are breast feeding; income eligibility; health screening and nutrition counseling is also available.

Second Harvest Heartland - St. Paul Office.....(651) 484-5117
Call for food shelf information and location.

Supplemental Nutrition Assistance Program (SNAP-formerly food stamps)

Ramsey County.Community Human Services.....(651) 266-4444
People with low incomes can receive help to buy healthy food.. Apply in person at 160 East Kellogg; call for information about application procedures.

U of M Extension (Ramsey County).....(651) 704-2080
Health and Nutrition Programs. Must be income eligible.

FURNITURE AND CLOTHING.....see page3,4

HEALTH AND THERAPY SERVICES - Special Needs

For children who do not meet special education eligibility requirements or who may need supplemental physical, occupational or speech therapy services.

**St. Paul Children's Hospital and Health Clinics.....(651) 220-6000 (Hospital)
or (651) 220-6700 (Clinic)**

**Courage Kenny Rehabilitation Institute.....(612) 775-2475 (Golden Valley)
.....or (651) 439-8283 (Stillwater)
.....1(888) 846-8253**

Gillette Children's Specialty Health Care.....(651) 291-2848

HealthEast Optimum Rehabilitation, for Maplewood, Stillwater and Hugo .(651) 232-7820

Lifetrack Resources.....(651) 227-8471

Shriner’s Hospital for Children.....(612) 596-6100
University of Minnesota Medical Center.....(612) 273-3000

HEALTH CARE COVERAGE

County Waivered Programs.....General intake for children under 18 (651) 266-4500
Various programs that provide special services for people with severe medical needs.

General Assistance Medical Care (GAMC).....(651) 266-4444

Ramsey County Community Human Service

GAMC helps people who are not eligible for other state or federal programs pay for their medical care.
Call Ramsey County for information about eligibility requirements and coverage information.
General information, social services, childcareMN

Medical Assistance (MA).....(651) 266-4444

MA assists persons, who meet eligibility, meet the cost of necessary medical care. Persons may have part or all of their medical bills paid by the program. Call Ramsey County for information about eligibility requirements and coverage information.

Minnesota Care (MN Care).....(651) 297-3862

Health insurance for low-income families who do not qualify for Medical Assistance; participants pay a monthly fee based on income.

MN Children with Special Health Needs (MCSHN).....(651) 201-3650

Information, referral, clinic services and assistance with medical diagnosis for children with special health care needs. Health care coverage for income eligible families of children with special health needs.

PORTICO Healthnet.....(651) 603-5100

Assists with finding, applying for, and obtaining affordable health care coverage.

Supplemental Security Income.....1-800-772-1213

Provides monthly income to children who meet the SSI criteria for disability and low family income.

HEALTH CARE SERVICES

Birthright.....(651) 646-7033

Emergency assistance to pregnant women and new mothers; maternity clothes, layettes, etc. Free pregnancy tests and counseling.

Face to Face Health and Counseling Service.....(651) 772-5555

Health services for adolescent and young adults age 11-23.

Health-Ramsey County Human Services.....(651) 266-4444

Residents can apply for health services. Programs include health care funds or medical assistance, education, and health and wellbeing visits.

Health Start Clinics.....(see below)

Comprehensive health care for ages 12-21 years during school year

AGAPE Clinic - (651) 744-7999

Highland Park High School Clinic - (651) 690-7667

Central High School Clinic - (651) 632-2194

Humboldt Jr/Sr High School Clinic - (651) 312-1996

Como Park High School Clinic - (651) 487-8539

Johnson High School Clinic - (651) 778-2889

Gordon Parks Clinic - (651) 793-2234 (year round)

Washington Technology Clinic - (651) 487-8531

Harding High School Clinic - (651) 778-2884(also select times during summer months)

Portico HealthNet **651) 489-4899**
**Toll Free 1-866-489-4899**
 Clinic referral system. Clinics located throughout St. Paul. Quality healthcare on a sliding fee scale.
 Participating clinics include:
 Face to Face/ Teen Health Center and Counseling - (651) 772-5555
 Family Tree (family planning/STD) - (651) 645-0478
 Healthcare for the Homeless - (651) 647-2364
 McDonough Homes Clinic - (651) 558-2191
 Open Cities Health Center - (651) 290-9200 and (651)489-8021
 West Side Community Health Center - (651) 222-1816

Planned Parenthood of Minnesota.....**(651) 698-2406**

St. Mary’s Health Clinic.....**(651) 690-7029**
 Provides quality FREE health care to low income, uninsured persons residing in the seven county metropolitan area of St. Paul/Minneapolis and bordering counties of Chisago, Isanti, Sherburne, Wright, McLeod, Sibley, LeSueur, Rice and Goodhue. Monday through Friday 8:30-4:30. Also Spanish.

St. Paul/Ramsey County Dept. of Public Health.....**(651) 266-2400**
 Birth and Death Records - (651) 266-1333
 Child and Teen Checkups - (651) 266-2420
 Family Planning/Women’s Health Screening - (651) 266-1255.
 Healthy Family Section - (651) 266-1555
 Immunization Clinics - (651) 266-1234
 Immunization Information/Education - (651) 266-2505
 Room 111, Sexually Transmitted Disease Clinic - (651) 266-1255
 Tuberculosis Control Program - (651) 266-1343
 Women, Infants, and Children (WIC Program) - (651) 266-1300

HOUSING

Coordinated Access to Housing & Shelter (CAHS).....**(651) 215-2262**
 Serving Families Experiencing Homelessness in Ramsey County. Families seeking emergency shelter no longer need to contact every shelter and housing provider for openings. CAHS staff will conduct an intake assessment to help determine the most appropriate referral for housing for your family, based on your family’s needs.

Caroline Family Services.....**Call Coordinated Access listed above at 651-215-2262**
 Transitional housing and housing support services for single parents..Caroline Info line. (651) 772-1344

Children’s Home Society and Lutheran Social Services.....**(651) 641-1300**
 First time home buyer education program.

Emergency Social Services**(651) 291-6795**
 After-hours response for Ramsey County Social Services, weekdays 5 p.m. until 8:30 a.m. and 24 hours weekends and holidays.

Emma’s Place.....**Call Coordinated Access listed above at (651) 215-2262**
 Permanent, affordable housing for homeless parents with three or more children.
Emma’s Info Line (651) 747-8766

Emma Norton Services.....**(651) 224-1329**
 Provide up to 2 years housing for single women with mental health/chemical dependency issues
 . Needs Ramsey County housing referral.

- Habitat for Humanity**.....(651) 207-1700
Helps low-income families build their own homes.
- Housing Link Call United Way 2-1-1**.....2-1-1 or (651) 291-0211 for cell phone users
Finding housing options(612) 522-2500
Low to moderate income rental housing information.
- Housing-Ramsey County Human Services**.....(651)225-9354
Works with local groups to help people who are homeless.
- Jackson Street Village**.....Call Coordinated Access listed above at (651) 215-2262)
Permanent supportive housing for homeless, chemically dependent and/or mentally ill parents and their children.....Jackson Street Info. Line (651) 558-5980
- Life Style Housing**.....(507) 451-8524 or.(800) 676-6505
Not just affordable housing but great “worry free” place to call home!
- Lutheran Social Services**.....
.....If 18+ with kids Call Coordinated Access listed above at (651) 215-2262
Youth transitional living program for persons ages 16-21.....Lutheran Social Services (651) 644-7739
Safe House, after 7PM, immediate overnight..... (651)-644-3446
- Model Cities of St. Paul, Families First Supportive Housing**.....(651) 632-8344
..... Call Coordinated Access listed above at (651) 215-2262.
Has two housing programs. Provides homeless, chemically dependent single parents with permanent, affordable, chem.-free housing. First time homebuyer workshops.Model Info. Line (651) 632-8344
- Naomi Family Residence**.....Call Coordinated Assess listed above at (651) 215-2262.
Transitional housing for women and children; parenting programs.
- Rebuilding Together**.....(651) 776-4273
Provides free or low-cost home repairs assistance to individuals/families.
- Solid Ground**.....Call Coordinated Access listed above at (651) 215-2262)
Supportive housing for homeless and low-income families with children.
- St. Andrews Lutheran Church**.....(651) 426-3261
Providing help, hope, and healing for our neighbors in need, including connection to resources and basic needs, shelter, housing assistance and weekly free community meal.
- St. Paul Home Loan Fund (St Paul Planning and Economic Development)**(651) 266-6655
Mortgage foreclosure prevention and housing counseling for St. Paul residents.
- St. Paul Public Housing Agency**.....(651) 298-5158
Subsidized housing for low-income families.
- The Family Place**.....Call Coordinated Access listed above at (651) 215-2262
Crisis shelter intake for homeless families; support and social services for homeless families.
.....Family Place Info. Line (651) 225-9354
- Theresa Living Center**.....Call Coordinated Access listed above at (651) 215-2262
Transitional housing for single women, pregnant women and women with one child 1 and under.
.....Theresa Info. Line (651) 774-5594
- YWCA Transitional Housing Program...information line only**.....(651) 293-9296
Transitional housing for low-income, homeless women and their children.

LEGAL ADVICE AND SERVICES

Crime Victim Center – Ramsey County.....(651) 340-5400

Ombudspersons for Families..... (651) 603-0058

Neutral party investigational advocates assuring that laws and issues involved in open child protection cases are handled appropriately with respect to culture and other factors. Ombudspersons in this office are specially equipped to work with African American, American Indian, Asian Pacific and Spanish speaking families, but serve all cultures. An open child protection case is required for assistance.

Ombudsperson for Long Term Care.....1(800) 657-3591.....(651) 431-2555

Advocating for individuals receiving health care and supportive services in a variety of care settings with respect to individuals' values, preferences and rights such as assisted living or home care services. No legal services.

Ombudspersons for Mental Health and Developmental Disabilities (651) 757-1800

..... 1(800) 657-3506

Investigates grievances, complaints, and concerns against licensed service providers by individuals with Mental Health or Developmental Disabilities; advocating for patient rights. No legal services or advice.

Resource Center for Fathers and Families.....(763) 783-4938

Family law clinic for dads; issues dealt with include divorce, custody, child support, visitation, etc.

Southern Minnesota Regional Legal Services (SMRLS).....(651) 222-4731

Free legal assistance to income eligible families and individuals for limited civil matters and welfare appeals.

Tubman's Chrysalis Center..... (612) 870-2426

Legal education; attorney referral, legal advice. Issues in family law.

PARENT/GUARDIAN AND FAMILY CLASSES

Children's Home Society and Family Service.....(651) 222-0311

Workshops, programs, and groups that support and assist families with the issues and stresses of parenting.

Community Centers - programs, community information and resources.

Fairview Community Center (Roseville) - (651) 604-3500

Gladstone Community Education Center (No. St. Paul/Maplewood/Oakdale) - (651) 748-7200

Maplewood Community Center - (651) 249-2100

Mounds View Community Center - (763) 717-4040

New Brighton Community Center (New Brighton)) - (651) 638-2100

North St. Paul Community Center - (651) 770-4471

Pike Lake Community Center - (651) 621-7400

Shoreview Community Center - (651) 490-4700

West Seventh Community Center – (651) 298-5493

Family Centers - St. Paul

Family centers are designed to encourage parent and community participation in the issues that affect the daily lives of children ages 0-6. Goals of the centers are to improve child health, child development, school readiness, and family functioning.

American Indian Family Center - (651) 793-3803

Eastside Family Center - (651) 793-7340

West Seventh Community Center - (651) 298-4593

La Leche League.....(612) 922-4996

Breast feeding education for nursing mothers.

- Northeast Youth & Family Services.....(651) 486-3808**
Classes for parents of teens, parents of ADHD children.
- MN Communities Caring for Children (Prevent Child Abuse).....(651) 523-0099**
Child abuse prevention organization specializing in parent support groups, advocacy, education and training. Umbrella Name: MN Communities Caring For Children
- Resource Center for Fathers and Families.....(763) 783-4938**
Programs, classes and information for fathers to enhance their role as parent to their children.

PARENT/GUARDIAN AND CHILD/TEEN RESOURCES

- Child Protection Services-Ramsey County (CPS).....(651) 266-4500**
Ramsey County has intake services for child abuse and neglect and provides case management.
- Child Support-Ramsey County.....(651) 266-3344**
The Ramsey County Attorney’s Office administers child support services.
- Children’s Home Society and Family Services Parent Support Services.....(651) 641-1300**
Short-term crisis childcare for families in crisis or under stress; 24-hour crisis counseling.
- Foster Care-Ramsey County.....(651) 266-5437**
Foster parents make a difference for children and teens who need homes. Ramsey County licenses monitors and supports foster homes.
- Homework Help Line United Way.....2-1-1 or for cell phone users (651) 291-1111**
- Karen Organization of Minnesota (KOM).....(651) 788-7593**
The Karen Organization of Minnesota’s Mission is to enhance the quality of life for Karen and other refugees from Burma in Minnesota.
- Parent Warm Line.....(651) 813-6336**
Free professional consultation providing practical advice about child development and behavior.

SPECIAL NEEDS INFORMATION

- Arc Greater Twin Cities.....(952) 920-0855**
Family and individual advocacy for those with developmental and intellectual disabilities.
- Children with Special Health Needs (CSHN).....(651) 201-3650**
Information, referral, clinic services and assistance with medical diagnosis for children with special health care needs. Health care coverage for income eligible families of children with special health needs.
- Disability Linkage Line1-(866) 333-2466**
Information, referrals and assistance for people with disabilities and chronic illness
- Disabilities-Ramsey County(651) 266-3613**
- Discapitados abriendo caminos.....(651) 293-1748**
Provides support and services to Latino families and their children with special needs.
- Help Me Grow (formerly ECI & R).....(651) 604-3700**
Information and resources for families who have questions or concerns about the development of their children, ages birth to six, not yet in kindergarten.
- March of Dimes Birth Defects Foundation.....(952) 835-3033**
Education programs and nationwide network of medical services; information about birth defects.
- Metro Mobility.....(651) 602-1111**
Door to door transportation for persons unable to use regular bus service due to disability; fees charged.

Metropolitan Center for Independent Living..... (651) 646-8342
Advocacy; information and referral; consumer issue hotline.

MN Hands and Voices.....(651) 265-2435
Information and support for families with deaf or hard of hearing children.

MN Organization on Fetal Alcohol Syndrome (MOFAS).....(651) 917-2370
Provides resources and support for families living with Fetal Alcohol Spectrum Disorders (FASD).
There is a diagnostic clinic in the St Paul Clinic

PACER Center.....(952) 838-9000
Parents helping parents to understand and implement their child's right to a free appropriate education;
workshop, newsletters, publications, resource list of state and national disability organizations.

Think Small(651) 641-6644
Helps children with special needs find and keep quality childcare. Individual consultation with families
and providers to help children remain in their care. Also a respite resource, information, support and
training about special needs.

State Services for the Blind.....(651) 539-2300
Serving citizens who are blind or have visual impairments.

Social Security(800) 772-1213
Information on income to children who meet criteria for disability and low family income.

Vocational Rehabilitation Services.....(651) 284-5038
Workers Compensation Claims only. Disabled go to Workforce Centers

SUPPORT GROUPS

Other places to consider for support groups are religious communities, cultural groups,
hospitals, etc. For more listings, call United Way 2-1-1 at 2-1-1 or (651) 291-0211 for cell
phone users.

Alanon/Alateen.....(651) 771-2208
Information about groups for persons that have a friend or relative with an alcohol dependency.

Alcohol-Drug Treatment Referral (24 hours).....1-888-918-4524

Alcoholics Anonymous.....(651) 227-5502
Hot line and general AA resources

Emotions Anonymous.....(651) 647-9712
Support for persons with mental health concerns such as anxiety, depression, self-esteem, etc.

Minnesota Communities Caring for Children (Prevent Child Abuse MN).....(651) 523-0099
A peer support group for parents who want to improve their relationships with their children.

Minnesota Problem Gambling Helpline.....(800) 333-4673
Information and referrals to problem/compulsive gamblers and other concerned individuals.

Narcotics Anonymous (NA) Helpline.....(952) 939-3939
NA group meetings and locations.

Tubman's Chrysalis Center.....(612) 870-2426
Support groups on issues affecting women.

TELEPHONE HELP LINES

Children's Mental Health Crisis.....(651) 774-7000
24 hour crisis consultation and resource location. Outreach available.

- Crisis Connection**.....1(866) 379-6363.....(612) 379-6363
Telephone counseling; available 24 hours
- Disability Linkage Line**1(866) 333-2466
Information, referrals, and assistance service for people with disabilities and chronic illness
- Home Line**.....(612) 728-5767
Information and advice for tenants.
- Homework Helpline - United Way 2-1-1**.....2-1-1 or (651) 291-0211 for cell phone users
- Housing Link - United Way 2-1-1**.....2-1-1 or (651) 291-0211 for cell phone users
- United Way 2-1-1**.....2-1-1 or (651) 291-1111 for cell phone users
24-hour information and referral about resources and programs in the metro area.

TELEPHONE HELP LINES FOR HEALTH CARE ISSUES

- Breast Feeding Resource Center**.....(651) 241-6250
Service of United Hospitals; R.N. lactation consultants provide information about breast-feeding.
- HealthEast Care Connection**.....(651) 232-1515
Physician and health care provider referrals within the HealthEast network. Nurse Triage.
- Health Partners - “CareLine”**.....(612) 339-3663
Telephone advice from nurses after regular hours for plan members.
- Medica - “Call Link”**.....1-800-962-9497
Health information for plan members.
- Minnesota AIDS Project, AIDS Line**.....(612) 373-2437
HIV/AIDS information and education, supports and services. Hep C, HIV testing, syringe exchange
- MN Family Planning/Sexually Transmitted Diseases (STD) Hotline**.....1-800-783-2287
.....Text askmn to 66746 (will be texted back)
Family planning and STD information and referral.
- Office of the Ombudsperson for State Managed Health Care Programs**(651) 431-2660
Helps resolve issues for individuals with MNCare or Medical Assistance health care coverage

TRANSPORTATION

- Roseville Area Senior Program**..... (651) 604-3535
Provides transportation for seniors 60 years and older or certified disabled living within the Roseville School District.
- Metro Mobility** (651) 602-1111
Door to door transportation for person with disabilities unable to use regular bus service
- Metro Transit**..... (612) 373-3333
Bus routes and schedules.
- MNDOT**1(800) 657-3774
A neutral, informal and independent resource to help the public and MNDOT resolve issues that they have been unable to resolve through normal procedures.

WORK RESOURCES

MN Workforce Centers-Ramsey County

Workforce Centers are neighborhood-based access points designed to help job seekers find and keep a job, transition from welfare to work, advance in careers or change careers. Services include employment resources, financial resources, support and community-building resources.

Services to people with disabilities.

North Saint Paul - 651-770-4499

Ramsey County Govt Center East – 651-266-4750

St. Paul/Midway - 651-642-0363

Women Achieving New Directions (WAND).....(651) 604-3516

Career exploration and job advancement information through educational workshops for lower income, employed, single moms, unemployed women, women with employment issues.

This guide was revised by members of the Suburban Ramsey Family Collaborative. For updates or corrections, please contact Becky at rebecca.sorlien@isd623.org or 651-604-3511. Thank you.

April 2015