

# Ramsey County Resources For Families With Young Children

## 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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**FIRE PREVENTION AND SAFETY**

Some fire departments offer fire safety information and free smoke detectors or batteries for smoke detectors to local residents.

- Arden Hills - (651) 633-2404
- Falcon Heights - (651) 644-5575
- Little Canada - (651) 766-4057
- Maplewood - (651) 249-2804
- Mounds View - (763) 786-4436
- New Brighton - (651) 638-2168
- North Oaks - (651) 633-2404
- North St. Paul - (651) 770-4480
- Roseville - (651) 792-7342
- Shoreview - (651) 633-2404
- St. Paul - (651) 228-6230
- White Bear Lake - (651) 429-8568

**Juvenile Fire Setting Intervention Program.....1-800-500-8897**

Program for children ages 3-17 who play with fire.

St. Paul - (651) 228-6203

**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.

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>

**NUTRITION AND FOOD PROGRAMS**

**Department of Indian Work.....(651) 644-2768**

Emergency food shelf; will serve non-Native American on referral.

**Dorothy Day Center.....(651) 293-1919**

Free meals; food shelf available to those unable to access local food shelf.

**FARE for All (formerly FARE Share).....(763) 450-3880**

Food for approximately half price in exchange for two hours of community service; no income eligibility requirements; numerous sites.

**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.

**Food Stamps.....(651) 266-4444**

Apply in person at 160 East Kellogg; call for information about application procedures.

**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.

**Mothers and Children (MAC Program).....(651) 484-8241**

Supplement food program for pregnant women, breast-feeding women, and children up to the age of 6; income eligibility.

**Ramsey County Women Infant Child Program (WIC).....(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.
- U of M Extension Service (Ramsey County).....(651) 704-2080**  
Food and nutrition education for qualified individuals and families.

**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).....1-800-996-DRUG (3784)**  
AA information; meeting times and locations.
- Alcoholics Anonymous.....(651) 227-5502**  
21 and 28 day treatment program referral.
- Chrysalis.....(612) 871-0118**  
Support groups on issues affecting women.
- Cocaine Anonymous/CocAnon.....1-800-925-6159**  
Support for persons addicted to cocaine or crack; also for friends and family of those with a drug problem.
- Emotions Anonymous.....(651) 647-9712**  
Support for persons with mental health concerns such as anxiety, depression, self-esteem, etc.
- Minnesota Problem Gambling Helpline.....(800) 333-4673**  
Information and referrals to problem/compulsive gamblers and other concerned individuals.
- Narcotics Anonymous Helpline.....(952) 939-3939**  
NA group meetings and locations.
- Parents Without Partners.....(952) 953-7100**  
Activities, events, and support for single parents and their families.
- Prevent Child Abuse MN.....(651) 523-0099**  
A peer support group for parents who want to improve their relationships with their children.

**HOUSING**

- Caroline Family Services.....(651) 772-1344**  
Transitional housing and housing support services for low-income women with children who are homeless.
- Children’s Home Society and Family Services.....(651) 222-0311**  
First time home buyer education program.
- East Metro Women’s Council.....(651) 773-8401**  
Supportive housing for homeless and low-income families with children.
- Emma’s Place.....(651) 224-1329**  
Permanent, affordable housing for homeless single parents with four or more children.

- Emergency Social Services.....(651) 291-6795**  
After-hours response for Ramsey County Social Services, weekdays 5 p.m. until 8 a.m. and 24 hours weekends and holidays.
- Habitat for Humanity.....(612) 331-4090**  
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**  
Low to moderate income rental housing information.
- Jackson Street Village.....(651) 558-5980**  
Permanent supportive housing for homeless, chemically dependent and/or mentally ill parents and their children.
- Lutheran Social Services.....(651) 644-7739**  
Youth transitional living program for persons ages 16-21.
- Model Cities of St. Paul, Families First Supportive Housing.....(651) 632-8344**  
Provides homeless, chemically dependent single parents with permanent, affordable, chemically-free housing.
- Naomi Family Residence.....(651) 222-7962**  
Transitional housing for women and children; parenting programs.
- St. Paul Home Loan Fund.....(651) 266-6712**  
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.....(651) 225-9354**  
Crisis shelter intake for homeless families; support and social services for homeless families.
- The ROOF Project.....(651) 642-2005**  
Scattered-site transitional housing for homeless families with children.
- Theresa Living Center.....(651) 774-5594**  
Transitional housing for single women, pregnant women and women with one child 5 and under.
- YWCA Transitional Housing Program.....(651) 293-9296**  
Transitional housing for low-income, homeless women and their children.

## **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.....(612) 724-0756**  
Shelter 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.
- Children's Crisis Response.....(651) 774-7000**  
24 hour in-home crisis intervention for children under 18 and their families in Ramsey County.
- 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.
- Emergency Social Services.....(651) 291-6795**  
After-hours response for Ramsey County Social Services, weekdays 5 p.m. until 8 a.m. and 24 hours weekends and holidays.
- 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).
- Project House Calls.....(651) 266-1290**  
Outreach and primary care for St. Paul resident children at risk of homelessness; condemnation prevention.
- Sexual Offense Services of Ramsey County.....(651) 643-3006**  
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.
- Tubman Family Alliance.....(651) 770-0777**  
Resources, support shelters and information for families in suburban Ramsey and Washington Counties.
- Ramsey County Mental Health Center.....(651) 266-7890**  
Adult crisis services, day treatment, individual and group counseling.
- Wilder Community Assistance Program.....(651) 280-2310**  
Counseling, information, advocacy for families dealing with violence.
- 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**  
Shelter for battered women and their children, support groups, information and referral.

## **ADULT CLASSES**

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

- McKnight 36 Plaza.....651-779-5666**
- Mounds View/Pike Lake Education Center.....651-621-7410**
- North St. Paul, Maplewood, Oakdale/Harmony Alternative Programs.....651-748-6200**
- Roseville Adult Learning Center.....651-604-3553**
- White Bear Lake/Harmony Alternative Programs.....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, and adult diploma program.

## CHILD CARE

- 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.
- MFIP Child Care Assistance Program.....(651) 266-4019**  
For families on MFIP taking part in work activities.
- 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.

## SPECIAL NEEDS INFORMATION

- Arc Greater Twin Cities.....(952) 920-0855**  
Family and individual advocacy for those with developmental disabilities.
- Discapitados abriendo caminos.....(651) 293-1748**  
Provides support and services to Latino families and their children with special needs.
- Early Childhood Information and Referral (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.
- Legal Aid Society of Minneapolis.....(612) 334-5970**  
Legal advocacy for persons with disabilities regarding civil matters arising out of their disability.
- 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 State Council on Disability.....(651) 261-7800**  
Information and referral regarding resources for equipment legislation, and structural/program access.
- 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.
- 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) 351-3152**  
Provides resources and support for families living with Fetal Alcohol Spectrum Disorders (FASD).
- 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.
- Ramsey County Developmental Disabilities Services.....(651) 266-4500**  
Children with significant developmental delays may qualify for social services including respite care, in-home family support services, home adaptations, special expenses, and/or residential care.
- Resources for Child Caring, Special Needs Program.....(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) 642-0500**  
Serving citizens who are blind or have visual impairments.

**Supplemental Security Income.....(800) 772-1213**  
Provides monthly income to children who meet the SSI criteria for disability and low family income.

**Vocational Rehabilitation Services.....(651) 284-5038**  
Services to people with disabilities to help prepare for work or to find or keep a job.

## LEGAL ADVICE AND SERVICES

**Chrysalis.....(612) 871-0118**  
Legal education for women; attorney referral.

**Ombudspersons.....(651) 603-0058**  
Ombudspersons are advocates for African American, American Indian, Asian Pacific and Spanish speaking families to assure that laws governing the protection of children and their families are implemented in a culturally appropriate manner.

**Project HOPE - Homeless Outreach Prevention and Education.....(651) 222-5863**  
Free legal advice to homeless or near homeless people.

**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.

## MN WORKFORCE CENTERS

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.

McKnight 36 Plaza - 651-779-5666

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.

**Promise Program.....(651) 224-3024**  
Teaches and supports women seeking self-sufficiency by providing career training in computers, office skills, and personal development in a Christian setting.

## TELEPHONE HELP LINES

**Children’s Crisis Response.....(651) 774-7000**  
24 hour crisis consultation and resource location. Outreach available.

**Crisis Connection.....(612) 379-6363**  
Telephone counseling; available 24 hours.

- Home Line**.....(612) 728-5767  
Information and advice for tenants.
- Homework Helpline - United Way 2-1-1**.....2-1-1 or (651) 291-1111 for cell phone users
- Housing Link - United Way 2-1-1**.....2-1-1 or (651) 291-1111 for cell phone users
- Parent Warm Line**.....(612) 813-6336  
Free professional consultation providing practical advice about child development and behavior.
- 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.
- Melpomene Institute for Women’s Health Research**.....(651) 789-0140  
Health education program and materials; resource center.
- Minnesota AIDS Project, AIDS Line**.....(612) 373-2437  
HIV/AIDS information, supports and services.
- MN Family Planning/Sexually Transmitted Diseases Hotline**.....1-800-783-2287  
Family planning and STD information and referral.

## TRANSPORTATION

- Fairview Shuttle Bug**.....(651) 604-3535  
Provides transportation for families participating in the Roseville Area School’s School Readiness classes and also serves older adults of the Roseville School District.
- Lake Area Dial-A-Ride**.....(651) 644-8876  
Dial-a-Ride and bus transportation for residents of Birchwood, Gem Lake, Mahtomedi, Vadnais Heights, White Bear Lake, White Bear Township, and Willernie.
- Metro Transit**.....(612) 373-3333  
Bus routes and schedules.
- Northeast Suburban Transit (NEST)**.....(651) 227-6378  
Dial-a-ride services for residents of Oakdale, Maplewood, Landfall and North St. Paul. M-F, 6 am – 6 pm; \$2 per ride.

## DENTAL CARE

- Bright Smiles Dental Clinics**.....(651) 298-8566



Most insurance plans accepted. No patient charge or co-pay for children under 5 and younger on preventive services. Language spoken: Spanish.

**Century College Dental Clinic.....(651) 779-5787**  
Low cost dental hygiene services performed by dental hygiene students.

**Children’s Dental Services.....(612) 746-1530**  
Provides culturally targeted, comprehensive dental services to children ages birth to 18 and pregnant women at four locations in Ramsey County. 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.

**Helping Hand 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. Languages spoken: French, Hmong, Romanian, Spanish and Vietnamese.

**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.

**West Side Dental Clinic.....(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. Languages spoken: French, Hmong, Romanian, Spanish and Vietnamese.

**FINANCIAL**

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

**FAIM (Family Assets for Independence in MN).....(651) 645-6445**  
Savings matching program that helps people increase their savings in order to help achieve financial independence. Program eligibility is based on income.

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

**Ramsey County Financial Assistance.....(651) 266-4444**  
General information about how to apply for basic financial and employment support; TANF, (Temporary Assistance for Needy Families), or MFIP, (Minnesota Family Investment Plan) and emergency funds for utility shut-off and eviction notices.

**Ways to Work Loan Program.....(651) 645-6445**  
Interest-free vehicle loan for working parents who meet eligibility requirements.

## **FINANCIAL COUNSELING**

- Children's Home Society and Family Service.....(651) 222-0311**  
Budget counseling; sliding fee for services.
- Consumer Credit Counseling Service/Family Means.....(651) 789-4014**  
Financial counseling on a sliding fee.
- Credit Advisors.....1-800-942-9027**  
Credit and debt management counseling.

## **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 Center.....(763) 520-0520 (Golden Valley) or (651) 439-8283 (Stillwater)**
- Fairview/University Hospitals.....(612) 273-3000**
- Gillette Children's Specialty Health Care.....(651) 291-2848**
- Lifetrack Resources.....(651) 265-2335**
- Optimum Rehabilitation, Maplewood.....(651) 232-7820**
- Shriner's Hospital for Children.....(612) 596-6100**

## **HEALTH CARE COVERAGE**

- County Waivered Programs.....CADI & TBI (651) 266-3613 TEFRA (651) 266-3615**  
**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**  
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.
- 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**

Clinic services, eye exams and prescription coverage for income eligible individuals or families. Small monthly fee, services are available at numerous locations. No hospitalization or emergency room 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**

**Face to Face Health and Counseling Service.....(651) 772-5555**  
Health services for adolescent and young adults age 11-23.

**Health Start Clinics.....(651) 312-1995**  
Prenatal care program for income eligible pregnant women.

- AGAPE Clinic - (651) 632-2189
- Harding High School Clinic - (651) 778-2884
- Arlington High School Clinic - (651) 487-8531
- Highland Park High School Clinic - (651) 690-7667
- Central High School Clinic - (651) 632-2194
- Humboldt Secondary Complex - (651) 312-1996
- Como Park High School Clinic - (651) 487-8539
- Johnson High School - (651) 778-2889

**Neighborhood Health Care Network.....(651) 489-2273**  
Clinic referral system. Clinics located throughout St. Paul. Quality healthcare regardless of ability to pay. 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) 290-6814
- McDonough Homes Clinic - (651) 558-2191
- North End Health Center - (651) 489-8021
- Open Cities Health Center - (651) 290-9200
- West Side Community Health Center - (651) 222-1816

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

**St. Mary’s Health Clinic.....(651) 690-7029**  
Providing health services to medically under-served people in the metro area. Call for an appointment; M-Th, 8:30 am – 3:30 pm; F, 8:30 am – 12:30 pm.

**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) 266-1272
- Immunization Clinics - (651) 266-1234
- Immunization Information/Education - (651) 266-2505
- Public Health Nursing/Family Health Home Visiting & Teen Parent Programs - (651) 765-7733
- Refugee Health Care - (651) 266-1244
- Room 111, Sexually Transmitted Disease Clinic - (651) 266-1352
- Tuberculosis Control Program - (651) 266-1343
- Women, Infants, and Children (WIC Program) - (651) 266-1300

**CLOTHING AND FURNITURE**

**Alley Shoppe.....(651) 776-8708**  
Free clothing and household items available through Arlington Hills Church for those with referral slip from social worker.

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

Emergency assistance to pregnant women and new mothers; maternity clothes, layettes, etc.

**Dayton Avenue Presbyterian Church Clothing Center.....(651) 227-7389**

Clothing Center provides free clothing to anyone in need, 1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month.

**Department of Indian Work.....(651) 644-2768**

Low cost clothing and baby layettes; available to area Native Americans.

**Dorothy Day Center.....(651) 293-1919**

Clothing and furniture vouchers.

**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) 251-9015**

Free clothing distribution.

**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.

**Martha’s Closet.....**

Women need a written referral from a social service agency; have work clothing for women re-entering the workforce.

**Penny Pinchers Clothing.....(763) 783-3626**

Low cost houseware and clothing from infant to adult sizes; free clothing is available with a voucher from a social worker.

**Ready for Success.....**

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. Luke.....(651) 227-7669**

Free clothing and small household items available to those in need.

**EDUCATION**

**Private** - There are many private schools throughout Ramsey County. Classes range from preschool through high school and adult classes. The Department of Children Families and Learning 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



White Bear Lake - (651) 653-3100

**Beginnings In-Home Therapy through Lifetrack Resources.....(651) 265-2410**

Designed to positively influence the attachment between parents and their children birth to 3.

**Early Head Start.....(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.....(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.

**PARENTING/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) 748-7280
- Maplewood Community Center - (651) 249-2100
- Mounds View Community Center - (763) 717-4040
- New Brighton Family Service Center (New Brighton)) - (651) 638-2130
- North St. Paul Community Center - (651) 770-4471
- Pike Lake Education Center - (651) 639-6020
- Shoreview Community Center - (651) 490-4700

**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
- Frogtown Family Center - (651) 205-4260
- Highland Mac-Groveland Family Center - (651) 789-3600
- West Seventh Family Center - (651) 298-4566

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

Breast feeding education for nursing mothers.

**MELD (Parents as Teachers).....(612) 435-0293**

Culturally specific parenting programs for parents, new parents, young dads, parents of children with special needs, and young moms.

**Northwest Youth & Family Services.....(651) 486-3808**

Classes for parents of teens, parents of ADHD children.

**Prevent Child Abuse MN.....(651) 523-0099**

Child abuse prevention organization specializing in parent support groups, advocacy, education and training.

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

Programs, classes and information for fathers to enhance their role as parent to their children.

**Southeast Asian Ministry.....(651) 293-1261**  
Home visits, English as a Second Language classes, parenting classes for the SE Asian community focusing on Hmong Culture.

**White Bear Lake Area Community Counseling Center.....(651) 429-8544**  
Classes for parents of young children, school-age children, teens and blended families. One-time presentations on a variety of parenting topics.

## **RECREATION**

For information on activities, events or resources in the community for families.

**Minnesota State Parks.....(651) 296-6157**

**New Brighton Family Service Center.....(651) 638-2130**  
A service of Parks and Recreation providing indoor fitness, meeting rooms and indoor playground for young children.

## **COUNSELING AND SUPPORT PROGRAMS**

**African-American Family Services.....(612) 871-7878**  
Assessment, counseling, and advocacy.

**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) 215-2209**  
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 Family Services.....(651) 635-0095**  
Marriage, family, and personal adjustment therapy for children, adolescents and adults; parenting programs; services for the gay/lesbian community.

**Chrysalis.....(612) 871-0118**  
Chemical dependency and mental health services for women.

**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.....(651) 603-5823**  
Preschool day treatment services for severely emotionally disturbed children ages 3-5.

**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.

- La Familia Guidance Center, Inc.....(651) 221-0913**  
Services are provided both in English and in Spanish. Individual, marriage and family therapy; domestic abuse groups; information, referral and advocacy
- Lao Family Community Center.....(651) 221-0069**  
Counseling and social services for Hmong and Laotian families.
- Minnesota Indian Women’s Resource Center.....(651) 728-2000**  
Assessment, counseling, treatment and advocacy for Native American women and their children.
- Mother’s First (Ramsey County).....(651) 266-7820**  
A program for mothers and pregnant women with drug or alcohol problems.
- Northwest Youth and Family Services.....(651) 486-3808**  
Counseling for families, youth and adults in Ramsey County.
- Project ASSIST.....(651) 266-4042**  
Screening, assessment and arrangement of ongoing services for children with mental health needs.
- Ramsey County Teen Parent Program.....(651) 765-7733**  
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.
- Seton Services Division.....(651) 641-1180**  
Provides a variety of services to low income men, women and their families; homeless youth.
- White Bear Lake Area Community Counseling Center.....(651) 429-8544**  
Individual and family therapy. Parent education classes, family/community support services and support groups for parents in transitions.
- 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 ANSWERED 24 HOURS**

- 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.
- Child Protection.....(651) 266-4500**  
Reports of child abuse or neglect [after-hours (651) 291-6795].
- Children’s Crisis Response.....(651) 774-7000**



24-hour crisis consultation and resource location. In-home crisis intervention for children, youth and families.

**Crime Victim Center.....(612) 340-5400**

**Crime Victims Assistance.....(651) 291-8810**

Clinics within the twin cities metro area offer free legal advice to victims of crime.

**Crisis Connection.....(612) 379-6363**

Mental health crisis and general phone counseling.

**Emergency Social Service.....(651) 291-6795**

After-hours response for Ramsey County Social Services – available 5 p.m. through 8 a.m. on weekdays and all day on weekends and holidays.

**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 Crisis.....(651) 266-7900**

Adult crisis services.

**Ramsey County Shelters**

Casa de Esperanza - (651) 772-1611

Tubman Family Alliance - (651) 770-0777

Women of Nations (Eagle’s Nest) - (651) 222-5836

Women’s Advocates - (651) 227-8284

**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.

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

**Tubman Family Alliance.....(651) 770-0777**

Crisis referral for families in abusive situations.

**United Way 2-1-1.....211 or (651) 291-0211**

24-hour information and referral regarding health and human services in the metro area.

Interpretation Available:

TTY - 711

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

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

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

*This guide was compiled by members of the Suburban Ramsey Family Collaborative in partnership with the St. Paul Children’s Collaborative.*