

Who to Call

**A resource guide for
young parents**



**Serving
Washington County**



Commonly Used Phone Numbers

Washington County Services

Financial Intake	651-430-6459
Public Health Nurse.....	651-430-6655
Child Care Assistance	651-430-6459
WIC Program	651-430-6658

Other Services

Helping Washington County Parents

What does Washington County do to help young parents?

The following areas are typically addressed by a public health nurse and/or social worker when visiting a pregnant or parenting woman (Page 25):

Prenatal

- Assistance in seeking prenatal care
- Information about decision making related to pregnancy
- Healthy lifestyles
- Nutrition
- Smoking cessation
- Fetal growth and development
- Labor and delivery
- Emotional aspects of pregnancy
- Establishing paternity
- Communication with family
- Community resources (WIC, Medical

Parenting

- Day care issues
- Housing
- Parenting a newborn/infant/toddler
- Child growth and development
- Infant/child nutrition
- Fathers' resources
- Community resources (ECFE, WIC, Help Me Grow, Preschool Screening)
- Support for finishing high school or getting GED
- Reproductive health education and referrals



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Adoption Counseling

Adoption is the legal placement of a child with people who will raise the child as their own. Many adoptions are “open” adoptions, allowing the birth parent(s) the opportunity to choose the adoptive family and maintain contact with that family.

The following are some agencies that specialize in offering support and counseling for those considering adoption as an option:

Adoption Minnesota..... 612-333-0489
111 3rd Ave S, Ste #370
Minneapolis, MN 55401

Adoption Option Committee, Inc. 952-944-0866
PO Box 24132
Minneapolis, MN 55424

Catholic Charities - Seton Services 651-641-1180
1276 University Ave W
Saint Paul, MN 55104

Children’s Home Society and Family Services..... 651-646-7771
or 651-635-0095
1605 Eustis St
Saint Paul, MN 55108

HOPE Adoption and Family Services International Inc. 651-439-2446
5850 Omaha Ave N
Oak Park Heights, MN 55082

Lutheran Social Services 612-879-5200
2400 Park Ave
Minneapolis, MN 55404



Breastfeeding Resources

Fairview Lakes Regional Medical Center	651-982-7910
Maternity Department	
Health Partners	651-641-6200
Breastfeeding and Parent Support	
HealthEast Outpatient Lactation Clinic	651-232-3147
or	651-232-0245
Lakeview Hospital Maternity Center	651-430-4760
LaLeche League Metro Phone	612-922-4996
Regions Hospital Lactation Support Center	651-254-2380
St. John's Hospital Maternity Center	651-232-3147
St. Joseph's Hospital Lactation Consultant	651-282-3147
United and Children's Hospital	651-241-6250
Breastfeeding Resource Center	
Washington County Public Health	651-430-6655
Woodwinds Health Campus Maternity Care Center	651-232-0022

Web Sites

www.lalecheleague.org
www.nursingmother.com
www.promom.org
www.co.washington.mn.us

Chemical Health

If the use of alcohol or other drugs creates problems for you or someone you know, it is important get help.

Al-Anon & Al-a-Teen..... **651-771-2208**
Ask for closest location

Alcoholics Anonymous..... **651-227-5502**
Ask for closest location

HSI Chemical Health Division **651-430-2720** || Assessment and referral | |



Counseling Resources

Children’s Homes Society and Family Services

www.chsfs.org

Roseville 651-635-0095
1711 W County Rd B, Ste #200
Roseville, MN 55113

St. Paul 651-646-7771
1605 Eustis St
St. Paul, MN 55108

St. Paul 651-646-6393
2230 Como St
St. Paul, MN 55108

FamilyMeans

www.familymeans.org

Stillwater 651-439-4840
1875 Northwestern Ave
Stillwater, MN 55082

Oakdale 651-439-4840
Tessar Professional Building
1099 Helmo Ave N, Ste #250
Oakdale, MN 55128

HSI (Human Services Incorporated)

www.hsicare.org

TTY 651-770-6834

Cottage Grove 651-458-4116
8451 E Pt Douglas Rd
Cottage Grove, MN 55016

Forest Lake 651-251-5220
121 11th Ave SE
Forest Lake, MN 55025

Oakdale 651-777-5222
7066 Stillwater Blvd N
Oakdale, MN 55128

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Counseling Resources (Continued)

HSI (Human Services Incorporated (Cont'd))

Stillwater 651-430-2720
375 Orleans St E
Stillwater, MN 55082

Sand Creek Group..... 651-430-3383
610 Main St N, Ste #200
Stillwater, MN 55082

White Bear Lake Community Counseling Center 651-429-8544
www.whitebearlake.org
1280 Birch Lake Blvd N
White Bear Lake, MN 55110
Counseling for teens in ISD #624

Youth Service Bureau

www.ysb.net
Cottage Grove 651-458-5224
7064 W Point Douglas Rd
Cottage Grove, MN 55016

Forest Lake 651-464-3685
244 Lake St N
Forest Lake, MN 55025

Stillwater 651-439-8800
101 Pine St W
Stillwater, MN 55082

Woodbury 651-735-9534
1976 Wooddale Dr, Ste #4
Woodbury, MN 55125



Child Support

Washington County Community Services 651-430-6455

14949 62nd St N, Room #200

Stillwater, MN 55082

Monday through Friday, 8:00 a.m. - 5:00 p.m.

Every child needs financial and emotional support from both parents. Even when parents do not live together, they need to work together to support their child. The child support program works with both parents to establish a financial partnership and provide services that include:

- Locating parents
- Establishing parentage (the official act needed to establish the legal father when an unmarried woman has a child)
- Establishing, modifying and enforcing court orders for child support, medical support and child care
- Collecting and processing payments
- Working with other states to establish, modify, and enforce support when one parent does not live in Minnesota

How do I receive Child Support services?

If you are receiving public assistance (MFIP-Minnesota Family Investment Program, Medical Assistance, Minnesota Care, or Child Care Assistance), and you are the custodial parent of a minor child whose other parent does not live in your home, you are automatically referred for child support services and you do not have to pay any fees. If you are not receiving public assistance, you can apply for child support services at the location/phone number above. You will have to pay a one-time \$25 application fee for these services.

Why is it important to establish the legal father (paternity) of my child?

The establishment of parentage gives a child born outside of marriage the same legal rights as a child born to married parents. Children with legal fathers are entitled to benefits through their fathers. These benefits include: Social Security benefits, veterans benefits and inheritance rights. Children may also benefit by knowing their families' biological, cultural and medical history. Parentage must be established before the court can establish the father's obligation to pay child support.

I - and my child's father - signed a "Recognition of Parentage" form, so why is the child support office telling me paternity has not been established?

If both parents are 18 when the Recognition Form is signed, the form establishes the father as the legal father. If either parent is under the age of 18 when the Recognition

Continued on Next Page



Child Support (Continued)

Form is signed, the form does not become valid in establishing the father as the legal father until six months after the youngest parent turns 18; therefore, it may be necessary to establish paternity through the court system if either parent is under 18.

What if I don't know or can't get all of the information asked for on the paternity questionnaire? (the form sent to a parent who is applying for child support services)

If an applicant does not know the answer to a question, simply write "unknown", rather than leaving it blank. We can then be assured the question was contemplated, and not just avoided.

Child Care

Washington County Child Care Assistance 651-430-6459

Call to obtain an application and eligibility information after the birth of your baby. Students completing high school are a priority for funding. Child care assistance can be available for parents to attend school, work, or seek employment. Depending on your income, you may be required to pay a portion of the child care payment to your provider.

How can I qualify for child care assistance?

Minor parents attending high school or GED training have priority to have child care paid for while in school. Child care assistance can be separate from MFIP. You must call the county office and complete a child care application.

Is there a waiting list to receive child care assistance?

If you are a minor parent attending school, then you would be on the priority list to receive child care assistance. You would either have a minor wait of one or two months, or be eligible right away. If you are requesting child care assistance for employment, you may have a longer wait. You should call the county and ask about the current waiting list.

Child Care Resource and Referral 651-641-0305

www.resourcesforchildcare.org

Individuals get referrals to family child care homes, centers, in-home care, preschool programs, camps, and after-school programs. Consultation for parents to evaluate and choose appropriate quality child care is available. Information about special services like sick child care, crisis nurseries and social services agencies, as well as referrals to child care-givers with special needs training and experience. A fee may be charged depending on family size and income. The fee is waived for high school students.



Childbirth Education or Prenatal Classes

Some people find it helpful to have education about labor and delivery. You can check with your doctor or midwife about classes or you can call the following for further information or to register. Ask about classes, especially for teens, which may be more comfortable for you and your support person. Many medical insurances pay for classes, have sliding fees, or offer financial assistance. Call early as classes fill quickly.

Catholic Charities-Seton Services - Saint Paul 651-641-1180
www.ccspm.org

Face to Face Counseling and Health Center - Saint Paul 651-772-5555

Fairview On Call 612-672-7272
www.fairview.org
Fairview Lakes Regional Medical Center

HealthEast..... 651-326-2273
www.healtheast.org
St. John’s Hospital, St. Joseph’s Hospital, and Woodwinds Health Campus

Lakeview Hospital - Stillwater 651-439-5330
www.lakeview.org

Regina Medical Center - Hastings (OB-GYN Dept.)651-480-4100
www.reginamedical.org

Regions Hospital - Saint Paul651-254-2380
www.regionshospital.com

United Hospital - Saint Paul..... 651-241-8000
www.allina.com

Westside Community Health Services - Saint Paul..... 651-222-1816
www.westsidechs.org
Spanish, Hmong, and English classes



Early Childhood Family Education (ECFE)

ECFE classes may include the following: parent groups for support and information; classes on topics such as growth and development, discipline and communication; activities; opportunities to make new friends; field trips; and newsletters. There are often groups for young parents.

ECFE - Cottage Grove..... 651-458-6632

8400 E Point Douglas Rd S
Cottage Grove, MN 55016

ECFE - Forest Lake..... 651-982-8300

200 4th St SW
Forest Lake, MN 55025

ECFE - Mahtomedi 651-407-2014

1520 Mahtomedi Ave
Mahtomedi, MN 55115

ECFE - North Saint Paul/Maplewood/Oakdale 651-748-7280

Gladstone Center
1945 Manton St
Maplewood, MN 55109

ECFE - Stillwater..... 651-351-8350

14480 60th St N
Stillwater, MN 55082

ECFE - White Bear Lake 651-653-3100

2482 E County Rd F
White Bear Lake, MN 55110

ECFE - Woodbury..... 651-768-5330

8595 Central Park Place, Ste #106, Woodbury, MN 55125
900 Park Crossing, Woodbury, MN 55125



Education

South Washington County #833

Woodbury, Saint Paul Park and Cottage Grove District Office..... 651-458-6300
 Adult Basic Education..... 651-982-8302
 Alternative Learning Center* 651-458-6660
 Cottage Grove Junior High 651-768-6800
 East Ridge High School..... 651-768-2300
 Family Learning Center (GED)* . 651-458-6632
 GED/ESL 651-351-8469
 Lake Junior High School 651-768-6400
 Oltman Junior High 651-768-3500
 Park High School 651-768-3700
 Second Opportunity (SOS)..... 651-458-6643
 Woodbury High School 651-768-4400
 Woodbury Junior High 651-768-4500

N St Paul/Oakdale/Maplewood #622

General Information..... 651-748-7622
 District Office..... 651-748-7622
 Alternative Learning/GED 651-748-6200
 John Glenn Middle School 651-748-6300
 Maplewood Middle School 651-748-6500
 North High School 651-748-6000
 Skyview Middle School 651-702-8000
 Tartan Senior High School..... 651-702-8600

District #1622

Sobriety High..... 651-773-8378

Stillwater District #834

District Office..... 651-351-8340
 Alternative Learning Program* . 651-351-8464
 GED/Adult Learning 651-351-8469
 New Heights Charter School..... 651-439-1962
 Oak-Land Junior High..... 651-351-8500
 Stillwater Area High School..... 651-351-8040
 Stillwater Junior High 651-351-6905

Mahtomedi District #832

District Office..... 651-407-2000
 Mahtomedi High School..... 651-407-2100
 Mahtomedi Middle School 651-407-2200
 Alternative Learning Center 651-762-2480

Forest Lake District #831

District Office..... 651-982-8100
 Alternative Learning Center* 651-982-3170
 Century Junior High 651-982-3000
 Family Learning Program 651-982-8300
 Forest Lake Senior High..... 651-982-8400
 GED Community Services 651-982-8302
 North Lakes Academy
 Charter School 651-982-2773
 Southwest Junior High 651-982-8700

St Paul Public Schools

Agape* 651-228-7746
 Harding High School*..... 651-793-4700
 Johnson High School* 651-293-8890

White Bear Lake Schools

North High School (9-10)..... 651-653-2920
 South High School (11-12) 651-773-6200
 White Bear Lake ALC* 651-773-6400

Northeast District #916

Northeast Metro/Capitol View
 Area Learning Center 651-415-5363
 GED..... 651-748-6207

Mounds View District #621

Mounds View Area Learning Ctr* . 651-621-6200

*** Indicates schools that provide on-site child care.
 Openings for child care vary, some schools have a waiting list.**



Employment

Work Force Center..... 651-275-8650

www.mnworkforcecenter.gov

2150 Radio Drive
Woodbury, MN 55125

This center provides accessible services to meet the employment and training needs of every member of the community. Services typical for young parents can include:

- Job Search, assistance with resume writing
- MN Job Bank
- Summer Youth Employment

For those individuals who are receiving a Minnesota Family Investment Program (MFIP) grant. Short-term training available. If interested, please contact your employment counselor at the Work Force Center.

Extensive series of workshops available including creative job search and interview skills.



Fathers' Resources

Fathers FIRST! 612-384-7078

Offers a variety of services to fathers or expectant fathers of all ages on a free or sliding fee basis. Serves the entire Metro area. Services include parenting education, resource referral, paternity establishment, parenting time facilitation/supervision, paternity seminars, anger management/family violence, counseling, employment, and housing assistance. Contact Stephen Onell for more information.

Resource Center for Fathers and Families 763-783-4938

www.resourcesforfathers.org

Offers services to fathers of all ages who are in need of assistance with various fatherhood issues. Services include parenting classes, relationship classes, anger management, legal clinics, and referral services. Hours are Monday through Thursday, 9:30 a.m. - 2:30 p.m. Call for closest location (eight metro service locations).

Young Men In Transition 651-641-1180

Catholic Charities/Seton Services

1276 University Ave W

Saint Paul, MN 55104

Services include parenting support, counseling, and mentoring problems.



Financial Support

Minnesota Family Investment Program (MFIP)

Emergency Assistance (EA)..... 651-430-6459

Washington County Government Center
14949 62nd St N, Room #200
Stillwater, MN 55082

and

8180 Belden Blvd, Ste #155
Cottage Grove, MN 55016

Cash assistance if your family meets income guidelines.

What is MFIP?

Minnesota Family Investment Program (MFIP) is a program to help low-income families with cash assistance, food stamps, medical assistance, and child care.

Can I receive MFIP during my pregnancy or do I need to wait until the baby is born?

If you are under 18 years of age, you need to wait until the baby is born to apply for MFIP.

I only need medical insurance, do I have to apply for everything else?

No, you do not. You can apply for medical assistance, food stamps, or child care assistance alone.

If I submit an application for Medical Assistance or MFIP, how will I know if I qualify?

Your financial worker may be able to give you an estimate of the time it will take to find out if you qualify. It would be within 30 days for MFIP, and 45 days for medical assistance. You will receive a letter telling you if cash assistance was approved or denied and how much you will receive per month. One of the most common reasons for delay of the process is because the county does not have all the verifications needed to make a decision as to whether you qualify. It is important to submit all the verification pieces with your application.

If I report my parents' income on the MFIP application, will I still qualify?

If you are living with your parents, and are under 18, you need to report your parents' income. You may still be eligible. MFIP will take into account your parents' income and family size in making the determination. You always have the right to apply for assistance.

If I earn money while on MFIP will this affect my MFIP grant?

If you are under age 20 and cooperating with a plan to finish high school or GED, your income will not be counted when determining your MFIP grant. Cash assistance if your family meets income guidelines. If you already have a diploma or GED, then your income will be taken into consideration when determining your MFIP grant.



Food Assistance

FARE for All 763-450-3880

Each month, Fare for All offers a variety of different grocery packages that allows individuals and families to affordably and conveniently supplement their monthly grocery needs. Office hours are Monday - Friday, 8:00 a.m. - 4:00 p.m.

Food Stamp Program (EBT) 651-430-6459

Washington County Government Center
14949 62nd St N, Room #200
Stillwater, MN 55082

The Food Stamp Program may be able to help you get nutritious food so that you and your family can have healthy, well-balanced meals. To be eligible, you must be a Washington County resident and meet income guidelines. To find out if you are eligible, call intake at 430-6459.

MAC (Mothers and Children) 651-484-8241

1140 Gervais Ave
Maplewood, MN 55109

The MAC Program can help you get foods such as fruits, vegetables, and meats. To be eligible, you must have a child under 6 years old, be pregnant, be a nursing mother, or a women who has delivered within one year. You must meet the MAC income guidelines and NOT be on the WIC program.

WIC (Women, Infants, and Children) 651-430-6658

Located in Cottage Grove, Forest Lake, and Stillwater

WIC is a nutrition program providing healthy foods, individual nutrition information, infant and child feeding tips, and breast-feeding counseling. Foods provided include: fruits, vegetables, whole grain products, cereals, milk, cheese, eggs, juice, cereals, peanut butter, dried peas/beans, foods, and infant formula. To be eligible, you must be pregnant, breastfeeding, recently had a baby, or have a child under five years of age. Contact the WIC office to see if you meet the income guidelines.



Food Shelves

(Please call for hours and appointments)

Christian Cupboard..... 651-332-9042

Woodbury Lutheran Church
7380 Afton Rd, Woodbury, MN 55125
Serving Landfall, Oakdale, South Maplewood, and Woodbury.

Community Helping Hands (Emergency Only) 651-464-8150

408 15th ST SW, Forest Lake, MN 55025
Food shelf, clothing, emergency shelter, small household items.

Family Pathways 651-464-2098

935 Lake St S, Forest Lake MN 55025
Serving Forest Lake, Wyoming, Scandia & surrounding areas.

Friends in Need 651-458-0730

255 Third St, Saint Paul Park, MN 55071
Serving Cottage Grove, Grey Cloud Island, Newport, and Saint Paul Park.

Hugo Community Food Shelf 651-429-1576

7032 137th St, Hugo MN 55038
Serving Hugo residents.

Mahtomedi Area Food Shelf..... 651-426-3245

St. Jude of the Lake Parish
700 Mahtomedi Ave, Mahtomedi, MN 55115
Serving Mahtomedi, Willernie, Pine Springs, Grant and Dellwood.

New Life Church 651-757-4177

6758 Bailey Rd, Woodbury, MN 55125
Serving South Washington County.

North Saint Paul Food Shelf..... 651-770-1309

North Saint Paul, MN 55109

St. Michael’s Church 651-439-3241

611 S Third St, Stillwater, MN 55082
Serving School District 834.

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Food Shelves (Continued)

**Scandia Marine Food Shelf..... 651-433-2723
(Elim Lutheran Church)**

14781 Oakhill Road, Scandia, MN 55073
Serving Marine, and Scandia.

Transfiguration Church..... 651-738-2646

6133 15th St N, Oakdale MN 55128
Serving Scandia, Marine, and north Washington County.

Valley Outreach..... 651-430-2739

1911 Curve Crest Blvd W, Stillwater, MN 55082
Serving School District 834.

White Bear Lake Food Shelf..... 651-407-5310

1884 Whitaker Ave, White Bear Lake, MN 55110
Serving White Bear Lake School District.



Health Care

It's important to receive regular doctor visits during pregnancy. Regular visits to a health provider are also important for the well-being of children and families. (Immunizations, well child care, routine check-ups.)

Financial Resources for Health Care

Often adolescents have medical insurance from their parents that pays for health care. If you have questions about, or are in need of medical insurance coverage, call:

Medical Assistance (Financial Intake) 651-430-6459

MA may be able to help pay for medical care by paying all or part of the medical bills, if you meet the eligibility requirements. MA will pay for most necessary medical care for your child. Some of the services covered by MA are doctor services, eye glasses, hearing aids, medical tests, hospital care, physical therapy and medical equipment.

MinnesotaCare 651-297-3862

MinnesotaCare is a health care coverage program for individuals or families who are uninsured and whose incomes are above the MA income guidelines.

Portico Healthnet 651-603-5100

This program helps uninsured Minnesotans access affordable health coverage and care.

Low Cost Clinics for Health Care

If you or your child need health care and you don't have insurance, you can call one of the following providers.

Many of the following hotlines or agencies also offer health counseling and medical services such as birth control, sexually transmitted infections, pregnancy testing and HIV/AIDS testing. Ask about cost and hours of operation.

Decisions about sexuality or dating can be difficult, but you needn't make them alone. Don't overlook your parents as a source of guidance and experience. Talk with other adults you feel you can respect and trust such as close relatives, family friends, religious leaders, counselors, or teachers.

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Low Cost Clinics Listing for Health Care (Continued)

- Face to Face 651-772-5555**
1165 Arcade St, Saint Paul, MN 55106
Special services to pregnant/parenting teens

- First Care Pregnancy Centers 612-866-7643**
2105 Old Hudson Road, St Paul, MN 55119
(SunRay Shopping Center)
Crisis pregnancy counseling.

- MN Family Planning/STD Hotline..... 1-800-783-2287**
M-F 9-2pm, Sat 9-2pm

- Outlook Clinic (Thursday only 6:00 - 9:00 pm) 651-674-4570**
7th and Oak, North Branch, MN 55056

- Plan Express Care - Woodbury 651-696-5550**
1795 Woodbury Dr Suite D, Woodbury MN 55125
Walk-in birth control education & supplies; STD testing; and pregnancy testing.

- Planned Parenthood 800-230-7526**
1965 Ford Parkway, Saint Paul, MN 55113

- St. Croix Family Medical Clinic 651-430-1880**
5640 Memorial Ave N, Ste #B, Stillwater, MN 55082

- St. Croix Valley Life Care Center 651-439-5964**
713 County Road 5, Stillwater, MN 55082
STD testing, confirm pregnancy testing, ultra sounds

- St. Mary's Health Clinics 651-690-7029**
Call for nearest metro location

- Seton Center/Catholic Charities 651-222-3001**
1276 University Ave, Saint Paul, MN 55104

- West Side Community Health Services 651-222-1816**
www.westsidechs.org
153 Cesar Chavez St, Saint Paul, MN 55107
Interpreter available

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Low Cost Clinics Listing for Health Care (Continued)

Phone Lines and Websites

Neighborhood Health Care Network 651-489-2273

Or 866-489-4899

Healthcare information and referral service.

www.teenhealth411.org

Health information and referrals.

Help Me Grow

Help Me Grow can help you coordinate services for children with special needs beginning at birth. If your child is under three years and you have questions or concerns about your child’s development or special needs, call Help Me Grow.

Washington County Help Me Grow..... 651-430-6655

Washington County Public Health and Environment
14949 62nd St N, Room #450
Stillwater, MN 55082



Housing

Housing Link 612-522-2500

www.housinglink.org

Reports weekly vacancies in the seven county metro area. Can access the list Monday through Wednesday. Click on Private Market Vacancy Report, scroll to the bottom and select the county.

Washington County Housing Coordinator 651-430-6455

Receive information on Section 8 housing, subsidized housing, and funding resources.

Washington County Housing Redevelopment Authority (HRA) 651-458-0936

www.wchra.com

This agency runs the existing Section 8 program.

Washington County Salvation Army 651-739-6288

Assistance with a variety of programs from funding resources to energy assistance.

Legal Services

Legal Assistance of Washington County (LAWC) 651-351-7172

275 3rd St S, #103

Stillwater, MN 55082

Hours: Monday through Friday 8:30 a.m. - 4:30 p.m.,

Intake-Monday, Wednesday, Friday 9:00 a.m. - 12:00 p.m.

To qualify for services you must be a Washington County resident, meet financial guidelines, and need assistance in an area of law that LAWC practices. (Divorce, custody/visitation, child support, paternity, maintenance, wills, landlord/tenant, consumer issues.)

Southern Minnesota Regional Legal Services..... 651-222-4731

166 4th St E, Ste #200

Saint Paul, MN 55101

Legal aid, family law problems, custody, housing, housing discrimination, and government benefits.

Hours: 9:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m.



Maternity Items/Baby Equipment

Community Helping Hands **651-464-0061**
408 15th St SW, Forest Lake, MN 55025

Goodwill **651-439-4207**
5899 Nova Scotia Ave N, Oak Park Heights, MN 55082
Monday through Friday, 9 a.m. - 9 p.m.; Saturday, 9 a.m. - 6 p.m.;
Sunday, 11 a.m. - 6 p.m.

Life Care Centers typically provide support such as car seats, baby layettes, maternity and infant clothing, furniture or financial help. Hours may vary - please call to verify or make appt.

Hastings Total Life Care Center **651-437-4200**
919 Vermillion St, Suite 100
Hastings, MN 55033

Lakes Life Care Center..... **651-464-4340**
840 W. Broadway Ave. Suite 100
Forest Lake, MN 55025

St. Croix Valley Life Care Center **651-439-5964**
713 County Rd 5
Stillwater, MN 55082

Woodbury Life Resource Center **651-340-9062**
1103 Weir Drive,
Woodbury MN 55125

Women’s Life Care Center **651-777-0350**
www.womenslifecarecenter.org
2870 Middle St
Little Canada, MN 55117

Stone Soup Thrift Shop..... **651-458-9786**
950 3rd St Suite 101, St Paul Park MN 55071

Veterans Services..... **651-430-6895**
Washington County Government Center
14949 62nd St N, Stillwater, MN 55082
Provides layettes if you or a family member are or were in the
Armed Forces (military).

Check with local churches



Parenting

Parenting: PARENTS KNOW (MINNESOTA)

Information on parenting topics with printed articles and short videos. English, Hmong, Somali and Spanish.

www.parentsknow.state.mn.us

Health: HEALTHY CHILDREN

The American Academy of Pediatrics provides information about children of all ages.

www.healthychildren.org

Immunizations:

Information and schedules from the Minnesota Department of Health (in six languages).

www.health.state.mn.us/divs/idepc/immunize/basics.html

Warmline: PARENT WARMLINE:

612-813-6336. A free telephone service providing confidential person-to-person support, practical advice, and resources for parents.

Infant Crying: PERIOD OF PURPLE CRYING:

Information and tips for parents to help their crying infants.

www.purplecrying.info

Depression: WOMEN'S MENTAL HEALTH & POSTPARTUM DEPRESSION

Information on postpartum depression, resources and support.

www.womensmentalhealth.org or www.postpartum.net
or call 651-221-9709 or 800-944-4PDD



Public Health Nurse

A Public Health Nurse can visit any Washington County pregnant or parenting woman one-on-one or with their partner or family. Visits can be in the home, at school, or wherever convenient. Typical areas addressed on visits include:

- Assistance in seeking medical care
- Healthy lifestyles
- Prenatal, infant, and child nutrition
- Fetal growth and development
- Childbirth preparation
- Communication with family
- Family planning
- Physical and emotional development of children
- Child safety
- Assistance in locating community resources
(WIC, Medical Assistance, Food Stamps, Housing, ECFE, etc.)

Washington County Public Health and Environment651-430-6655
14949 62nd St N, Room #450
Stillwater, MN 55082



Transportation

Blue Ride..... **651-662-8648**
or..... **1-866-340-8648**

Medical or dental appointment rides for Blue Plus Medical Assistance.

Community Care (leave voicemail)..... **651-464-2561**

Second Saturday of each month. Car service/repairs for those eligible. Provided through Forest Hills United Methodist Church.

Community Thread..... **651-439-7434**

Volunteer drivers provide rides, prefer at least a three-day notice.

HealthRide **612-676-6830**

or..... **1-800-864-2157**

Medical or dental appointment rides for U-Care or Medical Assistance recipients.

HSI Transporter **651-275-4300**

Seniors or persons with disabilities are given priority. If space is available, people can call for a ride for medical, counseling, or county services appointments.

Ride Care..... **952-883-7400**

Medical or dental appointment rides for Health Partners, and prepaid (PMAP) Medical Assistance recipients.

St. Croix Valley Christians in Action..... **651-773-3083**

www.carcasaturday.org

Repairs, donates, and maintains cars free of charge for those in need.

Transit Link **651-602-5465**

Regional dial-a-ride transit. Service in the seven county metro area. Fares are based on the distance traveled.



Emergency Phone Numbers

Crisis Connection - 24 hour line..... **612-379-6363**
or **888-379-6363**
Crisis and general counseling, information, and referrals.

First Call For Help/United Way 211 - 24 hour line **211**
or **651-291-0211**
or **800-543-7709**
Information and referral center to connect people with services

HSI Emergency Services - 24 hour line..... **651-777-5222**
Mental Health Services.

MN Poison Control Center Statewide Number..... **1-800-222-1222**

Sexual Assault Services - 24 hour line..... **651-777-1117**

Tubman Family Alliance - 24 hour crisis line **651-770-0777**
or **612-825-0000**
Assistance with harassment, battering, shelters, support groups, counseling,
and restraining order information.

