



*Resource Guide  
For Teens, Parents  
and Other Caring Adults*



*April, 2008*

# INTRODUCTION

The intent of this document is to provide youth, parents and caring adults with information about adolescent resources throughout Washington County. The following partners contributed to the development of this document:

Human Services, Inc.  
Portico Healthnet  
St. Croix Family Medical Clinic  
Washington County Department of Public Health and Environment

For additional information about community resources call United Way at 651-291-0211 or 2-1-1 or refer to your local yellow pages.

Every effort has been made to obtain accurate information about the resources listed in this guide. Washington County Public Health and Environment is not liable for the accuracy of any editorial and/or information printed in this guide. Inclusion of an organization in this guide does not constitute endorsement of its programs or policies while exclusion does not imply exclusion.

This document can also be found online at:  
[http://www.co.washington.mn.us/info\\_for\\_residents/public\\_health/teen\\_health/](http://www.co.washington.mn.us/info_for_residents/public_health/teen_health/)

April, 2008

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## 24/7 CRISIS PHONE LINES

### 24 Hour—7 days/week Phone Assistance

#### Abuse

##### **Domestic Violence—Tubman Family Alliance**

Crisis Line.....(651) 770-0777

Help Line.....(612) 825-0000

Business Line.....(651) 770-8544

.....[www.tubmanfamilyalliance.org](http://www.tubmanfamilyalliance.org)

Response to battered women, shelters, legal advocacy, counseling, support groups, domestic abuse offender treatment, and education.

##### **Sexual Assault—Victim Intervention and Recovery Program (HSI)**

Crisis Line.....(651) 777-1117

Business Line.....(651) 458-4116

.....[www.hsicares.org](http://www.hsicares.org)

24-hour telephone crisis line, counseling, advocacy and community education.

#### General

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

Confidential phone counseling and referral.

**Minnesota Relay Service.....1-800-627-3529**

Voice and TDD. Provides 24 hour-a-day telephone linkage between people who are speech or hearing impaired and those who can hear. Callers must prepare all necessary information before calling (name and TDD number of person to be called).

**Poison Control.....1-800-222-1222**

##### **Safe Place for Newborns**

Crisis Line.....1-877-440-2229

Business Line.....(612) 875-2873

Alternative for a mom who might otherwise abandon her newborn. Babies up to 3 days old may be left at **any** Minnesota hospital. No questions asked. Confidential. The mission of Safe Place for Newborns — to save the lives of newborn children. Safe Place for Newborns exists to prevent the abandonment of newborn children, thus helping to preserve the health and future of their mothers.

## 24/7 CRISIS PHONE LINES (cont'd)

### General (cont'd)

**United Way** ..... **2-1-1**  
TTY..... **(651) 291-0211**  
Free 24/7 confidential referral to community agencies including food and shelter.  
Bi-lingual assistance offered 8:30 am to 5:00 pm.

### Housing

**National Runaway Switchboard**..... **(800) 621-4000**

**The Bridge for Runaway Youth**..... **(612) 377-8800**  
Provides immediate shelter and safety for youth in crisis ages 10-17..

### Mental Health

**Human Services, Inc.** ..... **(651) 777-5222**  
A mental health professional is available for anyone experiencing a crisis such as suicidal feelings, depression, anxiety, panic, hopelessness, hallucinations, and rapid mood swings.

**National Suicide Prevention Lifeline** .... **1-800-273-TALK or 1-800-273-8255**  
TTY..... **1-800-799-4TTY or 1-800-799-4889**  
..... [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## ACTIVITIES/RECREATION

### **Bowling**

<b>Hudson Bowling Center</b> .....	<b>(715) 386-5121</b>
<b>Stillwater Bowl</b> .....	<b>(651) 439-2444</b>
<b>White Bear Bowl</b> .....	<b>(651) 429-5555</b>
<b>Wildwood Bowl—Mahtomedi</b> .....	<b>(651) 426-0213</b>
<b>Woody's Bowl—Bayport</b> .....	<b>(651) 439-5646</b>

### **Camps (specialty)**

<b>Courage Riders Courage St. Croix</b> .....	<b>(651) 439-8283</b>
.....	<a href="http://www.courage.org">www.courage.org</a>

Therapeutic, recreational horseback riding program, for children ages 5-18, with physical disabilities and sensory impairments.

<b>Camp Heartland</b> .....	<a href="http://www.campheartland.org">www.campheartland.org</a>
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Improving lives of children who experience HIV/AIDS, poverty, grief and other life challenges. Camp is located in Willow River, Minnesota.

### **Downhill Ski Areas**

*See park systems for cross-country skiing.*

<b>Afton Alps</b> .....	<b>(651) 436-5245 or 1-800-328-1328</b>
<b>Trollhaugen</b> .....	<b>(651) 433-5141 or 1-800-826-7166</b>
<b>Welch Village</b> .....	<b>(651) 222-7079</b>
<b>Wild Mountain</b> .....	<b>(651) 465-6315 or 1-800-447-4958</b>

*For youth cross-country ski leagues, call:*

<b>Minnesota Youth Ski League</b> .....	<b>(612) 724-4071</b>
.....	<a href="http://www.mysl.org">www.mysl.org</a>

*For downhill ski leagues, call:*

<b>Midwest Snow Sports League</b> .....	<b>1-800-328-1328</b>
.....	<a href="http://www.aftonalps.com/ski_league.php">www.aftonalps.com/ski_league.php</a>

## ACTIVITIES/RECREATION (cont'd)

### **Explorers**

Learning for Life's career education program for young men and women who are 14-20 years old. Every Explorer post specializes in a specific career program area.

#### **Learning for Life**

393 Marshall Avenue  
St. Paul, MN 55102-1795 .....(651) 224-1891

### **Golf**

*To locate a golf course near you:*

**Explore Minnesota**.....1-888-TOURISM (1-888-868-7476)  
.....<http://golf.exploreminnesota.com>

### **Horseback Riding**

**Kinni Valley Riding Academy** .....(715) 425-6184  
**Shadow Creek Stables** .....(651) 464-8270  
**Sunborn Stables** .....(651) 257-9825  
**Windy Ridge Ranch** .....(651) 436-6557

### **Ice Arenas**

For outdoor rinks, see city parks. Call each location to verify community skate times.

**Aldrich Arena** .....(651) 748-2510  
**Bielenberg Sports Center** .....(651) 714-3740  
**Cottage Grove Ice Arena**.....(651) 458-3400  
**Forest Lake Ice Arena** .....(651) 982-8180  
**Hudson Sports and Civic Center** .....(715) 386-3535  
**Lily Lake Ice Arena**.....(651) 439-1337  
**St. Croix Recreation Center** .....(651) 430-2601  
**Somerset Ice Arena**.....(715) 247-4445  
**Tartan Arena**.....(651) 714-9251  
**White Bear Lake Sports Center** .....(651) 429-8571

*For local hockey associations, visit* .....[www.minnesotahockey.org](http://www.minnesotahockey.org)

### **Indoor Climbing Wall**

**PJ Asch Otterfitter, Stillwater**.....(651) 430-2286  
**Vertical Endeavors, St Paul**.....(651) 776-1430

## ACTIVITIES/RECREATION (cont'd)

### Mini Golf

Hwy 8 Driving Range/Mini Golf .....(651) 257-1600

### Parks and Recreation

Cottage Grove Parks and Recreation ..... (651) 458-3400

Forest Lake Community Education .....(651) 982-8110

Lake Elmo Park Reserve ..... (651) 430-8370

Mahtomedi Community Education .....(651) 407-2037

Maplewood Parks and Recreation ..... (651) 249-2100

Newport Parks and Recreation.....(651) 459-5677

Maplewood Community Center .....(651) 249-2100

Recreational and educational programs for children, teens, and adults. Swim programs.

Maplewood Nature Center .....(651) 249-2170

Wildlife Preserve, interpretive center, and educational programs. No entrance fees, some program fees. Some trails are wheelchair accessible.

North St. Paul Parks and Recreation .....(651) 770-4471

Oakdale Park and Recreation .....(651) 773-1316

St. Croix Valley Recreation Center .....(651) 430-2601

St. Paul Park, Park and Recreation .....(651) 459-9785

Stillwater Community Education .....(651) 351-8300

White Bear Lake Recreation .....(651) 407-7501

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

Recreational and educational programs for children, teens, and adults.

St. Croix Bluffs Regional Park.....(651) 430-8240

Junior Leaders.

Washington County Parks.....(651) 430-4300

### Pilates/Yoga

Midwest Center for Movement .....(715) 377-1584

Natural Balance of Stillwater.....(651) 275-1212

Stillwater Yoga.....(651) 439-2569

## ACTIVITIES/RECREATION (cont'd)

### Rollerblade/Roller Skate and Skate Parks

Forest Lake Skateboard Park.....	(651) 464-3550
Stillwater Skateboard Park.....	(651) 430-8837
The Warehouse Skate Park.....	(651) 439-8847
Wooddale Recreation Center .....	(651) 735-6214

### Snow Tubing

*See also downhill ski areas.*

Badlands Snow Park .....	(715) 386-1856
Eko Baken Snow Tubing .....	(651) 433-2422
Green Acres Recreational .....	(651) 770-6060

### Special Needs

See Community Education many offer programs for youth and adults with special needs, p. 15. Contact your local school district about adapted athletic programs and sports teams.

#### **Courage St. Croix**

1460 Curve Crest Blvd.

Stillwater, MN 55082 .....(651) 439-8283  
..... [www.courage.org](http://www.courage.org)

Comprehensive rehab services for people of all ages and abilities. Fitness centers, aquatics, sports, recreation, camping.

#### **Family Pathways/Circle of Friends**

(Forest Lake area) .....(763) 552-7284

Building social skills and friendships through adult guided events.

#### **Special Olympics**

Sports training and competition for ages 8 and older. Local teams throughout the county. For more information, call.....(612) 333-0999

..... [www.specialolympicsminnesota.org](http://www.specialolympicsminnesota.org)

## ACTIVITIES/RECREATION (cont'd)

### **Swimming and Water Parks**

#### Indoor Areas

*For open public swimming lessons, call Community Centers, Fitness Centers and Community Education or the YMCA.*

*For youth swim clubs call:*

**St. Croix Swim Club**.....(612) 384-1604  
..... [www.silverrays.com](http://www.silverrays.com)

#### Outdoor Areas

*Call City, County and State Parks.*

**Eko Backen Waterslides**.....(651) 433-2422  
**Wild Mountain** .....(651) 465-6315

### **Washington County 4-H**

From creative arts to livestock, from leadership to outdoor recreation and so much more. 4-H offers a wide variety of learning opportunities for Minnesota school age youth!

County 4-H Program Coordinator.....(651) 430-6800  
E-Mail: ..... [churc109@umn.edu](mailto:churc109@umn.edu)

- **Local faith communities also offer youth activities and programs, see Faith Communities, p.33.**

## ACTIVITIES/RECREATION (cont'd)

### Volunteering

The **CVS Volunteer Center** provides information, resources and referrals to individuals, youth, families, groups and business on volunteering in your community. CVS connects local residents with opportunities to serve their community.

Want to know about how you can volunteer in the St. Croix Valley today? You can call the **CVS Volunteer Center** at **651-439-7434** for specific information on how you can assist in your local community.

#### **Northwoods Humane Society**

7153 Lake Blvd.

P.O. Box 513

Forest Lake, MN 55025.....**(651) 982-0240**

Are you interested in volunteering at Northwoods Humane Society?

Are you: An animal lover? Responsible and able to work independently? At least 16 years old? Willing to commit at least 4 hours of volunteering per month for 6 months?

If you answered yes to all of the above questions, then Northwoods may be the place for you to volunteer.

#### **Red Cross**

Eastern Washington County Office

342 Fifth Avenue North

Bayport, MN 55003 .....**(651) 439-0031**

..... Fax: **(651) 439-6431**

Hours are 8 a.m. to 4 p.m. Monday through Friday

Certification training for volunteer and program information

**Courage St. Croix** ..... [www.courage.org](http://www.courage.org)

Courage St. Croix provides rehabilitation and independent living services to people with disabilities. Volunteers are supported and welcomed.

#### **Volunteer to Play!!**

More than 350 volunteers spark children's learning through play each year at Minnesota Children's Museum. That's more than 10,000 hours per year! We have a variety of opportunities, from working directly with Museum visitors to helping out behind the scenes with administrative work.

Volunteer Services Manager.....**(651) 225-6048**

## ACTIVITIES/RECREATION (cont'd)

### **YMCA**

Programs for all ages to develop strong kids, families and communities. Many youth and teen activities and programs. Scholarships to join available at local branches.

#### **Hastings Area YMCA**

1175 Nininger Road  
Hastings, MN 55033 ..... **(651) 480-8887**

#### **Northeast Area YMCA**

2100 Orchard Lane  
White Bear Lake, MN 55110 ..... **(651) 777-8103**

#### **St. Croix Valley YMCA**

2211 Vine Street  
Hudson, WI 54016 ..... **Wisconsin (715) 386-1616**  
..... **Minnesota (651) 436-2883**

#### **Southeast Area YMCA**

2175 Radio Drive  
Woodbury, MN 55125 ..... **(651) 731-9507**

**Check your local YMCA for program availability.**

### **Young Life**

Young Life is a non-denominational Christian youth ministry that reaches out to middle school, high school and college aged youth.

Young Life—Chisago ..... (651) 343-7767  
Young Life—Mahtomedi ..... (651) 762-8483  
Young Life—St. Croix Valley ..... (651) 430-1873  
Young Life—Woodbury ..... (651) 739-4820  
..... [www.younglife.org](http://www.younglife.org)

## ACTIVITIES/RECREATION (cont'd)

### Youth Centers

#### **Firewall Youth Center and Warehouse Skate Park**

1912 Greeley Street South

Stillwater, MN 55082 .....(651) 439-8847

..... [www.thesalarmy.com/thewarehouse](http://www.thesalarmy.com/thewarehouse)

Monday, Tuesday and Thursday 3:30 p.m. to 8:00 p.m.

Friday 4:00 p.m. to 10:00 p.m.

Saturday 1:00 p.m. to 10:00 p.m.

Wednesday and Sunday—CLOSED

Tutoring, Creative Art Program, Internet Café, Recreation Room, Concerts, Black Box Theater, Camps.

#### **Forest Lake Area Teen Center/Summer Club 6, 7, 8**

Central Learning Center

200 SW 4th Street

Forest Lake, MN 55025.....(651) 982-8328

Hours: Monday through Thursday 2:15 p.m. to 5:30 p.m. for grades 7, 8 and 9.

### Youth Leadership

Check your school or community education office or website for youth leadership opportunities. See Schools or Community Education pages.

**National Youth Leadership Council** .....(651) 631-3672

..... [www.nylc.org](http://www.nylc.org)

Service/learning and youth leadership training

## BULLYING

Most schools have an anti-bullying policy that outlines definitions, prevention, reporting and disciplinary guidelines. Some school districts have bullying prevention programs. If you have questions or if your teen is being bullied at school please refer to the teacher, counselor or building principal to report your concerns right away. Keep in mind that your primary goal should be to get the school's cooperation to get the bullying to stop.

Call your local school. See **Educational Resources** section for school district numbers. See also **Internet Safety**.

## **BULLYING (cont'd)**

### **Bullying Prevention Resources:**

What Parents Can Do About Bullying

.....[www.schwablearning.org/articles.aspx?r=697&f=search](http://www.schwablearning.org/articles.aspx?r=697&f=search)

### **Stop Bullying Now**

.....<http://stopbullyingnow.hrsa.gov/index.asp?area=main>

### **A Web project of the Southern Poverty Law Center,**

Information for educators, parents, and teens to fight hate and promote tolerance

.....[www.tolerance.org](http://www.tolerance.org)

## **CHEMICAL HEALTH**

### **Chemical Dependency Assessment and Treatment Centers**

#### **Anthony Louis Center**

7700 Hudson Rd., Suite 600

Woodbury, MN 55125.....(651) 731-0031

.....[www.anthonylouiscenter.com](http://www.anthonylouiscenter.com)

Substance abuse outpatient treatment services.

#### **C.H.A.N.G.E.**

St. Paul, MN .....(651) 209-6632

#### **Comunidades Latinas Unidas en Servicios (CLUES)**

797 East 7th Street

St. Paul, MN 55106 .....(651) 379-4200

..... FAX (651) 292-0347

.....[www.clues.org](http://www.clues.org)

Providing comprehensive services to Latino youth, adults and families suffering from chemical abuse and dependency.

#### **Fairview Behavioral Services**

2355 Ariel Street, Suite B

Maplewood, MN 55109-0232.....(612) 672-2736

Outpatient adolescent chemical dependency treatment

## CHEMICAL HEALTH (cont'd)

### Chemical Dependency Assessment and Treatment Centers (cont'd)

#### **Fairview Behavioral Services**

11725 Stinson Avenue

Chisago City, MN.....(612) 672-2736

Residential and outpatient chemical dependency treatment. Day program, dual diagnosis.

#### **Hazelden Center for Youth & Families**

P.O. Box 11

Center City, MN 55012-0011 ..... (651) 213-4200 or 1-800-257-7810

..... info@hazelden.org

..... [www.hazelden.org](http://www.hazelden.org)

Chemical use assessment and treatment.

#### **Hispanos En Minnesota**

155 South Wabasha Street, Suite 128

St. Paul, MN 55107 .....(651) 227-0831

..... [www.hispanosenminnesota.org](http://www.hispanosenminnesota.org)

Chemical health assessments and chemical dependency treatment

#### **Human Services, Inc.**

..... [www.hsicares.org](http://www.hsicares.org)

Chemical health evaluations and recovery care management.

#### **Cottage Grove**

8451 East Point Douglas Road

Cottage Grove, MN 55016.....(651) 458-4116

#### **Forest Lake**

121 11th Avenue SE

Forest Lake, MN 55025.....(651) 251-5220

#### **Oakdale**

7066 Stillwater Blvd. North

Oakdale, MN 55128.....(651) 777-5222

.....TDD: (651) 770-6834

#### **Stillwater**

375 East Orleans Street

Stillwater, MN 55082 .....(651) 430-2720

## CHEMICAL HEALTH (cont'd)

### Chemical Dependency Assessment and Treatment Centers (cont'd)

#### **Lao Family Community of Minnesota**

320 W. University Avenue

St. Paul, MN 55103 .....(651) 221-0069

..... [www.laofamily.org](http://www.laofamily.org)

Chemical use assessments for Hmong youth

#### **Regions New Connections**

Regions Hospital

640 Jackson Street

St. Paul, MN 55101 .....(651) 254-5294

..... [www.regionshospital.com](http://www.regionshospital.com)

Created to meet the unique needs of adolescents (ages 12 to 18) experiencing alcohol or chemical abuse providing hope and recovery to Minnesota teenagers and their families.

#### **United Cambodian Association**

529 Jackson Street, Suite 300B

St. Paul, MN 55101 .....(651) 222-3299

..... <http://ucam.real-time.com>

Provides services for low-income people in Minnesota, primarily Cambodian. Services include chemical dependency education and prevention programs.

### Smoking Cessation Programs

**American Cancer Society** .....(651) 255-8100

..... [www.cancer.org](http://www.cancer.org)

**American Lung Association of MN** .....(651) 227-8014

..... [www.lungusa.org](http://www.lungusa.org)

**Quitplan Services** .....1-888-354-7526

Free support for quitting tobacco use.

## CHEMICAL HEALTH (cont'd)

### Sober School

North Summit Academy. Sobriety High School provides adolescents recovering from alcohol and drug dependency a comprehensive, four-year high school diploma program in a safe, sober and chemical-free environment.

Contact the school for more information.

### **North Summit Academy**

2055 White Bear Avenue North

Maplewood, MN 55109 .....(651) 748-5256

### Health Awareness Information

**Youth Service Bureau, Inc.** ..... [www.ysb.net](http://www.ysb.net)

Classes for tobacco, chemical awareness, choices and consequences.

#### **Cottage Grove**

7064 West Point Douglas Road South

Cottage Grove, MN 55016 ..... **(651) 458-5224**

#### **Stillwater**

Historic Courthouse

101 W. Pine Street

Stillwater, MN 55082 ..... **(651) 439-8800**

#### **Woodbury**

1976 Wooddale Drive, #4

Woodbury Gateway Center

Woodbury, MN 55125 ..... **(651) 735-9534**

### **Lakes Area Youth Service Bureau**

244 Lake Street North

Forest Lake, MN 55025 ..... **(651) 464-3685**

..... [www.ytblakesarea.org](http://www.ytblakesarea.org)

Classes for tobacco, chemical awareness, choices and consequences.

### **Drug Testing Labs:**

**Medtox Labs** ..... **(651) 636-7466**

**NOW CARE** ..... **(651) 635-0054**

**RSI Labs** ..... **(612) 287-1660**

\*\* Most medical clinics and some chemical dependency treatment programs provide drug testing at a minimal cost.

## COMMUNITY EDUCATION

Each school district provides a Community Education Department that offer residents of all ages a wide variety of enrichment and recreational activities. Youth athletics, youth development and teen centers, summer youth service are just some of the offerings for teens. Contact your school district for a complete listing of activities. On line catalogs available.

**Forest Lake Community Education** .....(651) 982-8110  
..... [www.forestlake.k12.mn.us](http://www.forestlake.k12.mn.us)

**Mahtomedi Community Education** .....(651) 407-2037  
..... [www.mahtomedi.k12.mn.us](http://www.mahtomedi.k12.mn.us)

**North St. Paul, Maplewood, Oakdale Community  
Education** .....(651) 748-7280  
..... [www.isd622.org](http://www.isd622.org)

**Stillwater Community Education** .....(651) 351-8300  
..... [www.stillwater.k12.mn.us](http://www.stillwater.k12.mn.us)

**South Washington County Community Education** .....(651) 768-6416  
..... [www.cecool.com](http://www.cecool.com)

## CRISIS SERVICES

\* Denotes services that are available 24/7 (24 hours a day, 7 days a week)

**American Red Cross** .....(651) 290-8605

Provides assistance after fires and other emergencies. Communication link for military families.

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

Confidential phone counseling and referral.

**Day One** .....(651) 646-9622

Statewide referrals and resources for battered women and their children.

**\*Domestic Violence—Tubman Family Alliance**

24 Hour Crisis Line .....(651) 770-0777

24 Hour Help Line .....(612) 825-0000

Business Line .....(651) 770-8544

.....[www.tubmanfamilyalliance.org](http://www.tubmanfamilyalliance.org)

24 hour response to battered women, shelters, legal advocacy, counseling, support groups, domestic abuse offender treatment, and education.

**First Call For Help** .....2—1—1

or .....(651) 291-0211

Free info on 40,000 community resources.

### Mental Health Emergency Services

**Human Services, Inc. (HSI)**

24 Hour Crisis Line .....(651) 777-5222

**Oakdale** (crisis clinic emergency counseling 9 a.m. to 11 a.m.)

By appointment or walk-ins also welcome .....(651) 777-5222

Mobile Crisis Response; on-site support.....(651) 777-5222

TDD .....(651) 770-6834

**Ramsey County**

Crisis response (under 18 yrs.).....(651) 774-7000

Over 18 years of age .....(651) 777-1177

**\*Minnesota Relay Service**.....1-800-627-3529

Voice and TDD. Provides 24 hour-a-day telephone linkage between people who are speech or hearing impaired and those who can hear. Callers must prepare all necessary information before calling (name and TDD number of person to be called).

## CRISIS SERVICES (cont'd)

**Minnesota Family Planning and STD Hotline** ..... **1-800-78-FACTS**  
Free, confidential, statewide information about sex, birth control, sexually transmitted infections and health care referrals.

**Minnesota Toll Free Crisis Line for Domestic Abuse** ..... **1-866-223-1111**  
Callers will be routed to the closest domestic abuse crisis program.

**Missing Children Minnesota** ..... **(612) 334-9449**  
Assistance in searching for missing children and information on search procedures and resources and prevention education. Hours 9 a.m. to 5 p.m. (Phones are answered 24 hours-a-day).

**National Runaway Switchboard** ..... **1-800-786-2929**

**\*Poison Control** ..... **1-800-222-1222**

**\*Safe Place for Newborns**

Crisis Line ..... **1-877-440-2229**  
Business Line ..... **(612) 875-2873**  
Alternative for a mom who might otherwise abandon her newborn. Babies up to 3 days old may be left at **any** Minnesota hospital. No questions asked. Confidential.

The mission of Safe Place for Newborns — to save the lives of newborn children. Safe Place for Newborns exists to prevent the abandonment of newborn children, thus helping to preserve the health and future of their mothers.

**\*Sexual Assault—Victim Intervention and Recovery Program (HSI)**

**HOTLINE:** ..... **(651) 777-1117**  
**Business Line** ..... **(651) 458-4116**  
Phone counseling, information, referral, advocacy and accompaniment to hospital, police and courtroom.

**StopItNow-Minnesota**

Helpline ..... **1-888-PREVENT/1-888-773-8368**  
..... [www.stopitnow.com/mn](http://www.stopitnow.com/mn)  
Confidential helpline providing information and resources to adults concerned about their own or someone else's sexualized behaviors toward children.

**\*The Bridge for Runaway Youth** ..... **(612) 377-8800**  
Provides immediate shelter and safety for youth in crisis for ages 10-17.

## CRISIS SERVICES (cont'd)

**Washington County Child Protection** .....(651) 430-6457  
Call to report child abuse and neglect.

### **Washington County Community Services**

**Economic Assistance** .....(651) 430-6459  
Provides services to families in crisis, including counseling referral to other agencies, and coordination of services to assist families in meeting their goals.

**Washington County Emergency Social Services** .....(651) 291-6795  
Evenings 5 p.m. to 8 a.m., weekends and holidays.

## CULTURALLY DIVERSE SERVICES

Each school district is required by law to foster inclusive learning environments for all students. Each district has an integration equity coordinator and school contact for support of students and families. Contact your school principal or school district's integration equity coordinator. The following are metro-area services:

### **African American Family Services**

Franklin Office: 100 West Franklin Ave., Mpls., MN.....(612) 813-0782  
St. Paul Office: 1041 Selby Ave., St. Paul, MN.....(651) 642-0043  
.....[www.aafs.net](http://www.aafs.net)

### **Comunidades Latinas Unidas en Servicios (CLUES)**

797 East 7th Street  
St. Paul, MN 55106 .....(651) 379-4200  
.....[www.clues.org](http://www.clues.org)  
Social services for the Hispanic community: Mental health, chemical health, employment and education.

### **Hmong American Partnership**

1075 Arcade Street  
St. Paul, MN .....(651) 495-9160  
.....[mapmail@hmong.org](mailto:mapmail@hmong.org)

### **Hispanos En Minnesota**

155 South Wabasha Street, Suite 128  
St. Paul, MN 55107 .....(651) 227-0831  
.....[www.hispanosenminnesota.org](http://www.hispanosenminnesota.org)  
Chemical health assessments and chemical dependency treatment.

## CULTURALLY DIVERSE SERVICES (cont'd)

### Lao Family Community

St. Paul, MN .....(651) 221-0069

..... [www.laofamily.org](http://www.laofamily.org)

Self help and support for the Hmong and other immigrant populations.

### Neighborhood House

Building doorways for vibrant diverse communities

179 Robie Street E.

St. Paul, MN .....(651) 789-2500

..... [www.neighb.org](http://www.neighb.org)

### United Cambodian Association

529 Jackson Street, Suite 300B

St. Paul, MN 55101 .....(651) 222-3299

..... <http://ucam.real-time.com>

Provides services for low-income people in Minnesota, primarily Cambodian. Services include chemical dependency education and prevention programs.

## DENTAL

### Children's Dental Services

Main office:

636 Broadway Street NE

Minneapolis, MN .....(612) 746-1530

..... [www.childrensdentalservices.org](http://www.childrensdentalservices.org)

### East Metro dental site:

#### District 622 Education Center

2520 E. 12th Avenue

North St. Paul, MN

Serves kids birth to 18 years of age and pregnant women, regardless of family income. Accepts all forms of MA and Assured Care, free or reduced cost care. Staff is multi-lingual. Multiple metro locations.

## **DIVORCE**

### **Dad's and Families Center**

901 South 3rd Street, Suite 207

Stillwater, MN 55082 ..... **(651) 275-1DAD or (651) 275-1323**

..... [www.dadsandfamiliescenter.org](http://www.dadsandfamiliescenter.org)

Drop-in center, legal advice, child support information, on-going support groups.  
Call for more information.

### **Divorce Recovery at Woodbury Lutheran Church**

7380 Afton Road

Woodbury, MN 55125..... **(651) 739-5144 ext 201**

..... [www.woodburylutheran.org/ministries/adult/divrec.php](http://www.woodburylutheran.org/ministries/adult/divrec.php)

Services: Adult support group for divorce, including how to help children cope.

### **Divorce Source**

..... [www.divorcesource.com/groups/minnesota.shtml](http://www.divorcesource.com/groups/minnesota.shtml)

Lists all divorce support groups for Minnesota, by county.

### **Family Means**

1875 Northwestern Avenue South

Stillwater, MN 55082 ..... **(651) 439-4840**

..... [www.familymeans.org](http://www.familymeans.org)

Divorce Groups available at FamilyMeans, all ages.

Divorce Groups available in schools. Age: Elementary.

### **Parents Forever-Education for Families in**

**Divorce (Ramsey and Washington Counties).....(651) 748-7295**

Meets the requirements set by the Minnesota Supreme Court for court ordered parent education for parents going through divorce or unmarried parents with contested issues.

### **Washington County Self Service Center**

14949 62nd Street North

Stillwater, MN 55082 ..... **(651) 430-6296**

Services include: Access to court forms including child custody, orders for protection, child care payments. Assistance in preparation also available. Hours Monday through Friday 8 a.m. to 4:30 p.m. (Assistance: Monday and Tuesdays 8 a.m. to 4:30 p.m.; Wednesdays 8 a.m. to 12:00 p.m.)

(Also see Faith Communities, Mental Health Services or Parent Resources sections for divorce support.)

## DRIVING

Some school districts may offer driver's education. Contact your local school district.

**Alive at 25**—Defensive driving course for young drivers. Four hour classroom program to build confidence among young drivers ages 16-24. Developed by National Safety Council .....(651) 291-7478  
.....[www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org)

### **Capital Driving School**

7095 Centerville Road  
Hugo, MN 55038.....(651) 426-5889

### **Dakota County Technical College**

Defensive Driving Class

Learning techniques to avoid accidents has become one of life's tools to survival. Mastering the ethics and techniques of defensive driving will prevent costly accidents and higher insurance premiums and SAVE LIVES. Attendees include newly licensed or permit drivers, safety-conscious parents, driver training instructors and drivers seeking to improve or enhance their skills in accident avoidance.

Training Coordinator .....(651) 423-8482  
Website: .....[www.customizedtraining.com/publicsafety/defensive.cfm](http://www.customizedtraining.com/publicsafety/defensive.cfm)

### **Midway Driving School**

Lake Elmo, MN 55042 .....(651) 645-1516

### **Safeway Driving School**

Stillwater .....(651) 351-9150

Woodbury.....(651) 702-1083

Maplewood .....(651) 770-2411

White Bear Lake.....(651) 407-7501

.....[www.safewaydrivingschool.net](http://www.safewaydrivingschool.net)

Classroom and behind-the-wheel instruction.

**Teens Inc. Driving School** .....(651) 490-5511

.....[www.teensin driving.com](http://www.teensin driving.com)

Classroom and behind-the-wheel instruction

## EATING DISORDERS

### Emily Group

200 E. Chestnut, Suite 202  
Stillwater, MN 55082 .....(651) 645-5323

or

Court International Building  
2550 University Avenue North  
St. Paul, MN 55114 .....(651) 645-5323

..... [www.emilyprogram.com](http://www.emilyprogram.com)

Services include: Day treatment, outpatient, psychiatric services for individual, groups, and families. (Services limited at Stillwater site) All ages.

### Institute for Eating Disorders

Methodist Hospital  
6490 Excelsior Blvd.  
St. Louis Park, MN 55426.....1-800-862-7412

..... [www.parknicollet.com/edi](http://www.parknicollet.com/edi)

Services include: Outpatient, inpatient, residential, intensive inpatient, and day treatment for anorexia, bulimia, and binge eating. All ages.

## EDUCATIONAL RESOURCES

### Charter Schools

There are a variety of charter schools throughout the county. Below is a list of middle and high school charter schools. For a complete list of charter schools including elementary schools visit MN Association of Charter Schools at [www.mncharterschools.org](http://www.mncharterschools.org).

### Lakes International Language Academy

246 11th Avenue SE  
Forest Lake, MN 55025-1823 .....(651) 464-0771

..... [www.lakesinternational.org](http://www.lakesinternational.org)

### Math and Science Academy (Grades 6-12)

8430 Woodbury Crossing  
Woodbury, MN 55025.....(651) 578-8061

..... [www.mnmsa.org](http://www.mnmsa.org)

### New Heights Charter School (Grades K-12)

614 W. Mulberry Street  
Stillwater, MN 55082 .....(651) 439-1962

..... [www.newheightsschool.com](http://www.newheightsschool.com)

## EDUCATIONAL RESOURCES (cont'd)

### Charter Schools (cont'd)

#### **North Lakes Academy** (Grades 6-9)

255B NW 7th Avenue

Forest Lake, MN 55025.....(651) 982-2773

..... [www.northlakesacademy.org](http://www.northlakesacademy.org)

#### **St. Croix Preparatory Charter School** (Grades K-12)

216 West Myrtle Street

Stillwater, MN 55082 .....(651) 379-6160

..... [www.stcroixprep.org](http://www.stcroixprep.org)

### College Entrance Exams and Preparation

Check with your school for additional programs and services.

- Go to the ACT website if you are interested in taking this college entrance exam. The ACT's are widely accepted at most Minnesota Colleges and Universities.  
..... <http://www.actstudent.org>
- Go to the SAT website if you are interested in taking this college entrance exam. The SAT's are often required for private colleges and universities.  
..... <http://www.collegeboard.com/splash>
- There is a practice test available online to prepare for these exams which includes the SAT and ACT. This test may be a valuable tool, however, it is NOT free and runs around \$15.00..... <http://www.testprepresearch.com/accuplacer>
- There is also a program called Power Prep at St. Paul Academy and Summit School. Power Prep is a short, effective, and affordable option for test preparation that falls somewhere between an eight-week class and looking for help online the night before the test! It's a four-hour workshop offered the Saturday before the SAT and ACT designed to give kids some test-taking strategies, some anxiety-reducing techniques, familiarity with test format, and boost in self confidence, and it costs only \$50.00.

## EDUCATIONAL RESOURCES (cont'd)

### Financial Aid/Scholarships

For more information on Financial Aid or scholarships check with your area high school counseling office or school's website or, visit the following web sites:

- Financial Aid Information Page. Information about loans, scholarships, savings, military aid and tax benefits.  
..... <http://www.finaid.org>
- Federal Student Aid. Information about funding your education, as well as specific help in filling out the FAFSA. (Free application for Federal Student Aid.)  
<http://www.studentaid.ed.gov/PORTALSWebApp/students/english/funding.jsp>
- Free Application for Federal Student Aid. Apply for Financial Aid online. It speeds up the application process ..... <http://www.fafsa.ed.gov>
- Mapping Your Future is a national collaborative, public-service organization of the financial aid industry bringing together the expertise of the industry to provide free college, career, financial aid, and financial literacy services for students, families, and schools. .... <http://mapping-your-future.org/>
- Minnesota Higher Education Services Office. Learn about state grants and programs. .... <http://www.ohe.state.mn.us>
- Student Guide. Student Guide to Financial Aid developed by the US Department of Education  
[http://studentaid.ed.gov/students/publications/student\\_guide/index.html](http://studentaid.ed.gov/students/publications/student_guide/index.html)

There are many **FREE** scholarship searches on the internet.

Check out these searches:

- Avoiding Scholarship Scams  
..... <http://www.ftc.gov/bcp/online/edcams/scholarship>
- FastWeb..... <http://www.fastweb.com>
- FinAid Unusual Scholarships.....  
..... <http://www.finaid.org/scholarships/unusual.phtml>
- Lions Clubs in Minnesota..... [http://lionnet.com/united\\_states\\_mn.html](http://lionnet.com/united_states_mn.html)  
Check to see if they offer scholarships where you live.
- <http://Scholarships.com>
- The Scholarship Workbook... <http://avscholars.com/Scholarship-Workbook>

## EDUCATIONAL RESOURCES (cont'd)

### Financial Aid/Scholarships (cont'd)

- Sign up for the Wells Fargo College STEPS Program to receive information about planning for college and a chance to win the Scholarship Sweepstakes! There are 100 chances to win \$1,000 for college tuition!  
<https://www.wellsfargo.com/student/planning/scholarships/?requestid=147163>

**Bayport Recycling and Solid Waste Scholarship.** Any Bayport resident seeking post high school education at a technical, vocational, community college, or university in an environmental field may apply for this \$500 scholarship. Applicants will be evaluated on their grade point average, as well as the following criteria: Environmental Concerns, Recycling, Community Involvement, Life Goals and Interests and Quality of Character.

**Bill Mainerich Memorial Scholarship.** Any 12th grade student who is on track to graduate in the Spring is eligible to apply. Students must complete an essay that is 800 words or less on: What does it mean to be an American. One scholarship will be awarded in the amount of \$500. .... <http://www.mcass.org/scholarship.html>

**Coca-Cola Scholarship.** The Coca-Cola Scholars Foundation was established in 1986 by your local Coca-Cola Bottler to recognize outstanding seniors. Each year the Foundation awards 250 achievement-based scholarships. Fifty awards are for \$20,000, payable in equal installments over a four-year period. The remaining 200 awards are for \$10,000. The scholarship can be used for any line of study at any accredited U.S. college or university.  
..... <http://www.coca-colascholars.org/cokeWeb/Index.jsp>

**Horatio Alger Scholarship.** The Horatio Alger Association seeks to assist students who have: Demonstrated integrity and perseverance in overcoming adversity, strength of character, financial need, a good academic record, commitment to pursue a college education and a desire to contribute to society.  
..... <http://www.horatioalger.com/scholarships/index.cfm>

**Sam Walton Community Scholarship Program.** This year, Wal-Mart is awarding two \$1,000 Scholarships from each Wal-Mart and Sam's Club Store (that's 7,300 nationwide). Go to the website for more information and to apply.  
<http://www.walmartstores.com/CommunityGiving/236.aspx>

## EDUCATIONAL RESOURCES (cont'd)

### Financial Aid/Scholarships (cont'd)

**University of Minnesota Funds Free Tuition Program** is a need-based program that covers 100% of tuition and fees for eligible students. Through this program, Minnesota residents who are eligible for federal Pell grants will receive free tuition and fees at any University of Minnesota campus: Crookston, Duluth, Morris, Rochester, or Twin Cities. All the details are online.

.....<http://wwwFOUNDERS.umn.edu/index.html>

### Job Corps

#### **Hubert H. Humphrey Job Corps**

1480 North Snelling Avenue

St. Paul, MN 55108 .....(651) 642-1133

.....[www.jobcorps.dol.gov](http://www.jobcorps.dol.gov)

A no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives.

### Parochial Schools

Below is a list of middle and high school parochial schools. For a complete list of parochial schools including elementary schools visit

[www.privateschoolreview.com](http://www.privateschoolreview.com).

#### **Hope Christian Academy NS-12**

8300 Hyde Avenue South

Cottage Grove, MN 55016-0550 .....(651) 459-6438

.....[www.hopechristianacademy.org](http://www.hopechristianacademy.org)

#### **New Life Academy Pre K-12**

6758 Bailey Road

Woodbury, MN 55125-0551 .....(651) 459-4121

.....[www.newlifeacademy.org](http://www.newlifeacademy.org)

#### **Pine Harbor Christian Academy Pre K-8**

11125 Point Douglas Drive South

P.O. Box 54

Hastings, MN .....(651) 438-2259

## EDUCATIONAL RESOURCES (cont'd)

### **Parochial Schools (cont'd)**

#### **St. Ambrose of Woodbury Catholic Pre K-8**

4125 Woodbury Drive  
St. Paul, MN 55129-0551 .....(651) 768-3000  
..... [www.saintambroseofwoodbury.org](http://www.saintambroseofwoodbury.org)

#### **St. Andrew's Lutheran Pre K-8**

1001 Holley Avenue  
Saint Paul Park, MN 55071-0550 .....(651) 459-3021  
..... [www.standrews-lutheran.com](http://www.standrews-lutheran.com)

#### **St. Croix Catholic School**

621 South Third Street  
Stillwater, MN 55082 .....(651) 439-5581  
..... [www.stcroixcatholic.com](http://www.stcroixcatholic.com)

#### **St. Jude of the Lake Pre K-8**

600 Mahtomedi Avenue  
Mahtomedi, MN 55115-0551 .....(651) 426-2562  
..... [www.stjudeofthelake.org](http://www.stjudeofthelake.org)

#### **Salem Lutheran Pre K-8**

14940 62nd Street North  
Stillwater, MN 55082-0550.....(651) 439-7831  
..... [www.salemlutheran.org/school/school](http://www.salemlutheran.org/school/school)

### **Post-Secondary**

#### **Century College**

3300 Century Avenue  
White Bear Lake, MN 55110..... [www.century.cc.mn.us](http://www.century.cc.mn.us)

#### **Globe University**

#### **Minnesota School of Business**

8089 Globe Drive  
Woodbury, MN 55125..... [www.msbcollge.edu](http://www.msbcollge.edu)

#### **Inver Hills Community College**

2500 E. 80th Street  
Inver Grove Heights, MN 55076 ..... [www.inverhills.edu](http://www.inverhills.edu)

## EDUCATIONAL RESOURCES (cont'd)

### Post-Secondary (cont'd)

#### **ITT Technical Institute**

Woodbury Learning Site

2042 Wooddale Drive

Woodbury, MN 55125.....(651) 379-7700

.....[www.itt-tech.edu](http://www.itt-tech.edu)

Technical college in Woodbury for those interested in pursuing opportunities in fields including technology, criminal justice and business.

#### **Job Corps ..... 1-877-US-2JOBS**

The nation's largest most comprehensive residential, education and job training program for at-risk youth, ages 16-24. Job Corps operates 118 primarily residential Job Corps centers located across the country and in Puerto Rico.

#### **Metropolitan State University**

700 7th Street East

St. Paul, MN 55106 .....[www.metrostate.edu](http://www.metrostate.edu)

#### **Minnesota School of Cosmetology**

7166 10th Street North

Oakdale, MN 55128.....[www.mscollege.edu](http://www.mscollege.edu)

#### **Rasmussen College**

8565 Eagle Point Circle

Lake Elmo, MN 55042 ..... [www.rasmussen.edu](http://www.rasmussen.edu)

## EDUCATIONAL RESOURCES (cont'd)

### Post-Secondary (cont'd)

- Search for colleges using the CollegeNET website  
..... <http://www.collegenet.com/about/index.html>
- MN Private Colleges website ..... <http://www.mnprivatecolleges.org>
- Minnesota State Colleges and Universities ..... <http://www.mnscu.edu>
- U of M website, University of Minnesota at Duluth, Morris, Crookston, Rochester or the Twin Cities..... <http://www.umn.edu/twincities/index.php>
- The University of Wisconsin—River Falls is just a short drive from Stillwater  
..... <http://www.uwrf.edu>
- University of Wisconsin System—Check out Wisconsin’s public universities  
..... <http://www.wisconsin.edu/campuses/index.htm>

### Public Schools

These public school districts are completely or partially in Washington County.

- Chisago Lakes School District — ISD #2144**.....(651) 213-2000  
..... [www.chisagolakes.k12.mn.us](http://www.chisagolakes.k12.mn.us)
- Crosswinds East Metro Arts and Science School**.....(651) 379-2600  
..... [www.emid6067.net/Crosswinds](http://www.emid6067.net/Crosswinds)
- Forest Lake Area Schools — ISD #831** .....(651) 982-8100  
..... [www.forestlake.k12.mn.us](http://www.forestlake.k12.mn.us)
- Hastings Public Schools—ISD #200** .....(651) 437-6111  
..... [www.hastings.k12.mn.us](http://www.hastings.k12.mn.us)
- Intermediate School District Northeast  
Metro 916** .....(651) 415-5657  
..... [www.nemetro.k12.mn.us](http://www.nemetro.k12.mn.us)
- Mahtomedi Public Schools — ISD #832** .....(651) 407-2000  
..... [www.mahtomedi.k12.mn.us](http://www.mahtomedi.k12.mn.us)

## EDUCATIONAL RESOURCES (cont'd)

### Public Schools (cont'd)

**North St. Paul, Maplewood, Oakdale Area Public Schools—ISD #622**.....(651) 748-7622  
.....[www.isd622.org](http://www.isd622.org)

**South Washington County Schools — ISD #833**.....(651) 458-6300  
.....[www.sowashco.k12.mn.us](http://www.sowashco.k12.mn.us)

**Stillwater Area Schools — ISD #834**.....(651) 351-8340  
.....[www.stillwater.k12.mn.us/834](http://www.stillwater.k12.mn.us/834)

**White Bear Lake Area Schools— ISD #624**.....(651) 407-7500  
.....[www.whitebear.k12.mn.us](http://www.whitebear.k12.mn.us)

- Check with your school district for Area Learning Center (ALC) options available.
- Check with your school district regarding Community Education opportunities.

### Sober School

North Summit Academy. Sobriety High School provides adolescents recovering from alcohol and drug dependency a comprehensive, four-year high school diploma program in a safe, sober and chemical-free environment. Contact the school for more information.

**North Summit Academy**  
2055 White Bear Avenue North  
Maplewood, MN 55109.....(651) 748-5256  
.....[www.sobrietyweb.org](http://www.sobrietyweb.org)

## EMPLOYMENT AND CAREER RESOURCES FOR YOUTH

### Employment Assistance

The following links are just a sample of the many resources available on the web for young people interested in exploring career options. Your local WorkForce Center or school Career Center can also provide additional sources of information and assistance on career exploration.

- Articles by topic  
..... <http://www.deed.state.mn.us/lmi/publications/topic.htm>
- Career Pursuit  
..... <http://www.iseek.org/mncareers/>
- Career Voyages..... <http://www.careervoyages.gov>
- E-Folio Minnesota..... <http://www.efoliomn.com>
- Equal Employment Opportunity Commission (EEOC) website designed for teenage workers to help increase awareness about discrimination in the workplace  
..... <http://youth.eeoc.gov>
- Healthcare Jobs in Minnesota  
.. <http://www.deed.state.mn.us/lmi/publications/trends/0104/health.htm>
- ISEEK ..... <http://www.iseek.org>
- Job/Career fairs ..... <http://www.deed.state.mn.us/events/index.htm>
- Minnesota Careers ..... <http://www.iseek.org/mncareers/>
- Minnesota Economic Trends  
..... <http://www.deed.state.mn.us/lmi/publications/trends/index.htm>
- Minnesota's Hard-Working Youth  
.. <http://www.deed.state.mn.us/lmi/publications/trends/0104/youth.htm>
- OSHA's Winter Workplace Safety for Youth Workers  
..... <http://www.osha.gov/SLTC/youth/winterjobs/>
- Students.gov ..... <http://students.gov>
- Teens4Hire..... <http://www.teens4hire.org>
- Visit the America's Career Info Net web site for information on current job markets and an exploration of occupational choices..... <http://www.acinet.org>
- What's Happening to the Workweek?  
..... <http://www.deed.state.mn.us/lmi/publications/trends/0900/fact.htm>

### YMCA

#### **Y Skills**

Are you looking for a job? Do you need skills training? Y Skills can help you plan out your job search by developing skills that you will need for successful employment. You will also learn how to complete a job application, practice interview skills and develop your own personal resume. We've got the resources to help you get started.

Check local YMCA's, see p.9

## EMPLOYMENT AND CAREER RESOURCES FOR YOUTH (cont'd)

- **My Future** is a service presented by the United States Department of Defense. The goal of the site is to help students understand the opportunities available to them after graduation, and better prepare them for the choices and challenges they have ahead.

Accordingly, throughout the web site, there are a variety of resources that specifically pertain to planning for the future. Resources include career-planning tips and advice, tools to assess skills and interests and links to external career resources—in the military and beyond.

For ideas. For information. For guidance. **MyFuture.com** is a great starting point for any student thinking about that very important next step after high school.

..... <http://www.myfuture.com>

- The **Occupational Outlook Handbook** is a nationally recognized source of career information, designated to provide valuable assistance to individuals making decisions about their future work lives. .... <http://www.bls.gov/oco>

### Washington County WorkForce Centers

North Service Center  
19955 Forest Road North  
Forest Lake, MN 55025.....

South Service Center  
13000 Ravine Parkway  
Cottage Grove, MN 55016.....

Woodbury Service Center  
2150 Radio Drive  
Woodbury, MN 55125  
Phone: .....(651) 275-8650  
Fax: .....(651) 275-8682  
Website: ..... [www.mnwfc.org/washingtoncounty](http://www.mnwfc.org/washingtoncounty)

## EMPLOYMENT AND CAREER RESOURCES FOR YOUTH (cont'd)

Tree Trust

2350 Wycliff Street, Suite 200

St. Paul, MN 55114

Summer employment opportunities that are directly linked to academic and occupational skill learning.

Fax: ..... **(651) 644-1469**

Website: ..... [www.treetrust.org](http://www.treetrust.org)

## FAITH COMMUNITIES

Many faith communities offer outreach, spiritual and social support for youth through youth groups, youth service projects or theater, etc. Contact a local faith community about youth programs. The Minnesota Council of Churches provides a statewide list of faith communities

Phone ..... **(612) 870-3600**

..... [www.mnchurches.org](http://www.mnchurches.org)

## GAY, LESBIAN, BISEXUAL AND TRANSGENDER RESOURCES

Check with your school counseling office. Some schools offer GLBT support or extra curricular groups.

### **District 202**

1601 Nicollet Avenue South

Minneapolis, MN .....(612) 871-5559

..... [www.dist202.org](http://www.dist202.org)

A youth community center committed to providing social, cultural and educational opportunities by and for GLBT youth and their friends ages 13-21.

**Out In The Valley** ..... (651) 822-0127 ext. 502

..... [www.oitv.org](http://www.oitv.org)

The Minnesota/Wisconsin St. Croix River Valley's community service and social organization for gay, lesbian, bisexual and transgender people and their friends, families and allies.

### **Outfront Minnesota**

310 38th Street East, #204

Minneapolis, MN 55409-1337 .....(612) 822-0127

..... [www.outfront.org](http://www.outfront.org)

### **Parents, Families, and Friends of Lesbians and Gays (PFLAG) St. Paul/Minneapolis**

P.O. Box 19290

Minneapolis, MN 55419 .....(612) 825-1660

..... [www.pflagtc.org](http://www.pflagtc.org)

Promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, their families and friends.

## GRIEF AND LOSS RESOURCES

The following resources specialize in grief and loss support. See also Mental Health Services—these counseling agencies also provide support for grief and loss.

### **Center for Grief, Loss and Transition**

1133 Grand Avenue

St. Paul, MN 55105 .....(651) 641-0177

.....[www.griefloss.org](http://www.griefloss.org)

Variety of therapeutic support groups for those experiencing grief and loss including:

- suicide survivor groups
- child loss
- parent loss
- children, tweens and teens loss group
- siblings or friend loss group

Individual, family and groups. Significant loss due to death or other life experience. Kids Kamp ages 5 to 12

### **Kids and Teens in Grief (sponsored by Lakeview Hospital)**

Boutwells Landing

5600 Norwich Parkway

Oak Park Heights, MN 55082 .....(651) 430-4586

Kids and Teens in Grief: Growing Through Life's Losses. Six week program held Thursday evenings, 6 p.m. to 7:15 p.m. No fee. Registration required. For those who have experienced the death of a family member or close friend. Offers compassionate help and support at a critical time.

Adult group for parents and guardians runs concurrently with youth program. Offers adult a chance to share concerns and maximize support for youth.

### **Woodwinds Hospital Grief Support for Youth and their Families**

Woodwinds Health Campus—Room A

1925 Woodwinds Drive

Woodbury, MN 55125.....(651) 232-3543

.....[www.healtheast.org](http://www.healtheast.org)

Grief support workshops for school-aged youth (5-18), parents and caregivers held on Saturday mornings. Registration is required. Group is free, donations are welcome.

## HEALTH CARE

### **Allina Medical Clinic—Forest Lake**

1540 South Lake Street  
Forest Lake, MN 55052.....(651) 464-7100  
..... [www.allina.com](http://www.allina.com) (click on clinics)

### **Face to Face Health and Counseling Services**

1165 Arcade Street  
St. Paul, MN 55106 .....(651) 772-5555  
..... [www.face2face.org](http://www.face2face.org)  
Adolescent services, birth control, pregnancy and STI tests.

### **Family Tree Clinic**

1619 Dayton Avenue  
St. Paul, MN 55104 .....(651) 645-0478  
..... [www.familytreeclinic.org](http://www.familytreeclinic.org)  
Adolescent services, birth control, pregnancy and STI tests.

### **Lakeview Hospital**

927 Churchill Street West  
Stillwater, MN 55082 .....(651) 439-5330  
..... [www.lakeview.org](http://www.lakeview.org)

### **Minnesota Family Planning and STD Hotline .....1-800-78-FACTS**

Free confidential, statewide information about sex, birth control, sexually transmitted infections and health care referrals.

### **NOW Express Care**

1801 Market Drive  
Stillwater, MN 55082 .....(952) 767-2440  
..... [www.nowcare.com](http://www.nowcare.com)  
Located inside Cub Foods in Stillwater

### **Outlook Clinic**

Fairview Lakes  
6413 Oak Street  
North Branch, MN 55056 .....(651) 674-4570  
Adolescent services; birth control, pregnancy and STI tests.

### **Prairie St. John's**

1701 Currell Blvd., Suite 100  
Wodbury, MN 55125 .....(651) 259-9750  
Partial hospital and intensive outpatient mental health programs.

## HEALTH CARE (cont'd)

### Regions Hospital

640 Jackson Street  
St. Paul, MN 55101 .....(651) 254-3456  
.....[www.regionshospital.com](http://www.regionshospital.com)

### Regina Medical Center

1175 Nininger Road  
Hastings, MN 55033 .....(651) 480-4100  
.....[www.reginamedical.org](http://www.reginamedical.org)

### St. John's Hospital

1575 Beam Avenue  
Maplewood, MN 55109 .....(651) 232-7000  
.....[www.stjohnshospital-mn.org](http://www.stjohnshospital-mn.org)

**St. Mary's Health Clinics** .....(651) 690-7029  
.....[www.stmaryshealthclinics.org](http://www.stmaryshealthclinics.org)

Free clinic at a variety of Twin Cities locations-patients must meet certain requirements

### St. Croix Family Medical Clinic

5640 Memorial Avenue North, Suite B  
Stillwater, MN 55082 .....(651) 430-1880  
.....[www.southsidechs.org](http://www.southsidechs.org)

Comprehensive, confidential medical care that offers sliding fee scale based on family size and income. Insurance accepted. Same day appointments and walk-ins welcome.

### Woodbury PLAN Express Care Clinic

(Planned Parenthood)  
1795 Radio Drive, Suite D  
Woodbury, MN 55125.....(651) 696-5550  
.....[www.plannedparenthood.org](http://www.plannedparenthood.org)

### Woodwinds Health Campus

1925 Woodwinds Drive  
Woodbury, MN 55125.....(651) 232-0228  
.....[www.woodwinds.org](http://www.woodwinds.org)

## HEALTH CARE COVERAGE

### Portico Healthnet

2610 University Ave. West, Suite 550

St. Paul, MN 55114 .....(651) 603-5100

Provides assistance with finding healthcare coverage, free service.

## HOUSING

**Emergency Shelters** ..... 2-1-1

**or** .....(651) 291-0211

Call for locations and numbers

### Hubert H. Humphrey Job Corps

1480 North Snelling Avenue

St. Paul, MN 55108 .....(651) 642-1133

.....[www.jobcorps.dol.gov](http://www.jobcorps.dol.gov)

A no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives.

**National Runaway Switchboard**.....(800) 621-4000

24-hour hotline, information and services

**The Bridge for Runaway Youth**.....(612) 377-8800

Provides immediate shelter and safety for youth in crisis, ages 10-17.

**Washington County Housing Coordinator**.....(651) 420-6529

**Youthlink** .....(612) 252-1200

.....[www.youthlinkmn.org](http://www.youthlinkmn.org)

Specializes in the multiple needs of homeless and precariously housed youth (14-21). Street outreach, emergency crisis assistance, basic needs support, case management, housing support services, education, career/life transition planning and health and wellness.

## INTERNET SAFETY

Check educational offerings through local school district or community education.

**Children and Parent Connection of Washington County ...** [www.wccapc.com](http://www.wccapc.com)

**National Institute on Media and the Family .....** **1-888-672-KIDS(5437)**  
Building healthy families through wise use of media

**Netsmartz .....** [www.netsmartz.com](http://www.netsmartz.com)  
Educational resource from the National Center of Missing Children on various internet safety topics.

**On-line crime reporting .....** [www.cybertipline.com](http://www.cybertipline.com)

**Victim Intervention and Recovery Program (HSI)**  
24 hour telephone crisis..... **(651) 777-1117**  
Business Office..... **(651) 458-4116**

**Washington County Sheriff's Office .....** **(651) 439-9381**  
..... [www.wcsheriff.net](http://www.wcsheriff.net)  
Education and investigations, DARE, Internet Safety, drugs/alcohol/tobacco awareness, drug K-9 searches and crime prevention.

## LEGAL SERVICES

**Chrysalis Center for Women .....** **(612) 871-0118**  
..... [www.chrysaliswomen.org](http://www.chrysaliswomen.org)  
Legal assistance for women, divorce information, referrals to private attorneys.

**Dads and Families Center .....** **(651) 275-1DAD or (651) 275-1323**  
..... [www.dadsandfamiliescenter.org](http://www.dadsandfamiliescenter.org)  
Family law clinic, once a month.

**Dial Lawyers .....** **(612) 529-9377**  
Referrals given to local lawyers.

**Disability Law Center .....** **(612) 332-1441**  
..... [www.mndlc.org](http://www.mndlc.org)  
Free legal services for persons with developmental disabilities.

## LEGAL SERVICES (cont'd)

**HomeLine**.....(612) 728-5767  
Tenant hotline regarding rights and responsibilities.

**Legal Assistance for Washington County**.....(651) 351-7172  
Provides legal assistance in civil matters for people who cannot afford a private lawyer. Civil matters include divorce, child support, visitation, paternity, wills, consumer and tenant issues. Must meet certain financial requirements.

### **Tubman Family Alliance**

**East Metro**.....(651) 770-0777

**West Metro** .....(612) 825-0000

.....[www.tubmanfamilyalliance.org](http://www.tubmanfamilyalliance.org)

Legal advocacy for domestic violence, orders for protection, shelter or to talk on the phone.

## LIBRARIES

Please check with your local library for programs, events, music, book clubs and much more. [www.co.washington.mn.us/info\\_for\\_residents/library/](http://www.co.washington.mn.us/info_for_residents/library/)

### **Bayport Public Library**

Bayport, Minnesota .....(651) 275-4416

### **Hardwood Creek Public Library**

Forest Lake, Minnesota.....(651) 464-4088

### **Marine Branch Library**

Marine on the St. Croix, Minnesota .....(651) 433-2820

### **Newport Branch Library**

Newport, Minnesota .....(651) 459-9631

### **Oakdale Branch Library**

Oakdale, Minnesota.....(651) 730-0504

### **Park Grove Branch Library**

Cottage Grove, Minnesota.....(651) 459-2040

### **R.H. Stafford Branch Library**

Woodbury, Minnesota.....(651) 731-1320

## LIBRARIES (cont'd)

### **Rosalie E. Wahl Library**

Lake Elmo, Minnesota .....(651) 777-7415

### **Stillwater Public Library**

Stillwater, Minnesota .....(651) 275-4338

### **Valley Branch Library**

Lakeland, Minnesota .....(651) 436-5882

### **Wildwood Branch**

Mahtomedi, Minnesota .....(651) 426-2042

## MEN'S/FATHER SERVICES

### **Dads' and Families Center**

901 South 3rd Street, Suite 207

Stillwater, MN 55082 ..... (651) 275-1DAD or (651) 275-1323

..... [www.dadsandfamiliescenter.org](http://www.dadsandfamiliescenter.org)

Drop-in center, legal advice, child support information, on-going support groups.  
Call for more information.

## MENTAL HEALTH SERVICES

If you or someone you care about struggles with mental health you are not alone. One person in six needs some type of mental health care. For many people, finding the services they need is complex and confusing. The purpose of this list is to help make “accessing the system” and finding appropriate resources simpler and less time consuming. The list below is not all-inclusive. It does include mental health resources located in Washington County and the adjoining metro area.

### Emergency Services

**Human Services, Inc. (HSI) Crisis Line .....(651) 777-5222**

A mental health professional is available for anyone experiencing a crisis involving: Suicidal feelings, depression, anxiety or panic, hopelessness, hallucinations, rapid mood swings.

**HSI Crisis Clinic .....(651) 777-5222**

Emergency counseling by a mental health professional 365 days/year; 9 a.m. to 11 a.m. Walk-ins welcome.

**HSI Mobile Crisis Response .....(651) 777-5222**

Short term support on-site, at home, school or community. Available 24 hours-a-day, 7 days a week for one to seven sessions within a 14 day period, with referrals for ongoing support.

**Ramsey County Crisis Response (under 18 yrs of age).....(651) 774-7000**

(Over 18 years of age).....(651) 266-7900

**National Suicide Prevention Lifeline .... 1-800-273-TALK or 1-800-273-8255**

TTY..... 1-800-799-4TTY or 1-800-799-4889

..... [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

\*\*If you are experiencing an immediate, life-threatening situation, go to the nearest hospital emergency room or call **9-1-1**.

## MENTAL HEALTH SERVICES (cont'd)

Talking to your family doctor or school staff is a good way to get connected to a mental health professional. Services often are covered by insurance. Check with your health plan for approved mental health providers. The following is a list of providers for youth and families. They can bill insurance or use a sliding fee scale for payment. If your situation is a crisis, say this when you call for an appointment. This list does not include private therapists who specialize in teen mental health.

### Outpatient Services:

#### Children's Home Society & Family Services

Offices in St. Paul and Roseville.....(651) 635-0477  
..... [www.chsfs.org](http://www.chsfs.org)

#### FamilyMeans

Offices in Stillwater, Woodbury and Hudson, WI .....(651) 439-4840  
..... [www.familymeans.org](http://www.familymeans.org)

#### Lakes Area Youth Service Bureau

Serving northern Washington County.....(651) 464-3685  
..... [www.ytblakesarea.org](http://www.ytblakesarea.org)

#### HSI (Human Services, Inc.)

Offices in Stillwater, Oakdale, Forest Lake and Cottage Grove ....(651) 777-5222  
TDD .....(651) 770-6834  
..... [www.hsicares.org](http://www.hsicares.org)

**Project Pathfinder** .....(651) 644-8515  
..... [www.projectpathfinder.org](http://www.projectpathfinder.org)

Counseling and guidance to young men and women who are engaging in sexual behaviors that do harm. Services include evaluations, sexual offender treatment, education and consultation.

#### White Bear Lake Area Community Counseling Center

Serving White Bear Lake, Mahtomedi, Hugo  
and Birch Lake Village.....(651) 429-8544  
..... [www.whitebearlake.org/CCC/ccs.htm](http://www.whitebearlake.org/CCC/ccs.htm)

#### Youth Services Bureau, Inc.

Offices in Stillwater, Woodbury, Cottage Grove and  
Hudson, WI .....(651) 439-8800  
..... [www.yzb.net](http://www.yzb.net)

## MENTORING

Mentoring means to serve as a trusted counselor or teacher to someone.

### Adult Mentors

There are a variety of mentoring opportunities for adults to mentor youth. The Mentoring Partnership of Minnesota lists organizations that accept volunteer mentors.

.....[www.mentoringworks.org/washington.html](http://www.mentoringworks.org/washington.html)

### Teen Mentors

**Growing Communities for Peace** .....(651) 275-2475

A three-tier mentoring program. Community leaders are trained who in turn train teens, who in turn train pre-K through grade 3 children in peacemaking skills and conflict resolution. This process builds in long-term relationship development for teen children.

## PARENT/CAREGIVER RESOURCES

### Children and Parent Connection of Washington County (CAPC)

.....(651) 430-6643

.....[www.wccapc.com](http://www.wccapc.com)

Community organization, businesses and community members working to prevent child abuse and neglect by promoting positive parenting, healthy families, and supportive communities in Washington County.

**Community Education** within each school district offers a variety of parent education and resources such as, promoting positive parenting classes, ADD/ADHD support, parents forever (education for families in divorce) classes and more. Check your school district's community education office.

**Forest Lake Community Education** .....(651) 982-8100

.....[www.forestlake.k12.mn.us/community\\_education/programs](http://www.forestlake.k12.mn.us/community_education/programs)

**Mahtomedi Community Education**.....(651) 407-2037

.....[www.mahtomedi.k12.mn.us](http://www.mahtomedi.k12.mn.us)

**North St. Paul, Maplewood, Oakdale Community Education** .....

.....(651) 748-7280

.....<http://communityeducation.webaloo.com/>

## PARENT/CAREGIVER RESOURCES (cont'd)

### Community Education—cont'd

**Stillwater Community Education** .....(651) 351-8300  
..... <http://web.stillwater.k12.mn.us/csb/ce>

**South Washington County Community Education**  
School Aged Family Education (SAFE) .....(651) 768-6416  
..... [www.cecool.com](http://www.cecool.com)

**Dad's and Families Center** .....(651) 430-1880  
..... <http://dadsandfamiliescenter.org/dfcevents/familylawclinic.html>  
Helps men develop the skills they need to be the kind of father their children need.

**Fetal Alcohol Spectrum Disorder (Regional Network)**.....(651) 351-3152  
..... [www.fasdrn.nonprofitoffice.com](http://www.fasdrn.nonprofitoffice.com)  
Support group for parents/caregivers who are parenting a child with FASD.

**Lakes Area Youth Service Bureau—Forest Lake**  
244 North Lake Street  
Forest Lake, MN 55025.....(651) 464-3685  
..... [www.ytblakesarea.org](http://www.ytblakesarea.org)  
Hot topic parenting workshops and Saturday events, telephone consultation for parenting support, support groups, parenting packets.

**Parent Advocacy Coalition for Educational Rights (PACER)**  
.....(952) 838-9000  
..... [www.pacer.org](http://www.pacer.org)  
Non-profit organization that assists parents and families of children with disabilities.

**Parents Forever-education for families in divorce  
(Ramsey and Washington Counties)** .....(651) 748-7295  
Meets the requirements set by the Minnesota Supreme Court for court ordered parent education for parents going through divorce or unmarried parents with contested issues.

**Parent Skills Training and Support**  
Counseling Psychologists of Woodbury  
1789 Woodlane Drive, Suite C  
Woodbury, MN 55125.....(651) 739-7539

## PARENT/CAREGIVER RESOURCES (cont'd)

### Portico Healthnet Responsible Adolescent Parenting

**Group** .....(651) 275-8270

Pregnant and parenting teens up to the age 21 are welcome to join the Responsible Adolescent Parenting group at the St. Croix Valley Area Learning Center. The program works with pregnant and parenting teens to provide tools to be successful parents, bond with their children and set personal and family goals, and connect with community resources.

**Portico Healthnet** .....(651) 603-5100

Information and assistance in connecting uninsured individuals and families, with health care coverage.

### Washington County Services

A public health nurse can make support calls or home visits to women who are pregnant or parenting. Call a public health nurse if you need assistance with questions about pregnancy or parenting.

Examples of topic areas addressed by a public health nurse: Prenatal care, decision-making, healthy lifestyles, labor and delivery, nutrition, community resources, daycare, housing, child growth and development, support for finishing school, reproductive health education and referrals.

The following are commonly used resources by young parents:

### Washington County

**Public Health Nurse** .....(651) 430-6655

**Financial Intake** .....(651) 430-6459

**Child Care Assistance** .....(651) 430-6459

**Women Infant and Children (WIC) food program** .....(651) 430-6658

**For complete listing of Washington County resources for young parents:**

.....[www.co.washington.mn.us/publichealth](http://www.co.washington.mn.us/publichealth)

### White Bear Lake Area Community Counseling Center

1280 North Birch Lake Blvd.

White Bear Lake, MN 55110.....(651) 429-8544

.....<http://www.whitebearlake.org/CCC/ccs.htm>

Parenting classes on divorce, blended families and teens; support groups.

(see Websites for Teens, Parents and Caring Adults, p. 50 )

## PREGNANCY

### **Children’s Home Society and Family Services.....(651) 646-7771**

Counselors assist women and men who are experiencing an unplanned pregnancy.  
Services are free and in St. Paul.

### **Face to Face Health and Counseling Services**

1165 Arcade Street

St. Paul, MN 55106 .....(651) 772-5555

.....[www.face2face.org](http://www.face2face.org)

Adolescent services, birth control, pregnancy and STI tests.

### **Family Tree Clinic**

1619 Dayton Avenue

St. Paul, MN 55104 .....(651) 645-0478

.....[www.familytreeclinic.org](http://www.familytreeclinic.org)

Adolescent services, birth control, pregnancy and STI tests.

### **Lakeview Hospital**

927 Churchill Street West

Stillwater, MN 55082 .....(651) 439-5330

.....[www.lakeview.org](http://www.lakeview.org)

### **Minnesota Family Planning and STD Hotline .....1-800-78-FACTS**

Free confidential, statewide information about sex, birth control, sexually transmitted infections and health care referrals.

### **NOW Express Care**

1801 Market Drive

Stillwater, MN 55082 .....(952) 767-2440

.....[www.nowcare.com](http://www.nowcare.com)

Located inside Cub Foods in Stillwater

### **Outlook Clinic**

Fairview Lakes

6413 Oak Street

North Branch, MN 55056 .....(651) 674-4570

Adolescent services; birth control, pregnancy and STI tests.

(See also Parent/Caregiver Resources p. 44)

## PREGNANCY (cont'd)

### St. Croix Family Medical Clinic

5640 Memorial Avenue North, Suite B

Stillwater, MN 55082 .....(651) 430-1880

..... [www.southsidechs.org](http://www.southsidechs.org)

Comprehensive, confidential medical care that offers sliding fee scale based on family size and income. Insurance accepted. Same day appointments and walk-ins welcome.

### Woodbury PLAN Express Care Clinic

(Planned Parenthood)

1795 Radio Drive, Suite D

Woodbury, MN 55125.....(651) 696-5550

..... [www.plannedparenthood.org/centerDetails.asp?id=1088](http://www.plannedparenthood.org/centerDetails.asp?id=1088)

Birth control with education, pregnancy tests, sexually transmitted disease testing.

## SAFE PLACE FOR NEWBORNS

No one knew you were pregnant. Now you have a baby and you don't know what to do. Don't panic-there is a Safe Place for your newborn.

### Safe Place for Newborns

Crisis Line.....1-877-440-2229

Business Line.....(612) 875-2873

..... [www.safeplacefornewborns.com](http://www.safeplacefornewborns.com)

Alternative for a mom who might otherwise abandon her newborn. Babies up to 3 days old may be left at **any** Minnesota hospital. No questions asked. Confidential.

The mission of Safe Place for Newborns — to save the lives of newborn children. Safe Place for Newborns exists to prevent the abandonment of newborn children, thus helping to preserve the health and future of their mothers.

## SEXUAL ASSAULT

### **Victim Intervention & Recovery Program– Human Services, Inc. (HSI)**

24 hour telephone crisis line for sexual assault victims ..... **(651) 777-1117**

Business Office ..... **(651) 255-8559**

24 hour telephone crisis line, counseling, advocacy and education.

### **National Sexual Assault Hotline ..... 1-800-656-HOPE or 1-800-656-4613**

..... [www.rainn.org](http://www.rainn.org)

Contact your school teacher, social worker or guidance counselor for information on a variety of support groups for youth within the school setting.

## SUPPORT GROUPS

Check local school counseling offices. Outside of the school setting, outpatient mental health providers often offer individual or group support sessions. See Mental Health Outpatient Services or specific topic areas listed in this guide about existing support services.

### **Social Skills Groups for Youth with Asperger’s Syndrome**

Counseling Psychologists of Woodbury

1789 Woodlane Drive, Suite C

Woodbury, MN 55125..... **(651) 739-7539**

Social skills groups for middle school and high school aged youth designed to teach them a wide range of techniques and strategies to better manage themselves personally and socially in their home, school and community.

### **Acres for Life ..... (651) 257-4159**

..... [www.acresforlife.com](http://www.acresforlife.com)

Equine-assistance psychotherapy and equine-assistive learning. Classes include juvenile substance abuse recovery, healthy relationships for girls, empowerment classes for women.

## WEBSITES FOR TEENS, PARENTS AND CARING ADULTS

- A Family Guide to Keeping Youth Mentally Healthy and Drug Free ..... [www.family.samhsa.gov](http://www.family.samhsa.gov)
- Children and Parent Council of Washington County (CAPC)..... [www.wccapc.com](http://www.wccapc.com)
- Institute on Media and the Family ..... [www.mediafamily.org](http://www.mediafamily.org)  
Building healthy families through wise use of the media
- Let's Talk—supports parents and teens in efforts to talk openly and honestly about healthy relationships and sexuality.  
..... [http://www.moapp.org/outreach/lets\\_talk\\_month.html](http://www.moapp.org/outreach/lets_talk_month.html)
- National Mental Health Association ..... [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)
- NIDA (National Institute on Drug Abuse) for Teens..... [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)
- National Center of Missing Children  
Resources on internet safety topics..... [www.netsmartz.org](http://www.netsmartz.org)
- Parenting Education Resources  
University of Minnesota Extension Program—wide variety of resources including publications for parents..... [www.parenting.umn.edu](http://www.parenting.umn.edu)
- Parenting Teens On-line ..... [www.parentingteensonline.com](http://www.parentingteensonline.com)
- Teen Health 411 ..... [www.teenhealth411.org](http://www.teenhealth411.org)
- Shoulder-to-Shoulder/Raising  
Teens Together..... [www.shouldertoshoulderminnesota.org](http://www.shouldertoshoulderminnesota.org)
- Talking With Kids About Tough Issues ..... [www.talkingwithkids.org](http://www.talkingwithkids.org)
- The National Campaign to Prevent Unwanted and  
Teen Pregnancy ..... [www.thenationalcampaign.org](http://www.thenationalcampaign.org)
- Washington County Youth—committed to helping you help  
others—website by and for teens..... [www.wacydasp.org](http://www.wacydasp.org)