



## Family Resources

***Emergency – Police – Ambulance - Call 911***

**JUNE 2011**

**This resource directory was prepared by  
Washington County Department of Public Health & Environment**

***EQUAL EMPLOYMENT OPPORTUNITY / AFFIRMATIVE ACTION***

**Adult Basic Education Learning Centers** (Call your school district listed in this brochure under Education.)

**Adult Literacy Hotline** [www.themlc.org](http://www.themlc.org) ..... 1-800-222-1990

Referrals to Adult Basic Education, Literacy, GED, and ESL programs throughout Minnesota, and citizenship classes.

**Century College**..... 651-779-3341 or 651-779-5787

The consolidation of Lakewood Community College and Northeast Metro Technical College, offers liberal arts and science programs, and technical and occupational programs.

**Family Learning Program**

A program for parents and their young children including Adult Basic Education, GED, English as a Second Language, parenting discussions and activities for children.

**Forest Lake**..... 651-982-8300

**North St. Paul, Maplewood, Oakdale** ..... 651-748-6225

**South Washington County** ..... 651-458-6600

**Stillwater**..... 651-351-8476

**Car Seats**

**Car seats for U-Care Members** ..... 651-430-6655

**Car seats for Medica PMAP & Blue Plus PMAP Members** .....  
Please call the information number on the back of your card.

**Portico Healthnet** ..... 651-275-8270 or 651-603-5100

Child passenger safety technicians provide care seat inspections based on a sliding fee scale. By appointment only.

**Safe Kids (Minnesota Safety Council)**.....651-291-9150 or 800-444-9150

Child passenger safety information

**Child Care**

**Adults and Children Alliance**..... 1-800-433-8108

or..... 651-481-9320

A free referral service for child and adult care, food programs, and support services.

**FamilyMeans (Child Respite Care Program)**..... 651-439-4840

Providing informal care for children with disabilities on a limited basis.

**Lakeview Hospital’s “Healing Time”** ..... 651-430-3320

Provides child care on short notice to sick children in their homes to enable parents to continue to work or seek employment.

**Mom’s Day Out**

**New Life, Woodbury** [www.newlife4u.org](http://www.newlife4u.org) ..... 651-757-4337

**St. Rita’s, Cottage Grove** [www.saintritas.org](http://www.saintritas.org) ..... 651-459-4596

**Trinity Lutheran, Stillwater (Little Tots & Polka Dots)** [www.trinitylc.org](http://www.trinitylc.org) ..... 651-439-7400

**Resources for Child Caring** [www.resourcesforchildcare.org](http://www.resourcesforchildcare.org) ..... 651-641-0305

Provides individualized referrals to family child care providers, centers, preschool programs, and school-age programs. Assists parents in evaluating and choosing quality child care.

**School-Age Child Care** The following programs provide child care for children in grades kindergarten through sixth grade, before and after school, all day care during the summer, and most non-school days. Full- and part-time care available. For more information, call the school district your child attends:

**Forest Lake**..... 651-982-8365      **South Washington County**..... 651-458-6602

**Mahtomedi** ..... 651-407-2029      **Maplewood, Oakdale, North St. Paul**..... 651-748-7432

**Stillwater**..... 651-351-8458      **White Bear Lake** ..... 651-407-7510

**United Cerebral Palsy of Minnesota** [www.ucp.org](http://www.ucp.org) ..... 651-646-7588

**Washington County Community Services (Child Care Assistance)**..... 651-430-6459

Helps families that meet guidelines pay for child care so they can work.



**PrairieCare/Prairie St. John's** [www.prairie-care.com](http://www.prairie-care.com) or [www.prairie-stjohns.com](http://www.prairie-stjohns.com) .....888-9-PRAIRIE  
 Comprehensive psychological and psychiatric assessment and treatment for those who are suffering from psychiatric conditions. Services include Partial Hospital Program, Intensive Outpatient Program and Clinical Services.

**Rebecca Residence - Scandia** [www.havenchemicalhealth.com](http://www.havenchemicalhealth.com) ..... 651-433-5839  
 Treatment for chemical dependency. Ten-bed women's program.

**State Services for the Blind (SSB)** [www.mnssb.org](http://www.mnssb.org) ..... 651-642-0500  
 Provides advocacy counseling and education to families with blind or visually handicapped children.

**White Bear Lake area & Mahtomedi Community Counseling Center** [www.whitebearlake.org](http://www.whitebearlake.org) ..... 651-429-8544  
 Counseling, referral, support for youth and families in the White Bear Lake & Mahtomedi School Districts.

**Wilder Violence Prevention & Intervention Services (VPIS)** ..... 651-280-2054  
 Counseling to victims of domestic abuse and anger management for abusers.

**Working Family Resource Center** ..... 651-293-5330  
 Seminars on work/life topics throughout lifespan.

**Lakes Area Youth Service Bureau** ..... 651-464-3685

**Youth Service Bureau.** Prevention, intervention, and counseling services provided to elementary through high school aged youth and their families. Services include individual and family counseling and diversion/restorative justice programs.

**Stillwater** ..... 651-439-8800

**Cottage Grove** ..... 651-458-5224

**Woodbury** ..... 651-735-9534

**Crisis Numbers - Most Answered 24 Hours a Day**

**American Red Cross** [www.redcross.org](http://www.redcross.org) .....651-439-0031  
 Providing food, clothing and shelter for families who are victims of disaster.

**Crisis Connection** ..... 1-888-379-6363 or 612-379-6363  
 Confidential phone counseling and referral.

**Domestic Violence Crisis Line (24 hour number)** ..... (East Metro) 651-770-0777  
 or ..... (West Metro) 612-825-0000  
 Support, referral, and shelter.

**First Call For Help** [www.unitedwaytwincities.org](http://www.unitedwaytwincities.org) .....2-1-1  
 or .....800-543-7709 or 651-291-0211

**HSI Crisis Clinic** ..... 651-777-5222  
 Face-to-face emergency counseling. Fees based on sliding fee. No denial of service due to inability to pay.

**Minnesota Relay Service** ..... 1-800-627-3529 or 711  
 Voice & 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).

**Missing Children Minnesota** [www.missingchildrenmn.org](http://www.missingchildrenmn.org) ..... 888-786-9355 or 888-RUN-YELL  
 Assistance in searching for missing children and information on search procedures and resources and prevention education. Hours 9am – 5pm. (Phones answered 24 hours.)

**National Runaway Switchboard** [www.1800runaway.org](http://www.1800runaway.org) ..... 1-800-786-2929 or 800-RUN-AWAY

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

**Poison Control** ..... 1-800-222-1222  
 Emergency and general information concerning poisoning.

**PrairieCare/Prairie St. John's** .....888-9-PRAIRIE  
 24/7 ability to schedule a free needs assessment.

**Sexual Assault Answering Service** ..... 651-777-1117  
 Phone counseling, information, & referral, advocacy & accompaniment to hospital, police, and courtroom.

**Tubman Family Alliance (24 hour number)** ..... (East Metro) 651-770-0777  
 or [www.tubman.org](http://www.tubman.org) ..... (West Metro) 612-825-0000  
 Crisis Intervention and safe homes for women in suburban Washington County and Ramsey County.

**Washington County Mental Health Crisis Line (24 hour line)** .....651-777-5222  
 Information, referral, and counseling for people living in Washington County.

**Washington County Adult Intake**..... 651-430-6484  
 Call to report adult abuse and neglect.

**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 5pm to 8am, weekends and holidays.

**Development**

**Early Childhood Screening** Required by state law before children start kindergarten. Children are generally screened at 3 ½ - 4 years old. Children are screened for vision, speech, hearing, and development. There is no charge for this service. Parents may also call if they are concerned about their child’s development.

**Forest Lake**..... 651-982-8300

**Mahtomedi** ..... 651-407-2035

**Maplewood, Oakdale, North St. Paul** ..... 651-748-7289

**South Washington County** ..... 651-458-6658

**Stillwater**..... 651-351-8352

**White Bear Lake**..... 651-773-6186

**Early Intervention Network (EIN) Help Me Grow Washington County** ..... 651-430-6700  
 Free service available to families having concerns about their child from birth to three years of age.

**Follow-Along Program** ..... 651-430-6750  
 Mailed developmental screening questionnaires for children ages 4 - 48 months.

**Minnesota State Council on Disability [www.disability.state.mn.us](http://www.disability.state.mn.us)** ..... 1-800-945-8913 or 651-361-7800  
 Voice & TTY. Provides information & referrals regarding resources for equipment, legislation, development of programs, and information on handicapped-accessible buildings.

**Washington County Community Services – Developmental Disabilities Unit (DD)**..... 651-430-6484  
 The Developmental Disabilities (DD) Unit provides services for eligible children with developmental disabilities. Services include case management, assessment of the child, and the development of a service plan to address the child’s needs. Call for further information on other services.

**Education**

**Alternative K-12 School**

**Lakes International Language Academy (K-5)**..... 651-464-0771

**New Heights Charter School**..... 651-439-1962

**North Lakes Academy Charter School** ..... 651-982-2773

**Community Education**

**Forest Lake**..... 651-982-8110

**Mahtomedi**..... 651-407-2037

**North St. Paul, Maplewood, Oakdale** ..... 651-748-7630

**South Washington County** ..... 651-458-6600

**Stillwater**..... 651-351-8300

**White Bear Lake** ..... 651-407-7501

**Early Childhood Special Education (ECSE)** Coordination of all appropriate special education services and related services for special needs children ages birth through school entry.

**Forest Lake**..... 651-982-8369

**Mahtomedi**..... 651-407-2017

**North St. Paul, Maplewood, Oakdale** ..... 651-702-8450

**South Washington County** ..... 651-458-6658

*Continued on Next Page*

**Early Childhood Special Education (ECSE) Cont'd**

**Stillwater**.....651-351-8360  
**White Bear Lake** .....651-653-3100

**Early Intervention Network (EIN) Help Me Grow Washington County** .....651-430-6700

Free service available to families having concerns about their child from birth to three years of age.

**Head Start**.....763-783-4300

A comprehensive child development program primarily for children ages 3-5 serving families with low incomes. There is no cost. Head Start focuses on the child’s physical, intellectual, emotional, and social development while providing advocacy and assistance to parents.

**Parent Advocacy Coalition for Educational Rights (PACER Center Inc)**..... 1-800-53-PACER

Or .....952-838-9000

**TTY** .....952-838-0190

PACER is a coalition of 28 organizations founded on the concept of parents helping parents. This organization works to improve and expand opportunities that enhance the quality of life for children and young adults with disabilities and their families. Workshops, publications, computer resource center, and one-on-one counseling and training for families and professionals are available. Website: [www.pacer.org](http://www.pacer.org).

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

A certified health education specialist provides community health education on a variety of topics for all ages. Some topics include alcohol, tobacco and other drug prevention, depression and suicide awareness, sexuality, health education, and family communication.

**St. Croix Family Medical Clinic** .....651-430-1880

Peer education programs including Abstinence Education, Dads Make A Difference, Fighting AIDS Through Education, tobacco cessation & prevention.

**St. Croix Valley American Red Cross**.....651-439-0031

Classes in CPR, First Aid, lifeguarding, swimming, and HIV – AIDS.

**School Readiness** A program for children ages 3 ½ to 5 which helps children prepare for kindergarten.

**Forest Lake**.....651-982-8300

**Mahtomedi**.....651-407-2035

**South Washington County Schools** .....651-458-6632

**Stillwater**.....651-351-8350

**White Bear Lake** .....651-653-3100

**University of Minnesota Extension – Washington County** .....651-430-6800

Programs and publications available on a variety of home and family topics.

**Washington County Alternative Learning Programs**

**Forest Lake Central Learning Center** .....651-982-3171

**Mahtomedi**.....651-762-2480

**North St. Paul, Maplewood, Oakdale** .....651-748-6200

**South Washington County** .....651-458-6660

**Stillwater - St. Croix Valley ALC** .....651-351-8464

**White Bear Lake Area** .....651-773-6400

**Washington County School Districts**

**Chisago Lakes School District #2144** .....651-213-2000

**Forest Lake School District #831**.....651-982-8100

**Hastings School District #200** .....651-437-6111

**Mahtomedi School District #832** .....651-407-2000

**North St. Paul, Maplewood, Oakdale School District #622** .....651-748-7622

**South Washington County School District #833** .....651-458-6300

**Stillwater School District #834**.....651-351-8340

**White Bear Lake School District #624**.....651-407-7500

**Young Life** [www.younglife.org](http://www.younglife.org).....651-430-1873

A nondenominational youth group committed to helping adolescents understand themselves, their relationships to others, and their relationship to the world from faith perspectives.

<b>East Metro Women’s Council</b> <a href="http://www.emwc.org">www.emwc.org</a> .....	<b>651-773-8401</b>
Transitional housing for low income families. Adults must be in school or working.	
<b>Housing Link</b> <a href="http://www.housinglink.org">www.housinglink.org</a> .....	<b>612-522-2500</b>
Affordable rental housing information.	
<b>Human Services Incorporated (HSI)</b> <a href="http://www.hsicare.org">www.hsicare.org</a> .....	<b>651-777-5222</b>
Transitional housing for persons with mental illness, rental subsidy and permanent supportive housing.	
<b>St. Croix Valley American Red Cross</b> .....	<b>651-439-0031</b>
Providing food, clothing, and shelter for families who are victims of disaster.	
<b>Tubman Family Alliance (several support groups)</b> .....	<b>(East Metro) 651-770-0777</b>
<b>or</b> <a href="http://www.tubman.org">www.tubman.org</a> .....	<b>(West Metro) 612-825-0000</b>
Emergency shelter and safe homes for women and their children in Hennepin, Ramsey, and Washington County. Support groups and counseling offered.	
<b>United Way</b> <a href="http://www.unitedwaytwincities.org">www.unitedwaytwincities.org</a> .....	<b>211 or 651-291-0211</b>
<b>or</b> .....	<b>800-543-7709</b>
<b>Washington County Housing and Redevelopment Authority</b> <a href="http://www.wchra.com">www.wchra.com</a> .....	<b>651-458-0936</b>
Providing administration of public housing and Section 8 vouchers. Public notification when accepting new applications. Waiting list closed.	

**Employment Assistance/Family Mentoring**

<b>Automated Jobs Hotline – Employment Opportunities</b> .....	<b>651-430-6084</b>
A 24 hour Application Request Line provided by the Human Resources Department of Washington County.	
<b>Career Solutions</b> <a href="http://www.careersolutionsinc.org">www.careersolutionsinc.org</a> .....	<b>651-647-9961</b>
Career exploration and development, displaced homemakers program. Classes in Washington County.	
<b>Episcopal Community Services Family Resource Center Stillwater</b> .....	<b>651-439-2641</b>
Providing families in transition from welfare to work with the tools necessary to achieve economic self-sufficiency and the skills to use them, including peer support and empowerment activities for the youth.	
<b>Minnesota Workforce Center Washington County</b> <a href="http://www.mnworkforcecenter.org">www.mnworkforcecenter.org</a> .....	<b>651-275-8650</b>
Single point access to employment- and unemployment-related services. No fee, some program eligibility based on resident requirements.	
<b>Project Breakthrough (Salvation Army)</b> .....	<b>651-351-2440</b>
A mentorship program that emphasizes economic self-sufficiency and family stability for low income families.	
<b>Women Venture</b> <a href="http://www.womenventure.org">www.womenventure.org</a> .....	<b>651-646-3808 or 866-646-3808</b>
Training and assistance with resume preparation, interviewing techniques, and much more.	

**Financial**

<b>Child Care Basic Sliding Fee – Washington County</b> .....	<b>651-430-6459</b>
Funds for students or employed parents who are not on MFIP(formerly AFDC).	
<b>Cradle of Hope (formerly Project Life)</b> .....	<b>651-636-0637</b>
A statewide program offering financial assistance to women in crisis due to pregnancy or birth. Available to all women who are pregnant or have a child under three months old. No eligibility requirements other than you are in crisis due to the pregnancy.	
<b>Community Action Partnership for Washington and Ramsey Counties</b> .....	<b>651-645-6470</b>
Limited financial assistance to pay utility and fuel bills October to May.	
<b>Life Care Centers</b>	
<b>Women’s Life Care Center (Little Canada)</b> <a href="http://www.womenslifecarecenter.org">www.womenslifecarecenter.org</a> .....	<b>651-777-0350</b>
Free pregnancy test, financial help and other support such as car seats, diapers, layettes, highchairs, cribs, and clothing for up to two years old. A \$10.00 refundable deposit can be waived. Available to anyone in need.	
<b>Life Care Center East (E. St. Paul)</b> .....	<b>651-776-2328</b>
Free pregnancy test, financial help and other support such as car seats, diapers, layettes, highchairs, cribs, and clothing for up to two years old. A \$10.00 refundable deposit can be waived. Available to anyone in need.	
<b>St. Croix Valley Life Care Center (Stillwater)</b> .....	<b>651-439-5964</b>
<b>Fax</b> .....	<b>651-439-4064</b>
Free, confidential pregnancy testing and counseling, ultra sounds, baby layettes and furniture, and financial help.	
<b>The Lakes Life Care Center (Forest Lake)</b> .....	<b>651-464-4340</b>

**Continued on Next Page**

Free pregnancy testing, resource, and referral. Infant clothing, furniture, and food when available.

**Wakota Life Care Center (South)** ..... 651-457-1195

Free pregnancy testing, medical, and financial assistance. 24 hour crisis pregnancy phone line.

**Salvation Army (Washington County Office) [www.thesalarmy.com](http://www.thesalarmy.com)** ..... 651-746-3400

Heatshare for those facing utility crisis/shutoff, emergency assistance including financial, information and referral for emergency situations.

**Social Security Administration [www.ssa.gov](http://www.ssa.gov)**..... 1-800-772-1213

Call to file claim, general questions and set up appointments. Children may be eligible for SSI if they have a disability or are blind. Eligibility for this assistance may be based on parental income and resources.

**TEFRA – Children’s Home Care Option**..... 651-430-6459

This program provides Medical Assistance (MA) eligibility to children with disabilities who live with their family. Services include: supplies and health services ordered by a physician and provided in the home by a nurse, therapist, or personal care attendant. Also included are prescription drugs, medical transportation, and insurance premiums. A monthly parental fee may be required.

**Valley Outreach Emergency Fund [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org)**..... 651-430-2739

Funding available to help with emergency heating and housing issues. (Stillwater School District only)

**Washington County Community Services – Economic Assistance Intake** ..... 651-430-6459

Medical Assistance, Food Stamps, MFIP (formerly AFDC), Emergency Assistance, Child Support Enforcement.

**Ways to Work (Community Action) Partnership of Ramsey and Washington Counties [www.capr.org](http://www.capr.org)** .... 651-645-6445

Interest-free loans for single parents who are working.

**Financial Counseling**

**Consumer Credit Counseling Service of FamilyMeans [www.familymeans.org](http://www.familymeans.org)**..... 651-439-4840

Budget and credit counseling, debt repayment program for a fee.

**Children’s Home Society & Family Services**..... 651-646-6393

Face-to-face debt management counseling; debt repayment options and educational workshops for first-time homebuyers; credit repair.

**Food Shelves**

**Christian Cupboard (7380 Afton Road, Woodbury) [www.woodburylutheran.org](http://www.woodburylutheran.org)** ..... 651-332-9042

Hours: 9am-1:30pm Fridays and the second Thursday of each month 5:30pm-7:30pm. Serving Woodbury, Landfall, Maplewood south of Stillwater Rd, and Oakdale.

**Community Helping Hands (Forest Lake)** ..... 651-434-8150

Call for hours. Emergency only.

**Family Pathways (Forest Lake/Wyoming) [www.familypathways.org](http://www.familypathways.org)** ..... 651-464-2098

Hours: Monday 9am-3pm; Tuesday & Thursday 9am-6pm and Saturday 9am-3pm.

**Friends in Need (255 Third Street, St. Paul Park)**..... 651-458-0730

Hours: Tuesdays from 10am-6pm by appt. Serving Cottage Grove, Newport, St. Paul Park, and Grey Cloud.

**Hugo Community Food Shelf (7032 – 137th Street, Hugo)**..... 651-429-1576

Hours: Thursdays, 6:30pm - 8pm. Serving residents of Hugo once a month with one-week supply of food.

**Mahtomedi Area Food Shelf (St. Jude of the Lake Parish, 700 Mahtomedi Ave, Mahtomedi)**..... 651-426-3245

Hours: Tuesday & Thursday 1-3pm. Serving Mahtomedi, Willernie, Pine Springs, Grant and Dellwood.

**New Life Church (6758 Bailey Road, Woodbury)** ..... 651-757-4177

Hours: 8:45-9:45am Tuesday mornings. Walk-ups only. Serving South Washington County.

**St. Michael’s Food Shelf (611 S. Third Street, Stillwater)**..... 651-439-3241

Hours: Monday-Thursdsday 9am-11am. For assistance please call Pat. Serving School District 834.

**Scandia Marine Food Shelf (Elim Lutheran Church, 20971 Olinda Trail, Scandia)**..... 651-433-2723

Hours by appointment.

**Transfiguration Catholic Church (6133 15th St. No., Oakdale)**..... 651-738-2646

Emergency food shelf. Serving Scandia, Marine, and North Washington County.

**Valley Outreach (5898 Omaha Avenue, Stillwater)**..... 651-430-2739

Hours: M,W,F 10am-noon, Mon & Thu 6pm-8pm. Serving School District 834.

**White Bear Foodshelf [www.whitebearlions.org](http://www.whitebearlions.org)**..... 651-426-5199

Hours: M-F 10am - 12pm. Call for appointment. Serving White Bear Lake School District.

**Century Community and Technical College - Dental**..... 651-779-3341 or 651-779-5787  
Dental services provided by students: cleaning, sealants, fluoride treatment, x-rays (small fee charged)

**Child and Teen Check-Ups (C&TC) Program**..... 651-430-6750  
Provides outreach, resources, health care information, for those covered by MN Health Care Programs (MA/MN CARE).

**Children’s Hospitals and Clinics - St. Paul**..... 651-220-6000

**St. Paul District Dental Society**..... 651-697-0831

**Fairview Lakes Regional Medical Center**..... 651-982-7000

**Follow-Along Program (FAP)**..... 651-430-6750  
Mailed developmental screening questionnaires for children ages 4 - 48 months.

**Home Care Organizations**..... 651-430-6655  
Through Washington County Department of Public Health & Environment, a list is available of agencies that provide nurses, home health aides, and personal care attendants, or in the Yellow Pages under the “Home Health” section.

**Lakeview Hospital (Stillwater)** ..... 651-439-5330

**Neighborhood Health Care Network [www.nhcn.org](http://www.nhcn.org)**..... 651-489-CARE (2273) or 866-489-4899  
Information and referral to Twin Cities area community clinics, also low cost clinics.

**PrairieCare/Prairie St John’s [www.prairie-stjohns.com](http://www.prairie-stjohns.com) or [www.prairie-care.com](http://www.prairie-care.com)**.....888-9-PRAIRIE  
Comprehensive psychological and psychiatric assessment and treatment for those who are suffering from psychiatric conditions. Services include Partial Hospital Program, Intensive Outpatient Program and Clinical Services.

**Regions Hospital [www.regionshospital.com](http://www.regionshospital.com)** ..... 651-254-3456

**St. Croix Family Medical Clinic** ..... 651-430-1880  
Services include general medical, physical exams, well child check-ups, prenatal care, reproductive health care, family planning, STD testing, and HIV testing. Stillwater office.

**St. Mary’s Health Clinic**.....651-690-7029  
Provides health care services at no cost to low income uninsured individuals and families in our communities.

**Washington County Public Health and Environment**..... 651-430-6655  
Prenatal and breast feeding education, parenting support, immunization clinic, WIC, and long-term care programs. Family Health Nursing provides supportive home visits and health education to pregnant women and families with children in Washington County. Services for health promotion, adolescent health, and disease prevention and control.

**Woodwinds Health Campus**..... 651-232-0100

Health Care Coverage

**American Diabetes Association Minnesota [www.diabetes.org](http://www.diabetes.org)** ..... 763-593-5333  
Diabetic supplies at reduced or no cost.

**Health Care System - Special Services & Education**..... 651-232-5757  
Diabetic supplies at reduced or no cost.

**MinnesotaCare** ..... 651-297-3862  
A health insurance program for low-income individuals and families with children who are uninsured. Pays for most prescription drugs, doctors, clinics, dentists, shots, eye-glasses, and other kinds of medical care.

**Neighborhood Health Care Network [www.nhcn.org](http://www.nhcn.org)** ..... 651-489-2273  
Referral for clinics with sliding fee-based services. Diabetic supplies at reduced or no cost.

**Portico Healthnet** ..... 651-603-5100  
Information and assistance connecting with health care program that best meets individual needs.

**St Croix Family Medical Clinic** ..... 651-430-1880  
Services include general medical services. Provides sliding fee-based services.

**St. Mary’s Health Clinic**..... 651-690-7029  
Provides health care services at no cost to low income uninsured individuals and families in our communities. Diabetic supplies at reduced or no cost.

**United Hospital [www.allina.com](http://www.allina.com)** ..... 651-697-3333  
Diabetic supplies at reduced or no cost.

**Washington County Community Services – Economic Assistance Intake** ..... 651-430-6459  
Economic Support Services help eligible residents with health care coverage information and access services including:  
**General Assistance Medical Care:** Assists persons who cannot meet the costs of necessary medical care.  
Must be between the ages of 21-64 and not disabled nor eligible for a federal program.

Continued on Next Page

**Medical Assistance:** Assists those who cannot meet the cost of necessary medical care, and who meet eligibility criteria.

**TEFRA:** Medical Assistance for children with disabilities. Eligibility requirements.

**Health Care Phone Lines**

- Lactation/Breast Feeding Resource Center** .....651-241-6250  
Registered Nurse lactation consultants provide over the phone consultation.
- Minnesota Family Planning/Sexually Transmitted Disease Hotline** ..... 1-800-783-2287  
Referral and education information. Monday-Friday, 9am-8pm; Saturday, 9am-2pm.
- MN AIDS Line**.....612-341-2060  
Education information for the general public as well as resources for people with AIDS. Monday – Friday, 9am-6pm.

**Home Page Internet Addresses for Families**

- Children, Youth and Family Consortium (U of M)**..... [www.cyfc.umn.edu](http://www.cyfc.umn.edu)
  - Family Means** ..... [www.familymeans.org](http://www.familymeans.org)
  - Family Village, The** ..... [www.familyvillage.wisc.edu](http://www.familyvillage.wisc.edu)
  - Forest Lake Area Schools** ..... [www.forestlake.k12.mn.us](http://www.forestlake.k12.mn.us)
  - Future of Children, The**..... [www.futureofchildren.org](http://www.futureofchildren.org)
  - Human Services, Inc. (HSI)**..... [www.hsicares.org](http://www.hsicares.org)
  - Lakeview Hospital**..... [www.lakeview.org](http://www.lakeview.org)
  - Mahtomedi Schools**..... [www.mahtomedi.k12.mn.us](http://www.mahtomedi.k12.mn.us)
  - Minnesota Department of Children, Families & Learning**..... [www.education.state.mn.us](http://www.education.state.mn.us)
  - North St. Paul, Maplewood, Oakdale Schools**..... [www.isd622.org](http://www.isd622.org)
  - PrairieCare/Prairie St John’s** ..... [www.prairie-care.com](http://www.prairie-care.com) or [www.prairie-stjohns.com](http://www.prairie-stjohns.com)
  - South Washington Schools** ..... [www.sowashco.k12.mn.us](http://www.sowashco.k12.mn.us)
  - Stillwater Area School Community Education** ..... <http://ce.stillwater.k12.mn.us>
  - U of M Extension Service – Washington County** ..... [www.extension.umn.edu/county/washington](http://www.extension.umn.edu/county/washington)
  - Washington County Community Services & Public Health** ..... [www.co.washington.mn.us](http://www.co.washington.mn.us)
  - Washington County Library**..... [www.co.washington.mn.us/library](http://www.co.washington.mn.us/library)
  - White Bear Lake School District #624** ..... [www.whitebear.k12.mn.us](http://www.whitebear.k12.mn.us)
  - Youth Service Bureau (Forest Lake)** ..... [www.ysblakesarea.org](http://www.ysblakesarea.org)
  - Youth Service Bureau (Stillwater, Woodbury, Cottage Grove)** ..... [www.ysb.net](http://www.ysb.net)
- Your local library carries Internet Directories which are helpful in finding resources for you and your family.*

**Legal Services**

- Child Support Collection Information and Assistance**..... 651-430-6455
- Chrysalis Center For Women** .....612-871-0118 or 612-824-2780  
Legal assistance for women. Services offered include L.A.W. Clinics, divorce information sessions, and referrals to private attorneys.
- Dial Lawyers**..... 612-529-9377
- HomeLine (rental advocacy)**..... 612-728-5767  
Tenant hotline regarding rights and responsibilities.
- Legal Advocacy for Persons with Developmental Disabilities** ..... 612-332-1441  
Free legal services are provided for persons with developmental disabilities.
- Legal Assistance of Washington County** ..... 651-351-7172  
Provides legal representation or advice in civil matters for people who cannot afford private counsel. Civil matters include divorce, child support, visitation, paternity post decree, wills, spousal maintenance, consumer issues, and landlord-tenant. Participants must meet certain financial requirements.
- Resource Center for Fathers & Families** [www.resourcesforfathers.org](http://www.resourcesforfathers.org) ..... 763-783-4938  
Assists fathers and mothers with legal concerns in the areas of divorce, custody, child support, and visitation.

*Continued on Next Page*

- Southern Minnesota Regional Legal Services, Inc** [www.smrls.org](http://www.smrls.org) ..... 651-222-4731  
 Free legal assistance available based on income guidelines and type of assistance needed. Does not handle criminal cases. Interpreters for Hmong, Laotian, and Spanish speaking clients. TDD– call 651-297-6456.
- Tubman Family Alliance (several support groups)** .....(East Metro) 651-770-0777  
 or .....(West Metro) 612-825-0000  
[www.tubmanfamilyalliance.org](http://www.tubmanfamilyalliance.org)  
 Civil and Criminal orders of protection. Free counseling. Legal assistance from law clerks, assistance with Orders for Protection.
- Victim Witness Program** .....651-430-6115

**Libraries**

Services include free loan of print and audio visual materials, including paperbacks, newspapers, large print books, videos, CD’s, and books on tape. All libraries offer free access to the Internet. Special programs for children such as “Story Times” and Summer Reading Program. Services to the homebound. Community resources available. Call for hours and services. More information can also be obtained on the County website at [www.co.washington.mn.us/library](http://www.co.washington.mn.us/library), except for Stillwater and Bayport, and their websites are listed below.

- |   |   |
|---|---|
| <b>Bayport</b> ( <a href="http://www.bayportlibrary.org">www.bayportlibrary.org</a> )..... 651-275-4416 | <b>Oakdale</b> ..... 651-730-0504   |
| <b>Forest Lake</b> ..... 651-275-7300   | <b>Park Grove</b> ..... 651-459-2040  |
| <b>Lake Elmo</b> ..... 651-775-7415   | <b>Stillwater</b> ( <a href="http://www.stillwaterlibrary.org">www.stillwaterlibrary.org</a> ).. 651-275-4338 |
| <b>Lakeland</b> ..... 651-436-5882  | <b>Wildwood</b> ..... 651-426-2042  |
| <b>Marine on St. Croix</b> ..... 651-433-2820   | <b>Woodbury</b> ..... 651-731-1320  |
| <b>Newport</b> ..... 651-459-9631   |   |

- Lakeview Hospital Community Health Library** ..... 651-430-4510
- Minnesota Workforce Center Library - Washington County**..... 651-275-8650
- TeleCirc number (telephone renewals, etc.)**..... 651-501-6049
- Washington County Law Library** ..... 651-430-6330

**Nutrition and Food Programs**

- Community Thread**..... 651-439-7434  
 Holiday assistance usually available the third week in December; senior dining programs.
- Family Nutrition Program, U of M Extension – Washington County** ..... 651-430-6800  
 A nutrition, food buying, and food safety education program for low-income families.
- FARE For All** ..... 763-450-3880 or 800-582-4291  
 Persons receive food for approximately half the cost in exchange for donating two hours of community service work and \$17.00 - \$20.00 in cash or food stamps in advance. There are no income limitations on who may participate. Several sites in Washington County.
- Food Stamps** ..... 651-430-6459  
 Food stamps are available to individuals who meet eligibility requirements.
- Mothers and Children Program (MAC)**..... 651-484-8241  
 A supplemental food program for mothers and children up to the age of six. Must meet income eligibility requirements.
- School Lunch Program for Students**  
 Call your child’s school district for more information on free or reduced meals. Phone numbers for each school district are listed in this book under Education.
- Women, Infants and Children (WIC)** ..... 651-430-6658  
 A supplemental food program for pregnant women, breastfeeding women, and children up to age five. Income eligibility required. Health screening and nutrition counseling also available. Call for nearest WIC location.

**Parenting/Family Classes**

- Baby Blanket, The** ..... 651-257-8346  
 Resource center for mothers and infants. Thursday 9:30am - 12:30pm and Saturday 10am - 2pm.

*Continued on Next Page*

**Early Childhood Family Education (ECFE)** Classes for parents and their children ages birth to kindergarten. Family events, home visits, toy lending and resource libraries. Call for more information.

- |                                      |   |
|--------------------------------------|---|
| <b>Forest Lake</b> .....651-982-8300 | <b>N. St. Paul, Maplewood, Oakdale</b> ..... 651-748-7280         |
| <b>Mahtomedi</b> .....651-407-2024   | <b>South Washington County</b> ..... 651-458-6632 or 651-768-5330 |
| <b>Stillwater</b> .....651-351-8350  | <b>White Bear Lake</b> ..... 651-653-3100                         |

**Info-U (touch tone only)** ..... 612-624-2200

A free U of M Extension Service pre-recorded message service with topics on parenting and youth, plus gardening, home maintenance, clothing care, money management, and food safety. Answered 24 hours per day.

**LaLeche League** ..... 612-922-4996

A peer support and education group for breastfeeding women.

**Parents Forever [www.isd622.org](http://www.isd622.org)** ..... 651-748-7295

Parent education classes for parents going through divorce or separation. Court approved parent education.

**Promoting Positive Parenting** ..... 651-407-2024

Parenting classes and workshops throughout Washington County.

**Resource Center for Fathers & Families** ..... 763-783-4938

Parent education classes for fathers. Classes located throughout the Twin Cities area.

**Pregnancy**

**Abbott-Northwestern Hospital** ..... 612-863-4000

Pregnancy and Infant Loss Support Group. Parents who experienced the loss of an INFANT through miscarriage, stillbirth, or early neonatal loss. Meets 2nd Tuesday of each month from 7pm-8:30pm.

**Children’s Home Society & Family Services**.....651-646-7771 or 651-635-0095

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

**Children’s Hospitals and Clinics - St. Paul**..... 651-220-6000

Pregnancy and Infant Loss Support Group. Parents who have experienced a perinatal loss. Meets 2nd and 4th Monday of each month on St. Paul Campus. Registration required. No fee.

**Compassionate Friends [www.tcfstpaul.org](http://www.tcfstpaul.org)** ..... 651-459-9341

St. Paul Chapter meets 2nd Thursday of the month at 7pm.

**Expectant Teen – See Youth Support Page**

**Life Care Centers – see Financial Section.**

**Mercy Hospital** ..... 763-236-6000

Miscarriage and Infant Loss Group meets 1st Monday each month from 7pm-9pm. General grief group every Monday from 7pm-9pm. No fees or registration required.

**St. Croix Family Medical Clinic** ..... 651-430-1880

Services include general medical services, pregnancy-testing, prenatal care, reproductive health care, physical exams, well child check-ups, and confidential HIV testing. All exams on sliding fee/ability-to-pay basis.

**Sudden Infant Death (SID) Center [www.childrensmn.org](http://www.childrensmn.org)** ..... 1-800-732-3812 or 651-220-6000

Monthly support group meets on first Wednesday evening of each month at Children’s Hospital.

**Washington County Department of Public Health and Environment – Family Health** ..... 651-430-6655

- Public health nurses provide supportive home visits and health education to pregnant women and families.
- WIC (Women, Infants and Children). Supplemental food program for pregnant and breastfeeding women, infants, and children up to age five. Income guidelines.

**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.

*Continued on Next Page*

- North St. Paul Community Center**..... 651-747-2411  
 Recreational and educational programs for children, teens, and adults.
- St. Croix Bluffs Regional Park**..... 651-430-8240
- Woodbury Parks and Recreation** ..... 651-714-3500
- YMCA (SouthEastern)** ..... 651-731-9507  
 Programs include fitness classes for all ages, parent-child programs, day camp, summer daytime baseball, and youth programs such as Youth in Government and Junior Leaders.

**Senior Services**

- Community Thread**.....651-439-7434  
 Provides volunteer opportunities throughout Washington County for adults and youth. Inter-generational mentoring opportunities in Forest Lake School District.
- Family Means** ..... 651-439-4840  
 Respite care, caregiver support groups, caregiver coaching/counseling, educational programs.
- Human Services, Inc (HSI)**..... 651-275-4300  
 Adult day care (Circle of Friends), nutrition services (Meals on Wheels), transportation (HSI transporter),and other senior services.
- Minnesota State Council on Disability** [www.disability.state.mn.us](http://www.disability.state.mn.us) .....1-800-945-8913 or 651-361-7800  
 Voice & TTY. Provides information & referrals regarding resources for equipment, legislation, development of programs, and information on handicapped-accessible buildings.
- Neighborhood Service Exchange** ..... 651-439-7434  
 A neighbor-helping-neighbor program based on exchanging services.
- Senior Centers**  
 Fitness education, leisure programs, mini health clinics, resource information, tax assistance,defensive driving courses, volunteer opportunities.
- Cottage Grove** ..... 651-458-6650
  - Forest Lake**..... 651-464-5833
  - Stillwater**..... 651-439-7434
- Senior Linkage Line**..... 1-800-333-2433
- Washington County Adult Protection** ..... 651-430-6484
- Washington County Adult Intake**..... 651-430-6484
- Washington County Housing and Redevelopment Authority** [www.wchra.com](http://www.wchra.com) ..... 651-458-0936
- For a more detailed guide to Washington County resources for seniors and persons with disabilities,**  
 call Washington County Department of Public Health and Environment .....651-430-6655

**Support Groups**

*The following groups meet at a variety of locations and times throughout Washington County.*

- Alanon/Alateen** ..... 952-920-3961 or 651-771-2208  
 Support for anyone affected by another person’s drinking.
- Alcoholics Anonymous** ..... 651-227-5502  
 Support for people dealing with alcohol problems.
- CareGiver Support (FamilyMeans)** [www.familymeans.org](http://www.familymeans.org) ..... 651-439-4840  
 For caregivers of frail adults or children with disabilities or chronic illness.

*The following groups support parents with children who have special needs or chronic illness:*

- ARC** .....952-920-0855  
 Provides a parent-to-parent network of one-to-one support services to parents of children with special needs. Trained, experienced parents are matched with parents seeking assistance from someone who has experienced similar feelings, issues, or concerns.
- Autism Society of Minnesota - Group Autism Support** [www.ausm.org](http://www.ausm.org) ..... 651-647-1083
- MELD Special**.....612-332-7563  
 MELD groups offer information and support to parents of disabled or chronically ill children up to age three. Men and women, couples, or single parents are invited to participate. Child care is provided on-site. No cost involved.
- Emotions Anonymous** ..... 651-647-9712  
 This group follows a 12-step approach for persons needing emotional support.

**Continued on Next Page**

- Fathers FIRST!** .....612-384-7078  
Offers a variety of services to fathers/expectant fathers on free or sliding fee basis. Parenting classes, relationship classes, couples' counseling, family violence counseling, father support group, and parenting time supervision.
- Fibromyalgia Support Group (Courage St. Croix)**.....651-351-2362  
Provides education and support to individuals with Fibromyalgia and their family members.  
*The following Support Groups are available at Lakeview Hospital.*
- Alzheimer's Disease & Dementia Support** .....651-430-4510  
Provides information, education, and support to family members and caregivers.
- Fibromyalgia Support** .....651-351-2364  
Provides education and support for individuals with fibromyalgia, and their families.
- Kids in Grief**.....651-430-4586  
Support and education for children kindergarten – junior high that have experienced the death of a loved one.
- Ostomy Support**.....651-439-2075  
Support group for information and management for a person with an ostomy.
- Diabetes Support** .....651-430-8715  
Group support, along with informational sessions, for those with Type 2 diabetes.
- Weathering Life's Losses** .....651-430-4586  
Support group for anyone who has experienced the death of a loved one.
- Gamblers Anonymous** .....877-974-6442  
Support group - call for date and time of meeting.
- Prevent Child Abuse Minnesota (formerly Family Support Network)** ..... 1-800-CHILDREN or 651-523-0099  
Information Only ..... 651-244-5373  
A peer support group for parents who want to improve their relationship with their children. Circle of Parents Program.
- Tubman Family Alliance (several support groups)** .....(East Metro) 651-770-0777  
or .....(West Metro) 612-825-0000  
[www.tubmanfamilyalliance.org](http://www.tubmanfamilyalliance.org)

**Support Groups for Children and Teens**

- Alanon/Alateen Information Center** .....651-771-2208  
For anyone affected by another person's drinking.
- Anthony Louis Center** .....651-731-0031  
Adolescent chemical dependency treatment services.
- Children & Divorce, Youth Service Bureau & FamilyMeans** offer support and counseling programs for families dealing with divorce issues. Their phone numbers are listed under Counseling & Support Programs in this book.
- FamilyMeans** .....651-439-4840  
“Children in Transition” support groups for children whose families are experiencing separation or divorce. Groups conducted in area elementary schools during school year.
- Storefront Group [www.storefront.org](http://www.storefront.org)** .....612-861-1675  
Offers weekly seminars for divorcing parents.
- Teens/Kids in Grief (Lakeview Hospital)**.....651-430-4586  
Provides support and education for children, kindergarten - junior high, who have experienced the death of a loved one.
- Young Life: Young Lives for Teen Moms [www.younglife.org](http://www.younglife.org)**.....651-430-1873  
Christian-based mentoring program for pregnant teens and teen moms.

**Telephone Help Lines for Emotional and Psychological Concerns**

- Crisis Connection Crisis Line** .....612-379-6363 or 1-888-379-6363
- Love Lines**.....612-379-1199  
Crisis phone calls 24 hours a day. Referrals made to Christian therapists and community churches.
- Men's Line** .....612-379-6367 or 1-866-379-6367
- Minnesota Compulsive Gambling Hotline (answered 24 hours a day)**..... 1-800-333-4673

*Continued on Next Page*

<b>Narcotics Anonymous</b> .....	<b>612-822-9472 or 952-939-3939</b>
A 24 hour help line for drug addicts with the desire to stop using.	
<b>National Suicide Prevention Lifeline</b> .....	<b>1-800-273-TALK</b>
<b>Parent Warm Line</b> .....	<b>612-813-6336</b>
A free consultation service providing information and practical advice about child development and behavior.	
<b>PrairieCare/Prairie St. John's</b> .....	<b>888-9-PRAIRIE</b>
24/7 ability to schedule a free needs assessment.	

**Therapeutic Health Services**

<b>Courage St. Croix</b> .....	<b>651-439-8283</b>
Provides rehabilitation, enrichment, vocational, independent living, and education services to empower people with physical disabilities and sensory impairments to achieve their full potential.	
<b>Early Childhood Special Education (ECSE)</b>	
For the center nearest you, call your school district listed in this brochure under Education.	
<b>Family Achievement Center</b> .....	<b>651-738-9888</b>
Provides physical therapy, occupational therapy, speech & language pathology, specialized therapy programs, and occupational therapy life skills groups.	
<b>Functional Integrated Therapy (FIT)</b> .....	<b>651-770-8884</b>
Provides occupational, sensory, and feeding therapy services.	
<b>Lifetrack</b> .....	<b>651-227-8471</b>
Provides physical therapy, occupational therapy, speech therapy, audiology services, and social services on a sliding fee scale. In-center therapy is provided. Homebound therapy is provided when medically necessary.	
<b>Minnesota Children with Special Health Needs (MCSHN)</b> .....	<b>651-201-3650 or 1-800-728-5420</b>
Resource information for providers and families of children with special health needs.	
<b>Shriners Hospital <a href="http://www.shrinershq.org/hospitals">www.shrinershq.org/hospitals</a></b> .....	<b>612-596-6100</b>
Orthopedic services including surgery, therapy, and equipment are available free to children who meet medical and financial eligibility.	
<b>Specialty Clinics</b>	
Specialty clinics provide comprehensive diagnostic, treatment, and consultative teams in specific diagnostic areas, such as Down Syndrome Clinic, Cleft Lip & Palate Clinic, Epilepsy Clinic, Feeding & Swallowing Clinic, and Communication and Interactive Disorders Clinic. Call the major Metro Area hospitals to receive a list of specialty clinics they offer (i.e., Minneapolis Children's, St. Paul Children's, Gillette Specialty Health Care, U of M.)	
<b>The Therapy Center <a href="http://www.mntherapycenter.com">www.mntherapycenter.com</a></b> .....	<b>612-239-0707</b>
Offering high quality speech and language therapy to children.	

**Transportation**

<b>Blue Ride -Medical/Dental Appointments</b> .....	<b>651-662-8648</b>
<b>Or Rides for Blue Plus Medical Assistance</b> .....	<b>1-866-340-8648</b>
<b>Community Volunteer Service and Senior Centers</b> .....	<b>651-439-7434</b>
Rides available to medical, therapy, & counseling appointments for persons or families with no other means of transportation.	
<b>Dial-A-Ride</b> .....	<b>651-227-6378</b>
NE Suburban Transit offers mini-bus service for N. St. Paul, Maplewood, Oakdale, Century College, Hillcrest, & Sunray.	
<b>Forest Hill United Methodist Church (Car Care)</b> .....	<b>651-464-2561</b>
Forest Hill Community Service Hotline. Car repairs for those in need of assistance in the Forest Lake area.	
<b>HealthPartners - medical/dental appointments</b> .....	<b>952-883-7400</b>
<b>HSI Transportation – Transit Line</b> .....	<b>651-275-4300</b>
Provides door-through-door service for clients over 55 and persons with disabilities in Washington County.	
<b>Medica - Provide-A-Ride</b> .....	<b>952-992-2292</b>
Medical or dental appointments with this insurance.	
<b>Metro Mobility <a href="http://www.metrocouncil.org">www.metrocouncil.org</a></b> .....	<b>651-602-1111</b>
Serving people with disabilities in South Washington County, Oakdale, Maplewood, and parts of Woodbury.	
<b>Metro Transit Bus Schedules <a href="http://www.metrotransit.org">www.metrotransit.org</a></b> .....	<b>612-373-3333</b>
Includes service within Stillwater, Bayport, and Oak Park Heights.	

**Continued on Next Page**

**NEST and Dial-a-Ride** ..... 651-227-6378  
 Serves Oakdale, Maplewood, and North St. Paul.

**St. Croix Valley Christians In Action** [www.carcasaturday.org](http://www.carcasaturday.org) ..... 651-773-3083  
 Help with car repairs and clothing distribution. Stillwater district.

**U-Care** ..... 612-676-6830  
 Free transportation to medical appointments for families with these insurances.

**Washington County Vehicle Registration** .....651-296-6911  
 Information on how to obtain a sticker for handicapped parking.

**Volunteer Opportunities**

**Child Abuse Prevention Council in Washington County** .....651-430-6643  
 Parents & community agencies involved in advocacy & community awareness working to prevent child abuse & neglect.

**Community Volunteer Service and Senior Centers** ..... 651-439-7434  
 Provides volunteer opportunities throughout Washington County for adults and youth. Inter-generational mentoring opportunities in Forest Lake School District.

**FamilyMeans** ..... 651-439-4840  
 A variety of volunteer opportunities for youth in Washington County.

**HSI Volunteer Services** ..... 651-275-4306

**Lakeview Hospital (Stillwater)** ..... 651-430-5330  
 Student Volunteer Program provides senior high students with meaningful volunteer experiences. Requirement: To have completed ninth grade.

**Neighborhood Service Exchange** .....651-439-7434  
 A neighbor-helping-neighbor program based on exchanging services.

**Stone Soup Thrift Shop** [www.stonesoupthriftshop.org](http://www.stonesoupthriftshop.org) .....651-458-9786

**Youth Service Bureau (Forest Lake)** .....651-464-3685

**Youth Activities**

**4-H, University of Minnesota Extension – Washington County** ..... 651-430-6800  
 For children grades K-12. Clubs meet monthly throughout Washington County in urban, suburban, and rural areas. Teaches life skills and stresses positive youth development.

**Big Brothers/Big Sisters**.....651-789-2400 or 651-789-2447  
 1-to-1 volunteer services to children ages 7-13 from single parent homes, also group activities and family counseling.

**Boy Scouts Northern Star Council BSA**..... 763-231-7201  
 For boys ages 6 and up. Programs for both girls and boys after age 14.

**Camp Fire USA MN Council** ..... 612-285-6255  
 Providing youth development activities through informal education experiences stressing critical life skills and self-esteem development. Small group activities as well as camping experiences. For girls and boys ages 5-21 years.

**Explorers (Medical Careers)**..... 651-430-4520

**Girl Scout Council of St. Croix Valley, Inc.** ..... 651-227-8835  
 A program for girls ages 5-17. Promotes citizenship and healthy young development. Call for location nearest you.

**Portico Healthnet** .....651-275-8270 or 651-603-5100  
 Peer education program looking for youth from ISD#834 to plan health and wellness awareness events, displays and activities for their peers at school and in the community.

**St. Croix Valley Teen Center** ..... 651-439-8847  
 Recreational activities for youth in a safe, supervised environment. For youth in grades 7-12 in School District #834 and western St. Croix County, WI.

**Stillwater Young Life** [www.younglife.org](http://www.younglife.org) ..... 651-430-1873

**Woodbury Young Life** [www.younglife.org](http://www.younglife.org) ..... 651-739-4820

**WyldLife/YoungLife** [www.younglife.org](http://www.younglife.org)..... 651-430-1873  
 A Christian-based tutoring/mentoring program for junior high students. Fun-time stuff. September – May, 2-3 hours per week.

**Youth Advantage** [www.youthadvantage.org](http://www.youthadvantage.org)..... 651-342-1266  
 Provides eligible young people access to activities through financial need-based scholarships & loan of new or gently used sports equipment, musical instruments or other necessary items.