



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



January 2012

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:

Lakes Area Youth Service Bureau
Washington County Department of Public Health and Environment
Youth Service Bureau, Inc.

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

Effort has been made to obtain accurate information and resources. Most listings have been hyperlinked. Users of this guide can also use Google.com and type in the resource.

The search window at the top right of the screen directs users to the specific resource area in the table of contents.

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/

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24/7 CRISIS PHONE LINES

24 Hour—7 days/week Phone Assistance

Abuse

Domestic Violence—Tubman Family Alliance

Crisis Line651-770-0777

Help Line.....612-825-0000

Business Line.....651-770-8544

.....www.tubmanfamilyalliance.org

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

Sexual Assault—Abuse Response Services

Crisis Line651-777-1117

Business Line.....651-458-4116

.....www.canvashealth.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 Way2-1-1
TTY651-291-0211
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 Switchboard800-621-4000

The Bridge612-377-8800
Provides immediate shelter and safety for youth in crisis ages 10-17.

Mental Health

Mental Health Emergencies651-777-5222
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

(See Mental Health, p.36)

In a life threatening emergency call 911

Police

[Bayport Police Department](#)651-275-4400

[Cottage Grove Police Department](#)651-458-2850

[Forest Lake Police Department](#)651-464-5877

[Newport Police Department](#)651-459-5677

[Oak Park Heights Police Department](#)651-439-4723

[Oakdale Police Department](#)651-738-1025

[Saint Paul Park Police Department](#)651-459-9785

[Stillwater Police Department](#)651-351-4900

[Woodbury Police Department](#)651-714-3600

ACTIVITIES/RECREATION

This guide does not include all activities from the metro area. It is east metro specific. For more activities in the metro area consider searching the internet using the following key words: museums, water parks, theatres, and music venues!

Bowling

Hudson Bowling Center	715-386-5121
Park Grove Bowl.....	651-459-4200
Pinz.....	651-770-8000
Stillwater Bowl.....	651-439-2444
Sun Ray Lanes.....	651-735-3222
White Bear Bowl.....	651-429-5555
Woody's Bowl—Bayport.....	651-439-5666

Camps

Boy Scouts.....www.scouting.org

Courage Riders Courage St. Croix 651-439-8283
.....www.courage.org

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

Camp Heartland.....www.campheartland.org

Improving lives of children who experience HIV/AIDS, poverty, grief and other life challenges. Camp is located in Willow River, Minnesota.

Girl Scout Campshttp://www.girlscoutsrv.org/activities_for_girls/camp

Downhill Ski Areas

See park systems for cross-country skiing.

Afton Alps	651-436-5245 or 800-328-1328
Trollhaugen.....	651-433-5141 or 800-826-7166
Welch Village	651-258-4567
Wild Mountain.....	651-465-6365

For youth cross-country ski leagues, call:

Minnesota Youth Ski League..... 612-724-4071
.....www.mysl.org

For downhill ski leagues, call:

Midwest Race League 800-328-1328
.....www.aftonalps.com/ski_league.php

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 55102-1795651-224-1891
.....exploring.learningforlife.org

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 Academy715-426-1321
Shadow Creek Stables651-464-8270
Sunborn Stables651-257-9825
Windy Ridge Ranch651-436-6557

Ice Arenas

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

Aldrich Arena651-748-2510
Bielenberg Sports Center651-714-3740
Cottage Grove Ice Arena651-458-3400
Forest Lake Ice Arena651-464-0176
Hudson Sports and Civic Center715-386-3535
Lily Lake Ice Arena651-439-1337
St. Croix Recreation Center651-430-2601
Somerset Ice Arena715-247-4445
Tartan Arena651-714-9251
White Bear Lake Sports Center651-429-8571

For local hockey associations, visit www.minnesotahockey.org

ACTIVITIES/RECREATION (cont'd)

Indoor Climbing Wall

Dicks Sporting Goods.....651-731-0200

8292 Tamarack Village, Woodbury, MN

One of the largest indoor rock climbing facilities in the world.

Vertical Endeavors651-776-1430

855 Phalen Blvd., St. Paul, MN

REI952-884-4315

750 W. American Blvd., Bloomington, MN

Mini Golf

Grand Slam, Burnsville.....952-224-0413

Hwy 8 Driving Range/Mini Golf651-257-1600

Putt'er There—Como Zoo651-488-0277

Triple Crown Batting Cages651-779-6487

Parks and Recreation

Cottage Grove Parks and Recreation 651-458-3400

Forest Lake Community Education651-982-8100

Mahtomedi Community Education651-407-2037

Maplewood Parks and Recreation 651-249-2100

Newport Parks and Recreation651-459-5677

Maplewood Community Center651-249-2100

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

Maplewood Nature Center651-249-2170

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

North St. Paul Parks and Recreation651-770-4471

Oakdale Park and Recreation651-747-3860

St. Croix Valley Recreation Center651-430-2601

St. Paul Park, Park and Recreation651-459-9785

Stillwater Community Education651-351-8300

White Bear Lake Recreation651-407-7501

North St. Paul Community Center651-770-4471

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

Washington County Parks.....651-430-8368

.....http://www.co.washington.mn.us/info_for_residents/parks_division/

ACTIVITIES/RECREATION (cont'd)

Pilates/Yoga

Midwest Center for Movement	715-377-1584
Natural Balance of Stillwater	651-295-2198
Stillwater Yoga.....	651-439-2569
Yoga Fresh.....	651-436-5906

Rollerblade/Skate Parks

Forest Lake Skateboard Park.....	651-464-3550
Stillwater Skateboard Park.....	651-430-8837
Ojibway Skate Park	651-714-3583
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 55082651-439-8283

..... 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.....612-333-0999

..... www.specialolympicsminnesota.org

Sports training and competition for ages 8 and older. Local teams throughout the county.

ACTIVITIES/RECREATION (cont'd)

Special Needs - (cont'd)

Social Skills Groups for Youth with Asperger's Syndrome

Counseling Psychologists of Woodbury

1789 Woodlane Drive, Suite C

Woodbury, MN 55125..... **651-408-5132**

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

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

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

Outdoor Areas - *Call City, County and State Parks.*

Eko Backen Waterslides **651-433-2422**

Battle Creek Waterworks **651-501-6340**

Bunker Beach Wave Pool, Anoka **763-767-2895**

Cascade Bay, Eagan **651-675-5577**

Wild Mountain **651-465-6365**

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

- **Local faith communities also offer youth activities and programs, see Faith Communities, p.29.**

ACTIVITIES/RECREATION (cont'd)

Volunteering

The **Community Thread** 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 **Community Thread** at **651-439-9159** 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**

Volunteer opportunities available for animal lovers.

Red Cross

Eastern Washington County Office—Headquarters

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

1460 Curve Crest Blvd.

Stillwater, MN 55082 **651-439-8283**

..... www.courage.org

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

Volunteer to Play!! **651-225-6046**

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

Doing Good Together **612-822-6502**

..... www.doinggoodtogether.org

Building strong families and caring kids

ACTIVITIES/RECREATION (cont'd)

Volunteering - (cont'd)

Tree Trust

2231 Edgewood Ave. S.

St. Louis Park, MN 55426..... **952-767-3880**

.....<http://www.treetrust.org/our-programs/youth-conservation-corps/index.html>

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

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

85 Pleasant Drive

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..... **763-688-3631**

Young Life—Mahtomedi..... **651-762-8483**

Young Life—Stillwater..... **651-430-1873**

Young Life—Woodbury **651-785-6138**

.....www.younglife.org

ACTIVITIES/RECREATION (cont'd)

Youth Centers

Forest Lake Area Teen Center

935 Lake Street

Forest Lake, MN 55025..... **651-464-4995**

Located in Family Pathway's building, the entrance is in the back southeast corner.

Hours: 2:30-7 p.m. Monday-Friday and noon-4 p.m. on Saturday's.

Youth Leadership

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

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

Enrichment and Leadership Programs provide opportunities for youth to develop social, leadership, and life skills, meet new friends, and engage in their community.

National Youth Leadership Council **651-631-3672**

..... 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 and websites for teens and parents**.

Break the Cycle..... www.breakthecycle.org

Empowering youth to end domestic violence

Bullying Prevention Resources:

..... www.greatschools.org

What Parents Can Do About Bullying

Love is not abuse..... www.loveisnotabuse.com

Founded by Liz Claiborne, can download/request their new high school/college curriculum free!

BULLYING (cont'd)

Stop Bullying

..... <http://www.stopbullying.gov/>

A Web project of the Southern Poverty Law Center,

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

CHEMICAL HEALTH

Chemical Dependency Assessment and Treatment Centers

Alcoholics Anonymous www.aa.org

Or <http://usrecovery.info/AA/Minnesota.htm>

Anthony Louis Center

7700 Hudson Rd., Suite 600

Woodbury, MN 55125..... **651-731-0031**

..... 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

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..... **612-672-2222**

Outpatient adolescent chemical dependency treatment

Fairview Behavioral Services

11725 Stinson Avenue

Chisago City, MN..... **612-672-6999**

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

CHEMICAL HEALTH (cont'd)

Chemical Dependency Assessment and Treatment Centers (cont'd)

Canvas Health

..... <http://www.canvashealth.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**

Hazelden Center for Youth & Families

P.O. Box 11
Center City, MN 55012-0011 **651-213-4200 or 1-800-257-7810**
..... www.hazelden.org
Chemical use assessment and treatment.

Lao Family Community of Minnesota

320 W. University Avenue
St. Paul, MN 55103 **651-221-0069**
..... www.laofamily.org
Chemical use assessments for Hmong youth.

Narcotics Anonymous www.naminnesota.org
To find a meeting and events.

CHEMICAL HEALTH (cont'd)

Chemical Dependency Assessment and Treatment Centers (cont'd)

Our Place—Lakes Area Youth Service Bureau

244 North Lake Street

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

All Addictions Teen Recovery Support Group. Teens who have a desire to remain free from drugs, alcohol and other addictive behaviors share their experiences, strengths and hopes in an atmosphere of acceptance and belonging. Tuesdays from 6-8:30 p.m.

Regions New Connections

Regions Hospital

640 Jackson Street

St. Paul, MN 55101 **651-254-5294**

.....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

6415 Carmen Avenue

Inver Grove Heights, MN 55076 **651-222-3299**

.....www.ucamn.org

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

Smoking Cessation Programs

American Lung Association of MN **651-227-8014**

.....www.lungusa.org

Lakeview Hospital, Stillwater **651-430-4655**

Freedom from Smoking

Minnesota's Tobacco Hotline **1-888-QUITNOW (784-8669)**

Nicotine Anonymous **952-404-1488**

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**

Sobriety High: Alliance Academy

12156 Nicollet Avenue
Burnsville MN 55337 **952-277-0809**

Health Awareness Information

Youth Service Bureau, Inc. 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.ysblakesarea.org
Classes for tobacco, chemical awareness, choices and consequences.

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.communityed4u.org
Mahtomedi Community Education	651-407-2037
.....	www.mahtomedi.k12.mn.us
North St. Paul, Maplewood, Oakdale Community Education	651-748-7280
.....	www.isd622.org
Stillwater Community Education	651-351-8300
.....	www.stillwater.k12.mn.us
South Washington County Community Education	651-768-6416
.....	www.cecool.com

CRISIS SERVICES

Any Crisis/Emergency call 911 immediately

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

American Red Cross **612-871-7676**

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

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

or **1-866-379-6363**

Confidential phone counseling and referral.

Day One **651-646-9622**

or **1-800-543-7709**

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

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

Canvas Health

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 **651-266-7900**

***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 651-229-2895

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—Abuse Response Services (Canvas Health)**

24 hour Crisis Line 651-777-1117

Business Line 651-255-8559

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

Confidential helpline providing information and resources to adults concerned about their own or someone else's sexualized behaviors toward children.

CRISIS SERVICES (cont'd)

***The Bridge** **612-377-8800**
Provides immediate shelter and safety for youth in crisis for ages 10-17. Also, free walk-in counseling. 111 West 22nd Street in South Minneapolis

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.

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

2616 Nicollet Ave., Minneapolis, MN..... **612-871-7878**
St. Paul Office: 1041 Selby Ave., St. Paul, MN..... **651-642-0043**
..... www.aafs.net

Comunidades Latinas Unidas en Servicios (CLUES)

797 East 7th Street, St. Paul, MN 55106..... **651-379-4200**
720 East Lake St., Minneapolis, MN 55407..... **612-746-3500**
..... 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

Hispanos En Minnesota

155 South Wabasha Street, Suite 128
St. Paul, MN 55107 **651-227-0831**
Chemical health assessments and chemical dependency treatment.

CULTURALLY DIVERSE SERVICES (cont'd)

Lao Family Community

St. Paul, MN 651-221-0069

..... 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

Somali Family Services

3129 Tyler Street

Minneapolis, MN 612-203-9650

United Cambodian Association

6415 Carmen Avenue

Inver Grove Heights, MN 55076 651-222-3299

..... www.ucamn.org

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

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.

Community Dental Care

1670 Beam Avenue

Maplewood, MN 651-925-8400

Accepts new medical assistance patients and same day emergencies.

DIVORCE

Divorce Source

..... www.divorcesource.com/groups/minnesota.shtml
Lists all divorce support groups for Minnesota, by county.

FamilyMeans

1875 Northwestern Avenue South
Stillwater, MN 55082 **651-439-4840**
..... 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.

Minnesota Fathers and Families Network

161 St. Anthony Ave., Ste. 845
St. Paul, MN **763-473-7432**
Enhances healthy father-child relationships by promoting initiatives that inform public policy.

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 p.m.)

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

DRIVING

Laws: from Minnesota Department of Public Safety:

Primary seatbelt law: Minnesota's seatbelt law requires all motorists to be buckled up and children in the correct child restraint. Can be pulled over for no seatbelt, including passengers.

Text + Drive = ticket: It is illegal for drivers of all ages to compose, read, or send electronic messages or access the internet on a wireless device when the vehicle is in motion or part of traffic. Includes stop lights also. It is illegal for those under 18 to use a cell phone for calling unless it is 911.

Drinking and driving: it is illegal for those under 21 to drive after consuming **ANY** amount of alcohol.

..... <https://dps.mn.gov/divisions/ots/pages/default.aspx>

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

Capital Driving School

Forest Lake, MN 55025..... **651-464-7313**

Midway Driving School

Lake Elmo, MN 55042..... **651-645-1516**

Safeway Driving School

Cottage Grove..... **651-351-9150**

Stillwater **651-351-9150**

Woodbury..... **651-351-9150**

Maplewood **651-351-9150**

White Bear Lake..... **651-351-9150**

..... www.safewaydrivingschool.com

Classroom and behind-the-wheel instruction.

Teens Inc. Driving School **651-237-0311**

..... www.teensincdriving.com

Classroom and behind-the-wheel instruction. Classes in Mahtomedi High School.

EATING DISORDERS

Emily Program

200 E. Chestnut, Suite 202

Stillwater, MN 55082 651-645-5323

or

2265 Como Avenue

St. Paul, MN 55108 651-645-5323

..... www.emilyprogram.com

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

Melrose Institute

3525 Monterey Drive

St. Louis Park, MN 55416..... 952-993-6200

..... www.parknicollet.com/medical-services/eating-disorders

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

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.

..... 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.

..... www.collegeboard.com/splash

EDUCATIONAL RESOURCES (cont'd)

College Entrance Exams and Preparation - (cont'd)

- 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>

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
- Avoiding Scholarship Scams
..... <http://www.ftc.gov/bcp/edu/microsites/scholarship/index.shtml>

There are many **FREE** scholarship searches on the internet, talk to your guidance counselor.

EDUCATIONAL RESOURCES (cont'd)

Job Corps

Hubert H. Humphrey Job Corps

1480 North Snelling Avenue

St. Paul, MN 55108 **651-642-1133**

.....
..... 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.

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.

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.

Post-Secondary

To find a school that suits you, start at:

..... http://education.state.mn.us/Directories/report_e8.jsp

Century College

3300 Century Avenue

White Bear Lake, MN 55110..... www.century.cc.mn.us

Globe University

Minnesota School of Business

8089 Globe Drive

Woodbury, MN 55125..... www.msbcollege.edu

Inver Hills Community College

2500 E. 80th Street

Inver Grove Heights, MN 55076 www.inverhills.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>

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
- Crosswinds East Metro Arts and Science School**..... **651-379-2600**
..... www.emid6067.net/Crosswinds
- Forest Lake Area Schools — ISD #831** **651-982-8100**
..... www.flaschools.org
- Hastings Public Schools—ISD #200** **651-480-7000**
..... www.hastings.k12.mn.us
- Intermediate School District Northeast
Metro 916**..... **651-415-5657**
..... www.nemetro.k12.mn.us
- Mahtomedi Public Schools — ISD #832** **651-407-2000**
..... 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
South Washington County Schools — ISD #833	651-458-6300
.....	www.sowashco.k12.mn.us
Stillwater Area Schools — ISD #834	651-351-8340
.....	www.stillwater.k12.mn.us
White Bear Lake Area Schools— ISD #624	651-407-7500
.....	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
.....	http://northsummitacademy.wikispaces.com/

Sobriety High: Alliance Academy

12156 Nicollet Avenue
Burnsville, MN 55337.....

.....	952-277-0809
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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: can order a printed copy of how to find a job, and tips for interviews.
..... <http://www.iseek.org/mncareers/>
- Career Voyages..... <http://careervoyages.com>
- E-Folio Minnesota: a web-based portfolio designed to help you create a living showcase of your education, career, and personal achievements.
..... <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>
- Job/Career fairs <http://www.deed.state.mn.us/events/index.htm>
- Minnesota Careers <http://www.iseek.org/mncareers/>
- 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>

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..... **651-275-7265**

South Service Center
13000 Ravine Parkway
Cottage Grove, MN 55016..... **651-430-4162**

Woodbury Service Center
2150 Radio Drive
Woodbury, MN 55125
Phone: **651-275-8650**
Website: www.mnwfc.org/washingtoncounty

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

GAY, LESBIAN, BISEXUAL, TRANSGENDER AND QUESTIONING RESOURCES

Check with your school counseling office. Some schools offer Gay Straight Alliance (GSA) support or extra curricular groups.

District 202

PO Box 8139

St. Paul, MN 55108 **651-340-6167**
..... 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.

Family Partnership **612-339-9101**

Helping families for over 130 years. Variety of programs and counseling, sliding fee scale. Six different locations.

GLBT National Help Center **1-888-843-4564**
..... <http://www.glnh.org>

It Gets Better..... www.itgetsbetter.org

Videos, information and help—Because it gets better.

Out In The Valley..... **612-822-0127 ext. 9502**

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

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

GAY, LESBIAN, BISEXUAL, TRANSGENDER AND QUESTIONING RESOURCES - (cont'd)

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

P.O. Box 19290

Minneapolis, MN 55419..... **612-825-1660**

..... www.pflagtc.com

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

The Trevor Project..... **1-866-488-7386**

..... www.thetrevorproject.org

A leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning youth.

GRIEF AND LOSS RESOURCES

See also Mental Health Services—these counseling agencies also provide support for grief and loss. Some schools offer grief support. Contact your guidance counselor.

Center for Grief, Loss and Transition

1133 Grand Avenue

St. Paul, MN 55105 **651-641-0177**

..... 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.

HEALTH CARE

Check with your families medical insurance to see where you are eligible. Make sure that if it is an emergency call 9-1-1 immediately.

Teens do have a right when it comes to health care, it is confidential between you and your doctor. In Minnesota, any minor (person under 18) may give effective consent for medical, mental and other health services to determine the presence of or to treat pregnancy and conditions associated there with, birth control, venereal disease, alcohol and other drug abuse, and the consent of no other person is required (Minnesota Statute 144.343)

The Minnesota Family Planning Program is available to many low income Minnesota men and women. This program provides free family planning services including yearly exams and birth control at most clinics. Ask any clinic about the qualifications for this program.

Face to Face Health and Counseling Services

1165 Arcade Street
St. Paul, MN 55106 **651-772-5555**
..... www.face2face.org
Teen and young adult services, birth control, pregnancy and STI tests.

Family Tree Clinic

1619 Dayton Avenue
St. Paul, MN 55104 **651-645-0478**
..... www.familytreeclinic.org
Teen and young adult services, low-cost birth control, pregnancy and STI tests.

Lakeview Hospital

927 Churchill Street West
Stillwater, MN 55082 **651-439-5330**
..... 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. Can chat online, or text questions to 36263—add MN at the beginning of the text.

Outlook Clinic

Fairview Lakes
6413 Oak Street
North Branch, MN 55056 **651-674-4570**
Teen and young adult services; birth control, pregnancy and STI tests.

HEALTH CARE (cont'd)

Regions Hospital

640 Jackson Street
St. Paul, MN 55101 **651-254-3456**
..... www.regionshospital.com

Regina Medical Center

1175 Nininger Road
Hastings, MN 55033 **651-480-4100**
..... www.reginamedical.org

St. John's Hospital

1575 Beam Avenue
Maplewood, MN 55109 **651-232-7000**
..... www.stjohnshospital-mn.org

St. Mary's Health Clinics **651-287-7777**
..... 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
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
Services: abortion referral, birth control, emergency contraception, HIV testing, HPV and Hepatitis vaccines, LGBT services, pregnancy testing, STD testing and treatment, women's and men's health services.

Woodwinds Health Campus

1925 Woodwinds Drive
Woodbury, MN 55125 **651-232-0228**
..... 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.

Washington County Community Services Department..... **651-430-6459**

Call the financial intake line, hours: Monday-Friday 8 a.m.—5 p.m.

HOUSING

Emergency Shelters **2-1-1**

or **651-291-0211**

Call for locations and numbers

National Runaway Switchboard **800-786-2929 (Run-Away)**

24-hour hotline, information and services

The Bridge **612-377-8800**

1111 West 22nd Street

Minneapolis, MN 55405

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

Washington County Housing Coordinator **651-420-6529**

Youthlink

41 North 12th Street

Minneapolis, MN 55403..... **612-252-1200**

..... 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.

Netsmartz <http://www.netsmartz.org>

Educational resource from the National Center of Missing Children on various internet safety topics.

On-line crime reporting www.cybertipline.com

Or www.missingkids.com

Washington County Sheriff's Office **651-439-9381 or 9-1-1**

..... www.wcsheriff.net

Education and investigations, DARE, Internet Safety, drugs/alcohol/tobacco awareness, drug K-9 searches and crime prevention.

LEGAL SERVICES

Dial Lawyers **612-529-9377**

..... <http://diallawyers.com/>

Referrals given to local lawyers.

Disability Law Center **612-332-1441**

..... www.mndlc.org

..... <http://www.mylegalaid.org/>

Free legal services for persons with developmental disabilities.

HomeLine **612-673-3003**

Tenant hotline regarding rights and responsibilities.

LawHelpMN.org <http://lawhelpmn.org>

Helping low-income Minnesotans solve civil legal problems.

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

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/

Bayport Public Library

Bayport, Minnesota 651-275-4416

Hardwood Creek Public Library

Forest Lake, Minnesota..... 651-275-7300

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

Stillwater Public Library

Stillwater, Minnesota 651-275-4338

Valley Branch Library

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

Wildwood Branch

Mahtomedi, Minnesota 651-426-2042

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

Canvas Health Crisis Connection **612-379-6363**
Counselors help callers reach a place of emotional and physical safety and then direct callers to available resources.

Canvas Health Crisis Clinic..... **651-777-5222**
Emergency counseling by a mental health professional 365 days/year; Same day and next day appointments.

Canvas Health Mobile Crisis Response **651-777-5222**
Short term face to face 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

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 **651-646-7771**
..... www.chsfs.org

FamilyMeans

Offices in Stillwater, Woodbury and Hudson, WI **651-439-4840**
..... www.familymeans.org

Lakes Area Youth Service Bureau

Serving northern Washington County **651-464-3685**
..... www.ytblakesarea.org

Canvas Health

Offices in Stillwater, Oakdale, Forest Lake and Cottage Grove **651-777-5222**
TDD **651-770-6834**
..... www.canvashealth.org

Project Pathfinder **651-644-8515**
..... 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**

MENTAL HEALTH SERVICES (cont'd)

Youth Service Bureau, Inc.

Resource for youth and families dealing with behavior and emotional issues.

Cottage Grove.....	651-458-5224
Stillwater	651-439-8800
Woodbury.....	651-735-9534

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.

..... <http://www.mpmn.org>

Boys to Men Mentoring Network of Minnesota

2925 Monterey Ave. S., Apt. 102

St. Louis Park, MN..... 952-926-6655

..... <http://www.boystomenmn.org/>

A place where boys can learn to be themselves. Weekend trips and other activities.

Mentoring Partnership of Minnesota

815 9th Street, Ste. 200

Minneapolis, MN 612-370-9180

..... <http://www.mpmn.org>

Builds and supports mentoring programs to ensure that every child and volunteer has a quality experience.

Teen Mentors

Growing Communities for Peace 651-433-4303

Contact: Julie Peterson

16542 Orwell Rd. N.

Marine on St. Croix, MN 55047

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)** **651-430-6457**

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

Mahtomedi Community Education **651-407-2037**
..... www.mahtomedi.k12.mn.us

**North St. Paul, Maplewood, Oakdale Community
Education** **651-748-7280**
..... www.isd622.org/communityeducation

Stillwater Community Education **651-351-8340**
..... <http://web.stillwater.k12.mn.us/csb/ce>

**South Washington County Community Education
School Aged Family Education (SAFE)** **651-458-6624**
..... www.cecool.com

Lakes Area Youth Service Bureau—Forest Lake
244 North Lake Street
Forest Lake, MN 55025 **651-464-3685**
..... www.ytblakesarea.org

Free telephone/walk-in consultation for parenting support and drop-in Parent Support Meetings every Thursday at 6:30 p.m.

Minnesota Kinship Caregivers Association **877-917-4640**
Assistance to the safety, well-being and stability of children in relative caregiving families.

PARENT/CAREGIVER RESOURCES (cont'd)

Parent Advocacy Coalition for Educational Rights (PACER)

..... 952-838-9000
..... www.pacer.org
Non-profit organization that assists parents and families of children with disabilities.

Parent Skills Training and Support

Counseling Psychologists of Woodbury
1789 Woodlane Drive, Suite C
Woodbury, MN 55125..... 651-739-7539
..... <http://cpwmn.com>

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.

Teenwise

1619 Dayton Avenue, Ste. 111
St. Paul, MN 651-644-1447
..... <http://teenwisemn.org>
Statewide leader in promoting adolescent sexual health, preventing adolescent pregnancy and gaining support for adolescent parents.

PARENT/CAREGIVER RESOURCES (cont'd)

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

White Bear Lake Area Community Counseling Center

1280 North Birch Lake Blvd.

White Bear Lake, MN 55110..... **651-429-8544**

..... <http://www.whitebearlake.org>

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

(see Websites for Teens, Parents and Caring Adults, p. 45)

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**

..... <http://safeplacefornewborns.org>

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

For immediate help: Call 9-1-1 or go immediately to the nearest hospital emergency room.

National Sexual Assault Hotline 1-800-656-HOPE or 1-800-656-4613

..... www.rainn.org

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.

If you've been a victim of assault you can also talk to a trusted adult, i.e. school counselor, doctor, etc.

SEXUAL HEALTH

Face to Face Health and Counseling Services

1165 Arcade Street
St. Paul, MN 55106 **651-772-5555**
..... 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
Adolescent services, birth control, pregnancy and STI tests.

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.

Outlook Clinic

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

St. Croix Family Medical Clinic

5640 Memorial Avenue North, Suite B
Stillwater, MN 55082 **651-430-1880**
..... 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
Birth control with education, pregnancy tests, sexually transmitted disease testing.

(See also Parent/Caregiver Resources p. 39)

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 Services or specific topic areas listed in this guide about existing support services.

TRANSLATORS / ESL

Minnesota Translation Services

743 Scheffer Avenue

St. Paul, MN **651-689-3446**

Offering services from and to Spanish, Russian, Bulgarian, French, Serbo-Croatian, Polish and Portugese.

International Language Services, Inc.

5810 Baker Road, #250

Minnetonka, MN **952-934-5678**

Offers over 150 languages.

Minnesota Language Connection..... **651-644-7100**

24 hours. Over 100+ languages.

Adult Literacy Hotline **1-800-222-1990**

Or text message to **612-424-1211**

WEBSITES FOR TEENS, PARENTS AND CARING ADULTS

- Chemical Health Action Collaborative
in Minnesota (CHAC) <http://www.connect2chac.org/>
- Let's Talk—supports parents and teens in efforts to talk openly and
honestly about healthy relationships and sexuality.
..... <http://teenwisemn.org/>
- Mental Health America.....www.mentalhealthamerica.net
- NIDA (National Institute on Drug Abuse) for Teens..... www.teens.drugabuse.gov
- National Center of Missing Children
Resources on internet safety topics..... www.netsmartz.org
- Parenting Education Resources
University of Minnesota Extension Program—wide variety of
resources including publications for parents..... www.parenting.umn.edu
- Parenting Teens On-line www.parentingteensonline.com
- Reach Out for Teens & Young Adults
Facing Tough Times <http://us.reachout.com/>
- Suicide Prevention Collaborative..... <http://suicidepreventioncollaborativemn.org/>
- Teen Health 411 www.411teenhealth.com
- Shoulder-to-Shoulder/Raising
Teens Together..... www.shouldertoshoulderminnesota.org
- Talking With Kids About Tough Issues www.talkingwithkids.org
- The National Campaign to Prevent Unwanted and
Teen Pregnancy www.thenationalcampaign.org
- Washington County Youth-committed to helping you help
others—website by and for teens..... www.wacy.org