



Family Resources

Emergency – Police – Ambulance - Call 911

OCTOBER 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 **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 **651-757-4337**

St. Rita’s, Cottage Grove www.saintritas.org **651-459-4596**

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

Resources for Child Caring 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 **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 or www.prairie-stjohns.com888-9-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 651-433-5839
 Treatment for chemical dependency. Ten-bed women's program.

State Services for the Blind (SSB) 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 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.org651-439-0031
 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.org2-1-1
 or800-543-7709 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 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 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's888-9-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 (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

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 County651-430-6700

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

- Or952-838-9000
- TTY952-838-0190

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.

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 Clinic651-430-1880

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 Schools651-458-6632
- Stillwater.....651-351-8350
- White Bear Lake651-653-3100

University of Minnesota Extension – Washington County651-430-6800

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

Washington County Alternative Learning Programs

- Forest Lake Central Learning Center651-982-3171
- Mahtomedi.....651-762-2480
- North St. Paul, Maplewood, Oakdale651-748-6200
- South Washington County651-458-6660
- Stillwater - St. Croix Valley ALC651-351-8464

White Bear Lake Area651-773-6400

Washington County School Districts

- Chisago Lakes School District #2144651-213-2000
- Forest Lake School District #831.....651-982-8100
- Hastings School District #200651-437-6111
- Mahtomedi School District #832651-407-2000
- North St. Paul, Maplewood, Oakdale School District #622651-748-7622
- South Washington County School District #833651-458-6300
- Stillwater School District #834.....651-351-8340
- White Bear Lake School District #624.....651-407-7500

Young Life 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.

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

Employment Assistance/Family Mentoring

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

Financial

Child Care Basic Sliding Fee – Washington County	651-430-6459
Funds for students or employed parents who are not on MFIP(formerly AFDC).	
Cradle of Hope (formerly Project Life)	651-636-0637
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.	
Community Action Partnership for Washington and Ramsey Counties	651-645-6470
Limited financial assistance to pay utility and fuel bills October to May.	
Life Care Centers	
Women’s Life Care Center (Little Canada) www.womenslifecarecenter.org	651-777-0350
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.	
Life Care Center East (E. St. Paul)	651-776-2328
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.	
St. Croix Valley Life Care Center (Stillwater)	651-439-5964
Fax	651-439-4064
Free, confidential pregnancy testing and counseling, ultra sounds, baby layettes and furniture, and financial help.	
The Lakes Life Care Center (Forest Lake)	651-464-4340

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 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..... 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..... 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 651-645-6445

Interest-free loans for single parents who are working.

Financial Counseling

Consumer Credit Counseling Service of FamilyMeans 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 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 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-Thursdays 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 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..... 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 or 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 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 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.

MinnesotaCare651-297-3862
 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.org651-489-2273
 Referral for clinics with sliding fee-based services. Diabetic supplies at reduced or no cost.

Portico Healthnet651-603-5100
 Information and assistance connecting with health care program that best meets individual needs.

St Croix Family Medical Clinic651-430-1880
 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.com651-697-3333
 Diabetic supplies at reduced or no cost.

Washington County Community Services – Economic Assistance Intake651-430-6459
 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
 - Family Means** www.familymeans.org
 - Family Village, The** www.familyvillage.wisc.edu
 - Forest Lake Area Schools** www.forestlake.k12.mn.us
 - Future of Children, The**..... www.futureofchildren.org
 - Human Services, Inc. (HSI)**..... www.hsicares.org
 - Lakeview Hospital**..... www.lakeview.org
 - Mahtomedi Schools**..... www.mahtomedi.k12.mn.us
 - Minnesota Department of Children, Families & Learning**..... www.education.state.mn.us
 - North St. Paul, Maplewood, Oakdale Schools**..... www.isd622.org
 - PrairieCare/Prairie St John’s** www.prairie-care.com or www.prairie-stjohns.com
 - South Washington Schools** 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
 - Washington County Community Services & Public Health** www.co.washington.mn.us
 - Washington County Library**..... www.co.washington.mn.us/library
 - White Bear Lake School District #624** www.whitebear.k12.mn.us
 - Youth Service Bureau (Forest Lake)** www.ysblakesarea.org
 - Youth Service Bureau (Stillwater, Woodbury, Cottage Grove)** 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 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 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
 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, except for Stillwater and Bayport, and their websites are listed below.

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

Mental Health Resources

- Consumer Survivor Network of MN** 651-637-2800
- Disability Linkage Line** 866-333-2464
- Minnesota Mental Health Association** 651-493-6634
 475 Cleveland Ave North, Suite #222, St Paul MN 55104
- Minnesota Office of The Ombudsman Office for Mental Health** 651-757-1800
 121 7th Place East, Suite 420, St Paul MN 55101
- NAMI Connection Recovery Support Group**..... 651-645-2948
 Contact Molly. Wednesdays at 6:00pm, Trinity Presbyterian Church, 2125 Tower Drive, Woodbury MN 55125
- NAMI MN (National Association for Mentally Ill)** 651-645-2948
 800 Transfer Road, Suite #31, St Paul MN 55114
- NAMI Parent Resource Groups** 651-335-7832
 Contact Brenda. Second Tuesday of each month from 6:30pm - 8:00pm. Forest Lake Library, 19955 Forest Lake Road North, Forest Lake MN 55025
- Senior Linkage Line**..... 800-333-2433

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

Continued on Next Page

- 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.org1-800-732-3812 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.
- 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.
- North St. Paul Parks and Recreation.** 651-747-2411
- Oakdale Park and Recreation**..... 651-747-3860
- St. Croix Valley Recreation Center**..... 651-430-2601
- St. Paul Park, Park and Recreation ...** 651-459-9785
- Stillwater Community Education**..... 651-351-8300
- White Bear Lake Recreation**..... 651-407-7501

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.us1-800-945-8913 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

Continued on Next Page

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	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	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	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.	
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	

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

Therapeutic Health Services

- Courage St. Croix**..... 651-439-8283
 Provides rehabilitation, enrichment, vocational, independent living, and education services to empower people with physical disabilities and sensory impairments to achieve their full potential.
- Early Childhood Special Education (ECSE)**
 For the center nearest you, call your school district listed in this brochure under Education.
- Family Achievement Center**..... 651-738-9888
 Provides physical therapy, occupational therapy, speech & language pathology, specialized therapy programs, and occupational therapy life skills groups.
- Functional Integrated Therapy (FIT)** 651-770-8884
 Provides occupational, sensory, and feeding therapy services.
- Lifetrack**..... 651-227-8471
 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.
- Minnesota Children with Special Health Needs (MCSHN)**651-201-3650 or 1-800-728-5420
 Resource information for providers and families of children with special health needs.
- Shriners Hospital www.shrinershq.org/hospitals**..... 612-596-6100
 Orthopedic services including surgery, therapy, and equipment are available free to children who meet medical and financial eligibility.

Continued on Next Page

Specialty Clinics

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.)

The Therapy Center www.mntherapycenter.com..... 612-239-0707
Offering high quality speech and language therapy to children.

Transportation

- Blue Ride -Medical/Dental Appointments 651-662-8648**
- Or Rides for Blue Plus Medical Assistance..... 1-866-340-8648**
- Community Volunteer Service and Senior Centers 651-439-7434**
Rides available to medical, therapy, & counseling appointments for persons or families with no other means of transportation.
- Dial-A-Ride..... 651-227-6378**
NE Suburban Transit offers mini-bus service for N. St. Paul, Maplewood, Oakdale, Century College, Hillcrest, & Sunray.
- Forest Hill United Methodist Church (Car Care)..... 651-464-2561**
Forest Hill Community Service Hotline. Car repairs for those in need of assistance in the Forest Lake area.
- HealthPartners - medical/dental appointments..... 952-883-7400**
- HSI Transportation – Transit Line..... 651-275-4300**
Provides door-through-door service for clients over 55 and persons with disabilities in Washington County.
- Medica - Provide-A-Ride..... 952-992-2292**
Medical or dental appointments with this insurance.
- Metro Mobility www.metrocouncil.org 651-602-1111**
Serving people with disabilities in South Washington County, Oakdale, Maplewood, and parts of Woodbury.
- Metro Transit Bus Schedules www.metrotransit.org..... 612-373-3333**
Includes service within Stillwater, Bayport, and Oak Park Heights.
- NEST and Dial-a-Ride 651-227-6378**
Serves Oakdale, Maplewood, and North St. Paul.
- St. Croix Valley Christians In Action 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 Registration651-296-6911**
Information on how to obtain a sticker for handicapped parking.

- 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.stonesouptriftshop.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** 651-430-1873
- Woodbury Young Life www.younglife.org**..... 651-739-4820
- WyldLife/YoungLife 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**..... 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.