

WASHINGTON COUNTY ACCESS, AGING, & DISABILITY DIVISION: RESOURCE LIST

Programs, services, agencies, and other resources that are not a part of Washington County Community Services or contracted with Washington County Community Services do not constitute endorsement by Washington County. This list is not conclusive of all resources that may be available to support you, your family, or people you are supporting.

GENERAL RESOURCES (websites that offer many different resources and support options)

- Disability Hub MN: Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future.
 - 1-866-333-2466 or <https://disabilityhubmn.org/>
- MinnesotaHelp.Info: A website that offers a variety of resources related to mental health, disabilities, seniors, waiver programs, caregivers, families, and transportation.
 - <https://www.minnesotahelp.info/> or 1-800-333-2433
- Senior LinkAge Line: The Senior LinkAge Line® is a free service of the state of Minnesota that connects older Minnesotans and their families with the help they need.
 - 1-800-333-2433 or <https://www.seniorlinkageline.com/>
- United Way 211: Free and confidential service to explore resources and services surrounding employment, child care, heating assistance, etc.
 - Dial 2-1-1 or 651-291-0211 (cell phone) or 1-800-543-7709 (toll free)

CHORE SERVICES

- Community Outreach: Developed to assist older adults and individuals with disabilities living in the Stillwater Area School District (ISD #834). By engaging volunteers, Chore Services helps fill requests for basic home maintenance assistance, such as window washing, gardening, minor indoor repairs, and cleaning, with the goal of making it a little easier for individuals to remain living at home.
 - Community Thread cannot guarantee that applicants will be matched with a volunteer to fulfill requests
 - Call 651-439-7434 or email ChoreServices@CommunityThreadMN.org
- Washington County's Sentence to Serve (STS): Provide lawn care, snow shoveling, and assistance with moving within Washington County.
 - Capacity is limited!
 - Must have a referral from a case manager.

CLOTHING

- Stone Soup: Thrift store located in St. Paul Park that offers clothes and goods at very low prices. With a referral from a variety of agencies, including Washington County Community Services, you are able to receive a voucher for free goods.
 - Call 651-458-9786 or email stonesoupthrift@yahoo.com
 - Website: <https://www.stonesoupthriftshop.org/>
- Valley Outreach Clothing Closet: Helps you meet your critical clothing needs. The selection of clothing available for all ages gives you the opportunity to ensure that growing children have clothes that fit, adults can dress confidently for the workplace, all individuals are warm and comfortably

dressed in the winter months, and that all have access to the basic clothing needs of socks and underwear.

- Eligibility:
 - Valley Outreach primarily serves households in the Stillwater school district area (ISD 834) whose income is at or below 200% of the Federal Poverty Guideline or who are in crisis.
- Must bring identification and proof of residency each visit.
- Contact Information: 1911 Curve Crest Blvd. West, Stillwater, Minnesota 55082
651-430-2739 or info@valleyoutreachmn.org

COVID-19

- #JustCheckingIn: IDON'TMIND started a campaign to connect people who are practicing social distancing and encourage others to join in using the hashtag #JustCheckingIn on Instagram. It provides simple questions to check-in with family and friends.
 - <https://idontmind.com/journal/just-checking-in-ten-minutes-ten-questions>
- Coping with COVID: <https://mn.gov/dhs/crisis/>
- COVID Cares: Free telephone support for Minnesotans during these stressful times.
 - 833-HERE4MN (833-437-3466, 9 AM TO 9 PM 7 days a week)
 - <https://www.mnpsychsoc.org/covid-care-support-services.html>
- Emergency Food Pack Program: No-cost, no-contact emergency food box delivery program open to any Washington County resident.
 - Receive high-quality shelf-stable goods and products.
 - To sign up call: 651-430-6688
- Emergency Rental Assistance Due to COVID-19: Help available for qualified Washington County residents who are unable to pay rent and utility costs due to COVID-19 related income loss. Funding is limited!
 - Applications will be available August 10th
 - Apply online [here](#), by phone (651-430-6570), or you can complete a written [WCCS-70000-100 CARES Act Assistance Application Form](#) application.
 - Applications can be faxed to 651-430-6515 or mailed
 - You are also able to apply using the combined application form ([CAF-5223](#)) or through [ApplyMN application](#)
 - <https://www.co.washington.mn.us/3279/Emergency-Rental-Assistance-Due-to-COVID>
- Free COVID-19 Testing: Many uninsured Minnesotans can get tested for COVID-19 at no cost to them during the federal pandemic health emergency.
 - Information on how to apply: www.mn.gov/dhs/health-care-coverage
 - Site also provides information about programs to help those having a hard time paying health care bills during the pandemic
- Mental Health America: Offer resources specifically dedicated to COVID-19 and mental health
 - <https://mhanational.org/covid19>
- MN Black Community COVID-19 Hotline: A fully staffed hotline to support Minnesota's African American community through the pandemic.
 - 612-254-1145

- The Prepared Meal Program: No-cost, no-contract prepared nutritious meal delivery program, focused on serving vulnerable individuals including those with a positive COVID diagnosis or those in quarantine, older adults, persons with disabilities, residents of Washington County's Community Development Agency properties, and those qualified for/receiving free/reduced price lunch. Supplies are limited.
 - Contact the Food Support Line at 651-430-6688
- Transportation: Multiple transportation options are available to support access to COVID-related services for those without reliable access to a vehicle, including testing and vaccination appointments.
 - Please contact Washington County Mobility Coordinator, Sheila Holbrook-White (651-430-6609) to learn what your options are.
- WellShare: Offers a COVID-19 hotline to reach out with questions about symptoms, testing, vaccination, and treatment as well as resources for food, housing and employment
 - Available daily between 8 AM and 8 PM and phones are answered by Oromo, Somali, Spanish, and English speaking Community Health Workers.
 - 651-318-0051

DENTAL

- Children's Dental Services 2021 at Washington County WIC sites: For children (birth to 26 years old) and pregnant women
 - Clinics offered in Cottage Grove, Forest Lake, and Stillwater
 - Dental care includes: examinations, x-rays, cleanings, fluoride treatments, plastic sealants, fillings, crowns, extractions and other treatments if needed
 - Accept Medical Assistance, MinnesotaCare, Private Insurance, Sliding Fee Scale Applicants

DIVERSITY, EQUITY, & INCLUSION

- Diversity Empowerment Group: Canvas Health offers a safe space for people to discuss experiences/issues related to racism, prejudice, and conscious and unconscious biases.
 - Held virtually on Thursdays from 6-7:30 PM
 - To sign up email: diversityempowerment@canvashealth.org

EMPLOYMENT & EDUCATION SUPPORT

- Cell-ED: Learn English and more for free on your own time!
 - Access to courses on your phone such as English, Work Ready, Civics and Citizenship, and Skill Builder through the Washington County Library.
 - Search "Cell-Ed" on GooglePlay or Apple AppStore (must have unlimited data/wifi), or call 1-818-423-5533 (must have unlimited texts/minutes) and enter PIN code 6172
- Goodwill Easter Seals: Goodwill-Easter Seals Minnesota Work Incentives Connection provides specialized answers about the impact of work on government benefits.
 - Call 1-800-976-6728 (toll-free) or 651-632-5113 (MN Relay – 711)
- Metropolitan Center for Independent Living (MCIL): Able to provide benefits analysis to help you determine how much income you can earn and if/how it would affect your benefits.
 - 651-646-8342

- Newgate School: Through car donations, students pay no tuition to complete a 12-18 month auto repair technician training resulting in very high job placement success rates!
 - <https://www.newgateschool.org/>
- Vocational Rehabilitation Services: Can help you prepare for, find and keep a job, and live as independently as possible.
 - 1-800-328-9095 or <https://mn.gov/deed/job-seekers/disabilities/>
- Washington County CareerForce (formerly known as the Workforce Center): Washington County CareerForce administers programs targeted to dislocated workers, low-income adults, disadvantaged youth and young adults, welfare-to-work participants and low-income seniors. The goal is to help you become successful in securing and retaining jobs and to enhance marketable skills for the current labor market.
 - Locations in Woodbury, Cottage Grove, and Forest Lake
 - 651-430-6455

FINANCIAL SUPPORT (Includes Free/Reduced Fee Phone Resources)

- Box of Balloons: Works with community social workers and advocates to identify children in need, children who would not otherwise have a birthday celebration, with the focus to ensure each child feels special and celebrated on their birthday.
 - Provides birthday parties to children 0-12 years old
 - Must have a referral from a social worker!
 - boxofballoons.minneapolismn@gmail.com or 651-354-2509
- Community Action Partnership of Ramsey and Washington Counties (CAPRW)
 - Offering 1-time Car Repair Grants of \$750 to approved households
 - <https://caprw.org/services/money-jobs-transportation/car-repair-grant.html>
 - Offers support and resources related to Energy Assistance, Emergency Furnace and Boiler Services, Food Support, Energy Conservation & Weatherization, Taxes and more
 - 651-645-6445; <https://caprw.org/welcome.html>
- Family Support Grant: Provides cash grants to families of children, under 25 years of age with a certified disability, residing at home. The goal of the program is to prevent or delay the out-of-home placement of children and promote family health and social well-being by enabling access to family-centered services and supports.
 - Call 651-430-4145 or email comsvsfamilysupportgrant@co.washington.mn.us
 - Visit the website: <https://www.co.washington.mn.us/2980/Family-Support-Grant-FSG>
- Free or Reduced Cost Cell Phones/Plans
 - Link to all Minnesota Programs: <http://www.freegovernmentcellphones.org/minnesota-cell-phone-program/>
- Economic Support at Washington County: In partnership with the Minnesota Department of Human Services, the Washington County Community Services Department administers programs that provide support to low income residents of Washington County, such as cash support, medical programs, food support, and child care assistance.
 - For more information call 651-430-6455 or 1-844-711-1907
 - Visit the website: <https://www.co.washington.mn.us/787/Economic-Support> (applications and required forms can be submitted online!)

- Microgrants: Gives grants of around \$1000 for low-income people of potential to invest in their lives. The grants are designed to help people increase their income either through small business development or getting and retaining stable employment.
 - Investments are usually made in three areas: education, small business, and transportation
 - You must be a person receiving support from a partner agency to be eligible for the grant: <https://microgrants.net/partner-agencies/>
 - For more information: <https://microgrants.net/> or 612-200-8174 or info@microgrants.net
- Minnesota Microgrant Partnership: Through The Arc, offers modest grants (\$500) to help people with disabilities to reach goals around competitive employment, inclusive housing, and community integration. These goals are important to them and for them.
 - Ends June 29th, 2021
 - Eligibility:
 - 18 or older and receive waiver or personal care services, or
 - 16 or older with a level 3 or 4 Individual Education Program (IEP)
 - You must apply online: <https://thearcminnesota.submittable.com/submit/b1a447fc-ad5e-48b5-a4b8-9de2891e95c5/the-minnesota-microgrant-partnership>
 - For more information: <https://arcminnesota.org/ways-we-can-help/scholarships-microgrants/minnesota-microgrant-partnership/>
- SafeLink Health Solutions: If you are a Blue Plus member, you are eligible to receive a free smartphone!
 - You also receive 3GB of data, 350 monthly minutes, unlimited text messages, and free calls to Blue Plus member services (that do not count towards the 350 minutes)
 - Apply at www.safelink.com or call 1-877-631-2550
- SOAR (SSI/SSDI Outreach, Access, and Recovery): Designed to increase access to the disability income benefit programs administered by Social Security for eligible adults and children who are experiencing or at risk of homelessness and have a serious mental illness, medical impairment, and/or co-occurring substance use disorder.
 - MN Contact: dhs.ssaadvocacy@state.mn.us
 - Dawn Holmen (651-431-6271), Tony Reynero (651-431-6271)
- Social Security Advocacy: Applying for or maintaining Federal Social Security disability benefits can be hard. Social Security Advocacy can help!
 - <https://mn.gov/dhs/partners-and-providers/program-overviews/housing-and-homelessness/social-security-advocacy-directory.jsp>
 - Note, this resource is also linked to SOAR
- T-Mobile Lifeline Assistance: Offers reduced cost telecommunications services to qualifying low-income consumers through the Federal Lifeline program. Those who qualify for the program are provided a discount of \$9.25 per month on wireless service.
 - May qualify for Lifeline assistance if their total household income does not exceed 135% of the Federal Poverty Guidelines (2020 FPG for a household of one is \$12,760); or if they are currently eligible to receive benefits from any of the following assistance programs:
 - Medicaid
 - SNAP
 - SSI, Federal Public Housing Assistance
 - The Veteran's Pension or Survivor's Pension benefit

- www.t-mobile.com/lifeline for application and instructions
- Valley Outreach Emergency Fund: The Emergency Fund provides financial assistance to individuals and families who are in crisis or transition. The Emergency Fund considers requests for help with: rent/mortgage, utilities, transportation, medical and dental emergencies, and other basic needs crises
 - Eligibility:
 - Valley Outreach primarily serves households in the Stillwater school district area (ISD 834) whose income is at or below 200% of the Federal Poverty Guideline or who are in crisis.
 - Must bring identification and proof of residency each visit.
 - Contact Information: 1911 Curve Crest Blvd. West, Stillwater, Minnesota 55082
651-430-2739 or info@valleyoutreachmn.org

HOUSING:

- Bridging: Bridging, a 501(c)(3) nonprofit organization serving the greater Twin Cities, provides donated furniture and household goods to families and individuals transitioning out of homelessness and poverty.
 - Bridging provides a basic home setup to those who need most items necessary to create a comfortable and functioning home. The basic home set-up generally includes gently-used upholstered furniture, a kitchen table and chairs, a mattress and box spring, linens, dishes, artwork, and more.
 - Locations in Roseville and Bloomington. Will deliver for a fee.
 - Referrals must be done by a human service provider, healthcare agency, or faith community. If you have a case manager or social worker, ask them to contact Bridging for assistance in setting up an appointment.
 - If you do not have a case manager or social worker, or they cannot refer you, please look at the agency finder list on the Bridging website. This is a list of agencies that may be able to assist you with getting an appointment.
 - Questions call 952-888-1105
- Homeless and Housing Resources at Washington County: Washington County Community Services recognizes that homelessness exists in Washington County, and that those experiencing homelessness deserve access to services to assist them in becoming stably housed, as well as assist them with accessing other resources to meet their basic needs. The Homeless Outreach Services Team (HOST) provides these services to residents of Washington County.
 - Call 651-430-6488 or <https://www.co.washington.mn.us/2957/Homeless-Resources-and-Housing-Information>
 - Walk-in hours available (check website or call for times and locations)
- Housing Support (formerly The Group Residential Housing (GRH) program): pays up to \$922 (effective 7/1/19) per month for room and board in settings that are contracted with Washington County (or the county they live in) for people with low income and low assets who have disabilities or other conditions.
 - To apply complete the Combined Application Form (CAF, DHS 5223) or apply online at ApplyMN.dhs.mn.gov
 - DHS website offers CAF documents in Hmong, Russian, Somali, Spanish and Vietnamese

- Housing Benefits 101 (<https://mn.hb101.org/>): Plan for the person's home, with the services they need. Provides resources for moving out of a facility, changing your home, keeping your home, and homeless services.
- Minnesota Recovery Connection: Housing & Housing Services (<https://minnesotarecovery.org/category/housing/housing-housing-services/>): Provides a list of programs and organizations that offer housing options, resources, and services.
- St. Andrew's Lutheran Church: 651-762-9124
 - Emergency Shelter: Provided to families in Washington County and suburban Ramsey County residents. Provide off-site shelter in two locations with direct and ongoing case management services until stable housing is achieved.
 - Hope for the Journey Home in Oakdale
 - St. Andrew's Family Shelter in Hugo
 - Rental Assistance: provided to prevent an episode of homelessness for qualified families living in Washington County.

IMMIGRATION/REFUGEE

- Arrive Ministries: This organization is dedicated to the cause of the refugee and immigrant and empowers local churches to welcome and serve displaced refugees who resettle in Minnesota.
 - 612-798-4332 or <https://arriveministries.org/>
- Hmong American Partnership (HAP): Offer support and resources with economic and community development, workforce development, children and family services, and health & wellness.
 - 651-495-1699 or <https://hmong.org/>
- International Institute of Minnesota: Provides services and resources to empower New Americans (*immigrants and refugees*) to pursue their goals. Includes language learning, job training, immigration assistance, citizenship classes, refugee resettlement, and case management.
 - 651-647-0191 or <https://iimn.org/>

INDEPENDENT LIVING SKILLS (ILS) (ALTERNATIVE RESOURCES)

- Metropolitan Center for Independent Living's (MCIL) Independent Living Skills Program (<http://www.mcil-mn.org/programs/independent-living-skills>): Provides free and accessible classes to help those who want to live more independently.
 - PLEASE NOTE: RSVP must be made at least 2 days PRIOR to activity. Unless otherwise specified, all activities will be held at MCIL
 - If you are interested in learning more about these and other events, please RSVP to Erin at 651-603-2037
- Professional Rehabilitation Consultants (PRC) (<https://www.prcstpaul.com/>): PRC is a Medicare certified outpatient rehabilitation agency that specializes in providing individualized occupational therapy to those who struggle with their mental health.
 - (651) 603-8774
- Disability Hub MN (<https://disabilityhubmn.org/skills/independent-living>): Disability Hub can assist in setting goals for learning new life skills, connecting people to tools and resources for independent living, and planning next steps.

- Can call (1-866-333-2466) or do a live chat via the website.
- Natalis Outcomes' Behavioral Health Home Services (<https://natalisoutcomes.com/behavioral-health-home>): Our goal is to better meet the needs of individuals experiencing serious mental illness and their families by addressing the individual's physical, mental, spiritual, substance abuse and wellness goals.
 - Behavioral Health Home Services Include: Referral to community social support, transitional Services (chemical dependency (CD) support, homelessness support, navigating healthcare system, mental health transitional support), health promotion and wellness, care coordination (psychology and psychiatry services, therapy, CD treatment), patient and family support, accessing resources (transportation, supportive employment, housing)
 - Eligibility:
 - Actively enrolled in medical assistance or a PMAP
 - Have a diagnosed or potential serious mental illness or serious and persistent mental illness
 - Have a current diagnostic assessment (within 1 year). And if client does not, Natalis Outcomes can provide services for diagnostic assessment
 - Those who are not currently engaged in Targeted Case Management (TCM) of any kind, Assertive Community Treatment (ACT), or health care homes care coordination

INTELLECTUAL & DEVELOPMENTAL DISABILITIES (IDD)

- Autism Resource Portal: Provides information and tools about Autism Spectrum Disorder (ASD) or related disorders, and its impact on family life, education and work in Minnesota
 - <https://mn.gov/autism/>
- The Arc Minnesota: Promotes and protects the human rights of people with intellectual and developmental disabilities. People with disabilities and their families trust The Arc for information, assistance, education, and public policy leadership.
 - 833-450-1494 or www.arcminnesota.org
- Community Links Newsletter: A monthly web-based newsletter that includes a variety of information, resources, programs, services, and community-based supports available to adults and children with intellectual and developmental disabilities. This is created and managed by Washington County Community Services IDD social workers.
 - To view the most recent and archived newsletters:
<https://www.co.washington.mn.us/Archive.aspx?AMID=87>
 - To subscribe to monthly newsletters
 - Go to www.co.washington.mn.us
 - Click on the "Notify Me" tab
 - Enter your email address
 - Click on the envelope next to Community Links Newsletter
- PR%F Alliance (Formerly known as MOFAS: Minnesota Organization on Fetal Alcohol Syndrome): Proof Alliance is a national leader in promoting awareness about the effects of prenatal alcohol exposure and advocacy for individuals and families impacted by fetal alcohol spectrum disorders (FASD).

- Provide people with FASD, families, and caregivers a wide variety of supports, activities, and resources to help guide and support.
 - Call 1-866-90-MOFAS (66327) or 651-917-2370
 - <https://www.proofalliance.org/>
- South Washington County Community Education: Offers customized classes, recreational and social opportunities for adults with developmental cognitive disabilities.
 - To register, please call 651-748-7232 or go to www.isd622.thatscommunityed.com and click on "Courses for Adults with Disabilities"
- Videos On the Autism Spectrum Disorder: Families Find Help and Hope: Learn about ways families find the help they need with autism through videos of families from different communities finding person-centered support.
 - <https://mn.gov/autism/videos>
- Washington County Intellectual and Developmental Disabilities
 - <https://www.co.washington.mn.us/783/Intellectual-and-Developmental>
 - Website provides links to the Autism Resource Guide & Community Links
- Woodbury Lutheran: The Disability Ministry strives to be inclusive and welcoming of individuals with a variety of needs. They also have many ways for people with disabilities and their families to get connected. These include:
 - Sunday School Buddies: One-to-one pairings for children with learning disabilities, physical limitations, or behavioral struggles.
 - Respite Care: Children and teens with developmental or physical disabilities are provided snacks and planned activities in a nurturing environment by trained volunteer caregivers. Respite Care takes place on the 3rd Saturday of each month (September - May) from 5:00-8:30 pm.
 - Bible and Friends is a Bible class for students in 6-12th grade with special needs who prefer a small group, hands-on setting. The class studies the Bible at varied skill levels using activities designed to engage students with different learning styles. Bible and Friends meets on Sundays from 9:30-10:30 AM.
 - Faith and Friends: Faith & Friends is a Bible study for adults with disabilities. It meets on Sunday mornings from 9:30-10:30 AM.
 - Hearts and Hands: Hearts and Hands is a fellowship group for adults with disabilities. It meets on the 2nd Sunday of each month from 12:30-2:00 PM at the Valley Creek Campus.
 - 651-739-5144 or <https://www.woodburylutheran.org/resources-media/support/disability-ministry/>

LEGAL RESOURCES

- Minnesota Disability Law Center: Addresses the unique legal needs of persons with disabilities. A statewide project, MDLC provides free civil legal assistance to individuals with disabilities on legal issues that are related to their disabilities.
 - Call 612-334-5970 or 800-292-4150, or visit <http://mylegalaid.org/about/our-work/disability-law/>

MEAL & FOOD RESOURCES

- Christian Cupboard Emergency Food Shelf: Serves Woodbury, Oakdale, or Landfall, as well as the area of Maplewood east of McKnight and south of Highway 5.
 - 8264 4th St N, Oakdale, MN 55128
 - Mondays 12:00 to 4:00 PM; Thursdays, 3:00 to 7:00 PM; Fridays, 9:00 a.m. to 1:30 PM
 - No appointment or preregistration is necessary
 - Produce Fairs
 - 10 to 11:30 AM every 2nd and 4th Saturday
- Commodity Supplemental Food Program (CSFP): For low-income adults 60 years of age and older. A monthly box of food can be picked up at a variety of locations around the state.
 - Please call 651-484-8241 or toll-free at 800-365-0270 for more information.
- Fare for All: Fare For All is a great way to save money on quality, nutritious food. They buy fresh fruits, vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices.
 - Eligibility: Fare For All is community supported and open to everyone – there are no qualifications to participate. The more people who shop, the better the value becomes for everyone!
 - Offer two hours of shopping at each location once per month. They accept cash, credit and debit cards, and EBT cards (no personal checks)
 - Washington County Locations:
 - Cottage Grove – All Saints Lutheran Church
 - Forest Lake – VFW
 - Oakdale – Grace of God Lutheran Church
 - Stillwater – Community Thread
 - White Bear Lake (Ramsey County) – Community of Grace Lutheran Church
 - Questions: 763-450-3880 or info@fareforall.org
- Friends in Need Food Shelf: Serving residents of Cottage Grove, St. Paul Park, Newport, and Grey Cloud Island.
 - 535 4th St, St Paul Park, MN 55071
 - Shopping hours are Tuesdays from 8:00 AM to 6:00 PM and Wednesdays from 5:30 to 7:00 PM
 - Please make an appointment on Mondays between 12:00 to 3:00 PM or Tuesdays after 7:30 AM by calling 651-458-0730
- Gluten Free Resource Center of Minnesota: Provides support, education, and resources for those seeking a gluten-free lifestyle.
 - <http://www.celiaccenterofminnesota.org/>
- Help at Your Door (formerly Store to Door): Provides grocery delivery and help putting your groceries away.
 - Minimum order of \$40 and maximum order of \$200
 - Call: 651-642-1892
- Little Kitchen Food Shelf: A no-boundaries, no-restrictions food shelf serving Northeast Minneapolis (no restrictions by zip code) and beyond. “We serve **all people**.”
 - New people must pre-register by calling 612-788-2444 between 9 and 11 AM, Monday to Friday.
 - Located at Grace Center for Community Life (1500 6th Street NE, Minneapolis, 55413)
 - Open Wednesdays and Fridays 10 AM to noon, and Tuesday and Thursdays 6 to 7:30 PM

- Mom's Meals: Home-delivered meal option with tailored menus to support common health conditions.
 - 1-877-508-6667
- Open Arms of Minnesota (<https://www.openarmsmn.org/>): Open Arms of Minnesota is a nonprofit that cooks and delivers free, nutritious meals to people living with life-threatening illnesses in the Twin Cities.
 - To qualify, the person must be diagnosed with a life-threatening illness such as cancer, HIV/AIDS, multiple sclerosis, ALS, COPD, ESRD or CHF, AND one of the following; either physically unable to shop or cook OR have a compromised nutritional status. The person must live in the Twin Cities metropolitan area to receive meal delivery service. We do not qualify individuals based on income status.
 - An application form needs to be completed and a signature from a medical provider, case manager, or social worker is required
 - Service representatives: 612-872-1152
- Optage Senior Dining's Title III Program (<http://www.optage.org/senior-dining-services/mn/dining-home-delivered-meals/>): Senior Dining Choices provides home-delivered meals, funded by Title III.
 - Eligibility:
 - At least 60 years old
 - Washington or Ramsey County resident
 - Nutrition risk exists:
 - Rely on others to grocery shop or meal prep
 - Eat meals alone
 - Take 3 or more medications
 - Change in the way they eat
 - Maximum 5 meals/week
 - After 2-3 weeks, someone meets with you to complete the federal guidelines questionnaire/sign form and discuss how the program is working for them
 - Eligible seniors and support agencies may register and order meals by calling (651)746-8280 or by email at orders@optagedining.org.
- Free Community Meals: Free for the whole family. No application or proof of income is needed.
 - All Saints Lutheran Church: Offers a free community meal the 4th Friday of every month at 6 PM
 - 8100 Belden Blvd, Cottage Grove, MN 55016
 - The Alley Church: Offers a free community meal the 2nd Sunday of every month at 12:15 PM
 - 8944 Indahl Ave S, Cottage Grove, MN 55016
 - Eastern Twin Cities Islamic Center
 - 12585 Hudson Rd S, Afton, MN 55001
 - Visit the website <http://iswem.org/> or call 651- 200-3956 for meal days/times
 - Newport Lutheran Church: Offers a free community meal the 2nd Saturday of every month from 5 to 6:30 PM
 - 900 15th St, Newport, MN 55055
 - St. Andrew's Lutheran Church: Offers a free community meal every Thursday (except holidays) at 6 PM.
 - 900 Stillwater Road (Corner of Hilton Trail and Stillwater Road), Mahtomedi

- 651-762-9124
 - St. Rita's Church: Offers a free community meal the 3rd Friday of every month at 6 PM
 - 8694 80th St S, Cottage Grove, MN 55016
- Valley Outreach Food Shelf: Provides non-perishable items (canned and boxed foods) in addition to fresh produce, deli items, milk, eggs, margarine, frozen meats and other perishable products as available. You are able to "shop" for your food, selecting the items that are most appropriate for your needs.
 - Eligibility:
 - Valley Outreach primarily serves households in the Stillwater school district area (ISD 834) whose income is at or below 200% of the Federal Poverty Guideline or who are in crisis.
 - People can visit the food shelf one time per calendar month or people over the age of 65 can visit the food shelf two times per calendar month.
 - Must bring identification and proof of residency each visit.
 - Contact Information: 1911 Curve Crest Blvd. West, Stillwater, Minnesota 55082
651-430-2739 or info@valleyoutreachmn.org

MEDICAL RESOURCES

DEAF AND HARD-OF-HEARING

- Minnesota Department of Human Services Deaf and Hard of Hearing Services Division: Creates and delivers a wide range of innovative programs and services to help children and adults who are deaf, deafblind, or hard of hearing.
 - <https://mn.gov/deaf-hard-of-hearing/>

LOW-COST OR FREE

- East Side Family Clinic: This facility provides accessible health care to diverse communities, applying a progressive model of care that emphasizes education, prevention, and integrated services using bilingual/bicultural expertise. All of their services are available on a sliding-scale basis through West Side's Discount Fee Program and include primary, specialty, preventive, urgent care, complementary, pharmacy, dental, OB/GYN, mental health, social and wrap-around services such as child care, transportation and assistance with health plan enrollment.
 - 651-602-7500 or <https://www.mncare.org/>
- Family Tree Clinic: Serves teens and adults seeking confidential, affordable, quality reproductive and sexual health care services, including uninsured, underinsured, working poor, high-risk, and vulnerable populations. They provide reproductive and sexual health services, as well as limited primary care (think Minute Clinic, but better).
 - Offer sliding fee scale cost, as well as free services to eligible recipients.
 - Located in St. Paul, 651-645-0478 or <https://www.familytreeclinic.org/>
- Phillips Neighborhood Clinic (PNC): A free clinic operated by University of Minnesota health professional students. All students are supervised by licensed clinicians.
 - Located at St. Paul Lutheran Church in Minneapolis
 - Open Mondays and Thursdays from 6 to 9 PM
 - 612-724-1690 or <http://phillipsneighborhoodclinic.com/>

- Southside Community Health Services: A full-service care clinic committed to providing exceptional and comprehensive health services in a professional, empowering and culturally competent setting. They provide medical, dental, vision and behavioral services.
 - Provides services on a sliding fee scale based on federal poverty guidelines of family size and income.
 - Minneapolis, 612-827-7181 (Medical & Behavioral), 612-822-9030 (Dental), 612-821-2003 (Vision) or <https://www.southsidechs.org/>

VISION LOSS

- Minnesota State Services for the Blind: Collaborate to serve working-age adults and seniors with vision loss, blindness, and deafblindness, including:
 - In-home assessment and training, small group classes
 - Referrals for tools, training, employment services
 - Access to books and other materials in audio, e-text, Braille, and other formats
 - <https://visionlossresources.org/resources/ssb/>

MEMORY CARE

- Memory Café: A program for individuals with early to moderate Alzheimer's and their care partners. Engaging environment where people with memory loss and their care partners can laugh, learn, and remain socially connected with others sharing the same experiences.
 - Cottage Grove: Hy-Vee, 7280 E. Point Douglas Road S
 - 10 – 11:30 AM, 1st Tuesday of each month
 - Hugo: Walking Memory Café/River Lake Center, 6900 137th Street North
 - 1:30 PM to 3 PM, 4th Wednesday of each month
 - Bring walking shoes!
 - Lake Elmo: Lake Elmo Inn, 3442 Lake Elmo Avenue N
 - 9 – 10:30 AM, 2nd Monday of each month
 - Woodbury: R.H. Stafford Library, 8595 Central Park Pl
 - 1 – 2:30 PM, 2nd Tuesday of each month
 - For more information, please contact: Jenny West, Community Educator for FamilyMeans: 651.789.4015 or email jwest@familymeans.org

MENTAL HEALTH RESOURCES

ADULT REHABILITATIVE MENTAL HEALTH SERVICES (ARMHS):

- Alliance Health Care, Eagan – 651-895-8030 x210
 - austinj@alliancehealthcare.com; <http://alliancehealthcare.com/>
- Anoka Health Center, LLC, Columbia Heights – 763-282-7194
- Applied Care Services, LLC, Bloomington – 612-205-5332
 - maras6208@hotmail.com
- Associated Clinic of Psychology, Minneapolis – 612-455-8643
 - www.acp-mn.com
- East African Healing Services, Minneapolis – 651-330-6048
 - info@eahsmn.org; <http://www.eahsmn.org>

- Ellie Family Services, St. Paul – 651-313-8080
 - info@ellifamilyservices.com; <http://elliefamilyservices.com>
- The Family Development Center, St. Paul – 651-330-3434
 - <https://thefamilydevelopmentcenter.com/>
- Family Innovations, Inc., Maplewood – 651-407-3631
 - bkiel@familyinnovations.com; <http://familyinnovations.com>
- Family Support Services, New Brighton – 651-714-6646
 - www.nystromcounseling.com
- Fraser Home and Community Supports, Bloomington – 612-767-7222
 - adultmentalhealth@fraser.org; <http://www.fraser.org/programs/adult-mental-health>
- HealthStar Home Health, Minneapolis – 651-293-1000
 - armhs@hhhealth.net; <http://healthstarhomehealth.net/our-services/mental-health-services/armhs>
- Hennepin Home Health Care, Brooklyn Park – 763-425-5959
 - <http://www.hennhomecare.com>
- Hope Behavioral Health, LLC, New Brighton – 612-410-7988
 - hbhs.llc.mn@gmail.com; <https://hopebhealth.com/>
- Hope Therapeutic Services, LLC, Minneapolis – 612-886-3581
 - info@htsmn.com; <http://htsmn.com/>
- Independent Healthcare Resources, LLC, St. Paul – 651-645-1090
 - www.ihresources.org
- Live Better LLC, Minneapolis – 612-353-4434
 - livebetterils@gmail.com
- Metro Care Human Services, Woodbury – 651-528-7141
 - Arnold.Kubei@metrocareservicesmn.com; <http://metrocareservicesmn.com>
- Metro Psychology Support Services, Inc., St. Paul – 651-645-7971
 - dmathews60@juno.com; <https://metropsychologysupport.com>
- Metro Social Services, St. Paul – 651-647-0647
 - www.metrosocialservices.org
- Minnesota Care Counseling Services, Inc., Minneapolis – 612-353-4191
 - <http://www.mncarecounseling.com>
- Natalis Counseling and Psychology Solutions, St. Paul – 651-379-5157
 - Offers Hmong speaking ARMHS practioner
 - www.natalispsychology.com
- Options Family and Behavior Services, Burnsville – 952-564-3012
 - <https://optionsfamily.com/>
- Pathways Counseling Center, Inc., St. Paul – 651-641-1555
 - <https://www.pathwayscounselingcenter.org/>
- People Development Services, Minneapolis – 612-332-9124
 - peoplesdevelopmentsservices@gmail.com; <http://pdsmn.org>
- People Incorporated, St. Paul – 651-379-1063
 - BHH@PeopleIncorporated.org; <http://www.peopleincorporated.org/programs/>
- Pioneer Healing and Restoration Services, Inc., St. Paul – 651-207-4786
 - www.pioneerhealing.com

- Tranquility Health, LLC, Brooklyn Center – 651-707-7469
- Ubuntu Care Services, LLC, Bloomington – 612-222-1770
 - <http://htsmn.com/>
- Unique Family Services, Minneapolis – 612-703-2901
 - ufservice00@yahoo.com
- WeCare, LLC, Roseville – 866-511-6623
 - wecarearmhs@gmail.com; <https://www.wecaremn.net/>

CHEMICAL HEALTH

- Chemical and Drug Abuse Services at Washington County: The county can assist residents with an alcohol/drug abuse health assessment process (also known as Rule 25), which consists of:
 - A chemical dependency/drug evaluation
 - A determination of the need for chemical dependency / drug treatment
 - If the assessment recommends chemical dependency / drug treatment, funding for treatment through the Consolidated Chemical Dependency Treatment Fund (CCDTF) may be available. CCDTF is a funding source of last resort, and other options for payment must first be explored.
 - Immigration status is not an application requirement
 - For more information call: 651-430-6561 or visit the website:
<https://www.co.washington.mn.us/746/Alcohol-and-Drug-Abuse-Services>
- Nystrom & Associates: Substance Use Disorder (SUD) Treatment Program is available from the comfort of your home!
 - Call 651-529-8479 to make a referral

CHILDREN'S

- Children's Mental Health (CMH) Case Management: Assists children with a severe emotional disturbance and their families with assessing, accessing, coordinating, monitoring and planning mental health services.
 - Washington County contracts with Canvas Health to provide their mental health case management work for children and their families.
 - Eligibility:
 - Children residing in Washington County
 - Children who have a mental health diagnosis and meet criteria for serious emotional disturbance
 - Eligibility for case management services will be determined upon review of clinical and referral information
 - For more information: 651-777-5222
- Children's Therapeutic Support Services (CTSS): These services and support individuals and families in developing skills in areas such as anger, aggression, difficulty following directions, refusal to follow rules, problems relating to peers, anxiety, depression, family conflicts and many others.
 - Eligibility:
 - Individuals must be age 4 to 20, be determined by a mental health professional of needing this level of service, and have a medical assistance-based insurance coverage.

- This recovery-based service of Canvas Health is available to residents of Washington County.
- For more information: 651-777-5222

CRISIS:

- **CRISIS
 - Text to **CRISIS and it will ping you to the crisis response resource in the county you are physically in
- East Metro Crisis Alliance: Helps to connect people with mental health and substance use services to support them in finding the right care at the right time, improve their recover, and reduce strain on ER and emergency responders.
 - <https://www.eastmetrocrisisalliance.org/east-metro-connect-to-care/>
- MN Department of Human Services (DHS)
 - <https://mn.gov/dhs/crisis/>
- National Association of Mental Illness (NAMI) Minnesota
 - www.namihelps.org or namihelps@namimn.org
 - 651-645-2948 or 1-888-NAMI-HELPS (1-888-626-4435)
- National Suicide Prevention Line
 - 1-800-TALK (8255)
- Washington County's Crisis Response Unit: Washington County Crisis Response Unit provides 24/7/365 mobile crisis mental health services for adults and children experiencing a crisis. Mobile crisis interventions are face-to-face, short-term, intensive mental health services.
 - 651-275-7400 or crisisresponse@co.washington.mn.us

GENERAL RESOURCES:

- NAMI Minnesota (National Alliance on Mental Illness): A non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota works with individuals with mental illness, their families, professionals and the community at large by providing education, support and advocacy.
 - Provide a variety of resources related to advocacy, crisis, education, legal, financial, housing, etc.
 - Provide information on support groups for people living with a mental illness, as well as their families.
 - Visit the website: <https://namimn.org/> or email: namihelps@namimn.org

PSYCHIATRY & THERAPY:

- Allina Medical Clinic (therapy only)
 - Cottage Grove – 651-458-1884)
 - Woodbury – 651-501-3000
- Aris Clinic (psychiatry only), Woodbury – 651-259-9750
- Be Somebody, Inc. (therapy only), Lake Elmo – 651-777-3336
- BHSI, Woodbury – 651-769-6550
- Canvas Health – 651-777-5222

- Cottage Grove, Forest Lake, Oakdale, and Stillwater Locations
- Counseling Care, Lake Elmo – 651-379-0444
- Ellie Family Services (provides in-home & family therapy, as well as ARMHS; telemedicine support is offered in partnership with ARMHS)
 - St. Paul – 651-313-8080
 - info@ellifamilyservices.com or <http://elliefamilyservices.com>
- HealthEast Clinics
 - Oakdale – 651-326-5300
 - Woodbury (psychiatry only) – 651-232-6700
- Health Partners (therapy only, see “Ways to Wellness” for therapy), Woodbury – 651-702-5300
- Integrated Life Counseling (therapy only), Lake Elmo – 651-242-9608
- Lakes Area Human Services (therapy only), Forest Lake – 651-464-2194
- Midwest Center for Personal & Family Development, Lake Elmo – 651-264-0242
- Minnesota Mental Health Clinic, Woodbury – 651-365-8209
- Nystrom and Associates, LTD, Woodbury – 651-714-9646
- PrairieCare Medical Group, Woodbury – 651-259-9760
- Region’s Behavioral Health, Lake Elmo – 651-254-8580
- Skill Spark Therapy Center, Oakdale – 651-234-0894
- Ways to Wellness (therapy only, see Health Partners for psychiatry), Woodbury – 651-326-6600

TRAUMA

- The Minnesota Trauma Project: Provides a great directory of trauma-based therapists according to region. Includes details about which areas the therapists specialize in.
 - <https://www.mntraumaproject.org>

PERSONAL CARE ASSISTANCE (PCA)

*Indicates if the provider offers PCA Choice, which is an option that allows people who receive PCA services control and choice in choosing, hiring, training, and supervising their PCAs. The individual who needs PCA services teams with a PCA Choice provider.

- AbbeyCare Choice Inc.* – 763-245-3438
- Accra Care* – 952-935-3515
- Accurate Home Care – 763- 633-3800
- A Chance to Grow* – 612-706-5535
- Adena* – 651-337-1435
- Alliance Home Care Services* – 651-399-4923
- Care4Everyone LLC* – 651-300-2073
- Caring Professionals – 651-789-2299
- Elite Home Care Inc. – 651-644-5355
- Foundations Group of MN – 651-408-1433
- HealthStar Home Health – 651-306-3080
- Home Instead Senior Care – 651-351-7918 (private pay option!)
- Hmong Home Health Care – 651-488-1680
- Holistic Array of Authentic Services – 612-275-9063

- Lifeworks* – 651-454-2732
- Minnesota Senior Care* – 651-340-7771
- Recover Health – 952-926-9808
- Student Experience – 612-353-3350
- Takula Home Health Care LLC – 651-414-9871
- Additional resources to help identify and select a PCA Agency:
 - minnesotahelp.info is a website that produces a comprehensive list of PCA agencies
 - Direct Support Connect is a website that helps people and direct support workers find each other (<https://directsupportconnect.com/>)
- **The above list is only a small list of the PCA agencies that are available to support you or your family and is meant to provide you with a starting point in your process of selecting an agency that is right for you and what you need. Listings in this handout do not constitute endorsement by Washington County.**

PETS AND PET CARE

- 3 Pound Cats: Partners with local veterinary clinics to provide full service pet care at discounted rates for seniors.
 - <http://3poundcats.com/>
- Access Veterinary Care: Provide routine care, urgent care services and treat chronic diseases on a fully walk-in basis – even on weekends!
 - Aimed to make pet care accessible and affordable, even if English isn't your first language or your schedule is limited
 - <https://www.myaccessvetcare.com/> or 763-390-4050
- Animal Humane Society Veterinary Centers: Offer low-cost spay, neuter and specialty surgeries, wellness services, and dental care for dogs, cats, and rabbits belonging to families with limited means or nonprofit rescues and shelters.
 - <https://www.animalhumanesociety.org/health/veterinary-centers-spayneuter-or-763-489-7729>
- Mission Animal Hospital: The first-ever independent non-profit veterinary hospital in the Midwest, offers high-quality veterinary care to pet owners most in need so that nobody needs to say goodbye too soon.
 - Offers subsidized pricing to individuals and families who fall within income guidelines, which has expanded to pet-owners who are impacted by COVID-19 wage loss.
 - <https://www.missionah.org/> or 952-938-1237
- MnSNAP (Minnesota Spay Neuter Assistance Program): Offers low-cost surgeries to pets of low-income families.
 - <https://mnsnap.org/> or 612-720-8236
- ValueCare Veterinary Clinic: Founded to provide basic health care for pets at an affordable price.
 - <http://www.valuecarevet.com/> or 952-217-4365
- VetCo: Offers low-cost vaccine clinics at PetCo stores throughout the state.
 - <https://www.vetcoclinics.com/services-and-clinics/vaccination-clinics-by-state/minnesota-vaccination-clinics/>

PRIVATE DUTY NURSING (PDN)

- Accurate Home Care – 763-633-3800
 - Will complete the nursing assessment only for those that are using the Consumer Support Grant (CSG)
- Bayada – 651-482-8400
- Hiawatha Home Care – 651-388-2223

SCHOOL ADVOCACY

- PACER Center: Through more than 30 projects, PACER provides individual assistance, workshops, publications, and other resources to help families make decisions about education and other services for their child or young adult with disabilities.
 - 952-838-9000 or <https://www.pacer.org/>

SOCIALIZATION

- Clubhouse Recovery: Canvas Health, in partnership with Washington County Mental Health, offers this social gathering venue for adults 18 years and older who are in recovery from mental illness. Attendance and activities are free, and newcomers are always welcome.
 - Tuesdays from 2:30 PM to 4:30 PM at 1754 Washington Avenue, Stillwater, MN in Rise's (formerly East Suburban Resources or ESR), just one door down from Brine's Market.
 - Contact is JoAnn Brede: 612-819-3161 or jlobrede@gmail.com
- Community Thread: Offers two senior centers (Stillwater and Bayport) that welcomes older adults and from any community.
 - Free!
 - Stillwater: 651-439-7434
 - Bayport: 651-275-8907
- Cow Tipping Press: Focuses on “changing the narrative on developmental disability” by offering opportunities to highlight strengths through creative writing.
 - Teach inclusive writing classes for adults with developmental disabilities, “giving the opportunity to share these distinct voices with audiences across time and place, in person and print.”
 - <http://cowntippingpress.org/>
- Highland Friendship Club: Provides social activities, skills development and community connections for teens and adults with disabilities. Programs include community engagement, artistic expression, health and wellness, fun with friends, job skill development, and community club.
 - Adults and teens age 14 and up with physical or developmental/intellectual disabilities are welcome to join.
 - Free! (Some activities have fees.)
 - Create an online account to become a member:
<https://www.highlandfriendshipclub.org/get-involved/membership>
 - For more information: 651-698-4096 or www.highlandfriendshipclub.org
- Lyf App: Social media app where users can share highly personal aspects of themselves without fear of judgment. You can be yourself or anonymous
 - <https://www.lyfapp.com.au/>

- Mad Hatter Wellness: Provides resources and classes to enhance the lives of children and adults with and without disabilities through yoga and wellness by supporting their social, emotional and physical awareness. They offer classes for parents, support staff and individuals with or without disabilities.
 - 651-216-2155 or <https://madhatterwellness.com/about/>
- Merrill Arts Center (MAC): Offers previews of shows for special needs audience members.
 - Admission is \$5, PCAs and caregivers admission is free
 - Visit www.merrillartscenter.org for more information
- The Tap: A place for everyone to have a great time and make lasting friendships. They have weekly events like karaoke, poetry reading, trivia, game nights, and more.
 - <https://yourtap.org/>
- Valley Friendship Club: The Vision of the Valley Friendship Club is to create the opportunity for every person with and without a developmental and/or intellectual disability to build enduring friendships and embrace community connections while enhancing the lives of all individuals involved: members, families and volunteers. Connects children, teens, and young adults, by fostering new friendships and celebrating independence.
 - Valley Friendship Club Hub is located at 5620 Memorial Ave No., Suite C, Stillwater MN 55082
 - 651-491-6486 or <https://www.valleyfriendshipclub.org/>

STAFFING RESOURCES:

- Care.com: Offers of an array of services that enable families to find, manage and pay for care and provide employment opportunities for caregivers.
- Direct Support Connect is a website that helps people and direct support workers find each other (<https://directsupportconnect.com/>)
- Joshin: An app that connects families with caregivers. <https://joshin.com/>

SUPPLIES

- 180 Medical: Specialized DME provider with a unique focus on Home Delivery of incontinence (briefs with tape tabs, protective underwear, pads gloves wipes and more) ostomy, urological and nutritional supplies. 180 Medical specializes in individualizing each person with their specific product needs by offering a no costs sampling program.
 - Currently contracted with MN waivers, UCARE, SCHA, IM CARE and Health Partners
 - Rachel Bergman, Minnesota Territory Manager
 - Cell: 218-206-3569; Toll Free Phone: 877-688-2729,
RachelBergman@180Medical.com
- Forest Lake and Pine City Medical Supply: Offer a wide variety of mobility and medical supplies.
 - Forest Lake: 651-982-0002
 - Pine City: 320-629-1149
 - <https://powerchairsandscooterstore.com/>
- Philips Lifeline: Medical alert systems.
 - 1-855-332-7799 or <https://www.lifeline.phillips.com/>

SUPPORTIVE DECISION-MAKING, GUARDIANSHIP, CONSERVATORSHIP, ETC.

- Arc Guide to Guardianship: Offers information about supportive decision-making, guardianship, conservatorship, power of attorney, etc.
 - <https://arcminnesota.org/resource/arc-guide-to-guardianship/>
 - YouTube Video: <https://www.youtube.com/watch?v=qAzWwHh4D0M&t=41s>
 - For more information or advocacy services: 952-920-0855 or 833-450-1494
- The Minnesota Association for Guardianship & Conservatorship (MAGiC): MAGiC is committed to ensure the appropriate level of quality substitute decision-making is applied consistently. Education and a forum are provided for those interested in guardianship and conservatorship and their less restrictive alternatives.
 - www.minnesotaguardianship.org
- Minnesota Judicial Branch: The Minnesota Judicial Branch has launched a new online training for individuals who have been appointed by a court to serve as a guardian or conservator.
 - Provides resources for guardians and conservators: <http://www.mncourts.gov/Help-Topics/Guardianship-and-Conservatorship.aspx>
 - Conservator Hotline: 763-279-0176
- Volunteers of America Guardianship Hotline: Offers a center for telephone consultation, information and assistance, and referrals, as well as multi-dimensional assessments of persons who are at risk for guardianship/conservatorship services. They provide advocacy and coaching to assist families in avoiding guardianship/conservatorship where possible, and navigating the court process when necessary.
 - 952-945-4174 or 1-844-333-1748

TECHNOLOGY

- PC's for People: PCs for People provides affordable computers and low-cost internet eligible individuals and nonprofits. They offer refurbished desktop & laptop computers, low-cost mobile internet, and affordable computer repair.
 - Eligibility: To receive technology and services from PCs for People, a potential recipient must be below the 200% poverty level or be currently enrolled in an income-based government assistance program.
 - 651-354-2552 or <https://www.pcsforpeople.org/>
- Tech for Home (T4H) through LiveLife Therapy Solutions: Offers a team approach to person-centered assistive technology (AT) consultation and technical assistance to help individuals with disabilities live more independently. People who want to stay home or move home direct the outcome and they assist with the technology resources.
 - They will help work with your insurance to potentially cover AT
 - 952-921-8334 or <http://technologyforhome.org/>

TRANSPORTATION AND VEHICLE RESOURCES

ACCESSIBLE VEHICLES

- Cummings Mobility: Offers wheelchair van sales, wheelchair van service and modifications, mobility products, and wheelchair van rental.
 - <http://www.cummingsmobility.com/>
- Rollx Vans: New and used accessible minivans, as well as full-sized accessible vans.

- <https://www.rollxvans.com/>

DRIVING ASSESSMENTS

- Adaptive Experts: Driver evaluation and training for people with disabilities.
 - <http://www.adaptiveexperts.com/index.htm> or 651-324-0791
- Allina Health/Courage-Kinney: Driving evaluation and training for people affected by visual, cognitive, physical or medical challenges, developmental or physical disability, changes due to aging, or mental health issues.
 - Offers a two-part comprehensive driving assessment which consists of clinical and on-the road assessments.
 - <https://account.allinahealth.org/services/583> or 612-262-7855 or CKRIDrivingService@allina.com

LOW-COST PURCHASE, ACCESSIBLE PURCHASING, AND REPAIR RESOURCES

- Auto Technical, Inc.: Receives car donations that then allows the ability to provide vehicles to those in need or who are struggling with job loss and economic hardship, or who have survived domestic violence.
 - Must be referred by a partnering agency, including a caseworker from the Minnesota Workforce Training Program or Life Track Resources.
 - <http://autotechnical.org/get-a-car-donation-in-minneapolis-st-paul/>
- Fury Motors: Works with people of all abilities to purchase a vehicle.
 - <https://stillwater.furymotors.com/> or 1-888-722-0918
- The Lift Garage: Aimed at moving people out of poverty and homelessness by providing low-cost car repair, free pre-purchase car inspections, and honest advice that supports our community on the road to more secure lives.
 - <https://www.theliftgarage.org/> or 612-866-5840
- Stillwater Motors: Works with people of all abilities to purchase a vehicle.
 - <https://www.stillwatermotors.com/> or 651-439-4333
- Wheels for Women through Newgate School: Provides a vital resource for working moms by providing a reliable car, van or SUV at no charge to women who qualify.
 - To learn more, including eligibility criteria: <https://www.newgateschool.org/our-programs/wheels-for-women>

TRANSPORTATION RESOURCES

- Community Thread: Provides door-to-door transportation service for older adults and others who are unable to drive to medical appointments. Volunteer drivers use their personal vehicles to transport people.
 - Eligibility:
 - Must be able to walk without assistance
 - Must be a resident of the Stillwater Area School District, but the medical appointment does not need to be in the Stillwater Area School District (have done the Cottage Grove area as well)

- Must provide at least a three day notice
 - Rides are free!
 - Contact Cathy Dyball: 651-439-7434
- Connector LOOP: A weekly bus service that takes individuals to and from local destinations.
 - Vehicles are accessible
 - Cottage Grove:
 - Tuesdays, 10 AM to 3 PM
 - Questions: DARTS at 651-234-2272
 - Stillwater:
 - Mondays, 10 AM to 3 PM, \$3 per day
 - Questions: DARTS at 651-234-2272
 - Forest Lake:
 - Wednesdays, Free
 - Questions: NewTrax at 651-263-1046
 - White Bear Lake – Vadnais Heights – Mahtomedi
 - North Loop: Thursdays, 9:45 AM to 1 PM, Free
 - South Loop: Thursdays, 10 AM to 1 PM, Free
 - Questions: NewTrax at 651-263-1046
- Metro Mobility: A shared ride public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition. Trips are provided for any purpose.
 - People are generally eligible if:
 - They are physically unable to get to the regular fixed-route bus
 - They are unable to navigate regular fixed-route bus systems once they are on board
 - They are unable to board and exit the bus at some locations.
 - Costs vary between \$3.50 to \$4.50 (\$1 downtown)
 - Call 651-602-1111 or 651-221-9886 (TTY) or visit <https://metro council.org/Transportation/Services/Metro-Mobility-Home.aspx>
- Transit Link: A shared-ride public transportation for the Twin Cities metro area where regular route transit service is infrequent or unavailable. It's for trips that can't be accomplished on regular transit routes alone.
 - Costs vary between \$3.50 to \$4.50
 - Call 651-602-LINK (5465) or visit <https://metro council.org/Transportation/Services/Transit-Link.aspx>
- Transit Link/Forest Lake Residents/Fairview Lakes Medical Center: A new option for Forest Lake residents to increase access to care at Fairview Lakes Medical Center.
 - Wednesdays & Thursdays
 - Appointments between 10:30 and 1:30
 - Cost is \$3.50 one-way
- Transportation Resources at Washington County: Washington County is working to increase transportation options for county residents.
 - Visit the website for more information and resources: <https://www.co.washington.mn.us/2720/Transportation>
 - Call 651-430-6609 for more information



VETERAN'S SUPPORT

- Veteran's Services at Washington County: Washington County Veteran Services provides responsive, timely, accurate and compassionate assistance to Veterans, their dependents and survivors in applying for federal, state and local benefits. In recognition of their service to our nation we act as their advocates.
 - Examples of services offered in this office:
 - Comprehensive benefits counseling
 - Claims preparation and submission
 - Claims follow-up to ensure final decisions
 - Networking and advocacy with federal, state and local agencies
 - For more information call: 651-430-6895 or visit the website:
<https://www.co.washington.mn.us/819/Veterans-Service-Office>