

## Resource List

You may wish to contact these numbers for further information or assistance:

ABUSE/VIOLENCE		
<b>Tubman Family Alliance</b>	Crisis Line will connect to the appropriate shelter	Tubman Crisis Line: 612-825-0000 Regular Line for Wash Co.: 768-0216
CAR CARE CLINICS		
<b>Car Care Saturday</b>	2nd Saturday of month in Lake Elmo - call and leave message	773-3083
<b>Rivertown Car Care</b>	Forest Hills United Methodist Church – call for information	464-2561
CHEMICAL DEPENDENCY		
<b>Canvas Health, Inc. 7066 Stillwater Blvd Oakdale, MN 55128</b>		430-2720
<b>Washington County Community Services - CD Rule 25</b>		430-6561
CHILD CARE		
<b>Think Small 10 Yorkton Ct St Paul, MN 55071</b>	Child care provider lists & information	641-0305
<b>Washington County Community Services</b>	Child care assistance - Basic Sliding Fee	430-6459
CLOTHING		
<b>Goodwill Store</b>	Stillwater location: 14460 60th St. N., Oak Park Heights	439-4207
<b>Stone Soup Thrift Shop 950 3<sup>rd</sup> St #120 St Paul Park, MN 55071</b>		458-9786
<b>Valley Outreach 1911 Curve Crest Blvd W Stillwater, MN 55082</b>	Mon, Wed, Fri: 10:00am-Noon / Tues, Thurs: 5:00-7:00pm Stillwater School District (will take referrals for out of area emergency needs)	430-2739
COUNSELING		
<b>Canvas Health Inc.</b>		777-5222
<b>Chrysalis</b>	For women	222-2823
<b>Crisis Connection</b>	24 hour phone counseling	612-379-6363
<b>Children’s Home Society Lutheran Social Services</b>		St. Paul: 222-0311
<b>Fathers Resource Center</b>	Counseling support	222-7432
<b>Forest Lake Youth Service Bureau 244 Lake St N Forest Lake, MN 55025</b>	K-19	464-3685
<b>Stillwater Youth Service Bureau</b>	5-18 years	Cottage Grove: 458-5224 Stillwater: 439-8800
EMERGENCY SERVICES		
<b>First Call for Help</b>		291-0211
<b>Red Cross (Washington County)</b>	Help after fire and other emergencies	439-0031
<b>The Salvation Army 7380 Afton Rd Woodbury, MN 55125</b>		739-6288
<b>Valley Outreach</b>	Limited funding for District 834 residents and St. Croix Valley	351-3169
<b>Washington County Community Services</b>		Financial Info. & Referral: 430-6459 Social Services Info. & Referral:

				430-6457
<b>EMPLOYMENT – CAREER DECISIONS, PLACEMENT, TRAINING</b>				
<b>Division of Rehabilitation Services</b>				No. St. Paul: 779-5666 St. Paul: 259-7366
<b>East Suburban Resources</b>	Employment services			342-4467
<b>Hubert Humphrey Job Corp</b>	Housing and education for 16-25 year olds			642-1133
<b>Washington County Workforce Center</b>	State employment service center			275-8665
<b>ENERGY ASSISTANCE</b>				
<b>Fuel/Energy Assistance through CAPRW</b>	(and weatherization)			645-6445
<b>Heat Share</b>	Salvation Army - last resource if county or fuel assistance can't help			739-6288
<b>Home Energy Loan</b> (GMHC – Greater Metro Housing Corp)	Replace furnace, air conditioner and hot water heat, insulation, door and windows			486-7401
<b>Minnesota Energy Resources</b>	Lowers future energy costs by providing reduced-cost energy saving improvements such as insulation, air sealing and furnace replacement			866-872-0052
<b>FAMILY PLANNING/PREGNANCY</b>				
<b>Crisis Connection</b>	24 hour phone counseling			612-379-6363
<b>Planned Parenthood</b>	St. Paul			489-1328
<b>Project Life</b>				Stillwater: 439-5964
<b>Washington Co. Dept. of Public Health &amp; Environment</b>	Stillwater			430-6655
<b>FOOD RESOURCES</b>				
<b>Fare For All</b>				554-3200
<b>Food Stamps</b>	Washington County Community Services - Economic Assistance			430-6459
<b>Meals on Wheels</b> (Washington County)	Also see food shelves			653-3123
<b>WIC</b>	For pregnant/nursing moms; infants & children			Stillwater: 430-6457 Cottage Grove: 430-4075
<b>FOOD SHELVES/CLOTHING</b>				
<b>Name</b>	<b>Phone</b>	<b>Areas Served</b>	<b>Hours</b>	<b>Services</b>
<b>Christian Cupboard</b> Woodbury Lutheran Church 738 Afton Rd. Woodbury, MN 55125	233-1296	Landfall, Oakdale, Woodbury, and parts of Maplewood	2nd Thurs: 5:30-7:00pm  Fri: 9:00am-Noon	Food Shelf
<b>Community Helping Hands</b> 408 SW 15th St. (behind Target) Forest Lake, MN 55025	464-8150	Forest Lake	Mon, Wed, Fri: Noon-4:00pm (by appt.)	Food Shelf  Store
<b>Elim Lutheran Church</b> 20971 Olinda Trail N. Scandia, MN 55073	433-2723	Marine, Scandia	Thurs: By appt. ONLY	Food Shelf
<b>Family Pathways</b> 935 Lake St. S. Forest Lake, MN 55025	464-2098	Forest Lake, Scandia, Wyoming, and surrounding areas	Mon, Tues, Thurs: 9:00am-6:00pm  Sat: 9:00am-3:00pm	Food Shelf
<b>Friends In Need</b> 255 E. 3rd St. St. Paul, MN 55071	458-0730	Cottage Grove, Grey Cloud Island, Newport, and St. Paul Park	Tues: 8:00am-6:00pm (by appt.)	Food Shelf
<b>MN Food Help Line</b>	1-888-711-1151	All of MN	Mon-Fri: 8:30am-4:30pm	Food Shelves, Meals on Wheels, School Meals, SNAP, and more
<b>New Life Church</b> 6758 Bailey Road	459-0444	Woodbury	Sun: 10:15-10:45am	Food Shelf

Woodbury, MN 55125			(walkups only) Use main entrance	
<b>St. Jude's Comm. Food Shelf</b> 700 Mahtomedi Ave. Mahtomedi, MN 55115	426-3245	Hugo, Lake Elmo, Mahtomedi, Stillwater, White Bear Lake	Tues & Thurs 1:00-3:00pm (Call 1 day in advance)	Food Shelf
<b>St. Michaels</b> 611 South 3rd St. Stillwater, MN 55082	439-3241	Afton, Bayport, I.S. District 834, Lake Elmo, Lakeland, Mahtomedi, Marine, Stillwater	Mon-Thurs: 9:00-11:00am (by appt.)	Food Shelf
<b>White Bear Food Shelf</b> 1884 Whitaker St. White Bear Lake, MN 55110	407-5310	White Bear Lake School District	Mon-Fri: 8:30am-2:30pm	Food Shelf
<b>Valley Outreach</b> 1911 Curve Crest Blvd W. Stillwater, MN 55082	430-2739	Stillwater School District	Mon, Wed, Fri: 10:00am-Noon Tues & Thurs: 5:00-7:00pm	Food Shelf
<b>GED/ABE/ESL</b>				
<b>Cottage Grove</b> 8400 E Pint Douglas Rd Cottage Grove, MN 55016	District Program Center			458-6643
<b>Forest Lake</b> 6100 N 210 <sup>th</sup> St Forest Lake, MN 55025				982-8110
<b>Minnesota Literacy Council</b>				645-2277
<b>Stillwater</b> 1875 Greeley St Stillwater, MN 55082	Community Education Center			351-8300
<b>Woodbury</b>	Middle School and Central Park			768-4513
<b>HEALTH CARE</b>				
<b>Century Community and Technical College – Dental</b> 3300 Century Ave N White Bear Lake, MN 55110	Dental services provided by students: cleaning, sealants, fluoride treatment, and x-rays - a small fee is charged			779-5787
<b>Fairview Hospital &amp; Clinics</b>	Discount Program – Have to apply for MA			982-7664
<b>Healthcare for the Homeless</b> 525 Portland Ave Minneapolis, MN 55415				612-348-5553
<b>Medical Assistance (MA)</b>	Washington County Economic Assistance information on MN health care programs: Medical Assistance (MA), General Assistance Medical Care (GAMC), Prescription Drug program			430-6459
	<b>Patient Access Network</b>			1-866-316-7263
	<b>Partnership for Assistance</b>			1-888-477-2669
	<b>Rx Connect</b>			1-800-333-2433
	<b>Together Rx Access</b>			1-800-444-4106
				<a href="http://www.needymeds.org">www.needymeds.org</a>
<b>Minnesota Care</b>	State-subsidized health care program for Minnesota residents			297-3862 1-800-657-3672
<b>Neighborhood HealthCare Network</b> 153 Cesar Chavez St St Paul, MN 55107	Will help you find a clinic in your area			644-6555
<b>Open Cities Health Center</b> 409 Dunlap St. N. St. Paul				290-9200
<b>Portico Healthnet</b> 2610 University Ave., Suite 550				603-5100 <a href="http://www.porticohealthnet.org">www.porticohealthnet.org</a>

St. Paul		
<b>St. Croix Family Medical Clinic</b> <i>(fka Common Health Clinic)</i> 5640 memorial Ave N St B Stillwater, MN 55082		430-1880
<b>St. Mary's Health Clinics</b>	In the metro	287-7777
<b>Senior Linkage Line</b>	Minnesota Board on Aging and Area Agencies on Aging	1-800-333-2433
<b>United Family Practice</b>	1026 E. 7th St., St. Paul	241-1133
<b>Washington County Dept. of Public Health &amp; Environment</b>	Nursing service, Child & Teen Health check-up, prenatal, newborn, and home health care - ask for referral nurse	430-6655
<b>West Side Community Clinic</b> 153 Cesar Chavez St. Paul		222-1816
<b>HOUSING</b>		
<b>HOMEline</b>	Legal advocacy and information specific to housing	612-728-5767
<b>Housing and Urban Development</b>	For private subsidized and public housing information	<a href="http://www.hud.gov">www.hud.gov</a> 612-370-3000
<b>HousingLink</b>	Weekly refreshed vacancy listing	<a href="http://www.housinglink.org">www.housinglink.org</a> 612-522-2500
<b>LifeStyle</b>	USDA rural housing program	<a href="http://www.lifestyleinc.net">www.lifestyleinc.net</a> 507-451-8524
<b>Solid Ground – Home Again Program</b>		773-8401
<b>Washington County Housing &amp; Redevelopment Authority</b>	First time homebuyers, foreclosure issues, public housing, and section 8 programs for Washington County	458-0936
<b>Washington County Housing Unit Information Line</b>		430-6488
<b>Youth Advocate – Cheryl Carrigan c/o Canvas Health</b>		612-695-8183
<b>LEGAL</b>		
<b>Chrysalis</b>	For women	612-871-0118
<b>Disability Outreach</b> Headquarters: 4294 Dahlberg Dr. Golden Valley, MN 55422	Advocacy for disability and Social Security applications	800-544-9925
<b>Fathers First Law Clinic</b>		659-0359
<b>HOMEline</b>	Rental advocacy	612-728-5767
<b>Southern MN Regional Legal Services</b>	Civil law only	222-5863
<b>MISCELLANEOUS</b>		
<b>AccountabilityMN</b> 2610 University Ave. W. St. Paul, MN 55114	Tax help all year long for FREE!	287-0187 x1000
<b>Annual Credit Check</b>	Your yearly credit check for all three credit bureaus	<a href="http://www.annualcreditreport.com">www.annualcreditreport.com</a>
<b>ARC-Assn of Retarded Citizens</b>	Organization of and for people with developmental disabilities	523-0823
<b>Child Support – Washington County Community Services</b>		430-6455
<b>Community Thread</b> <i>(fka Community Volunteer Service)</i>		439-7434
<b>Deaf and Hard of Hearing Services</b>	Serves as information and referral center on issues related to hearing loss	431-5940
<b>Disability Linkage Line</b>		<a href="http://www.mcil-mn.org">www.mcil-mn.org</a> 218-444-2171
<b>Disability Specialists</b>		<a href="http://www.disabilityspecialist.net">www.disabilityspecialist.net</a> 612-522-0928

<b>First Call For Help</b>	Referral service	291-0211
<b>Red Cross</b>	Emergency help after fires & disasters; military contacts	612-871-7676
<b>Reemployment Compensation</b>		296-3644
<b>Saint Andrew's Resource Center</b>	Provides a variety of services	462-3261
<b>Social Security Administration</b>	Social Security numbers, disability benefits, retirement benefits, and Medicare	1-800-772-1213 <a href="http://www.ssa.gov">www.ssa.gov</a>
<b>Social Service Info. &amp; Referral</b>		Adult: 430-6484 Children: 430-6457
<b>Telephone Assistance Plan</b>	Call your local phone company	1-800-657-3663
<b>Veterans Service Office</b>	Benefits and services for veterans in Washington County	430-6895
<b>Vision Loss Resource</b> <i>(Newport and Stillwater area)</i>	In home assessments, vision evaluation, volunteers, mentors, phone pals, support groups	224-7662
<b>PRE-SCHOOL/PARENTING</b>		
<b>Early Childhood Family Education (ECFE)</b>		Cottage Grove: 458-6632 Forest Lake: 982-8315 Mahtomedi: 407-2024 Stillwater: 351-8350
<b>Head Start</b>	Pre-school; will refer back to your community	603-5977
<b>TRANSPORTATION</b>		
<b>Canvas Health, Inc. Transporter</b>	For disabled people, senior adults, and people receiving Social Services	275-4300
<b>Dial-a-Ride</b>	Maplewood, North St. Paul, Oakdale	602-LINK
<b>MTC</b>	Routes and information	612-373-3333 <a href="http://www.metrotransit.org/metro-mobility">www.metrotransit.org/metro-mobility</a>