

## Resource List

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

| ABUSE/VIOLENCE                                                                            |                                                                                                                                               |                                                                               |
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| <b>Tubman Family Alliance</b>                                                             | Crisis Line will connect to the appropriate shelter                                                                                           | Tubman Crisis Line:<br>612-825-0000<br>Regular Line for Wash Co.:<br>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.</b><br>7066 Stillwater Blvd<br>Oakdale, MN 55128                   |                                                                                                                                               | 430-2720                                                                      |
| <b>Washington County<br/>Community Services - CD Rule 25</b>                              |                                                                                                                                               | 430-6561                                                                      |
| CHILD CARE                                                                                |                                                                                                                                               |                                                                               |
| <b>Think Small</b><br>10 Yorkton Ct<br>St Paul, MN 55071                                  | Child care provider lists & information<br><a href="http://www.Thinksmall.org">www.Thinksmall.org</a>                                         | 1-888-291-9811                                                                |
| <b>Washington County<br/>Community Services</b>                                           | Child care assistance - Basic Sliding Fee                                                                                                     | 430-6459                                                                      |
| CLOTHING                                                                                  |                                                                                                                                               |                                                                               |
| <b>Goodwill Store</b>                                                                     | Stillwater location: 5980 Krueger Ln                                                                                                          | 439-0097                                                                      |
| <b>Stone Soup Thrift Shop</b><br>950 3 <sup>rd</sup> St #120<br>St Paul Park, MN 55071    |                                                                                                                                               | 458-9786                                                                      |
| <b>Valley Outreach</b><br>1911 Curve Crest Blvd W<br>Stillwater, MN 55082                 | Mon, Wed, Fri: 10:00am-Noon / Tues, Thurs: 5:00-7:00pm<br>Stillwater School District<br>(will take referrals for out of area emergency needs) | 430-2739                                                                      |
| COUNSELING                                                                                |                                                                                                                                               |                                                                               |
| <b>Canvas Health Inc.</b>                                                                 |                                                                                                                                               | 777-5222                                                                      |
| <b>Chrysalis</b>                                                                          | For women                                                                                                                                     | 612-871-0118                                                                  |
| <b>Crisis Connection</b>                                                                  | 24 hour phone counseling                                                                                                                      | 612-379-6363                                                                  |
| <b>Children’s Home Society Lutheran<br/>Social Services</b>                               |                                                                                                                                               | St. Paul: 651-646-7771                                                        |
| <b>Fathers Resource Center</b>                                                            | Counseling support                                                                                                                            | 222-7432                                                                      |
| <b>Forest Lake Youth Service Bureau</b><br>20 Lake St N, Ste 103<br>Forest Lake, MN 55025 | K-19                                                                                                                                          | 464-3685                                                                      |
| <b>Stillwater Youth Service Bureau</b>                                                    | 5-18 years                                                                                                                                    | Cottage Grove: 458-5224<br>Stillwater: 439-8800                               |
| EMERGENCY SERVICES                                                                        |                                                                                                                                               |                                                                               |
| <b>First Call for Help</b>                                                                |                                                                                                                                               | 291-0211                                                                      |
| <b>Red Cross</b><br>(Washington County)                                                   | Help after fire and other emergencies                                                                                                         | 439-0031                                                                      |
| <b>The Salvation Army</b><br>7380 Afton Rd<br>Woodbury, MN 55125                          |                                                                                                                                               | 739-6288                                                                      |
| <b>Valley Outreach</b>                                                                    | Limited funding for District 834 residents and St. Croix Valley                                                                               | 430-2739                                                                      |
| <b>Washington County<br/>Community Services</b>                                           |                                                                                                                                               | Financial Info. & Referral:<br>430-6459<br>Social Services Info. & Referral:  |

|                                                                                                      |                                                                                                                                         |                                                                    |                                                                                                                                       |                                                                   |
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|                                                                                                      |                                                                                                                                         | 430-6457                                                           |                                                                                                                                       |                                                                   |
| <b>EMPLOYMENT – CAREER DECISIONS, PLACEMENT, TRAINING</b>                                            |                                                                                                                                         |                                                                    |                                                                                                                                       |                                                                   |
| <b>Division of Rehabilitation Services</b>                                                           |                                                                                                                                         | No. St. Paul: 779-5666<br>St. Paul: 259-7366                       |                                                                                                                                       |                                                                   |
| <b>East Suburban Resources</b>                                                                       | Employment services                                                                                                                     | 351-0190                                                           |                                                                                                                                       |                                                                   |
| <b>Hubert Humphrey Job Corp</b>                                                                      | Housing and education for 16-25 year olds                                                                                               | 800-733-5627                                                       |                                                                                                                                       |                                                                   |
| <b>Washington County Workforce Center</b>                                                            | State employment service center                                                                                                         | 275-8650                                                           |                                                                                                                                       |                                                                   |
| <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                                                                  | 1-800-842-7279                                                     |                                                                                                                                       |                                                                   |
| <b>Home Energy Loan</b><br>(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 | 800-889-9508                                                       |                                                                                                                                       |                                                                   |
| <b>FAMILY PLANNING/PREGNANCY</b>                                                                     |                                                                                                                                         |                                                                    |                                                                                                                                       |                                                                   |
| <b>Crisis Connection</b>                                                                             | 24 hour phone counseling                                                                                                                | 612-379-6363                                                       |                                                                                                                                       |                                                                   |
| <b>Planned Parenthood</b>                                                                            | St. Paul                                                                                                                                | 1-800-230-PLAN                                                     |                                                                                                                                       |                                                                   |
| <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>                                                                                  |                                                                                                                                         | 763-450-3880                                                       |                                                                                                                                       |                                                                   |
| <b>Food Stamps</b>                                                                                   | Washington County Community Services - Economic Assistance                                                                              | 430-6459                                                           |                                                                                                                                       |                                                                   |
| <b>Meals on Wheels</b><br>(Washington County)                                                        | Also see food shelves                                                                                                                   | 612-623-3363                                                       |                                                                                                                                       |                                                                   |
| <b>WIC</b>                                                                                           | For pregnant/nursing moms; infants & children                                                                                           | Stillwater: 430-6457<br>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><br>Guardian Angels Church<br>8264 4 <sup>th</sup> St N<br>Oakdale MN 55128 | 233-1296                                                                                                                                | Landfall, Oakdale,<br>Woodbury, and parts<br>of Maplewood          | Mon noon-4pm<br>Thur 3-7pm<br>Fri 9am-1:30pm                                                                                          | Food Shelf                                                        |
| <b>Community Helping Hands</b><br>408 SW 15th St. SW<br>(behind Target)<br>Forest Lake, MN 55025     | 464-8150                                                                                                                                | Forest Lake                                                        | Mon-Fri 10am-4pm<br>Sat 10am-2pm                                                                                                      | Food Shelf<br><br>Store                                           |
| <b>Elim Lutheran Church</b><br>20971 Olinda Trail N.<br>Scandia, MN 55073                            | 433-2723                                                                                                                                | Marine, Scandia                                                    | <i>By appt. ONLY</i>                                                                                                                  | Food Shelf                                                        |
| <b>Family Pathways</b><br>935 Lake St. S.<br>Forest Lake, MN 55025                                   | 464-4713                                                                                                                                | Forest Lake, Scandia,<br>Wyoming, and<br>surrounding areas         | Mon, Tues, Thurs:<br>9:00am-6:00pm<br><br>Sat:<br>9:00am-3:00pm                                                                       | Food Shelf                                                        |
| <b>Friends In Need</b><br>535 4 <sup>th</sup> St<br>St Paul Park MN 55071                            | 458-0730                                                                                                                                | Cottage Grove, Grey<br>Cloud Island, Newport,<br>and St. Paul Park | <i>Tues 8am-6pm</i><br><i>Wed 5:30pm-7pm</i><br><i>By appt. on Mondays</i><br><i>from noon-3pm or</i><br><i>Tuesday after 7:30 am</i> | Food Shelf                                                        |
| <b>MN Food Help Line</b>                                                                             | 1-888-711-1151                                                                                                                          | All of MN                                                          | Mon-Fri:<br>8:30am-4:30pm                                                                                                             | Food Shelves, Meals on<br>Wheels, School Meals,<br>SNAP, and more |
| <b>New Life Church</b>                                                                               | 459-0444                                                                                                                                | Woodbury                                                           | Sun: 10-10:30am                                                                                                                       | Food Shelf                                                        |

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| 6758 Bailey Road<br>Woodbury, MN 55125                                                                         |                                                                                                                                                                                |                                                                                                   | 10:15-10:45am<br>(walkups only)<br>Use main entrance                              |                                                                                    |
| <b>St. Jude's Comm. Food Shelf</b><br>700 Mahtomedi Ave.<br>Mahtomedi, MN 55115                                | 426-3245                                                                                                                                                                       | Hugo, Lake Elmo,<br>Mahtomedi, Stillwater,<br>White Bear Lake                                     | Tues & Thurs<br>1:00-3:00pm<br>1 <sup>st</sup> & 3 <sup>rd</sup> Wed 5-<br>6:30pm | Food Shelf                                                                         |
| <b>St. Michaels</b><br>611 South 3rd St.<br>Stillwater, MN 55082                                               | 439-3241                                                                                                                                                                       | Afton, Bayport,<br>I.S. District 834,<br>Lake Elmo, Lakeland,<br>Mahtomedi, Marine,<br>Stillwater | Mon-Thurs:<br>9:00-11:00am<br>(by appt.)                                          | Food Shelf                                                                         |
| <b>White Bear Food Shelf</b><br>1884 Whitaker St.<br>White Bear Lake, MN 55110                                 | 407-5310                                                                                                                                                                       | White Bear Lake<br>School District                                                                | By appt only                                                                      | Food Shelf                                                                         |
| <b>Valley Outreach</b><br>1911 Curve Crest Blvd W.<br>Stillwater, MN 55082                                     | 430-2739                                                                                                                                                                       | Stillwater School<br>District                                                                     | Mon, Wed, Fri: 10am-<br>noon<br>Tues & Thurs: 5-7pm                               | Food Shelf                                                                         |
| <b>GED/ABE/ESL</b>                                                                                             |                                                                                                                                                                                |                                                                                                   |                                                                                   |                                                                                    |
| <b>Cottage Grove</b><br>8400 E Point Douglas Rd<br>Cottage Grove, MN 55016                                     | District Program Center                                                                                                                                                        |                                                                                                   |                                                                                   | 458-6643                                                                           |
| <b>Forest Lake</b><br>6100 N 210 <sup>th</sup> St<br>Forest Lake, MN 55025                                     |                                                                                                                                                                                |                                                                                                   |                                                                                   | 982-8110                                                                           |
| <b>Minnesota Literacy Council</b>                                                                              |                                                                                                                                                                                |                                                                                                   |                                                                                   | 645-2277                                                                           |
| <b>Stillwater</b><br>1875 Greeley St<br>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<br/>and Technical College – Dental</b><br>3300 Century Ave N<br>White Bear Lake, MN 55110 | Dental services provided by students: cleaning, sealants, fluoride<br>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><br>525 Portland Ave<br>Minneapolis, MN 55415                                |                                                                                                                                                                                |                                                                                                   |                                                                                   | 612-348-5553                                                                       |
| <b>Medical Assistance (MA)</b>                                                                                 | Washington County Economic Assistance information on MN<br>health care programs: Medical Assistance (MA), General<br>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<br>1-800-657-3672                                                         |
| <b>Neighborhood HealthCare<br/>Network</b><br>153 Cesar Chavez St<br>St Paul, MN 55107                         | Will help you find a clinic in your area                                                                                                                                       |                                                                                                   |                                                                                   | 644-6555                                                                           |
| <b>Open Cities Health Center</b><br>409 Dunlap St. N.<br>St. Paul                                              |                                                                                                                                                                                |                                                                                                   |                                                                                   | 290-9200                                                                           |
| <b>Portico Healthnet</b><br>2610 University Ave., Suite 550                                                    |                                                                                                                                                                                |                                                                                                   |                                                                                   | 603-5100<br><a href="http://www.porticohealthnet.org">www.porticohealthnet.org</a> |

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| St. Paul                                                                                                                 |                                                                                                                                                                                                |                                                                                                |
| <b>St. Croix Family Medical Clinic</b><br>(fka Common Health Clinic)<br>5640 memorial Ave N St B<br>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><br>153 Cesar Chavez<br>St. Paul                                                        |                                                                                                                                                                                                | 222-1816                                                                                       |
| <b>HOUSING</b>                                                                                                           |                                                                                                                                                                                                |                                                                                                |
| <b>Housing and Urban Development</b>                                                                                     | For private subsidized and public housing information                                                                                                                                          | <a href="http://www.hud.gov">www.hud.gov</a><br>612-370-3000                                   |
| <b>HousingLink</b>                                                                                                       | Weekly refreshed vacancy listing                                                                                                                                                               | <a href="http://www.housinglink.org">www.housinglink.org</a><br>612-522-2500                   |
| <b>LifeStyle</b>                                                                                                         | USDA rural housing program                                                                                                                                                                     | <a href="http://www.lifestyleinc.net">www.lifestyleinc.net</a><br>507-451-8524                 |
| <b>Washington County Community Development Agency (CDA)</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>                                                                   | Coordinated entry access point: Youth<24: Youth Service Network<br>Families: St Andrew's Community Resource Center: 651-762-9124<br>Singles: Washington County Community Services 651-430-6488 | 430-6488                                                                                       |
| <b>LEGAL</b>                                                                                                             |                                                                                                                                                                                                |                                                                                                |
| <b>Chrysalis</b>                                                                                                         | For women                                                                                                                                                                                      | 612-871-0118                                                                                   |
| <b>Disability Outreach</b><br>Headquarters:<br>4294 Dahlberg Dr.<br>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><br>2610 University Ave. W.<br>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 –</b><br>Washington County<br>Community Services                                                        |                                                                                                                                                                                                | 430-6455                                                                                       |
| <b>Community Thread</b><br>(fka Community Volunteer Service)                                                             |                                                                                                                                                                                                | 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><br>218-444-2171                           |
| <b>Disability Specialists</b>                                                                                            |                                                                                                                                                                                                | <a href="http://www.disabilityspecialist.net">www.disabilityspecialist.net</a><br>612-522-0928 |
| <b>First Call For Help</b>                                                                                               | Referral service                                                                                                                                                                               | 291-0211                                                                                       |
| <b>MN Drug Card</b>                                                                                                      | Point-of-sale pharmacy discount program: <a href="http://www.mndrugcard.com">www.mndrugcard.com</a>                                                                                            | 877-321-6755                                                                                   |
| <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                                                                                       |

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| <b>Social Security Administration</b>                               | Social Security numbers, disability benefits, retirement benefits, and Medicare         | 1-800-772-1213<br><a href="http://www.ssa.gov">www.ssa.gov</a>                                               |
| <b>Social Service Info. &amp; Referral</b>                          |                                                                                         | Adult: 430-6484<br>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><br><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<br>Forest Lake: 982-8315<br>Mahtomedi: 407-2024<br>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<br><a href="http://www.metrotransit.org/metro-mobility">www.metrotransit.org/metro-mobility</a> |