

Resource List

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

| ABUSE/VIOLENCE | | |
|---|---|---|
| Tubman Family Alliance | Crisis Line will connect to the appropriate shelter | Tubman Crisis Line: 612-825-0000 Regular Line for Wash Co.: 768-0216 |
| CAR CARE CLINICS | | |
| Car Care Saturday | 2nd Saturday of month in Lake Elmo - call and leave message | 773-3083 |
| Rivertown Car Care | Forest Hills United Methodist Church – call for information | 464-2561 |
| CHEMICAL DEPENDENCY | | |
| Canvas Health, Inc. | | 430-2720 |
| Washington County Community Services - CD Rule 25 | | 430-6561 |
| CHILD CARE | | |
| Think Small | Child care provider lists & information | 641-0305 |
| Washington County Community Services | Child care assistance - Basic Sliding Fee | 430-6459 |
| CLOTHING | | |
| Goodwill Store | Stillwater location: 14460 60th St. N., Oak Park Heights | 439-4207 |
| Stone Soup Thrift Shop 8200 Belden Blvd., Cottage Grove | | 458-9786 |
| Valley Outreach | 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 | | |
| Canvas Health Inc. | | 777-5222 |
| Chrysalis | For women | 222-2823 |
| Crisis Connection | 24 hour phone counseling | 612-379-6363 |
| Family Services Inc. | | St. Paul: 222-0311 |
| Fathers Resource Center | Counseling support | 763-783-4938 |
| Forest Lake Youth Service Bureau | K-19 | 464-3685 |
| Stillwater Youth Service Bureau | 5-18 years | Cottage Grove: 458-5224 Stillwater: 439-8800 |

| EMERGENCY SERVICES | | |
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| First Call for Help | | 291-0211 |
| Red Cross <i>(Washington County)</i> | Help after fire and other emergencies | 439-0031 |
| The Salvation Army | | 739-6288 |
| Valley Outreach | Limited funding for District 834 residents and St. Croix Valley | 351-3169 |
| Washington County Community Services | | Financial Info. & Referral: 430-6459 Social Services Info. & Referral: 430-6457 |
| EMPLOYMENT – CAREER DECISIONS, PLACEMENT, TRAINING | | |
| Division of Rehabilitation Services | | No. St. Paul: 779-5940 St. Paul: 296-6786 |
| East Suburban Resources | Employment services | 351-0190 |
| Hubert Humphrey Job Corp | Housing and education for 16-25 year olds | 642-1133 |
| Washington County Workforce Center | State employment service center | 275-8650 |
| ENERGY ASSISTANCE | | |
| Fuel/Energy Assistance through CAPRW | (and weatherization) | 645-6470 |
| Heat Share | Salvation Army - last resource if county or fuel assistance can't help | 739-6288 |
| Home Energy Loan (GMHC – Greater Metro Housing Corp) | Replace furnace, air conditioner and hot water heat, insulation, door and windows | 651-486-7401 |
| FAMILY PLANNING/PREGNANCY | | |
| Crisis Connection | 24 hour phone counseling | 612-379-6363 |
| Planned Parenthood | St. Paul | 489-1328 |
| Project Life | | Forest Lake: 464-4340 No. St. Paul: 777-0350 St. Paul Park: 457-1195 Stillwater: 439-5964 |
| Washington Co. Dept. of Public Health & Environment | Stillwater | 430-6655 |
| FOOD RESOURCES | | |
| Fare For All | | 612-331-6870 |
| Food Stamps | Washington County Community Services - Economic Assistance | 430-6459 |
| Meals on Wheels <i>(Washington County)</i> | Also see food shelves | 651-777-5222 |
| WIC | For pregnant/nursing moms; infants & children | 430-6657 430-6658 |

| FOOD SHELVES/CLOTHING | | | | |
|---|----------------|---|---|---|
| Name | Phone | Areas Served | Hours | Services |
| Christian Cupboard Woodbury Lutheran Church 738 Afton Rd. Woodbury, MN 55125 | 651-738-2338 | Landfall, Oakdale, Woodbury, and parts of Maplewood | 2nd Thurs: 5:30-7:00pm Fri: 9:00am-Noon | Food Shelf |
| Community Helping Hands 408 SW 15th St. (behind Target) Forest Lake, MN 55025 | 464-6831 | Forest Lake | Mon, Wed, Fri: Noon-4:00pm <i>(by appt.)</i> | Food Shelf Store |
| Elim Lutheran Church 20971 Olinda Trail N. Scandia, MN 55073 | 433-2723 | Marine, Scandia | Thurs: <i>By appt. ONLY</i> | Food Shelf |
| Family Pathways 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 |
| Friends In Need 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 <i>(by appt.)</i> | Food Shelf |
| MN Food Help Line | 1-888-711-1151 | All of MN | Mon-Fri: 8:30am-4:30pm | Food Shelves, Meals on Wheels, School Meals, SNAP, and more |
| New Life Church 6758 Bailey Road Woodbury, MN 55125 | 459-0444 | Woodbury | Sun: 10:15-10:45am <i>(walkups only)</i> Use main entrance | Food Shelf |
| St. Jude's Comm. Food Shelf 700 Mahtomedi Ave. Mahtomedi, MN 55115 | 426-3245 | Hugo, Lake Elmo, Mahtomedi, Stillwater, White Bear Lake | Tues & Thurs 1:00-3:00pm <i>(Call 1 day in advance)</i> | Food Shelf |
| St. Michaels 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 <i>(by appt.)</i> | Food Shelf |
| White Bear Food Shelf 1884 Whitaker St. White Bear Lake, MN 55110 | 407-5310 | White Bear Lake School District | Mon-Fri: 8:30am-2:30pm | Food Shelf |
| Valley Outreach 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 |

| GED/ABE/ESL | | |
|---|--|--|
| Cottage Grove | District Program Center | 458-6643 |
| Forest Lake | | 982-8110 |
| Minnesota Literacy Council | | 1-800-222-1990 |
| Stillwater | Community Education Center | 430-6798 |
| Woodbury | Middle School and Central Park | 768-4513 |
| HEALTH CARE | | |
| Century Community and Technical College – Dental | Dental services provided by students: cleaning, sealants, fluoride treatment, and x-rays - a small fee is charged | 779-5787 |
| Fairview Hospital & Clinics | Discount Program – Have to apply for MA | 982-7664 |
| Healthcare for the Homeless | | 647-2364 |
| Medical Assistance (MA) | Washington County Economic Assistance information on MN health care programs: Medical Assistance (MA), General Assistance Medical Care (GAMC), Prescription Drug program Patient Access Network Partnership for Assistance Rx Connect Together Rx Access | 430-6459 1-866-316-7263 1-888-477-2669 1-800-333-2433 1-800-444-4106 www.needymeds.org |
| Minnesota Care | State-subsidized health care program for Minnesota residents | 297-3862 |
| Neighborhood HealthCare Network | Will help you find a clinic in your area | 489-2273 |
| Open Cities Health Center 409 Dunlap St. N. St. Paul | | 290-9200 |
| Portico Healthnet 2610 University Ave., Suite 550 St. Paul | | 603-5100 www.porticohealthnet.org |
| St. Croix Family Medical Clinic (fka Common Health Clinic) | | 651-430-1880 |
| St. Mary's Health Clinics | In the metro | 690-7029 |
| Senior Linkage Line | Minnesota Board on Aging and Area Agencies on Aging | 1-800-333-2433 |
| United Family Practice | 1026 E. 7th St., St. Paul | 241-1133 |
| Washington County Dept. of Public Health & Environment | Nursing service, Child & Teen Health check-up, prenatal, newborn, and home health care - ask for referral nurse | 430-6655 |
| West Side Community Clinic 153 Cesar Chavez St. Paul | | 222-1816 |

| HOUSING | | |
|---|---|--|
| HOMELine | Legal advocacy and information specific to housing | 612-728-5767 |
| Housing and Urban Development | For private subsidized and public housing information | www.hud.gov |
| HousingLink | Weekly refreshed vacancy listing | www.housinglink.org |
| LifeStyle | USDA rural housing program | www.lifestyleinc.net |
| Solid Ground – Home Again Program | | 651-459-4822 |
| Washington County Housing & Redevelopment Authority | First time homebuyers, foreclosure issues, public housing, and section 8 programs for Washington County | 651-458-0936 |
| Washington County Housing Unit Information Line | | 651-430-6488 |
| Youth Advocate – Cheryl Carrigan c/o Canvas Health | | 612-695-8183 |
| LEGAL | | |
| Chrysalis | For women | 612-871-0118 |
| Disability Outreach Headquarters: 4294 Dahlberg Dr. Golden Valley, MN 55422 | Advocacy for disability and Social Security applications | 800-544-9925 |
| Fathers First Law Clinic | | 659-0359 |
| HOMELine | Rental advocacy | 612-728-5767 |
| Southern MN Regional Legal Services | Civil law only | 651-222-4731 |
| MISCELLANEOUS | | |
| AccountabilityMN 2610 University Ave. W. St. Paul, MN 55114 | Tax help all year long for FREE! | 651-287-0187 x1000 |
| Annual Credit Check | Your yearly credit check for all three credit bureaus | www.annualcreditreport.com |
| ARC-Assn of Retarded Citizens | Organization of and for people with developmental disabilities | 523-0823 |
| Child Support – Washington County Community Services | | 430-6455 |
| Community Thread <i>(fka Community Volunteer Service)</i> | | 439-7434 |
| Deaf and Hard of Hearing Services | Serves as information and referral center on issues related to hearing loss | 297-1316 |

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| Disability Linkage Line | | www.mcil-mn.org |
| Disability Specialists | | www.disabilityspecialist.net |
| First Call For Help | Referral service | 224-1133 |
| Red Cross | Emergency help after fires & disasters; military contacts | 439-0031 |
| Reemployment Compensation | | 296-3644 |
| Saint Andrew's Resource Center | Provides a variety of services | 762-9124 |
| Social Security Administration | Social Security numbers, disability benefits, retirement benefits, and Medicare | 1-800-772-1213 www.ssa.gov |
| Social Service Info. & Referral | | Adult: 430-6484 Children: 430-6457 |
| Telephone Assistance Plan | Call your local phone company | |
| Veterans Service Office | Benefits and services for veterans in Washington County | 651-430-6895 |
| Vision Loss Resource <i>(Newport and Stillwater area)</i> | In home assessments, vision evaluation, volunteers, mentors, phone pals, support groups | 224-7662 |
| PRE-SCHOOL/PARENTING | | |
| Early Childhood Family Education (ECFE) | | Cottage Grove: 458-6632 Forest Lake: 982-8315 Mahtomedi: 407-2024 Stillwater: 351-8350 |
| Head Start | Pre-school; will refer back to your community | 603-5977 |
| TRANSPORTATION | | |
| Canvas Health, Inc. Transporter | For disabled people, senior adults, and people receiving Social Services | 275-4300 |
| Dial-a-Ride | Maplewood, North St. Paul, Oakdale | 602-LINK |
| MTC | Routes and information | 612-349-7000 www.metrotransit.org/metro-mobility |