



Community Resource Guide

For Children and Families in Washington County





Public Health and Environment

General Information: 651-430-6655

Email: PHE@co.washington.mn.us

Child and Teen Checkups: 651-430-6750 Support for children and teens under age 21 enrolled in Medical Assistance. Call for help finding a doctor, dentist, transportation, or other resources.

Email: AskCTC@co.washington.mn.us

Family Home Visiting: 651-430-6655 Public Health Nurses provide free, voluntary support services to pregnant and parenting families.

Follow Along Program: 651-430-6655 Program to help you track your child's development and let you know if your child is behaving like other children the same age. For children through age birth to age 3.

Immunization Clinics: 651-430-4036 Low-Cost Immunization Clinics are offered at County Service Centers by appointment. Vaccines available for uninsured or underinsured children and adults.

Women, Infants and Children (WIC): 651-430-6658
A nutrition and breastfeeding support program for Women, Infants and Children. Food benefits for pregnant women and children up to age 5.



Community Services

General Information: 651-430-6455

Email: askcommunityservices@co.washington.mn.us

Washington County Child Support: 651-430-6615

Washington County Economic Support: 651-430-6459

Programs supporting low-income residents of Washington County, including:

- Cash Assistance programs
- Child Care Assistance
- Emergency Financial Assistance
- Energy Assistance
- Food Support/SNAP applications
- Medical Assistance

Visit Washington County website for more information or use the Bridge to Benefits screening tool (mn.bridgetobenefits.org) to check your eligibility.

Washington County Veterans Services: 651-430-6895

Washington County Workforce Development: 651-275-8650



Crisis Services

Washington County Crisis Response Unit (CRU): 651-275-7400 CRU 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.

Crisis Text Line Text: MN to 741741 The 24/7 emergency service if you or someone you know is having a psychiatric or mental health crisis.

988 Suicide and Crisis Lifeline: call or text 988

Veterans Crisis Text Line: text to 838255 or call 988 then press 1

Esperanza United: 651-772-1611 Domestic violence support/shelter for Latina and Latin@ community.

Tubman: 612-825-0000 24/7 support for people of all ages, genders, and cultural backgrounds who experience violence, abuse, addiction, exploitation, or other forms of trauma.

Minnesota Day One Crisis Line: 866-223-1111 Support for anyone experiencing domestic violence, sexual assault, human trafficking in Minnesota.

Women's Advocates: 651-227-8284 Shelter/hotline for domestic violence.

National Maternal Mental Health Hotline: 833-943-5746 Free, confidential hotline for pregnant and new moms, English and Spanish counselors. Interpreter available for other languages.

Canvas Health Abuse Response: 651-777-1117 24/7 support for sexual assault, dating violence, or relationship abuse in Washington County.

StrongHearts Native Helpline: 1-844-7NATIVE (762-8483)

24/7 confidential and anonymous support and advocacy to Native American and Alaska Natives impacted by domestic and sexual violence.

OutFront Minnesota: 800-800-0350 LGBTQ+ Anti-violence crisis line. Support, legal referrals, free and confidential counseling, and advocacy services.

Help Lines

United Way 2-1-1: Dial 211 from your phone 211 is a free service that connects people across Central Minnesota to the local resources they need 24 hours a day, seven days a week.

Help Me Connect: helpmeconnectmn.org A navigator connecting expectant families, families with young children (birth – 8 years old) to services in their local communities that support healthy child development and family well-being.

MN Benefits

MNbenefits is a mobile-friendly benefits site where Minnesotans can apply for several safety net benefits with one application. It is available for all counties and Tribal Nations across the state, in English or Spanish.

Questions about your application, contact:

Washington County Economic Support: 651-430-6459

Get started at mnbenefits.mn.gov



Apply for benefits in less than 20 minutes

- Food assistance (SNAP) and housing support
- Cash programs and emergency assistance
- Childcare assistance

Clothing

Valley Outreach StyleXchange, Stillwater: 651-430-2739
Free clothing for the whole family. Appointment required.

Basic Needs Thrift Store, Cottage Grove: 651-458-9786

Family Pathways Thrift Store, Forest Lake: 651-464-4713

St. Andrew's Clothesline, Mahtomedi: 651-762-9124

Joseph's Coat, St. Paul: 651-291-2472

Community Helping Hand: 651-464-0061 Serving Families in Forest Lake area with food, clothing, furniture, and financial assistance.

Food

Minnesota Food Help Line: 1-888-711-1151 Helps provide solutions to your food needs.

Hunger Solutions: 651-468-9860

Supplemental Nutrition Assistance Program (SNAP)
Apply online: mnbenefits.mn.gov or get connected to a SNAP specialist at mnfoodhelper.org

Fare For All: 763-450-3880 Monthly pop-up grocery store selling food boxes at discount. Fresh fruits, vegetables, and frozen meat up to 40% off grocery store prices. No qualifications to participate.

Women, Infants and Children (WIC): 651-430-6658

A nutrition and breastfeeding support program for Women, Infants and Children. Free food benefits for pregnant women and children up to age 5.

Valley Outreach Food Shelf, Stillwater: 651-430-2739
Service available: in-person, drive up, or delivery

Open Cupboard, Oakdale: 651-233-1296 (formerly Christian Cupboard CCEFS)

Scandia Marine Food Shelf, Elim Lutheran Church, Scandia: 651-433-2723

Today's Harvest, Oakdale: 651-409-1005 A free grocery

market with fresh produce, meat, dairy, and bakery items rescued each day from local grocery stores, farms, and other partners.

Hugo Good Neighbors Food Shelf: 651-528-6224

Community Helping Hand: 651-464-0061 Serving Families in Forest Lake area with food, clothing, furniture, and financial assistance.

Family Pathways, Forest Lake: 651-464-2098

Friends In Need, St. Paul Park: 651-458-0730

St. Andrew's Community Resource Center, Mahtomedi: 651-762-9124

St Jude's Community Food Shelf, Mahtomedi: 651-426-3245

White Bear Food Shelf, White Bear Lake: 651-407-5310

Furniture

Bridging: Provides donated furniture and household goods to families and individuals transitioning out of homelessness into housing. Contact your social worker/case manager for a Bridging referral.

Community Helping Hand: 651-464-0061 Serving Families in Forest Lake area with food, clothing, furniture, and financial assistance.

Basic Needs thrift Shop, Cottage Grove: 651-207-8659

Financial Assistance

Washington County Emergency Assistance: 651-430-6459

A one-time cash grant available to people who have a threat to their health or safety within the next 30 days, loss of shelter or utilities.

Washington County Economic Support: 651-430-6459

Programs that support to low-income residents of Washington County: cash support, medical programs, food support, and childcare assistance.

Bridge to Benefits: [bridgetobenefits.org](https://www.bridgetobenefits.org) Online tool to

assess eligibility for public programs and directory of community resources.

Energy Assistance: 651-645-6445 Community Action Partnership of Ramsey and Washington Counties (CAPRW) provides energy assistance (energy/water bills), furnace repair, car repair, car ownership. [caprw.org](https://www.caprw.org)

Valley Outreach Emergency Fund: 651-430-2739

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.

Community Helping Hand: 651-464-0061 Serving Families in Forest Lake area with food, clothing, furniture, and financial assistance.

Housing

St. Andrews Resource Center, Mahtomedi: 651-762-9124

Emergency Family Shelter, Emergency Rental Assistance

Washington County Homeless Resources and Housing Information: 651-430-6488

The Homeless Outreach Services Team (HOST). Find information on shelters, affordable housing, evictions coordinated entry, and financial assistance for housing.

Emergency (Rental) Assistance: 651-430-6570 Emergency Assistance for past due rent, to stop evictions or foreclosure. Utilities assistance when threat of disconnection. Apply online at [MNbenefits](https://www.mnbenefits.org) or with a paper application at a Washington County office.

Housing Benefits 101: 866-333-2466 Programs and services to support housing in Minnesota. [mn.hb101.org](https://www.mn.hb101.org)

Legal Help

Washington County Legal Advice Clinics: 651-430-6330

Free Family, Civil, and Criminal advice, 30-minute consultations. Appointment required.

Volunteer Lawyers Network: 612-752-6677 Free legal assistance to low-income people.

Immigrant Law Center of MN: 1-800-223-1368

Law Help MN: www.lawhelpmn.org

Tubman, Legal Services: 651-789-6730 Representation for victims of domestic violence, orders for protection, restraining orders, family law.

HOME Line Free legal support and advocacy services for Minnesota tenants and renters. homelinemn.org

612-728-5767 (English)

612-255-8870 (Español)

612-255-8860 (Soomaali)

612-255-7104 (Hmoob)

Job Skills and Employment

Washington County Workforce Center: 651-275-8650

Find information on job searching, job postings, free training, and help writing your resume. Career Labs in Cottage Grove, Forest Lake, and Woodbury.

Job Corps - Hubert H. Humphrey Job Corps Center:

800-934-JOBS / 651-642-1133 Career support for youth ages 16-24.

Transportation

GoWashington: 651-430-6651 Provides residents of Washington County with transportation options that get them where they want to go safely and affordably. For more information, visit gowashingtonmn.com.

Transit Link: 651-602-LINK (5465) 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.

Metro Mobility: 651-602-1111, (TTY) 651-221-9886 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.

Cultural Service

Ain Dah Yung Center: 651-495-1075 Support for Indigenous youth and families.

American Indian Family Center: 651-793-3803 Programs and services enriched by traditional American Indian values and culture.

Center for Asians and Pacific Islanders: 612-721-0122

Chicanos Latinos Unidos en Servicio (CLUES):

651-379-4200 Education and training, employment advocacy, women's programs, chemical and mental health assistance, legal rights clinic.

Confederation of Somali Community in MN:

612-605-3222 Promoting and building self-sufficiency and equity.

Eastern Twin Cities Islamic Center: 651.200.3956

Hmong American Partnership: 651-495-1699 Offers support and resources with economic and community development, workforce development, children and family services, and health and wellness.

Hmong Culture Center: 651-917-9937

Jewish Community Center: 651-698-0751

Jewish Family Social Services: 651-698-0767

Karen Organization of Minnesota: 651-788-7593

Employment training and job search assistance, referrals to social service, health care and housing, youth programming.

Lao Family Community of MN: 612-978-7107 Education, employment, health, business services.

Neighborhood House, St. Paul: 651-789-2500 Support services for refugees, immigrants and others in transition or crisis. Food, housing, education, parenting, youth and adult education, citizenship.

United Cambodian Associates of MN: 651-222-3299

Vietnamese Social Services of MN: 651-632-8927

Consulado de Mexico en Saint Paul: 651-771-5494



Health Insurance

MNSure: 651-539-2099 Online application for health insurance enrollment. www.mnsure.org.

Washington County Community Services: 651-430-6459 Support for Medical Assistance application and services.

Portico Healthnet: 651-489-2273 Health insurance enrollment services, MNSure, Medical Assistance application. Multiple language services.



Chemical Dependency

Washington County Substance Use Disorder Services: 651-430-6561 Apply for financial assistance for substance use disorder treatment and services.

Nystrom & Associates: 651-529-8479 Substance Use Disorder Treatment for adults and adolescents.

Al-Anon: 651-771-2208 Provides support for people whose lives are affected by someone's drinking.

Haven Chemical Health Systems, L.L.C., Woodbury: 651-734-9633



Low-cost Dental Services

Portico Healthnet Dental Assistance: 651-603-5109 Help finding a dental clinic and understanding MA dental benefits.

Children's Dental Services: 612-746-1530 Affordable dental care for ages birth through 26 years and pregnant women of any age. Accepts MA, private insurance, sliding fee scale. Available at Washington County Service Centers in Stillwater, Cottage Grove, and Forest Lake.

**Community Dental Care: www.cdentc.org
651-925-8400 - Maplewood location
651-774-2959 - St. Paul location**

Century Community and Technical College – Dental Clinic, White Bear Lake: 651-779-5787 X-rays, deep cleanings, fluoride treatments. Set fee; cash or check only.

Hope Dental Clinic, St. Paul: 651-789-7605 Free dental care and education.



Low-Cost Health Care

St. Mary's Clinic: 651-287-7777 Free non-emergency care for uninsured, appointment required.

Minnesota Community Care, St. Paul: 651-602-7500 Formerly West Side (La Clinica). Full-service healthcare for all, regardless of income or insurance status.

Open Cities Health Center, St. Paul: 651-290-9200 Affordable medical, dental, mental health, eye, and chiropractic care. Nubian Moms program to support African American mothers with high-risk pregnancies, postpartum depression, and premature births. MA, uninsured, sliding fee scale.



Mental Health Providers and Resources

Canvas Health: 651- 777-5222 Mental healthcare all ages, for illness, substance use, trauma, abuse.

Ellie Mental Health: 651-313-8080 Mental health services for adults, children, and families. Medication management, in-home therapy.

Family Means: 651-439-4840 Helps families with counseling and therapy, caregiver support, debt and financial management, youth programs, and grief support.

Minnesota Warmline: 651-288-0400 or text "Support" to 85511 Peer support for those living with a mental health condition.

Youth Service Bureau Youth and family services, including emotional and mental health, chemical health, counseling, family education, and diversion programs.

Cottage Grove: 651-458-5224

Stillwater: 651-439-8800

Woodbury: 651-735-9534

Vanguard Mental Health and Wellness Clinic:

651-283-3794 Comprehensive mental health services for all ages, in both English and Hmong.



Sexual & Reproductive Health

Clinic 555, St. Paul: 651-266-1255 Sexual and reproductive health services for adults and teens. Services range from low cost to free.

Planned Parenthood, St. Paul: 651-698-2406 Sexual and reproductive health services. With or without health insurance, sliding fee scale.



Car Seats for Children

Washington County families with limited income or whose children participate in a Medical Assistance program may be eligible for a free car seat. Scan QR code for car seat request form:



Children with Special Needs

Washington County Intellectual and Developmental Disabilities (IDD) Services: 651-430-6484

The Arc Minnesota: 833-450-1494 Promotes and protects the human rights of people with intellectual and developmental disabilities.

Disability Hub MN: 1-866-333-2466 A free statewide network that helps people with disabilities connect to resources.

PACER Center: 952-838-9000 Resources for children with disabilities.



Childhood Education

Head Start - Early Head Start: 763-783-4314 Anoka/Washington County's Head Start-Early Head Start program provides education, nutrition, school readiness, child care assistance, and parent engagement services to children and families from income eligible households.

Help Me Grow: 1-866-693-4769 Connects families to resources that help young children develop, learn, and grow.

Follow Along Program The Follow Along Program is a fun, easy way to learn if your child is talking, moving, playing, and acting like other children at the same age. Families in Washington County with children age birth to age 3 are eligible.

Washington County School Districts Early Childhood Family Education, Early Childhood Screening, Adult Education, Community Education.

ISD 622 North St. Paul-Maplewood-Oakdale: 651-748-7622

ISD 624 White Bear Lake 651-407-7500

ISD 831 Forest Lake: 651-982-8100

ISD 832 Mahtomedi: 651-407-2000

IDS 833 South Washington County: 651-425-6300

ISD 834 Stillwater: 651-351-8340



Adult Education

Minnesota Literacy Council: 651-645-2277 Adult Basic Education, Literacy, GED, citizenship classes, and programs for English language learners. Online and in-person classes.

Great Rivers Adult Education, South Washington County: 651-425-6634 Free basic education and professional development, GED, diploma completion, English language classes. US citizen Test preparation. Non-English speakers can text or email in their first language for information about programs: 651-270-3266 or greatrivers@sowashco.org

Literacy Minnesota: 651-645-2277 Free adult classes in literacy, English, GED, college prep, computers and more.



Parenting and Breastfeeding Support

Family Home Visiting: 651-430-6655 Public Health Nurses assist parents as they create a healthy, nurturing environment for their young children. Visits are voluntary, free, and tailored to families' interests and needs. Nurses may meet with parents of any age during pregnancy and/or after the baby is born.

Women, Infants and Children (WIC): 651-430-6658

A nutrition program for pregnant and postpartum women, infants, and children up to age 5. Provides food benefits, information on healthy eating, and breastfeeding support.

Baby Café, Lakeview Hospital, Stillwater: 651-430-5270

Free, drop-in, informal breastfeeding support groups offering ongoing professional lactation care and intervention.

La Leche League of South Washington County:

651-351-5392 or www.llli.org Breastfeeding support, information, and encouragement.

Pregnancy & Postpartum Support Minnesota: Call or

Text 612-787-7776 (PPSM) Emotional and Mental Health support during pregnancy and postpartum. One-on-one phone support, virtual support groups. ppsupportmn.org



Support for Fathers

Brotherhood of Fathers: 651-703-7020 Support group helping fathers be physically, emotionally, financially, and spiritually involved in ways that uplifts our children and their mothers.

Dadsfirst: 612-327-5859 Resources and support to help fathers connect with their children.

FATHER Project: 612-724-3539 The FATHER Project assists fathers in overcoming the barriers that prevent them from supporting their children economically and emotionally.



Public Libraries

Bayport Public Library: 651-275-4416

582 4th Street North, Bayport, MN 55003

Hardwood Creek, Forest Lake: 651-275-7300

19955 Forest Road North, Forest Lake, MN 55025

Lake Elmo Public Library: 651-275-8515

3537 Lake Elmo Avenue North, Lake Elmo, MN 55042

Newport Public Library: 651-459-9631

250 Red Rock Crossing, Newport, MN 55055

Oakdale Public Library: 651-730-0504

1010 Heron Avenue North, Oakdale, MN 55128

Park Grove, Cottage Grove: 651-459-2040

7900 Hemingway Avenue S, Cottage Grove, MN 55016

R. H. Stafford, Woodbury: 651-731-1320

8595 Central Park Place, Woodbury, MN 55125

Stillwater Public Library: 651-275-4338

224 3rd Street North, Stillwater, MN 55082

Valley Library, Lakeland: 651-436-5882

384 St Croix Trail South, Lakeland, MN 55043

Washington County Law Library: 651-430-6330

14949 62nd Street North, Stillwater,

Wildwood, Mahtomedi: 651-426-2042

763 Stillwater Road, Mahtomedi, MN 55115



Washington County Service Centers

General line: 651-275-7000

Washington County Government Center

14949 62nd Street North, Stillwater, MN 55082-6132

Forest Lake License and Service Center

19955 Forest Road North, Forest Lake, MN 55025

Stillwater License and Service Center

1520 West Frontage Road, Stillwater, MN 55082

Woodbury License and Service Center

2150 Radio Drive, Woodbury, MN 55125

Cottage Grove Service Center

13000 Ravine Parkway, Cottage Grove, MN 55016

Washington County Environmental Center

Recycling and hazardous waste drop-off: 651-275-7475

4039 Cottage Grove Drive, Woodbury, MN 55129

Child and Teen Checkups



Child & Teen Checkups (C&TC) is a health program to support children and teens from newborn through age 20 who are enrolled in Medical Assistance.

Schedule C&TC checkups with primary doctor at:

- | | |
|-----------|-------------------------|
| 2 weeks | 15 months |
| 2 months | 18 months |
| 4 months | 24 months |
| 6 months | 30 months |
| 9 months | Every year, age 3-20yrs |
| 12 months | |

Dental checkups: Every 6 months after first tooth.

For information on how to schedule a C&TC checkup, find a medical or dental provider, get transportation or an interpreter for a medical appointment, call the customer service number on the back of your insurance ID card or call Child & Teen Checkups at Washington County Public Health: 651- 430-6750 or email: AskCTC@co.washington.mn.us

Notes:

*This is a publication of Washington County Public Health & Environment.
For questions or updates, please call 651-430-6655.*