Family Resource Guide
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Adult Basic Education Learning Centers

Adult Basic Education Learning Centers
(Call your school district listed in this brochure under Education.)

Minnesota Literacy Council
Referrals to Adult Basic Education, Literacy, GED, and ESL programs throughout Minnesota, and citizenship classes
https://www.literacymn.org/ .......................................................... 800-222-1990 or text 612-424-1211

Century College Continuing Education & Training
http://www.century.edu/training .......................................................... 651-779-3341

Car Seats
Car seats for UCare PMAP members ......................................................... 612-676-3200

Car seats for Blue Plus PMAP members
http://www.everyday-miracles.org .......................................................... 612-353-6293

Car seats for HealthPartners PMAP members
http://www.freecarseat.org

Safe Kids (Minnesota Safety Council)
http://www.minnesotasafetycouncil.org/ ..................................................... 651-291-9150

Child Care
Family Means (Child Respite Care Program)
http://www.familymeans.org .................................................................. 651-439-4840

Breaks for Caregivers
Provides informal care for children with disabilities on a limited basis .................. 800-327-3203

Head Start
Provides education, nutrition, mental health, school readiness and parent engagement services to children and families from income eligible households. Centers in Forest Lake, Newport, Oakdale and Stillwater
http://www.accap.org/ ........................................................................ 763-783-4314

Lakes Area Discovery Center
Provides full and part day preschool/childcare schedules. Locations in White Bear Lake, Stillwater, Mahtomedi, Maplewood, Forest Lake, and Waconia.
http://www.ladcfamilies.org .................................................................. 651-762-7884

Revised January 2020
Think Small
Provides full and part day preschool/childcare schedules. Locations in White Bear Lake, Stillwater, Mahtomedi, Maplewood, Forest Lake, and Waconia.
http://www.thinksmall.org ................................................................. 651-641-0305

Together for Good
Provide crisis hosting of children, and provide assistance with resources and transportation during crisis
http://www.tfgood.org ........................................................................ 651-440-4058

School-Age Child Care
The following programs provide child care for elementary age children, before and after school, all day care during the summer, and most non-school days. Full and part-time care available. For more information, call the school district your child attends.
Forest Lake .......................................................................................... 651-982-8365
Mahtomedi ............................................................................................. 651-407-2036
Stillwater ............................................................................................. 651-351-8300
South Washington County ................................................................. 651-425-6637
Maplewood, Oakdale, North St. Paul .................................................. 651-748-7497
White Bear Lake .................................................................................. 651-407-7511

Washington County Community Services - Child Care Assistance Program
Helps Families that meet income guidelines pay for child care so they can work.
https://www.co.washington.mn.us/761/Child-Care-Assistance ................. 651-430-6459

Clothing | Furniture | Equipment

Community Helping Hands Thrift Store
Serving Families in the Forest Lake area with clothing. Call for store hours.
http://www.communityhelpinghand.org ................................................ 651-464-0061

Goodwill Industries
http://www.goodwilleasterseals.org
Cottage Grove ..................................................................................... 651-769-6813
Forest Lake .......................................................................................... 651-464-4003
Oak Park Heights ................................................................................ 651-439-0097
Woodbury ............................................................................................ 651-731-7942

Family Pathways Thrift Store
http://www.familypathways.org .......................................................... 651-464-4713

Joseph’s Coat
http://www.josephscoatmn.org ............................................................ 651-291-2472

Savers
https://stores.savers.com/search?site=savers .......................................... 651-294-0880

Revised January 2020
Stone Soup Thrift Shop  
http://www.stonesoupthriftshop.org ................................................................. 651-458-9786

Valley Outreach – Dawn’s Family Closet  
Provides free clothing and accessories to women, men and children in Stillwater school district.  
http://www.valleyoutreachmn.org ................................................................. 651-430-2739

Counseling and Support  
Alzheimer’s Educator & Family Coach  
Helping families live better through dementia, aging transitions and end of life.  
http://www.familieswithdementia.com ................................................................. 651-210-7866

Anthony Louis Center  
(Woodbury Location) Adolescent chemical dependency treatment services.  
http://www.anthonylouiscenter.com ................................................................. 651-731-0031

Aris Clinic  
(Woodbury Location) Child and adolescent psychiatric intensive outpatient clinic.  
http://www.aris-clinic.com ................................................................. 651-259-9750

Canvas Health  
Comprehensive psychological and psychiatric assessment and treatment of emotional disturbance, mental illness, chemical dependency, physical and sexual abuse, services for seniors, individual and group therapy for children, parents and families.  
http://www.canvashealth.org ................................................................. 651-777-5222

Catholic Charities  
Crisis counseling, educational and support groups, information and referral, family, individual, and group therapy.  
http://www.cctwincities.org ................................................................. 612-204-8500

Chrysalis Center at Tubman  
Chemical and mental health services.  
http://www.tubman.org ................................................................. 612-870-2426

Counseling Care  
http://www.counselingcare.us ................................................................. 651-379-0444

Revised January 2020
Domestic Abuse Project  
Treatment for abusive men, therapy for women and children.  
http://www.domesticabuseproject.com .............................................................. 612-874-7063

East Suburban Resources  
Supports all men and women with employment equally by helping them develop skills and gain meaningful employment.  
http://www.esrworks.org .................................................................................. 651-351-0190

Ellie Family Services  
Individual, family, and group therapy services, ARMHS, CTSS, medication management, in-home therapy, and case management.  
http://www.elliefamilyservices.com .................................................................. 651-313-8080

Emily Program, The  
Personalized treatment for eating disorders.  
http://www.emilyprogram.com ...................................................................... 651-645-5323

Face to Face  
http://www.face2face.org .................................................................................. 651-772-5555

FamilyMeans  
Counseling and therapy, financial solutions, caregiving and aging, youth development and Center for Grief and Loss.  
http://www.familymeans.org ........................................................................... 651-439-4840

Family Wise Services  
Programs and services to support children, youth and families to live healthier, more effective lives.  
http://www.familywiseservices.org ................................................................... 612-617-0191

Haven Chemical Health Systems, LLC  
Provides evaluation and treatment for adults who have chemical abuse/dependency issues.  
http://www.havenchemicalhealth.com ................................................................. 651-734-9633

Jewish Family Services  
Counseling and mental health, aging and disability, financial assistance.  
http://www.jfssp.org ........................................................................................... 651-698-0767

PrairieCare  
Services include partial hospital program, intensive outpatient program, and clinical services.  
http://www.prairie-care.com .............................................................................. 888-9-PRAIRIE
Rebecca Residence
(Scandia) Treatment for chemical dependency. Ten-bed women’s program.
http://www.havenchemicalhealth.com ............................................................... 651-433-5839

State Services for the Blind (SSB)
Provides advocacy and education services for blind or visually impaired individuals.
http://www.mnssb.org .......................................................................................... 651-539-2300

Northeast Youth & Family Services
Outpatient mental health, senior chore program, and youth development.
http://www.nyfs.org ............................................................................................ 651-429-8544

Lakes Area Youth Service Bureau
http://www.ysblakesarea.org ................................................................................ 651-464-3685

Together for Good
Provide crisis hosting of children, and provide assistance with resources and transportation during crisis
http://www.tfgood.org .......................................................................................... 651-440-4058

Tubman
Helps women, children and families struggling with relationship violence, substance abuse and mental health.
http://www.tubman.org ......................................................................................... 651-770-0777

Youth Service Bureau
Provides effective, early intervention services for youth and their families through mental health, chemical health, family education and diversion.
http://www.ysb.net
Cottage Grove ........................................................................................................ 651-458-5224
Stillwater .................................................................................................................. 651-439-8800
Woodbury ................................................................................................................ 651-735-9534

Crisis Numbers – Most Answered 24/7

American Red Cross
http://www.redcross.org/local/minnesota ............................................................. 612-871-7676

Canvas Health Crisis Counseling
http://www.canvashealth.org ................................................................................ 651-777-5222

Crisis Text Line ........................................................................................................ Text MN to 741741

Domestic Violence Crisis Line
http://www.dayoneservices.org .......................................................................... 866-223-1111

Revised January 2020
Love Lines Crisis Center ........................................................................................................612-379-1199
Mental Health Crisis Line ........................................................................................................800-273-8255
Minnesota Adult Abuse Reporting Center .............................................................................844-880-1574
Minnesota Compulsive Gambling Hotline .............................................................................800-437-3641
Minnesota Relay Service ........................................................................................................800-627-3529 or 711
Voice & TDD. Provides 24 hour-a-day telephone linkage between people who are speech or hearing impaired and those who can hear. Callers must have name & TDD number of person to be called.

Missing Children Minnesota
Assistance in searching for missing children and information on search procedures, resources, and prevention education. Hours 9am -5pm. Phones answered 24 hours.
http://missingchildrenmn.com .......................................................................................... 612-334-9449 or 888-RUN-YELL

Narcotics Anonymous
http://www.naminnesota.org ..................................................................................................877-767-7676

National Domestic Violence Hotline
http://www.thehotline.org ....................................................................................................800-799-7233

National Runaway Safeline
http://www.1800runaway.org ...............................................................................................800-786-2929 or 800-RUN-AWAY

National Suicide Prevention Lifeline
https://suicidepreventionlifeline.org ......................................................................................800-273-TALK (8255)

Poison Control
http://www.poison.org ..........................................................................................................800-222-1222

PrairieCare
http://www.prairie-care.com .................................................................................................888-977-2474

Sexual Assault Hotline .............................................................................................................800-656-4673

Tubman
http://www.tubman.org ........................................................................................................612-825-0000

United Way 2-1-1
http://www.211unitedway.org ..............................................................................................800-543-7709 or 651-291-0211
Development

Early Childhood Screening
Required by state law before children start kindergarten. Children are generally screened at 3 ½ - 4 years old. Children are screened for vision, speech, hearing, and development. There is no charge for this service. Parents may also call if they are concerned about their child’s development.

Forest Lake, ISD 831 .................................................................651-982-8301
Mahtomedi, ISD 832 .................................................................651-407-2443
Maplewood, Oakdale, North St. Paul, ISD 622........................651-702-8468
South Washington County, ISD 833 ........................................651-425-6175
Stillwater, ISD 834 .................................................................651-351-4022
White Bear Lake, ISD 624 ........................................................651-653-3100

Help Me Grow
Provides resources for families to understand developmental milestones and learn if there are concerns.
http://www.helpmegrowmn.org ................................................651-430-6750

Follow-Along Program
For parents of children, birth to age three, at no cost to learn if your child is talking, moving, playing, and acting like other children at the same age and get some ideas for activities you can do with your child,
https://www.co.washington.mn.us/1073/Follow-Along-Program-FAP................................................651-430-6750

Minnesota State Council on Disability
http://www.disability.state.mn.us .................................................800-945-8913 or 651-361-7800

Washington County Community Services – Intellectual and Developmental Disabilities
Case management, assessment, and development of a service plan to address child’s needs.
https://www.co.washington.mn.us/783/Intellectual-and-Developmental ................................................651-430-6484

Education

Alternative K-12 Schools

Lakes International Language Academy (K-5)
http://www.mylila.org .................................................................651-464-0771

Math and Science Academy (6-12)
http://www.mnmsa.org .................................................................651-578-7507
Naturalscience Academy
http://www.naturalscienceacademy.org ............................................................... 651-925-5050

New Heights Charter School

North Lakes Academy Charter School
http://www.northlakesacademy.org ........................................................................ 651-982-2733

St. Croix Preparatory Academy
http://www.stcroixprep.org .................................................................................. 651-395-5900

Community Education
Offers a wide variety of classes for all ages, abilities and cultures.
Forest Lake
http://www.flaschools.org ...................................................................................... 651-982-8110
Mahtomedi
North St. Paul, Maplewood, Oakdale
http://www.isd622.org/communityeducation ...................................................... 651-748-7630
South Washington County
https://ce.sowashco.org ....................................................................................... 651-458-6300
Stillwater
http://www.stillwaterschools.org/community-education ...................................... 651-351-8300
White Bear Lake
http://www.whitebear.ce.eleyo.com .................................................................... 651-407-7501

Early Childhood Special Education (ESCE)
Coordination of all appropriate special education services and related services for special needs children ages birth through school entry.
Forest Lake, ISD 831 .............................................................................................. 651-982-8300
Mahtomedi, ISD 832 .............................................................................................. 651-407-2445
North St. Paul, Maplewood, Oakdale, ISD 622 .................................................... 651-748-8450
South Washington County, ISD 833 .................................................................... 651-425-6121
Stillwater, ISD 834 ................................................................................................. 651-351-4000
White Bear Lake, ISD 624 .................................................................................... 651-653-3101

Head Start
Child development program primarily for children ages 3-5 years. Serving families with low incomes.
http://www.accap.org ............................................................................................ 763-783-4747

Parent Advocacy Coalition for Educational Rights (PACER Center Inc.)
Enhances quality of life and expands opportunities for children, youth and young adults with disabilities.
http://www.pacer.org ............................................................................................ 800-537-2237 or 952-838-9000

Revised January 2020
Minnesota Region American Red Cross
CPR, First Aid, lifeguarding, babysitting, and CNA training.
https://www.redcross.org/local/minnesota/take-a-class .............................................. 612-871-7676

District Preschool
A program for children ages 3½ - 5 to help prepare for kindergarten.
Forest Lake, ISD 831 ........................................................................................................ 651-982-8300
Mahtomedi, ISD 832 ........................................................................................................ 651-407-2441
South Washington County, ISD 833 ............................................................................... 651-425-6632
Stillwater, ISD 834 ........................................................................................................... 651-351-4000
White Bear Lake, ISD 624 .............................................................................................. 651-653-3100

U of M Extension
Washington County .......................................................................................................... 651-430-6800

Washington County Alternative Learning Programs
An alternative setting and placement vs. regular school
Forest Lake Area Community School, ISD 831 ................................................................. 651-982-3170
Mahtomedi Academy, ISD 916 ......................................................................................... 651-415-5680
Harmony Learning Center, ISD 622 ................................................................................. 651-748-6200
South Washington Alternative High School, ISD 833 ..................................................... 651-425-7001
St. Croix Valley Area Learning Center, ISD 834 .............................................................. 651-351-8472
White Bear Lake Area Learning Center, ISD 624 ........................................................... 651-773-6400

Washington County School Districts
Forest Lake School District 831 ......................................................................................... 651-982-8100
Mahtomedi School District 832 ........................................................................................ 651-407-2000
North St. Paul, Maplewood, Oakdale School District 622 ............................................. 651-748-7622
South Washington County School District 833 .............................................................. 651-425-6300
Stillwater School District 834 .......................................................................................... 651-351-8340
White Bear Lake School District 624 ............................................................................... 651-407-7500

Emergency and Transitional Housing
Bridge for Youth
Youth ages 10-17 years can text/call to get help during a crisis including housing.
https://www.bridgeforyouth.org ....................................................................................... 612-377-8800 or Text 612-400-7233

Canvas Health
http://www.canvashealth.org ......................................................................................... 651-777-5222

Housing Link
http://www.housinglink.org ............................................................................................ 612-522-2500

Revised January 2020
Solid Ground
http://www.solidgroundmn.org ............................................................. 651-773-8401

Minnesota Region American Red Cross
http://www.redcross.org/local/minnesota ........................................... 612-871-7676

Tubman
http://www.tubman.org .................................................................. 612-825-0000

St. Andrews Community Resource Center
http://www.standrews.org .................................................................. 651-762-9124

Washington County Homeless Outreach Support Team.......................... 651-430-6488

Washington County Community Development Agency
http://www.washingtoncountycda.org .................................................. 651-458-0936

Youth Services Network
http://www.ysnmn.org

Employment Assistance|Family Mentoring

Career Force
Single point access to employment and employment related services.
http://www.careerforcemn.com .......................................................... 651-275-8665

Woodbury ......................................................................................... 651-430-4162
Cottage Grove .................................................................................. 651-430-4162
Forest Lake ....................................................................................... 651-275-7265

Washington County Young Adult Program
https://www.co.washington.mn.us/1923/Young-Adult-Program .......... 651-275-8650

Women Venture
Supports women-owned businesses by providing microloans, education and consultation.
http://www.womenventure.org .......................................................... 612-224-9540

Financial

Bridge to Benefits
http://www.bridgetobenefits.org/Home2 ............................................ 651-603-5880

Car Ownership Program
http://www.caprw.org ........................................................................ 651-603-5880

Revised January 2020
Cradle of Hope
http://www.cradleofhope.org ................................................................. 651-636-0637

Energy Assistance Program
http://www.caprw.org ........................................................................... 651-645-6470

Salvation Army Washington County Social Services
Emergency/rental assistance for county residents.
centralusa.salvationarmy.org .............................................................. 651-739-6288

Supplemental Security Income
Assistance for disabled children/adults with limited income/resources.
http://www.ssa.gov .............................................................................. 800-772-1213

Valley Outreach Emergency Fund
Funding to help with emergency heating, housing issues, medical, dental and transportation issues.
http://www.valleyoutreachmn.org ......................................................... 651-430-2739

Washington County Community Services – Economic Assistance Intake
Child Care Assistance Program, Medical Assistance, Food Stamps, MFIP, Emergency Assistance.
https://www.co.washington.mn.us/787/Economic-Support ...................... 651-430-6459

Financial Counseling

FamilyMeans Financial Solutions
http://www.familymeans.org .................................................................. 651-439-4840

LSS Financial Counseling
Guidance, knowledge, and tools to help you establish a budget, pay off debt or student loans and more.
http://www.lssmn.org ........................................................................... 651-642-5990

Food Shelves

Century College Food Pantry
For students of Century College.
www.century.edu ................................................................................. 651-779-3338

Christian Cupboard
(Oakdale Location) Serving Woodbury, Landfall, and Oakdale.
http://www.ccefs.org ............................................................................ 651-233-1296

Community Helping Hand
Serving the Forest Lake School District.
http://www.communityhelpinghand.org ................................................. 651-464-6831

Revised January 2020
Elim Scandia Marine Food Shelf
Serving Scandia, Marine on St. Croix and May Township.
https://www.elimscandia.org .................................................. 651-433-2723

Family Pathways
Serving the Forest Lake School District.
http://www.familypathways.org ................................................. 651-464-2098

Friends in Need
(St. Paul Park Location) Serving Cottage Grove, Newport, St. Paul Park, and Grey Cloud Island.
http://www.finfood.org ............................................................ 651-458-0730

Hugo Good Neighbors Food Shelf
Serving the Hugo Community. Hours: Monday, Tuesday, & Thursday, 4-7pm.
http://www.hugofoodshelf.org .................................................. 651-528-6224

Mahtomedi Area Food Shelf
Serving the Mahtomedi School District.
http://www.stjudeofthelake.org .................................................. 651-395-5350

New Life Church
(Woodbury Location) Serving Woodbury, Cottage Grove, and Oakdale.
http://www.nlcwoodbury.org ...................................................... 651-459-0444

North St. Paul Area Food Shelf
http://www.nspafoodshelf.org ................................................... 651-770-1309

Ruby’s Pantry
(Forest Lake Location.) Open to anyone.
http://www.goodnews@rubyspantry.org ................................... 651-674-0009

St. Michael’s Food Shelf
(Stillwater Location) Serving the Stillwater School District.
http://www.stmichaelstillwater.org .......................................... 651-439-3241

Valley Outreach
(Stillwater Location) Serving the Stillwater School District.
http://www.valleyoutreachmn.org ............................................. 651-430-2739

White Bear Area Emergency Food Shelf
Serving the White Bear Lake School District.
http://www.whitebearfoodshelf.org ........................................... 651-407-5310

Revised January 2020
Health Care

Century College Dental Clinic

Child and Teen Check-Ups (C&TC) Program
Provides outreach, resources, health care information for those covered by MN Health Care Programs.
https://www.co.washington.mn.us

Children’s Dental Services
(Various Locations) Preventative dental care for pregnant women and children ages 0-26 years.
http://childrensdentalservices.org

Children’s Hospitals and Clinics
http://www.childrensmn.org (various clinic locations)
St. Paul
Minneapolis

Face to Face
Supports youth ages 11-24 with medical needs, mental health, housing, and much more.
http://www.face2face.org

Fairview Lakes Regional Medical Center Wyoming
http://www.fairview.org

Follow Along Program (FAP)
Mailed developmental screening questionnaires for children up to 3 years of age.
https://www.co.washington.mn.us/1073/Follow-Along-Program-FAP

Lakeview Hospital Stillwater
http://www.lakeviewhealth.org

PrairieCare
Psychiatric services include Partial Hospital Program, Intensive Outpatient Program and Clinical Services.
http://www.prairie-care.com

Regions Hospital
http://www.healthpartners.com

St. Mary’s Health Clinic
Provides health care services at no cost to low income, uninsured individuals and families.
http://www.stmaryshealthclinics.org

United Hospital
http://www.allinahealth.org

Revised January 2020
Washington County Public Health
Prenatal and breast feeding education, parenting support, immunization clinic, WIC, Family Health Nursing provides supportive home visits and health education to pregnant women and families with children in Washington County.

Woodwinds Health Campus
http://www.fairview.org ........................................................................................................651-232-0228

Health Care Coverage
American Diabetes Association Minnesota
http://www.diabetes.org...........................................................................................................800-342-2383

MinnesotaCare
http://www.mn.gov/dhs ........................................................................................................... Apply online http://www.mnsure.org

Portico Healthnet
Information and assistance connecting with health care program that best meets individual needs.
http://www.porticohealthnet.org ...............................................................................................651-489-2273

Washington County Community Services – Economic Support
Helps eligible residents with health care coverage information and access.
https://www.co.washington.mn..............................................651-430-6459

Legal Services
Child Support Program
https://www.co.washington.mn.us.......................................................................................651-430-6455

Chrysalis Center
http://www.tubman.org...........................................................................................................612-871-0118

Dial Lawyers
http://www.diallawyers.com .....................................................................................................612-529-9377

Homeline (rental advocacy)
Tenant hotline regarding rights and responsibilities.
http://www.homelinemn.org ....................................................................................................612-728-5767

LawHelpMN.org

MN Disability Law Center
http://www.mylegalaid.org/about/our-work/disability-law ....................................................612-332-1441

Revised January 2020
Southern Minnesota Regional Legal services, Inc.
Free legal assistance available based on income. No criminal cases. Interpreters available.
http://www.smrls.org ................................................................. 888-575-2954

Tubman
Civil and Criminal orders of protection. Free counseling. Legal assistance from law clerks.
http://www.tubman.org .......................................................... 651-770-0777

Libraries
Bayport .................................................................................. 651-275-4416
Forest Lake .............................................................................. 651-275-7300
Lake Elmo ............................................................................... 651-275-8515
Lakeland ............................................................................... 651-436-5882
Mahtomedi ............................................................................ 651-426-2042
Newport ................................................................................. 651-459-9631
Oakdale .................................................................................. 651-730-0504
Cottage Grove ....................................................................... 651-459-2040
Stillwater ............................................................................... 651-275-4338
Washington County Law Library ........................................... 651-430-6330
Woodbury .............................................................................. 651-731-1320

Mental Health Resources
Canvas Health
http://www.canvashealth.org .................................................. 651-777-5222

Disability Hub MN
http://www.disabilityhubmn.org ............................................. 866-333-2466

Face to Face
http://www.face2face.org ....................................................... 651-772-5555

Fraser
http://www.fraser.org ............................................................ 612-861-1688

MN Mental Health Association
http://www.mentalhealthmn.org ............................................. 651-493-6634

Mental Health Crisis Line ....................................................... 800-273-8255

NAMI MN (National Association for Mentally Ill)
http://www.namihelps.org ....................................................... 651-645-2948

Revised January 2020
PrairieCare
Inpatient and outpatient services for children and adults.
http://www.prairie-care.com.................................................................888-977-2474

Tubman
Helps women and children struggling with relationship violence, substance abuse and mental health.
http://www.tubman.org........................................................................651-770-0777

Washington County Crisis Response Unit
Assists individuals and families experiencing a crisis. The team is designed to serve as a valuable resource to law enforcement, hospitals, schools and other community agencies.
mailto:CrisisResponse@co.washington.mn.us ..............................................651-275-7400

Nutrition and Food Programs

Fare for All
Packages of fresh produce and frozen meat at up to 40% savings.
http://www.fareforall.org......................................................................763-450-3880 or 800-582-4291

Food Harvest of the St. Croix Valley
http://www.foodharvestscv.org..............................................................612-708-6799

Food Stamps/Supplemental Nutritional Assistance Program..........................651-430-6459

Hunger Solutions
http://www.hungersolutions.org/find-help.............................................888-711-1151

Mothers and Children Program (MAC)
http://www.health.state.mn.us...............................................................651-484-8241

School Lunch Program for Students
Call your child’s school district for more information on free or reduced meals. Phone numbers for each school district are listed in this book under education.

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

Parenting | Family Classes

Baby Café at Lakeview Hospital................................................................651-430-4510

Ramsey County Baby Café Sun Ray
http://www.babycafeusa.org................................................................651-249-1683

Baby Café, Hastings ..................................................................................651-437-4200
The Baby Blanket Ministry
https://thebabyblanket.org .................................................................651-304-0432

Early Childhood Family Education (ECFE)
Classes for parents and their children ages birth to kindergarten. Call for more information.
Forest Lake ........................................................................................................651-982-8300
Mahtomedi .........................................................................................................651-407-2024
Stillwater .............................................................................................................651-351-4000
N. St. Paul, Maplewood, Oakdale ........................................................................651-748-7280
South Washington County .................................................................................651-4586632
White Bear Lake ...............................................................................................651-653-3100

LaLeche League
A peer support and education group for breastfeeding women.
https://thebabyblanket.org ..................................................................................612-922-4996

New Parent Connection
Classes offer support and resources for new parents. Parents and babies may join the group at any time.
fairview.org .........................................................................................................651-425-6636

Pregnancy
Abbott-Northwestern Hospital
Pregnancy and infant loss support group. Parents who experienced the loss of an infant through miscarriage, stillbirth, or early neonatal loss. Pre-registration required. Meets at United Hospital.
http://www.allinahealth.org ..............................................................................651-241-6206

Allina-affiliated Hospitals
https://account.allinahealth.org/find/events#find ...............................................1-888-425-5462

Amma Parenting Center
https://ammaparentingcenter.com ....................................................................952-926-2229

Children’s Home Society & Lutheran Social Services
http://www.chlss.org ..........................................................................................651-646-7771

Children’s Hospitals and Clinics – St. Paul
https://www.childrensmin.org/ .........................................................................651-241-6206

Compassionate Friends
http://www.compassionatefriends.org/chapter/st-paul-chapter .......................612-991-9954

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Life Care Centers
Services and resources to women who are unexpectedly pregnant.

Women’s Life Care Center (Little Canada)
http://www.womenslifecarecenter.org .............................................. 651-777-0350
Options for Women East (E. St. Paul)
http://www.optionsforwomeneast.com ............................................. 651-776-2328
Lakes Life Care Center (Forest Lake)
http://www.lakeslifecarecenter.org .................................................. 651-464-4340
Wakota Life Care Center (St. Paul)
http://www.guidingstarwakota.org .................................................... 651-457-1195
Woodbury Options for Women
http://www.woodburypregnancy.org ................................................. 651-340-9062

Hastings Total Life Care
http://www.tlchastings.com .............................................................. 651-347-1889

Washington County Department of Public Health & Environment ................................... 651-430-6655

Recreation

Cottage Grove Parks and Recreation ................................................... 651-458-3400
Forest Lake Parks and Recreation ...................................................... 651-209-3723
Lake Elmo Park Reserve ................................................................. 651-430-8370
Mahtomedi Parks and Recreation .................................................... 651-426-3344
Maplewood Parks and Recreation ..................................................... 651-249-2100
Newport Summer Recreation ............................................................. 651-459-5677
North St. Paul Parks and Recreation .................................................. 651-747-2411
Oakdale Recreation ........................................................................... 651-747-3860
St. Croix Valley Recreation Center .................................................... 651-430-2601
Stillwater Community Education ...................................................... 651-351-8300
White Bear Lake Recreation ............................................................. 651-407-7501
Woodbury Parks and Recreation ....................................................... 651-714-3583

Maplewood Community Center (YMCA) ............................................. 651-747-0922

Maplewood Nature Center ............................................................... 651-249-2170

YMCA
Hastings ............................................................................................ 651-480-8887
Hudson ............................................................................................... 715-386-1616
White Bear Area .............................................................................. 651-777-8103
Woodbury .......................................................................................... 651-731-9507
Senior Services
Alzheimer’s Educator & Family Coach
http://www.familieswithdementia.com .......................................................... 651-210-7866

Community Thread
http://www.communitythreadmn.org ............................................................. 651-439-7434

Family Means
http://www.familymeans.org ........................................................................ 651-439-4840

Minnesota State Council on Disability
http://www.disability.state.mn.us ................................................................. 800-945-8913 or 651-361-7800

Senior Centers
Fitness education, leisure programs, mini health clinics, resource information tax assistance and more.
Cottage Grove .............................................................................................. 651-425-6650
https://ce.sowashco.org/seniors
Forest Lake .................................................................................................... 651-464-5833
http://www.forestlakeseniorcenter.com
Stillwater ....................................................................................................... 651-439-7434
http://www.communitythreadmn.org

Senior Linkage Line
http://www.seniorlinkageline.org ............................................................... 800-333-2433

Valley Outreach
Seniors 65+ may visit food shelf twice a month plus every Friday. Deliver is available to those in need.
http://www.valleyoutreachmn.org ............................................................... 651-430-2739

Washington County Adult Protection ......................................................... 844-880-1574

Washington County Community Development Agency
http://www.washingtoncountycda.org ......................................................... 651-458-0936

Support Groups
ADD/ADHD Parent Support Groups ............................................................ 651-748-7622

Alanon/Alateen
Help for families of alcoholics.
http://www.al-anon-alateen-msp.org .......................................................... 651-771-2208

Alcoholics Anonymous
http://www.aa.org ....................................................................................... 952-922-0880

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Alzheimer’s Association
Provides information, education, and support to family members and dementia caregivers.
http://www.alz.org

Alzheimer’s Educator & Family Coach
http://www.familieswithdementia.com ................................................................. 651-210-7866

ARC – Greater Twin Cities
Promotes and protects the human rights of people with intellectual and developmental disabilities.
https://arcminnesota.org ....................................................................................... 952-920-0855

Autism Society of Minnesota
https://www.ausm.org .......................................................................................... 651-647-1083

Beyond the Yellow Ribbon .............................................................. 612-584-BTYR

Breast Cancer Support Group
http://www.lakeviewhealth.org/supportgroups ....................................................... 651-269-0480

Caregiver Support (FamilyMeans)
http://www.familymeans.org .............................................................................. 651-439-4840

Children’s Home Society and Lutheran Social Services
Adoption related support groups and classes.
http://www.chlss.org ............................................................................................ 651-646-7771

Courage Kenny Rehabilitation Institute
Provides education and support to people with disabilities, complex health issues or other rehab needs.

Chrysalis Center (several support groups)
http://www.chrysaliscenterct.org ......................................................................... 612-870-2426

DadsFirst
http://www.dadsfirst.org

Diabetes Support Group
http://www.lakeviewhealth.org/supportgroups ..................................................... 651-430-8715

Emotions Anonymous
http://www.emotionsanonymous.org ...................................................................... 651-647-9712

Fibromyalgia Support Group ............................................................................ 651-241-3373

Gamblers Anonymous
http://www.gamblersanonymous.org .................................................................... 855-222-5542

Heart to Heart: Heart Care Support Group ......................................................... 651-430-4530
Multiple Myeloma Support Group ................................................................. 651-437-9064
Prevent Child Abuse Minnesota
http://www.pcamn.org .................................................................................. 651-523-0099
Smoking Cessation
http://www.lakeviewhospital.org/supportgroups ........................................... 651-430-4510
Weathering Life’s Losses
http://www.lakeviewhealth.org/supportgroups ............................................. 651-430-4578

Support Groups for Children and Teens

Alanon/Alateen Information Center
Help for families of alcoholics.
http://www.al-anon-alateen-msp.org .............................................................. 651-771-2208

Anthony Louis Center
Adolescent chemical dependency treatment services.
http://www.anthonylouiscenter.com .............................................................. 651-731-0031

FamilyMeans
http://www.familymeans.org ....................................................................... 651-439-4840

Headway
Mental health services for all ages/couples/families.
http://www.headway.org ............................................................................... 612-861-1675

Teens/Kids in Grief (Lakeview Hospital)
http://www.lakeviewhealth.org/supportgroups ............................................. 651-430-4578

Young Life: Young Lives for Teen Moms/Dads and Family Fridays
http://www.stillwater.younglife.org ............................................................... 651-430-1873

Young Parents Class
Support and information for young parents in their teens and early 20’s. Children birth -5yrs.
Cottage Grove ................................................................................................. 651-425-6636

Therapeutic Health Services

Courage Kenny Rehabilitation Institute

Children and Youth with Special Health Needs
http://www.health.state.mn.us/people/childrenyouth/cyshn/family.html .... 651-201-5000

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Children’s Minnesota  
http://www.childrensmn.org  
Minneapolis: ................................................................. 612-813-6000  
St. Paul: ........................................................................ 651-220-6000

Early Childhood Special Education (ECSE)  
For the center nearest you, call your school district listed in this brochure under Education.

Family Achievement Center  
Provides physical therapy, occupational therapy, speech & language pathology, life skills, etc.  
http://www.familyachievement.com ......................................................... 651-738-9888

Functional Kids Clinic  
Provides physical, occupational, sensory, and feeding therapy services.  
http://www.functionalkids.com .................................................................. 651-770-8884

Gillette Children’s Specialty Healthcare  
http://www.gillettechildrens.org .................................................................. 651-291-2848

Lifetrack  
Provides physical therapy, occupational therapy, speech therapy, audiology services, and social services on a sliding fee scale. Homebound therapy is provided when medically necessary.  
http://www.lifetrack-mn.org ........................................................................ 651-227-8471

Shriners Hospital  
https://www.shrinershospitalsforchildren.org/shc ........................................ 612-291-2848

Transportation

Blue Ride ............................................................................. 651-662-8648  
Medical/dental appointments for Blue Plus members

CAP or Ramsey & Washington County Car Ownership Program  
May qualify for a $4,000 loan to buy a used vehicle.  
http://www.caprw.org .............................................................................. 651-603-5880

Community Thread  
Volunteers transport clients to medical appointments in Washington County. Call for details.  
http://www.communitythreadmn.org .......................................................... 651-439-7434

Forest Hills Church Car Care Program  
Car repairs for those in need of assistance in the Forest Lake Area.  
https://www.foresthillsumc.net/community-care/ ......................................... 651-464-2561

Health Partners RideCare ........................................................................... 952-883-7400

Metro Mobility  
http://www.metrocouncil.org ...................................................................... 651-602-1111

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Metro Transit Bus Schedules
http://www.metrotransit.org ................................................................. 612-341-4287

St. Croix Valley Christians in Action
http://www.carcaresaturday.org .......................................................... 651-321-3547

Transit Link ............................................................................................ 651-602-5465
Shared ride service. Call to reserve.

UCare Health Ride.................................................................................. 612-676-6830

Washington County Vehicle Registration
Contact license center in Woodbury, Stillwater, or Forest Lake. Information on how to obtain a sticker for handicapped parking.

Volunteer Opportunities

Community Thread
http://www.communitythread.org ......................................................... 651-439-7434

FamilyMeans
http://www.familymeans.org ................................................................. 651-439-4840

Canvas Health
http://www.canvashealth.org ................................................................. 651-275-4311

Lakeview Hospital (Stillwater)
Student Volunteer Program provides senior high students with meaningful volunteer experiences.
http://www.lakeviewhealth.org/volunteer .................................................. 651-430-8522

Stone Soup Thrift Shop
http://www.stonesoupthriftshop.org ....................................................... 651-458-9786

Lakes Center for Youth and Family (Forest Lake)
http://www.lc4yf.org .............................................................................. 651-464-3685

Youth Activities

4-H, University of Minnesota Extension – Washington County .................. 651-430-6800

Big Brothers/Big Sisters
http://www.bigstwincities.org ................................................................. 651-789-2400

Boy Scouts Northern Star Council BSA
http://www.northernstar.org ................................................................. 612-261-2300
Camp Fire MN
http://www.campfiremn.org ................................................................. 612-235-7284

Explorers (Medical Careers)
http://www.lakeviewhealth.org/volunteer ........................................... 651-430-8522

Girl Scout Council of St. Croix Valley, Inc.
http://www.girlscoutsrv.org ................................................................. 800-845-0787

Stillwater Young Life
http://www.stillwater.younglife.org ..................................................... 651-430-1873

Woodbury Young Life
http://www.woodbury.younglife.org ..................................................... 651-354-9952

WyldLife/YoungLife
http://www.stillwater.younglife.org ..................................................... 651-430-1873

Youth Advantage
http://www.youthadvantage.org ......................................................... 651-342-1266

The information in The Family Resources Guide is provided for your convenience and is accurate as of the publication date. We cannot guarantee that the information provided through third parties will remain accurate and up-to-date, however, we will update as information is garnered.