

# Washington County

## Family Resources

***Emergency – Police – Ambulance - Call 911***

**AUGUST 2016**

This resource directory was prepared by  
Washington County Department of Public Health & Environment  
In conjunction with ACCAP - Anoka County Community Action Programs

***EQUAL EMPLOYMENT OPPORTUNITY / AFFIRMATIVE ACTION***

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

**Adult Literacy Hotline** [www.mnliteracy.org](http://www.mnliteracy.org) ..... **1-800-222-1990**

Referrals to Adult Basic Education, Literacy, GED, and ESL programs throughout Minnesota, and citizenship classes.

**Century College Continuing Education & Training** [www.century.edu/training](http://www.century.edu/training) ..... **651-779-3341 or 651-779-5787**

The consolidation of Lakewood Community College and Northeast Metro Technical College, offers liberal arts and science programs, and technical and occupational programs.

**Family Learning Program**

A program for parents and their young children including Adult Basic Education, GED, English as a Second Language, parenting discussions and activities for children.

**Forest Lake**..... **651-982-8300 (Press “0”)**

**North St. Paul, Maplewood, Oakdale** ..... **651-748-7630**

**South Washington County** ..... **651-425-6600**

**Stillwater**..... **651-351-8340**

**Car Seats**

**Car seats for U-Care Members** ..... **651-430-6655**

**Car seats for Blue Plus PMAP Members** ..... Please call the number on the back of your card

**Safe Kids (Minnesota Safety Council)** [www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org) ..... **651-291-9150 or 800-444-9150**

Child passenger information.

**Child Care**

**Adults and Children Alliance (ACA)** [www.acainc.org](http://www.acainc.org) ..... **1-800-433-8108**

**or**..... **651-481-9320**

A free referral service for child and adult care, food programs, MNsure and support services.

**Early Head Start Childcare Partnership Locations**

Infants and toddlers in Minnesota Early Head Start programs receive care and stimulation appropriate to their age and developmental level, with the overall goal being the cognitive, social, emotional, and physical development of each child.

**New Horizon Academy - Oak Park Heights** ..... **651-209-0093**

**Room for Growing - Forest Lake** ..... **651-464-1601**

**Sarah Johnson - Family Childcare - Lake Elmo**..... **651-430-3308**

**FamilyMeans (Child Respite Care Program)** [www.familymeans.org](http://www.familymeans.org)..... **651-439-4840**

Breaks for Caregivers provides informal care for children with disabilities on a limited basis..... **1-800-327-3203**

**Head Start** [www.accap.org](http://www.accap.org) ..... **763-783-4300**

Child and family development for income-eligible households. Designed to help pregnant women, children up to age five and their families achieve their full potential. Centers in Forest Lake, Newport, Oakdale and Stillwater.

**Lakes Area Discovery Center** [www.ladcfamilies.org](http://www.ladcfamilies.org)..... **651-762-7884**

Provides full and part day preschool/childcare schedules. Locations in White Bear Lake, Stillwater, Mahtomedi, Maplewood, Forest Lake, and Waconia.

**Mom’s Day Away** [www.newlife4u.org](http://www.newlife4u.org) ..... **651-757-4337**

New Life Academy, Woodbury

**Think Small** [www.thinksmall.org](http://www.thinksmall.org) ..... **651-641-0305**

Provides individualized referrals to family child care providers, centers, preschool programs, and school-age programs.

Assists parents in evaluating and choosing quality child care.

**School-Age Child Care** The following programs provide child care for children in grades kindergarten through sixth grade, 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**

**South Washington County**..... **651-425-6600**

**Mahtomedi** ..... **651-407-2036**

**Maplewood, Oakdale, North St. Paul**..... **651-748-7432**

**Stillwater**..... **651-351-8458**

**White Bear Lake** ..... **651-407-7510**

**Washington County Community Services (Child Care Assistance Program)**..... **651-430-6459**

Helps families that meet guidelines pay for child care so they can work.

- Community Helping Hands Thrift Store** [www.communityhelpinghand.org](http://www.communityhelpinghand.org) ..... 651-464-8150  
 Serving families in the Forest Lake area with clothing. Call for store hours.
- Goodwill Industries** [www.goodwilleasterseals.org](http://www.goodwilleasterseals.org)  
 Low cost furniture, clothes, household goods, and other items.
- Cottage Grove - 7375 Hardwood Court ..... 651-769-6813
  - Forest Lake - 197 19th St SW ..... 651-464-4003
  - Oak Park Heights - 5899 Nova Scotia Ave N ..... 651-439-4207
  - Woodbury - 10450 Hudson Rd ..... 651-731-7942
- Family Pathways Thrift Store** [www.familypathways.org](http://www.familypathways.org)  
 Forest Lake - 935 Lake St S ..... 651-464-4995
- Stone Thrift** - [www.stonesoupthriftshop.org](http://www.stonesoupthriftshop.org) ..... 651-458-9786  
 Hours: Monday-Friday 9am-6pm, Saturday 9am-4pm. Open to public for shopping, additional help is available with appointment.
- Twin Cities Free Market**.....[www.twincitiesfreemarket.org](http://www.twincitiesfreemarket.org)
- Valley Outreach - The Clothing Closet** - [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org) ..... 651-430-2739  
 Provides clothing and accessories free of charge to women, men and children of all ages. Must be a Stillwater resident. 1911 Curve Crest Blvd West, Stillwater, Open Mon-Wed-Fri 10am-Noon, Tues 5pm-7pm, and Thu 5pm-7pm.  
*Check Yellow Pages in phone book under "Consignment Service" for used clothing stores.*

**Counseling and Support**

- Alzheimer’s Educator & Family Coach** [www.familieswithdementia.com](http://www.familieswithdementia.com) ..... 651-210-7866  
 Valerie Richards provides education about dementia and Alzheimer’s and end-of-life issues and offers coaching through senior transitions. Services include: caregiver education and professional CEUs, family meetings, Advance Care Planning, and support group facilitation.
- Anthony Louis Center** [www.anthonylouiscenter.com](http://www.anthonylouiscenter.com)..... 651-731-0031  
 Adolescent chemical dependency treatment services; drug testing, chemical use evaluations and out-patient services.
- Aris Clinic-Woodbury** [www.aris-clinic.com](http://www.aris-clinic.com).....651-259-9750  
 Child and adolescent psychiatric intensive outpatient clinic.
- Attention Deficit Disorder (ADD)** [www.add.org](http://www.add.org) ..... 1-800-233-9273
- Canvas Health** [www.canvashealth.org](http://www.canvashealth.org) 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 ..... 651-777-5222
- Catholic Charities** [www.cctwincities.org](http://www.cctwincities.org) ..... 651-222-3001  
 Crisis counseling, educational and support groups, information and referral, family, individual, and group therapy.
- Chrysalis** [www.tubman.org](http://www.tubman.org)..... 612-824-2780 or 612-871-0118  
 Programs include chemical dependency treatment, mental health clinic, peer support groups, and legal services.
- Counseling Care** [www.counselingcare.us](http://www.counselingcare.us)..... 651-379-0444  
 Comprehensive psychological and psychiatric assessment and treatment of mental health issues, medication management, and counseling for individuals, families, and children. Chemical addiction program. Rule 29. Licensed by the State of Minnesota.
- Domestic Abuse Project** [www.domesticabuseproject.com](http://www.domesticabuseproject.com) ..... 612-874-7063  
 Treatment for abusive men, therapy for women and children.
- East Suburban Resources** [www.esrworks.org](http://www.esrworks.org)..... 651-351-0190  
 Provides support for people with disabilities or other special needs in employment and community.
- Emily Program, The** [www.emilyprogram.com](http://www.emilyprogram.com)..... 651-645-5323  
 Personalized treatment for eating disorders.
- FamilyMeans (Throughout Twin Cities and Western Wisconsin)** [www.familymeans.org](http://www.familymeans.org)..... 651-439-4840  
 A wide variety of services for families including mental health counseling, financial counseling, debt repayment program, support for seniors, caregiver support, respite care, and prevention programs with the schools.
- Haven Chemical Health Systems, L.L.C. - Woodbury** [www.havenchemicalhealth.com](http://www.havenchemicalhealth.com)..... 651-734-9633  
 Provides evaluation and treatment for adult men and women who have chemical abuse or chemical dependency issues.
- Jewish Family Services** [www.jfssp.org](http://www.jfssp.org)..... 651-698-0767  
 Vocational services, family life education, individual and family counseling.

<b>Employee and Family Education Services</b> <a href="http://www.workingfam.org">www.workingfam.org</a> .....	651-293-5330
Seminars on work/life topics throughout lifespan.	
<b>PrairieCare</b> <a href="http://www.prairie-care.com">www.prairie-care.com</a> .....	888-9-PRAIRIE
Comprehensive psychological and psychiatric assessment and treatment for those who are suffering from psychiatric conditions. Services include Partial Hospital Program, Intensive Outpatient Program and Clinical Services.	
<b>Rebecca Residence - Scandia</b> <a href="http://www.havenchemicalhealth.com">www.havenchemicalhealth.com</a> .....	651-433-5839
Treatment for chemical dependency. Ten-bed women’s program.	
<b>State Services for the Blind (SSB)</b> <a href="http://www.mnssb.org">www.mnssb.org</a> .....	651-539-2300
Provides advocacy counseling and education to families with blind or visually handicapped children.	
<b>Northeast Youth &amp; Family Services</b> <a href="http://www.nyfs.org">www.nyfs.org</a> .....	651-429-8544
Outpatient mental health, senior chore program, and youth development.	
<b>Lakes Area Youth Service Bureau</b> <a href="http://www.ysblakesarea.org">www.ysblakesarea.org</a> .....	651-464-3685
<b>Youth Service Bureau</b> <a href="http://www.ysb.net">www.ysb.net</a>	
Prevention, intervention, and counseling services provided to elementary through high school aged youth and their families. Services include individual and family counseling and diversion/restorative justice programs.	
<b>Cottage Grove</b> .....	651-458-5224
<b>Stillwater</b> .....	651-439-8800
<b>Woodbury</b> .....	651-735-9534

**Crisis Numbers - Most Answered 24 Hours a Day**

<b>American Red Cross</b> <a href="http://www.redcross.org">www.redcross.org</a> .....	612-871-7676
Providing food, clothing and shelter for families who are victims of disaster.	
<b>Canvas Health Crisis Counseling</b> <a href="http://www.canvashealth.org">www.canvashealth.org</a> .....	651-777-5222
Crisis clinic offering weekend in office appointments. Sliding fee is offered to uninsured residents of Washington County. This is a service under Mobile Crisis Response.	
<b>Domestic Violence Crisis Line (24 hour number)</b> <a href="http://www.dayoneservices.org">www.dayoneservices.org</a> .....	866-223-1111
Support, referral, and shelter.	
<b>Love Lines</b> .....	612-379-1199
Crisis phone calls answered 24 hours a day. Referrals made to Christian therapists and community churches.	
<b>Men’s Line</b> .....	612-379-6367 or 1-866-379-6367
<b>Minnesota Compulsive Gambling Hotline (answered 24 hours a day)</b> .....	1-800-333-4673
<b>Minnesota Relay Service</b> .....	1-800-627-3529 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 prepare all necessary information before calling (name and TDD number of person to be called).	
<b>Missing Children Minnesota</b> <a href="http://www.missingchildrenmn.org">www.missingchildrenmn.org</a> .....	612-334-9449 or 888-RUN-YELL
Assistance in searching for missing children and information on search procedures and resources and prevention education. Hours 9am – 5pm. (Phones answered 24 hours.)	
<b>Narcotics Anonymous</b> <a href="http://www.naminnesota.org">www.naminnesota.org</a> .....	952-939-3939
A 24 hour help line drug addicts with the desire to stop using.	
<b>National Runaway Safeline</b> <a href="http://www.1800runaway.org">www.1800runaway.org</a> .....	1-800-786-2929 or 800-RUN-AWAY
<b>National Suicide Prevention Lifeline</b> .....	1-800-273-TALK (8255)
<b>Poison Control</b> .....	1-800-222-1222
Emergency and general information concerning poisoning.	
<b>PrairieCare</b> <a href="http://www.prairie-care.com">www.prairie-care.com</a> .....	888-9-PRAIRIE
24/7 ability to schedule a free needs assessment.	
<b>Sexual Assault Answering Service</b> .....	651-777-1117
Phone counseling, information, & referral, advocacy & accompaniment to hospital, police, and courtroom. A 24-hour crisis line provided by Canvas Health’s Abuse Response Services.	
<b>Tubman Family Alliance (24 hour number)</b> <a href="http://www.tubman.org">www.tubman.org</a> .....	612-825-0000
Crisis Intervention and safe homes for women throughout the Twin Cities.	
<b>United Way 2-1-1</b> <a href="http://www.unitedwaytwincities.org">www.unitedwaytwincities.org</a> .....	2-1-1
<b>or</b> .....	800-543-7709 or 651-291-0211

<b>Washington County Adult Intake</b> .....	<b>651-430-6484</b>
Call to report adult abuse and neglect.	
<b>Washington County Child Protection</b> .....	<b>651-430-6457</b>
Call to report child abuse and neglect.	
<b>Washington County Community Services – Economic Support</b> .....	<b>651-430-6459</b>
Provides services to families in crisis, including counseling referral to other agencies, and coordination of services to assist families in meeting their goals.	
<b>Washington County Emergency Social Services</b> .....	<b>651-291-6795</b>
Evenings 5pm to 8am, weekends and holidays.	

## 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.

<b>Forest Lake, ISD 831</b> .....	<b>651-982-8301</b>
<b>Mahtomedi, ISD 832</b> .....	<b>651-407-2441</b>
<b>Maplewood, Oakdale, North St. Paul, ISD 622</b> .....	<b>651-702-8468</b>
<b>South Washington County, ISD 833</b> .....	<b>651-425-6175</b>
<b>Stillwater, ISD 834</b> .....	<b>651-351-4022</b>
<b>White Bear Lake, ISD 624</b> .....	<b>651-653-3100</b>
<b>Help Me Grow <a href="http://www.helpmegrowmn.org">www.helpmegrowmn.org</a></b> .....	<b>1-866-693-4769</b>
Free service available to families having concerns about their child from birth to five years of age.	
<b>Follow-Along Program</b> .....	<b>651-430-6750</b>
For all 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.	
<b>Minnesota State Council on Disability <a href="http://www.disability.state.mn.us">www.disability.state.mn.us</a></b> .....	<b>1-800-945-8913 or 651-361-7800</b>
Voice & TTY. Provides information & referrals regarding resources for equipment, legislation, development of programs, and information on handicapped-accessible buildings.	
<b>Washington County Community Services – Developmental Disabilities Unit (DD)</b> .....	<b>651-430-6484</b>
The Developmental Disabilities (DD) Unit provides services for eligible children with developmental disabilities. Services include case management, assessment of the child, and the development of a service plan to address the child’s needs. Call for further information on other services.	

## Education

### Alternative K-12 School

<b>Lakes International Language Academy (K-5)</b> .....	<b>651-464-0771</b>
<b>New Heights Charter School</b> .....	<b>651-439-1962</b>
<b>North Lakes Academy Charter School</b> .....	<b>651-982-2688</b>

### Community Education

<b>Forest Lake</b> .....	<b>651-982-8110</b>
<b>Mahtomedi</b> .....	<b>651-407-2018</b>
<b>North St. Paul, Maplewood, Oakdale</b> .....	<b>651-748-7630</b>
<b>South Washington County</b> .....	<b>651-458-6300</b>
<b>Stillwater</b> .....	<b>651-351-8300</b>
<b>White Bear Lake</b> .....	<b>651-407-7501</b>

**Early Childhood Special Education (ECSE)** Coordination of all appropriate special education services and related services for special needs children ages birth through school entry.

<b>Forest Lake, ISD 831</b> .....	<b>651-982-8369</b>
<b>Mahtomedi, ISD 832</b> .....	<b>651-407-2446</b>
<b>North St. Paul, Maplewood, Oakdale, ISD 622</b> .....	<b>651-702-8465</b>
<b>South Washington County, ISD 833</b> .....	<b>651-425-6121</b>
<b>Stillwater, ISD 834</b> .....	<b>651-351-4000</b>
<b>White Bear Lake, ISD 624</b> .....	<b>651-653-3102</b>

<b>Head Start</b> <a href="http://www.accap.org">www.accap.org</a> .....	763-783-4300
A comprehensive child development program primarily for children ages 3-5 serving families with low incomes. There is no cost. Head Start focuses on the child's physical, intellectual, emotional, and social development while providing advocacy and assistance to parents.	
Washington County Head Start Locations: 1790-11th Street SE, Forest Lake; 1596-11th Avenue, Newport; 6355-10th Street North, Oakdale; and 214-3rd Street, Stillwater.	
<b>Parent Advocacy Coalition for Educational Rights (PACER Center Inc)</b> <a href="http://www.pacer.org">www.pacer.org</a> .....	1-800-537-2237
Or .....	952-838-9000
PACER is a coalition of 28 organizations founded on the concept of parents helping parents. This organization works to improve and expand opportunities that enhance the quality of life for children and young adults with disabilities and their families. Workshops, publications, computer resource center, and one-on-one counseling and training for families and professionals are available.	
<b>St. Croix Family Medical Clinic</b> .....	651-430-1880
Peer education programs including Abstinence Education, Dads Make A Difference, Fighting AIDS Through Education, tobacco cessation & prevention.	
<b>Minnesota Region American Red Cross</b> .....	612-871-7676
Classes in CPR, First Aid, lifeguarding, swimming, and HIV – AIDS.	
<b>School Readiness</b> A program for children ages 3 ½ to 5 which helps children prepare for kindergarten.	
<b>Forest Lake</b> .....	651-982-8300
<b>Mahtomedi</b> .....	651-407-2241
<b>South Washington County Schools</b> .....	651-425-6300
<b>Stillwater</b> .....	651-351-4020
<b>White Bear Lake</b> .....	651-653-3100
<b>University of Minnesota Extension – Washington County</b> .....	651-430-6800
Programs and publications available on a variety of home and family topics.	
<b>Washington County Alternative Learning Programs</b>	
<b>Forest Lake Central Learning Center</b> .....	651-982-3171
<b>Mahtomedi (916)</b> .....	651-415-5680
<b>North St. Paul, Maplewood, Oakdale</b> .....	651-748-6200
<b>South Washington County</b> .....	651-425-7000
<b>Stillwater - St. Croix Valley ALC</b> .....	651-351-8472
<b>White Bear Lake Area</b> .....	651-773-6400
<b>Washington County School Districts</b>	
<b>Chisago Lakes School District #2144</b> .....	651-213-2000
<b>Forest Lake School District #831</b> .....	651-982-8100
<b>Hastings School District #200</b> .....	651-480-7000
<b>Mahtomedi School District #832</b> .....	651-407-2000
<b>North St. Paul, Maplewood, Oakdale School District #622</b> .....	651-748-7622
<b>South Washington County School District #833</b> .....	651-425-6300
<b>Stillwater School District #834</b> .....	651-351-8340
<b>White Bear Lake School District #624</b> .....	651-407-7500
<b>Young Life</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	651-430-1873
A nondenominational youth group committed to helping adolescents understand themselves, their relationships to others, and their relationship to the world from faith perspectives	

**Emergency & Transitional Housing/Housing Referrals**

<b>Canvas Health</b> <a href="http://www.canvashealth.org">www.canvashealth.org</a> .....	651-777-5222
Transitional housing for persons with mental illness, rental subsidy and permanent supportive housing.	
<b>Housing Link</b> <a href="http://www.housinglink.org">www.housinglink.org</a> .....	612-522-2500
Affordable rental housing information.	
<b>Solid Ground</b> <a href="http://www.solidgroundmn.org">www.solidgroundmn.org</a> .....	651-773-8401
Transitional housing for low income families. Adults must be in school or working.	
<b>Minnesota Region American Red Cross</b> <a href="http://www.redcross.org/local/minnesota">www.redcross.org/local/minnesota</a> .....	612-871-7676
Providing food, clothing, and shelter for families who are victims of disaster.	



- Tubman Family Alliance (several support groups) [www.tubman.org](http://www.tubman.org).....(East Metro) 651-789-6770**  
**or .....(West Metro) 612-825-3333**  
 Emergency shelter and safe homes for women and their children in Hennepin, Ramsey, and Washington County. Support groups and counseling offered.
- United Way [www.unitedwaytwincities.org](http://www.unitedwaytwincities.org).....211 or 651-291-0211**  
**United Way of Washington County- East [www.uwwce.org](http://www.uwwce.org).....211 or 651-439-3838**  
**Washington County Housing and Redevelopment Authority [www.wchra.com](http://www.wchra.com).....651-458-0936**  
 Providing administration of public housing and Section 8 vouchers. Public notification when accepting new applications. Waiting list closed.

**Employment Assistance/Family Mentoring**

- Episcopal Community Services Family Resource Center Stillwater ..... 651-439-2641**  
 Providing families in transition from welfare to work with the tools necessary to achieve economic self-sufficiency and the skills to use them, including peer support and empowerment activities for the youth.
- Minnesota Workforce Center Washington County [www.mnworkforcecenter.org](http://www.mnworkforcecenter.org)..... 651-275-8650**  
 Single point access to employment- and unemployment-related services. No fee, some program eligibility based on resident requirements.
- Women Venture [www.womenventure.org](http://www.womenventure.org) ..... 612-224-9540**  
 Supports women-owned businesses by providing microloans, working capital, education, and ongoing consultation through all stages of business.

**Financial**

- Child Care Basic Sliding Fee – Washington County .....651-430-6459**  
 Funds for students or employed parents who are not on MFIP(formerly AFDC).
- Cradle of Hope [www.cradleofhope.org](http://www.cradleofhope.org).....651-636-0637**  
 A statewide program offering financial assistance to women in crisis due to pregnancy or birth. Available to all women who are pregnant or have a child under three months old. No eligibility requirements other than you are in crisis due to the pregnancy.
- Community Action Partnership for Washington and Ramsey Counties**  
**Car Ownership Program [www.caprw.org](http://www.caprw.org) .....651-603-5880**  
 Provides a low-interest car loan and guidance through the car buying process to working people.
- Energy Assistance Program [www.caprw.org](http://www.caprw.org).....651-645-6470**  
 Limited financial assistance to pay utility and fuel bills October to May.
- Life Care Centers**  
**Women’s Life Care Center (Little Canada) [www.womenslifecarecenter.org](http://www.womenslifecarecenter.org) .....651-777-0350**  
 Free pregnancy test, financial help and other support such as car seats, diapers, layettes, highchairs, cribs, and clothing for up to two years old. A \$10.00 refundable deposit can be waived. Available to anyone in need.
- Life Care Center East (E. St. Paul) [www.icce.org](http://www.icce.org).....651-776-2328**  
 Free pregnancy test, financial help and other support such as car seats, diapers, layettes, highchairs, cribs, and clothing for up to two years old. A \$10.00 refundable deposit can be waived. Available to anyone in need.
- Project Life (Stillwater) [www.stillwaterprojectlife.org](http://www.stillwaterprojectlife.org) .....651-439-5964**  
**Fax .....651-439-4064**  
 Free, confidential pregnancy testing and counseling, ultra sounds, baby layettes and furniture, and financial help.
- The Lakes Life Care Center (Forest Lake) [www.lakeslifecarecenter.org](http://www.lakeslifecarecenter.org).....651-464-4340**  
 Free pregnancy testing, resource, and referral. Infant clothing, furniture, and food when available.
- Wakota Life Care Center (South) [www.wakotalifecarecenter.org](http://www.wakotalifecarecenter.org) .....651-457-1195**  
 Free pregnancy testing, medical and financial assistance. 24-hour crisis pregnancy phone line.
- Salvation Army (Washington County Office) [www.salvationarmynorth.org](http://www.salvationarmynorth.org) .....651-739-6288**  
 Heatshare for those facing utility crisis/shutoff, emergency assistance including financial, rental, employment, transportation, and medical assistance for emergency situations.
- Social Security Administration [www.ssa.gov](http://www.ssa.gov)..... 1-800-772-1213**  
 Call to file claim, general questions and set up appointments. Children may be eligible for SSI if they have a disability or are blind. Eligibility for this assistance may be based on parental income and resources.

- TEFRA – Children’s Home Care Option**..... 866-333-2466  
Provides Medical Assistance eligibility to children with disabilities who live with their family. Services include: supplies and health services ordered by a physician and provided in the home by a nurse, therapist, or personal care attendant. Also included are prescription drugs, medical transportation, and insurance premiums. A monthly parental fee may be required.
- Valley Outreach Emergency Fund [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org)**..... 651-430-2739  
Funding available to help with emergency heating, housing issues, medical, dental and transportation issues. Walk-ins accepted. Stillwater residents only.
- Washington County Community Services – Economic Assistance Intake** ..... 651-430-6459  
Child Care Assistance Program, Medical Assistance, Food Stamps, MFIP (formerly AFDC), Emergency Assistance, Child Support Enforcement.
- Woodbury Options for Women [www.woodburypregnancy.org](http://www.woodburypregnancy.org)**.....651-340-9062

## Financial Counseling

- Consumer Credit Counseling Service of FamilyMeans [www.familymeans.org](http://www.familymeans.org)**..... 651-439-4840  
Budget and credit counseling, debt repayment program for a fee.
- Lutheran Social Services of Minnesota [www.lssmn.org](http://www.lssmn.org)**..... 1-800-582-5260  
Face-to-face debt management counseling; debt repayment options and educational workshops for first-time homebuyers; credit repair.

## Food Shelves

- Christian Cupboard (7380 Afton Road, Woodbury) [www.ccefs.org](http://www.ccefs.org)**.....651-233-1296  
Hours: Monday 12-4pm, Thursday 3-7pm, Friday 9am-1:30pm. Serving Woodbury, Landfall, and Oakdale.
- Community Helping Hand (Forest Lake) [www.communityhelpinghand.org](http://www.communityhelpinghand.org)** .....651-464-6831  
Monday, Wednesday, and Friday 12-4pm by appointment only. Serving the Forest Lake School District.
- Family Pathways (935 South Lake St, Forest Lake) [www.familypathways.org](http://www.familypathways.org)** .....651-464-2098  
Hours: Monday, Tuesday & Thursday 9am-6pm and Saturday 9am-3pm. Serving the Forest Lake School District.
- Friends in Need (535 Fourth Street, St. Paul Park)**.....651-458-0730  
Hours: Tuesday 8am-6pm and Wednesday 5:30-7pm. Serving Cottage Grove, Newport, St. Paul Park, and Grey Cloud.
- Hugo Good Neighbors Food Shelf (15106 Francesca Ave N, Hugo) [www.hugoodfoodshelf.org](http://www.hugoodfoodshelf.org)** .....651-528-6224  
Hours: Monday, Tuesday & Thursday, 4-7pm. Serving the Hugo Community.
- Mahtomedi Area Food Shelf (St. Jude of the Lake Parish, 700 Mahtomedi Ave, Mahtomedi)**.....651-395-5350  
Hours: Tuesday & Thursday 1-3pm. First and third Wednesday of the month 5-7pm by appointment only. Serving the Mahtomedi School District.
- New Life Church (6758 Bailey Road, Woodbury) [www.newlife4u.org](http://www.newlife4u.org)**.....651-757-4177  
Hours: Sunday 10:15am-10:45am, no appointment needed. Serving Woodbury, Cottage Grove, and Oakdale.
- North St. Paul Area Food Shelf (2538 E. Seppala BLVD, N St. Paul)** .....651-770-1309  
Hours: Monday-Friday 10am-1pm. Call a day ahead to schedule an appointment. Serving the Oakdale Community.  
[www.northstpaulareaemerge.homestead.com](http://www.northstpaulareaemerge.homestead.com)
- St. Michael’s Food Shelf (611 S. Third Street, Stillwater) [www.stmichaelstillwater.org](http://www.stmichaelstillwater.org)**..... 651-439-3241  
Please call Monday through Thursday 9-11am to schedule an appointment. Serving the Stillwater School District.
- Elim Food Shelf (14781 Oakhill Rd, Scandia) [www.ci.scandia.mn.us](http://www.ci.scandia.mn.us)** .....651-433-2723  
Hours by appointment only.
- Valley Outreach (1911 Curve Crest Blvd, Stillwater) [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org)**.....651-430-2739  
Hours: Monday, Wednesday, Friday 10am-12pm, Tuesday and Thursday 5pm-7pm. Serving School District 834.
- White Bear Foodshelf [www.whitebearfoodshelf.org](http://www.whitebearfoodshelf.org)** .....651-407-5310  
Call M, W, F 8am-2pm or T, TH 2pm-7pm to schedule a same day appointment. Serving White Bear Lake School District.

## Health Care

- Century Community and Technical College - Dental**..... 651-779-5787  
Dental services provided by students: cleaning, sealants, fluoride treatment, x-rays (small fee charged).
- Child and Teen Check-Ups (C&TC) Program** ..... 651-430-6750  
Provides outreach, resources, health care information, for those covered by MN Health Care Programs (MA/MN CARE).



<b>Children’s Hospitals and Clinics - St. Paul</b> <a href="http://www.childrensmn.org">www.childrensmn.org</a> .....	651-220-6000
<b>St. Paul District Dental Society</b> <a href="http://www.saintpaul.mndental.org">www.saintpaul.mndental.org</a> .....	651-697-0831
<b>Fairview Lakes Regional Medical Center</b> <a href="http://www.fairview.org">www.fairview.org</a> .....	651-982-7000
<b>Follow-Along Program (FAP)</b> .....	651-430-6750
Mailed developmental screening questionnaires for children up to 3 years of age.	
<b>Lakeview Hospital (Stillwater)</b> <a href="http://www.lakeviewhealth.org">www.lakeviewhealth.org</a> .....	651-439-5330
<b>MinnesotaHelp</b> <a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a> .....	1-800-333-2466
Provides resources for accessing health coverage, providers, and other information on managing health care coverage.	
<b>Neighborhood Health Care Network</b> <a href="http://www.nhcn.org">www.nhcn.org</a> .....	651-489-CARE (2273) or 866-489-4899
Information and referral to Twin Cites area community clinics, also low cost clinics.	
<b>PrairieCare</b> <a href="http://www.prairie-stjohns.com">www.prairie-stjohns.com</a> or <a href="http://www.prairie-care.com">www.prairie-care.com</a> .....	888-9-PRAIRIE
Comprehensive psychological and psychiatric assessment and treatment for those who are suffering from psychiatric conditions. Services include Partial Hospital Program, Intensive Outpatient Program and Clinical Services.	
<b>Regions Hospital</b> <a href="http://www.regionshospital.com">www.regionshospital.com</a> .....	651-254-3456
<b>St. Croix Family Medical Clinic</b> <a href="http://www.southsidechs.org">www.southsidechs.org</a> .....	651-430-1880
Services include general medical, physical exams, well child check-ups, prenatal care, reproductive health care, family planning, STD testing, and HIV testing. Stillwater office.	
<b>St. Mary’s Health Clinic</b> <a href="http://www.stmaryshealthclinics.org">www.stmaryshealthclinics.org</a> .....	651-287-7777
Provides health care services at no cost to low income uninsured individuals and families in our communities.	
<b>Washington County Public Health and Environment</b> .....	651-430-6655
Prenatal and breast feeding education, parenting support, immunization clinic, WIC, and long-term care programs. Family Health Nursing provides supportive home visits and health education to pregnant women and families with children in Washington County. Services for health promotion, adolescent health, and disease prevention and control.	
<b>Woodwinds Health Campus</b> <a href="http://www.healtheast.org/woodwinds">www.healtheast.org/woodwinds</a> .....	651-232-0228

**Health Care Coverage**

<b>American Diabetes Association Minnesota</b> <a href="http://www.diabetes.org">www.diabetes.org</a> .....	763-593-5333
Offer list of resources to assist with diabetes care.	
<b>HealthEast Diabetes Care</b> <a href="http://www.healtheast.org">www.healtheast.org</a> .....	651-232-5757
Diabetic supplies at reduced or no cost. Also offers education and training.	
<b>MinnesotaCare</b> <a href="http://www.mn.gov/dhs">www.mn.gov/dhs</a> .....	651-431-2670 or 1-800-657-3739
A health insurance program for low-income individuals and families with children who are uninsured. Pays for most prescription drugs, doctors, clinics, dentists, shots, eye-glasses, and other kinds of medical care.	
<b>Portico Healthnet</b> <a href="http://www.porticohealthnet.org">www.porticohealthnet.org</a> .....	651-489-CARE (2273) or 1-866-489-4899
Information and assistance connecting with health care program that best meets individual needs.	
<b>St Croix Family Medical Clinic</b> .....	651-430-1880
Services include general medical services. Provides sliding fee-based services.	
<b>St. Mary’s Health Clinic</b> <a href="http://www.stmaryshealthclinics.org">www.stmaryshealthclinics.org</a> .....	651-287-7777
Provides health care services at no cost to low income uninsured individuals and families in our communities. Diabetic supplies at reduced or no cost.	
<b>Washington County Community Services – Economic Support</b> .....	651-430-6459
Economic Support Services help eligible residents with health care coverage information and access services including:	
<b>General Assistance Medical Care:</b> Assists persons who cannot meet the costs of necessary medical care. Must be between the ages of 21-64 and not disabled nor eligible for a federal program.	
<b>Medical Assistance:</b> Assists those who cannot meet the cost of necessary medical care, and who meet eligibility criteria.	
<b>TEFRA:</b> Medical Assistance for children with disabilities. Eligibility requirements.	

**Health Care Phone Lines**

<b>Lactation/Breast Feeding Resource Center</b> <a href="http://www.allinahealth.org">www.allinahealth.org</a> .....	651-241-6250
Registered Nurse lactation consultants provide over the phone consultation.	
<b>Minnesota Family Planning/Sexually Transmitted Disease Hotline</b> <a href="http://www.sexualhealthmn.org">www.sexualhealthmn.org</a> .....	1-800-783-2287
Referral and education information. M & W 8am-8pm, T & TH 8am-5pm, Sat 9am-2pm or .....TEXT 66746	
<b>MN AIDS Line</b> <a href="http://www.mnaidsproject.org">www.mnaidsproject.org</a> .....	612-341-2060
Education information for the general public as well as resources for people living with HIV. Monday – Friday, 9am-5pm.	

Children, Youth and Family Consortium (U of M).....	<a href="http://www.cyfc.umn.edu">www.cyfc.umn.edu</a>
Family Means .....	<a href="http://www.familymeans.org">www.familymeans.org</a>
The Waisman Center .....	<a href="http://www.waisman.wisc.edu">www.waisman.wisc.edu</a>
Forest Lake Area Schools .....	<a href="http://www.flaschools.org">www.flaschools.org</a>
Future of Children, The.....	<a href="http://www.futureofchildren.org">www.futureofchildren.org</a>
Canvas Health .....	<a href="http://www.canvashealth.org">www.canvashealth.org</a>
Lakeview Hospital.....	<a href="http://www.lakeviewhealth.org">www.lakeviewhealth.org</a>
Mahtomedi Schools.....	<a href="http://www.mahtomedi.k12.mn.us">www.mahtomedi.k12.mn.us</a>
Minnesota Department of Education .....	<a href="http://www.education.state.mn.us">www.education.state.mn.us</a>
North St. Paul, Maplewood, Oakdale Schools.....	<a href="http://www.isd622.org">www.isd622.org</a>
PrairieCare/Prairie St John’s .....	<a href="http://www.prairie-care.com">www.prairie-care.com</a> or <a href="http://www.prairie-stjohns.com">www.prairie-stjohns.com</a>
South Washington Schools .....	<a href="http://www.sowashco.org">www.sowashco.org</a>
Stillwater Area School Community Education .....	<a href="http://www.stillwater.k12.mn.us/community-education">www.stillwater.k12.mn.us/community-education</a>
U of M Extension Service – Washington County .....	<a href="http://www.extension.umn.edu/county/washington">www.extension.umn.edu/county/washington</a>
Washington County Community Services & Public Health .....	<a href="http://www.co.washington.mn.us">www.co.washington.mn.us</a>
Washington County Library.....	<a href="http://www.co.washington.mn.us/library">www.co.washington.mn.us/library</a>
White Bear Lake School District #624 .....	<a href="http://www.isd624.org">www.isd624.org</a>
Youth Service Bureau (Forest Lake).....	<a href="http://www.ytblakesarea.org">www.ytblakesarea.org</a>
Youth Service Bureau (Stillwater, Woodbury, Cottage Grove) .....	<a href="http://www.ybsb.net">www.ybsb.net</a>

*Your local library carries Internet Directories which are helpful in finding resources for you and your family.*

## Legal Services

Child Support Collection Information and Assistance.....	651-430-6455
Chrysalis Center For Women <a href="http://www.tubman.org">www.tubman.org</a> .....	612-871-0118 or 612-824-2780
Legal assistance for women. Services offered include L.A.W. Clinics, divorce information sessions, and referrals to private attorneys.	
Dial Lawyers <a href="http://www.diallawyers.com">www.diallawyers.com</a> .....	612-529-9377
HomeLine (rental advocacy) <a href="http://www.homelinemn.org">www.homelinemn.org</a> .....	612-728-5767
Tenant hotline regarding rights and responsibilities.	
Legal Advocacy for Persons with Developmental Disabilities .....	612-332-1441
Free legal services are provided for persons with developmental disabilities. Services are limited to legal issues directly involving developmental disabilities.	
Southern Minnesota Regional Legal Services, Inc <a href="http://www.smrls.org">www.smrls.org</a> .....	651-222-5863
Free legal assistance available based on income guidelines and type of assistance needed. Does not handle criminal cases. Interpreters for Hmong, Laotian, and Spanish speaking clients.TDD– call 651-297-6456.	
Tubman Family Alliance (several support groups) <a href="http://www.tubmanfamilyalliance.org">www.tubmanfamilyalliance.org</a> .....	(East Metro) 651-789-6770
or .....	(West Metro) 612-825-3333
Civil and Criminal orders of protection. Free counseling. Legal assistance from law clerks, assistance with Orders for Protection.	
Victim Witness Program .....	651-430-6115
Support for victims of crime through the County Attorney’s Office.	

## Libraries

Services include free loan of print and audio visual materials, including paperbacks, newspapers, large print books, videos, CD’s, and books on tape. All libraries offer free access to the Internet. Special programs for children such as “Story Times” and Summer Reading Program. Services to the homebound. Community resources available. Call for hours and services. More information can also be obtained on the County website at [www.co.washington.mn.us/library](http://www.co.washington.mn.us/library), except for Stillwater, Bayport and Lake Elmo, and their websites are listed below.

Bayport ( <a href="http://www.bayportlibrary.org">www.bayportlibrary.org</a> ).....	651-275-4416	Oakdale .....	651-730-0504
Forest Lake.....	651-275-7300	Park Grove.....	651-459-2040
Lake Elmo .....	651-773-4926	Stillwater .....	651-275-4338
( <a href="http://www.lakeelmopubliclibrary.org">www.lakeelmopubliclibrary.org</a> ) .....		( <a href="http://www.stillwaterlibrary.org">www.stillwaterlibrary.org</a> ) .....	
Lakeland.....	651-436-5882	Wildwood .....	651-426-2042
Marine on St. Croix.....	651-433-2820	Woodbury.....	651-731-1320
Newport .....	651-459-9631		

Lakeview Hospital Community Health Library <a href="http://www.lakeviewhealth.org">www.lakeviewhealth.org</a> .....	651-430-4510
Minnesota Workforce Center Library - Washington County.....	651-275-8650
Washington County Law Library.....	651-430-6330

### Mental Health Resources

<b>Canvas Health</b> <a href="http://www.canvashealth.org">www.canvashealth.org</a> .....	651-777-5222
Adult day treatments, housing programs, transportation, and other services. Also offer a NAMI support group for parents of children with Mental Health issues held on the second and fourth Thursday of each month in Oakdale.	
<b>Consumer Survivor Network of MN</b> <a href="http://www.mhcsn.org">www.mhcsn.org</a> .....	651-493-6634
<b>Disability Linkage Line</b> .....	866-333-2466
An information and referral service for people with disabilities.	
<b>Fraser</b> <a href="http://www.fraser.org">www.fraser.org</a> .....	612-861-1688
Fraser Mental Health is designed to improve the social, emotional and behavioral functioning of children and their families. They offer strengths-based family-centered services that focus on improving a child's functioning at home, school and in the community. Locations in Anoka, Bloomington, Eagan, Eden Prairie, and Minneapolis.	
<b>Minnesota Mental Health Association</b> .....	651-493-6634
475 Cleveland Ave North, Suite #222, St Paul MN 55104	
<b>Minnesota Office of The Ombudsman Office for Mental Health</b> .....	651-757-1800
121 7th Place East, Suite 420, St Paul MN 55101	
<b>NAMI MN (National Association for Mentally Ill)</b> <a href="http://www.namihelps.org">www.namihelps.org</a> .....	651-645-2948
800 Transfer Road, Suite #31, St Paul MN 55114	

### Nutrition and Food Programs

<b>FARE For All</b> <a href="http://www.fareforall.org">www.fareforall.org</a> .....	763-450-3880 or 800-582-4291
Packages of fresh produce and frozen meat at up to 40% savings.	
<b>Food Stamps</b> .....	651-430-6459
Food stamps are available to individuals who meet eligibility requirements.	
<b>Mothers and Children Program (MAC)</b> <a href="http://www.health.state.mn.us">www.health.state.mn.us</a> .....	651-484-8241
A supplemental food program for mothers and children 5-6 years old. Must meet income eligibility requirements.	
<b>School Lunch Program for Students</b>	
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.	
<b>Women, Infants and Children (WIC)</b> .....	651-430-6658
A supplemental food program for pregnant women, breastfeeding women, and children up to age five. Income eligibility required. Health screening and nutrition counseling also available. Call for nearest WIC location.	

### Parenting/Family Classes

<b>Baby Blanket, The</b> .....	651-257-8346
Resource center for mothers and infants. Help with clothing, cribs and carseats available. Thursday 9:30am - 12:30pm and Saturday 10am - 2pm.	
<b>Early Childhood Family Education (ECFE)</b> Classes for parents and their children ages birth to kindergarten. Family events, home visits, toy lending and resource libraries. Call for more information.	
<b>Forest Lake</b> .....	651-982-8300
<b>Mahtomedi</b> .....	651-407-2024
<b>Stillwater</b> .....	651-351-8350
<b>N. St. Paul, Maplewood, Oakdale</b> .....	651-748-7280
<b>South Washington County</b> .....	651-458-6632
<b>White Bear Lake</b> .....	651-653-3100
<b>LaLeche League</b> <a href="http://www.llofmnndas.org">www.llofmnndas.org</a> .....	612-922-4996
A peer support and education group for breastfeeding women.	

### Pregnancy

<b>Abbott-Northwestern Hospital</b> <a href="http://www.allinahealth.org">www.allinahealth.org</a> .....	612-863-4000
Pregnancy and Infant Loss Support Group. Parents who experienced the loss of an INFANT through miscarriage, stillbirth, or early neonatal loss. Pre-Registration required.	

- Children’s Home Society & Lutheran Social Services [www.chlss.org](http://www.chlss.org).....651-646-7771**  
 Counselors assist women and men who are experiencing an unplanned pregnancy. Services are free.
- Children’s Hospitals and Clinics - St. Paul [www.childrensmn.org](http://www.childrensmn.org) .....651-220-6000**  
 Pregnancy and Infant Loss Support Group. Parents who have experienced a perinatal loss.
- Compassionate Friends [www.tcfstpaul.org](http://www.tcfstpaul.org) ..... 651-459-9341**  
 St. Paul Chapter meets 2nd Thursday of the month at 7pm. Supporting family after a child dies.
- Life Care Centers – see Financial Section.**
- Mercy Hospital [www.allinahealth.org](http://www.allinahealth.org).....763-236-6000**  
 Click on Classes and Support Groups for more information
- St. Croix Family Medical Clinic [www.southsidechs.org](http://www.southsidechs.org).....651-430-1880**  
 Services include general medical services, pregnancy-testing, prenatal care, reproductive health care, physical exams, well child check-ups, and confidential HIV testing. All exams on sliding fee/ability-to-pay basis.
- Sudden Infant Death (SID) Center [www.childrensmn.org](http://www.childrensmn.org) .....1-800-732-3812 or 612-813-6282**  
 Monthly support group meets on first Wednesday evening of each month at Children’s Hospitals & Clinics of Minnesota.
- Washington County Department of Public Health and Environment – Family Health .....651-430-6655**
- Public health nurses provide supportive home visits and health education to pregnant women and families.
  - WIC (Women, Infants and Children). Supplemental food program for pregnant and breastfeeding women, infants, and children up to age five. Income guidelines.

Recreation

- |   |   |
|---|---|
| <b>Cottage Grove Parks and Recreation.. 651-458-3400</b>  | <b>North St. Paul Parks and Recreation . 651-747-2411</b>   |
| <b>Forest Lake Community Education ... 651-982-8110</b>   | <b>Oakdale Recreation..... 651-747-3860</b>                 |
| <b>Lake Elmo Park Reserve..... 651-430-8370</b>   | <b>St. Croix Valley Recreation Center..... 651-430-2601</b> |
| <b>Mahtomedi Community Education.... 651-407-2037</b>   | <b>Stillwater Community Education..... 651-351-8300</b>     |
| <b>Maplewood Parks and Recreation..... 651-249-2100</b>   | <b>White Bear Lake Recreation..... 651-407-7501</b>         |
| <b>Newport Summer Recreation ..... 651-459-5677</b>   |   |
| <b>Maplewood Community Center .....651-249-2100</b><br>Recreational and educational programs for children, teens, and adults. Swim programs.  |   |
| <b>Maplewood Nature Center .....651-249-2170</b><br>Wildlife Preserve, interpretive center, and educational programs. No entrance fees, some program fees. Some trails are wheelchair accessible. |   |
| <b>North St. Paul Community Center.....651-770-4471</b><br>Recreational and educational programs for children, teens, and adults.   |   |
| <b>St. Croix Bluffs Regional Park.....651-430-8240</b>  |   |
| <b>Woodbury Recreation.....651-714-3583</b>   |   |
| <b>YMCA Programs include fitness classes for all ages, parent-child programs, day camp, summer daytime baseball, and youth programs such as Youth in Government and Junior Leaders.</b>           |   |
| Hastings Area YMCA, 85 Pleasant Drive, Hastings, MN .....651-480-8887   |   |
| Northeast Area YMCA, 2100 Orchard Lane, White Bear Lake .....651-777-8103   |   |
| St. Croix Valley YMCA, 2211 Vine Steet, Hudson, WI .....651-436-2883 OR 715-386-1616  |   |
| Southeast Area YMCA, 2175 Radio Drive, Woodbury .....651-731-9507   |   |

Senior Services

- Alzheimer’s Educator & Family Coach [www.familieswithdementia.com](http://www.familieswithdementia.com) .....651-210-7866**  
 Valerie Richards provides education about dementia and Alzheimer’s and end-of-life issues and offers coaching through senior transitions. Services include: caregiver education & professional CEUs, family meetings, Advance Care Planning, and support group facilitation.
- Community Thread [www.communitythreadmn.org](http://www.communitythreadmn.org) .....651-439-7434**  
 Opportunities for seniors to socialize and volunteer. Educational, recreational, inter-generational activities. Free AARP tax assistance and smart driving classes.
- Family Means [www.familymeans.org](http://www.familymeans.org) ..... 651-439-4840**  
 Respite care, caregiver support groups, caregiver coaching/counseling, educational programs.

**Minnesota State Council on Disability** [www.disability.state.mn.us](http://www.disability.state.mn.us) .....1-800-945-8913 or 651-361-7800  
 Voice & TTY. Provides information & referrals regarding resources for equipment, legislation, development of programs, and information on handicapped-accessible buildings.

**Senior Centers**

Fitness education, leisure programs, mini health clinics, resource information, tax assistance, defensive driving courses, volunteer opportunities.

**Cottage Grove** ..... 651-425-6650

**Forest Lake**..... 651-464-5833

**Stillwater** [www.communitythreadmn.org](http://www.communitythreadmn.org) ..... 651-439-7434

**Senior Linkage Line Information & Referral** ..... 1-800-333-2433

**Valley Outreach** [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org).....651-430-2739

Seniors 65+ may visit food shelf twice a month plus every Friday. Delivery is available to those in need. NAPS (Nutritional Assistance Program for Seniors) and case management services are also available.

**Washington County Adult Protection** ..... 651-430-6484

**Washington County Adult Intake**..... 651-430-6484

**Washington County Housing and Redevelopment Authority** [www.wchra.com](http://www.wchra.com) ..... 651-458-0936

For a more detailed guide to Washington County resources for seniors and persons with disabilities,

call Washington County Department of Community Services .....651-430-6455

**Support Groups**

**ADD/ADHD Parent Support Groups** ..... 651-748-7585

District 622 Education Center, North St. Paul; Carver Elementary School, Maplewood.

**Alanon/Alateen** [www.al-anon-alateen-msp.org](http://www.al-anon-alateen-msp.org) .....952-920-3961(MPLS) or 651-771-2208 (St. Paul)

Support for anyone affected by another person’s drinking.

**Alcoholics Anonymous** [www.aa.org](http://www.aa.org)..... 651-227-5502

Support for people dealing with alcohol problems.

**Alzheimer’s Association Affiliated Support Group** [www.alz.org](http://www.alz.org) ..... 651-210-7866

Provides information, education, and support to family members and dementia caregivers.

**Alzheimer’s Educator & Family Coach** [www.familieswithdementia.com](http://www.familieswithdementia.com) ..... 651-210-7866

Valerie Richards provides education about dementia and Alzheimer’s and end-of-life issues and offers coaching through senior transitions. Services include: caregiver education & professional CEUs, family meetings, Advance Care Planning, and support group facilitation.

**ARC - Greater Twin Cities** [www.arcgreatertwincities.org](http://www.arcgreatertwincities.org) ..... 952-920-0855

Individual advocacy and support for developmentally disabled and their families. Offers support groups and workshops on key topics and family events.

**Autism Society of Minnesota** [www.ausmn.org](http://www.ausmn.org) ..... 651-647-1083

**Breast Cancer Support Group** [www.lakeviewhealth.org/supportgroups](http://www.lakeviewhealth.org/supportgroups) ..... 651-269-0480

**CareGiver Support (FamilyMeans)** [www.familymeans.org](http://www.familymeans.org) ..... 651-439-4840

For caregivers of frail adults or children with disabilities or chronic illness.

**Children’s Home Society and Family Services** [www.chsfs.org](http://www.chsfs.org) ..... 651-646-6393

Adoption related support groups and classes.

**Courage Kenny Rehabilitation Institute**..... 651-863-4200

Provides education and support to individuals with disabilities, complex health issues or other rehabilitation needs.

**Chrysalis Center (several support groups)** [www.tubmanfamilyalliance.org](http://www.tubmanfamilyalliance.org) .....612-871-0118

**Diabetes Support Group** Stillwater Medical Group Specialty Clinic ..... 651-430-8715

**Emotions Anonymous** ..... 651-647-9712

This group follows a 12-step approach for persons needing emotional support.

**Fairview Lakes Medical Center (Wyoming)** [www.fairview.org](http://www.fairview.org) .....651-982-7000 or 651-252-8439

**Fathers FIRST!** ..... 612-384-7078

Offers a variety of services to fathers/expectant fathers on free or sliding fee basis. Parenting classes, relationship classes, anger management, couples’ counseling, family violence counseling, father support group, and parenting time supervision.

Weekly family law clinics.

**Fibromyalgia Support Group** Courage St. Croix, Stillwater ..... 651-241-3373

Education and compassionate support for individuals and families.



<b>Gamblers Anonymous</b> .....	855-222-5542
Support group - call for date and time of meeting.	
<b>Heart to Heart: Heart Care Support Group</b> Boutwells Landing, Oak Park Heights .....	651-430-4530
<b>Multiple Myeloma Support Group</b> Family Means Stillwater .....	651-437-9064
<b>Prevent Child Abuse Minnesota (formerly Family Support Network)</b> .....	1-800-CHILDREN or 651-523-0099
Information Only .....	651-244-5373
A peer support group for parents who want to improve their relationship with their children. Circle of Parents Program.	
<b>Smoking Cessation</b> Lakeview Hospital, Stillwater .....	651-430-4510
Advance registration is required, there is a fee payable at first session. There are eight sessions, please call for dates.	
<b>Weathering Life's Losses</b> Lakeview Hospital, Stillwater .....	651-430-4586
An adult grief group for those who have experienced the death of a loved one.	

## Support Groups for Children and Teens

<b>Alanon/Alateen Information Center</b> <a href="http://www.al-anon-alateen-msp.org">www.al-anon-alateen-msp.org</a> .....	651-771-2208
For anyone affected by another person's drinking.	
<b>Anthony Louis Center</b> <a href="http://www.anthonylouiscenter.com">www.anthonylouiscenter.com</a> .....	651-731-0031
Adolescent chemical dependency treatment services.	
<b>FamilyMeans</b> <a href="http://www.familymeans.org">www.familymeans.org</a> .....	651-439-4840
"Children in Transition" support groups for children whose families are experiencing separation or divorce. Groups conducted in area elementary schools during school year.	
<b>Headway</b> <a href="http://www.headway.org">www.headway.org</a> .....	612-861-1675
Offers many out-patient and other comprehensive options for youth experiencing difficulty in their family life and at school.	
<b>Teens/Kids in Grief (Lakeview Hospital)</b> <a href="http://www.lakeviewhealth.org">www.lakeviewhealth.org</a> .....	651-430-4586
Provides support and education for children, kindergarten - junior high, who have experienced the death of a loved one.	
<b>Young Life: Young Lives for Teen Moms</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	651-430-1873
Christian-based mentoring program for pregnant teens and teen moms and dads.	

## Therapeutic Health Services

<b>Courage Kenny Rehabilitation Institute</b> <a href="http://www.couragecenter.org">www.couragecenter.org</a> .....	651-439-8283
Provides rehabilitation, enrichment, vocational, independent living, and education services to empower people with physical disabilities and sensory impairments to achieve their full potential.	
<b>Children and Youth with Special Health Needs</b> <a href="http://www.health.state.mn.us/mcshn">www.health.state.mn.us/mcshn</a> .....	651-201-3650 or 1-800-728-5420
(CYSHN) Information and resources for providers and families of children with special health needs.	
<b>Early Childhood Special Education (ECSE)</b>	
For the center nearest you, call your school district listed in this brochure under Education.	
<b>Family Achievement Center</b> <a href="http://www.familyachievement.com">www.familyachievement.com</a> .....	651-738-9888
Provides physical therapy, occupational therapy, speech & language pathology, specialized therapy programs, and occupational therapy life skills groups.	
<b>Functional Kids Clinic</b> <a href="http://www.functionalkids.com">www.functionalkids.com</a> .....	651-770-8884
Provides physical, occupational, sensory, and feeding therapy services.	
<b>Lifetrack</b> <a href="http://www.lifetrack-mn.org">www.lifetrack-mn.org</a> .....	651-227-8471
Provides physical therapy, occupational therapy, speech therapy, audiology services, and social services on a sliding fee scale. In-center therapy is provided. Homebound therapy is provided when medically necessary.	
<b>Shriners Hospital</b> <a href="http://www.shrinershq.org/hospitals">www.shrinershq.org/hospitals</a> .....	612-596-6100
Orthopedic services including surgery, therapy, and equipment are available free to children who meet medical and financial eligibility.	
<b>Specialty Clinics</b>	
Specialty clinics provide comprehensive diagnostic, treatment, and consultative teams in specific diagnostic areas, such as Down Syndrome Clinic, Cleft Lip & Palate Clinic, Epilepsy Clinic, Feeding & Swallowing Clinic, and Communication and Interactive Disorders Clinic. Call the major Metro Area hospitals to receive a list of specialty clinics they offer (i.e., Minneapolis Children's, St. Paul Children's, Gillette Specialty Health Care, U of M.)	
<b>The Therapy Center</b> <a href="http://www.mntherapycenter.com">www.mntherapycenter.com</a> .....	651-342-0572
Offering high quality speech and language therapy to children.	

<b>Blue Ride -Medical/Dental Appointments</b> .....	651-662-8648
<b>Or Rides for Blue Plus Medical Assistance</b> .....	1-866-340-8648
<b>Canvas Health Group Transportation <a href="http://www.canvashealth.org">www.canvashealth.org</a></b> .....	651-275-4300
Provides group transportation.	
<b>Community Thread <a href="http://www.communitythread.org">www.communitythread.org</a></b> .....	651-439-7434
Volunteers transports clients to medical appointments in Washington County. Clients must be ambulatory and not receiving medical assistance. Must register at least 3 business days prior. Call for details.	
<b>Forest Hill United Methodist Church (Car Care)</b> .....	651-464-2561
Forest Hill Community Service Hotline. Car repairs for those in need of assistance in the Forest Lake area.	
<b>HealthPartners - medical/dental appointments PMAP Only</b> .....	952-883-7400
<b>Medica - Provide-A-Ride</b> .....	952-992-2292
Medical or dental appointments with this insurance.	
<b>Metro Mobility <a href="http://www.metrocouncil.org">www.metrocouncil.org</a></b> .....	651-602-1111
Serving people with disabilities in South Washington County, Oakdale, Maplewood, and parts of Woodbury.	
<b>Metro Transit Bus Schedules <a href="http://www.metrotransit.org">www.metrotransit.org</a></b> .....	612-341-4287
Includes service within Stillwater, Bayport, and Oak Park Heights.	
<b>St. Croix Valley Christians In Action <a href="http://www.carcasaturday.org">www.carcasaturday.org</a></b> .....	651-773-3083
Call to see if you can qualify to receive a car by attending a 6 week Bible Finance Class. Stillwater district.	
<b>Transit Link</b> .....	651-602-5465
Shared ride service. Call to reserve.	
<b>U-Care</b> .....	612-676-6830
Free transportation to medical appointments for families with these insurances.	
<b>Washington County Vehicle Registration</b> .....	651-297-3377
Information on how to obtain a sticker for handicapped parking.	

## Volunteer Opportunities

<b>Child Abuse Prevention Council in Washington County</b> .....	651-430-6643
Parents & community agencies involved in advocacy & community awareness working to prevent child abuse & neglect.	
<b>Community Thread <a href="http://www.communitythread.org">www.communitythread.org</a></b> .....	651-439-7434
Provides volunteer opportunities throughout Washington County for adults and youth.	
<b>FamilyMeans <a href="http://www.familymeans.org">www.familymeans.org</a></b> .....	651-439-4840
A variety of volunteer opportunities for youth.	
<b>Canvas Health <a href="http://www.canvashealth.org">www.canvashealth.org</a></b> .....	651-275-4306
<b>Lakeview Hospital (Stillwater) <a href="http://www.lakeviewhealth.org/volunteer">www.lakeviewhealth.org/volunteer</a></b> .....	651-430-8522
Student Volunteer Program provides senior high students with meaningful volunteer experiences. Requirement: To have completed tenth grade.	
<b>Stone Soup Thrift Shop <a href="http://www.stonesoupthriftshop.org">www.stonesoupthriftshop.org</a></b> .....	651-458-9786
<b>Youth Service Bureau (Forest Lake) <a href="http://www.ytblakesarea.org">www.ytblakesarea.org</a></b> .....	651-464-3685

## Youth Activities

<b>4-H, University of Minnesota Extension – Washington County</b> .....	651-430-6800
For children grades K-12. Clubs meet monthly throughout Washington County in urban, suburban, and rural areas. Teaches life skills and stresses positive youth development.	
<b>Big Brothers/Big Sisters <a href="http://www.bigstwicities.org">www.bigstwicities.org</a></b> .....	651-789-2400
1-to-1 volunteer services to children ages 8-18	
<b>Boy Scouts Northern Star Council BSA</b> .....	763-231-7201
For boys ages 6 and up. Programs for both girls and boys after age 14.	
<b>Camp Fire MN</b> .....	612-235-7284
Providing youth development activities through informal education experiences stressing critical life skills and self-esteem development. Small group activities as well as camping experiences. For girls and boys ages 5-17 years.	
<b>Explorers (Medical Careers) <a href="http://www.lakeviewhealth.org/volunteer">www.lakeviewhealth.org/volunteer</a></b> .....	651-430-8599
<b>Girl Scout Council of St. Croix Valley, Inc. <a href="http://www.girlscoutsrv.org">www.girlscoutsrv.org</a></b> .....	651-227-8835
A program for girls ages 5-17. Promotes citizenship and healthy young development. Call for location nearest you.	

<b>Portico Healthnet</b> .....	<b>651-603-5100</b>
Peer education program looking for youth from ISD#834 to plan health and wellness awareness events, displays and activities for their peers at school and in the community.	
<b>ReaLife Young Life</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	<b>651-430-1873</b>
<b>Stillwater Young Life</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	<b>651-430-1873</b>
<b>Woodbury Young Life</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	<b>651-295-0511</b>
<b>WyldLife/YoungLife</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	<b>651-430-1873</b>
A Christian-based tutoring/mentoring program for junior high students. Fun-time stuff. September – May, 2-3 hours per week.	
<b>Youth Advantage</b> <a href="http://www.youthadvantage.org">www.youthadvantage.org</a> .....	<b>651-342-1266</b>
Provides eligible young people access to activities through financial need-based scholarships & loan of new or gently used sports equipment, musical instruments or other necessary items.	

***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.***