



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 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 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

Crisis Numbers - Most Answered 24 Hours a Day

- Car seats for U-Care Members**651-430-6655
- Car seats for Medica PMAP & Blue Puls PMAP Members**Please call the number on the back of your card
- Safe Kids (Minnesota Safety Council)** www.minnesotasafetycouncil.org651-291-9150 or 800-444-9150
- Child passenger information.

Child Care

Adults and Children Alliance (ACA) 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..... 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 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..... 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 651-757-4337

New Life Academy, Woodbury

Think Small 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 651-464-8150
 Serving families in the Forest Lake area with clothing. Call for store hours.
- Goodwill Industries** 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
 Forest Lake - 935 Lake St S 651-464-4995
- Stone Thrift** - 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
- Valley Outreach - The Clothing Closet** - 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 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..... 651-731-0031
 Adolescent chemical dependency treatment services; drug testing, chemical use evaluations and out-patient services.
- Aris Clinic-Woodbury** www.aris-clinic.com.....651-259-9750
 Child and adolescent psychiatric intensive outpatient clinic.
- Attention Deficit Disorder (ADD)** www.add.org 1-800-233-9273
- Canvas Health** 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 651-222-3001
 Crisis counseling, educational and support groups, information and referral, family, individual, and group therapy.
- Chrysalis** 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..... 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 612-874-7063
 Treatment for abusive men, therapy for women and children.
- East Suburban Resources** 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..... 651-645-5323
 Personalized treatment for eating disorders.
- FamilyMeans (Throughout Twin Cities and Western Wisconsin)** 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..... 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..... 651-698-0767
 Vocational services, family life education, individual and family counseling.

Employee and Family Education Services www.workingfam.org	651-293-5330
Seminars on work/life topics throughout lifespan.	
PrairieCare www.prairie-care.com	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.	
Rebecca Residence - Scandia www.havenchemicalhealth.com	651-433-5839
Treatment for chemical dependency. Ten-bed women’s program.	
State Services for the Blind (SSB) www.mnssb.org	651-539-2300
Provides advocacy counseling and education to families with blind or visually handicapped children.	
Northeast Youth & Family Services www.nyfs.org	651-429-8544
Outpatient mental health, senior chore program, and youth development.	
Lakes Area Youth Service Bureau www.ytblakesarea.org	651-464-3685
Youth Service Bureau www.ysb.net	
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.	
Cottage Grove	651-458-5224
Stillwater	651-439-8800
Woodbury	651-735-9534

Crisis Numbers - Most Answered 24 Hours a Day

American Red Cross www.redcross.org	612-871-7676
Providing food, clothing and shelter for families who are victims of disaster.	
Canvas Health Crisis Counseling www.canvashealth.org	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.	
Crisis Connection Crisis Line www.crisis.org	612-379-6363 or 1-888-379-6363
Domestic Violence Crisis Line (24 hour number) www.dayoneservices.org	866-223-1111
Support, referral, and shelter.	
Love Lines	612-379-1199
Crisis phone calls answered 24 hours a day. Referrals made to Christian therapists and community churches.	
Men’s Line	612-379-6367 or 1-866-379-6367
Minnesota Compulsive Gambling Hotline (answered 24 hours a day)	1-800-333-4673
Minnesota Relay Service	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).	
Missing Children Minnesota www.missingchildrenmn.org	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.)	
Narcotics Anonymous www.naminnnesota.org	952-939-3939
A 24 hour help line drug addicts with the desire to stop using.	
National Runaway Safeline www.1800runaway.org	1-800-786-2929 or 800-RUN-AWAY
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Poison Control	1-800-222-1222
Emergency and general information concerning poisoning.	
PrairieCare www.prairie-care.com	888-9-PRAIRIE
24/7 ability to schedule a free needs assessment.	
Sexual Assault Answering Service	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.	
Tubman Family Alliance (24 hour number) www.tubman.org	612-825-0000
Crisis Intervention and safe homes for women throughout the Twin Cities.	
United Way 2-1-1 www.unitedwaytwincities.org	2-1-1
or	800-543-7709 or 651-291-0211

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

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 www.helpmegrowmn.org

Free service available to families having concerns about their child from birth to five years of age.

Follow-Along Program

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.

Minnesota State Council on Disability www.disability.state.mn.us

Voice & TTY. Provides information & referrals regarding resources for equipment, legislation, development of programs, and information on handicapped-accessible buildings.

Washington County Community Services – Developmental Disabilities Unit (DD).....

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

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

Community Education

Forest Lake	651-982-8110
Mahtomedi	651-407-2037
North St. Paul, Maplewood, Oakdale	651-748-7630

South Washington County	651-458-6300
Stillwater	651-351-8300
White Bear Lake	651-407-7501

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

Forest Lake, ISD 831	651-982-8369
Mahtomedi, ISD 832	651-407-2445
North St. Paul, Maplewood, Oakdale, ISD 622	651-702-8465
South Washington County, ISD 833	651-425-6121
Stillwater, ISD 834	651-351-4000
White Bear Lake, ISD 624	651-653-3102

Head Start www.accap.org	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.	
Parent Advocacy Coalition for Educational Rights (PACER Center Inc) www.pacer.org	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.	
St. Croix Family Medical Clinic	651-430-1880
Peer education programs including Abstinence Education, Dads Make A Difference, Fighting AIDS Through Education, tobacco cessation & prevention.	
Minnesota Region American Red Cross	612-871-7676
Classes in CPR, First Aid, lifeguarding, swimming, and HIV – AIDS.	
School Readiness A program for children ages 3 ½ to 5 which helps children prepare for kindergarten.	
Forest Lake	651-982-8300
Mahtomedi	651-407-2241
South Washington County Schools	651-425-6300
Stillwater	651-351-4020
White Bear Lake	651-653-3100
University of Minnesota Extension – Washington County	651-430-6800
Programs and publications available on a variety of home and family topics.	
Washington County Alternative Learning Programs	
Forest Lake Central Learning Center	651-982-3171
Mahtomedi (916)	651-415-5680
North St. Paul, Maplewood, Oakdale	651-748-6200
South Washington County	651-425-7000
Stillwater - St. Croix Valley ALC	651-351-8472
White Bear Lake Area	651-773-6400
Washington County School Districts	
Chisago Lakes School District #2144	651-213-2000
Forest Lake School District #831	651-982-8100
Hastings School District #200	651-480-7000
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
Young Life www.younglife.org	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

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

Tubman Family Alliance (several support groups) 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.....211 or 651-291-0211
United Way of Washington County- East www.uwwce.org.....211 or 651-439-3838
Washington County Housing and Redevelopment Authority 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..... 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 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 County651-430-6459
 Funds for students or employed parents who are not on MFIP(formerly AFDC).
Cradle of Hope 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.org651-603-5880
 Provides a low-interest car loan and guidance through the car buying process to working people.
Energy Assistance Program 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.org651-777-0350
 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.....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.org651-439-5964
Fax651-439-4064
 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.....651-464-4340
 Free pregnancy testing, resource, and referral. Infant clothing, furniture, and food when available.
Wakota Life Care Center (South) www.wakotalifecarecenter.org651-457-1195
 Free pregnancy testing, medical and financial assistance. 24-hour crisis pregnancy phone line.
Salvation Army (Washington County Office) 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..... 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..... 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.....651-340-9062

Financial Counseling

- Consumer Credit Counseling Service of FamilyMeans** www.familymeans.org..... 651-439-4840
 Budget and credit counseling, debt repayment program for a fee.
- Lutheran Social Services of Minnesota** 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.....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.org651-464-6831
 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.org651-464-2098
 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.org651-528-6224
 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.org651-757-4177
 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.northstpaulareamerge.homestead.com
- St. Michael’s Food Shelf (611 S. Third Street, Stillwater)** 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.us651-433-2723
 Hours by appointment only.
- Valley Outreach (1911 Curve Crest Blvd, Stillwater)** www.valleyoutreachmn.org651-430-2739
 Hours: Monday, Wednesday, Friday 10am-12pm, Tuesday and Thursday 5pm-7pm. Serving School District 834.
- White Bear Foodshelf** www.whitebearfoodshelf.org651-407-5310
 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).

Children’s Hospitals and Clinics - St. Paul www.childrensmn.org	651-220-6000
St. Paul District Dental Society www.saintpaul.mndental.org	651-697-0831
Fairview Lakes Regional Medical Center www.fairview.org	651-982-7000
Follow-Along Program (FAP)	651-430-6750
Mailed developmental screening questionnaires for children up to 3 years of age.	
Lakeview Hospital (Stillwater) www.lakeviewhealth.org	651-439-5330
MinnesotaHelp www.minnesotahelp.info	1-800-333-2466
Provides resources for accessing health coverage, providers, and other information on managing health care coverage.	
Neighborhood Health Care Network www.nhcn.org	651-489-CARE (2273) or 866-489-4899
Information and referral to Twin Cites area community clinics, also low cost clinics.	
PrairieCare www.prairie-stjohns.com or www.prairie-care.com	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.	
Regions Hospital www.regionshospital.com	651-254-3456
St. Croix Family Medical Clinic www.southsidechs.org	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.	
St. Mary’s Health Clinic www.stmaryshealthclinics.org	651-287-7777
Provides health care services at no cost to low income uninsured individuals and families in our communities.	
Washington County Public Health and Environment	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.	
Woodwinds Health Campus www.healtheast.org/woodwinds	651-232-0228

Health Care Coverage

American Diabetes Association Minnesota www.diabetes.org	763-593-5333
Offer list of resources to assist with diabetes care.	
HealthEast Diabetes Care www.healtheast.org	651-232-5757
Diabetic supplies at reduced or no cost. Also offers education and training.	
MinnesotaCare www.mn.gov/dhs	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.	
Portico Healthnet www.porticohealthnet.org	651-489-CARE (2273) or 1-866-489-4899
Information and assistance connecting with health care program that best meets individual needs.	
St Croix Family Medical Clinic	651-430-1880
Services include general medical services. Provides sliding fee-based services.	
St. Mary’s Health Clinic www.stmaryshealthclinics.org	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.	
Washington County Community Services – Economic Support	651-430-6459
Economic Support Services help eligible residents with health care coverage information and access services including:	
General Assistance Medical Care: 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.	
Medical Assistance: Assists those who cannot meet the cost of necessary medical care, and who meet eligibility criteria.	
TEFRA: Medical Assistance for children with disabilities. Eligibility requirements.	

Health Care Phone Lines

Lactation/Breast Feeding Resource Center www.allinahealth.org	651-241-6250
Registered Nurse lactation consultants provide over the phone consultation.	
Minnesota Family Planning/Sexually Transmitted Disease Hotline www.sexualhealthmn.org	1-800-783-2287
Referral and education information. M & W 8am-8pm, T & TH 8am-5pm, Sat 9am-2pm orTEXT 66746	
MN AIDS Line www.mnaidsproject.org	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).....	www.cyfc.umn.edu
Family Means	www.familymeans.org
The Waisman Center	www.waisman.wisc.edu
Forest Lake Area Schools	www.flaschools.org
Future of Children, The.....	www.futureofchildren.org
Canvas Health	www.canvashealth.org
Lakeview Hospital.....	www.lakeviewhealth.org
Mahtomedi Schools.....	www.mahtomedi.k12.mn.us
Minnesota Department of Education	www.education.state.mn.us
North St. Paul, Maplewood, Oakdale Schools.....	www.isd622.org
PrairieCare/Prairie St John’s	www.prairie-care.com or www.prairie-stjohns.com
South Washington Schools	www.sowashco.org
Stillwater Area School Community Education	www.stillwater.k12.mn.us/community-education
U of M Extension Service – Washington County	www.extension.umn.edu/county/washington
Washington County Community Services & Public Health	www.co.washington.mn.us
Washington County Library.....	www.co.washington.mn.us/library
White Bear Lake School District #624	www.isd624.org
Youth Service Bureau (Forest Lake).....	www.ytblakesarea.org
Youth Service Bureau (Stillwater, Woodbury, Cottage Grove)	www.ybsb.net

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 www.tubman.org	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 www.diallawyers.com	612-529-9377
HomeLine (rental advocacy) www.homelinemn.org	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 www.smrls.org	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) www.tubmanfamilyalliance.org	(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, except for Stillwater, Bayport and Lake Elmo, and their websites are listed below.

Bayport (www.bayportlibrary.org).....	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
(www.lakeelmopubliclibrary.org)		(www.stillwaterlibrary.org)	
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 www.lakeviewhealth.org	651-430-4510
Minnesota Workforce Center Library - Washington County	651-275-8650
Washington County Law Library	651-430-6330

Mental Health Resources

Canvas Health www.canvashealth.org	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.	
Consumer Survivor Network of MN www.mhcsn.org	651-493-6634
Disability Linkage Line	866-333-2466
An information and referral service for people with disabilities.	
Fraser www.fraser.org	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.	
Minnesota Mental Health Association	651-493-6634
475 Cleveland Ave North, Suite #222, St Paul MN 55104	
Minnesota Office of The Ombudsman Office for Mental Health	651-757-1800
121 7th Place East, Suite 420, St Paul MN 55101	
NAMI MN (National Association for Mentally Ill) www.namihelps.org	651-645-2948
800 Transfer Road, Suite #31, St Paul MN 55114	

Nutrition and Food Programs

FARE For All www.fareforall.org	763-450-3880 or 800-582-4291
Packages of fresh produce and frozen meat at up to 40% savings.	
Food Stamps	651-430-6459
Food stamps are available to individuals who meet eligibility requirements.	
Mothers and Children Program (MAC) www.health.state.mn.us	651-484-8241
A supplemental food program for mothers and children 5-6 years old. Must meet income eligibility requirements.	
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
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

Baby Blanket, The	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.	
Early Childhood Family Education (ECFE) Classes for parents and their children ages birth to kindergarten. Family events, home visits, toy lending and resource libraries. Call for more information.	
Forest Lake	651-982-8300
Mahtomedi	651-407-2024
Stillwater	651-351-8350
N. St. Paul, Maplewood, Oakdale	651-748-7280
South Washington County	651-458-6632
White Bear Lake	651-653-3100
LaLeche League www.llofmandas.org	612-922-4996
A peer support and education group for breastfeeding women.	

Pregnancy

Abbott-Northwestern Hospital www.allinahealth.org	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.....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.org651-220-6000
 Pregnancy and Infant Loss Support Group. Parents who have experienced a perinatal loss.

Compassionate Friends 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.....763-236-6000
 Click on Classes and Support Groups for more information

St. Croix Family Medical Clinic 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.org1-800-732-3812 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 Health651-430-6655

- 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

Cottage Grove Parks and Recreation.. 651-458-3400	North St. Paul Parks and Recreation. 651-747-2411
Forest Lake Community Education ... 651-982-8110	Oakdale Recreation..... 651-747-3860
Lake Elmo Park Reserve..... 651-430-8370	St. Croix Valley Recreation Center..... 651-430-2601
Mahtomedi Community Education.... 651-407-2037	Stillwater Community Education..... 651-351-8300
Maplewood Parks and Recreation..... 651-249-2100	White Bear Lake Recreation..... 651-407-7501
Newport Summer Recreation 651-459-5677	
Maplewood Community Center651-249-2100 Recreational and educational programs for children, teens, and adults. Swim programs.	
Maplewood Nature Center651-249-2170 Wildlife Preserve, interpretive center, and educational programs. No entrance fees, some program fees. Some trails are wheelchair accessible.	
North St. Paul Community Center651-770-4471 Recreational and educational programs for children, teens, and adults.	
St. Croix Bluffs Regional Park651-430-8240	
Woodbury Recreation651-714-3583	
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.	
Hastings Area YMCA, 85 Pleasant Drive, Hastings, MN651-480-8887	
Northeast Area YMCA, 2100 Orchard Lane, White Bear Lake651-777-8103	
St. Croix Valley YMCA, 2211 Vine Steet, Hudson, WI651-436-2883 OR 715-386-1616	
Southeast Area YMCA, 2175 Radio Drive, Woodbury651-731-9507	

Senior Services

Alzheimer’s Educator & Family Coach www.familieswithdementia.com651-210-7866
 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.org651-439-7434
 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 651-439-4840
 Respite care, caregiver support groups, caregiver coaching/counseling, educational programs.

Minnesota State Council on Disability www.disability.state.mn.us1-800-945-8913 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 651-439-7434

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

Valley Outreach 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 651-458-0936

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

call Washington County Department of Community Services651-430-6455

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.org952-920-3961(MPLS) or 651-771-2208 (St. Paul)

Support for anyone affected by another person’s drinking.

Alcoholics Anonymous www.aa.org..... 651-227-5502

Support for people dealing with alcohol problems.

Alzheimer’s Association Affiliated Support Group 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 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 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 651-647-1083

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

CareGiver Support (FamilyMeans) 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 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.org612-871-0118

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.org651-982-7000 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.

Gamblers Anonymous	855-222-5542
Support group - call for date and time of meeting.	
Heart to Heart: Heart Care Support Group Boutwells Landing, Oak Park Heights	651-430-4530
Multiple Myeloma Support Group Family Means Stillwater	651-437-9064
Prevent Child Abuse Minnesota (formerly Family Support Network)	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.	
Smoking Cessation 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.	
Weathering Life's Losses 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

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

Therapeutic Health Services

Courage Kenny Rehabilitation Institute www.couragecenter.org	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.	
Children and Youth with Special Health Needs www.health.state.mn.us/mcshn	651-201-3650 or 1-800-728-5420
(CYSHN) Information and resources for providers and families of children with special health needs.	
Early Childhood Special Education (ECSE)	
For the center nearest you, call your school district listed in this brochure under Education.	
Family Achievement Center www.familyachievement.com	651-738-9888
Provides physical therapy, occupational therapy, speech & language pathology, specialized therapy programs, and occupational therapy life skills groups.	
Functional Kids Clinic www.functionalkids.com	651-770-8884
Provides physical, occupational, sensory, and feeding therapy services.	
Lifetrack www.lifetrack-mn.org	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.	
Shriners Hospital www.shrinershq.org/hospitals	612-596-6100
Orthopedic services including surgery, therapy, and equipment are available free to children who meet medical and financial eligibility.	
Specialty Clinics	
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.)	
The Therapy Center www.mntherapycenter.com	651-342-0572
Offering high quality speech and language therapy to children.	

Blue Ride -Medical/Dental Appointments	651-662-8648
Or Rides for Blue Plus Medical Assistance	1-866-340-8648
Canvas Health Group Transportation www.canvashealth.org	651-275-4300
Provides group transportation.	
Community Thread www.communitythread.org	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.	
Forest Hill United Methodist Church (Car Care)	651-464-2561
Forest Hill Community Service Hotline. Car repairs for those in need of assistance in the Forest Lake area.	
HealthPartners - medical/dental appointments PMAP Only	952-883-7400
Medica - Provide-A-Ride	952-992-2292
Medical or dental appointments with this insurance.	
Metro Mobility www.metrocouncil.org	651-602-1111
Serving people with disabilities in South Washington County, Oakdale, Maplewood, and parts of Woodbury.	
Metro Transit Bus Schedules www.metrotransit.org	612-341-4287
Includes service within Stillwater, Bayport, and Oak Park Heights.	
St. Croix Valley Christians In Action www.carcasaturday.org	651-773-3083
Call to see if you can qualify to receive a car by attending a 6 week Bible Finance Class. Stillwater district.	
Transit Link	651-602-5465
Shared ride service. Call to reserve.	
U-Care	612-676-6830
Free transportation to medical appointments for families with these insurances.	
Washington County Vehicle Registration	651-297-3377
Information on how to obtain a sticker for handicapped parking.	

Volunteer Opportunities

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

Youth Activities

4-H, University of Minnesota Extension – Washington County	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.	
Big Brothers/Big Sisters www.bigstwicities.org	651-789-2400
1-to-1 volunteer services to children ages 8-18	
Boy Scouts Northern Star Council BSA	763-231-7201
For boys ages 6 and up. Programs for both girls and boys after age 14.	
Camp Fire MN	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.	
Explorers (Medical Careers) www.lakeviewhealth.org/volunteer	651-430-8599
Girl Scout Council of St. Croix Valley, Inc. www.girlscoutsrv.org	651-227-8835
A program for girls ages 5-17. Promotes citizenship and healthy young development. Call for location nearest you.	

Portico Healthnet 651-603-5100
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.

ReaLife Young Life www.younglife.org 651-430-1873

Stillwater Young Life www.younglife.org 651-430-1873

Woodbury Young Life www.younglife.org 651-295-0511

WyldLife/YoungLife www.younglife.org 651-430-1873
A Christian-based tutoring/mentoring program for junior high students. Fun-time stuff. September – May, 2-3 hours per week.

Youth Advantage www.youthadvantage.org 651-342-1266
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.