

# Community Resources



Scroll through this page for a variety of National, Minnesota & Community Resources:

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- Local Food Resources
- Washington Co. Resources (Abuse, Counseling, Food & Clothing, Housing)
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- District 833 COVID Updates & Resources
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## General COVID-19 Health Information

### National

Centers for Disease Control and Protection (CDC) Website (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) provides information on COVID-19 symptoms, testing, vaccines, travel, as well as information on COVID-19 variants.

### State of Minnesota

**VACCINE CONNECTOR** available for Minnesotans

The Minnesota COVID-19 Vaccine Connector is a tool that helps Minnesotans find out when, where, and how to get a COVID-19 vaccine. After you fill out a simple form, the Vaccine Connector will:

- alert you when you are eligible to receive a vaccine;
- connect you to resources to schedule a vaccine appointment; and
- notify you if there are vaccine opportunities in your area.

More information, including the link to sign up for the Vaccine Connector available at: [Vaccine Connector / COVID-19 Updates and Information - State of Minnesota \(mn.gov\)](#)



Centers for the Minnesota COVID-19 Response website (<https://mn.gov/covid19/>) provides updated information on Minnesota's response, including links to testing locations and vaccine distribution.

**Vaccination Eligibility Guidelines.** Children 5 and older are now eligible for a COVID vaccine. Further information is available at the Minnesota Department of Health's COVID info site:

[About COVID-19 Vaccine - Minnesota Dept. of Health \(state.mn.us\)](https://state.mn.us)

**Vaccine Hunter website:**

If you have not received your COVID vaccine and are currently eligible, check out this website: <https://mnvaccinehunters.com/> For people looking to locate a vaccine, it can be helpful in connecting folks to appointments and areas where they are available. If you are not yet eligible, watch the website for updates, hints and suggestions.

**Facebook group for assistance in obtaining COVID vaccine:**

Monitor this facebook group, [\(2\) Minneapolis Vaccine Hunters \(helping all of MN\) | Facebook](#), to obtain information (reported by the public) as to where various pharmacies and other vaccine distribution sites have available appointments for those who are eligible. It is helpful to monitor this site frequently in order to respond quickly to claims of vaccine availability.

**Minnesota COVID-19 Vaccine Spotter:**

[This site](#) can be a helpful tool in tracking down vaccine appointment openings at Minnesota pharmacies.

## Flu Vaccine Reminder:

While the flu vaccine does not protect against COVID-19, it can save lives and prevent more illness during the COVID-19 pandemic. A flu vaccine can help you stay healthy and not contribute to our health care systems becoming even more overwhelmed this winter. ([2020-2021 Flu Vaccine Resource Guide | HelpAdvisor.com](#))

## Community Resources

### Local Food Resources

Located at 8264 4th Street North in Oakdale, **The Christian Cupboard Emergency Food Shelf** provides help for those in need of food. People are welcome to pre-packed bags of food via drive-up service (<https://ccefs.org/need-help/>). You will **not** be asked to provide any documentation or proof of income to receive food. Check website for dates & times of distribution.

**Loaves and Fishes** (<https://www.loavesandfishesmn.org/dining-sites/>) serves up healthy takeaway meals at a variety of locations in the Twin Cities area. Please see their website for locations and days/times of operation. They serve anyone in need of food supports.

**Map of Food Shelf Locations** in Minnesota: [Coronavirus In Minnesota: Map Of Food Shelf Locations In Minnesota – WCCO | CBS Minnesota \(cbslocal.com\)](#)

## WASHINGTON COUNTY, MN RESOURCES

Washington County Resource List: [Washington-County-Resource-List-EA-296-PDF](#)

### Washington County Resource & Contact Information

[Washington County info on COVID-19 and more county contacts](#) (links to business & community resources)

- **County services:** 651-430-6000 ; 651-430-6246 (TTY)
- **COVID-19 health concerns and questions:** 651-430-6655
- **Crisis Response Unit** (mobile crisis mental health services for adults and children): 651-275-7400
- **Financial help** (food support, cash and emergency assistance): 651-430-6455
- **Housing/homelessness, transportation, social services, child protection and adult protection:** 651-430-6455

Woodbury Public Safety is here to help during this time of need

If you are in need of assistance or have questions about getting essentials such as food and medication, the Woodbury Public Safety Department is here to help.

A helpline has been established for those who need help. Please call:

**651-414-3499**

**9 a.m.-3 p.m.**

**Monday-Friday**

Woodbury Public Safety  
POLICE - EMS - FIRE



## Cottage Grove Employment Resources

Has a loss of work left you looking for assistance with medical, housing, or food needs? [Our Cottage Grove and Surrounding Area - Laid Off, Furloughed, and Job Loss](#) facebook group has an entire "unit" with community resources available to meet basic needs. You're not alone!

## District 833 COVID Updates and Resources

Here is a link to a compilation of resources, especially mental health and other resources appropriate for parents/children during this time (courtesy of Lake Middle School and South Washington School District 833).

<https://sites.google.com/apps.district833.org/lmscounseling/resources?authuser=0>

### Mental Health Resources

NAMI (**National Alliance on Mental Illness**) Minnesota, <https://namimn.org/nami-minnesotacovid-19-resources/>, has a variety of mental health supports in place during this time, including a Helpline (651-645-2948), as well as zoom classes & support groups.

**Youth Service Bureau (YSB)** provides a variety of services to youth and their families throughout the St. Croix Valley. Additional family resources can be located at:

<https://ysb.net/covid-19-resources/>

**Fraser Hope Line** provides free immediate consultation line with Mental Health professional. Phone is 612-446-4673 (612-446-HOPE) and email address is FraserHopeLine@fraser.org. Calls are answered live between 7 a.m. and 7 p.m., Monday through Friday. You do not need to be a current Fraser client to call.

The **East Metro Crisis Alliance** has created a new resource guide to quickly connect people with mental health and substance use services:

<https://www.eastmetrocrisisalliance.org/east-metro-connect-to-care/> This guide is easy to use and is meant to guide people to the level of care they need - keeping them out of crisis and connecting them as quickly as possible to people and services that can help them in their recovery.

### Substance Abuse Resources:

#### Alcoholics Anonymous:

National: <https://www.aa.org/>

Minnesota: <https://alcoholicsanonymous.com/aa-meetings/minnesota/>

Alcoholics Anonymous 24/7 Help (Free & Confidential): 800-839-1686

**Al-Anon** (for people whose lives have been deeply affected by a friend's or family member's drinking):

National: <https://al-anon.org/>

Greater Twin Cities Area: <https://www.al-anon-alateen-msp.org/> For meeting information call: 888-425-2666

**Narcotics Anonymous:**

National/World: <https://na.org/>

Minnesota: <https://www.naminnnesota.org/>

Narcotics Anonymous Helpline: 877-767-7676 (24 hour)

**Caregiver Support & Resources**

**2<sup>nd</sup> Half with Lyngblomsten** (local support): [Lyngblomsten :: Caregiver Resources](#)

**Memory Care** (Minnesota Resources): [Memory Care in Minnesota | SeniorAdvice.com](#)

**Family Means** (local support): [FamilyMeans Caregiving & Aging](#)

**AARP:** [AARP Resources for Caregivers and their Families](#)

**Today's Caregiver:** [Today's Caregiver - Caregiver.com](#)