

COMMUNITY RESOURCES of - WASHINGTON COUNTY

Disclaimer: River Valley Church of Apple Valley, MN provides the following for informational purposes only. The decision to include a specific organization is not intended to be an endorsement of the organization or its services and River Valley Church assumes no responsibility for any consequences arising from the use of or reliance on such information. Those interested in contacting any of the organizations listed below should conduct their own research to determine whether the organization meets their specific needs.



Family Resources

Emergency – Police – Ambulance - Call 911

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**This resource directory was prepared by
Washington County Department of Public Health & Environment**

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 www.century.edu 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

North St. Paul, Maplewood, Oakdale 651-748-6225

South Washington County 651-458-6600

Stillwater..... 651-351-8476

Car Seats

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

Car seats for Medica PMAP & Blue Plus PMAP Members

Please call the information number on the back of your card.

Safe Kids (Minnesota Safety Council) www.mnnesotasafetycouncil.org.....651-291-9150 or 800-444-9150

Child passenger safety information.

Child Care

Adults and Children Alliance www.acainc.org..... 1-800-433-8108

or..... 651-481-9320

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

FamilyMeans (Child Respite Care Program) www.familymeans.org..... 651-439-4840

Breaks for Caregiver provides informal care for children with disabilities on a limited basis.

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

New Life, Woodbury www.newlife4u.org.....651-757-4337

Think Small www.thinksml.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**..... 651-458-6602

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)..... 651-430-6459

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

Clothing/Furniture/Equipment

Community Helping Hands www.communityhelpinghand.org..... 651-464-0061

Serving families in the Forest Lake area with clothing. Call for store hours.

Goodwill Industries www.goodwilleasterseals.org..... 651-439-4207

Low cost furniture, clothes, household goods, and other items. 5899 Nova Scotia Ave N, Oak Park Heights.

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.

Continued on Next Page

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. 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 Groups

ADD/ADHD Parent Support Groups 651-748-7585
District 622 Education Center, North St. Paul; Carver Elementary School, Maplewood.
Anthony Louis Center www.anthonylouiscenter.com 651-731-0031
Adolescent chemical dependency treatment services; drug testing, chemical use evaluations and out-patient services.
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.
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.
Children's Home Society www.chfs.org 651-646-6393
Adoption related support groups and classes.
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.
Fairview Lakes Medical Center (Wyoming) www.fairview.org 651-982-7000 or 651-252-8439
Many support groups and community service programs (stop smoking, prenatal classes, diabetes management, grief and loss, cancer support, and autism).
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.
Lakeview Hospital (Stillwater) www.lakeviewhealth.org 651-439-5330
Programs include health education, childbirth education, support groups, and Community Health Library.
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.

Continued on Next Page

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	651-642-0500
Provides advocacy counseling and education to families with blind or visually handicapped children.	
White Bear Lake area & Mahtomedi Community Counseling Center www.whitebearlake.org	651-429-8544
Counseling, referral, support for youth and families in the White Bear Lake & Mahtomedi School Districts.	
Lakes Area Youth Service Bureau www.ysblakesarea.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.	
Stillwater	651-439-8800
Cottage Grove	651-458-5224
Woodbury	651-735-9534

Crisis Numbers - Most Answered 24 Hours a Day

American Red Cross www.redcrosstc.org	651-439-0031
Providing food, clothing and shelter for families who are victims of disaster.	
Crisis Connection www.crisis.org	1-888-379-6363 or 612-379-6363
Confidential phone counseling and referral.	
Domestic Violence Crisis Line (24 hour number)	(East Metro) 651-770-0777
or.....	(West Metro) 612-825-0000
Support, referral, and shelter.	
United Way 2-1-1 www.unitedwaytwincities.org	2-1-1
or.....	800-543-7709 or 651-291-0211
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.	
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.)	
National Runaway Switchboard 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)	(East Metro) 651-789-6770
or www.tubman.org	(West Metro) 612-825-3333
Crisis Intervention and safe homes for women in suburban Washington County and Ramsey County.	
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.	

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.....	651-982-8301
Mahtomedi	651-407-2451
Maplewood, Oakdale, North St. Paul	651-748-7289
South Washington County	651-458-6175
Stillwater.....	651-351-4022
White Bear Lake.....	651-773-6186

Help Me Grow Washington County 1-866-693-4769

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

Follow-Along Program 651-430-6750
Mailed developmental screening questionnaires for children up to 3 years of age.

Minnesota State Council on Disability 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.

Washington County Community Services – Developmental Disabilities Unit (DD) 651-430-6484
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.....	651-982-2773

Community Education

Forest Lake.....	651-982-8110
Mahtomedi.....	651-407-2037
North St. Paul, Maplewood, Oakdale	651-748-7630
South Washington County	651-458-6600
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.....	651-982-8369
Mahtomedi.....	651-407-2017
North St. Paul, Maplewood, Oakdale	651-702-8450
South Washington County	651-458-6658

Early Childhood Special Education (ECSE) Cont'd

Stillwater.....	651-351-4020
White Bear Lake	651-653-3100

Help Me Grow Washington County 1-866-693-4769

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

Head Start 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.

Parent Advocacy Coalition for Educational Rights (PACER Center Inc) 1-800-53-PACER
Or

TTY 952-838-9000

952-838-0190

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. Website: www.pacer.org.

Continued on Next Page

St. Croix Family Medical Clinic651-430-1880

Peer education programs including Abstinence Education, Dads Make A Difference, Fighting AIDS Through Education, tobacco cessation & prevention.

St. Croix Valley American Red Cross.....651-439-0031

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.....651-407-2035

South Washington County Schools

Stillwater.....651-351-4020

White Bear Lake

University of Minnesota Extension – Washington County651-430-6800

Programs and publications available on a variety of home and family topics.

Washington County Alternative Learning Programs

Forest Lake Central Learning Center

Mahtomedi (916).....651-415-5680

North St. Paul, Maplewood, Oakdale

South Washington County

Stillwater - St. Croix Valley ALC

White Bear Lake Area651-773-6400

Washington County School Districts

Chisago Lakes School District #2144

Forest Lake School District #831.....651-982-8100

Hastings School District #200

Mahtomedi School District #832

North St. Paul, Maplewood, Oakdale School District #622

South Washington County School District #833

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 and 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 Groud www.solidgroundmn.org 651-773-8401

Transitional housing for low income families. Adults must be in school or working.

St. Croix Valley American Red Cross www.redcross.org/mn/bayport..... 651-439-0031

Providing food, clothing, and shelter for families who are victims of disaster.

Tubman Family Alliance (several support groups)(East Metro) 651-789-6770
or www.tubman.org.....(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.org211 or 651-291-0211

Washington County Housing and Redevelopment Authority www.wchra.com651-458-0936

Providing administration of public housing and Section 8 vouchers. Public notification when accepting new applications. Waiting list closed.

Career Solutions www.careersolutionsinc.org	651-647-9961
Career exploration and development, displaced homemakers program. Classes in Washington County.		
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 states 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
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 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
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
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.	
St. Croix Valley Life Care Center (Stillwater) www.scvlcc.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
651-464-4340	
Free pregnancy testing, resource, and referral. Infant clothing, furniture, and food when available.	
Wakota Life Care Center (South) www.wakotalifecarecenter.org
651-457-1195	
Free pregnancy testing, medical, and financial assistance. 24 hour crisis pregnancy phone line.	
Woodbury Options for Women www.woodburypregnancy.org
651-340-9062	
Salvation Army (Washington County Office) www.thesalarmy.com
651-746-3400	
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	651-430-6459
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. Stillwater only.	
Washington County Community Services – Economic Assistance Intake	651-430-6459
Medical Assistance, Food Stamps, MFIP (formerly AFDC), Emergency Assistance, Child Support Enforcement.	
Ways to Work (Community Action) Partnership of Ramsey and Washington Counties www.caprw.org	651-645-6445
Interest-free loans for single parents who are working.	

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	1-888-577-2227
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.christiancupboard.org	651-233-1296
Hours: Monday 12-4pm, Thursday 4-7pm, Friday 9am-1:30pm. Serving Woodbury, Landfall, and Oakdale.	
Community Helping Hand (Forest Lake) 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	651-464-2098
Hours: Monday, Tuesday & Thursday 9am-6pm and Saturday 9am-3pm. Serving the Forest Lake School District.	
Friends in Need (255 Third 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 (5524 Upper 146th St, Hugo) www.hugogoodneighborsfoodshelf.com	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	651-757-4177
Hours: Tuesday 8:30-9:30am 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	
St. Michael's Food Shelf (611 S. Third Street, Stillwater) www.stmichaelstillwater.org	651-439-3241
Please all Monday through Thursday 9-11am to schedule an appointment. Serving the Stillwater School District.	
Elim Food Shelf (20971 Olinda Trail, Scandia) www.welims scandia.com	651-433-2723
Hours by appointment only.	
Valley Outreach (1911 Curve Crest Blvd, Stillwater) 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	651-407-5310
Call Monday through Friday 10am-12pm to schedule a same day appointment. Serving White Bear Lake School District.	

Health Care

Century Community and Technical College - Dental	651-779-3341 or 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 Cities 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

Continued on Next Page

St. Croix Family Medical Clinic www.southsidechcs.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.dhs.state.mn.us	651-297-3862 or 1-800-657-3672
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	651-690-7029
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.healthstate.mn.us	1-800-783-2287
Referral and education information. Monday-Friday, 9am-8pm; Saturday, 9am-2pm.	
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.	

Home Page Internet Addresses for Families

Children, Youth and Family Consortium (U of M).....	www.cyfc.umn.edu
Family Means	www.familymeans.org
The Waisman Center	www.familyvillage.wisc.edu
Forest Lake Area Schools	www.forestlake.k12.mn.us
Future of Children, The.....	www.futureofchildren.org
Canvas Health	www.hsicares.org
Lakeview Hospital.....	www.lakeview.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

Continued on Next Page

PrairieCare/Prairie St John's www.prairie-care.com or www.prairie-stjohns.com
South Washington Schools www.sowashco.k12.mn.us
Stillwater Area School Community Education http://ce.stillwater.k12.mn.us
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.whitebear.k12.mn.us
Youth Service Bureau (Forest Lake) www.ysblakesarea.org
Youth Service Bureau (Stillwater, Woodbury, Cottage Grove) www.ysb.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 651-222-4731
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) (East Metro) 651-789-6770
or (West Metro) 612-825-3333
www.tubmanfamilyalliance.org
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
Forest Lake 651-275-7300
Lake Elmo 651-775-7415
(www.lakeelmopubliclibrary.org)
Lakeland 651-436-5882
Marine on St. Croix 651-433-2820
Newport 651-459-9631

Oakdale 651-730-0504
Park Grove 651-459-2040
Stillwater 651-275-4338
(www.stillwaterlibrary.org)
Wildwood 651-426-2042
Woodbury 651-731-1320

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

Page 11 of 15

Canvas Health www.canvashealth.org	651-275-4300
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	651-637-2800
Disability Linkage Line	866-333-2466
An information and referral service for people with disabilities.	
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	N. St. Paul, Maplewood, Oakdale
Mahtomedi	651-748-7280
Stillwater.....651-407-2441	South Washington County.....
	651-768-5330
	White Bear Lake
LaLeche League www.lllofmdas.org	651-653-3100
A peer support and education group for breastfeeding women.	612-922-4996

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 & Family Services www.chsfs.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	651-220-6000
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.	

Continued on Next Page

St. Croix Family Medical Clinic www.southsidechcs.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

Forest Lake Community Education ... 651-982-8110

Lake Elmo Park Reserve..... 651-430-8370

Mahtomedi Community Education.... 651-407-2037

Maplewood Parks and Recreation..... 651-249-2100

Newport Summer Recreation 651-459-5677

Maplewood Community Center 651-249-2100

Recreational and educational programs for children, teens, and adults. Swim programs.

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

Wildlife Preserve, interpretive center, and educational programs. No entrance fees, some program fees.

Some trails are wheelchair accessible.

North St. Paul Community Center..... 651-747-2411

Recreational and educational programs for children, teens, and adults.

St. Croix Bluffs Regional Park..... 651-430-8240

Woodbury Recreation..... 651-714-3583

YMCA (SouthEastern) 651-731-9507

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.

Senior Services

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 651-458-6650

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

Stillwater www.communitythreadmn.org 651-439-7434

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

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

The following groups meet at a variety of locations and times throughout Washington County.

Alanon/Alateen 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.org651-227-5502
Support for people dealing with alcohol problems.

CareGiver Support (FamilyMeans) www.familymeans.org651-439-4840
For caregivers of frail adults or children with disabilities or chronic illness.

The following groups support parents with children who have special needs or chronic illness:

ARC952-920-0855
Promotes and protects The Human Rights of people with intellectual and developmental disabilities, actively supporting .. them and their families.

Autism Society of Minnesota - Group Autism Support www.ausm.org.....651-647-1083
Emotions Anonymous.....651-647-9712

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

Courage Kenny Rehabilitation Institute.....651-351-2362
Provides education and support to individuals with disabilities, complex health issues or other rehabilitation needs.

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.

The following Support Groups are available at Lakeview Hospital.

Alzheimer's Disease & Dementia Support651-210-7866
Provides information, education, and support to family members and caregivers.

Fibromyalgia Support651-351-2364
Provides education and support for individuals with fibromyalgia, and their families.

Kids in Grief.....651-430-4586
Support and education for children kindergarten – junior high that have experienced the death of a loved one.

Diabetes Support651-430-8715
Group support, along with informational sessions, for those with Type 2 diabetes.

Weathering Life's Losses651-430-4586
Support group for anyone who has experienced the death of a loved one.

Gamblers Anonymous855-222-5542
Support group - call for date and time of meeting.

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.

Chrysalis Center (several support groups) www.tubmanfamilyalliance.org.....612-871-0118

Support Groups for Children and Teens

Alanon/Alateen Information Center www.al-anon-alateen-msp.org651-771-2208
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.org651-439-4840
"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.org612-861-1675
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.org651-430-4586
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.org651-430-1873
Christian-based mentoring program for pregnant teens and teen moms and dads.

Telephone Help Lines for Emotional & Psychological Concerns Page 14 of 15

Crisis Connection Crisis Line www.crisis.org	612-379-6363 or 1-888-379-6363
Love Lines	612-379-1199
Crisis phone calls 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
Narcotics Anonymous www.naminnesota.org	952-939-3939
A 24 hour help line for drug addicts with the desire to stop using.	
National Suicide Prevention Lifeline	1-800-273-TALK
PrairieCare/Prairie St. John's www.prairie-care.com	888-9-PRAIRIE
24/7 ability to schedule a free needs assessment.	

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 (CYSHN)	651-201-3650 or 1-800-728-5420
Resource information 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.	

Transportation

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.	

Continued on Next Page

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	612-373-3333
Includes service within Stillwater, Bayport, and Oak Park Heights.	
St. Croix Valley Christians In Action www.carcaresaturday.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	651-296-6911
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	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.ysblakesarea.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.bigstwincities.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 USA MN Council	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 5-21 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	651-275-8270 or 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.	