

Ramsey County Resources For Families With Young Children

Emergency – Police – Fire – Ambulance – 911

[For changes or updates please call “United Way 2-1-1” dial 211 or (651) 291-0211]



FIRE PREVENTION AND SAFETY

Some fire departments offer fire safety information and free smoke detectors or batteries for smoke detectors to local residents.

Arden Hills - (651) 633-2404	North Oaks - (651) 633-2404
Falcon Heights - (651) 644-5575	North St. Paul - (651) 770-4480
Little Canada - (651) 766-4057	Roseville - (651) 792-7342
Maplewood - (651) 249-2804	Shoreview - (651) 633-2404
Mounds View - (763) 786-4436	St. Paul - (651) 228-6230
New Brighton - (651) 638-2168	White Bear Lake - (651) 429-8568

Juvenile Fire Setting Intervention Program.....1-800-500-8897

Program for children ages 3-17 who play with fire.

St. Paul - (651) 228-6203

Northeast Safety Town Program.....(651) 748-7280

Summer program for children entering kindergarten in the fall. Covers personal safety, water safety, use of 9-1-1, bicycle and street safety, fire safety, school bus and school patrol safety.

Some police and fire departments look at your child’s car seat to determine if it has been installed correctly. Call the station near your home and ask them if they provide car seat installation inspections.

For further information on car seat safety, free car seat installation clinics, car seat inspection sites and other safety tips, go to the MN Safety Council’s website at:

<http://www.minnesotasafetycouncil.org/home.cfm>

NUTRITION AND FOOD PROGRAMS

Department of Indian Work.....(651) 644-2768

Emergency food shelf; will serve non-Native American on referral.

Dorothy Day Center.....(651) 293-1919

Free meals; food shelf available to those unable to access local food shelf.

FARE for All (formerly FARE Share).....(763) 450-3880

Food for approximately half price in exchange for two hours of community service; no income eligibility requirements; numerous sites.

Food Shelves

To find the nearest food shelf call United Way 2-1-1 at 2-1-1 or (651) 291-0211 for cell phone users.

Food Stamps.....(651) 266-4444

Apply in person at 160 East Kellogg; call for information about application procedures.

Free Meals

To find the nearest location and the times and days, please call United Way 2-1-1 at 2-1-1 or (651) 291-0211 for cell phone users.

Mothers and Children (MAC Program).....(651) 484-8241

Supplement food program for pregnant women, breast-feeding women, and children up to the age of 6; income eligibility.

Ramsey County Women Infant Child Program (WIC).....(651) 266-1300

Supplemental food and nutrition program for children through age 5, pregnant women, and mothers who are breast feeding; income eligibility; health screening and nutrition counseling is also available.

Second Harvest Heartland - St. Paul Office.....(651) 484-5117

Call for food shelf information and location.

U of M Extension Service (Ramsey County).....(651) 704-2080

Food and nutrition education for qualified individuals and families.

SUPPORT GROUPS

Other places to consider for support groups are religious communities, cultural groups, hospitals, etc. For more listings, call United Way 2-1-1 at 2-1-1 or (651) 291-0211 for cell phone users.

Alanon/Alateen.....(651) 771-2208

Information about groups for persons that have a friend or relative with an alcohol dependency.

Alcohol-Drug Treatment Referral (24 hours).....1-800-996-DRUG (3784)

AA information; meeting times and locations.

Alcoholics Anonymous.....(651) 227-5502

21 and 28 day treatment program referral.

Chrysalis.....(612) 871-0118

Support groups on issues affecting women.

Cocaine Anonymous/CocAnon.....1-800-925-6159

Support for persons addicted to cocaine or crack; also for friends and family of those with a drug problem.

Emotions Anonymous.....(651) 647-9712

Support for persons with mental health concerns such as anxiety, depression, self-esteem, etc.

Minnesota Problem Gambling Helpline.....(763) 427-5310

Information and referrals to problem/compulsive gamblers and other concerned individuals.

Narcotics Anonymous Helpline.....(952) 939-3939

NA group meetings and locations.

Parents Without Partners.....(952) 953-7100

Activities, events, and support for single parents and their families.

Pregnancy and Infant Loss Assoc.....(651) 437-8709

Support, education, and information for families who have experienced the death of a child before or after birth.

Prevent Child Abuse MN.....(651) 523-0099

A peer support group for parents who want to improve their relationships with their children.

HOUSING

- Caroline Family Services.....(651) 772-1344**
Transitional housing and housing support services for low-income women with children who are homeless.
- Children’s Home Society and Family Services.....(651) 222-0311**
First time home buyer education program.
- East Metro Women’s Council.....(651) 773-8401**
Supportive housing for homeless and low-income families with children.
- Emma’s Place.....(651) 224-1329**
Permanent, affordable housing for homeless single parents with four or more children.
- Emergency Social Services.....(651) 291-6795**
After-hours response for Ramsey County Social Services, weekdays 5 p.m. until 8 a.m. and 24 hours weekends and holidays.
- Habitat for Humanity.....(612) 331-4090**
Helps low-income families build their own homes.
- Housing Link - Call United Way 2-1-1.....2-1-1 or (651) 291-0211 for cell phone users**
Low to moderate income rental housing information.
- Jackson Street Village.....(651) 558-5980**
Permanent supportive housing for homeless, chemically dependent and/or mentally ill parents and their children.
- Lutheran Social Services.....(651) 644-7739**
Youth transitional living program for persons ages 16-21.
- Model Cities of St. Paul, Families First Supportive Housing.....(651) 632-8344**
Provides homeless, chemically dependent single parents with permanent, affordable, chemically-free housing.
- Naomi Family Residence.....(651) 222-7962**
Transitional housing for women and children; parenting programs.
- St. Paul Home Loan Fund.....(651) 266-6626**
Mortgage foreclosure prevention and housing counseling for St. Paul residents.
- St. Paul Public Housing Agency.....(651) 298-5158**
Subsidized housing for low-income families.
- The Family Place.....(651) 225-9354**
Crisis shelter intake for homeless families; support and social services for homeless families.
- The ROOF Project.....(651) 642-2005**
Scattered-site transitional housing for homeless families with children.
- Theresa Living Center.....(651) 774-5594**
Transitional housing for single women, pregnant women and women with one child 5 and under.
- YWCA Transitional Housing Program.....(651) 293-9296**
Transitional housing for low-income, homeless women and their children.

CRISIS PROGRAMS

If you feel someone you know is in danger, or is being hurt, or you are in danger, call the MN Domestic Violence Crisis Line at 1-866-223-1111. Your call will be answered by an advocate who can guide you through the process.

- Asian Women United, House of Peace.....(612) 724-0756**
Shelter for women and their children under age 17 who are victims of domestic violence.

- Casa de Esperanza.....(651) 772-1611**
Shelter for battered women and their children. Services available in English and Spanish.
- Children’s Crisis Response.....(651) 774-7000**
24 hour in-home crisis intervention for children under 18 and their families in Ramsey County.
- Children’s Home Society and Family Services.....(651) 222-0311**
Counseling and parenting program and programs for families affected by domestic abuse.
- Children’s Safety Center Network.....(651) 774-4990**
Supervised child visitation and visitation exchange center.
- Emergency Social Services.....(651) 291-6795**
After-hours response for Ramsey County Social Services, weekdays 5 p.m. until 8 a.m. and 24 hours weekends and holidays.
- Parent Support Services (formerly Crisis Nursery).....(651) 641-1300**
Short-term safe 24-hour care for children of families in crisis (ages birth to 12).
- Project House Calls.....(651) 266-1290**
Outreach and primary care for St. Paul resident children at risk of homelessness; condemnation prevention.
- Sexual Offense Services of Ramsey County.....(651) 643-3006**
24-hour crisis response for victims of sexual assault.
- St. Paul Domestic Abuse Intervention Project.....(651) 645-2824**
Crisis intervention, legal advocacy and support groups for women in abusive situations living in the St. Paul area.
- Tubman Family Alliance.....(651) 770-0777**
Resources, support shelters and information for families in suburban Ramsey and Washington Counties.
- Ramsey County Mental Health Center.....(651) 266-7890**
Adult crisis services, day treatment, individual and group counseling.
- Wilder Community Assistance Program.....(651) 287-2400**
Counseling, information, advocacy for families dealing with violence.
- Women of Nations (Eagle’s Nest).....(651) 222-5836**
Shelter and support services for battered women and their children; special services for Native-American women.
- Women’s Advocates.....(651) 227-8284**
Shelter for battered women and their children, support groups, information and referral.

ADULT CLASSES

Adult Basic Education, GED, brush up ESL and Adult Diploma Program

- McKnight 36 Plaza.....651-779-5666**
- Mounds View/Pike Lake Education Center.....651-639-6039**
- North St. Paul, Maplewood, Oakdale/Harmony Alternative Programs.....651-748-6200**
- Roseville Adult Learning Center.....651-604-3553**
- White Bear Lake/Harmony Alternative Programs.....651-748-6200**

Minnesota Literacy Council.....(651) 645-2277
Referrals to adult literacy, English as a Second Language, GED, high school diploma and other adult basic education services.

Ramsey County Minnesota Family Investment Program (MFIP).....(651) 266-4444
MFIP eligible adults have access to job training provided through various employment service agencies; career planning leading to self-sufficiency and job placement.

Ronald Hubbs Center for Lifelong Learning.....(651) 290-4822
Adult education including GED, brush-up, English as a Second Language, and adult diploma program.

CHILD CARE

Children’s Home Society and Family Services Crisis Nursery.....(651) 641-1300
Short-term crisis childcare for families in crisis or under stress; 24-hour crisis counseling.

MFIP Child Care Assistance Program.....(651) 266-4019
For families on MFIP taking part in work activities.

Resources for Child Caring - Child Care Resource and Referral.....(651) 641-0332
Childcare referrals and information helping families find quality childcare;
Sliding-fee child program - Child Care Assistance (651) 641-6665.

SPECIAL NEEDS INFORMATION

Arc Greater Twin Cities.....(763) 783-4958
Family and individual advocacy for those with developmental disabilities.

Discapitados abriendo caminos.....(651) 293-1748
Provides support and services to Latino families and their children with special needs.

Early Childhood Information and Referral (ECI & R).....(651) 604-3700
Information and resources for families who have questions or concerns about the development of their children, ages birth to six.

Family Support Connection.....(651) 265-2435
Information and support for families with deaf or hard of hearing children.

Legal Aid Society of Minneapolis.....(612) 334-5970
Legal advocacy for persons with disabilities regarding civil matters arising out of their disability.

March of Dimes Birth Defects Foundation.....(952) 835-3033
Education programs and nationwide network of medical services; information about birth defects.

Metro Mobility.....(651) 602-1111
Door to door transportation for persons unable to use regular bus service due to disability; fees charged.

Metropolitan Center for Independent Living.....(651) 646-8342
Advocacy; information and referral; consumer issue hotline.

Minnesota State Council on Disability.....(651) 296-6785
Information and referral regarding resources for equipment legislation, and structural/program access.

MN Children with Special Health Needs (MCSHN).....(651) 201-3650
Information, referral, clinic services and assistance with medical diagnosis for children with special health care needs. Health care coverage for income eligible families of children with special health needs.

MN Organization on Fetal Alcohol Syndrome (MOFAS).....(651) 351-3152
Provides resources and support for families living with Fetal Alcohol Spectrum Disorders (FASD).

PACER Center.....(952) 838-9000
Parents helping parents to understand and implement their child’s right to a free appropriate education; workshop, newsletters, publications, resource list of state and national disability organizations.

Ramsey County Developmental Disabilities Services.....(651) 266-4500
Children with significant developmental delays may qualify for social services including respite care, in-home family support services, home adaptations, special expenses, and/or residential care.

Resources for Child Caring, Special Needs Program.....(651) 641-6644

Helps children with special needs find and keep quality childcare. Individual consultation with families and providers to help children remain in their care. Also a respite resource, information, support and training about special needs.

State Services for the Blind.....(651) 642-0500

Serving citizens who are blind or have visual impairments.

Supplemental Security Income.....(651) 290-0054

Provides monthly income to children who meet the SSI criteria for disability and low family income.

Vocational Rehabilitation Services.....(651) 284-5038

Services to people with disabilities to help prepare for work or to find or keep a job.

LEGAL ADVICE AND SERVICES

Centro Legal.....(651) 642-1890

Bilingual (Spanish/English) legal services for low-income Latinos; immigration law; services for battered women.

Chrysalis.....(612) 871-0118

Legal education for women; attorney referral.

Ombudspersons.....(651) 603-0058

Ombudspersons are advocates for African American, American Indian, Asian Pacific and Spanish speaking families to assure that laws governing the protection of children and their families are implemented in a culturally appropriate manner.

Project HOPE - Homeless Outreach Prevention and Education.....(651) 842-1501

Free legal advice to homeless or near homeless people.

Resource Center for Fathers and Families.....(763) 783-4938

Family law clinic for dads; issues dealt with include divorce, custody, child support, visitation, etc.

Southern Minnesota Regional Legal Services (SMRLS).....(651) 222-4731

Free legal assistance to income eligible families and individuals for limited civil matters and welfare appeals.

MN WORKFORCE CENTERS

Workforce Centers are neighborhood-based access points designed to help job seekers find and keep a job, transition from welfare to work, advance in careers or change careers. Services include employment resources, financial resources, support and community-building resources.

McKnight 36 Plaza - 651-779-5666

St. Paul/Midway - 651-642-0363

Women Achieving New Directions (WAND).....(651) 604-3516

Career exploration and job advancement information through educational workshops for lower income, employed, single moms.

Promise Program.....(651) 224-3024

Teaches and supports women seeking self-sufficiency by providing career training in computers, office skills, and personal development in a Christian setting.

TELEPHONE HELP LINES

Children's Crisis Response.....(651) 774-7000

24 hour crisis consultation and resource location. Outreach available.

Crisis Connection.....(612) 379-6363

Telephone counseling; available 24 hours.

- Home Line**.....(612) 728-5767
Information and advice for tenants.
- Homework Helpline - United Way 2-1-1**.....2-1-1 or (651) 291-1111 for cell phone users
- Housing Link - United Way 2-1-1**.....2-1-1 or (651) 291-1111 for cell phone users
- Parent Warm Line**.....(612) 813-6336
Free professional consultation providing practical advice about child development and behavior.
- United Way 2-1-1**.....2-1-1 or (651) 291-1111 for cell phone users
24-hour information and referral about resources and programs in the metro area.
- United Way's - "Yo! The Movement"**.....(612) 874-9696
Connects 7-21 year olds to East Metro Area programs and activities.

TELEPHONE HELP LINES FOR HEALTH CARE ISSUES

- Breast Feeding Resource Center**.....(651) 241-6250
Service of United Hospitals; R.N. lactation consultants provide information about breast-feeding.
- HealthEast Care Connection**.....(651) 232-1515
Physician and health care provider referrals within the HealthEast network. Nurse Triage.
- Health Partners - "CareLine"**.....(612) 339-3663
Telephone advice from nurses after regular hours for plan members.
- Medica - "Call Link"**.....1-800-962-9497
Health information for plan members.
- Melpomene Institute for Women's Health Research**.....(651) 789-0140
Health education program and materials; resource center.
- Minnesota AIDS Project, AIDS Line**.....(612) 373-2437
HIV/AIDS information, supports and services.
- MN Family Planning/Sexually Transmitted Diseases Hotline**.....1-800-783-2287
Family planning and STD information and referral.

TRANSPORTATION

- Fairview Shuttle Bug**.....(651) 604-3535
Provides transportation for families participating in the Roseville Area School's School Readiness classes and also serves older adults of the Roseville School District.
- Lake Area Dial-A-Ride**.....(651) 644-8876
Dial-a-Ride and bus transportation for residents of Birchwood, Gem Lake, Mahtomedi, Vadnais Heights, White Bear Lake, White Bear Township, and Willernie.
- Metro Transit**.....(612) 373-3333
Bus routes and schedules.
- Northeast Suburban Transit (NEST)**.....(651) 227-6378
Dial-a-ride services for residents of Oakdale, Maplewood, Landfall and North St. Paul. M-F, 6 am – 6 pm; \$2 per ride.

DENTAL CARE

- Bright Smiles Dental Clinics**.....(651) 298-8566
Most insurance plans accepted. No patient charge or co-pay for children under 5 and younger on preventive services. Language spoken: Spanish.
- Century College Dental Clinic**.....(651) 779-5787

Low cost dental hygiene services performed by dental hygiene students.

Children’s Dental Services.....(612) 746-1530

Provides culturally targeted, comprehensive dental services to children ages birth to 18 and pregnant women at four locations in Ramsey County. Accepts all forms of insurance and has a sliding fee scale. Staff speak 15 different languages.

Community Dental Care.....(651) 774-2959

Offers family dentistry, including sealants, x-rays, cleanings, fluoride treatments, hygiene instructions, fillings, root canals, crowns, bridges, dentures, and most extractions. Accepts most insurance, self-pay, Medical Assistance, General Assistance and Medicaid. Languages spoken: English, Farsi, French, Hindi, Hmong, Lao, Romanian, Spanish and Vietnamese.

Helping Hand Dental Clinic.....(651) 224-7561

Accepts most insurance plans including Medical Assistance and other public assistance. Sliding fee scale is based on federal poverty guidelines of income and family size. Comprehensive dental care is offered. Languages spoken: French, Hmong, Romanian, Spanish and Vietnamese.

Open Cities Health Center.....(651) 290-9200

Accepts most insurance plans including Medical Assistance and other public assistance. Sliding fee scale is based on federal poverty guidelines of income and family size. Two clinic sites. Same day appointments on a first call bases; please call for an appointment. Languages spoke: Hmong, Somali and Spanish.

Union Gospel Mission.....(651) 292-1721

Dental services for those without dental insurance, those who have been turned down at other clinics due to finances and those without the means to pay for necessary dental services. Serving adults and children.

West Side Dental Clinic.....(651) 602-7575

Accepts most insurance plans including Medical Assistance and other public assistance. Sliding fee scale is based on federal poverty guidelines of income and family size. Comprehensive dental care is offered. Languages spoken: French, Hmong, Romanian, Spanish and Vietnamese.

FINANCIAL

Energy Assistance.....(651) 645-6470

Limited financial assistance to pay utility and fuel bills, October - May.

FAIM (Family Assets for Independence in MN).....(651) 645-6445

Savings matching program that helps people increase their savings in order to help achieve financial independence. Program eligibility is based on income.

Heatshare (Salvation Army).....(651) 224-6946

Financial assistance for heating expenses.

Ramsey County Financial Assistance.....(651) 266-4444

General information about how to apply for basic financial and employment support; TANF, (Temporary Assistance for Needy Families), or MFIP, (Minnesota Family Investment Plan) and emergency funds for utility shut-off and eviction notices.

Ways to Work Loan Program.....(651) 645-6445

Interest-free vehicle loan for working parents who meet eligibility requirements.

FINANCIAL COUNSELING

Children’s Home Society and Family Service.....(651) 222-0311

Budget counseling; sliding fee for services.

Consumer Credit Counseling Service/Family Means.....(651) 789-4014

Financial counseling on a sliding fee.

Credit Advisors.....1-800-942-9027
Credit and debt management counseling.

HEALTH AND THERAPY SERVICES - Special Needs

For children who do not meet special education eligibility requirements or who may need supplemental physical, occupational or speech therapy services.

**St. Paul Children’s Hospital and Health Clinics.....(651) 220-6000 (Hospital)
or (651) 220-6700 (Clinic)**

Courage Center.....(763) 520-0520 (Golden Valley) or (651) 439-8283 (Stillwater)

Fairview/University Hospitals.....(612) 273-3000

Gillette Children’s Specialty Health Care.....(651) 291-2848

Lifetrack Resources.....(651) 265-2335

Optimum Rehabilitation, Maplewood.....(651) 232-7820

Shriner’s Hospital for Children.....1-888-293-2832

HEALTH CARE COVERAGE

**County Waivered Programs.....CADI & TBI (651) 266-3613 TEFRA (651) 266-3615
General intake for children under 18 (651) 266-4500**

Various programs that provide special services for people with severe medical needs.

General Assistance Medical Care (GAMC).....(651) 266-4444
GAMC helps people who are not eligible for other state or federal programs pay for their medical care.
Call Ramsey County for information about eligibility requirements and coverage information.

Medical Assistance (MA).....(651) 266-4444
MA assists persons, who meet eligibility, meet the cost of necessary medical care. Persons may have part or all of their medical bills paid by the program. Call Ramsey County for information about eligibility requirements and coverage information.

Minnesota Care (MN Care).....(651) 297-3862
Health insurance for low-income families who do not qualify for Medical Assistance; participants pay a monthly fee based on income.

MN Children with Special Health Needs (MCSHN).....(651) 201-3650
Information, referral, clinic services and assistance with medical diagnosis for children with special health care needs. Health care coverage for income eligible families of children with special health needs.

PORTICO Healthnet.....(651) 603-5100
Clinic services, eye exams and prescription coverage for income eligible individuals or families. Small monthly fee, services are available at numerous locations. No hospitalization or emergency room coverage.

Supplemental Security Income.....1-800-772-1213
Provides monthly income to children who meet the SSI criteria for disability and low family income.

HEALTH CARE SERVICES

Face to Face Health and Counseling Service.....(651) 772-5555
Health services for adolescent and young adults age 11-23.

Health Start Clinics.....(651) 312-1995

Prenatal care program for income eligible pregnant women.

- AGAPE Clinic - (651) 632-2189
- Arlington High School Clinic - (651) 487-8531
- Central High School Clinic - (651) 632-2194
- Como Park High School Clinic - (651) 487-8539
- Guadalupe Alternative Program - (651) 602-7976
- Harding High School Clinic - (651) 778-2884
- Highland Park High School Clinic - (651) 690-7667
- Humboldt Secondary Complex - (651) 312-1996
- Johnson High School - (651) 778-2889

Main Street Health Care

Provide drop-in clinic services at these locations. Call for details of services.

- Dorothy Day Center - (651) 293-1919
- Union Gospel Mission - (651) 292-1721

Neighborhood Health Care Network.....(651) 489-2273

Clinic referral system. Clinics located throughout St. Paul. Quality healthcare regardless of ability to pay. Participating clinics include:

- Face to Face/ Teen Health Center and Counseling - (651) 772-5555
- Family Tree (family planning/STD) - (651) 645-0478
- Healthcare for the Homeless - (651) 290-6814
- Helping Hand Dental Clinic - (651) 224-7561
- McDonough Homes Clinic - (651) 558-2191
- North End Health Center - (651) 489-8021
- Open Cities Health Center - (651) 290-9200
- Roosevelt Homes Clinic - (651) 793-6502
- West Side Community Health Center - (651) 222-1816

Planned Parenthood of Minnesota.....(651) 698-2406

St. Mary’s Health Clinic.....(651) 690-7029

Providing health services to medically under-served people in the metro area. Call for an appointment; M-Th, 8:30 am – 3:30 pm; F, 8:30 am – 12:30 pm.

St. Paul/Ramsey County Dept. of Public Health.....(651) 266-2400

- Birth and Death Records - (651) 266-1333
- Child and Teen Checkups - (651) 266-2400
- Family Planning/Women’s Health Screening - (651) 266-1272
- Immunization Clinics - (651) 266-1234
- Immunization Information/Education - (651) 266-2505
- Public Health Nursing/Family Health Home Visiting & Teen Parent Programs - (651) 765-7733
- Refugee Health Care - (651) 266-1244
- Room 111, Sexually Transmitted Disease Clinic - (651) 266-1352
- Tuberculosis Control Program - (651) 266-1343
- Women, Infants, and Children (WIC Program) - (651) 266-1300

CLOTHING AND FURNITURE

Alley Shoppe.....(651) 776-8708

Free clothing and household items available through Arlington Hills Church for those with referral slip from social worker.

Birthright.....(651) 646-7033

Emergency assistance to pregnant women and new mothers; maternity clothes, layettes, etc.

Dayton Avenue Presbyterian Church Clothing Center.....(651) 227-7389

Clothing Center provides free clothing to anyone in need.

Department of Indian Work.....(651) 644-2768

Low cost clothing and baby layettes; available to area Native Americans.

Dorothy Day Center.....(651) 293-1919

Clothing and furniture vouchers.

- God's Closet.....(651) 771-4627**
Adult and children's clothing; donations suggested, but no one turned away.
- Goodwill/Easter Seals.....(651) 603-1544**
Low cost furniture, clothing, and household goods; several locations.
- Hallie Q. Brown Community Center.....(651) 224-4601**
Free clothing distribution.
- Joseph's Coat.....(651) 291-2472**
Free seasonal clothes, personal care products and small household items such as pots, pans and bedding.
- Life Care Center East.....(651) 776-2328**
Cribs, diapers, baby clothes.
- Martha's Closet.....**
Women need a written referral from a social service agency; have work clothing for women re-entering the workforce.
- Penny Pinchers Clothing.....(763) 783-3626**
Low cost houseware and clothing from infant to adult sizes; free clothing is available with a voucher from a social worker.
- Ready for Success.....**
Women need a referral from a social service agency; have work clothing for women re-entering the workforce.
- St. Vincent De Paul Thrift Store.....(651) 227-1332**
Low cost clothing, furniture, and household items.
- Salvation Army Thrift Store.....(651) 771-7779**
Low cost clothing, furniture, and household items.
- Swap Shop, Church of St. Luke.....(651) 227-7669**
Free clothing and small household items available to those in need.

EDUCATION

Private - There are many private schools throughout Ramsey County. Classes range from preschool through high school and adult classes. The Department of Children Families and Learning maintains a current listing of licensed schools. (651) 582-8200

Public - Every school district administers many types of educational and support programs. Listed below are some of those programs. Call each district for specific information.

- Adult Learning Center
- Child Care Programs
- Community Education, and English as a Second Language (ESL) Classes
- Early Childhood - ages 0-5
- Elementary and Middle Schools - ages 6-14
- High Schools - ages 15-18
- Parenting Support Services

Ramsey County Public School Districts:

- | | |
|--|---------------------------------------|
| Mounds View #621 - (651) 636-3650 | St. Paul #625 - (651) 767-8100 |
| North St. Paul, Maplewood, Oakdale #622 - (651) 748-7622 | White Bear Lake #624 - (651) 407-7500 |
| Roseville #623 - (651) 635-1600 | |

Early Childhood Programs - Ages 0-5

Early Childhood Information and Referral of Ramsey County.....(651) 604-3700

Information and resources for families who have questions or concerns about the development of their children, ages birth to six.

Early Childhood Screening

This service is available to all children three to five years of age. Children are screened for vision, speech, hearing, and development. This service is free and required by state law. Parents should call their local school district for information.

Mounds View - (651) 639-6028

North St. Paul, Maplewood, Oakdale - (651) 748-7289

Roseville - (651) 604-3515

St. Paul - (651) 632-3746

White Bear Lake - (651) 773-6186

Early Childhood Special Education (ECSE)

Coordination of appropriate special education services and related services for children birth through school entry.

Mounds View - (651) 639-6036

North St. Paul, Maplewood, Oakdale - (651) 748-7210

Roseville - (651) 487-4383

St. Paul - (651) 696-9650

White Bear Lake - (651) 653-3100

Early Childhood Family Education (ECFE)

Classes for parents and their children ages birth to kindergarten. Special family events, home visits and toy lending libraries are typically available. Call for a schedule of classes and programs.

Mounds View - (651) 639-6028

North St. Paul, Maplewood, Oakdale - (651) 748-7280

Roseville - (651) 487-4378

St. Paul - (651) 793-5410

White Bear Lake - (651) 653-3100

Frogtown Family Resource Center - (651) 290-8376

Payne/Phalen Family Resource Center - (651) 293-5990

School Readiness

A program for children ages 3 1/2 to 5 which helps children prepare for kindergarten; referrals are usually made after the child has participated in Early Childhood Screening.

Mounds View - (651) 639-6028

North St. Paul, Maplewood, Oakdale - (651) 748-7290

Roseville - (651) 604-3578

St. Paul - (651) 793-5430

White Bear Lake - (651) 653-3100

Beginnings In-Home Therapy through Lifetrack Resources.....(651) 603-5837

Designed to positively influence the attachment between parents and their children birth to 3.

Early Head Start.....(651) 603-5832

Free child development, parent education and family support for children ages 0-3, pregnant women and their families. Income guidelines apply. Home visits and parent to parent support.

Head Start.....(651) 603-5977

Educational preschool program for children between the ages of 3 and 5 from families with limited incomes; programs for children with special needs. Both full day and 1/2 day center based programs are available. All programs offer family support, health, oral health, mental health services, parenting resources and literary opportunities.

PARENTING/FAMILY CLASSES

Children's Home Society and Family Service.....(651) 222-0311

Workshops, programs, and groups that support and assist families with the issues and stresses of parenting.

Community Centers - programs, community information and resources.

Fairview Community Center (Roseville) - (651) 604-3500

Gladstone Community Education Center (No. St. Paul/Maplewood/Oakdale) - (651) 748-7280

Maplewood Community Center - (651) 249-2100

Mounds View Community Center - (763) 717-4040

New Brighton Family Service Center (New Brighton)) - (651) 638-2130

North St. Paul Community Center - (651) 770-4471

Pike Lake Education Center - (651) 639-6020

Shoreview Community Center - (651) 490-4700

Family Centers - St. Paul

Family centers are designed to encourage parent and community participation in the issues that affect the daily lives of children ages 0-6. Goals of the centers are to improve child health, child development, school readiness, and family functioning.

American Indian Family Center - (651) 793-3803

Eastside Family Center - (651) 793-7340

Frogtown Family Center - (651) 290-8376

Highland Mac-Groveland Family Center - (651) 789-3600

West Seventh Family Center - (651) 298-4566

La Leche League.....(612) 922-4996

Breast feeding education for nursing mothers.

MELD (Parents as Teachers).....(612) 435-0293

Culturally specific parenting programs for parents, new parents, young dads, parents of children with special needs, and young moms.

Northwest Youth & Family Services.....(651) 486-3808

Classes for parents of teens, parents of ADHD children.

Prevent Child Abuse MN.....(651) 523-0099

Child abuse prevention organization specializing in parent support groups, advocacy, education and training.

Resource Center for Fathers and Families.....(763) 783-4938

Programs, classes and information for fathers to enhance their role as parent to their children.

Southeast Asian Ministry.....(651) 293-1261

Home visits, English as a Second Language classes, parenting classes for the SE Asian community focusing on Hmong Culture.

White Bear Lake Area Community Counseling Center.....(651) 429-8544

Classes for parents of young children, school-age children, teens and blended families. One-time presentations on a variety of parenting topics.

RECREATION

For information on activities, events or resources in the community for families.

Minnesota State Parks.....(651) 296-6157

New Brighton Family Service Center.....(651) 638-2130

A service of Parks and Recreation providing indoor fitness, meeting rooms and indoor playground for young children.

United Way’s “Yo! the Movement”.....(612) 874-9696
Connects 7-21 year olds to East Metro Area programs and activities.

COUNSELING AND SUPPORT PROGRAMS

African-American Family Services.....(612) 871-7878
Assessment, counseling, and advocacy for African-Americans.

American Indian Family Center.....(651) 793-3803
Short and long term counseling for youth and their families.

Asian Women United.....(651) 646-2118
Provides advocacy for Asian victims of domestic violence. Advocates work in both criminal and family courts. Assist with housing, shelter placement, obtaining orders for protection.

Catholic Charities.....(651) 215-2209
Counseling, support, and educational groups; family and individual therapy.

Center for Grief, Loss and Transition.....(651) 641-0177
Counseling, educational groups, sliding fee.

Children’s Home Society and Family Services.....(651) 222-0311
Marriage, family, and personal adjustment therapy for children, adolescents and adults; parenting programs; services for the gay/lesbian community.

Chrysalis.....(612) 871-0118
Chemical dependency and mental health services for women.

CLUES (Comunidades Latinas Unidas En Servicio).....(651) 379-4200
Bilingual and bicultural services for Spanish-speaking people.

Face to Face Health and Counseling Service.....(651) 772-5555
Individual, family and group counseling services for adolescent and young adults ages 11-23.

Head Start/Fraser Preschool Day Treatment.....(651) 603-5823
Preschool day treatment services for severely emotionally disturbed children ages 3-5.

Jewish Family Service.....(651) 698-0767
Individual and family counseling; family life education; special services for Russian-speaking people.

Keystone Community Services.....(651) 645-0349
Case management, information and referral, emergency food shelves, and holiday assistance. Several locations.

Lao Family Community Center.....(651) 221-0069
Counseling and social services for Hmong and Laotian families.

Minnesota Indian Women’s Resource Center.....(651) 728-2000
Assessment, counseling, treatment and advocacy for Native American women and their children.

Mother’s First (Ramsey County).....(651) 266-7820
A program for mothers and pregnant women with drug or alcohol problems.

Northwest Youth and Family Services.....(651) 486-3808
Counseling for families, youth and adults in Ramsey County.

Project ASSIST.....(651) 266-4042
Screening, assessment and arrangement of ongoing services for children with mental health needs.

Ramsey County Teen Parent Program.....(651) 765-7733
Public Health service including home visiting, health counseling, education, employment, and child care for pregnant and parenting adolescents.

- Ramsey County Children and Family Services.....(651) 266-4500**
Services to children with severe emotional disturbances, developmental disabilities or who are abused or neglected.
- Ramsey County Mental Health Center.....(651) 266-7890**
Outpatient mental health service for adults and children.
- St. Paul Youth Services.....(651) 771-1301**
Diversion programs; mobile crisis program.
- Seton Services Division.....(651) 641-1180**
Provides a variety of services to low income men, women and their families; homeless youth.
- White Bear Lake Area Community Counseling Center.....(651) 429-8544**
Individual and family therapy. Parent education classes, family/community support services and support groups for parents in transitions.
- Wilder Child Guidance Center.....(651) 642-4001**
Individual and family counseling for children with behavioral, emotional, or developmental concerns.
- Wilder Programs for Southeast Asians.....(651) 647-9676**
Counseling and social services for Hmong, Vietnamese and Lao families. Parenting programs for Hmong and Cambodian families.

CRISIS NUMBERS ANSWERED 24 HOURS

- Police, Fire, Ambulance and Medical Emergency.....911**
- Asian Women United.....(612) 724-8823**
24-hour multi-lingual domestic violence crisis line for information and help.
- Birthright.....(651) 646-7033**
Emergency assistance to pregnant women and new mothers; layettes, diapers, etc.
- Child Protection.....(651) 266-4500**
Reports of child abuse or neglect [after-hours (651) 291-6795].
- Children’s Crisis Response.....(651) 774-7000**
24-hour crisis consultation and resource location. In-home crisis intervention for children, youth and families.
- Crime Victim Center.....(612) 340-5400**
- Crime Victims Assistance.....(651) 291-8810**
Clinics within the twin cities metro area offer free legal advice to victims of crime.
- Crisis Connection.....(612) 379-6363**
Mental health crisis and general phone counseling.
- Emergency Social Service.....(651) 291-6795**
After-hours response for Ramsey County Social Services – available 5 p.m. through 8 a.m. on weekdays and all day on weekends and holidays.
- MN Domestic Violence Crisis Line.....1-866-223-1111**
- Parent Support Services (formerly Crisis Nursery).....(651) 641-1300**
- Poison Control.....1-800-222-1222**
- Ramsey County Mental Health Crisis.....(651) 266-7900**
Adult crisis services.

Ramsey County Shelters

- Casa de Esperanza - (651) 772-1611
- Tubman Family Alliance - (651) 770-0777
- Women of Nations (Eagle’s Nest) - (651) 222-5836
- Women’s Advocates - (651) 227-8284

St. Paul Domestic Abuse Intervention Project.....(651) 645-2824

Crisis intervention for women in abusive situations.

Sexual Offense Service of Ramsey County.....(651) 643-3006

Counseling and support for survivors of sexual assault.

Suicide Prevention.....(612) 873-2222

Tubman Family Alliance.....(651) 770-0777

Crisis referral for families in abusive situations.

United Way 2-1-1.....211 or (651) 291-0211

24-hour information and referral regarding health and human services in the metro area.

Interpretation Available:

TTY - 711

Spanish - (651) 291-0211, 8:00 AM - 5:00 PM Monday - Friday

Hmong, Somali - (651) 291-0211, 8:00 AM - 5:00 PM Monday - Friday

Russian - (651) 698-9167, 9:00 AM – 1:00 PM Monday - Friday

This guide was compiled by members of the Suburban Ramsey Family Collaborative in partnership with the St. Paul Children’s Collaborative. For additional copies please e-mail your request to

angie.goserud@isd623.org (e-mail requests receive priority), or call 651-604-3584.

Calls returned on Friday.