



Family Resource Guide

EMERGENCY | POLICE | AMBULANCE | CALL 911

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Adult Basic Education Learning Centers

Adult Basic Education Learning Centers

(Call your school district listed in this brochure under Education.)

Minnesota Literacy Council

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

<https://www.literacymn.org/> 800-222-1990 or text 612-424-1211

Century College Continuing Education & Training

<http://www.century.edu/training> 651-779-3341

Car Seats

Car seats for UCare PMAP members 612-676-3200

Car seats for Blue Plus PMAP members

<http://www.everyday-miracles.org> 612-353-6293

Car seats for HealthPartners PMAP members

<http://www.freecarseat.org>

Safe Kids (Minnesota Safety Council)

<http://www.minnesotasafetycouncil.org/> 651-291-9150

Child Care

Family Means (Child Respite Care Program)

<http://www.familymeans.org> 651-439-4840

Breaks for Caregivers

Provides informal care for children with disabilities on a limited basis 800-327-3203

Head Start

Provides education, nutrition, mental health, school readiness and parent engagement services to children and families from income eligible households. Centers in Forest Lake, Newport, Oakdale and Stillwater

<http://www.accap.org/> 763-783-4314

Lakes Area Discovery Center

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

<http://www.ladcfamilies.org> 651-762-7884

Think Small

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

<http://www.thinksmall.org>.....651-641-0305

Together for Good

Provide crisis hosting of children, and provide assistance with resources and transportation during crisis

<http://www.tfgood.org>.....651-440-4058

School-Age Child Care

The following programs provide child care for elementary age children, 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 Lake651-982-8365

Mahtomedi.....651-407-2036

Stillwater651-351-8300

South Washington County.....651-425-6637

Maplewood, Oakdale, North St. Paul.....651-748-7497

White Bear Lake.....651-407-7511

Washington County Community Services - Child Care Assistance Program

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

<https://www.co.washington.mn.us/761/Child-Care-Assistance>651-430-6459

Clothing | Furniture | Equipment

Community Helping Hands Thrift Store

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

<http://www.communityhelpinghand.org>.....651-464-0061

Goodwill Industries

<http://www.goodwilleasterseals.org>

Cottage Grove.....651-769-6813

Forest Lake651-464-4003

Oak Park Heights651-439-0097

Woodbury651-731-7942

Family Pathways Thrift Store

<http://www.familypathways.org>651-464-4713

Joseph’s Coat

<http://www.josephscoatmn.org>.....651-291-2472

Savers

<https://stores.savers.com/search?site=savers>.....651-294-0880

Stone Soup Thrift Shop
<http://www.stonesoupthriftshop.org>.....651-458-9786

Valley Outreach – Dawn’s Family Closet
Provides free clothing and accessories to women, men and children in Stillwater school district.
<http://www.valleyoutreachmn.org>651-430-2739

Counseling and Support

Alzheimer’s Educator & Family Coach
Helping families live better through dementia, aging transitions and end of life.
<http://www.familieswithdementia.com>.....651-210-7866

Anthony Louis Center
(Woodbury Location) Adolescent chemical dependency treatment services.
<http://www.anthonylouiscenter.com>.....651-731-0031

Aris Clinic
(Woodbury Location) Child and adolescent psychiatric intensive outpatient clinic.
<http://www.aris-clinic.com>.....651-259-9750

Canvas Health
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.
<http://www.canvashealth.org>.....651-777-5222

Catholic Charities
Crisis counseling, educational and support groups, information and referral, family, individual, and group therapy.
<http://www.cctwincities.org>.....612-204-8500

Chrysalis Center at Tubman
Chemical and mental health services.
<http://www.tubman.org>.....612-870-2426

Counseling Care
(Lake Elmo Location) 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.
<http://www.counselingcare.us>.....651-379-0444

Domestic Abuse Project

Treatment for abusive men, therapy for women and children.

<http://www.domesticabuseproject.com>612-874-7063

East Suburban Resources

Supports all men and women with employment equally by helping them develop skills and gain meaningful employment.

<http://www.esrworks.org>651-351-0190

Ellie Family Services

Individual, family, and group therapy services, ARMHS, CTSS, medication management, in-home therapy, and case management.

<http://www.elliefamilyservices.com>651-313-8080

Emily Program, The

Personalized treatment for eating disorders.

<http://www.emilyprogram.com>651-645-5323

Face to Face

<http://www.face2face.org>651-772-5555

FamilyMeans

Counseling and therapy, financial solutions, caregiving and aging, youth development and Center for Grief and Loss.

<http://www.familymeans.org>651-439-4840

Family Wise Services

Programs and services to support children, youth and families to live healthier, more effective lives.

<http://www.familywiseservices.org>612-617-0191

Haven Chemical Health Systems, LLC

Provides evaluation and treatment for adults who have chemical abuse/dependency issues.

<http://www.havenchemicalhealth.com>651-734-9633

Jewish Family Services

Counseling and mental health, aging and disability, financial assistance.

<http://www.jfssp.org>651-698-0767

PrairieCare

Services include partial hospital program, intensive outpatient program, and clinical services.

<http://www.prairie-care.com>888-9-PRAIRIE

Rebecca Residence

(Scandia) Treatment for chemical dependency. Ten-bed women’s program.

<http://www.havenchemicalhealth.com>.....651-433-5839

State Services for the Blind (SSB)

Provides advocacy and education services for blind or visually impaired individuals.

<http://www.mnssb.org>.....651-539-2300

Northeast Youth & Family Services

Outpatient mental health, senior chore program, and youth development.

<http://www.nyfs.org>651-429-8544

Lakes Area Youth Service Bureau

<http://www.ytblakesarea.org>.....651-464-3685

Together for Good

Provide crisis hosting of children, and provide assistance with resources and transportation during crisis

<http://www.tfgood.org>.....651-440-4058

Tubman

Helps women, children and families struggling with relationship violence, substance abuse and mental health.

<http://www.tubman.org>651-770-0777

Youth Service Bureau

Provides effective, early intervention services for youth and their families through mental health, chemical health, family education and diversion.

<http://www.yzb.net>

Cottage Grove.....651-458-5224

Stillwater651-439-8800

Woodbury651-735-9534

Crisis Numbers – Most Answered 24/7

American Red Cross

<http://www.redcross.org/local/minnesota>612-871-7676

Canvas Health Crisis Counseling

<http://www.canvashealth.org>.....651-777-5222

Crisis Text Line Text MN to 741741

Domestic Violence Crisis Line

<http://www.dayoneservices.org>866-223-1111

Love Lines Crisis Center	612-379-1199
Mental Health Crisis Line.....	800-273-8255
Minnesota Adult Abuse Reporting Center	844-880-1574
Minnesota Compulsive Gambling Hotline	800-437-3641
Minnesota Relay Service	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 have name & TDD number of person to be called.	
Missing Children Minnesota	
Assistance in searching for missing children and information on search procedures, resources, and prevention education. Hours 9am -5pm. Phones answered 24 hours.	
http://missingchildrenmn.com	612-334-9449 or 888-RUN-YELL
Narcotics Anonymous	
http://www.naminnnesota.org	877-767-7676
National Domestic Violence Hotline	
http://www.thehotline.org	800-799-7233
National Runaway Safeline	
http://www.1800runaway.org	800-786-2929 or 800-RUN-AWAY
National Suicide Prevention Lifeline	
https://suicidepreventionlifeline.org	800-273-TALK (8255)
Poison Control	
http://www.poison.org	800-222-1222
PrairieCare	
http://www.prairie-care.com	888-977-2474
Sexual Assault Hotline.....	800-656-4673
Tubman	
http://www.tubman.org	612-825-0000
United Way 2-1-1	
http://www.211unitedway.org	800-543-7709 or 651-291-0211

Washington County child Protection
<https://www.co.washington.mn.us/806/Child-Protection>651-430-6457

Washington County Crisis Response
<https://www.co.washington.mn.us/2923/Crisis-Response>651-275-7400

Development

Early Childhood Screening

Required by state law before children start kindergarten. Children are generally screened at 3 ½ -4 years old. Children are screened for vision, speech, hearing, and development. There is no charge for this service. Parents may also call if they are concerned about their child’s development.

Forest Lake, ISD 831651-982-8301
Mahtomedi, ISD 832651-407-2443
Maplewood, Oakdale, North St. Paul, ISD 622.....651-702-8468
South Washington County, ISD 833.....651-425-6175
Stillwater, ISD 834.....651-351-4022
White Bear Lake, ISD 624651-653-3100

Help Me Grow

Provides resources for families to understand developmental milestones and learn if there are concerns.
<http://www.helpmegrowmn.org>651-430-6750

Follow-Along Program

For parents of children, birth to age three, at no cost to learn if your child is talking, moving, playing, and acting like other children at the same age and get some ideas for activities you can do with your child,
<https://www.co.washington.mn.us/1073/Follow-Along-Program-FAP>651-430-6750

Minnesota State Council on Disability

<http://www.disability.state.mn.us> 800-945-8913 or 651-361-7800

Washington County Community Services – Intellectual and Developmental Disabilities

Case management, assessment, and development of a service plan to address child’s needs.
<https://www.co.washington.mn.us/783/Intellectual-and-Developmental>651-430-6484

Education

Alternative K-12 Schools

Lakes International Language Academy (K-5)

<http://www.mylila.org>651-464-0771

Math and Science Academy (6-12)

<http://www.mnmsa.org>.....651-578-7507

Natural Science Academy
<http://www.naturalscienceacademy.org>651-925-5050

New Heights Charter School
<http://www.newheightsschool.com>651-439-1962

North Lakes Academy Charter School
<http://www.northlakesacademy.org>651-982-2733

St. Croix Preparatory Academy
<http://www.stcroixprep.org>651-395-5900

Community Education

Offers a wide variety of classes for all ages, abilities and cultures.

Forest Lake
<http://www.flaschools.org>651-982-8110

Mahtomedi
<http://www.communityed.mahtomedi.K12.mn.us>651-407-2018

North St. Paul, Maplewood, Oakdale
<http://www.isd622.org/communityeducation>651-748-7630

South Washington County
<https://ce.sowashco.org>651-458-6300

Stillwater
<http://www.stillwaterschools.org/community-education>651-351-8300

White Bear Lake
<http://www.whitebear.ce.eleyo.com>651-407-7501

Early Childhood Special Education (ESCE)

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

Forest Lake, ISD 831651-982-8300

Mahtomedi, ISD 832651-407-2445

North St. Paul, Maplewood, Oakdale, ISD 622.....651-748-8450

South Washington County, ISD 833.....651-425-6121

Stillwater, ISD 834.....651-351-4000

White Bear Lake, ISD 624651-653-3101

Head Start

Child development program primarily for children ages 3-5 years. Serving families with low incomes.

<http://www.accap.org>763-783-4747

Parent Advocacy Coalition for Educational Rights (PACER Center Inc.)

Enhances quality of life and expands opportunities for children, youth and young adults with disabilities.

<http://www.pacer.org>800-537-2237 or 952-838-9000

Minnesota Region American Red Cross

CPR, First Aid, lifeguarding, babysitting, and CNA training.

<https://www.redcross.org/local/minnesota/take-a-class>612-871-7676

District Preschool

A program for children ages 3 ½ - 5 to help prepare for kindergarten.

Forest Lake, ISD 831651-982-8300

Mahtomedi, ISD 832651-407-2441

South Washington County, ISD 833.....651-425-6632

Stillwater, ISD 834.....651-351-4000

White Bear Lake, ISD 624651-653-3100

U of M Extension

Washington County651-430-6800

Washington County Alternative Learning Programs

An alternative setting and placement vs. regular school

Forest Lake Area Community School, ISD 831.....651-982-3170

Mahtomedi Academy, ISD 916651-415-5680

Harmony Learning Center, ISD 622651-748-6200

South Washington Alternative High School, ISD 833.....651-425-7001

St. Croix Valley Area Learning Center, ISD 834.....651-351-8472

White Bear Lake Area Learning Center, ISD 624651-773-6400

Washington County School Districts

Forest Lake School District 831651-982-8100

Mahtomedi School District 832.....651-407-2000

North St. Paul, Maplewood, Oakdale School District 622.....651-748-7622

South Washington County School District 833.....651-425-6300

Stillwater School District 834.....651-351-8340

White Bear lake School District 624651-407-7500

Emergency and Transitional Housing

Bridge for Youth

Youth ages 10-17 years can text/call to get help during a crisis including housing.

<https://www.bridgeforyouth.org> 612-377-8800 or Text 612-400-7233

Canvas Health

<http://www.canvashealth.org>.....651-777-5222

Housing Link

<http://www.housinglink.org>612-522-2500

Solid Ground http://www.solidgroundmn.org	651-773-8401
Minnesota Region American Red Cross http://www.redcross.org/local/minnesota	612-871-7676
Tubman http://www.tubman.org	612-825-0000
St. Andrews Community Resource Center http://www.standrews.org	651-762-9124
Washington County Homeless Outreach Support Team	651-430-6488
Washington County Community Development Agency http://www.washingtoncountycda.org	651-458-0936
Youth Services Network http://www.ysnmn.org	

Employment Assistance | Family Mentoring

Career Force Single point access to employment and employment related services. http://www.careerforcemn.com	
Woodbury	651-275-8665
Cottage Grove	651-430-4162
Forest Lake	651-275-7265
Washington County Young Adult Program https://www.co.washington.mn.us/1923/Young-Adult-Program	651-275-8650
Women Venture Supports women-owned businesses by providing microloans, education and consultation. http://www.womenventure.org	612-224-9540

Financial

Bridge to Benefits http://www.bridgetobenefits.org/Home2	
Car Ownership Program http://www.caprw.org	651-603-5880

Cradle of Hope
<http://www.cradleofhope.org>651-636-0637

Energy Assistance Program
<http://www.caprw.org>651-645-6470

Salvation Army Washington County Social Services
Emergency/rental assistance for county residents.
centralusa.salvationarmy.org651-739-6288

Supplemental Security Income
Assistance for disabled children/adults with limited income/resources.
<http://www.ssa.gov>800-772-1213

Valley Outreach Emergency Fund
Funding to help with emergency heating, housing issues, medical, dental and transportation issues.
<http://www.valleyoutreachmn.org>651-430-2739

Washington County Community Services – Economic Assistance Intake
Child Care Assistance Program, Medical Assistance, Food Stamps, MFIP, Emergency Assistance.
<https://www.co.washington.mn.us/787/Economic-Support>651-430-6459

Financial Counseling

FamilyMeans Financial Solutions
<http://www.familymeans.org>651-439-4840

LSS Financial Counseling
Guidance, knowledge, and tools to help you establish a budget, pay off debt or student loans and more.
<http://www.lssmn.org>651-642-5990

Food Shelves

Century College Food Pantry
For students of Century College.
www.century.edu651-779-3338

Christian Cupboard
(Oakdale Location) Serving Woodbury, Landfall, and Oakdale.
<http://www.ccefs.org>651-233-1296

Community Helping Hand
Serving the Forest Lake School District.
<http://www.communityhelpinghand.org>651-464-6831

Elim Scandia Marine Food Shelf

Serving Scandia, Marine on St. Croix and May Township.

<https://www.elimscandia.org>651-433-2723

Family Pathways

Serving the Forest Lake School District.

<http://www.familypathways.org>651-464-2098

Friends in Need

(St. Paul Park Location) Serving Cottage Grove, Newport, St. Paul Park, and Grey Cloud Island.

<http://www.finfood.org>.....651-458-0730

Hugo Good Neighbors Food Shelf

Serving the Hugo Community. Hours: Monday, Tuesday, & Thursday, 4-7pm.

<http://www.hugoodfoodshelf.org>.....651-528-6224

Mahtomedi Area Food Shelf

Serving the Mahtomedi School District.

<http://www.stjudeofthelake.org>.....651-395-5350

New Life Church

(Woodbury Location) Serving Woodbury, Cottage Grove, and Oakdale.

<http://www.nlcwoodbury.org>.....651-459-0444

North St. Paul Area Food Shelf

<http://www.nspafoodshelf.org>651-770-1309

Ruby’s Pantry

(Forest Lake Location.) Open to anyone.

<http://www.goodnews@rubyspantry.org>651-674-0009

St. Michael’s Food Shelf

(Stillwater Location) Serving the Stillwater School District.

<http://www.stmichaelstillwater.org>.....651-439-3241

Valley Outreach

(Stillwater Location) Serving the Stillwater School District.

<http://www.valleyoutreachmn.org>651-430-2739

White Bear Area Emergency Food Shelf

Serving the White Bear Lake School District.

<http://www.whitebearfoodshelf.org>.....651-407-5310

Health Care

Century College Dental Clinic.....651-779-5787

Child and Teen Check-Ups (C&TC) Program

Provides outreach, resources, health care information for those covered by MN Health Care Programs.

<https://www.co.washington.mn.us>.....651-430-6750

Children’s Dental Services

(Various Locations) Preventative dental care for pregnant women and children ages 0-26 years.

<http://childrensdentalservices.org>612-746-1530

Children’s Hospitals and Clinics

<http://www.childrensmn.org> (various clinic locations)

St. Paul651-220-6000

Minneapolis.....612-813-6000

Face to Face

Supports youth ages 11-24 with medical needs, mental health, housing, and much more.

<http://www.face2face.org>651-772-5555

Fairview Lakes Regional Medical Center Wyoming

<http://www.fairview.org>651-982-7000

Follow Along Program (FAP)

Mailed developmental screening questionnaires for children up to 3 years of age.

<https://www.co.washington.mn.us/1073/Follow-Along-Program-FAP>.....651-430-6750

Lakeview Hospital Stillwater

<http://www.lakeviewhealth.org>651-439-5330

PrairieCare

Psychiatric services include Partial Hospital Program, Intensive Outpatient Program and Clinical Services.

<http://www.prairie-care.com>.....952-826-8475

Regions Hospital

<http://www.healthpartners.com>.....651-254-3456

St. Mary’s Health Clinic

Provides health care services at no cost to low income, uninsured individuals and families.

<http://www.stmaryshealthclinics.org>.....651-287-7777

United Hospital

<http://www.allinahealth.org>.....651-241-8000

Washington County Public Health

Prenatal and breast feeding education, parenting support, immunization clinic, WIC, Family Health Nursing provides supportive home visits and health education to pregnant women and families with children in Washington County.

<https://www.co.washington.mn.us/471/Public-Health-and-Environment>.....651-430-6655

Woodwinds Health Campus

<http://www.fairview.org>651-232-0228

Health Care Coverage

American Diabetes Association Minnesota

<http://www.diabetes.org>.....800-342-2383

MinnesotaCare

<http://www.mn.gov/dhs> Apply online <http://www.mnsure.org>

Portico Healthnet

Information and assistance connecting with health care program that best meets individual needs.

<http://www.porticohealthnet.org>.....651-489-2273

Washington County Community Services – Economic Support

Helps eligible residents with health care coverage information and access.

<https://www.co.washington.mn>651-430-6459

Legal Services

Child Support Program

<https://www.co.washington.mn.us>.....651-430-6455

Chrysalis Center

<http://www.tubman.org>.....612-871-0118

Dial Lawyers

<http://www.diallawyers.com>612-529-9377

Homeline (rental advocacy)

Tenant hotline regarding rights and responsibilities.

<http://www.homelinemn.org>612-728-5767

LawHelpMN.org

MN Disability Law Center

<http://www.mylegalaid.org/about/our-work/disability-law>612-332-1441

Southern Minnesota Regional Legal services, Inc.

Free legal assistance available based on income. No criminal cases. Interpreters available.

<http://www.smrls.org>.....888-575-2954

Tubman

Civil and Criminal orders of protection. Free counseling. Legal assistance from law clerks.

<http://www.tubman.org>.....651-770-0777

Libraries

Bayport651-275-4416

Forest Lake651-275-7300

Lake Elmo651-275-8515

Lakeland651-436-5882

Mahtomedi.....651-426-2042

Newport651-459-9631

Oakdale651-730-0504

Cottage Grove.....651-459-2040

Stillwater651-275-4338

Washington County Law Library651-430-6330

Woodbury651-731-1320

Mental Health Resources

Canvas Health

<http://www.canvashealth.org>.....651-777-5222

Disability Hub MN

<http://www.disabilityhubmn.org>866-333-2466

Face to Face

<http://www.face2face.org>651-772-5555

Fraser

<http://www.fraser.org>.....612-861-1688

MN Mental Health Association

<http://www.mentalhealthmn.org>651-493-6634

Mental Health Crisis Line.....800-273-8255

NAMI MN (National Association for Mentally Ill)

<http://www.namihelps.org>.....651-645-2948

PrairieCare

Inpatient and outpatient services for children and adults.

<http://www.prairie-care.com>.....888-977-2474

Tubman

Helps women and children struggling with relationship violence, substance abuse and mental health.

<http://www.tubman.org>.....651-770-0777

Washington County Crisis Response Unit

Assists individuals and families experiencing a crisis. The team is designed to serve as a valuable resource to law enforcement, hospitals, schools and other community agencies.

<mailto:CrisisResponse@co.washington.mn.us>651-275-7400

Nutrition and Food Programs

Fare for All

Packages of fresh produce and frozen meat at up to 40% savings.

<http://www.fareforall.org>..... 763-450-3880 or 800-582-4291

Food Harvest of the St. Croix Valley

<http://www.foodharvestscv.org>612-708-6799

Food Stamps/Supplemental Nutritional Assistance Program651-430-6459

Hunger Solutions

<http://www.hungersolutions.org/find-help>.....888-711-1151

Mothers and Children Program (MAC)

<http://www.health.state.mn.us>651-484-8241

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

Parenting | Family Classes

Baby Café at Lakeview Hospital651-430-4510

Ramsey County Baby Café Sun Ray

<http://www.babycafeusa.org>.....651-249-1683

Baby Café, Hastings.....651-437-4200

The Baby Blanket Ministry
<https://thebabyblanket.org>651-304-0432

Early Childhood Family Education (ECFE)

Classes for parents and their children ages birth to kindergarten. Call for more information.

Forest Lake651-982-8300
Mahtomedi.....651-407-2024
Stillwater651-351-4000
N. St. Paul, Maplewood, Oakdale651-748-7280
South Washington County.....651-4586632
White Bear Lake.....651-653-3100

LaLeche League

A peer support and education group for breastfeeding women.

<https://thebabyblanket.org>612-922-4996

New Parent Connection

Classes offer support and resources for new parents. Parents and babies may join the group at any time.

fairview.org651-425-6636

Pregnancy

Abbott-Northwestern Hospital

Pregnancy and infant loss support group. Parents who experienced the loss of an infant through miscarriage, stillbirth, or early neonatal loss. Pre-registration required. Meets at United Hospital.

<http://www.allinahealth.org>.....651-241-6206

Allina-affiliated Hospitals

<https://account.allinahealth.org/find/events#find>1-888-425-5462

Amma Parenting Center

<https://ammaparentingcenter.com>.....952-926-2229

Children’s Home Society & Lutheran Social Services

<http://www.chlss.org>651-646-7771

Children’s Hospitals and Clinics – St. Paul

<https://www.childrensmn.org/>.....651-241-6206

Compassionate Friends

<http://www.compassionatefriends.org/chapter/st-paul-chapter>612-991-9954

Life Care Centers

Services and resources to women who are unexpectedly pregnant.

Women's Life Care Center (Little Canada)

<http://www.womenslifecarecenter.org>.....651-777-0350

Options for Women East (E. St. Paul)

<http://www.optionsforwomeneast.com>651-776-2328

Lakes Life Care Center (Forest Lake)

<http://www.lakeslifecarecenter.org>.....651-464-4340

Wakota Life Care Center (St. Paul)

<http://www.guidingstarwakota.org>651-457-1195

Woodbury Options for Women

<http://www.woodburypregnancy.org>651-340-9062

Hastings Total Life Care

<http://www.tlchastings.com>.....651-347-1889

Washington County Department of Public Health & Environment651-430-6655

Recreation

Cottage Grove Parks and Recreation.....651-458-3400

Forest Lake Parks and Recreation651-209-3723

Lake Elmo Park Reserve651-430-8370

Mahtomedi Parks and Recreation.....651-426-3344

Maplewood Parks and Recreation651-249-2100

Newport Summer Recreation651-459-5677

North St. Paul Parks and Recreation651-747-2411

Oakdale Recreation.....651-747-3860

St. Croix Valley Recreation Center651-430-2601

Stillwater Community Education651-351-8300

White Bear Lake Recreation651-407-7501

Woodbury Parks and Recreation651-714-3583

Maplewood Community Center (YMCA)651-747-0922

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

YMCA

Hastings.....651-480-8887

Hudson.....715-386-1616

White Bear Area651-777-8103

Woodbury651-731-9507

Senior Services

Alzheimer’s Educator & Family Coach
<http://www.familieswithdementia.com> 651-210-7866

Community Thread
<http://www.communitythreadmn.org> 651-439-7434

Family Means
<http://www.familymeans.org> 651-439-4840

Minnesota State Council on Disability
<http://www.disability.state.mn.us> 800-945-8913 or 651-361-7800

Senior Centers

Fitness education, leisure programs, mini health clinics, resource information tax assistance and more.

Cottage Grove 651-425-6650
<https://ce.sowashco.org/seniors>

Forest Lake 651-464-5833
<http://www.forestlakeseniorcenter.com>

Stillwater 651-439-7434
<http://www.communitythreadmn.org>

Senior Linkage Line
<http://www.seniorlinkageline.org> 800-333-2433

Valley Outreach

Seniors 65+ may visit food shelf twice a month plus every Friday. Deliver is available to those in need.

<http://www.valleyoutreachmn.org> 651-430-2739

Washington County Adult Protection 844-880-1574

Washington County Community Development Agency
<http://www.washingtoncountycda.org> 651-458-0936

Support Groups

ADD/ADHD Parent Support Groups 651-748-7622

Alanon/Alateen

Help for families of alcoholics.

<http://www.al-anon-alateen-msp.org> 651-771-2208

Alcoholics Anonymous

<http://www.aa.org> 952-922-0880

Alzheimer’s Association

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

<http://www.alz.org>

Alzheimer’s Educator & Family Coach

<http://www.familieswithdementia.com>651-210-7866

ARC – Greater Twin Cities

Promotes and protects the human rights of people with intellectual and developmental disabilities.

<https://arcminnesota.org>952-920-0855

Autism Society of Minnesota

<https://www.ausm.org>651-647-1083

Beyond the Yellow Ribbon 612-584-BTYR

Breast Cancer Support Group

<http://www.lakeviewhealth.org/supportgroups>651-269-0480

Caregiver Support (FamilyMeans)

<http://www.familymeans.org>651-439-4840

Children’s Home Society and Lutheran Social Services

Adoption related support groups and classes.

<http://www.chlss.org>651-646-7771

Courage Kenny Rehabilitation Institute

Provides education and support to people with disabilities, complex health issues or other rehab needs.

<http://www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute>612-863-4200

Chrysalis Center (several support groups)

<http://www.chrysaliscenterct.org>612-870-2426

DadsFirst

<http://www.dadsfirst.org>

Diabetes Support Group

<http://www.lakeviewhealth.org/supportgroups>651-430-8715

Emotions Anonymous

<http://www.emotionsanonymous.org>651-647-9712

Fibromyalgia Support Group651-241-3373

Gamblers Anonymous

<http://www.gamblersanonymous.org>855-222-5542

Heart to Heart: Heart Care Support Group651-430-4530

Multiple Myeloma Support Group	651-437-9064
Prevent Child Abuse Minnesota http://www.pcamn.org	651-523-0099
Smoking Cessation http://www.lakeviewhospital.org/supportgroups	651-430-4510
Weathering Life’s Losses http://www.lakeviewhealth.org/supportgroups	651-430-4578

Support Groups for Children and Teens

Alanon/Alateen Information Center Help for families of alcoholics. http://www.al-anon-alateen-msp.org	651-771-2208
Anthony Louis Center Adolescent chemical dependency treatment services. http://www.anthonylouiscenter.com	651-731-0031
FamilyMeans http://www.familymeans.org	651-439-4840
Headway Mental health services for all ages/couples/families. http://www.headway.org	612-861-1675
Teens/Kids in Grief (Lakeview Hospital) http://www.lakeviewhealth.org/supportgroups	651-430-4578
Young Life: Young Lives for Teen Moms/Dads and Family Fridays http://www.stillwater.younglife.org	651-430-1873
Young Parents Class Support and information for young parents in their teens and early 20’s. Children birth -5yrs. Cottage Grove	651-425-6636

Therapeutic Health Services

Courage Kenny Rehabilitation Institute http://www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute	612-863-4200
Children and Youth with Special Health Needs http://www.health.state.mn.us/people/childrenyouth/cyshn/family.html	651-201-5000

Children’s Minnesota

<http://www.childrensmn.org>

Minneapolis.....612-813-6000

St. Paul651-220-6000

Early Childhood Special Education (ECSE)

For the center nearest you, call your school district listed in this brochure under Education.

Family Achievement Center

Provides physical therapy, occupational therapy, speech & language pathology, life skills, etc.

<http://www.familyachievement.com>651-738-9888

Functional Kids Clinic

Provides physical, occupational, sensory, and feeding therapy services.

<http://www.functionalkids.com>651-770-8884

Gillette Children’s Specialty Healthcare

<http://www.gillettechildrens.org>651-291-2848

Lifetrack

Provides physical therapy, occupational therapy, speech therapy, audiology services, and social services on a sliding fee scale. Homebound therapy is provided when medically necessary.

<http://www.lifetrack-mn.org>651-227-8471

Shriners Hospital

<https://www.shrinershospitalforchildren.org/shc>612-291-2848

Transportation

Blue Ride651-662-8648

Medical/dental appointments for Blue Plus members

CAP or Ramsey & Washington County Car Ownership Program

May qualify for a \$4,000 loan to buy a used vehicle.

<http://www.caprw.org>651-603-5880

Community Thread

Volunteers transport clients to medical appointments in Washington County. Call for details.

<http://www.communitythreadmn.org>651-439-7434

Forest Hills Church Car Care Program

Car repairs for those in need of assistance in the Forest Lake Area.

<https://www.foresthillsumc.net/community-care/>651-464-2561

Health Partners RideCare952-883-7400

Metro Mobility

<http://www.metrocouncil.org>651-602-1111

Metro Transit Bus Schedules
<http://www.metrotransit.org>612-341-4287

St. Croix Valley Christians in Action
<http://www.carcasaturday.org>651-321-3547

Transit Link651-602-5465
Shared ride service. Call to reserve.

UCare Health Ride.....612-676-6830

Washington County Vehicle Registration
Contact license center in Woodbury, Stillwater, or Forest Lake. Information on how to obtain a sticker for handicapped parking.

Volunteer Opportunities

Community Thread
<http://www.communitythread.org>651-439-7434

FamilyMeans
<http://www.familymeans.org>651-439-4840

Canvas Health
<http://www.canvashealth.org>.....651-275-4311

Lakeview Hospital (Stillwater)
Student Volunteer Program provides senior high students with meaningful volunteer experiences.
<http://www.lakeviewhealth.org/volunteer>651-430-8522

Stone Soup Thrift Shop
<http://www.stonesoupthriftshop.org>.....651-458-9786

Lakes Center for Youth and Family (Forest Lake)
<http://www.lc4yf.org>.....651-464-3685

Youth Activities

4-H, University of Minnesota Extension – Washington County.....651-430-6800

Big Brothers/Big Sisters
<http://www.bigstwincities.org>651-789-2400

Boy Scouts Northern Star Council BSA
<http://www.northernstar.org>612-261-2300

Camp Fire MN http://www.campfiremn.org	612-235-7284
Explorers (Medical Careers) http://www.lakeviewhealth.org/volunteer	651-430-8522
Girl Scout Council of St. Croix Valley, Inc. http://www.girlscoutsrv.org	800-845-0787
Stillwater Young Life http://www.stillwater.younglife.org	651-430-1873
Woodbury Young Life http://www.woodbury.younglife.org	651-354-9952
WyldLife/YoungLife http://www.stillwater.younglife.org	651-430-1873
Youth Advantage http://www.youthadvantage.org	651-342-1266

The information in The Family Resources Guide is provided for your convenience and is accurate as of the publication date. We cannot guarantee that the information provided through third parties will remain accurate and up-to-date, however, we will update as information is garnered.