

FAMILY and COMMUNITY RESOURCES for 2008-2009

EMERGENCY NUMBERS

United Way 211 651-291-0211
Poison Emergency Information 1-800-222-1222

NUTRITION PROGRAMS FOR WOMEN & CHILDREN

WIC (*Women, Infants and Children*) 651-266-1300
MAC (*Mothers and Children*) 651-484-8241

FOOD PROGRAMS

Food Stamps 651-266-4444
Food Shelf Info & Locations (*United Way 211*) 651-291-0211

HEALTH INSURANCE

MinnesotaCare 651-297-3862
Medical Assistance 651-266-4444
Portico Healthnet 651-603-5100
Neighborhood Healthcare Network 651-489-2273

MEDICAL & HEALTH CARE

Children's Hospital Clinic-St. Paul 651-220-6700
Regions Hospital 651-254-3456
St. Paul/Ramsey County Health Department 651-266-2400
 Immunizations 651-266-1234
 Lead Poisoning 651-266-1292
St. Paul/Ramsey County Public Health Nursing 651-765-7733
St. Paul/Ramsey County Mental Health Center 651-266-7999
St. Paul/Ramsey County Refugee & Immigrant Health Program 651-266-1244
Gillette Children's Specialty Healthcare 651-291-2848

DENTAL CARE

Union Gospel Mission 651-292-1721
Open Cities Dental Clinic 651-290-9200
Helping Hand Dental Clinic 651-224-7561
Children's Dental Services 612-746-1530
North End Health Center 651-489-8021
Westside Dental Clinic 651-602-7575

COMMUNITY HEALTH CLINICS (*low cost/sliding fee*)

McDonough Homes, 1541 Timberlake Rd 651-558-2191
Open Cities Health Center, 409 N Dunlap St. 651-290-9200
North End Medical Center, 135 Manitoba 651-489-8021
Eastside Family Clinic 860 Arcade 651-772-9757
United Family Health Center, 545 W. 7th St., #3 651-241-1000
West Side Community Health Center, 153 Concord 651-222-1816
St. Mary's Health Clinic 651-690-7029
New Americans Community Health Clinic 651-287-5223
(primarily serves African immigrants and refugees)

RAMSEY COUNTY

COMMUNITY HUMAN SERVICES 651-266-4444
EMERGENCY SOCIAL SERVICES 651-291-6795
AFTER 5:00 P.M.
Birth and Death Records 651-266-1333

HOUSING

Housing Link-Call United Way 2-1-1 for cell phones: 651-291-0211
St. Paul Public Housing Rental Assistance 651-298-5158

COMMUNITY SERVICES CENTERS

Programs include Daycare, Counseling, Food & Clothing Shelves, Emergency Assistance
Baker Community Center, 209 W. Page 651-292-7244
Eastside Community Center, 1526 E. 6th St. 651-771-8821
Hallie Q. Brown/Martin Luther King Center, 270 N. Kent 651-224-4601
McDonough Community Center, 1544 Timberlake Rd. 651-558-2172
Merriam Park Community Ctr., 2000 St. Anthony Ave. 651-645-0349
Merrick Community Services, 715 Edgerton 651-771-9339
Mt. Airy Community Center 91 E. Arch St. 651-228-3192
Neighborhood House, 179 E. Robie St. 651-227-9291
Roosevelt Community Center, 1575 Ames 651-793-3853
West Seventh Community Center, 265 Oneida 651-298-5493
Joseph's Coat, 1107 W. 7th Street 651-291-2472
Salvation Army Social Services 651-746-3400

CULTURE-SPECIFIC SUPPORT SERVICES:

AFRICAN AMERICAN

St. Paul Urban League 651-224-5771
African American Family Services 612-871-7878

HISPANIC

Hispanos en Minnesota 651-227-0831
Casa de Esperanza (*Emergency Shelter for Battered Women*) 651-646-5553
CLUES (*Chicanos Latinos Unidos en Servicio*) 651-379-4200
Westside Community Health Center (*La Clinica*) 651-222-1816
Mexican Consulate 651-771-5494

ASIAN

Asian Women United 612-646-2118
Lao Family Community of Minnesota, Inc. 651-221-0069
United Cambodian Association of Minnesota 651-222-3299
Vietnamese Social Services of Minnesota 651-641-8907
Hmong Cultural Center 651-917-9937
Wilder Programs for Southeast Asians 651-647-9676
Karen Community of Minnesota 651-487-3390
Lao Family Community English Education Program 651-771-3891
Hmong Minnesota Pacific Association 651-778-8937
Vietnamese Minnesotans Association 651-290-4791

AMERICAN INDIAN

American Indian Family & Children's Services 651-223-8526
American Indian Family Center 651-793-3803
Women of Nation/Eagle's Nest Shelter 651-222-5830
Minnesota Indian Woman's Resource Center 612-728-2000

AFRICAN

Somali Community of Minnesota 612-871-4268
Ethiopian Community in Minnesota 651-645-9668
Oromo Community of Minnesota 612-340-0282

TRANSPORTATION

Metro Transit 612-373-3333

PARENT HELP LINES

Parent Warmline 612-863-6336

COUNSELING & SUPPORT SERVICES

Child Protection (*Intake*) 651-266-4500
 MN Coalition for Battered Women's Crisis Line 651-646-6177
 Alcoholics Anonymous – St. Paul Area 651-227-5502
 Sexual Offense Services 651-643-3006
 Children's Crisis Response 651-774-7000
 Ramsey County Mental Health Center 651-266-7890
 Women's Advocates 651-227-8284
 Tubman Family Alliance 24 hour Crisis Line 651-825-0000
 St. Paul Domestic Abuse Intervention Project 651-645-2824
 Children's Home Society- Parent Support Services 651-641-1300
 Wilder Foundation Family Services 651-642-4000
 La Familia Guidance Center 651-221-0913

FAMILY RESOURCE CENTERS

Working Family Resource Center, Downtown St. Paul 651-293-5330

FAMILY CENTERS

American Indian Family Center 651-793-3803
 Eastside Family Center 651-793-7340
 West Seventh Family Center 651-298-4566

PARENTING EDUCATION & ASSISTANCE

Lutheran Social Service 612-874-0856
 Children's Home Society and Family Service 651-222-0311
 Early Childhood Family Education 651-793-5410
 (*St. Paul Public Schools*)
 Ramsey County Public Health Nursing (*Intake*) 651-765-7733
 Catholic Charities 651-222-3001
 Jewish Family Services 651-698-0767

PARENT SUPPORT GROUPS

Parents Without Partners 952-953-7100
 MELD, Parenting Groups 612-435-0293
 Prevent Child Abuse Minnesota 651-523-0099

LEGAL ADVICE

Immigrant Law Center of Minnesota 651-641-1011
 Minnesota Advocates for Human Rights 612-341-3302
 Centro Legal (*serving Hispanics*) 612-642-1890
 Refugee, Immigrant, and Migrant Services 651-291-2837
 Legal Aid Society 612-332-1441

ADULT LITERACY PROGRAMS, Saint Paul Public Schools

Adult Diploma Program 651-290-4705
 Hubbs Lifelong Learning Center 651-290-4822

KINDERGARTEN & PRE- KINDERGARTEN PROGRAM**INFORMATION, Saint Paul Public Schools**

Elementary Placement Office 651-632-3760
 Student Placement Center 651-632-3701
 General Information, Saint Paul Public Schools 651-767-8100

CHILD CARE AND PRESCHOOL ASSISTANCE

Childcare Assistance Program 651-266-4019
 Early Childhood Mentoring Program 651-641-6604
 Early Childhood Scholarship Program 651-641-6604
 Early Childhood Allowance Program 651-641-6604

CHILD CARE INFORMATION

Resources for Child Caring:
 Childcare Resources & Referral 651-641-0332
 Discovery Club (*School-Age Child Care*) 651-793-5428
 (*Saint Paul Public Schools*)
 MN Child Care Resource & Referral Network 1-888-291-9811

PRESCHOOL PROGRAMS

Pre-Kindergarten Program 651-793-5430
 (*Saint Paul Public Schools*)
 Elementary Placement Office 651-632-3760
 (*Saint Paul Public Schools*)
 Early Childhood Family Education 651-793-5410
 (*Saint Paul Public Schools*)
 Community Action Programs Head Start 651-603-5977
 Resources for Child Caring (*Referrals for Part-day Programs*) 651-641-0332
 Parks and Recreation Centers 651-266-6400

DEVELOPMENTAL SCREENING

Early Childhood Screening (*Required before Kindergarten*) 651-632-3746

CHILDREN WITH SPECIAL NEEDS

Early Childhood Intervention Services 651-696-9650
 (*Saint Paul Public Schools*)
 Early Childhood Information and Referral of Ramsey Co. 651-604-3700
 Special Needs Child Care Providers 651-641-6644
 Jewish Family Services 651-698-0767
 Lifetrack Resources 651-227-8471
 Wilder Child Guidance Clinic 651-642-4001
 Pacer Center, Inc. 952-838-9000

HAVING FUN WITH OTHER CHILDREN

Parks and Recreation Centers 651-266-6400
 Community Education Programs 651-793-5455
 (*Saint Paul Public Schools*)
 St. Paul Public Libraries 651-266-7000
 Minnesota Children's Museum 651-225-6000
 Science Museum of Minnesota 651-221-9444
 Como Park Zoo 651-487-8200