

Anoka County Resource Guide

Volume 11, 2010 – 2012

The Anoka County Community Resource Guide was developed to help promote self-sufficiency for residents of Anoka County. Self-sufficiency is being able to provide for yourself and your family without undue hardship. The resources in this book are available to you and your family, but **YOU** must take the first step.

Call! Ask for what you need!

The Anoka County Community Resource Guide was compiled by volunteers and staff of Anoka County Community Action Program, Inc. (ACCAP).

This guide was made possible with financial support from ACCAP and Anoka County. If you have comments on the Anoka County Community Resources Guide please write to:

ACCAP

Anoka County Community Resource Guide

1201 – 89th Ave NE, Suite 345

Blaine, MN 55434

(763) 783-4747

This resource guide is available online at: <http://www.accap.org>

Minnesota Relay Service (MRS) • MRS provides a link between voice and TTY telephone systems. A voice operator/TTY generator will transmit your message. There is no charge for this service, and absolute confidentiality is assured. To access the relay service call 7-1-1, TTY in Anoka County is (763) 323-5544. MRS Customer Service: (651) 602-9005.

This directory is only current as of date of publication, August 2010. Criteria for selecting the agencies listed in the directory was based on recommendations from an advisory committee. Information regarding services was provided by the agencies themselves. Inclusion of the agencies and services listed in the Resource Guide is not a recommendation. No verification or evaluation of the services offered by the listed agencies was conducted by ACCAP.

Upon request this document will be available in alternative formats per the requirement of the American Disabilities Act.

Abbreviation Key

Ave = Avenue
Ext. = Extension
Ste = Suite
Blvd = Boulevard
Rd = Road
N = North
NE = Northeast
MN = Minnesota
Mon = Monday
Tues = Tuesday

Wed = Wednesday
Thurs = Thursday
Fri = Friday
Sat = Saturday
Sun = Sunday
TTY = Telephone Typewriter, common name for
Telecommunication Device for the Deaf (TDD)
MA = Medical Assistance
ESL = English as a Second Language
ELL = English Language Learner

Appt = Appointment
NW = Northwest
St = Street
S = South
SW = Southwest
SE = Southwest
& = And
Etc. = Etcetera
GED = General Education Development
ABE = Adult Basic Education

TABLE OF CONTENTS

HELPLINES & CRISIS NUMBERS	5
Abuse – Physical &/or Sexual.....	6
Alcohol / Chemical Dependency	8
Children	9
Medical.....	11
Other	12
BASIC NEEDS	13
Food	14
Food Shelves	16
Housing / Household Management.....	17
Recycling / Waste Management.....	19
Subsidized Housing	20
Subsidized Apartments	20
Transitional Housing	21
Emergency Shelter	21
Clothing.....	22
Transportation	23
HEALTH AND WELLNESS	25
Special Needs Programs.....	27
Hospitals.....	31
Low Cost Clinics.....	32
Dental.....	33
Chemical Health	33
Mental Health	35
EMPLOYMENT	39
Metro Civil Service Job Information	41
National Service	41
FINANCIAL	43
Financial Assistance	43
Financial Counseling & Education.....	44
LEGAL	46

EDUCATION	49
School District Offices	51
Community Education Departments	52
Community Education Departments Special Needs	52
Parenting / Child Development	52
EARLY CHILDHOOD CARE / EDUCATION	56
Child Care & Education	56
Child Care Subsidy.....	58
Equipment.....	58
FAMILY SERVICES	59
Safety	60
Pregnancy / Infants	61
COMMUNITY INVOLVEMENT.....	63
YOUTH SERVICES.....	65
Hotlines	65
Shelter / Housing / Transitional Housing.....	66
Drop-in Centers.....	66
Health & Wellness: Health Care.....	67
Mental Health & Counseling.....	68
Other Resources.....	69
Education	72
FOR SENIORS ONLY	72
Outreach & Referral.....	73
Local Senior Transportation Services.....	73
Food	74
Anoka County Food Shelves.....	75
Home Services.....	75
Safety & Security Checks.....	76
Health & Wellness: Seniors.....	77
Mental Health & Companionship Programs for Seniors	79
Adult Day Programs	80
Supportive Housing.....	81
Legal and/or Advocacy for Seniors	82

Educational Opportunities for Seniors	84
Employment Opportunities for Seniors.....	85
Social Opportunities for Seniors	85
Volunteer Opportunities for Seniors	86
VETERAN SERVICES	88
MULTICULTURAL RESOURCES.....	89
GAY, LESBIAN, BISEXUAL, TRANSGENDER, & QUESTIONING (GLBTQ) RESOURCES	94
VOLUNTEER OPPORTUNITIES	95
CIVIC INFORMATION	99
City Offices	99
County, State, & Federal Legislators.....	101
Libraries.....	103
INDEX	104

HELPLINES & CRISIS NUMBERS

- Ambulance, Fire, Police Emergency** 9-1-1
- Assessment & Referral (Mercy Hospital)** (763) 236-7911
4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24 hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.
- Crisis Connection** (612) 379-6363
TTY (Hearing Impaired) (612) 379-6377
Toll Free number 1-866-379-6363
www.crisis.org. 24 hour crisis hotline offering counseling, referrals, & crisis intervention services for Twin Cities metro area residents.
- Girls & Boys Town National Hotline** 1-800-448-3000
TTY (Hearing Impaired) 1-800-448-1833
www.boystown.org. 24 hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish speaking operators. Counseling & referrals.
- Jacob Wetterling Resource Center** (651) 714-4673
Missing & exploited children 24 hour helpline 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. 2324 University Ave W. Suite 105, St. Paul 55114. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance for families of missing and exploited children.
- Men's Line** (612) 379-6367
24 hour counseling & referral service for anybody concerned about hurtful, controlling, or violent behavior. Free & confidential.
- Metro Crisis Coordination Program** (612) 869-6811
www.metrocrisis.org. 18986 Lake Dr. E, Chanhassen, MN 55317. Provide behavioral crisis support for individuals with developmental disabilities within the seven county metro area.
- Metro Shelter Hotline** 1-888-234-1329
24 hour hotline for information on emergency shelter & housing.
- Minnesota Domestic Violence Crisis Line** 1-866-223-1111
www.dayoneservices.org. 24 hour crisis line for women experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area.
- Poison Control Center** 1-800-222-1222
www.mnpoison.org.

Riverwind Mental Health Crisis Services for Anoka County (651) 774-0011
www.peopleincorporated.org. 24 hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services. Adult crisis stabilization beds.

Stop It Now! Minnesota Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org/mn. Monday-Friday, 8 am-5 pm. Safe and confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Silence shatters lives. Call to learn what you can do to keep children safe or how to help a child who may have been harmed.

United Way 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709
www.unitedwaytwincities.org/communityinfo/211.CFM. 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained volunteers can direct callers to resources for seniors, families, & children throughout the Greater Minnesota area.

Abuse – Physical &/or Sexual

Alexandra House, Inc. Community Program (763) 576-9999
www.alexandrahouse.org. Services for victims of domestic violence that include: assistance in filing protection orders & accompaniment to subsequent hearings; limited legal representation in OFP proceedings; crime victim advocacy following a domestic assault & throughout the criminal court process; Legal Clinics & Family Law Information sessions; community support groups; safety plan workshops; & support, information, & referral services.

Alexandra House, Inc. Shelter Program & 24 hour Crisis Line (763) 780-2330
www.alexandrahouse.org. Emergency shelter for battered women & their children. Services for all Anoka County including: crisis intervention, advocacy, support, safety planning, housing resources, referrals, support groups, & children's programs. Services are free & confidential.

Anger/Domestic Abuse Project (612) 874-7063
www.domesticabuseproject.org. Treatment for abusive men, therapy for women, adolescents, & children. Office hours Monday-Thursday, 9 am-7 pm and Friday, 9 am-4 pm. 24 hour answering machine.

Anoka County Attorney's Office, Victim / Witness Services (763) 323-5559 or (763) 323-5624
Crisis counseling, referrals, resources, community education, & victim advocacy. Office hours are 8 am to 4:30 pm.

Anoka County Vulnerable Adult/Adult Protection (763) 422-7168
Responds to & investigates reports of maltreatment (abuse & neglect, financial exploitation) for vulnerable adults. Also offers protective services to prevent maltreatment.

Children's Home Society & Family Services (763) 785-9222
Child Abuse Prevention Services for residents of Anoka County

www.chsfs.org. 1321 Andover Blvd Ste 108, Ham Lake 55304. Provides support to families experiencing stress or crisis. Provides short & long term support in meeting goals for moving forward. Services include advocacy, face to face support meetings, adoption services, pregnancy counseling, resource & referral. Available to families with children ages newborn to 12 years. Free, voluntary, & confidential.

Community Work Services (763) 323-5830

Allows offenders an opportunity to meet their responsibility to society in a positive way by performing community service work.

Council on Crime & Justice, General Victims Service (612) 340-5400

www.crimeandjustice.org. Aid to victims of crime. 24 hour crisis line. Provides advocacy, referrals, & training.

Domestic Abuse Hotline, National Hotline 1-800-799-7233

TTY (Hearing Impaired) 1-800-787-3224
24 hours/7 days a week. Provides crisis assistance & shelter referrals for all languages.

GLBT-KIDS Abuse Intervention Program 1-877-GLBT-KIDS (1-877-452-8543)

Offers support, referrals, resources, training and connections for GLBT (gay, lesbian, bisexual, transgender) youth who are experiencing abuse, bullying or mistreatment. The program also supports their families, youth-serving professionals, and others who care about the well-being of youth.

HCMC Domestic Violence Intervention Program (612) 873-2636

A Hennepin County Medical Center (HCMC) Program offering help with legal & medical problems incurred by women who have been battered in a domestic situation. 8 am-11 pm, 365 days a year.

Lee Carlson Center for Domestic Abuse Program (763) 783-4914

Women's Line (763) 783-4990

Men's Line (763) 783-4991

Women's Anger Management (763) 783-4945

Women's Group for Sexual Assault (763) 783-4914

www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who have a history of intimate partner abuse, & anger management for adolescents. Office hours: Mon-Thurs, 9 am-6 pm. Answering machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

Men's Line (612) 379-MENS (612-379-6367)

By men, for men, the Men's Line of Family & Children's Service is available to all Twin Cities area men—and the people who care about them. It helps callers find solutions for problems related to stress and anger, parenting concerns, and marriage/relationship concerns.

Minnesota Domestic Violence Crisis Line 1-866-223-1111

www.dayoneservices.org. 24 hour crisis line for women experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area.

Out Front Minnesota (612) 822-0127 or 1-800-800-0350

www.outfront.org. 310 E 38th St Room 204, Minneapolis. Legal advocacy, training, education, information, referral, & domestic violence programs on or related to the GLBT community.

Rape & Sexual Abuse Center / 24 hour Hotline..... (612) 825-4357
TTY (Hearing Impaired) (612) 377-4163
www.rsac-nip.org. 2431 Hennepin Ave S, Minneapolis 55405. Short term counseling & referrals; available Mon-Fri for walk-ins 9 am-5 pm. Support group therapy (long term). Concerned persons support group.

Resource Center for Fathers & Families..... (763) 783-4938
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Anger management/domestic violence course & aftercare: designed to help men struggling to understand & deal effectively with anger & other issues, as well as to help manage anger & stop abusive behaviors. Relationship course: teaches both men & women how to create healthy relationships. Fathers' Support Groups.

Sexual Violence Center (612) 871-5111
TTY (Hearing Impaired) (612) 871-1550
24 hour crisis line for immediate support, information, & referral. Counseling available.

Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org/mn. Monday-Friday, 8 am-5 pm. Safe and confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Silence shatters lives. Call to learn what you can do to keep children safe or how to help a child who may have been harmed.

Tubman..... Crisis Line (612) 825-0000
www.tubman.org **Business Line (612) 825-3333**
3111 1st Ave S, Minneapolis 55408. Out patient center for referrals, phone counseling, support groups, legal services, chemical dependency, & mental health services. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Family violence resource agency providing domestic abuse survivors safe passage from abuse.

Alcohol / Chemical Dependency

Adult Children of Alcoholics / Dysfunctional Families..... (763) 574-0903
www.aaminneapolis.org. Taped message. Twin Cities & outlying areas. Staffed by volunteers.

Al-Anon / Al Teen Resource Service

Minneapolis..... (952) 920-3961
St. Paul (651) 771-2208
www.Al-Anon-Alateen-msp.org. 12-step support service for anyone who is now, or has been, trying to cope with living or associating with an alcoholic. Offers Al-Anon literature & support.

Alcoholics Anonymous of Minneapolis..... (952) 922-0880

www.aaminneapolis.org. Email info@aa.minneapolis.org. Call for information on other local groups (central office for Minneapolis & suburban area). Anoka County AA groups listed below.

Andover Alano, 3556 181st Ave NW. Call for directions & meeting times (763) 753-1586
Anoka Today Alano, 2700 N Ferry St. Call for directions & meeting times (763) 421-9923
Blaine Central Alano, 13536 Hwy 65, Room 207. Call for meeting times (763) 757-9917
Our Friends Place (Columbia Heights Area), 3825 Central Ave. Call for meeting times (763) 788-4858
Coon Rapids Alano, 1557 NW Coon Rapids Blvd. Call for meeting times..... (763) 754-8606
Fridley Alano, 5925 University Ave NE. Call for more meeting times (763) 571-5910

Drug Abuse Hotline 1-800-276-6818
Drug & alcohol treatment.

Drug Abuse Hotline / 24 hours, Habilitat 1-800-872-2525
www.habilitat.com

Narcotics Anonymous Referrals (612) 822-9472
www.naminnnesota.org 24 hour Helpline (952) 939-3939

Transformation House Spirituality / AA (763) 427-7155
www.transformationhouse.com. 1410 S Ferry St, Anoka. Offers primary, extended care, halfway house services, & aftercare with referral.

Children

Alexandra House, Inc. Violence Prevention Program (763) 780-2330
www.alexandrahouse.org. Services for youth that include one-on-one advocacy, support groups, & violence prevention education in designated schools within Anoka County.

Anoka County Child Care Resource & Referral (CCR&R) (763) 783-4881
www.accap.org. Assists parents in locating child care & early education programs that best meet their individual family needs. Referral counselors provide general child care information about the area where care is needed, answer specific child care questions which parents may have, & mail parents an individualized listing which meets the family's specific child care needs. Also serves child care professionals, employers, & other community members who need child care information.

Anoka County Child Protection Agency (763) 422-7125
www.anokacounty.us. 8 am-4:30 pm. Report child abuse & neglect. Calls referred after hours.

Anoka County Mental Health Crisis Response by Riverwind Crisis Services (763) 755 3801
www.peopleincorporated.org. 24 hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services. Adult crisis stabilization beds.

Assessment & Referral (Mercy Hospital) (763) 236-7911

4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24 hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

Big Brothers Big Sisters of the Greater Twin Cities (651) 789-2400

www.bigstwincities.org. Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 7-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long term friendship!

Children's Home Society & Family Services (763) 785-9222

Child Abuse Prevention Services for residents of Anoka County

www.chsfs.org. 1321 Andover Blvd Ste 108, Ham Lake 55304. Provides support to families experiencing stress or crisis. Provides short & long term support in meeting goals for moving forward. Services include advocacy, face to face support meetings, adoption services, pregnancy counseling, resource & referral. Available to families with children ages newborn to 12 years. Free, voluntary & confidential.

Crisis Connection (612) 379-6363

TTY (Hearing Impaired) (612) 379-6377

www.crisis.org. 24 hour crisis hotline offering counseling, referrals, & crisis intervention services.

Family & Children's Service, GLBT-KIDS Abuse Intervention Program (612) 728-2079 or 1-877-GLBT-KIDS

www.mnschooloutreach.org. Offers support, referrals, resources, and connections for GLBTQ (gay, lesbian, bisexual, transgender, queer/questioning) youth who are experiencing abuse or mistreatment and their families, professionals, or others who care about them. By making safe places for GLBTQ kids, we are making them safe for all kids. Available statewide.

Girls & Boys Town National Hotline 1-800-448-3000

TTY (Hearing Impaired) 1-800-448-1833

www.boystown.org. 24 hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish speaking operators. Counseling & referrals.

Jacob Wetterling Resource Center (651) 714-4673

Missing and exploited children 24 hour helpline..... 1-800-325-HOPE (1-800-325-4673)

www.jwrc.org. 2324 University Ave W. Suite 105, St. Paul 55114. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance for families of missing and exploited children.

Lee Carlson Center for Domestic Abuse Program..... (763) 783-4914

Women's Line (763) 783-4990

Men's Line (763) 783-4991

Women's Anger Management..... (763) 783-4945

Women's Group for Sexual Assault (763) 783-4914

www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who have a history of intimate partner abuse, & anger management for

adolescents. Office hours: Mon-Thurs, 9 am-6 pm. Answering Machine, confidential, 24 hours a day.
Accepts most medical insurance for payment. Sliding fee.

Minnesota Child Abuse Hotline..... (651) 220-6750
Midwest Children's Resource Center.

Missing & Exploited Children, 24 hour National Hotline 1-800-843-5678

Missing Children Minnesota / 24 hours (612) 334-9449
www.missingchildrenmn.org. Search assistance, advocacy, support service for families of missing children (regardless of why they are missing); safety education programs & publications. No charge for search assistance, minimal cost for other services.

National Child Abuse Hotline / 24 hours1-800-4-A-CHILD (1-800-422-4453) or 1-800-790-2445
www.childhelpusa.org. Counseling, information line, family support network, Parents Anonymous, state resource center for Parents Anonymous of Minnesota.

National Runaway Switchboard1-800-RUNAWAY (1-800-786-2929)
www.1800runaway.org. 24 hours everyday. Crisis intervention, transportation home for runaway youth, message relay service, information & referral service. Conflict resolution & mediation.

Prevent Child Abuse Minnesota(651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)
www.pcamn.org. Mission: To prevent child abuse & neglect by promoting positive parenting, healthy families & supportive communities where children are respected & valued. Home of Circle of Parents.

Project Pathfinder, Inc., Child and Adolescent Services (651) 644-8515
www.projectpathfinder.org. 1821 University Ave W Ste N385, St. Paul 55104. Assessment & treatment of adults & children ages 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for children who have been sexually abused or have sexually abused another child & their families.

Resource Center for Fathers & Families..... (763) 783-4938
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Parenting classes in Blaine, Mpls, St. Paul: 4 different courses; 6 week, 4 week, or 12 hour lengths. Step-parenting classes, 10 session course. Fathers' Support Group. 24/7 DAD Program. Legal services for men & women, marriage counseling & domestic anger classes.

Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org/mn. Monday-Friday, 8 am-5 pm. Safe and confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Silence shatters lives. Call to learn what you can do to keep children safe or how to help a child who may have been harmed.

Medical

Assessment & Referral (Mercy Hospital) (763) 236-7911

4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24 hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

First Care Pregnancy Center and New Life Family Services (763) 323-3435

www.newlifefamilyservices.com or www.nlfs.org. 1902 5th Ave Ste 3, Anoka 55303. Free confidential pregnancy testing, free counseling by licensed social worker, adoption services, decision making counseling, resource referral, post abortion counseling, and Parenting Plus Program offering maternity & infant clothing & equipment.

Fridley Children's & Teenager's Medical Center P.A. (763) 236-2700

www.fctmc.com. 500 NE Osborne Rd Ste 310, Fridley 55432. Pediatric and teenage practice that deals with the health and wellbeing of children, teenagers, and their families. Special interest include, ADD/ADHD, asthma, nutrition. Please call for more information.

MAP AIDS Line / Minnesota AIDS Project (612) 373-2437 or 1-800-248-2437

TTY (Hearing Impaired) (612) 373-2465 or 1-888-820-2437
www.mnaidsproject.org. HIV information & referral. Interpreter available.

Minnesota Family Planning & Sexually Transmitted Diseases Hotline 1-800-783-2287

www.stdhotline.state.mn.us. Information & referral regarding birth control & sexually transmitted diseases. Monday-Friday 9 am-8 pm, Saturday 9 am-2 pm, closed Sundays.

Nucleus Clinic (763) 755-5300

1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Planned Parenthood of Minnesota Minneapolis (612) 823-6300

www.ppmns.org **St. Paul (651) 489-1328**
Reproductive health care, education programs, & programs for teens.

Other

Animal Humane Society (763) 862-4030

www.animalhumanesociety.org. 1411 NW Main St, Coon Rapids. Call for directions & hours.

Anoka County Social Services (763) 422-7000

www.anokacounty.us. After 4:30 pm, call (763) 427-1212 for emergency only.

Emergency Housing

8 am-4:30 pm, Monday-Friday (763) 422-7304

Call this number if it is after 4:30 pm & you are without shelter (763) 427-1212

Emotions Anonymous (651) 647-9712

www.emotionsanonymous.org. e-mail: info@emotionsanonymous.org. fax number: (651) 647-1593.

9 am-4:30 pm. Also 24 hour answering machine.

Gambling Treatment Provider..... (763) 754-2917

Uses individual therapy, assessment, & 12 step programs.

Minnesota Problem Gambling Helpline..... 1-800-333-HOPE (4673)

www.nojudgment.com. 24 hour service.

Over-eaters Anonymous..... (612) 377-1600

[www.overeaters.org](http://www overeaters.org). Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.

Pride 24 hour Crisis Line.....(612) 728-2062 or 1-888-774-3399

PRIDE (Prostitution to Independence, Dignity, & Equality) is a nationally recognized & highly successful program of Family & Children's Service to help women get out, & stay out of prostitution. PRIDE is based on self-help, advocacy & support for women. We also offer outreach & assistance to the children of prostitution victims.

Spenders Anonymous..... (651) 649-4573

www.spenders.org. Meeting information available on taped message. Gambling outpatient treatment.

Transformation House (763) 427-7155

www.transformationhouse.com. 1410 Ferry St, Anoka 55303. All treatment: primary, extended care, halfway, aftercare, & continuum care.

United Way 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709

www.unitedwaytwincities.org. 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained volunteers can direct callers to resources for seniors, families, & children throughout the Twin Cities metro area.

BASIC NEEDS

Food, Housing, Shelter, Clothing, & Transportation

Anoka County Government Center Adult Intake (763) 422-7246

2100 3rd Ave, Anoka 55303. Multiple services available.

Eastern Anoka County Human Service Center (763) 795-5720

4175 Lovell Rd Ste 128, Lexington 55014. Services include child care licensing, children's mental health, community corrections, community health, developmental disability services, employment services, & income maintenance.

Human Services Center of Anoka CountyFamily Intake (763) 717-7730
1201 89th Ave NE, Blaine 55434. Multiple services available. This is an Income Maintenance program.

Southern Anoka County Neighborhood Center..... (763) 789-4326
3980 Central Ave NE, Columbia Heights 55421. Services include adult protection, community corrections department, community health, community mental health, community social services, income maintenance, & license center.

Food

Anoka County Income Maintenance Department (Food Support)

Call for information on Food Support. Also cash assistance & healthcare services.

Adults Only, Monday-Friday, 8 am-4:30 pm.....(763) 422-7200

Families With Children, Monday-Friday, 7:30 am-4:30 pm.....(763) 717-7700

Eastern Service Center, Lexington, Mon-Fri, 8 am-4:30 pm.....(763) 795-5720

Southern Anoka County, Columbia Heights, Mon-Fri 8am- 4:30pm.....(763) 789-4326

Bridge To Benefits www.bridgetobenefits.org

Find out if you qualify for public programs that can help stretch your family budget. Information on how & where to apply, print applications, & learn more.

Family Table

Free dinner open to **everyone** at the following Anoka County churches

Anoka **Zion Lutheran Church**, 1601 4th Ave S..... (763) 421-4656

First Saturday, 5:00-6:30 pm

Advent Lutheran Church, 540 E River Rd (763) 421-8990

Second Saturday, 5:30-6:30 pm

St. Stephens Catholic Church, 525 Jackson St (763) 421-2471

Third Saturday, 5:30-7:00 pm

Trinity Episcopal Church (TEC), 1415 6th Ave S, 5:30-7 pm..... (763) 421-1196

Last Saturday of the month (fourth or fifth Saturday)

United Methodist Church (UMC), 850 South St, 5:30-7 pm (763) 421-2378

Fourth Saturday if the month has five Saturdays in it, 5:30-7 pm

*(In a month with 5 Saturdays, UMC serves on the 4th Sat, & TEC serves on the 5th Sat).

(Family Table Cont.)

Mount Olive Lutheran Church, 700 Western St (763) 421-3223

Every Wednesday, 5:00-6:30 pm

Andover **Grace Lutheran Church**, 13655 Round Lake Blvd..... (763) 421-6520

Third Sunday, 5:30-6:30 pm.

Blaine **Blaine United Methodist Lutheran Church**, 621 115th Ave NE (763) 757-2170

Third Saturday, 5:30-7 pm. Gift of Plenty.

Columbia Heights **Oak Hill Baptist Church**, 4141 University Ave NE..... (763) 789-4337

Wednesday, 5:45-6:30 pm. September-May.

Coon Rapids	Faith Lutheran Church , 11115 Hanson Blvd NW..... (763) 755-3530 First Thursday, 5:30-6:30 pm. Redeemer West, Coon Rapids , 2135 Northdale Blvd NW (763) 574-7445 Third Thursday, 5:45-6:30 pm. Peace Lutheran Church , 20 Northdale Blvd NW (763) 757-4459 Fourth Saturday, 5-6 pm. Epiphany Catholic Church , 1900 111 th Ave NW.....(763) 755-1020 Second Tuesday, 5:30-7:00 pm (beginning September 2010). Unity North Church , 11499 Martin St NW.....(763) 754-6489 Fourth Thursday (Jan.- Oct.; no meals Nov.-Dec.) www.unitynorthchurch.org .
Fridley	Fridley United Methodist Church , 680 Mississippi St NE.....(763) 571-1526 Fourth Saturday, 11:30am-1:00pm www.fridleyumc.org .
Ham Lake	Glen Cary Lutheran Church , 15531 Central Ave NE (763) 434-5695 Second Friday, 6-7:30 pm.
Ramsey	Lord of Life Lutheran Church , 14501 Nowthen Blvd.....(763) 427-1100 Every Tuesday, 6-7 pm.

Fare For All..... (763) 450-3880 or 1-800-582-4291
A non-profit volunteer based cooperative food buying program. Monthly food packages available for about \$17 & 2 hours of volunteer service in some capacity. For all locations, contact Fare For All number.

Greater Lakes Country Food Bank (612) 340-9694
554 8th Ave N, Minneapolis 55411. Low cost groceries for agencies & the general public. Walk-in or call ahead. Hours: Tuesday, Wednesday, & Thursday, 9 am-4 pm. Friday, 9 am-7 pm. Saturday, 10 am-2 pm. Closed Sunday & Monday. No proof of income required.

Grocery Delivery & Services (call for specifics):

Coborn's Superstore..... (866) 586-2530
www.cobornsdelivers.com. Online shopping available. Call for more information on delivery areas in Anoka County, and delivery days, times, & fees based on where you live.

Gopher Groceries..... (612) 379-1007
www.gophergrocery.com. Home delivery 7 days a week. Call for delivery areas and cost.

Jensen's Foods, Coon Rapids (763) 754-7197
Thursday delivery only; must order by 10 am. \$8 fee, \$20 minimum order. Must be in a 5 mile radius.

Kemp's Home Delivery (612) 627-8709
Delivers dairy products & frozen foods in the Twin Cities Area. Wholesale & retail.

Minnesota Food Helpline.....1-888-711-1151
A program of Hunger Solutions Minnesota. Monday- Friday, 8:30am-4:30pm. Multilingual phone assistance available.

St. Francis Foods.....(763)753-2610

www.st.francisfoods@hotmail.com. 3210 Bridge St NW, St. Francis 55070. Grocery delivery to your home. Call for more information & delivery charge.

Store-to-Door (651) 642-1892
www.storetodoor.org. Grocery shopping with home delivery. Serves elderly seniors or disabled adults in Hennepin, Ramsey, Washington, Dakota, or Anoka Counties. Not an emergency food shelf. Deliveries from Cub every two weeks. 10 am- 3pm. Will deliver prescriptions from Cub Pharmacy.

Home Delivered Meals (Meals on Wheels)

Low-cost, hot noon meals delivered Monday through Friday to homebound persons who are 60 & older or who have a disability. Cost varies. Call the location serving your area:

AC Meals on Wheels.....(763) 236-8718
Anoka , Champlin, Ham Lake, Andover, Ramsey, Oak Grove, Coon Lake, Linwood, Cedar, St. Francis, Soderville, Nowthen, Bethel, East Bethel, Circle Pines, Lino Lakes, Centerville, Lexington, East Blaine & Columbus Township.
Meals on Wheels, Fridley, Spring Lake Park, Columbia Heights, & Hilltop..... (763) 236-3636
Meals on Wheels, Coon Rapids and Blaine.....(763) 489-3608

School Lunch Program for Students – Free or Reduced

Call your child’s school district for more information. (See *EDUCATION* section)

University of Minnesota Extension, Anoka County (763) 755-1280
AnswerLine 1-800-854-1678
www.extension.umn.edu/county/anoka. The Simply Good Eating program offers low income residents education on nutrition, stretching your food dollar, & food safety. U of M Extension also has an AnswerLine, where household experts answer questions about safely cooking, canning, & freezing foods, cleaning stains & mildew, & other household questions.

Women, Infants, & Children (WIC) (763) 422-7055
Supplemental food program & nutritional education for pregnant women, nursing mothers, & children at risk up to age 5. Eligibility based on income. Monday-Friday, 8 am-4 pm.

Food Shelves

*Food shelves are available to provide EMERGENCY food supplies at no cost for families experiencing temporary, short-term inability to buy groceries. Some food shelves serve only limited areas, so call to find the one nearest you. Call **United Way 2-1-1** or the **Emergency Food Shelf Network** for further assistance.*

ACBC (Anoka County Brotherhood Council)..... (763) 422-0046
2615 9th Ave N, Anoka. Serves Andover, Nowthen, Coon Rapids, Oak Grove, Ramsey, & Anoka. Mon & Wed 12 pm-3 pm, Tues & Thurs 6:30 pm-8:30 pm. Donations accepted: Mon & Wed 9 am-11 am or by appointment.

CEAP (Community Emergency Assistance Program)..... (763) 783-4930
www.ceap.org. 1201 89th Ave NE Ste 130, Blaine. Serves all of Anoka County. Monday-Friday, 8 am-4:30 pm. Call for appointment.

- Centennial Community Food Shelf** (763) 784-1971
Our Savior's Lutheran Church, 9185 Lexington Ave N, Circle Pines. Serves Lexington, Circle Pines, Lino Lakes, Eastern Blaine, & Centerville. Mon & Thurs, 4 pm-6 pm. Closed holidays.
- Community Helping Hand** (651) 464-6831
Thrift Store (651) 464-8150
Financial Assistance (651) 464-0061
408 SW 15th St, Forest Lake. Food shelf serving Forest Lake residents only. Monday, Wednesday, & Friday, 12-4 pm by appointment only.
- Cross of Christ Lutheran** (763) 786-0637
2nd Wednesday, 5:30-6:30 pm. Donations accepted Mon-Fri 8 am-3 pm.
- Emergency Food Shelf Network** (763) 450-3860
www.emergencyfoodshelf.org. Can provide resources or locations of food shelves.
- Kingswood Church** (763) 757-4266
www.kingswoodchurch.org. 1264 109th Ave NE, Blaine 55434. "Hope for the City" free food distribution. Each Thursday, 4pm-6pm. Everyone is welcome.
- Mt. Olive Lutheran** (763) 421-7156 ext. 106
700 Western St, Anoka. Open to the community on the last Tuesday of every month, 6:30-7:30 pm, & to church members anytime.
- NACE (North Anoka County Emergency), Inc.** (763) 434-7685
East Bethel- 18511 Hwy 65 Ne Ste 200, East Bethel **Linwood**- 22817 Typo Creek Dr. NE, Stacy
Food shelf hours: Wed, 1-4:30 pm. Clothing closet called "The Closet". Clothing & linens available at no cost to families in need. Hours: Monday 9 am-12 pm, Tuesday 6 pm-8 pm, Wednesday 1 pm-4:30 pm, Thursday-Friday 7:30 am-10:30 am.
- SACA (Southern Anoka Community Assistance)** (763) 789-2444
627 38th Ave NE, Columbia Heights. Serves Fridley, Spring Lake Park, Hilltop, Columbia Heights. Monday-Thursday, 7 am-3 pm. Call for appointment. Two proofs of current address required.

Housing / Household Management

- Adult Foster Care, Anoka County** (763) 422-7070
Adult foster care is a licensed living arrangement in a private home that provides food, lodging, supervision, & household services for qualified individuals who need assistance with everyday personal care due to developmental delay, mental illness, physical disability, or aging.
- All Parks Alliance for Change (APAC)** (651) 644-5525
www.allparksallianceforchange.org. 970 Raymond Ave Ste 105, St. Paul 55114. Metro-wide community organization (comprised of manufactured home park neighborhood groups & members living in the area) whose purpose is to work together to improve the quality of life in their neighborhoods.

- Affordable Rental Housing, ACCAP.....Housing Hotline (763) 783-4710**
www.accap.org. Provides a broad variety of low to moderate cost housing alternatives including apartments, town homes, & single family homes. Serving individuals and families. Programs are spread throughout Anoka County.
- Anoka County Housing Lists (763) 422-7304**
 Subsidized housing lists. Rental housing information available by city, rent cost, number of bedrooms, building type, etc (from HousingLink.org).
- Bridge To Benefits www.bridgetobenefits.org**
 Find out if you qualify for public programs that can help stretch your family budget. Information on how & where to apply, print applications, & learn more.
- Energy Assistance, ACCAP (763) 783-4712**
www.accap.org. Financial assistance with heating bills for income qualified households.
- FAIM (Family Assets for Independence in Minnesota), ACCAP (763) 783-4747**
www.accap.org. Matches \$3 for every \$1 you save for 2 years with a maximum of \$960 of your savings. The total match of \$3840 can be used toward a down payment of your first home, to continue your education, or to start up a small business. Call for eligibility and program requirements.
- Federal Government Subsidy Program (HUD) (612) 370-3000**
 Call for information about subsidized rent. Press “0” to speak with an operator.
- Foreclosure Prevention, ACCAP..... (763) 783-4800**
www.accap.org. Help for people facing default/foreclosure with mortgage payments. Call foreclosure prevention hotline for more information.
- Furniture Warehouse, ACCAP Home-to-Home..... (763) 783-4735**
www.accap.org. Provides used furniture to income eligible Anoka County residents in need. Can be used once in a lifetime. Also, accepts donations of “good” used furniture.
- HOME Line (612) 728-5767**
www.homelinemn.org. Provides free legal, organizing, education, & advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.
- Home Ownership Program, ACCAP (763) 783-4747**
www.accap.org. Educational Home Ownership Workshops, Family Assets for Independence in Minnesota (FAIM), Financial Fitness, Down Payment Assistance Program, One to One Counseling, & the Foreclosure Prevention Program. Full cycle service including pre-purchase education & counseling, personal finance, an asset accumulation program, post-purchase follow-up, & foreclosure prevention.
- HousingLink..... (612) 522-2500**
www.housinglink.org. A non-profit organization focused on providing information about affordable rental housing options in the Twin Cities seven county metro area. Listings available on Mondays.
- Housing Programs Coordinator, Anoka County..... (763) 422-7304**

Information & referral to resources that are available to assist with housing needs, including mortgage foreclosure prevention, homeless assistance, transitional housing, tenant rights, financial assistance, and subsidized housing in Anoka County. The Coordinator often works collaboratively with other agencies to help resolve individual housing issues.

Housing Rehabilitation, ACCAP (763) 783-4721
www.accap.org. ACCAP Housing Program Department administers the housing rehabilitation programs to all of Anoka County. Call for an application for house rehabilitation grants & loans.

Minnesota Housing Finance Agency (MHFA) (651) 296-8215
www.mnhousing.org. Information about first time home buyer program & home improvement loan program.

Mobile Home Services, ACCAP (763) 783-4738
www.accap.org. Buyout assistance provided to pre-1977 mobile homes. Maximum \$5000 based on county assessors value of home.

Twice Nice Thrift Store, ACCAP (763) 754-0935
www.accap.org. 9201 South Highway Dr. Lexington, MN 55014. Offers household items, clothing, toys, books, shoes, & bedding. All gently used & reasonably priced. Volunteer opportunities: sorting incoming donations, creating displays, pricing, & cleaning.

Twin Cities Free Market www.twincitiesfreemarket.org
An internet forum for people to give & get free household, yard, & family items. If you do not have access to the web call (651) 222-7678. Free access to the web is available at your local library. A program of Eureka Recycling.

Twin Cities Habitat for Humanity (612) 331-4090
Habitat houses are sold to low-income families needing a decent, affordable place to live & are willing to work with others to build or renovate their own house & somebody else's house. No down-payment required. Mortgage payments will be calculated according to the buyer's income.

United Way 2-1-1, HousingLink 2-1-1 or (651) 291-0211 or 1-800-543-7709
www.thebeehive.org. www.housinglink.org. A Minnesota non-profit corporation whose purpose is to give individuals & families better information regarding selection of affordable housing choices throughout the seven county metro area. Housing vacancy lists available.

Weatherization, ACCAP (763) 783-4719
www.accap.org. Provides no cost assistance to income eligible homeowners to improve the energy efficiency of their dwellings. Works with Energy Assistance Program to promote conservation efforts.

Recycling / Waste Management

Green Guardian www.greenguardian.com
Environmental health site. Find household hazardous waste sites, what to throw, what to buy, etc.

Green Lights Recycling, Inc..... (763) 785-0456

10040 Davenport St NE, Blaine 55449. Provides recycling services for fluorescent lamps, ballast, computers, electronics, batteries, & mercury containing devices. Drop off hours: Mon-Fri, 8 am-4 pm.

Recycling & Disposal Options (763) 323-5730
www.anokacounty.us/recycle. Call Anoka County Integrated Waste Management for information on recycling, storage, & disposal of hazardous household products, reducing mail, yard waste management, Shop Used First Guide, etc.

Twin Cities Free Market www.twincitiesfreemarket.org
An internet forum for people to give & get free household, yard, and family items. If you do not have access to the web call (651) 222-7678. Free access to the web is available at your local library. A program of Eureka Recycling.

Subsidized Housing

HUD (Housing & Urban Development) (612) 370-3087
U.S. Department of Housing & Urban Development, Minnesota State Office, 920 2nd Ave Ste 1300, Minneapolis 55402. Listed on the following pages are some of the subsidized housing units located in Anoka County. For further information and/or listings, call the HUD office.

Metro Housing Redevelopment Authority (HRA) (651) 602-1428
390 Robert St N, St. Paul 55101. Section 8 offered through HRA. Hours: Monday-Friday, 8 am-4:30 pm. HRA serves the suburban areas.

Metro Information Line (651) 602-1880
Current subsidized application procedures & availability information. For application call (651) 602-1553.

Subsidized Apartments

Abbeyfield Townhouses, Family. 3911 233rd Ave NW, St. Francis (763) 753-1724

Bridge Square, Seniors. Disabled. 2 Bridge Square, Anoka (763) 421-6772

Columbia Village, Seniors. Crestview Senior Communities, 1675 44th Ave NE Columbia Heights . (763) 706-2575

St. Francis Apartments, Family. Degardner Circle, St. Francis (952) 935-0359

Call for current site managers contact information.

Drake Apartments, Family. Handicapped. 10021 NW Drake St, Coon Rapids (763) 862-7148

Waiting list.

Dublin Park Senior Apartments, Seniors. Disabled. 10020 Drake St, Coon Rapids (763) 755-7270

Mon-Thurs, 8 am- 12 pm

Franklin Lane, Disabled. Seniors 62+. 1827 S Ferry St, Anoka (763) 427-7650

Office hours 9 am-5 pm.

Galway Place, Family. 11240 Osage St NW, Coon Rapids (763) 755-0322

Waiting List.

Grasslands, Handicapped, Barrier-free. 11740 Xeon Blvd, Coon Rapids (763) 783-4730

Heights Manor, Seniors. 3850 Stinson Blvd NE, Columbia Heights. Mon-Fri, 8 am-4:30 pm (763) 781-6518

Mississippi View, Family. 11020 Mississippi Blvd, Coon Rapids..... (763) 427-4700
Waiting List.

North Gables, Seniors 62+. 654 90th Lane NE, Blaine..... (763) 786-0232

Northgate Woods, Seniors. Handicapped. Family. 1530 NE 123rd Lane, Blaine (763) 757-9031

Norwood Square, Seniors. Handicapped. 6200 5th St, Fridley (763) 574-2187

Osborne Apartments, Seniors. Handicapped. 659 Osborne Rd, Spring Lake Park (763) 780- 2169

Oxbowl Bend, Handicapped accessible. 3101 111th Ave NW, Coon Rapids..... (763) 427-2022

Parkview Villa, Seniors. Handicapped/Disabled. 965 40th Ave NE, Columbia Heights (763) 706-3800

Rum River Square Apartments, Seniors 62+. Handicapped. 3040 Bridge St NW, St. Francis..... (763) 753-2013
Mailing address: PO Box 456, Hopkins 55343. Onsite manager (763) 753-5294.

Sunny Acres, Family. 2701 11th Ave N, Anoka (763) 421-7702

Village Green Apartments, Seniors. Family. 460 Mississippi St NE, Fridley (763) 574-0674

Walker on the River, Seniors 62+. Handicapped accessible. 1906 S Ferry St, Anoka (763) 421-0434
www.walkermethodist.org.

Transitional Housing

Transitional Housing provides time limited, safe, & affordable housing with supportive services.

Elim Transitional Housing, Inc. Main Office (763) 788-1546
Elim Blaine (763) 785-9114
3989 Central Ave NE Ste 565, Columbia Heights 55421. Single women, or women with 1 or 2 children age 22 or younger, who are homeless or about to be homeless. Also rental subsidy & permanent supportive housing.

Rise, Inc. (763) 786-8334
www.rise.org. Provides transitional housing for individuals & families with mental health disabilities. Also has rental subsidies & provides housing support services.

Transformation House (763) 427-7155
www.transformationhouse.com. Inpatient & outpatient primary care, extended care, halfway & continuum of care (aftercare) for chemically dependent males & females 18+. Accepts Rule 25, insurance, & private pay.

Transitional Housing, ACCAP..... (763) 783-4730
www.accap.org. ACCAP has a limited number of transitional housing units for homeless families (with children). There are program requirements to qualify for this housing.

Emergency Shelter

Alexandra House, Inc. Shelter Program & 24 hour Crisis Line (763) 780-2330
www.alexandrahouse.org. PO Box 49039, Blaine 55449. Emergency shelter for battered women & their children. Services for all Anoka County include crisis intervention, advocacy, support, safety planning, housing resources, referrals, support groups, & children's program. Services are free & confidential.

- Home Free Shelter**..... (763) 559-4945
www.homefreeprograms.org. 3405 E Medicine Lake Blvd, Plymouth 55441. Food, shelter, & clothing provided for battered women with or without children. Support groups & counseling. Call 24 hours a day.
- Metro Shelter Hotline (Automated Line)** 1-888-234-1329
 Find out about metro area emergency shelters & transitional housing for individuals, families, & youth. Gives locations, eligibility rules, & contact numbers. A collaboration of MESH & TCCVM (www.tccvm.org).
- Rise Homeless Outreach Program** (763) 786-8334
www.rise.org. Emergency shelter & assistance with access to needed programs & resources for individuals and families with mental health disabilities.
- Stepping Stone Shelter** (763) 323-7006
 Emergency shelter for single adult men & women. This is emergency housing.
- Tubman Family Alliance**..... **Crisis Line (612) 825-0000**
www.stopfamilyviolence.com **Business Line (612) 825-3333**
 3111 1st Ave S, Minneapolis 55408. Family violence resource agency providing domestic abuse survivors safe passage from abuse. Education & resources to promote violence free families & communities.

Clothing

- Anoka County Brotherhood Council (ACBC)**..... (763) 422-0046
 Monday & Wednesday, 12 pm-3 pm. Tuesday & Thursday, scheduled appointments from 2pm-4pm, walk-ins 6:30 pm-8:30 pm. Free food & clothing. Donations accepted Monday & Wednesday, 9 am-11 am.
- CEAP (Community Emergency Assistance Program)**
Blaine, 1201 89th Ave NE Ste 130..... (763) 783-4930
Brooklyn Park, 6840 78th Ave N..... (763) 566-9600
www.ceap.org. Brooklyn Park has clothing for the whole family. Call for hours.
- Community Helping Hand** (651) 464-8150
Thrift Store (651) 464-8150
Financial Assistance (651) 464-0061
 408 15th St, Forest Lake. Mon-Fri, 10 am-4 pm. Sat, 10 am-2 pm. Thrift store with men's & women's clothing, housewares, furniture, & children's things. Volunteers & donations are greatly appreciated.
- Everyday Miracles** (612) 353-6293
www.everyday-miracles.org. Provides pregnancy support for teens, single parents, & low income families. Clothing for infants & maternity.
- Goodwill Store, Coon Rapids**..... (763) 712-3468
www.ges.convio.net. 11000 Crooked Lake Blvd, Coon Rapids 55344. Mon-Fri, 9 am-9 pm. Sat, 9 am-6 pm. Sun, 11 am-6 pm. Donations accepted Mon-Fri, 9 am-8 pm. Sat, 9 am-5 pm. Sun, 11 am-5 pm.
- Joseph's Coat**..... (651) 291-2472

1107 W 7th St, St. Paul. Free clothing closet. Mon & Wed, 9 am-4:30 pm. 2nd Sat of the month 9 am-1 pm. Photo ID required. Shop once a week. Donations accepted Tues & Thurs, 9 am-2 pm. 2nd Sat of the month 9 am-1 pm.

Lydia's Closet (Oak Hill Baptist Church) (763) 789-4337
4141 University Ave NE, Columbia Heights 55421. Clothing & household items. Wednesdays, 6:30-8:30 pm.

SACA (Southern Anoka Community Assistance)..... (763) 789-2444
www.southernanokacommunityassistance.com. 627 38th Ave, Columbia Heights. Call for appointment.
Monday-Thursday, 7 am-3 pm. Provides food shelf, clothing, & household goods.

Salvation Army (763) 755-6873
www.thesalarmy.com. Provides clothing vouchers to eligible Anoka County residents. Call for appointment. One time emergency assistance with diapers & hygiene packs.

The Closet/ North Anoka County Emergency Food Shelf and Clothing (NACE) (763) 434-7685
18511 Hwy 65 NE Ste 200, East Bethel 55011. Clothing & food available at no cost to families in need.
Open Monday 9 am-12 pm, Tuesday 6 pm-8 pm, Wednesday 1 pm-4:30 pm.

Twice Nice Thrift Store, ACCAP (763) 754-0935
www.accap.org. 9201 South Highway Dr. Lexington, MN 55014. Offers household items, clothing, toys, books, shoes, & bedding. All gently used & reasonably priced. Volunteer opportunities: sorting incoming donations, creating displays, pricing, & cleaning. Call for hours.

Transportation

Allina Medical Transportation..... (651) 222-0555
Door-through-door transportation to & from medical appointments for people with disabilities. Accepts MA. Emergency & non-emergency service. Stretcher/wheelchair to & from Allina clinics.

American Cancer Society (651) 255-8100
Anoka County. Transportation provided for cancer patients who are able to get into & out of an automobile, & need transportation for radiation &/or chemo-therapy treatments. Monday-Friday, 8 am-4:30 pm. Ask for the "Navigator Road to Recovery Program".

Anoka County Traveler General Information (763) 422-7075
www.anokacounty.us/transit. Anoka County only. Accessible to the disabled & wheelchairs.
Fixed route schedule information from Metro Transit (612) 373-3333
Reservations – Transit Link, 7 am-3 pm every day (651) 602-5465
Cancellation (651) 602-5465

Anoka County Volunteer Transportation..... (763) 422-7087
www.anokacounty.us. Transportation service for seniors 60+ & clients receiving services from Anoka County Social Services. For medical or social service appointments only. Transportation provided for Veterans of any age to & from the VA Hospitals in Minneapolis & St. Cloud. Call between 9 am-12 pm Mon-Fri. Donations accepted.

- CEAP Transportation Solutions** (763) 566-9600
www.ceap.org. 6840 78th Ave N, Brooklyn Park 55445. Provides no interest loans for car purchase or repair. Applicant must be involved parent of a dependent child, employed for a minimum of 6 months at an average of 30 hours per week, current on rent/mortgage & all utilities, have valid MN driver's license, & have household income no greater than 80% of area median income. Call for appointment.
- Free To Be, Inc.** (763) 717-7755
www.freetobeinc.org. Anoka County. Assists people by helping them with transportation through vehicle repair & donation. Monday-Friday, 8 am-4:30 pm.
- Metro Mobility** (651) 602-1111
www.metro mobility.org. Subsidized, door-to-door transportation service for eligible persons who are disabled. Requires 4 day advance notice for each trip. Call for certification information. All vehicles are wheelchair accessible. Monday-Friday, 7:30 am-4:00 pm.
- Metro Transit** (612) 373-3333
www.metrotransit.org. All fares full price at peak hours of 6-9 am & 3-6:30 pm. Seniors 65+, youth 6-12, & Medicare cardholders pay reduced fare except during peak hours. Persons with disabilities pay reduced fare any trip. Must show proof of age. Call for information.
- Minnesota Safety Council** (651) 291-9150
www.mnsafetycouncil.org. Traffic & injury prevention programs & resources.
- MNET (Minnesota Non-Emergency Transportation)** 1-866-467-1724
 Call your income maintenance worker. Transportation provided to clients on Medical Assistance. Arranged through your income maintenance worker.
- Ride Share, Metro Transit** (612) 373-3333
 8 am-4 pm. To register car pools & rides.
- Salvation Army** (763) 755-6873
 Provides one time bus tokens & cards for people who have just started a new job & are waiting on their first check. Must bring verification. Call for an appointment.
- Town Taxi & Airport Taxi** (612) 331-8294
 Persons who receive MA may use this service for medical appointments after approval by a financial worker. Also accept payment from Medica, Blue Cross, Ucare, & Metro Mobility. Town Taxi will bill directly.
- Twin City Transportation** (952) 884-6824
 Available 24 hours/7 days a week. Non-emergency service only. On-call & scheduled appointments. Serving wheelchair & ambulatory people in most of the Twin Cities area. Accepts several insurance plans & private pay. Call for rates.

HEALTH AND WELLNESS

- Anoka County Community Health & Environmental Services Department (763) 422-7030**
- Child & Teen Check-ups (C&TC) (763) 422-6932**
Provides outreach for health care check-ups for children from birth to 21 years who qualify for Medical Assistance or Minnesota Care.
- Disease Prevention & Control..... (763) 422-6965**
Provides information on infectious disease, refugee health, immunizations, & emergency preparedness & response.
- Environmental Services..... (763) 422-7063**
Conducts food & lodging inspections, water testing, regulates environmental hazards, & provides education on various environmental issues. Hazardous & solid waste management.
- Family Health Services (763) 422-6970**
2100 3rd Ave Ste 600, Anoka 55303. Promotes healthy pregnancy, offers services for pregnant teenagers, children with special needs, & provides parenting education through public health nurse visits.
- Health Education – Public Health..... (763) 422-7282**
Provides health promotion activities related to promoting wellness and preventing chronic diseases, violence prevention, and mental wellness.
- Home & Community Health Care Services (763) 422-6970**
Long Term Care Consultation (LTCC) services & waiver program which assists aging & dependent residents to maintain independent living in the community.
- Immunization Clinics for children & adults..... Hotline (763) 323-6100**
- Refugee Health (763) 422-6965**
Assists with accessing health care & services.
- Women, Infants, & Children (WIC) (763) 422-7055**
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. Mon-Fri, 8 am-4 pm.
- Bridge To Benefits www.bridgetobenefits.org**
Find out if you qualify for public programs that can help stretch your family budget. Information on how & where to apply, print applications, and learn more.
- Care Connections.....1-877-405-3463 or (218) 347-FIND**
www.careconnections.mn.org. Call to find out if you qualify for medical programs. Interpreters are available.
- Epiphany Caring For Life (612) 803-2225**
24 hour confidential support to women & families who are pregnant & after birth. Companion program offers long-term support. Maternal support & resources. Miscarriage support.
- Everyday Miracles (612) 353-6293**
www.everyday-miracles.org. Provides pregnancy support for low income families. Support groups, doula services (labor support), childbirth education, & post-partum care.

- First Care Pregnancy Center and New Life Family Services** (763) 323-3435
www.FirstCareMinnesota.com. www.nlfs.com. **Help Line (800) 395-4357**
 1902 5th Ave Ste 3, Anoka 55303. Free confidential pregnancy testing, free counseling by licensed social worker, adoption services, decision making counseling, resource referral, post abortion counseling, and Parenting Plus Program offering maternity & infant clothing & equipment.
- ICM Al-Shifa Clinic, Islamic Center** (763) 567-9605
 1401 Gardena Ave NE, Fridley 55432. Free consultation & prescription services to those in need. Other services may have minimal fee. Sunday, 10:30 am- 1:30 pm. Call one day in advance. No urgent/emergency care.
- Medical Assistance (MA) and Minnesota Care**
- Adults Only, Anoka** (763) 422-7246
 - Families With Children, Blaine** (763) 717-7730
 - Columbia Heights Office** (763) 789-4326
 - Eastern Service Center, Lexington** (763) 795-5720
- Medicare Customer Service, www.medicare.gov** **1-800-MEDICARE (1-800-633-4227)**
- Metro Psychology Support Services, Inc.** (651) 645-7971
 2550 University Ave W Ste 163 South, St. Paul 55114. Email: metropsychologyservices@msn.com. Home-based service to assist individuals on Medical Assistance with basic living and social skills to help with daily functioning. Assists with housing, community intervention, mental health needs, benefits assistance, independent living skills, employment, & educational functioning.
- Minnesota Care Information Line, State Office** (651) 297-3862
Medical Assistance (must be Anoka County resident) (763) 422-7246
 Minnesota residents who do not have & cannot afford health insurance may be eligible for very low cost coverage through Minnesota care. This program is available for adults & children who meet certain specific guidelines. It covers most medical needs, including visits to doctors or clinics, most prescriptions, some dental work, hospitalization, etc. Cannot be on Medicare.
- NACo Prescription Discount Card** (763) 323-5700
 Residents of Anoka County may receive discounts on some prescriptions if insurance won't cover the cost at participating pharmacies in the county. Ask pharmacy if prescriptions are eligible.
- North Metro Pediatrics** (763) 783-3722
www.northmetropeds.org. 10081 Dogwood St NW Ste 100, Coon Rapids 55448. Non-profit pediatric primary care clinic with sliding fee scale, providing comprehensive medical services to children & young adults from birth to 21 years. Services include but are not limited to: physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, & sick visits. Accepts most insurance and medical assistance.
- Nucleus Clinic** (763) 755-5300
 1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning

Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Raising Relatives..... (612) 879-5307

A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives' kids through support groups, recreation, & free phone consultation. Referrals made.

Special Needs Programs

ACHIEVE Services, Inc. (763) 783-4909

Day training, employment, & rehabilitation for adults with developmental disabilities.

Alliance for a Violence-Free Anoka County (763) 422-7047

www.violencefreeanokacounty.org. A coalition of individuals & groups working on violence prevention. Action teams work on preventing child abuse, domestic violence, & youth violence through community education & public awareness activities, & developing media & communication strategies. New teams develop as people express interests & ideas.

Alternatives for People with Autism (763) 560-5330

www.afpwa.org. Provides residential services for adults who are severely disabled by autism & mental retardation.

Alzheimer's Association, MN & ND Chapter 1-800-272-3900

www.alz.org/mnnd. 24 hour telephone support & information about memory loss. Information & referrals regarding support groups & care for persons with Alzheimer's disease & their families. Safe return program & dementia screening.

American Cancer Society (651) 255-8100

www.cancer.org.

American Diabetes Association..... (763) 593-5333

www.diabetes.org. 5100 Gamble Dr Ste 394, St. Louis Park 55416. Fax number (952) 582-9000.

American Red Cross, Twin Cities Area Chapter (612) 871-7676

1201 W River Parkway, Minneapolis 55454. Health & safety services: first-aid, CPR, child safety, disaster response, & multicultural programs.

Anoka Regional Treatment Center/Community Addiction Recovery Enterprise (651) 431-5000

Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Arc-Greater Twin Cities..... (952) 920-0855

www.arcgreatertwincities.org. 2446 University Ave W Ste 110, St. Paul 55114. Serves 7 county metro area. Advocacy Services/DD Services. Information & referral, advocacy, & support for individuals with developmental disabilities & their families. Information about "People First" program & parent support groups.

Arthritis Foundation – North Central Chapter..... (651) 644-4108 or 1-800-333-1380

Information & supportive services.

- BirthRight**..... (763) 757-0715
24 hour hotline. Free pregnancy testing, confidential counseling, baby clothes. Monday, 6 pm- 8 pm.
Thursday 7 pm- 9 pm.
- Brain Injury Association of Minnesota**..... (612) 378-2742
www.braininjurymn.org.
- Cancer Information Line (U of M)**..... 1-888-226-2376
- Center for Sexual Health, University of Minnesota** (612) 625-1500
www.med.umn.edu/fp/phs/phsindex.htm. Program in Human Sexuality, Department of Family Practice & Community Health Medical School. Sexual attitude reassessment seminars, relationship & sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, sexual offender treatment, HIV counseling.
- Children’s Home Society & Family Services** (763) 785-9222
Learning Disabilities Program
www.chsfs.org. 1321 Andover Blvd, Ham Lake 55304. Help for parents who worry that their child is falling behind academically, struggle with their child for hours every evening over homework, need resources in order to advocate for their child, need clarification on navigating the special education system, or wonder how to get their child assessed. Serves families of children grades K-12. Assistance is provided by phone or in person & can include attending school meetings with the parent. Services free of charge & confidential.
- Children’s Hospital & Clinics of Minnesota Family Resource Center** 1-866-916-4316
Resource library for consumer health information.
- Courage Center**
Burnsville, 100 Cobblestone Ln (952) 898-5700
Forest Lake, 146 N Lake St (Hwy 61). Pediatric & adult therapies (OT, PT, speech)..... (651) 464-5235
Golden Valley, 3915 Golden Valley Rd..... (763) 588-0811 or (763) 520-0520
Stillwater, 1460 Curve Crest Blvd (651) 439-8283
www.courage.org. Rehabilitation & resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages designed to empower people with disabilities to reach their full potential in every aspect of life.
- Crippled Child Relief, Inc.** (763) 533-0756 or (763) 550-0176
Help handicapped individuals of all ages. Assistance for needed handicapped appliances such as chair lifts for vans, wheelchairs, and prosthetics.
- Deaf & Hard of Hearing Services Metro**..... (651) 431-5940
TTY (Hearing Impaired) 1-888-206-6513
- Dignity by Design**..... (612) 325-4889
www.dignitybydesign.com. Fashion clothing and adaptive clothing for the physically challenged.
- Disability Linkage Line** 1-866-333-2466
Information & referral services for persons with disabilities.

- Division of Rehabilitation Services (DRS)** (763) 785-3360
If you have disabilities that prevent you from obtaining or maintaining appropriate employment, DRS is a statewide agency offering services to assist you. State office: (651) 649-5712.
- Epilepsy Foundation of Minnesota** (651) 287-2300
www.efmn.org. 1600 University Ave W Ste 300, St. Paul 55104. Pick up used clothing.
- Faith Community Nurse Program of Mercy & Unity Hospitals** (763) 236-4342
Open to all faiths. Collaborative between the hospitals & participating area churches. The parish nurse is a part of the church staff, helps with health issues, connects to services, makes home & hospital visits, works with a health & wellness team providing educational materials, workshops, events, & support groups.
- Footworks – Footcare** (651) 501-0624
Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.
- Fridley Children’s & Teenager’s Medical Center P.A.** (763) 236-2700
www.fctmc.com. 500 NE Osborne Rd Ste 310, Fridley 55432. Pediatric and teenage practice that deals with the health & wellbeing of children, teenagers, & their families. Special interest include, ADD/ADHD, asthma, nutrition. Please call for more information.
- Fraser** (763) 231-2590
Fraser Intake Coordinator (612) 331-9413
Provides mental health services for children who have emotional and behavioral disorders as well as treatment services for infants through young adults with autism spectrum disorders and their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual, family & group skills training & other specialized related services.
- Goodwill Easter Seals, Medical Equipment Loan Program** (651) 379-5922
www.goodwilleasterseals.org. 553 Fairview Ave N, St. Paul 55104. Wheelchairs, walkers, commodes, duramedical equipment, ambulatory devices, & many other items.
- Happy Feet Footcare, Inc.** (763) 560-5136
Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.
- Immediate Sexual Assault Nursing Care** **Mercy (763) 236-7144 & Unity (763) 236-4144**
Provides for the immediate health care needs of sexual assault & domestic violence victims within 120 hours of the assault. This includes, but is not limited to: pregnancy & STD risk assessment & prevention, and an evidentiary exam if desired. Program accessed through the emergency department at Mercy & Unity Hospitals. For non-urgent health care information call (763) 236-4172.
- Information Helpline for the Alzheimer’s Association** **24 hour contact center 1-800-272-3900**
- Leukemia Society & Lymphoma Society** (763) 852-3012
Support groups, financial resources, peer support, & information.
- Lifetrack Resources** (651) 265-2335
Adult & children services including physical, occupational, & speech therapy.

Med-Alert Bracelets.....Ask your local pharmacy

Metropolitan Center for Independent Living (MCIL) (651) 646-8342

1600 University Ave W Ste 16, St. Paul. Services for persons with disabilities including: information & referral, transition program, assessing & problem solving, personal care assistants, peer support, pre-employment skills, independent living skills, advocacy, deaf independent living skills, nursing home program & ramp project.

Minnesota AIDS Project (612) 373-2437 or 1-800-248-2437

TTY (Hearing Impaired) (612) 373-2465
www.mnaimsproject.org. 1400 Park Ave S, Minneapolis 55404. Works to enhance the lives of people living with HIV, educate those at risk, & advocates for the rights of those affected by HIV & AIDS.

Minnesota Department of Human Services, www.dhs.state.mn.us (651) 431-2000

Minnesota State Council on Disability, www.msCOD.state.mn.us..... (651) 361-7800

Opportunity Partners, Inc.....(763) 450-4400

www.opportunitypartners.org. 3351 Coon Rapids Blvd, Coon Rapids 55433. Support for adults with developmental disabilities (18 years and older) in residential and community settings so they can live more independently. Programs include Semi-Independent Living Services & In-Home Waiver.

Opportunity Services (763) 755-7866

Work rehabilitation for handicapped adults, day-living for medically fragile adults, & independent placement for capable handicapped adults.

REM Minnesota Community Services, Inc..... (651) 644-7680

Provides outreach, intervention, & support to families & individuals with disabilities & mental health issues through in-home support, family foster care, independent living services, & supportive child protection services.

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

www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Educates dads & moms on parenting, family law clinics, & sharing parenting. Offers support groups, marriage counseling, relationship course, anger management classes, & domestic violence classes for fathers. Call for more information and referrals.

Rise, Inc..... (763) 786-8334

www.rise.org. Provides vocational evaluation, employment training, & placement services, homeless outreach, transitional housing, & independent living skills; training geared to adults with disabilities.

Senior Caregiver Network..... (763) 422-6960

www.anokacounty.us/caregivers. Volunteers provide a break to caregivers of older adults. Care receivers must be 55+ & unable to be left alone for more than 2 hours. Companionship care only. Support groups for caregivers & their families throughout Anoka County. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections & educational opportunities.

Sight & Hearing Association (651) 645-2546

Sight conservation program including adult home eye screening (nominal fee), informational literature, preschool screening for hearing & vision. Adult hearing & vision testing at malls & fairs. Preschool & school age screening.

State Services for the Blind (651) 642-0500
Educational information, rehabilitation, vocational or personal independence focus, equipment, computer technology.

Tamarisk, Inc. (763) 572-1950
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.

Telephone Equipment Distribution Program 1-800-657-3663 (toll free) or (651) 431-5945
TTY (Hearing Impaired) 1-888-206-6555
Provides specialized telephone equipment to eligible deaf, hard of hearing, deaf blind, speech impaired, or mobility impaired persons. No fee, must be eligible.

Vision Loss Resources (612) 871-2222
Needs assessment for blindness, senior services, & rehabilitation services. Hearing assessment & evaluation also available.

Hospitals

Some hospitals offer financial assistance to low income families through Hill Burton funds. Aid varies & there are guidelines. Please call hospital for details or call the Hill Burton Health Care Assistance Hotline at 1-800-638-0742. If the hospital you choose does not have Hill Burton funds available, contact their business office. They may know of other supportive funding to help you.

Abbott Northwestern Hospitals, 800 E 28th St, Minneapolis 55407 (612) 863-4000

Anoka Regional Treatment Center, 3301 7th Ave N, Anoka 55303 (651) 431-5000
Mental Health & Chemical Dependency.

Children's Hospital and Clinics of Minnesota (651) 220-6000
345 N Smith Ave, St. Paul 55102. 2525 Chicago Ave S, Minneapolis 55404. 1-866-916-4316

Fairview Lakes Regional Medical Center, 5200 Fairview Blvd, Wyoming 55092 (651) 982-7000

Fairview Ridges Hospital, 201 Nicollet Blvd E, Burnsville 55337 (952) 892-2000

U of M Medical Center, Fairview (612) 273-3000
Riverside Campus, 2450 Riverside Ave, Minneapolis 55454 (612) 273-3000
University Campus, 500 Harvard St, Minneapolis 55455 (612) 273-3000

Gillette Children's Hospital, 200 E University Ave, St. Paul 55101 (651) 291-2848

Health East St. John's Hospital, 1575 Beam Ave, Maplewood 55109 (651) 232-7000

Hennepin County Medical Center (HCMC), 701 Park Ave, Minneapolis 55415 (612) 873-3000

Mercy Hospital, 4050 Coon Rapids Blvd, Coon Rapids 55433 (763) 236-6000

North Memorial Hospital, 3300 Oakdale Ave N, Robbinsdale 55422 (763) 520-5200

Phillips Eye Institute, Allina, 2215 Park Ave S, Minneapolis, 55404 (612) 775-8800

Regions Hospital , 640 Jackson St, St. Paul 55101	(651) 254-3456
Shriners Hospitals for Children , 2025 E River Pkwy, Minneapolis 55414	(612) 596-6100
St. Joseph's Hospital , 45 W 10 th St, St. Paul 55102	(651) 232-3000
United Hospital , 333 Smith Ave N, St. Paul 55102.....	(651) 241-8000
Unity Hospital , 550 Osborne Rd, Fridley 55432	(763) 236-5000
Woodwinds Campus Hospital , 1925 Woodwinds Dr, Woodbury 55125.....	(651) 232-0100

Low Cost Clinics

Central Avenue Clinic..... **(612) 781-6816**
 2610 Central Ave NE, Minneapolis. Medical & health care coverage for all ages who are uninsured. Call for appointment. New patient wait is about 2 weeks. Not urgent care. Walk-ins accepted.

Fremont Community Health Services **(612) 588-9411**
 3300 Fremont Ave N, Minneapolis. Medical & health care for all ages. Walk-ins accepted.

NIP (Neighborhood Involvement Program) Community Clinic..... **(612) 374-3125**
www.neighborhoodinvolve.org. 2431 Hennepin Ave, Minneapolis. Sliding Fee. Medical clinic for the uninsured. Limited dental services: only cleanings, fillings, & x-rays.

North Metro Pediatrics **(763) 783-3722**
www.northmetropeds.org. 10081 Dogwood St NW Ste 100, Coon Rapids 55448. Non-profit pediatric primary care clinic with sliding fee scale, providing comprehensive medical services to children & young adults from birth to 21 years. Services include but are not limited to: physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, & sick visits. Accepts most insurances and medical assistance.

Nucleus Clinic **(763) 755-5300**
 1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Sheridan Clinic..... **(612) 362-4111**
 342 13th Ave NE, Minneapolis 55413. Medical and health care coverage for all ages, women & children only. Call for an appointment. Walk-ins accepted.

St. Mary's Health Clinic..... **(651) 287-7777**
www.stmaryshealthclinic.org. Free medical care for low income uninsured people. There are fifteen clinic sessions each week at clinic sites located throughout the Twin Cities metro area. Clinic open Monday-Thursday 8:30 am- 3:30 pm. Please call for more information and eligibility determination. Appointments are required. Se habla espanol.

Dental

- Apple Tree Dental..... (763) 784-7570**
Provides preventative care and comprehensive dental services for children, adults, seniors, & disabled. Accepts most insurances, Minnesota Care, & M.A. Affordable plan options for uninsured who cannot afford the full cost of dental care. Handicap Accessible.
- Affordable Dentures, Brooklyn Park..... (763) 315-1875**
- Children’s Dental Services, Minneapolis..... (612) 746-1530**
Dental care for children (1-18 & pregnant women) from low income families. Sliding scale for birth to 18. Will see young adults aged 18-21, but they must have insurance. Clinics in St. Paul and mobile care for Washington County and Shakopee. Interpreters available for Spanish, Hmong, & Somali. Call for appointments & clinic locations.
- Community University Health Care Center, Minneapolis (612) 638-0720**
Call for information on acceptance process.
- Dental Referral Service (651) 631-9845**
Provides referrals for those who have no insurance, are low income, or pay cash for dental care.
- Donated Dental Services..... (651) 454-6290**
Provides dental services for persons who are low income, elderly, disabled, chronically ill, or children.
- Helping Hand Dental Clinic..... (651) 224-7561**
506 W 7th St, St. Paul. Sliding fee with current check stub.
- NIP (Neighborhood Involvement Program) Community Clinic..... (612) 374-4089**
www.neighborhoodinvolve.org. 2431 Hennepin Ave, Minneapolis. Sliding Fee. Limited dental services: only cleanings, fillings, & x-rays. Also medical clinic for the uninsured.
- Southside Community Dental Clinic, Minneapolis (612) 822-9030**
Sliding fee for those who are eligible. Accept all state plan insurances. Walk-ins before 4 pm.
- West Side Community Health Services (651) 602-7575**
www.westsidechs.org. 153 Cesar Chavez St, St. Paul 55107. Sliding fee. Accept all MA’s. 8:15 am, first 6-8 for the day. Mon, Tue, Fri, 8 am-5 pm. Wed, 8:30 am-8 pm. Thurs, 8 am-7 pm.

Chemical Health

For Emergency Medical Help, Please call 9-1-1.

- 3-R’s Counseling Center (612) 789-8030**
2220 Central Ave NE, Minneapolis 55418. Day & evening programs. Hours: Monday-Friday, 9 am-6 pm. Offers DWI programs on Saturdays.

- Anoka County Chemical Dependency Assessment** (763) 422-7078
You may be eligible for financial assistance through Rule 25. Eligibility is determined through assessment.
- Anthony Louis Center** (763) 757-2906
Residential programs for adolescents with chemical dependency. Assessment, outpatient, inpatient, & counseling programs available.
- Community Addiction Recovery Enterprise** (651) 431-5250
3301 7th Ave N, Anoka 55303. Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.
- Fairview University Medical Center, Minneapolis**..... (612) 672-6000
- Hazelden Institute** 1-800-257-7800 or (651) 213-4200
Center City, adults 18 & up. Plymouth, for youth only.
- Minnesota Prevention Resource Center** (763) 427-5310
www.emprc.org. 2720 Hwy 10 NE, Mounds View 55112. Monday-Friday, 8 am-4:30 pm. State clearing house for information regarding preventions of abuse of alcohol, tobacco, other drugs, & related violence. Printed materials, audio/visual library, & website.
- Moving Forward & Assessment Service**.....(763) 355-5092
950 Cty Hwy 10, Spring Lake Park 55432. Offers chemical health assessment & drug & alcohol awareness education. Free transportation provided.
- Narcotics Anonymous / 24 hours** (952) 939-3939
- New Connection Programs (Regions Hospital)**..... (763) 784-2454
199 Coon Rapids Blvd Ste 110, Coon Rapids 55433. Structured all day chemical health outpatient treatment for adolescents ages 12-18. 12-step cognitive, family centered, abstinence based program with an onsite educational program.
- Nystrom & Associates, Ltd. Intensive Outpatient Chemical Dependency Program**
New Brighton..... (651) 628-9566
Elk River..... (763) 746-9492
www.nystromcounseling.com. Chemical dependency assessments, group & individual counseling available. Education sessions, aftercare, & follow up provided.
- Riverplace Counseling Center**..... (763) 421-5590
1814 S Ferry St, Anoka 55303.
- RS Eden** **Men (612) 338-0723 Women (612) 338-2158**
Structured programming for men & women with a history of addiction. Fees based on a sliding fee scale & vary with service provided. Assistance is available to eligible clients through General Assistance or the State Consolidated Fund.
- Salvation Army: Beacon Program**..... (612) 767-3110

A chemical dependency support program for families with a parent dealing with substance abuse. Financial & emotional support to the family allowing the one parent to focus on healing, thereby keeping the family intact. Treatment only for men 18 & up. Phase 1 and Phase 2 Residential treatment and outpatient treatment.

Thunder Spirit Center (612) 870-2415
www.tubman.org. Provides programming, support, case management, advocacy, & supports people in obtaining diagnosis. For families and children preschool to high school who were exposed prenatally to drugs & alcohol.

Transformation House – Chemical Dependency (763) 427-7155
www.transformationhouse.com. 1410 S Ferry St, Anoka 55303. Primary & extended care & aftercare. Licensed Rule 31. Males and females over age 18. Gambling assessments, outpatient treatment, & court ordered assessments. Call for intake and assessment.

Unity Chemical Dependency Services (763) 236-4500
Inpatient & outpatient services. Fee does apply.

Veterans Affairs Medical Center, Minneapolis..... (612) 467-2228
ADS (Addiction Disorder Section).

Mental Health

For Emergency Mental Health Help, Please call 9-1-1.

ABC Family Counseling..... (763) 786-9822
Anoka Professional Building, 403 Jackson St Ste 308, Anoka 55303. Individual, couple, & family counseling.

Affiliated Counseling Center (763) 572-2605
www.mncounseling.com. 7260 University Ave NE Ste 235, Fridley. Outpatient mental health clinic. Provide counseling services to individuals, couples, & families.

Anoka County Mental Health Services (Intake)..... (763) 422-3283
Anoka County Adult Mental Health Unit offers case management services for individuals with chronic mental illness. Adult mental health case management services unit (763) 712-2911.

Anoka Regional Treatment Center (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Assessment & Referral (Mercy Hospital) (763) 236-7911
4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours a day. No age restriction, walk-in or call, 24 hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

Bar-None Residential Treatment Services for Children (763) 753-2500
www.voamn.org. 22426 St. Francis Blvd, Anoka, MN. Inpatient treatment for youth ages 12-18. Programs include shelter care for males, residential treatment for males with severe emotional/behavioral problems (including programs for males with developmental delays), & residential treatment for females.

Bridgeview Community Support Program (763) 783-7440

www.leecarlsoncenter.org. 1121 80th Ave NE, Spring Lake Park 55432. Drop in center for adults 18 & older, activities & support programs for adults in Anoka County with mental illness.

Chrysalis Mental Health Clinic..... (612) 871-0118
TTY (Hearing Impaired) (612) 824-2780

www.tubman.org. 4432 Chicago Ave S, Minneapolis. Counseling & psychiatry services. Outpatient mental health services. MA accepted. Monday-Thursday, 9 am-8:30 pm. Friday 9 am-3 pm.

Community Options Program (763) 572-0009
5384 5th St NE, Fridley 55421. Intensive Residential Treatment Services (IRTS) for persons with serious & persistent mental health illness or Chemical Dependency. Open 24 hours.

Coon Rapids Counseling..... (763) 786-9755
551 Coon Rapids Blvd Ste 150, Coon Rapids, 55433. Individual, teen, children, psychological assessment, couple, & family counseling. Minnesota Care & MA accepted.

Disability.gov.....www.disability.gov.
Information & resource website for people with disabilities.

Domestic Abuse Project..... (612) 874-7063
www.domesticabuseproject.org. 204 W Franklin Ave, Minneapolis 55404. Domestic abuse therapy, groups, education, and advocacy for men, women, children, and adolescents.

Family-Based Therapy Associates..... (763) 780-1520
www.fbta.biz. 199 Coon Rapids Blvd Ste 306, Coon Rapids 55433. Local, comprehensive mental health resource with multi-disciplined staff of mental health professionals. Work with individuals, couples, families, groups, children, adolescents, and adults. Most insurance accepted.

Family & Children's Service, Mental Health Counseling.....(763) 560-4412
For new appointments: (612) 728-2061 or (612) 728-2061 for Spanish Line
www.everyfamilymatters.org. Counseling for children, teens, couples, families, & individuals is offered on a sliding-fee scale based on your family's income and ability to pay. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider.

Family Innovations, Inc. (763) 421-5535
1833 3rd Ave, Anoka 55303. Provides counseling for couples, families, & individuals.

Family Life Mental Health Center..... (763) 746-9588
www.flmhc.org. 1930 Coon Rapids Blvd, Coon Rapids 55433. Mon-Thurs, 8 am-8 pm. Individual, group, family, & marital therapy. Anger management & DBT groups. Most insurance accepted. Sliding fee.

Family Strengths Counseling Group, LLC.....(651) 214-2575
199 Coon Rapids Blvd Ste 210, Coon Rapids 55433. Serves children ages 0-18 with mental health issues (anxiety, depression, & behavioral). Works with Anoka County Social Work units. Uses play therapy & family play therapy techniques. Serves adults with health and mental health issues, eating disorders, substance abuse issues, parenting issues, & with adults coping with loss. Also serves those serving and/or returning from military deployment & their families.

- Family Support Services, Inc.**..... (651) 628-4993
www.nystromcounseling.com. In-home service to help keep mental health patients on Medical Assistance (MA) functioning in the community. Assists with basic living & social skills, community intervention, & medicine education services. Monday-Friday, 8 am- 5:30 pm.
- Fraser** (763) 231-2590
Fraser Intake Coordinator (612) 331-9413
 Provides mental health services for children who have emotional and behavioral disorders as well as treatment services for infants through young adults with autism spectrum disorders and their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual & group family skills training, & other specialized related services.
- Grief Support – Mercy Hospital**..... (763) 236-8050
 Ongoing grief support meets once a week. Special groups for children & teens. Call for more information.
- Grief Support – North Metro Coalition** (763) 413-2985
 Coalition of faith communities & other agencies that provide 2 series of 6 week sessions per year in various parts of Anoka County. Education is provided around various aspects of grief & loss. Small group support is offered for death of a spouse, parent, child, sibling, friend, pregnancy loss, & suicide. No cost.
- International Center for the Attainment of Love and Joy**..... (763) 572-2326
 622 86th Ln NW, Coon Rapids 55433. Out of Network benefits cover services. Sliding fee.
- Lee Carlson Center for Mental Health & Wellbeing**..... (763) 783-4991
Women’s Line (763) 783-4914
Men’s Line (763) 783-4991
Women’s Anger Management..... (763) 783-4914
Women’s Group for Sexual Assault (763) 780-3036
www.leecarlsoncenter.org. 7954 University Ave, Fridley 55432. Play therapy for children & individuals & group therapy for youth who have witnessed domestic violence. Domestic abuse therapy for women who are victims/survivors & for men who are abusive. Anger management groups for adolescents. Restorative Parenting Program for adults who have exposed their children to violence. Office hours: Monday-Thursday 9 am- 6 pm. Confidential answering machine 24 hours a day. Accepts most medical insurance for payment. Sliding fee.
- Mercy Hospital Adult Psychiatry** (763) 236-8500
 Inpatient mental health services. MA & most insurance plans accepted. For inpatient care, call 24 hour crisis line, (763) 236-7911, before coming in.
- North Suburban Counseling Center** (763) 784-3008
www.northsuburbancounselingcenter.com. 425 Coon Rapids Blvd Ste 200, Coon Rapids, 55433. Sliding fee. Individual, family, & adolescents age 16 & up. Psychological & psychiatric medication evaluations. MA accepted. Some insurance accepted.
- Northland Therapy Center** (651) 641-1009
 A mental health clinic serving primarily adult individuals & couples with expertise in working with sexual orientation issues.

Nystrom & Associates, Ltd. Children’s Therapeutic Services & Supports (In-Home Therapy)

- New Brighton..... (651) 628-9253**
Elk River..... (763) 746-9492
www.nystromcounseling.com. For children ages 3-21 who have emotional &/or behavior disorders. Meet with children or families in-home to best serve a wide variety of populations & diagnosis.
- Nystrom & Associates, Ltd. Outpatient Clinic**
New Brighton..... (651) 628-9566
Elk River..... (763) 746-9492
www.nystromcounseling.com. Rule 29 mental health outpatient clinic for persons experiencing personal, emotional, marriage, family, or psychological problems. Serves children, adolescents, & adults. Psychiatry, DBT, anger management, & dietician services available.
- Project Pathfinder, Inc., Child and Adolescent Services (651) 644-8515**
www.projectpathfinder.org. 1821 University Ave W Ste N 385, St. Paul 55104. Assessment & treatment of children ages 3-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for children who have been sexually abused or have sexually abused another child & their families.
- Psychology Office (763) 717-4979**
 277 NW Coon Rapids Blvd Ste 308, Coon Rapids 55433. Provides services to children, adolescents, families, adults, & couples.
- Resource Center for Fathers & Families..... (763) 783-4938**
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Educates dads and moms on parenting & sharing parenting. Offers family law clinics, support groups, marriage counseling, relationship courses, and anger management/domestic violence prevention classes for fathers. Call for more information & for referrals.
- Rise, Inc..... (763) 786-8334**
www.rise.org. Provides vocational evaluation, training, & placement services. Homeless outreach & independent living skills. Training geared to adults with disabilities.
- Riverwind Mental Health Crisis services (651) 774-0011**
www.peopleincorporated.org. Mental health assessments, interventions, short term crisis residence. 24 hour crisis line for adults & children, plus children's mobile crisis response.
- Senior Caregiver Network..... (763) 422-6960**
www.anokacounty.us/caregivers. Offers support, newsletter, & resource materials for caregivers of an older adult. Support groups available throughout Anoka County.
- Shiloh House (763) 427-7155**
www.transformationhouse.com. 1410 S Ferry St, Anoka 55303. Services 10 am on Sundays. Gambling assessments & outpatient treatment. Court ordered assessment. Call for intake & assessment.
- Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org/mn. Monday-Friday, 8 am-5 pm. Safe and confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Silence shatters lives. Call to learn what you can do to keep children safe or how to help a child who may have been harmed.

- Supportive Living Services..... (763) 537-6612**
Community support program providing case management & psychiatric rehabilitation in the community for individuals with severe & persistent mental illness.
- Thunder Spirit Center (612) 870-2415**
www.tubman.org. Provides programming, support, case management, advocacy, & supports people in obtaining diagnosis. For families & children preschool to high school who were exposed prenatally to drugs & alcohol.
- Tough Love..... (763) 391-2630**
Recorded message. A self-help program for parents troubled by teen behavior. Parent support groups.
- Veterans Resource Center (651) 644-4022**
550 Cty Rd D W Ste 10, New Brighton 55112. Readjustment counseling for all combat veterans (individuals, couples, & families). Bereavement for individuals who have lost a family member in combat. Outreach services for local, regional, & state counseling for MST. Referrals as appropriate. Hours Monday-Friday 8 am-4:30 pm and extended hours available.
- Veterans Service Office – Anoka County..... (763) 323-5290**
Provides counseling, claims services, referral, and assistance in accessing services in chemical dependency, burial benefits, discharge reviews, death benefits, employment, financial assistance, education training, health benefits, disability services, etc.
- Volunteers of America Mental Health Clinics (763) 753-7310**
www.voamn.org. 22426 St. Francis Blvd, Anoka, MN. Mental health services for children & adults, including individual, group, family, & marital therapy, support groups, school based groups, parent education, psychological testing & assessment, psychiatric evaluation & medication management. Also, Mental health services for deaf & hard of hearing.
- Well-Spouse Association..... 1-800-838-0879**
www.wellspouse.org. Offers emotional support, newsletters, & resource materials for the husbands, wives, & partners of the chronically ill &/or disabled. Advocates for needs. Monthly support meetings.

EMPLOYMENT

- Anoka County Job Line..... (763) 422-7498**
www.anokacounty.us. Hours: 8 am-4:30 pm.
- Anoka Technical College (763) 576-4783**
www.anokatech.edu. Job placement coordinators. Referral & employment services. Resume assistance. Call for appointment.
- Career Solutions (651) 647-9961**
www.careersolutionsinc.org. Helps with job entry, re-entry, career change, job advancement, & management skills. New Careers Program for displaced homemakers is offered at different times throughout the year.

- Catholic Charities..... (612) 664-8500**
www.cctwincities.org.
- East Side Employment Network, Minneapolis (612) 787-4000**
www.esns.org. Assistance with vocational training, job search, & resumes. Job clubs, job search workshops. Works with residents of Minneapolis only. No fee.
- Educational Opportunity Center – TRiO..... (763) 783-4893**
www.minneapolis.edu/eoc. Main office: 1501 Hennepin Ave, Minneapolis, (612) 659-6543. Free. Counselors located at numerous sites in the metro area including the Anoka County WorkForce Center. Academic & career assessment. Information on educational funding. Help in choosing college programs. Provides help rehabilitating defaulted student loans. Information & referral.
- International Institute of Minnesota (651) 647-0191**
www.iimn.org. 1694 Como Ave, St. Paul 55108. A statewide service organized to help foreign born residents & their families with the adjustments to American life.
- Minnesota Careers www.iseek.org**
 Annual career exploration publication for career explorers. Includes most of the information found on the website: i.e. Minnesota specific occupational details & assistance with making career decisions & future choices. Prepared by iSeek solutions. Sample copies can be found at WorkForce centers or local libraries.
- Minnesota Workforce Center – Anoka County (763) 783-4800**
www.mnwfc.org/anoka. 1201 89th Ave NE Ste 235, Blaine. A partnership of state, county, & non-profit organizations that provides seamless & accessible services to meet the career, employment, & training needs of the community. Services available at no cost include: a resource room with personal computers, internet access, job leads & referrals, labor market information, & phone center. Workshops held regularly to assist individuals in career planning, job search, interviewing skills, networking, & resume writing. Eligibility requirements may apply to services such as MFIP, dislocated workers, food support, employment & training, older workers, youth employment programs, rehabilitation services, & veterans' services.
- Opportunity Partners, Inc.....(763) 450-4400**
www.opportunitypartners.org. 3351 Coon Rapids Blvd, Coon Rapids 55433. We provide a wide variety of community-based training and vocational options for adults with developmental disabilities (18 years and older). Services range from employment as part of a team with an on-site supervisor to independent employment with the support of a job coach.
- Rise, Inc..... (763) 786-8334**
www.rise.org. Provides special need students & adults with disabilities with vocational evaluation, career planning, training, supported & competitive employment, job placement, & follow-up support services. No fee to program participants (paid by referring agencies).
- Unemployment Insurance..... www.uimn.org.**
 Unemployment compensation benefits.
- Veterans Resource Center.....New Brighton (651) 644-4022 or Brooklyn Park (763) 503-2220**
 550 Cty Rd D W Ste 10, New Brighton 55112. 7001 78th Ave N Ste 300, Brooklyn Park, 55445. Employment services and readjustment counseling for combat veterans. No Fees.

- Vocational Rehabilitation Services (VRS)** (763) 785-3360
 1201 89th Ave NE Ste 220, Blaine 55434. If you have disabilities that prevent you from obtaining or maintaining appropriate employment, the DRS is a statewide agency offering a wide variety of services to assist you in overcoming these problems. There may be a cost for some services, which will be outlined by agency counselors.
- Women Achieving New Directions Employment Action Center** (612) 752-8500
www.eac-mn.org. 2143 Lowry Ave N, Minneapolis 55411. Career services for single mothers looking to upgrade or change their employment & who are currently working 30+ hours.
- Women Venture** (651) 646-3808
www.womenventure.org. Job search, support groups, career exploration classes, individual consulting, business classes, financial literacy, loan fund, & training for trade jobs.
- Working Family Resource Center** (651) 293-5330
www.workingfamilyresourcecenter.org. 325 Cedar St Ste 250, St. Paul 55101. A business/educational partnership. Provides educational workshops & seminars at business sites to assist (employees) with work & home life issues.

Metro Civil Service Job Information

- Anoka County Human Resources Office** Job Line (763) 422-7498 or (763) 323-5525
www.anokacounty.us. 2100 3rd Ave N Ste 261, Anoka. Hours: 8 am-4:30 pm. Fax number (763) 323-5545. TTY number (763) 323-5544. AA/EOE (Affirmative Action/Equal Opportunity Employer)
- Anoka County Job Line**, www.anokacounty.us. Hours: 8 am-4:30 pm..... (763) 422-7498
- Hennepin County Government Center** (612) 348-3000
- Hennepin County Job Line**, www.hennepin.jobs (612) 348-2163
- Post Office Job Line**
www.usps.com/employment.
- Ramsey County Human Resources**, www.co.ramsey.mn.us (651) 266-2700
- Ramsey County Job Hotline** (651) 266-2666
- University of Minnesota Human Resources**, www.umn.edu/ohr/employment (612) 625-2000
- University of Minnesota Job Information** employment.umn.edu

National Service

- AmeriCorps** 1-800-942-2677
www.americorps.gov. AmeriCorps is your chance to put your ideas into action while learning new skills, making new connections, & earning money to pay for college, grad school, or qualified student loans. Some members may earn a modest living allowance during their term of service. AmeriCorps is a program

of the Corporation for National & Community Service, an independent federal agency whose mission is to improve lives, strengthen communities, & foster civic engagement through service & volunteering.

FINANCIAL

Assistance & Counseling

Financial Assistance

Anoka County Child Support (763) 422-7320

8 am-4:30 pm. Services include: locating non-custodial parents, establishing parentage, & establishing & enforcing support orders, including child support, medical support, child care contributions, & collecting current & past-due support payments.

Anoka County Income Maintenance Department

Services Include Food Support, cash assistance, & healthcare programs.

Adults Only, Monday-Friday, 8 am-4:30 pm..... (763) 422-7246

Families With Children, Monday-Friday, 7:30 am-4:30 pm (763) 717-7700

Southern Anoka County Service Center, Monday-Friday, 8 am-4:30 pm (763) 789-4326

Eastern Service Center, Lexington, Monday-Friday, 8 am-4:30 pm (763) 795-5720

Bridge To Benefits www.bridgetobenefits.org

Find out if you qualify for public programs that can help stretch your family budget. Information on how & where to apply, print applications, and learn more.

CEAP (Community Emergency Assistance Program)..... (763) 783-4930

www.ceap.org. Limited financial assistance to eligible residents of Anoka County. 8 am-4:30 pm.

CEAP Transportation Solutions (763) 566-9600

www.ceap.org. 6840 78th Ave N, Brooklyn Park 55445. For one & two parent families with dependent children. Must be current with monthly bills when applying for program. Must be employed six months or in school (post GED or post high school) six months or more.

Crisis Assistance / Intake, ACCAP (763) 783-4747

www.accap.org. Utility shut-off, eviction/foreclosure assistance for income eligible Anoka County residents, as funds are available.

DWP (Diversionary Work Program)..... (763) 717-7730

DWP is a short-term, work focused program for families applying for cash benefits. Contact your county of residence for more information and possible benefits.

Energy Assistance, ACCAP (763) 783-4712

www.accap.org. Financial assistance with heating bills for income qualified households.

Energy Cents Coalition (651) 774-9010

www.energycents.org. Gas Affordability Program (GAP) assists with energy bills. Must first apply and meet guidelines for Energy Assistance. Energy Conservation Program assists Xcel customers who meet Energy Assistance guidelines may qualify for help with energy audits, improvements, etc.

Medicare Customer Service, www.medicare.gov	1-800-MEDICARE (1-800-633-4227)
MFIP (Minnesota Family Investment Program)	(763) 717-7730
MFIP benefits provide cash and food benefits to eligible applicants. Contact your county of residence for more information and possible benefits.	
Minnesota Link-up Plan	(651) 296-0406
121 7 th Place East Suite 350, St. Paul 55101. Provides assistance for eligible individuals towards phone connection & installation charges. Contact your local phone company for further details & other possible benefits.	
Raising Relatives	(612) 879-5307
A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives' kids through support groups, recreation, & free phone consultation. Referrals made & scholarships given.	
Representative Payees	(763) 783-4707
Provides money management for clients receiving government benefits and having trouble managing their finances. Call Senior Information Line for a list of Representative Payees.	
Salvation Army	(763) 755-6873 ext. 123 or ext. 124
Discretionary funds available in small amounts, on a one-time basis, for emergencies that fall between the cracks of other social service programs, or used in conjunction with other agencies.	
Salvation Army HeatShare	(763) 755-6873 ext. 123 or ext. 124
Emergency program serving Anoka County residents to assist with heating emergencies. You must exhaust all other programs first.	
Social Security Administration (To apply)	1-800-772-1213
Social Security (Assists Anoka County clients with forms & questions)	(763) 422-6941
Telephone Assistance Plan	(651) 296-0406
121 7 th Place E Ste 350, St. Paul 55101. Monthly discounts. Financial eligibility guidelines may apply. Contact your phone company for details.	

Financial Counseling & Education

Children's Home Society & Family Services	(651) 641-1300
Financial & Home Ownership Education	

www.chsfs.org. 1321 Andover Blvd NE, Ham Lake 55304. Free individual and family debt management counseling helps you create a financial plan & address consumer debt. Home Ownership Educators can meet with you to identify financing options that best meet your household's needs. If you are not quite ready to purchase a home or have encountered barriers, your educator will work with you to create and implement a step by step plan to become a successful homeowner.

Consumer Credit Counseling Service (651) 789-4014

www.familymeans.org. Offers financial management workshop, credit counseling, & credit education (budget & credit counseling, pre-filing bankruptcy counseling, & pre-discharge bankruptcy education). Hours: Mon-Fri 8 am-5 pm. Evening appointments.

FAIM (Family Assets for Independence in Minnesota), ACCAP (763) 783-4747

www.accap.org. Matches \$3 for every \$1 you save for 2 years with a maximum of \$960 of your savings. The total match of \$3840 can be used toward a down payment of your first home, to continue your education, or to start up a small business. Call for eligibility and program requirements.

Financial Fitness, ACCAP (763) 783-4747 ext 8791 or 7845

www.accap.org. Financial Fitness is an opportunity to gain personal finance knowledge in budgeting, debt reduction and asset building, credit usage, building a good credit rating, consumer protection, and financial institutions.

Foreclosure Prevention, ACCAP..... (763) 783-4880

www.accap.org. Help for people facing default with their mortgage payments.

Lutheran Social Service Financial Counseling 1-888-577-2227

Free financial counseling. Call for an appointment. Debt management program, fees may apply.

Taxpayer Advocate Service of IRS (651) 312-7999

www.IRS.gov. Free assistance for unresolved IRS problems.

University of Minnesota Extension, Anoka County (763) 755-1280

www.extension.umn.edu/county/anoka. Dollars Into Sense class offered on a monthly basis that covers basic budgeting.

Village Financial Resource Center..... 1-800-450-4019

www.helpwithmoney.org. Monday-Friday, 8 am-5 pm. Call for appointments & fees.

LEGAL

- Alexandra House, Inc., Community Program** (763) 576-9999
www.alexandrahoe.org. Family Law Clinic occurs every 3rd Tuesday of the month from 5:45 pm – 9 pm. This clinic is facilitated by family law attorneys and provides free information/legal advice to victims/survivors of domestic or sexual violence. Topics covered include divorce, custody, parenting time, child support, paternity, and protective orders. Legal Advocacy Services provides free legal advocacy service to victims/survivors of domestic and sexual violence. Services available include assistance in filing protective orders, criminal and civil court advocacy, safety planning, information, and referrals.
- Anoka County Attorney's Office** (763) 323-5550
2100 3rd Ave Ste 720, Anoka 55303.
- Anoka County Attorney's Office, Victim / Witness Program** (763) 323-5624
www.anokacounty.us/victimwitness. This program offers advocacy, referrals, resources, & community education.
- Anoka County Child Protection Agency** (763) 422-7125
www.anokacounty.us. 8 am-4:30 pm. Report child abuse & neglect. Calls referred after hours.
- Anoka County Child Support** (763) 422-7320
www.anokacounty.us. 2100 3rd Ave Ste 401, Anoka 55303. Establishing parentage. Establishing & enforcing orders for support.
- Anoka County Public Defender** (763) 422-3350
www.pubdef.state.mn.us. 433 Jackson St Ste 120, Anoka 55303. Fax (763) 422-3592. Deals only with criminal defense cases. Court appointed criminal defense.
- Better Business Bureau of Minnesota** (651) 699-1111
www.bbb.org. If you have difficulty regarding any consumer problem, you may want to file a complaint with the Better Business Bureau. Provides reliability reports. Call before you do business with any company. Monday-Friday, 9 am-4 pm.
- Central Minnesota Legal Services** (612) 332-8151
www.centralmnlegal.org. 430 First Ave N Ste 359, Minneapolis 55401. Offering free legal representation to low income residence of Anoka County in civil (non-criminal) cases. The matters we handle include family law, consumer law, unemployment compensation appeals, tenant/landlord, public assistance (welfare, emergency assistance, food stamps, daycare assistance, etc.) & other non-criminal matters.
- Council on Crime & Justice, General Victims Service** (612) 340-5400
www.crimeandjustice.org. Aid to victims of crime. 24 hour crisis line. Provides advocacy, referrals, & training.
- Crime Watch, Operation I.D.** **Crime Prevention Coordinator (763) 767-4664**
These programs operate in conjunction with the Anoka County Sheriff's office & your local police department to protect your property & your neighborhood. See CIVIC INFORMATION section.

- Disability Law Center Mental Health Law Project, Minnesota Disability Law Center..... (612) 332-1441**
www.mndlc.org. Protection & advocacy of individual rights & client assistance project.
- Hennepin County Bar Association Lawyer Referral & Information Service (612) 752-6666**
www.hcba.org. Callers are provided legal information & may be able to schedule an appointment with an experienced attorney for a \$30 administrative fee. \$30 administrative fee may be waived for injury cases & SSI appeals. Low Fee Family Project: reduced fees might be available for working clients. Family court matters only. \$55/hr with a \$500 retainer. Must meet eligibility guidelines.
- HOME Line (612) 728-5767**
www.homelinemn.org. Provides free legal, organizing, education, & advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.
- Judicare of Anoka County, Inc. (763) 783-4970**
www.anokajudicare.org. Free legal representation for low income residents of Anoka County. Civil (non-criminal) cases only, including tenant/landlord, employment, debtor/creditor, public assistance (welfare, food support, etc.) domestic relations, & other non-criminal matters. No wills.
- Law Help MN www.LawHelpMN.org**
 Helping low income Minnesotans solve civil legal problems.
- Legal Aid Society of Minneapolis..... (612) 334-5970**
TTY (Hearing Impaired) (612) 332-4668
www.mnlegalservices.org.
- Legal Services for Senior Citizens of Anoka County (320) 253-0121 or (888) 360-2889**
 This service provides no cost representation &/or advice in civil legal matters, primarily in the area of Public Entitlements (Social Security, SSI, Medicare, Medical Assistance), consumer problems, insurance problems, landlord/tenant disputes, & family law matters. No wills.
- M.A.D. Legal Services..... (612) 676-6300**
 Elder law includes wills, trust, estate planning, probate, conservatorships/guardianships, healthcare directives/funerals, power of attorney, Medical Assistance, and real estate.
- Mediation Services for Anoka County (763) 422-8878**
www.mediationservice.org. Trained volunteers help Anoka County residents settle disputes such as neighborhood, landlord/tenant, employer/employee, & family problems. Free. Post divorce visitation problems are handled under the Shared Parenting & Expediting Program, there is a small fee for this service. Also offers workshops on conflict resolution.
- Minnesota Department of Human Rights (651) 296-5663**
TTY (Hearing Impaired) (651) 296-1283
www.humanrights.state.mn.us. Enforces MN Human Rights Act. Investigates charges of discrimination in employment, housing, public accommodation, education, & public services.
- Minnesota Office of Consumer Services, Attorney General's Office (651) 296-3353 or 1-800-657-3787**
TTY (Hearing Impaired) (651) 297-7206 or 1-800-366-4812
www.ag.state.mn.us. 1400 Bremer Tower, 445 Minnesota St, St. Paul 55101. Distributes consumer information & enforces fraud statutes. Mediation services to consumers having problems with businesses.

- Minnesota State Bar Association** www.mnfindalawyer.com
Attorney referral service.
- Resource Center for Fathers & Families**..... (763) 783-4938
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Informational Family Law Clinics are hosted by a facilitator & conducted by a family law attorney who advises fathers & mothers about their concerns regarding divorce, paternity, custody, child support, & related issues. Classes offered include parenting, relationship, couples counseling, anger/domestic violence, & step-parenting. Referral services.
- Social Security Administration** (To apply) 1-800-772-1213
Social Security (Assists Anoka County clients with forms & questions) (763) 422-6941
- Southern Minnesota Regional Legal Services – Central Office** (651) 222-4731
Alliance Bank Building 55 E 5th St Ste 400, St. Paul 55101 Advice & representation in non-criminal civil legal matters that are critical to the clients basic needs.
- Tax Assistance** (763) 422-6923
Service provided by the American Association of Retired Persons (AARP) & Anoka County Retired & Senior Volunteer Program (RSVP). Volunteers trained & tested by the IRS & the MN Department of Revenue assist senior citizens, low income families, & disabled persons with filing forms (income tax, property tax, & rent refunds). Volunteers are scheduled at various sites. No charge.
- Taxpayer Advocate Service** (651) 312-7999
www.irs.gov. Free assistance for unresolved IRS problems.
- Tubman (Chrysalis Branch)** (612) 871-0118
TTY (Hearing Impaired) (612) 824-2780
www.tubman.org. 4432 Chicago Ave S, Minneapolis. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Also offers outpatient center for referral, phone counseling, support groups, chemical dependency, & mental health services. Hablamos Español también.
- Workers Compensation** (Information Line) (651) 284-5005 or 1-800-342-5354

EDUCATION

When applying for education programs, ask about services you may need in order to participate (i.e. transportation or child care). Many of these programs have funds to cover such costs, so it can pay to ask for what you need!

Adult Literacy Hotline 1-800-222-1990

www.themlc.org/hotline. For referral to basic reading & math skills. Adult Basic Education. GED prep testing sites. English as a second language. Computer classes. Refer for citizenship. Spanish speakers available.

Anoka County Library Books by Mail (763) 576-4695 ext. 4

www.anoka.lib.mn.us. Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.

Anoka Ramsey Community College (763) 433-1300

www.anokaramsey.edu. For general information.

Anoka Technical College (763) 576-4700

www.anokatech.edu. Our grads get great jobs. Customized training: (763) 576-4800.

Children's Home Society & Family Services (763) 785-9222

Learning Disabilities Program

www.chsfs.org. 1321 Andover Blvd NW, Ham Lake 55304. Help for parents who worry that their child is falling behind academically, struggle with their child for hours every evening over homework, need resources in order to advocate for their child, need clarification on navigating the special education system, or wonder how to get their child assessed. Serves families of children grades K-12. Assistance is provided by phone or in person & can include attending school meetings with the parent. Services free of charge & confidential.

English Learning Center (612) 874-9963

2315 Chicago Ave S, Minneapolis 55404. Offers ESL, citizenship, math, & computer class (in evenings only, Monday-Thursday) serving adult immigrants & refugees. Provides some transportation.

Family & Children's Service: Family School Coordinator Program (763) 560-4412

www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Initiated & funded by the Northwest Hennepin Family Service Collaborative in partnership with Family & Children's Service and the school districts of the Northwest Metropolitan region. The program is offered free of charge & is voluntary. Students who are referred meet with a Family School Coordinator who involves parents and school staff with developing goals and carrying out a plan for improved success in and out of school.

Family & Children's Service: Youth on the Move (612) 728-2086

www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. A program helping middle-school students strengthen personal connections and competency through various activities in and after school, on release days, during vacations, & in the summer.

- Home Safety..... (763) 767-4003**
www.sbmfire.com. Provided to residents of Spring Lake Park, Mounds View, & Blaine. Fire Department comes to the home for smoke alarm and carbon monoxide protection, fire escape planning, and general home safety. Juvenile fire setter intervention program available. Car seat checks available by appointment for children. CPR classes offered monthly (Do not have to be resident).
- Metro North Adult Basic Education..... (763) 783-4731**
www.metronorthabe.org. 1201 89th Ave NE Ste 335, Blaine 55434. Offers citizenship & English-as-a-Second-Language (ESL) classes for adults, GED, issues adult high school diplomas, basic reading, writing, & math brush up skills, Adult Basic Education (ABE), & family literacy classes.
- Minneapolis Community & Technical College (MCTC)..... (612) 659-6200**
www.minneapolis.edu. Our Power of YOU program offers recent graduates of Minneapolis or St. Paul public schools who are also residents of either city the chance to attend MCTC tuition free. Students who complete career programs at MCTC go on to find employment in a wide variety of professional & technical occupations.
- Minnesota Safety Council (651) 291-9150**
 Work place safety training.
- North Hennepin Community College (Brooklyn Park) (763) 424-0702**
www.nhcc.edu.
- Pacer Center, Inc. (Parent Advocacy Coalition for Educational Rights) 1-800-537-2237**
General Number (952) 838-9000
TTY (Hearing Impaired) (952) 838-0190
www.pacer.org. 8161 Normandale Blvd, Bloomington 55437. Serves the information & training needs of parents in Minnesota who have children & young adults with disabilities. No fee.
- Parent Involvement.....Contact your local school**
 Each school district has funds designated to assist parents in helping their children be ready to learn; improve communication between home & school; expand parent volunteer opportunities; support parents as they help their children learn; & help parents share in the decision making at the school district & state level. Contact your local school's parent involvement coordinator or parent involvement committee.
- Preschool Screening..... Contact your local school district**
 All children are required to have a preschool screening after they are 3 years old and before entering kindergarten. Contact your local school district to find out how to have your child screened.
- Professional Learning Alternatives, Inc..... (651) 464-8777**
www.pla-inc.org. Nonprofit training and advocacy resource for caregivers, parents, and those interested in supporting the development and education of young children. Offers in-service seminars, conferences, phone and on-site consulting, mentoring, and referrals.
- Resource Center for Fathers & Families..... (763) 783-4938**
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Educates dads & moms on parenting, family law clinics (open to males & females), shared parenting, support groups, marriage counseling, relationship course, & anger management classes for fathers.

Senior Caregiver Network (763) 422-6960
www.anokacounty.us/caregivers. Provides educational opportunities to caregivers of Anoka County through support groups. Topics include: estate planning, self-care, medication management, depression, coping with grief & loss, Alzheimer's, Parkinson's, etc.

St. Paul College (651) 846-1666
www.saintpaul.edu.

University of Minnesota Extension, Anoka County (763) 755-1280
AnswerLine 1-800-854-1678
www.extension.umn.edu/county/anoka. Provides a variety of educational opportunities to county residents through 4-H Youth Development, the Master Gardener program, Family Nutrition Education, Dollars Into Sense (family financial management), Youth Teaching Youth (offered through participating high schools), homeowner education for septic systems, & the Natural Resources Field Trip (offered to elementary schools).

University of Minnesota Information Line (612) 625-5000

School District Offices

School Boards are made up of elected officials. Vote in school board elections!

District 11, Anoka-Hennepin (763) 506-1000
www.anoka.k12.mn.us. 11299 NW Hanson Blvd, Coon Rapids 55433.

District 12, Centennial (763) 792-6000
www.isd12.org. 4707 North Rd, Circle Pines 55014.

District 13, Columbia Heights (763) 528-4500
www.colheights.k12.mn.us. 1440 49th Ave NE, Columbia Heights 55421.

District 14, Fridley (763) 502-5000
www.fridley.k12.mn.us. 6000 W Moore Lake Dr, Fridley 55432.

District 15, St. Francis (763) 753-7040
www.stfrancis.k12.mn.us. 4115 Ambassador Blvd, St. Francis 55070.

District 16, Spring Lake Park (763) 786-5570
www.springlakeparkschools.org. 1415 81st Ave NE, Spring Lake Park 55432.

District 831, Forest Lake (651) 982-8104
www.forestlake.k12.mn.us. 6100 N 210th St, Forest Lake 55025.

Community Education Departments

The Community Education Departments offer informative classes on all kinds of topics for adults, youth, early childhood education, and more. Most classes are very inexpensive and scholarships may be available. Call your school district to get a catalog.

District 11, Anoka-Hennepin, www.anoka.k12.mn.us	(763) 506-1260
District 12, Centennial, www.isd12.org	(763) 792-6100
District 13, Columbia Heights, www.colheights.k12.mn.us	(763) 528-4517
District 14, Fridley, www.fridley.k12.mn.us	(763) 502-5100
District 15, St. Francis, www.stfrancis.k12.mn.us	(763) 753-7034
District 16, Spring Lake Park, www.springlakeparkschools.org	(763) 786-1338
District 831, Forest Lake, www.forestlake.k12.mn.us	(651) 982-8110

Community Education Departments Special Needs

The State Department assures the provision of mandatory Special Education Services.

District 11, Anoka-Hennepin, www.anoka.k12.mn.us	(763) 506-1279
District 12, Centennial, www.isd12.org	(763) 792-5231
District 13, Columbia Heights, www.colheights.k12.mn.us	(763) 528-4414
District 14, Fridley, www.fridley.k12.mn.us	(763) 502-5100
District 15, St. Francis, www.stfrancis.k12.mn.us . Monday-Thursday, 8 am-4 pm.	(763) 753-7041
District 16, Spring Lake Park, www.springlakeparkschools.org	(763) 786-1338
District 831, Forest Lake..... www.forestlake.k12.mn.us . LINK: serving adults with disabilities. Hours vary.	(651) 982-8326

Project Power / Special Needs for Adults (763) 506-1279

Anoka Hennepin District 11 Community Education Department, 2727 Ferry St N, Anoka 55303. Community education for people with special needs, including access to existing community education programs for persons of all ages & specialized programs for adults with disabilities.

Parenting / Child Development

Anoka County Children & Family Council	(763) 323-6159
www.anokacountychildrenfamilycouncil.org . Nurtures collaborative efforts between people & agencies who share a vision of a healthier community for children & families.	

CAPE (Child & Parent Education) Centers (763) 506-1561

Provides child care while student parents attend classes at their own schools. Transportation for child & parent is provided free for residents of Anoka-Hennepin School District 11. Students out of district may be eligible but would need to provide own transportation. Must attend school within District 11 to qualify. Serving young parents up to age 21. Programs include ECFE & parenting classes.

Children's Home Society & Family Services (763) 785-9222

Child Abuse Prevention Services for residents of Anoka County

www.chsfs.org. 1400 131st Ave NE, Blaine 55434. Provides support to families experiencing stress or crisis. Provides short & long term support in meeting goals in moving forward. Services include 24 hour parent support, advocacy, face to face support meetings, adoption services, pregnancy counseling, resource & referral. Available to families with children ages newborn to 12 years. Free, voluntary & confidential. Can assist families facing financial challenges. Able to help with basic budgets. Will work with parents of children with learning disabilities.

Circle of Parents (651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)

www.circleofparents.org. A program of Prevent Child Abuse Minnesota. These parent support groups help parents to improve their parenting skills & strengthen their family relationships. During meetings, parents share the challenges & successes of child rearing. Group meetings provide opportunities for parents to exchange ideas, meet other parents, & talk about their feelings in a safe, supportive environment. Visit www.pcamn.org for meeting locations throughout the metro area.

Early Childhood Family Education (ECFE)

Each school district has an ECFE program in the Community Education Department which offers many different fun & educational experiences for children ages birth to 5 & their families. Many ECFE programs also have "drop-in & play" opportunities for children & parents. Sliding fees.

District 11, Anoka-Hennepin ECFE (763) 506-1275

District 12, Centennial ECFE..... (763) 792-6120

District 13, Columbia Heights ECFE (763) 528-4515

District 14, Fridley ECFE..... (763) 502-5123

District 15, St. Francis ECFE..... (763) 753-7170

District 16, Spring Lake Park ECFE (763) 785-5560

District 831, Forest Lake ECFE (651) 982-8300

Jacob Wetterling Resource Center (651) 714-4673

Missing and exploited children helpline..... 1-800-325-HOPE (1-800-325-4673)

www.jwrc.org. 2324 University Ave W. Suite 105, St. Paul 55114. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance for families of missing and exploited children.

Kinship (763) 862-6755

www.kinship.org. Faith based mentoring program providing adult friendship to children ages 5-15. Serves single parents & children from refugee or immigrant families. No fee for service.

Minnesota Careers www.iseek.org/mncareers

Annual career exploration publication for career explorers. Includes most of the information found on the website: MN Careers Parent Guide helps parents, guardians, & mentors of young people understand the changing worlds of education & work. The guide assists parents in taking an active role in their child's career exploration, career development process, & the realities of the labor market. Prepared by iSeek solutions. Sample copies can be found at WorkForce centers or local libraries.

Parents as Teachers – new home of MELD1-866-728-4968
www.parentsasteachers.org. Information & materials for parents.

Prevent Child Abuse Minnesota(651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)
www.pcamn.org. Mission: To prevent child abuse & neglect by promoting positive parenting, healthy families, & supportive communities where children are respected & valued. Home of Circle of Parents.

Professional Learning Alternatives, Inc.....(651) 464-8777
www.pla-inc.org. Nonprofit training and advocacy resource for caregivers, parents, and those interested in supporting the development and education of young children. Offers in-service seminars, conferences, phone and on-site consulting, mentoring, and referrals.

Raising Relatives..... (612) 879-5307
A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives' kids through support groups, recreation, & free phone consultation. Referrals made & scholarships given.

Resource Center for Fathers & Families..... (763) 783-4938
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Parenting classes in Blaine, Minneapolis, St. Paul: 4 different courses, 6 week, 4 week, or 12 hour lengths. Step-Parenting classes, 10 session course. Fathers' Support Groups. 24/7 DAD Program. Call for more information.

Safe Kids Anoka County (763) 754-4558 ext. 5100
www.usa.safekids.org. c/o SBM Fire, 11920 Ulysses St NE, Blaine 55434. Comprised of Anoka County Law Enforcement Agencies, Anoka Human Services, and Unity & Mercy Hospital personnel. Mission: reduce unintentional injuries among children through education of children & families. Provides free car seat inspections for Anoka County residents by appointment. Brochure at www.anokacounty.us/crimewatch.

Small Talk..... (612) 889-0780
www.signlanguageforbaby.com. Sign language for you & your hearing baby. Babies hear & understand language before they are able to speak. Use baby sign language as a method to communicate with your baby. Using baby signs will enhance interaction with baby & help adults to understand what baby wants, as well as what baby is thinking.

Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org/mn. Monday-Friday, 8 am-5 pm. Safe and confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Silence shatters lives. Call to learn what you can do to keep children safe or how to help a child who may have been harmed.

Teen Pregnancy Program (763) 506-1572
A school-based program for pregnant girls offering regular scheduled classes plus extra classes to meet the needs of the teen-aged pregnant student. Transportation is provided for free to residents of Anoka-Hennepin School District 11. Also accepts teens from other school districts. (Also see CAPE).

EARLY CHILDHOOD CARE / EDUCATION

Parents are their child's first & most important teacher & caregiver. Families need quality early childhood programs while parents are at school, work, or to enhance the work of a stay-at-home parent/guardian. Included in this section are programs & services which support young children & families by providing information, education, and/or direct child care.

Child Care & Education

Anoka Area Interagency Early Intervention (763) 323-KIDS (5437)

www.anokaareahelpmegrow.org. County wide referral for children birth to 3 years old with known or suspected delays in development such as walking, talking, playing, or behavior. Help with your child's development available, including screening & evaluation, home-based services from teachers, speech/language clinicians, & occupational or physical therapists, & referral to community resources.

Anoka County Child Care Resource & Referral (CCR&R) (763) 783-4881

www.accap.org. Assists parents in locating child care & early education programs that best meet their individual family needs. Referral counselors provide general child care information about the area where care is needed, answer specific questions parents may have, & mail parents an individualized listing which meets the family's specific child care needs. Also serves child care professionals, employers, & other community members who need child care information.

Bridge To Benefits www.bridgetobenefits.org

Find out if you qualify for public programs that can help stretch your family budget. Information on how & where to apply, print applications, and learn more.

CAPE (Child & Parent Education) Centers (763) 506-1561

Provides child care while student parents attend classes at their own schools. Transportation for child & parent is provided free for residents of Anoka-Hennepin School District 11. Students out of district may be eligible but would need to provide own transportation. Must attend school within District 11 to qualify. Serving young parents up to age 21. Programs include ECFE & parenting classes.

Early Childhood Family Education (ECFE)

Each school district has an ECFE program in the Community Education Department which offers many different fun & educational experiences for children ages birth to 5 & their families. Many ECFE programs also have "drop-in & play" opportunities for children & parents. Sliding fees.

District 11, Anoka-Hennepin ECFE	(763) 506-1275
District 12, Centennial ECFE	(763) 792-6120
District 13, Columbia Heights ECFE	(763) 528-4515
District 14, Fridley ECFE	(763) 502-5123
District 15, St. Francis ECFE	(763) 753-7170
District 16, Spring Lake Park ECFE	(763) 786-5560
District 831, Forest Lake ECFE	(651) 982-8300

- Head Start, ACCAP** (763) 783-4300
www.accap.org. Main office: 9574 Foley Blvd NW, Coon Rapids 55433. A free preschool program for children ages birth to 5 of income eligible families. This program concentrates on child development & parental involvement. Individualized programs for children with special needs. Home based programs available. Serves Anoka & Washington County. Wrap around child care available at some sites. Call for application. A program of Anoka County Community Action Program, Inc.
- Preschool Screening**..... **Contact your local school district**
 All children are required to have a preschool screening after they are 3 years old and before entering kindergarten. Contact you local school district to find out how to have your child screened.
- Prevent Child Abuse Minnesota**(651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)
www.pcamn.org. Mission: To prevent child abuse & neglect by promoting positive parenting, healthy families, & supportive communities where children are respected & valued. Home of Circle of Parents.
- Professional Learning Alternatives, Inc.**..... (651) 464-8777
www.pla-inc.org. Nonprofit training and advocacy resource for caregivers, parents, and those interested in supporting the development and education of young children. Offers in-service seminars, conferences, phone and on-site consulting, mentoring, and referrals. Call for more information.
- Raising Relatives**..... (612) 879-5307
 A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives' kids through support groups, recreation, & free phone consultation. Referrals made.
- School Age Child Care** **Contact your school district**
 Area school districts offer programs for before & after school care. For more information check with your child's school or call Child Care Resource & Referral at (763) 783-4884.
- School Readiness Preschool Programming** **Contact your school district**
 Each school district has School Readiness funds which offer opportunities for all eligible children to participate in programs that enable children to enter kindergarten with the necessary skills, behavior, & support they need. Children must be at least 3 years old & have not yet started kindergarten to be eligible for these programs. Your school district may offer transportation & free or reduced tuition based on a sliding fee scale. See EDUCATION section for Community Education phone numbers.
- Small Talk**..... (612) 889-0780
www.signlanguageforbaby.com. Sign language for you & your hearing baby. Babies hear & understand language before they are able to speak. Use baby sign language as a method to communicate with your baby. Using baby signs will enhance interaction with baby & help adults to understand what baby wants, as well as what baby is thinking.
- Specialized Child Care Services**..... **Contact your school district**
 Some school districts offer child care services for teen parents who are attending High School. See the EDUCATION section for School District numbers.
- University of Minnesota Extension, Anoka County** www.extension.umn.edu/county/anoka

Child Care Subsidy

Anoka County Child Care Assistance **(763) 717-7711**
www.accap.org. Helps families pay for child care expenses. If you are low income, unemployed, or on MFIP & going to school or looking for work, we may be able to help you with child care payments.

Equipment

Assisted Living Store **(651) 769-1574 or 1-888-388-5862**
www.assistedlivingstore.com. 199 Bridgepoint Dr S, St. Paul 55075. Medication management. Linen products, garments, & textiles. Monday-Friday, 8:30 am-4 pm.

Early Childhood Family Education (ECFE) **Contact your school district**
Some ECFE's have resources & toy lending libraries available to their local residents. Call your ECFE for more information. See the Parenting/Child Development section under the EDUCATION section for phone numbers.

United Way 2-1-1 **2-1-1 or (651) 291-8404 or 1-800-543-7709**
www.thebeehive.org. Provides information & referral assistance to callers.

FAMILY SERVICES

CAPE (Child & Parent Education) Centers (763) 506-1561

Provides child care while student parents attend classes at their own schools. Transportation for child & parent is provided free for residents of Anoka-Hennepin School District 11. Students out of district may be eligible but would need to provide own transportation. Must attend school within District 11 to qualify. Serving young parents up to age 21. Programs include ECCE & parenting classes.

Children's Home Society & Family Services (763) 785-9222

Child Abuse Prevention Services for residents of Anoka County

www.chsfs.org. 1321 Andover Blvd NW, Ham Lake 55304. Provides support to families experiencing stress or crisis. Provides short & long term support in meeting goals in moving forward. Services include 24 hour parent support, advocacy, face to face support meetings, adoption services, pregnancy counseling, resource & referral. Available to families with children ages newborn to 12 years. Free, voluntary & confidential. Can assist families facing financial challenges. Able to help with basic budgets. Will work with parents of children with learning disabilities.

Children's Home Society & Family Services (763) 785-9222

Helping Moms, Helping Children

www.chsfs.org. 1321 Andover Blvd NW, Ham Lake 55304. Educational & support groups for mothers & children.

Children's Home Society & Family Services (763) 785-9222

Parent Support Services

www.chsfs.org. 1321 Andover Blvd NW, Ham Lake 55304. Parents experiencing stress or crisis can utilize parent support to strengthen & empower themselves and their families. Support to build the skills necessary to succeed in daily life and build self-sufficiency.

Circle of Parents (651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)

www.circleofparents.org. A program of Prevent Child Abuse Minnesota. These parent support groups help parents to improve their parenting skills & strengthen their family relationships. During meetings, parents share the challenges & successes of child rearing. Group meetings provide opportunities for parents to exchange ideas, meet other parents, & talk about their feelings in a safe, supportive environment. Visit www.pcamn.org for meeting locations throughout the metro area.

Family & Children's Service: The Family Project.....(612) 728-2068

www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. A strength-based initiative that engages disadvantaged parents in coming together to promote the health, safety, & success of their children. The Family Project builds positive peer support networks among low-income families facing challenges & helps parents build stronger families and parenting skills through these social support networks. For more information visit our website.

Family & Children's Service: Family Strengths Activity Booklets.....(763) 560-4412

www.sharingfamilystrengths.org. 6900 78th Ave N, Brooklyn Park 55445. The booklets contain the nine strengths that help make families strong. Check out the website to download a copy as well as the full-size versions of the activities for families and children to do. If you would like copies of the booklet in English or Spanish, you can pick them up at our Brooklyn Park office, call in advance to let us know how many FREE copies you would like.

Family & Children’s Service: Family Counseling.....(763) 560-4412

For new appointments.....(612) 728-2061 or (612) 728-2089 for Spanish Line
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Counseling for families, children, and teens is offered on a sliding-fee scale based on your family’s income and ability to pay. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider.

Jacob Wetterling Resource Center (651) 714-4673

Missing and exploited children helpline..... 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. 2324 University Ave W. Suite 105, St. Paul 55114. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance for families of missing and exploited children.

Partnership for Family Success..... (763) 717-7741

1201 89th Ave NE, Blaine 55434. Assists with a wide range of family issues such as children’s mental health, parenting, parent’s mental health, etc. Families must be on MFIP and/or have their case open in 2 or more county agencies (i.e. corrections or human services), and be referred by a county agency.

Prevent Child Abuse Minnesota(651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)

www.pcamn.org. Mission: To prevent child abuse & neglect by promoting positive parenting, healthy families, & supportive communities where children are respected & valued. Home of Circle of Parents.

Project Pathfinder, Inc., Adolescent Services..... (651) 644-8515

www.projectpathfinder.org. 1821 University Ave Ste N 385, St. Paul 55104. Assessment & treatment of adolescence ages 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for adolescents who have been sexually abused, or have sexually abused another child and their families.

Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)

www.stopitnow.org/mn. Monday-Friday, 8 am-5 pm. Safe and confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Silence shatters lives. Call to learn what you can do to keep children safe or how to help a child who may have been harmed.

Safety

Car Seats Made Simple www.carseatsmadesimple.org

Website with information and resources on safely choosing and installing car seats provided by the Minnesota Safety Council, AAA Clubs of Minnesota, Minnesota Department of Public Safety, and the Office of Traffic Safety. Information available in English, Hmong, Somali, and Spanish.

Home Safety..... (763) 767-4003

www.sbmfire.com. Provided to residents of Spring Lake Park, Mounds View , & Blaine by their Fire Department. Includes free child safety seat checks by appointment, home safety surveys, fire extinguisher training, & injury prevention program, & juvenile fire setting program. Provide CPR training for small fee.

Minnesota Safety Council (651) 291-9150

Work place safety training.

Safe Kids Anoka County (763) 754-4558 ext. 5100

www.usa.safekids.org. c/o SBM Fire, 11920 Ulysses St NE, Blaine 55434. Comprised of Anoka County Law Enforcement Agencies, Anoka Human Services, and Unity & Mercy Hospital personnel. Mission is to reduce unintentional injuries among children through education of children and families. Provides free car seat inspections for Anoka County residents by appointment. Brochure at www.anokacounty.us/crimewatch.

Pregnancy / Infants

Resources for you and your baby including testing, support, clothing, supplies, and equipment.

Baby Blanket (651) 257-2474

www.stbridgetofsweden.org. 13060 Lake Blvd Box 754, Lindstrom 55045. Resource center for mothers in need that provides free infant and maternity clothing, baby furniture, toys, supplies, referrals, and support. Thursday, 9:30 am-12:30 pm. Saturday, 10 am-2 pm. Hannah's Arms mothers support group, 3rd Saturday, 11 am-1:30 pm.

BirthRight..... (763) 757-0715

24 hour hotline. Free pregnancy testing, confidential counseling, baby clothes. Tuesday & Thursday, 11 am-1 pm. Mon, Wed, & Fri, 7-9 pm.

Cradle of Hope Motherhood Fund..... Contact an area social service agency or crisis pregnancy center

www.cradleofhope.org. Financial aid for pregnancy related expenses such as medical, housing, food, clothing, & cribs. Safe Slumber Crib Program. Contact an agency & ask to fill out an application. Agencies include Birthright, North Side Life Care Center, First Care Pregnancy Center, & more.

Epiphany Caring For Life (612) 803-2225

24 hour confidential support to women & families who are pregnant & after birth. Companion program offers long-term support. Material support & resources. Miscarriage support. Call for information & assistance.

Everyday Miracles (612) 353-6293

www.everyday-miracles.org. Provides pregnancy support for low income teens & single parents. Support groups, doula services (labor support), post-partum care, swap closets for maternity clothing & baby items.

First Care Pregnancy Center and New Life Family Services..... (763) 323-3435

www.newlifefamilyservices.com. 902 5th Ave Ste 3, Anoka 55303. Free confidential pregnancy testing, free counseling by licensed social worker, adoption services, decision making counseling, resource referral, post abortion counseling, and Parenting Plus Program offering maternity & infant clothing & equipment.

North Side Life Care Center..... (612) 522-6589

www.northsidelifecare.org. 4367 Thomas Ave N, Minneapolis 55412. Serves pregnant women of north Minneapolis and the northern suburbs. Offers pregnancy tests, ultra sounds, options counseling, prenatal care, social services, baby equipment through the Small Steps Incentive Program, referrals for a variety of needs, and limited clothes, diapers and formula. Monday & Thursday 8:30 am – 3 pm. Tuesday 10 am - 4:30 pm. Wednesday prenatal patients only. First and third Friday prenatal patients only (all other Fridays closed).

Nucleus Clinic (763) 755-5300

1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Teen Pregnancy Program (763) 506-1572

A school-based program for pregnant girls offering regular scheduled classes plus extra classes to meet the needs of the teen-aged pregnant student. Transportation is provided for free for residents of Anoka-Hennepin School District 11. Also accepts teens from other school districts. (Also see CAPE).

COMMUNITY INVOLVEMENT

Community members are encouraged to serve on collaborations in their community, such as the ones listed below.

- Alliance for a Violence-Free Anoka County** (763) 422-7047
www.violencefreeanokacounty.org. A coalition of individuals & groups working on violence prevention, including child abuse, domestic violence, and sexual violence prevention. Action teams work on preventing child abuse, domestic violence, & youth violence through community education & public awareness activities, & developing media & communication strategies. New teams develop as people express interests & ideas.
- AmeriCorps** 1-800-942-2677
www.americorps.gov. AmeriCorps is your chance to put your ideas into action while learning new skills, making new connections, & earning money to pay for college, grad school, or pay back qualified student loans. Some members may earn a modest living allowance during their term of service. AmeriCorps is a program of the Corporation for National & Community Service, an independent federal agency whose mission is to improve lives, strengthen communities, & foster civic engagement through service & volunteering.
- Anoka County Child Abuse Prevention Council (CAPC)**..... (763) 422-6990
Mission: Educate the Anoka County community in order to prevent the mistreatment of children. New members always welcome.
- Anoka County Children & Family Council** (763) 323-6159
www.anokacountychildrenfamilycouncil.org. Nurtures collaborative efforts between people & agencies who share a vision of a healthier community for children & families.
- Anoka County Domestic Violence Council (ACDVC)** (763) 422-7047
An action team of the Alliance for a Violence-Free Anoka County. Mission: To work as a community wide collaboration towards eliminating domestic violence. Organizes & collaborates on projects to raise awareness & educate the community on domestic violence. Membership consists of private & public agencies, & community residents. The ACDVC meets on the 1st Thursday of every month at 3 pm.
- Coon Rapids Youth First**..... (763) 767-6565 ext. 278
Mission: Support youth & the community in Coon Rapids. Monthly meetings with guest speakers open to the public. Provides youth scholarships & community grants, teen events, & activities throughout the year.
- Creating Community**..... (763) 717-2727
An organization of businesses, churches, policy makers, & citizens working in partnership to build healthy & safe communities for everyone, especially children, living harmoniously.
- Family & Children's Service: Community Building & Civic Engagement**.....(612) 728-2061
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. We provide assistance to youth in schools, residents in neighborhoods, & to apartment communities, bringing people together to prevent & solve problems & to take action to create system changes.

Family & Children's Service: MOVE (Mobilizing and Organizing for Victory & Empowerment)...(612) 728-2061
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park, 55445. MOVE is a multicultural coalition to build leadership and power around issues of racial and economic justice, uniting communities to achieve social change. Members, including youth and adults, join together on action committees to change community conditions and push for system changes for the well-being of families.

YOUTH SERVICES

The following resources are intended for youth and their families. For more resources & information, please see other sections of this guide.

Hotlines

- Anoka County Domestic Violence and Sexual Abuse Hotline/Alexandra House..... (763) 780-2330**
www.alexandrahouse.org. Regular business hours: 8:00 am-4:30 pm. If you need help on nights, weekends, or holidays, call (763) 427-1212. Phone will be answered “Fire & Police”, ask for a sexual assault advocate.
- Boy’s Town National Hotline..... 1-800-448-3000**
TTY (Hearing Impaired) 1-800-448-1833
www.boystown.org. www.yourlifeyourvoice.org. Hotline available for children and parents to help with everyday family issues.
- Crisis Connection (612) 379-6363**
TTY (Hearing Impaired) (612) 379-6377
Toll Free number..... 1-866-379-6363
www.crisis.org. 24 hour crisis hotline offering counseling, referrals, & crisis intervention services.
- Family & Children’s Service, GLBT-KIDS Abuse Intervention Program (612) 728-2079 or 1-877-GLBT-KIDS**
www.everyfamilymatters.org/glbtkids. www.mnschooloutreach.org. Offers support, referrals, resources, and connections for GLBTQ (gay, lesbian, bisexual, transgender, queer/questioning) youth who are experiencing abuse or mistreatment and their families, professionals, or others who care about them. By making safe places for GLBTQ kids, we are making them safe for all kids. Available statewide.
- National Runaway Switchboard 1-800-RUNAWAY**
www.1800runaway.org. 24 hours everyday. Crisis intervention, transportation home for runaway youth to get home, message relay service, & information & referral service. Conflict resolution & mediation.
- Riverwind Mental Health Crisis Services for Anoka County (651) 774-0011**
www.peopleincorporated.org. 24 hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services. Adult crisis stabilization beds.
- United Way 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709**
www.unitedwaytwincities.org. 24 hour information & referral service for health, recreation, education, social services, etc., utilizing over 40,000 community agencies in its database. Trained staff can direct callers to resources for seniors, families, & children throughout the Twin Cities metro area. Services provided in English, Spanish, and Hmong.

Shelter / Housing / Transitional Housing

For additional information on housing, please see the Housing section under BASIC NEEDS.

Elim Transitional Housing, Inc. (763) 785-9114

Transitional housing for single women, or women with 1 or 2 children age 22 or younger, who are homeless or about to be homeless. Also rental subsidy & permanent supportive housing.

Housing Programs Coordinator, Anoka County..... (763) 422-7304

Information & referral to resources that are available to assist with housing needs, including information and referral to resources that are available to assist with housing needs., including mortgage foreclosure prevention, homeless assistance, transitional housing, tenant rights, financial assistance, and subsidized housing in Anoka County. The coordinator often works collaboratively with other agencies to help resolve individual housing issues.

Metro Shelter Hotline (Automated Line) 1-888-234-1329

Find out about metro area emergency shelters & transitional housing for individuals, families, & youth. Gives locations, eligibility rules, & contact numbers. A collaboration of MESH & TCCVM (www.tccvm.org).

The Bridge for Youth..... (612) 377-8800

www.bridgeforyouth.org. 1111 W 22nd St, Minneapolis 55405. Individual, group, & family counseling. Case management, referral to services, crisis intervention, street outreach, short term emergency shelter (ages 10-17), & transitional living (ages 16-20). Offer independent living in scattered site apartments for youth ages 17-20. Family reunification is the main goal. Call for more information. Fees may apply to non-Hennepin County residents for shelter stays.

Drop-in Centers

Coon Rapids Youth First Teen Center: The Element (763) 755-7790

2710 Northdale Blvd, Riverwind Park. The Element Teen Center is open to youth ages 11-18. It is fully staffed and offers a variety of activities, video games, board games, pool table, snacks, and popcorn. Call for times.

LGBT Youth Services District 202 (651) 340-6167

www.dist202.org. PO Box 8139, St. Paul 55108. Non-profit youth community center committed to providing social, cultural, & educational opportunities for LGBT youth.

Project Offstreets (612) 252-1200

www.youthlinkmn.org. 41 N 12th St, Minneapolis 55403. Drop in center for homeless youth 16 to 20 years old. Youth case management services available.

Health & Wellness: Health Care

For additional information on health care, please see the HEALTH & WELLNESS section.

First Care Pregnancy Center and New Life Family Services..... (763) 323-3435
www.newlifefamilyservices.com. 1902 5th Ave Ste 3, Anoka 55303. Free confidential pregnancy testing, free counseling by licensed social worker, adoption services, decision making counseling, resource referral, post abortion counseling, and Parenting Plus Program offering maternity & infant clothing & equipment.

Fridley Children's & Teenager's Medical Center P.A. (763) 236-2700
www.fctmc.com. 500 NE Osborne Rd Ste 310, Fridley 55432. Pediatric and teenage practice that deals with the health and wellbeing of children, teenagers, and their families. Special interest include, ADD/ADHD, asthma, nutrition.

Immediate Sexual Assault and Domestic Violence Nursing Care Mercy & Unity Emergency Departments
Non-urgent health care information..... (763) 236-4172
www.allina.com/sane. Provides for the immediate health care needs of sexual assault and domestic violence victims within 120 hours of the assault. This includes, but is not limited to, pregnancy & STD risk assessment & prevention, & an evidentiary exam if desired. Program accessed through the emergency department at Mercy & Unity Hospitals.

North Metro Pediatrics (763) 783-3722
www.northmetropeds.org. 10081 Dogwood St NW Ste 100, Coon Rapids 55448. Non-profit pediatric primary care clinic with sliding fee scale, providing comprehensive medical services to children & young adults from birth to 21 years. Services include but are not limited to: physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breast feeding consultations, & sick visits.

Nucleus Clinic (763) 755-5300
1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Planned Parenthood of Minnesota Minneapolis (612) 823-6300 or
St. Paul (651) 489-1328 or (800) 230-PLAN
www.ppmns.org. Programs for teens: healthy relationships, peer pressure, body image & self esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, & decision making skills.

Public Health Nursing Intake, Anoka County (763) 422-6970
Anoka County Community Health & Environmental Services. Provides health promotion classes for special health related topics such as tobacco & violence prevention. Offers a variety of programs. Services for pregnant teenagers. Contact public health nursing with questions. Offers information on public health nursing, nursing programs, & is the initial contact for accepting referrals.

Mental Health & Counseling

For additional information please see the Mental Health section under HEALTH & WELLNESS.

Anoka County Children's Mental Health..... (763) 712-2703

Provides information, community referrals, & assesses requests for children's mental health services & case management.

Bar-None Residential Treatment Services for Children (763) 753-2500

www.voamn.org. 22426 St. Francis Blvd, Anoka, MN. Inpatient treatment for youth, ages 12-18. Programs include shelter care for females & males, residential treatment for males with severe emotional/behavioral problems, including programs for males with developmental delays.

Family Life Mental Health Center (763) 427-7964

www.flmhc.org. 1930 Coon Rapids Blvd, Coon Rapids 55433. Mon-Thurs, 8 am-9 pm. Fri, 8 am-5 pm. Individual, group, family, & marital therapy. Anger management & DBT groups. Most insurance accepted. Sliding fee.

Family Strengths Counseling Group, LLC.....(651) 214-2575

199 Coon Rapids Blvd Ste 210, Coon Rapids 55433. Serves children ages 0-18 with mental health issues (anxiety, depression, & behavioral). Works with Anoka County Social Work units. Uses play therapy & family play therapy techniques.

Lee Carlson Center for Mental Health and Well Being (763) 780-3036

www.leecarlsoncenter.org. 7954 University Ave, Fridley 55432. Sliding fee. Most insurance accepted. Child and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, & group therapy for men, women, adolescents, & children.

Lee Carlson Center, Domestic Abuse Program (763) 783-4914

Women's Line (763) 783-4990

Men's Line (763) 783-4991

Women's Anger Management..... (763) 783-4945

Women's Group for Sexual Assault (763) 783-4914

www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Office hours: Mon-Thurs, 9 am-6 pm. Answering Machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

New Connection Programs (Regions Hospital)..... (763) 784-2454

199 Coon Rapids Blvd Ste 110, Coon Rapids 55433. A structured all day chemical health outpatient treatment for adolescents ages 12-18. A 12-step cognitive, family centered, abstinence based program with onsite educational program.

North Suburban Counseling Center (763) 784-3008

www.northsuburbancounselingcenter.org. 425 Coon Rapids Blvd Ste 200, Coon Rapids, 55433. Sliding fee. Individual, family, & adolescents age 16 & up. Psychological & psychiatric medication evaluations. MA accepted. Most insurance accepted.

- Prevent Child Abuse Minnesota**(651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)
www.pcamn.org. Mission: To prevent child abuse & neglect by promoting positive parenting, healthy families, & supportive communities where children are respected & valued. Home of Circle of Parents.
- Professional Family Based Division** (651) 628-9253
 Provides home based mental health services to families whose members are under the age of 21 & are eligible for mental health case management services through their local county.
- Psychology Office** (763) 717-4979
 277 NW Coon Rapids Blvd Ste 308, Coon Rapids 55433. Provides services to children, adolescents, families, adults, & couples.
- Raising Relatives**..... (612) 879-5307
 A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives' kids through support groups, recreation, & free phone consultation. Referrals made.
- Stop It Now! Minnesota**.....**Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org/mn. The helpline phone service has been limited due to financial constraints. Please call for available hours. The new Online Help Center provides much of the guidance and resources learned over the years about keeping children safe from sexual abuse.
- The Bridge for Youth**..... (612) 377-8800
www.bridgeforyouth.org. 1111 W 22nd St, Minneapolis 55405. Individual, group, & family counseling. Case management, referral to services, crisis intervention, street outreach, short term emergency shelter (ages 10-17), & transitional living (ages 16-20). Offer independent living in scattered site apartments for youth ages 17-20. Family reunification is the main goal. Call for more information. Fees may apply to non-Hennepin County residents for shelter stays.
- Tubman Chrysalis Bridge**..... (612) 871-0118
www.tubman.org. Provides programming, support, therapy, advocacy, & supports people in obtaining diagnosis. For families of children preschool to high school age who were exposed prenatally to drugs & alcohol.
- Volunteers of America Mental Health Clinics** (763) 753-7310
www.voamn.org. 22426 St. Francis Blvd, Anoka, MN. Mental health services for children & adults, including individual, group, & family, therapy, support groups, parent education, psychological testing & assessment, psychiatric evaluation & medication management. Mental health services for deaf & hard of hearing. Immigrant and refugee program. Infant and early childhood mental health services.
- Youth Service Bureau** (651) 464-3685
www.ytblakesarea.org. Provides youth & family counseling, truancy prevention, restorative justice & violence prevention, youth leadership opportunities, & parent education & support.

Other Resources

- Alexandra House, Inc. Violence Prevention Program** (763) 780-2330
www.alexandrahouse.org. Individual & group support, crisis intervention, safety planning, & referrals to youth who have experienced violence in their homes, among peers, or in dating relationships. Services are

offered at select schools within the Anoka-Hennepin & Spring Lake Park school districts. Contact the Violence Prevention Coordinator for more information.

Alliance for a Violence-Free Anoka County (763) 422-7047

www.violencefreeanokacounty.org. A coalition of individuals & groups working on violence prevention, including child abuse, domestic violence, & sexual violence. Action teams work on preventing child abuse, domestic violence, & youth violence through community education & public awareness activities, & developing media & communication strategies. New teams develop as people express interests & ideas.

Andover, Anoka, Ramsey Youth First Community of Promise (763) 421-8530

www.youth1st.net. Mobilizes individuals & collaboratives to support experiences that ensure a healthy start, safe places, caring adults, marketable skills, & service opportunities for young people in the greater community of Andover, Anoka, & Ramsey.

Anoka County Child Care Resource & Referral (CCR&R) (763) 783-4881

www.accap.org. Assists parents in locating child care & early education programs that best meet their individual family needs. Referral counselors provide general child care information about the area where care is needed; answer specific questions parents may have; & mail parents an individualized listing which meets the family's specific child care needs. Also serves child care professionals, employers, & other community members who need child care information.

Anoka County Children & Family Council (763) 323-6159

www.anokacountychildrenfamilycouncil.org. Nurtures collaborative efforts between people & agencies who share a vision of a healthier community for children & families.

Anoka County Income Maintenance Department

Adults Only, Monday-Friday, 8 am-4:30 pm..... (763) 422-7246

Families With Children, Monday-Friday, 8:00 am-4:30 pm (763) 717-7730

Services Include Food Support, Cash Assistance, & healthcare programs.

www.anokacounty.us

Anoka County Job Training Center (Youth Employment Programs) (763) 783-4827

www.positivelyminnesota.com. Services are designed to provide youth employment opportunities, education, & training support for at risk youth 14-21 years of age. Call to be added to the waiting list.

Big Brothers Big Sisters of the Greater Twin Cities (651) 789-2400

www.bigstwincities.org. Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 7-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long term friendship!

Coon Rapids Youth First (763) 767-6565 ext. 278

Mission: Connect the community to benefit youth and their families. Monthly meetings with guest speakers open to the public. Provides youth scholarships & community grants, teen events, & activities throughout the year.

Coon Rapids Youth First Teen Center: The Element (763) 755-7790

2710 Northdale Blvd, Riverwind Park. The Element Teen Center is open to youth ages 11-18, is fully staffed and offers a variety of activities, video games, board games, pool table, snacks, and popcorn. Call for times.

- Creating Community..... (763) 717-2727**
An organization of businesses, churches, policy makers, & citizens working in partnership to build healthy & safe communities for everyone, especially children, living harmoniously.
- Epiphany Caring For Life (612) 803-2225**
www.epiphanycaringforlife.org. Provides support to women & families who are pregnant, before & after birth support. Companion program offers long term support. Material support & resources. Maternity closet & baby items available. Miscarriage support. Call for information, assistance, & to schedule an appointment.
- Everyday Miracles (612) 353-6293**
www.everyday-miracles.org. Provides pregnancy support for low income families. Support groups, doula services (labor support), post-partum care.
- Family & Children’s Service: Family School Coordinator Program(763) 560-4412**
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Initiated & funded by the Northwest Hennepin Family Service Collaborative in partnership with Family & Children’s Service and the school districts of the Northwest Metropolitan region. The program is offered free of charge & is voluntary. Students who are referred meet with a Family School Coordinator who involves parents and school staff developing goals and carrying out a plan for improved success in and out of school.
- Family & Children’s Service: Teen Outreach Program.....(612) 728-2086**
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Helps teens to develop critical skills to make healthy, informed decisions and increase their sense of connection & purpose in the community. It is a nationally acclaimed, evidence-based program that has been shown to decrease adolescent pregnancy & help youth succeed in school. Activities include small group discussion, community service and service learning projects, values auction & much more.
- Family & Children’s Service: Teen Pride.....(612) 728-2080**
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Teen PRIDE is support for young women who are or are at-risk of being sexually exploited or are victims of survival sex or prostitution. It’s a place where you can be safe, get help with your basic needs and discover that you have choices. TeenPRIDE is free and confidential.
- Kinship (763) 862-6755**
www.kinship.org. Faith based mentoring program providing adult friendship to children ages 5-15. Serves children from single parent homes, children from refugee or immigrant families and children with one or both parents incarcerated. Call for more information.
- Lee Carlson Center for Domestic Abuse..... (763) 783-4914**
Women’s Line (763) 783-4990
Men’s Line (763) 783-4991
Women’s Anger Management..... (763) 783-4945
Women’s Group for Sexual Assault (763) 783-4914
www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Office hours: Mon-Thurs, 9 am-6 pm. Answering Machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

- LGBT Youth Services District 202** (651) 340-6167
www.dist202.org. PO Box 8139, St. Paul 55108. Non-profit youth community center committed to providing social, cultural, & educational opportunities by & for LGBT youth.
- Mediation Services for Anoka County** (763) 422-8878
www.mediationservice.org. Assistance with conflict resolution & problem solving with parents, siblings, or friends. Anger management classes (small fee). Provides an alternative to court. Confidential & free: landlord/tenant, neighborhood problems, bullying issues, & family issues. Visitation with sliding fee.
- Paladin Academy Charter School**.....(763) 786-4799
www.paladinacademy.us. Our mission is to provide high school (9-12 grade) students and their families a tuition free public school choice option. Staff provide a caring and safe learning environment where respect and relationship building are paramount.
- Tough Love**..... (763) 391-2630
 Recorded message. A self-help program for parents troubled by teen behavior. Parent support groups.
- Values First Initiative** (763) 502-5105
www.fridley.k12.mn.us. A community initiative in Columbia Heights, Fridley, & Hilltop that promotes the concept of building assets of support to prevent health compromising behavior of youth, encourage control, structured time use, education commitment, pro-social behavior, & social competence. Goal is to coordinate & mobilize all aspects of the community & encourage positive values & youth development.
- YMCA**
Andover, 15200 Hanson Blvd, Andover 55304 (763) 230-9622
Chain of Lakes, 7690 Village Dr, Lino Lakes 55014 (651) 795-9622
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 (763) 785-7882
www.ymcatwincities.org. Youth/adult health & wellness, aquatics, recreation, youth development, & sports. Day & sleepover camps available.

Education

For information on education, & services offered in the schools, please see the EDUCATION section.

FOR SENIORS ONLY

Many services for seniors & others are listed in other places in this directory. Those listed in this section, however, are strictly for senior citizens & their family members.

- Community Resources Directory** www.MinnesotaHelp.info
- Extended Care Providers**..... www.extendedcare.com
- Senior Programs, ACCAP** www.accap.org
 Click on ACCAP Programs, scroll down to the Senior Service you are looking for, then click.
- Social Security Administration (To apply)** 1-800-772-1213

Outreach & Referral

Senior Information Line of Anoka County..... (763) 783-4707

www.accap.org. This Anoka County information & assistance line can link older adults & their families to services & opportunities. Trained staff & volunteers run this free service & follow up with callers. Office hours: Monday-Friday, 9 am-4 pm. Call the Senior Linkage Line at 1-800-333-2433 for senior information outside Anoka County.

Senior Outreach, ACCAP (763) 783-4741

www.accap.org. Senior Outreach Workers help seniors 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, home services, fuel assistance, etc. Assistance with paperwork, forms, & applications. No fee.

SeniorResource www.seniorresource.com

“E-cyclopedia” of housing options & information for retirement, finance, insurance, & care.

Senior Services in Anoka County (763) 422-7070

www.anokacounty.us/seniors. Provides assessment, information, and assistance to seniors age 65 and older. Also helps families with resources and education regarding aging parents and services available.

United Way 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709

www.unitedwaytwincity.org. 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained Information and Referrals Specialists can direct callers to resources for seniors, families, & children throughout the Twin Cities metro area.

Local Senior Transportation Services

Please call the service in your area for more information. In most cases a small fee may be charged. For additional information on transportation, please see the BASIC NEEDS section.

Anoka..... (763) 576-4661

Transportation in the City of Anoka only. Senior dining Monday-Friday. Shopping trips to Cub on Tuesday, Wednesday & Thursday.

Anoka County Traveler General Information (763) 422-7075

www.anokacounty.us/transit. Anoka County only. Accessible to the disabled & wheelchairs.

Fixed route schedule information from Metro Transit (612) 373-3333

Dial-A-Ride reservations, 7:00 am-3:30 pm every day..... (763) 323-5222

Cancellation (763) 323-5234

Anoka County Volunteer Transportation..... (763) 422-7087

www.co.anoka.mn.us/transit. Transportation service for seniors 60+ & clients receiving services from Anoka County Social Services. For medical, dental, & social service appointments only. Transportation provided for Veterans of any age to & from the VA Hospitals in Minneapolis & St. Cloud. Call between 9 am-12 pm Mon-Fri. Donations accepted.

- Blaine** (763) 786-9375
Transportation for senior activities, senior dining, & special events. Fee for services. Call for a reservation.
- Coon Rapids** (763) 767-6473
Transportation provided to seniors within Coon Rapids city limits to Senior Center activities & senior dining Monday-Friday. Transportation for groceries is available the 1st & 3rd Tuesday of the month.
- Linwood Senior Transportation Services** (651) 462-5565
Linwood seniors only. Handicapped accessible transportation for Linwood residents. Providing rides for grocery shopping, personal care, medical appointments, hospital & nursing home visits, etc on availability basis. Will go out of the county. Hours: Monday-Friday, 8 am- 4:30 pm. Donations accepted.
- Metro Mobility** (651) 602-1111
www.metro-mobility.org. Subsidized, door-to-door transportation service for eligible persons who are disabled. Requires 4 day advance notice for each trip. Call for certification information. All vehicles are wheelchair accessible. Monday-Friday, 8 am-4:30 pm.
- MNET (Minnesota Non-Emergency Transportation)** 1-866-467-1724
Call your income maintenance worker. Transportation provided to clients on Medical Assistance. Arranged through your income maintenance worker.
- R & D Transportation, Inc. (medical, non-medical)** (763) 767-1804
Medical Assistance & private pay. Wheelchair accessible. Fax (763) 767-6209.

Food

- Family Table** See *BASIC NEEDS: Food*
- Fare For All** See *BASIC NEEDS: Food*
- Greater Lake Country Food Bank** See *BASIC NEEDS: Food*

Grocery Delivery & Services (call for specifics):

- Coborn's Superstore** (763) 441-1400
www.cobornsdeldelivers.com. Online shopping available. Delivery from Elk River store only. Call for more information on delivery areas in Anoka County and delivery days, times, & fees based on where you live.
- Gopher Grocery** (612) 379-1007
www.gophergrocery.com. \$2.00 grocery delivery charge, orders over \$100 have free delivery. Delivers over 10,000 products at grocery store prices, 7 days a week. Serves Anoka, Hennepin, Ramsey, Washington, and Dakota counties. Must order online.
- Jensen's Foods, Coon Rapids** (763) 754-7197
Thursday delivery only; must order by 10 am. \$8 fee, \$20 minimum order. Must be in a 10-15 mile radius.
- Kemp's Home Delivery** (612) 627-8709
Delivers dairy products & frozen foods in the Twin Cities Area. Wholesale & retail.

St. Francis Foods.....(763) 753-2610
www.st.francisfoods@hotmail.com. 3210 Bridge St NW, St. Francis 55070. Grocery delivery to your home.
Call for more information & delivery charge.

Store-to-Door (651) 642-1892
www.storetodoor.org. Grocery shopping with home delivery. Serves elderly seniors or disabled adults in Hennepin, Ramsey, Washington, Dakota, or Anoka Counties. Not an emergency food shelf. Deliveries from Cub every two weeks. 10 am- 3 pm. Will deliver prescriptions from Cub Pharmacy.

Home Delivered Meals (Meals on Wheels)

Low-cost, hot noon meals delivered Monday through Friday to homebound persons who are 60 & older or who have a disability. Cost varies. Call the location serving your area:

AC Meals on Wheels.....(763) 236-8718
Anoka , Champlin, Ham Lake, Andover, Ramsey, Oak Grove, Coon Lake, Linwood, Cedar, St. Francis, Soderville, Nowthen, Bethel, East Bethel, Circle Pines, Lino Lakes, Centerville, Lexington, East Blaine & Columbus Township.

Meals on Wheels, Fridley, Spring Lake Park, Columbia Heights, & Hilltop.....(763) 236-3636

Meals on Wheels, Coon Rapids and Blaine.....(763) 489-3608

Senior Dining

The Volunteers of America offer a hot, balanced meal & social activities at various locations throughout the area. Please call to verify age requirements & costs. Reservations are required 2 working days in advance. Dining is provided at the following locations at noon:

Anoka Senior Center, Monday-Friday..... (763) 427-6646

Coon Rapids Senior Services, Monday-Friday (763) 767-6524

Fridley Community Education Center, Monday-Friday..... (763) 502-5199

Ham Lake Senior Center, Monday & Wednesday..... (763) 434-0455

Mary Ann Young Senior Center, Blaine, Monday-Friday (763) 780-4318

Parkview Villa, Columbia Heights, Monday-Friday..... (763) 789-7018

Anoka County Food Shelves

*Food shelves are available to provide EMERGENCY food supplies at no cost for families experiencing temporary, short-term inability to buy groceries. Some food shelves only serve limited areas, so call to find the one nearest you. Call **United Way 2-1-1** or the **Emergency Food Shelf Network** for further assistance. See BASIC NEEDS: Food Shelves.*

Home Services

For a list of home health care agencies contact the Senior Information Line at (763) 783-4707 or Public Health Nursing at (763) 422-6970.

Anoka County Library Books by Mail.....(763) 576-4695 ext. 4
www.anoka.lib.mn.us. Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.

Chores & More

For persons 60+. Various household services including housekeeping, minor home repairs, & seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Paintathon applications available.

Fridley, Columbia Heights, & Hilltop (763) 502-5151

All other areas in Anoka County (ACCAP)..... (763) 767-6521

Footworks – Footcare (651) 501-0624

Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

Happy Feet Footcare, Inc. (763) 560-5136

Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.

Home & Community Health Care Services, Anoka County (763) 422-6970

Anoka County Community Health & Environmental Services. Long Term Care Consultation (LTCC) services & waiver program which assist aging & dependent residents to maintain independent living in the community. Offers waiver programs to eligible participants that is: Alternative Care, Elderly Waiver, Community Alternatives for Disabled Individuals, Community Alternatives for Care.

Moving Services (763) 783-4707

For a list of moving services, please contact the Senior Information Line.

Paintathon (612) 721-8687 ext. 321

Provides free exterior house painting to low income seniors over 60 & those under 60 with a disability. Call the Greater Minneapolis Council of Churches for more information.

Senior Caregiver Network (763) 422-6960

www.anokacounty.us/caregivers. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Companionship care only. Support groups available for caregivers & their families throughout Anoka County. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections, educational opportunities.

Safety & Security Checks

Alexandra House, Inc. Community Program

24 hour Domestic and Sexual Violence Crisis Line.....(763) 780-2330

Legal Advocacy (763) 576-9999

www.alexandrahouse.org. Services for victims of domestic and sexual violence that include: assistance in filing protection orders and accompaniment to subsequent hearings, limited legal representation in OFP proceedings, crime victim advocacy following a domestic or sexual assault & throughout the criminal court process, Family Law Clinics, community support groups, safety plan workshops, support information & referral services.

Anoka County Vulnerable Adult/Adult Protection (763) 422-7168

Responds to & investigates reports of maltreatment (abuse & neglect, financial exploitation) for vulnerable adults. Also offers protective services to prevent maltreatment. Calls referred after hours.

- Home Safety Check..... (763) 767-4003**
www.sbmfire.com. Provided to residents of Spring Lake Park, Mounds View, & Blaine by their fire departments. Includes free child safety seat checks by appointment, home safety surveys, fire extinguisher training, injury prevention program, & juvenile fire setting program. Provide CPR training for small fee.
- Lifeline (Facilitated by Home Instead Senior Care) (763) 792-0041**
 A personal response service which enables elderly & disabled persons to call for help in an emergency by the use of a home call unit in the form of a button which can be worn at all times. Provides 24 hour emergency response when pushed. All equipment is rented on a monthly basis.
- Safety Choice (facilitated by Comfort Keepers).....(763) 786-1000**
www.comfortkeepers.com. Console, wrist band, or pendant response system will dispatch appropriate help. Can also provide reminder messages to help manage medications. Fees apply.

Health & Wellness: Seniors

For additional resources on services for health & wellness, medical equipment, supplies, etc., call the Senior Information Line at (763) 783-4707.

- Affordable Dentures, Brooklyn Park..... (763) 315-1875**
- Allina Home and Community Service (651) 635-9173 or 1-800-261-0879**
 Provides coordinated care & services for patients & families across care settings. Home care, advanced illness care, or end of life care.
- Alzheimer's Association, MN & ND Chapter 1-800-272-3900**
www.alz.org/mnnd. 24 hour a day telephone support & information about memory loss. Information & referrals regarding support groups & care for persons with Alzheimer's disease & their families. Safe return program & dementia screening.

- Assisted Living Store (651) 769-1574 or 1-888-388-5862**
www.assistedlivingstore.com. 199 Bridgepoint Dr S, St. Paul 55075. Medication management. Linen products, garments, & textiles. Monday-Friday, 8:30 am-4 pm.

Courage Center

- Burnsville, 100 Cobblestone Ln (952) 898-5700**
- Forest Lake, 146 N Lake St (Hwy 61). Pediatric & adult therapies (OT, PT, speech)..... (651) 464-5235**
- Golden Valley, 3915 Golden Valley Rd..... (763) 588-0811 or (763) 520-0520**
- Stillwater, 1460 Curve Crest Blvd (651) 439-8283**
www.courage.org. Rehabilitation & resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages designed to empower people with disabilities to reach their full potential in every aspect of life.

- Dental Referral Service (651) 631-9845**
 Provides referrals for those who have no insurance, are low income, or pay cash for dental care.

- Donated Dental Services..... (651) 454-6290**
Provides dental services for persons who are low income, elderly, disabled, chronically ill, or children.
- Footworks – Footcare (651) 501-0624**
Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.
- Goodwill Easter Seals, Medical Equipment Loan Program (651) 379-5922 or (651) 379-5800 Ext. 6**
www.goodwilleasterseals.org. 553 Fairview Ave N, St. Paul 55104. Wheelchairs, walkers, commodes, duramedical, ambulatory devices, & many other items.
- Happy Feet Footcare, Inc. (763) 560-5136**
Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.
- Health Insurance Counseling Program Senior Linkage Line 1-800-333-2433**
Free service to seniors, persons with disabilities, & caregivers living in Anoka County. Certified staff & volunteers provide confidential help with Medicare questions, supplemental insurance, medical bills, prescription drug programs, long term insurance, & more. Call Senior Linkage Line at 1-800-333-2433 if you live outside of Anoka County.
- Home & Community Health Care Services, Anoka County (763) 422-6970**
Anoka County Community Health & Environmental Services. Long Term Care Consultation (LTCC) services & waiver program which assist aging & dependent residents to maintain independent living in the community. Offers waiver programs to eligible participants that is: Alternative Care, Elderly Waiver, Community Alternatives for Disabled Individuals, Community Alternatives for Care.
- Med-Alert Bracelets.....Ask your local pharmacy**
- Medicare Customer Service, www.medicare.gov 1-800-MEDICARE (1-800-633-4227)**
- Minnesota Care Information Line, State Office..... (651) 297-3862**
Medical Assistance (must be Anoka County resident) **(763) 422-7246**
Minnesota residents who do not have & cannot afford health insurance may be eligible for very low cost coverage through Minnesota care. This program is available for adults & children who meet certain specific guidelines. It covers most medical needs, including visits to doctors or clinics, most prescriptions, some dental work, hospitalization, etc. Cannot be on Medicare.
- MN Network of Hospice and Day Care (651) 659-0423 or 1-800-214-9597**
www.hospicemn.org. Call to find a local program or get more information about hospice, end of life health care options, or education programs.
- Ombudsman for Older Minnesotans (651) 431-2555 or 1-800-657-3591**
A state program that works to ensure the health, safety, welfare and rights of adults ages 18 & older living in nursing homes or receiving home care services in assisted living settings or their own homes & Medicare beneficiaries with concerns regarding hospital access, denial of services or premature discharge. Ombudsmen provides consumer education, investigates complaints and help to resolve disputes between consumers and providers of long-term care services.
- Ombudsman Senior Services..... (612) 673-3004**
Information, help with taxes, referral & advocacy to senior citizens & persons who are disabled.

- Senior Partners Care Program** (612) 617-7817
Helps low income Minnesotans, who are on Medicare obtain treatment from participating healthcare providers. Through a special partnership with SPC, these healthcare providers have agreed to consider a waiver of the Medicare co-payments and deductibles. To qualify for the program, participants must meet the criteria. Participants cannot be enrolled in an Advantage Plan nor receive Medical Assistance benefits. SPC is not a form of insurance and there are no premiums, however, there is a required \$29.95 application processing fee. Call for more information.
- Support Groups for Seniors**..... (763) 783-4707
For information contact the Senior Information Line.
- Tamarisk, Inc.** (763) 572-1950
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.
- Transformation House** (763) 427-7155
www.transformationhouse.com. 1410 Ferry St, Anoka 55303. Outpatient treatment. Court ordered assessment. Call for intake & assessment.
- Vision Loss Resources**.....(612) 871-2222
Needs assessment for blindness, senior services, & rehabilitation services. Hearing assessment & evaluation also available.
- Vitalize Wellness Center of Parmlly LifePointes** (651) 257-0575
www.parmlly.org. 10720 282nd St, Chisago City 55013. Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, massage therapy, and vitality coaching.

Mental Health & Companionship Programs for Seniors

- Anoka Regional Treatment Center** (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.
- Family Life Mental Health Center** (763) 427-7964
Senior Transitions Group to help transition from midlife to later years. Addresses midlife grief, loss, stress, changing roles, etc.
- Geriatric Mental Health Programs**
- Unity Hospital Fridley**..... (763) 236-4464
- United Hospital St. Paul** (651) 241-8860
Provides inpatient comprehensive psychiatric, cognitive, medical, and functional assessments in a safe & secure setting for persons 65+. Call to make a referral.
- Grief Support – Mercy Hospital**..... (763) 236-8050
Ongoing grief support meets once a week. Special groups for children & teens. Call for more information.
- Grief Support – North Metro Coalition** (763) 413-2985

Coalition of faith communities & other agencies that provide 2 series of 6 week sessions per year in various parts of Anoka County. Education is provided around various aspects of grief & loss. Small group support is offered for death of a spouse, parent, child, sibling, friend, pregnancy loss, or suicide. No cost.

Metro Psychology Support Services, Inc.....(651) 645-7971

2550 University Ave W Ste 163 South, St. Paul 55114. Email: metropsychologyservice@msn.com. Home-based service to assist individuals on Medical Assistance with basic living and social skills to help with daily functioning. Assists with housing, community intervention, mental health needs, benefits assistance, independent living skills, employment, & educational functioning.

Riverwind Mental Health Crisis Services for Anoka County..... (651) 774-0011

www.peopleincorporated.org. 24 hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services. Adult crisis stabilization beds.

Senior Caregiver Network..... (763) 422-6960

www.anokacounty.us/caregivers. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Companionship care only. Support groups available for caregivers & their families throughout Anoka County. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections, educational opportunities.

Senior Companion Program

Coon Rapids..... (763) 767-6521

All other areas in Anoka County (ACCAP)..... (763) 783-4717

Seniors make weekly one-on-one visits to other seniors. They take seniors shopping, to medical appointments, etc.

Support Groups for Seniors..... (763) 783-4707

For information contact the Senior Information Line.

Tamarisk, Inc. (763) 572-1950

www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.

Volunteers of America Senior Mental Health Services (763) 225-4054

www.voamn.org. Provides psychotherapy to adults ages 55 and older in their homes. Clients must have a diagnosable mental illness and are willing to participate in treatment. Services covered by Medicare, Minnesota Healthcare Programs, & most major insurance plans. Program serves portions of Anoka County.

Adult Day Programs

Angels on Main..... (763) 241-6845

922 Main St, Elk River 55330. Adult day care. Serves a 10+ mile radius, transportation provided, can take 13-14 people per day. Outings & planned activities. Hours: 7 am-5 pm.

Camilia Club Coon Rapids (763) 489-3637 or Fridley (763) 502-0660

11800 Xeon Blvd, Coon Rapids 55448. Offers an alternative to instructional living through an adult day program designed to promote mental & physical well being for seniors & those with disabilities. Transportation provided. Additional locations available.

Carebreak Adult Day Program..... (763) 592-2666
www.mnmasonichomes.org. Care for vulnerable adults in need of supervision, socialization, &/or skilled nursing services during the day. Monday-Friday, 6:30 am-5 pm.

Daily Senior Care (651) 653-0660
7979 24th Ave N, Lino Lakes. Adult day care. Serves all ages. Provides transportation. Overnight respite available.

Friendship Center (612) 781-2052
1717 2nd St NE, Minneapolis. Adult day program, transportation, nurse onsite, & separate dementia group. Hours: Monday-Friday, 9 am-3 pm.

Minnesota Adult Day Services Association (763) 464-2698
Networking & referrals. Represents adult day programs in Minnesota.

Park House.....(763) 360-3322
12345 Butternut St. NW, Coon Rapids, MN 55433. Adult day care and overnight respite care provided in a loving home. Space available for no more than 8 clients.

Parmly LifePointes..... (651) 257-0575
www.parmly.org. 28210 Old Towne Rd, Chisago City 55013. Adult day care. Also offers home delivered meals, board & care, skilled nursing care, respite care (24 hours), housing, and Vitalize Wellness Center.

Renaissance Adult Day Care..... (763) 433-2980
2996 111th Ave NW, Coon Rapids 55433. Designed for the Russian speaking population.

Supportive Housing

For subsidized housing see the Subsidized Housing section under BASIC NEEDS. For assisted living & nursing home lists, please contact the Anoka County Senior Information Line at (763) 783-4707.

Adult Foster Care, Anoka County (763) 422-7070
Licensed living arrangement in a private home that provides food, lodging, supervision, & household services for qualified individuals who need assistance with everyday personal care due to developmental delay, mental illness, physical disability, or aging.

Anoka County Housing Lists..... (763) 422-7304
Housing information organized by number of bedrooms. Recent vacancies listed. Updated once a week on Wednesdays.

Emergency Housing

8 am-4:30 pm, Monday-Friday (763) 422-7304
Call this number if it is after 4:30 pm & you are without shelter..... (763) 427-1212

- Housing Programs Coordinator, Anoka County..... (763) 422-7304**
Information and referral to resources that are available to assist with housing needs, including mortgage foreclosure prevention, homeless assistance, transitional housing, tenant rights, financial assistance, and subsidized housing in Anoka County. The coordinator often works collaboratively with other agencies to help resolve individual housing issues.
- Housing for Seniors..... Senior Information Line (763) 783-4707**
Information on subsidized, market rate, housing with services, and other housing options.
- Metro Shelter Hotline (Automated Line) 1-888-234-1329**
Find out about metro area emergency shelters & transitional housing for individuals, families, & youth. Gives locations, eligibility rules, & contact numbers. A collaboration of MESH & TCCVM (www.tccvm.org).
- Nursing Home & Assisted Living Center Directory..... www.adultcareproviders.com**
Nationwide. Information on nursing homes, assisted living facilities, & home health providers.
- Senior Housing Directory for the Metro Area www.seniorhousinginc.org**
For a free copy call the Anoka County Senior Information Line at (763) 783-4707.
- Senior Housing Guide for the Metro Area (651) 690-3141**
www.seniorhousingguide.us.

Legal and/or Advocacy for Seniors

Alexandra House, Inc.

24 Hour Domestic and Sexual Violence Crisis Line.....(763) 780-2330
Legal Advocacy (763) 576-9999
www.alexandrahouse.org. Services for victims of domestic & sexual violence that include: assistance in filing protection orders & accompaniment to subsequent hearings, limited legal representation in OFP proceedings, crime victim advocacy following a domestic or sexual assault & throughout the criminal court process, Family Law Clinics, community support groups, safety plan workshops, & support information and referral services.

American Association of Retired Persons (AARP) (952) 858-9040
A national advocacy & information organization for persons 50 years or older. Tax aides & information. Run AARP driver safety programs. Lists of support groups, insurance information, grief & loss programs, legal services, medical & medication discounts, & many more topics. Located at the Mall of America.

Council on Crime & Justice, General Victims Service (612) 340-5400
www.crimeandjustice.org. Aid to victims of crime. 24 hour crisis line. Provides advocacy, referrals, & training.

Eldercare Rights Alliance..... (952) 854-7304
www.eldercarerights.org. An independent, nonprofit organization that promotes consumer rights & safety in long-term care through individual advocacy & consumer education.

- Faith Community Nurse Program of Mercy & Unity Hospitals..... (763) 236-4342**
Sponsored by Mercy & Unity Hospitals. Open to all faiths. A collaborative between the hospitals & participating area churches. The parish nurse is a part of the church staff, helps with health issues, connects to services, makes home & hospital visits, works with a health & wellness team providing educational materials, workshops, events, & support groups.
- Foreclosure Prevention, ACCAP..... (763) 783-4747**
Foreclosure hotline (763) 783-4880
www.accap.org. Help for people facing default with their mortgage payments. Call for information.
- Gray Panthers..... (612) 822-1011**
People who are concerned with ageism at any age. Support universal healthcare.
- Judicare of Anoka County, Inc. (763) 783-4970**
Free legal representation for low income residents of Anoka County. Civil (non-criminal) cases only, including tenant/landlord, employment, debtor/creditor, public assistance (welfare, food support, etc.) domestic relations, & other non-criminal matters. No wills.
- MN Network of Hospice and Day Care (651) 659-0423 or 1-800-214-9597**
www.hospicemn.org. Call to find a local program or get more information about hospice, end of life health care options, or education programs.
- Ombudsman for Older Minnesotans (651) 431-2555 or 1-800-657-3591**
Advocate for health care, long term care, hospital, & nursing home care for older persons & vulnerable adults.
- Ombudsman Senior Services..... (612) 673-3004**
Information, help with taxes, referral & advocacy to senior citizens & persons who are disabled in Minneapolis & suburbs.
- Raising Relatives..... (612) 879-5307 or (612) 879-5351**
A program of Lutheran Social Service of MN. Offers information & emotional support through support groups, recreation, & free phone consultation.
- Representative Payees Senior Information Line (763) 783-4707**
Provides money management for clients receiving government benefits and having trouble managing their finances. Call for a list of Representative Payees.
- Reverse Mortgage Counseling, ACCAP (763) 783-4747**
Hotline..... (763) 783-4880
www.accap.org. Help for seniors who own their own homes & need more income to make ends meet.
- Senior Caregiver Network (763) 422-6960**
www.anokacounty.us/caregivers. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Companionship care only. Support groups available for caregivers & their families throughout Anoka County. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections, educational opportunities.

- Senior Housing, Inc.** (952) 945-4022
www.seniorhousinginc.org. 7625 Metro Blvd, Minneapolis 55439. For a free copy of the housing directory call the Anoka County Senior Information Line at (763) 783-4707.
- Senior Law Project**..... 1-888-360-2889
 Provides legal advice and representation FREE of charge for civil legal issues to individuals 60 years of age or older who live in Anoka, Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties. Help with a variety of issues such as completing Power of Attorney and Health Care Directive forms; problems with Medicare, Social Security, public benefits, housing issues (evictions & poor living conditions), family law issues (divorce, debt and consumer collections), & a variety of other matters. Many issues can be resolved with a phone appointment. Home appointments available when necessary.
- Senior Outreach, ACCAP** (763) 783-4741
www.accap.org. Senior Outreach Workers help seniors 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, home services, fuel assistance, assistance with paperwork, forms, & applications. No fee.
- Veterans Service Office – Anoka County**..... (763) 323-5290
 Helps veterans apply for healthcare benefits & disability services.
- Volunteers of America Legal Services** (612) 676-6300
www.voamn.org. Offers low income clients 60+ that qualify a reduced rate. Legal matters are charged a flat fee or reasonable hourly rate. No asset, income, or age limit for private pay clients. Elder Law services include estate planning, will preparation, establishment of trusts, advance directives for health care & funeral, powers of attorney, disability planning, Medical Assistance advice & planning, real estate matters, probate, conservatorship & guardianship. Strong advocates for the interests of elders & their families.

Educational Opportunities for Seniors

55 Alive Driving / Defensive Driving Class for Seniors

55+ driver's refresher course for seniors. Earn a discount on car insurance. Many senior centers & clubs offer the classes throughout the year. Call the Senior Information Line at (763) 783-4707 for locations & schedules. Also, call the following agencies that offer classes.

- American Association of Retired Persons (AARP), located in the Mall of America** (952) 858-9040
- Minnesota Safety Council**..... (651) 291-9150
www.minnesotasafetycouncil.org. Click on "traffic".
- Minnesota Highway Safety & Research Center: St. Cloud University**.....1-888-234-1294
www.mnsafetycenter.org.

- Anoka Ramsey Community College** (763) 433-1100
www.anokaramsey.edu. Seniors can audit classes.

Community Education Programs for Seniors

Community education programs operate in conjunction with local school districts to improve & provide lifelong educational opportunities for senior citizens in their communities, such as Adult/Basic/Continuing Education programs (GED or refresher programs). For further information, call your school district. See EDUCATION: Community Education.

Senior Caregiver Network (763) 422-6960
www.anokacounty.us/caregivers. Provides educational opportunities to caregivers of Anoka County through support groups. Topics include: estate planning, self-care, medication management, depression, coping with grief & loss, Alzheimer's, Parkinson's, etc. Call for more information.

Employment Opportunities for Seniors

Foster Grandparent Program (651) 310-9448
Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.

Senior Community Service Employment Program, Anoka County (763) 783-4800
A work-site placement program to increase job skills for low income people 55 & older.

Senior Companion Program (763) 783-4717
Make weekly one on one visits to other seniors. Receives meal allowance & mileage. If income eligible, may also receive hourly stipend.

Social Opportunities for Seniors

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 (763) 230-9622
Chain of Lakes, 7690 Village Dr, Lino Lakes 55014 (651) 795-9622
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 (763) 785-7882
www.ymcatwincities.org. Offers several group fitness programs for seniors in a safe, climate controlled environment. Arthritic swim sessions.

Senior Citizen Community & "Drop-in" Centers

These facilities are used for activities such as cards, dances, community education for seniors, & regularly planned activities. Several Senior Centers provide support groups for seniors.

Andover Senior Center, 1685 Crosstown Blvd NW, Andover 55304 (763) 767-5163
Anoka Senior Center, 1500 6th Ave S, Anoka 55303 (763) 576-4661
Blaine/Mary Ann Young Senior Center, 9150 Central Ave NE, Blaine 55434 (763) 786-9375
Columbia Heights Senior Center, 530 Mill St, Columbia Heights 55421 (763) 706-3735
Columbus Senior Center, 16319 Kettle River Blvd, Columbus 55025 (651) 464-8463
Coon Lake Senior Center, 182 Forest Rd, East Bethel 55092 (651) 982-4628
Coon Rapids Senior Services, 11155 Robinson Dr NW, Coon Rapids 55433 (763) 767-6473
East Bethel Senior Center, 2241 221st Ave NE, East Bethel 55011 (763) 434-6179
Fridley Senior Center, 6085 7th St NE, Fridley 55432 (763) 502-5150
Ham Lake Senior Center, 15544 Central Ave NE, Ham Lake 55304 (763) 434-0455
Lino Lakes Senior Center, 1189 Main St, Lino Lakes 55014 (651) 248-7023
Linwood Senior Center, 22817 Typo Creek Dr, Stacy 55079 (651) 462-5565
Oak Grove Senior Center, 19900 Nightingale St NW, Oak Grove 55011 (763) 753-1920
Ramsey Senior Center, 15050 Armstrong Blvd NW, Ramsey 55303 (763) 441-7841

Senior Citizens' Clubs in Anoka County **Senior Information Line** (763) 783-4707

In addition to the Senior Centers listed, many local senior clubs provide opportunities for friendship, support, & local activities. For further information on any of the following organizations, call the Senior Information Line. Many area churches also have their own Senior Clubs & activities.

- Andover Senior Citizens Club
- Columbia Heights Golden Age Club
- Coon Rapids Super Seniors
- Columbus Senior Citizens
- East Bethel Senior Club
- Friendly Fridley Folks
- Kraus-Hartig Senior Club
- Linwood Golden Club
- Nowthen Senior Club
- Oak Grove Senior Club
- Ramsey Senior Citizen Club
- Spring Lake Park Senior Club-Club 55
- St. Francis Senior Citizens

Trips & Tours

Contact your local Community Education Department or Senior Center for scheduled trips & tours.

Volunteer Opportunities for Seniors

Alexandra House, Inc. **Business Line (763) 780-2332**
www.alexandrahouse.org. Community based organization providing emergency shelter, support services, & community advocacy to victims of domestic and sexual violence.

Anoka County Retired & Senior Volunteer Program (R.S.V.P.) **(763) 422-7090**
 Offers opportunities to persons 55 & older to participate in their communities through volunteer services.

Chores & More

Housekeeping, minor home repairs, & seasonal chores. Groups welcome.

Fridley, Columbia Heights, & Hilltop **(763) 502-5151**
All other areas in Anoka County (ACCAP)..... **(763) 767-6521**

Foster Grandparent Program **(651) 310-9448**
 Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.

Hands On Twin Cities (formerly Volunteer Resource Center) **(612) 379-4900**
www.handsontwincities.org. Several thousand volunteer opportunities available listed on our website.

Head Start, ACCAP **(763) 783-4300**
www.accap.org. Programs in Anoka & Washington County. Volunteers needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

Health Insurance Counseling Program Senior Linkage Line **1-800-333-2433**
 Volunteers are needed to help seniors, persons with disabilities & caregivers with a variety of health insurance & prescription drug topics. Training is required to become a certified counselor.

Senior Caregiver Network **(763) 422-6960**
www.anokacounty.us/caregivers. Volunteers provide in-home visits with older adults living with chronic health issues. Respite volunteers provide safety & companionship with older adult while the family

caregiver gets a break. Volunteers are also needed to oversee older adults with chronic illness in a group setting with other volunteers & a parish nurse overseeing the program. Training is provided.

Senior Companion Program (763) 783-4717
Provides companionship/friendship to homebound or isolated seniors. Receives mileage & meal allowance. May also receive a stipend if income guideline criteria are met.

Senior Information Line, ACCAP (763) 783-4707
www.accap.org. Volunteers needed to answer phones, refer clients to resources, & work on clerical projects. Training provided.

Senior Centers, Churches, Hospitals, & Nursing Homes are always looking for volunteers!!

VETERAN SERVICES

- Anoka County Volunteer Transportation..... (763) 422-7087**
Transportation provided for Veterans of any age to & from the VA Hospitals in Minneapolis & St. Cloud.
Call between 9 am-12 pm Monday-Friday. Donations accepted.
- Anoka Disabled Veterans..... (763) 245-2585**
Veterans helping veterans. Call for more information.
- Disability Linkage Line 1-866-333-2466**
Information & referral services for persons with disabilities.
- Military.com.....www.military.com**
- Minnesota Assistance Council for Veterans.....www.mac-v.org**
- Minnesota Department of Veterans Affairs..... www.mdva.state.mn.us**
- Minnesota Military Family Assistance Center (651) 282-4055**
Carl.madson@us.army.mil. Providing assistance to military families.
- Minnesota Veteran.....www.minnesotaveteran.org**
- Minnesota Workforce Center, Veteran Employment Representative..... (763) 785-6488**
- Operation Military Kids..... (612) 624-8198**
Provides support for military kids through Hero Packs, Speak Out for Military Kids (SOMK), Mobile Technology Lab (MTL), youth activities, Ready, Set Go! (Hidden Heros) Training, Kissing Hand kits.
- Raising Relatives..... (612) 879-5307**
A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives' kids through support groups, recreation, & free phone consultation. Referrals made.
- Resource: Jobs for Veterans..... (612) 752-8400**
Helps veterans find the job that best utilizes your skills. Employment services, education and skills training funds, one-on-one counseling support & career development.
- Veterans Affairs Medical Center, Minneapolis..... (612) 467-2228**
ADS (Addiction Disorder Section).
- Veterans Resource CenterNew Brighton (651) 644-4022 or Brooklyn Park (763) 503-2220**
550 Cty Rd D W Ste 10, New Brighton 55112. 7001 78th Ave N Ste 300, Brooklyn Park, 55445. Provides readjustment counseling and community resources for veterans & their families.
- Veterans Linkage Line1-888-LinkVet (1-888-546-5838)**
www.minnesotaveteran.org. Toll free service line for all MN veterans. Provides information and referral, immediate crisis intervention and psychological counseling 24 hours a day, 7 days a week.

Veterans Service Office – Anoka County..... (763) 323-5290

Provides counseling, claims services, referral, and assistance in accessing services in chemical dependency, burial benefits, discharge reviews, death benefits, employment, financial assistance, education training, health benefits, disability services, etc.

MULTICULTURAL RESOURCES

For more Adult Basic Education (ABE) & English-as-a-Second-Language (ESL) classes, see EDUCATION.

- American Indian OIC, Inc.**..... (612) 341-3358
www.aioic.org. 1845 E Franklin Ave, Minneapolis 55404. Fax (612) 341-3766. To provide training, retraining, employment, & economic development opportunities for unemployed & under employed multi-cultured people in a culturally conducive atmosphere that addresses the needs of the whole person & families. Programs & services are open to qualifying persons.
- American Red Cross, Twin Cities Area Chapter** (612) 871-7676
 1201 W River Parkway, Minneapolis 55454. Health & safety services: first-aid, CPR, child safety, AIDS education, disaster response, & multicultural programs.
- Centro** (612) 874-1412
www.centromn.org. 1915 Chicago Ave S, Minneapolis 55404. Senior, preschool, & youth programs. Prenatal classes. Psychologist. Women's programs & literacy programs for adults.
- Citizenship classes, free and online** www.uscitizenship.org
- Comunidades Latinos Unidos En Servicio (CLUES)**
Minneapolis, 720 E Lake St, Minneapolis 55407..... (612) 746-3500
St. Paul, 797 E 7th St, St. Paul 55106 (651) 379-4200
www.clues.org. Bilingual & bicultural advocacy. Information & referral services. Bilingual individual & family cross-cultural counseling. Employment, education, elder wellness, Latino learning, mental health, family services & chemical health.
- Confederation of Somali Community in Minnesota** (612) 338-5282
www.cscmn.org. 420 15th Ave S, Minneapolis. Offers youth services, education & outreach services, advocacy & intervention. East African Women's Center.
- Department of Indian Work**..... (651) 644-2768
www.spacc.org. 1671 Summit Ave, St. Paul 55105. American Indian Youth Enrichment & Parenting Program, family education, diabetes series & emergency food & clothing shelves. Referrals to community resources. Services the American Indian population of the east metro.
- English Learning Center** (612) 874-9963
 2315 Chicago Ave S, Minneapolis 55404. Offer ESL, citizenship, math, & computer class in evenings only, Monday-Thursday, serving adult immigrants & refugees. Provides some transportation.
- Family & Children's Service: MOVE (Mobilizing and Organizing for Victory & Empowerment)...**(612) 728-2061
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park, 55445. MOVE is a multicultural coalition to build leadership and power around issues of racial and economic justice, uniting communities to achieve social change. Members, including youth and adults, join together on action committees to change community conditions and push for systems changes for the well-being of families.
- Hispanos En Minnesota (Health, Education, Motoring) HEM** (651) 227-0831

www.hispanos.qwestoffice.net. 1074 S Robert St, St. Paul 55107. Family, individual, and couples counseling, drug information, aftercare, relapse, anger management/domestic abuse, psychosocial evaluations, youth probation program. DWI classes & Driving with Care classes, levels 1,2,3.

International Institute of Minnesota (651) 647-0191

www.iimn.org. 1694 Como Ave, St. Paul 55108. A statewide service organized to help foreign born residents & their families with adjustments to American life.

Korean Service Center (612) 342-1344

www.koreanservicemn.org. 630 Cedar Ave S Ste B1, Minneapolis 55454. Welfare benefit assistance, housing, translation & interpretation, individual counseling, domestic abuse, & assisted living & caregiver support program.

Lao Family Community – LFC..... (651) 221-0069

www.laofamily.org. 320 W University Ave, St. Paul 55103. Nonprofit organization working with Hmong and other refugee immigrants. Offers English language, employment information & referrals, and youth & family programs.

Metro North Adult Basic Education (763) 783-4731

Free online citizenship classes www.uscitizenship.org

www.metronorthabe.org. 1201 89th Ave NE Ste 335, Blaine 55434. Offers citizenship & English-as-a-Second-Language (ESL) classes for adults, GED, adult high school diploma, basic reading, writing, & math brush up skills, Adult Basic Education (ABE), & family literacy classes. US citizenship study available.

Minneapolis American Indian Center (612) 879-1700

www.maichet.org. 1530 Franklin Ave E. Minneapolis 55404. Assistance with chemical dependency, Indian child welfare, senior programs, Healthy Nations Program, Golden Eagles Youth Mentorship, Indigenous Women's Life Net, Workforce Investment Act. Two Rivers, Wolves Den, Woodland Indian Arts & Crafts.

Minneapolis Urban League (612) 302-3100

www.mul.org. 2100 Plymouth Ave N, Minneapolis 55411. Employment programs, education services, youth programs, community resources, counseling, school program, etc.

Minnesota Department of Human Rights (651) 296-5663

TTY (Hearing Impaired) (651) 296-1283

www.humanrights.state.mn.us. 190 E 5th St Ste 700, St. Paul 55101. Enforces Minnesota Human Rights Act. Investigates charges of discrimination in employment, housing, public accommodation, education, & public services.

Neighborhood Justice Center (651) 222-4703

www.njcinc.org. 500 Laurel Ave, St. Paul 55102.

Resource Center of the Americas (612) 276-0788

www.americas.org. 3019 Minnehaha Ave Ste 20, Minneapolis 55406. Promotes human rights and cross-cultural understanding with a unique focus on the interconnectedness of the United States and Latin-America. Serves the general public often including educators, students, and social service providers. Offers weekly events such as Coffee Hours, Intercambios Culturales, & movie nights. Top provider of Spanish language education to individuals and groups. Latino Voices discussions, highlighting the personal stories of Latino immigrants in the context of systems and policies that lead to human migration.

Resource Fair for People with Limited English (763) 717-7700

www.anokacounty.us. 1201 89th Ave NE, Blaine 55434. Monthly resource fair, 2nd Thursday of each month from 10 am-12:30 pm at the Blaine Human Service Center. Legal information & help from Judicare, Central Minnesota Legal Services, & Immigrant Law Project. Help with paperwork & reading letters. Health & immunization information. Child care information. Community resource information. Interpreters provided for Spanish, Russian, & Arabic.

Russian Orthodox Church of the Resurrection of Christ Monastery..... (763) 574-1001

1201 Hathaway Ln NE, Fridley 55432. Russian/English interpretation & translation, Russian language classes.

Southeast Asian Community Council, Inc. (612) 521-4859

www.seacc-mn.org. 1847 44th Ave N, Minneapolis 55412. Non-profit organization. Social services help with completing forms, translation, & transportation services. Individual & family counseling, mediation, & referral to available resources in the community.

Southeast Asian Ministry (651) 293-1261

www.seam-stpaul.org. 105 University Ave, St. Paul 55103. English classes, elder program, health nurse program, consignment store, employment services, quilt distribution, & Christmas program.

Southeast Asian Refugee Community Home (SEARCH) (612) 673-9388

www.asian-search.org. 1113 E Franklin Ave Ste 212, Minneapolis 55404. Serves Asian & East African refugee community with child care training for license, employment, youth programs, & computer technology programs.

Southern Minnesota Regional Legal Services – Central Office (651) 222-4731

55 E 5th St Ste 400, St. Paul 55101. Advice & representation in non-criminal civil legal matters that are critical to the clients basic needs.

St. Paul Area Council of Churches..... (651) 646-8805

www.spacc.org. 1671 Summit Ave, St. Paul 55105. Connects over 600 St. Paul area congregations from 22 denominations to help make a life giving, just, & anti-racist community.

State Council on Black Minnesotans..... (651) 642-0811

www.cbm.state.mn.us. 2233 W University Ave Ste 426, St. Paul 55114. Advise the Governor & State Legislature on issues confronting African Americans & Native Africans.

Tubman Family Alliance..... Crisis Line (612) 825-0000
Business Line(612) 825-3333
www.tubman.org. 3111 1st Ave S, Minneapolis 55408. Family violence resource agency providing domestic abuse survivors safe passage from abuse. Education & resources to promote violence free families & communities.

United Cambodian Association of Minnesota..... (651) 222-3299
www.ucaminc.org. 1101 Snelling Ave N, South St. Paul 55108. Social adjustment to Cambodian refugees, immigrants, & other ethnic groups. Employment, immigration services, youth enrichment program, tobacco program, ORR program, & more.

GAY, LESBIAN, BISEXUAL, TRANSGENDER, & QUESTIONING (GLBTQ) RESOURCES

- Center for Sexual Health, University of Minnesota** (612) 625-1500
www.med.umn.edu/fp/phs/phsindex.htm. Program in Human Sexuality, Department of Family Practice & Community Health Medical School. Sexual attitude reassessment seminars, relationship & sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, sexual offender treatment, HIV counseling.
- Chrysalis**..... (612) 871-0118
TTY (Hearing Impaired) (612) 824-2780
www.tubman.org. 4432 Chicago Ave S, Minneapolis. Provides a variety of support groups including groups for lesbians. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Offers outpatient center for referral, phone counseling, chemical dependency, & mental health services. Parenting Time Program.
- GLBT KIDS: Abuse Intervention Program:**Toll Free 1-877-GLBT-KIDS (1-877-452-8543)
 Offers support, referrals, resources, training and connections for GLBT (gay, lesbian, bisexual, transgender) youth who are experiencing abuse, bullying or mistreatment. The program also supports their families, youth-serving professionals, and others who care about the well-being of youth.
- LGBT Youth Services District 202** (651) 340-6167
www.dist202.org. PO Box 8139, St. Paul 55108. Non-profit youth community center committed to providing social, cultural, & educational opportunities by & for LGBT youth.
- Northland Therapy Center** (651) 641-1009
 Mental health clinic serving primarily adult individuals, couples, & adolescents with expertise in working with chronic illness & sexual orientation issues.
- Out Front Minnesota** (612) 822-0127 or 1-800-800-0350
www.outfront.org. 310 E 38th St Room 204, Minneapolis. Legal advocacy, training, education, information, referral, & domestic violence programs on or related to the GLBT community.
- Parents & Friends of Lesbians & Gays of Minnesota (P-FLAG)** (612) 825-1660
www.pflagtc.org. Self-help group for parents & families of gays, lesbians, bisexuals, & transgender individuals. Support group for straight spouses.

VOLUNTEER OPPORTUNITIES

Volunteer: To enrich your life by helping someone else.

Listed are some of the places in Anoka County seeking volunteers & a brief description. You might also wish to check with your local schools, churches, or other organizations that may be in need of volunteers.

- Alexandra House, Inc.** (763) 780-2332
www.alexandrahouse.org. Community based organization providing emergency shelter, support services, & community advocacy to battered women, children, & victims of sexual violence. Volunteer opportunities exist in all programs.
- Alliance for a Violence-Free Anoka County** (763) 422-7047
www.violencefreeanokacounty.org. A coalition of individuals & groups working on preventing child abuse, youth violence, domestic violence, & sexual violence. Action teams work on community education & public awareness activities, & developing media & communication strategies. New teams develop as people express interests & ideas.
- American Red Cross, Twin Cities Area Chapter** (612) 871-7676
www.redcross.org. 1201 W River Parkway, Minneapolis 55454. Health & safety services: first-aid, CPR, child safety, AIDS education, disaster response, multicultural programs & blood drives.
- Anoka County Domestic Violence Council (ACDVC)** (763) 422-7047
An action team of the Alliance for a Violence-Free Anoka County. Mission: To work as a community wide collaboration towards eliminating domestic violence. Volunteer opportunities include serving on the council and/or helping with special projects.
- Anoka County Brotherhood Council (ACBC)**..... (763) 422-0046
Provides emergency food & used clothing to those in need. Variety of volunteer opportunities available.
- Anoka County Community Action Program, Inc. (ACCAP)** (763) 783-4717
www.accap.org. Volunteers needed for a variety of programs.
- Anoka County Library** See library list on page 104
www.anoka.lib.mn.us. A variety of volunteer opportunities are available for both young people & adults. Contact your local library for more information.
- Anoka County Retired & Senior Volunteer Program (R.S.V.P.)** (763) 422-7090
Offers opportunities to persons 55 & older to participate in their communities through volunteer services.
- Anoka Regional Treatment Center** (651) 431-5002
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Need volunteers to help during visiting hours or to help in the library. Psychiatric hospital has an auxiliary.
- Anoka County Volunteer Transportation**..... (763) 422-7075
www.co.anoka.mn.us/transit. Drive senior citizens & clients to medical, dental, or social service appointments. Mileage reimbursed.

- Arc-Greater Twin Cities..... (952) 920-0855**
www.arcgreatertwincities.org. Information, referral, advocacy & support for individuals with developmental disabilities & their families. Volunteers needed for special events, mailings, clerical duties, & thrift stores.
- Bar-None Residential Treatment Services for Children (763) 753-2500**
www.voamn.org. 22426 St. Francis Blvd, Anoka, MN. Inpatient treatment for youth, ages 12-18. Variety of volunteer opportunities available.
- Big Brothers Big Sisters of the Greater Twin Cities..... (651) 789-2400**
www.bigstwincities.org. Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 7-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building a long term friendship!
- Camilia Rose Care Center (763) 755-8400**
 Provides long & short term skilled nursing care. A variety of volunteer opportunities include outing assistant, craft helper, musical performer, letter writer, pet visitor, bingo assistant, reader, etc.
- CEAP (Community Emergency Assistance Program)..... (763) 783-4930**
www.ceap.org. 1201 89th Ave NE Ste 130, Blaine. Volunteers needed to sort & pack food at the food shelf, bread pick-up, receptionist, clerical duties, & data processing.
- Chores & More**
Fridley, Columbia Heights, Hilltop (763) 502-5151
All other areas in Anoka County (ACCAP)..... (763) 767-6521
 Housekeeping, minor home repairs, & seasonal chores. Groups welcome.
- Confederation of Somali Community in Minnesota (612) 338-5282**
www.cscmn.org. 420 15th Ave S, Minneapolis 55404. Offers youth services, education, outreach services, advocacy & intervention. East African Women's Center.
- Family & Children's Service.....(612) 341-1611**
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Help your community by volunteering with Family & Children's service. If you want to help a child succeed in school, work for social justice, or simply gain some experience, call our volunteer coordinator or visit our website.
- Foster Grandparent Program (651) 310-9448**
www.lssmn.org. Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.
- Girl Scouts of Minnesota and Wisconsin River Valleys (651) 227-8835 or 1-800-845-0787**
www.girlscoutsrv.org. Helps girls in grades k-12 build courage, confidence, & character to make the world a better place. Volunteers needed year round to be troop leaders, activity & special event helpers, & more.
- Hands On Twin Cities (formerly Volunteer Resource Center) (612) 379-4900**
www.handsontwincities.org. Several thousand volunteer opportunities available listed on our website.

- Head Start, ACCAP (763) 783-4300**
www.accap.org. Programs in Anoka & Washington County. Volunteers needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.
- Health Insurance Counseling Program Senior Linkage Line 1-800-333-2433**
 Volunteers are needed to help seniors, persons with disabilities & caregivers with a variety of health insurance & prescription drug topics. Training is required to become a certified counselor.
- Home Delivered Meals (Meals on Wheels)**
 Low-cost, hot noon meals delivered Monday through Friday to homebound persons who are 60 & older or who have a disability. Cost varies. Call the location serving your area:
- AC Meals on Wheels.....(763) 236-8718**
 Anoka , Champlin, Ham Lake, Andover, Ramsey, Oak Grove, Coon Lake, Linwood, Cedar, St. Francis, Soderville, Nowthen, Bethel, East Bethel, Circle Pines, Lino Lakes, Centerville, Lexington, East Blaine & Columbus Township.
- Meals on Wheels, Fridley, Spring Lake Park, Columbia Heights, & Hilltop.....(763) 236-3636**
Meals on Wheels, Coon Rapids and Blaine.....(763) 489-3608
- Kinship (763) 862-6755**
www.kinship.org. Individuals, couples, & families mentor children from single parent homes, children of immigrants & refugees, & children of prisoners. Meet weekly doing low cost/no cost activities. Adults of all ages needed.
- Linwood Senior Transportation Services (651) 462-5565**
 Volunteer drivers using their own vehicles to transport able bodied seniors living in Linwood.
- “Make A Wish” Minnesota (612) 767-9474**
www.wishmn.org. Help grant wishes to children with life-threatening medical conditions.
- Mediation Services for Anoka County (763) 422-8878**
www.mediationservice.org. Trained volunteers help Anoka County residents settle disputes such as neighborhood, landlord/tenant, employer/employee, & family problems. Become a volunteer mediator. Training provided.
- Metro North Adult Basic Education..... (763) 783-4731**
www.metronorthabe.org. Volunteers needed to tutor adult learners with reading, English as a Second Language, & GED. Volunteers needed at various locations.
- Second Harvest Heartland (651) 209-7939**
www.2harvest.org. Email: volunteer@2harvest.org. Agency supplies food & grocery products to 1000+ member agencies & programs in Minnesota & Western Wisconsin. Runs MAC & NAPS programs. Group & individual volunteer opportunities available sorting, packing, & delivering food, & also support for special events.

- Senior Caregiver Network..... (763) 422-6960**
www.anokacounty.us/caregivers. Volunteers provide in-home visits with older adults living with chronic health issues. Respite volunteers provide safety & companionship with the older adult while the family caregiver gets a break. Volunteers are also needed to oversee older adults with chronic illness in a group setting with other volunteers & a parish nurse overseeing the program. Training is provided.
- Senior Companion Program (763) 783-4717**
 Provide companion/friendship to homebound or isolated seniors. Training provided. Receives mileage & meal allowance. May also receive a stipend if income guideline criteria are met.
- Senior Information Line, ACCAP (763) 783-4707**
www.accap.org. Volunteers needed to answer phones, refer clients to resources, & work on clerical projects. Training provided.
- Springbrook Nature Center – City of Fridley (763) 572-3588**
www.springbrooknaturecenter.org. Provides environmental interpretive programming, recreation, & entertainment. Volunteers needed for animal care, trail maintenance, & special events.
- Tamarisk, Inc. (763) 572-1950**
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.
- Twice Nice Thrift Store, ACCAP (763) 754-0935**
www.accap.org. 9201 South Highway Dr. Lexington, MN 55014. Offers household items, clothing, toys, books, shoes, & bedding. Volunteer opportunities: sorting incoming donations, creating displays, pricing, & cleaning.
- United Way Caring Connection (612) 340-7440**
www.unitedwaytwincities.org. Matches people to volunteer projects across the nine-county metro area. Get your friends, family, co-workers, & neighbors involved! We have projects for all size groups, two people & up. You'll be matched by your group's interests & location preferences.
- University of Minnesota Extension, Anoka County (763) 755-1280**
www.extension.umn.edu/county/anoka. Outreach arm of the U of M connecting community needs & University resources. Program emphasis includes 4-H Youth development & Master Gardener Program.

CIVIC INFORMATION

When you have questions about how your city or town operates (local ordinances, city owned utilities, etc.) call your city administrative offices. When you have a question or opinion about how your county, state, or federal government operates, or when you are having a problem dealing with government agencies, including social services, Social Security, etc., contact the appropriate person by phone or letter.

City Offices

For Emergencies for Police, Fire, or Medical Call 9-1-1

Andover City Hall , 1685 Crosstown Blvd NW, Andover 55304	(763) 755-5100
www.ci.andover.mn.us .	
Andover Fire Station 1 , 13875 Crosstown Blvd NW, Andover 55304	non-emergency (763) 755-9825
Andover Fire Station 2 , 16603 NW Valley Dr, Andover 55304	
Andover Fire Station 3 , 15929 Crosstown Blvd NW, Andover 55304	
Andover Police, Anoka County Sheriff	non-emergency (763) 427-1212
Crime Prevention Coordinator	(763) 767-4664
Anoka City Hall , 2015 First Ave N, Anoka	(763) 576-2700
www.ci.anoka.mn.us .	
Anoka Fire , 275 Harrison St, Anoka 55303	non-emergency (763) 576-2860
Anoka Police	non-emergency (763) 576-2800
City of Anoka Public Services	(763) 576-2980
Bethel City Hall , PO Box 64, Bethel 55005	(763) 434-4366
Bethel Police & Fire	non-emergency (763) 427-1212
Crime Prevention Coordinator	non-emergency (763) 767-4664
Blaine City Offices , 10801 Town Square Dr, Blaine 55449	(763) 784-6700
www.ci.blaine.mn.us .	
Blaine Fire , 1710 NE County Hwy 10, Spring Lake Park 55432	non-emergency (763) 786-4436
Blaine Parks & Recreation , www.blaineparks.com	(763) 785-6164
Blaine Police & Crime Prevention , 10801 Town Square Dr, Blaine 55449. Admin. Offices.....	(763) 785-6168
To report a crime	(763) 427-1212
Centerville City Hall , 1880 Main St, Centerville 55308	(651) 429-3232
www.centervillemn.com .	
Centennial Lakes Police Department	(763) 427-1212
Centennial Fire District (serves Circle Pines, Centerville, & Lino Lakes)	(651) 784-7472
Circle Pines City Hall , 200 Civic Heights Circle, Circle Pines 55014	(763) 784-5898
www.ci.circle-pines.mn.us .	
Centennial Fire District , 7741 Lake Dr, Lino Lakes 55014	non-emergency (651) 784-7472
Serves Circle Pines, Centerville, & Lino Lakes.	
Centennial Lakes Police, Circle Pines, Centerville, Lexington	Admin. Offices (763) 784-2501
Circle Pines Police	non-emergency (763) 427-1212

Columbia Heights City Offices, 590 40th Ave NE, Columbia Heights 55421 (763) 706-3600
www.ci.columbia-heights.mn.us.
Columbia Heights Firenon-emergency (763) 706-8150
Columbia Heights Police.....non-emergency (763) 706-8100

Columbus City Offices, 16319 Kettle River Blvd, Columbus 55025 (651) 464-3120
www.columbusmn.com.
Columbus Police.....non-emergency (763) 427-1212
Crime Prevention Coordinator..... (763) 767-4664

Coon Rapids City Offices, 11155 Robinson Dr NW, Coon Rapids 55433 (763) 755-2880
www.coonrapidsmn.gov.
Coon Rapids Fire, administrative officenon-emergency (763) 767-6429
Coon Rapids Police, administrative officenon-emergency (763) 767-6481

East Bethel City Hall, 2241 221st Ave NE, East Bethel 55011..... (763) 367-7840
www.ci.east.bethel.mn.us.
Crime Prevention Coordinator..... (763) 767-4664
East Bethel Firenon-emergency (763) 367-7885
East Bethel Police..... (763) 427-1212

Fridley City Offices, 6431 University Ave, Fridley 55432..... (763) 571-3450
www.ci.fridley.mn.us.
Fridley Fire.....Admin. Office/non-emergency (763) 572-3613
Fridley PoliceAdmin. Office/non-emergency (763) 572-3629

Ham Lake City Hall, 15544 Central Ave NE, Ham Lake 55304..... (763) 434-9555
www.ci.ham-lake.mn.us.
Crime Prevention Coordinator..... (763) 767-4664
Ham Lake Fire and Police.....non-emergency (763) 427-1212

Hilltop City Hall, 4555 NE Jackson St, Hilltop 55421 (763) 571-2023
www.hilltop.govoffice.com.
Hilltop Police & Fire See Columbia Heights

Lexington City Hall, 9180 Lexington Ave, Lexington 55014..... (763) 784-2792
www.ci.lexington.mn.us.
Lexington Police.....Admin. Office/non-emergency (763) 784-2501
Serves Lexington police, Centennial, Circle Pines, & Centerville

Lino Lakes City Offices, 600 Town Center Parkway, Lino Lakes 55014..... (651) 982-2400
www.ci.lino-lakes.mn.us.
Centennial Fire District, 7741 Lake Dr, Lino Lakes 55014non-emergency (651) 784-7472
Serves Circle Pines, Centerville, & Lino Lakes.
Lino Lakes PoliceAdmin. Office/ non-emergency (651) 982-2300

Linwood Township Hall, 22817 Typo Creek Dr NE, Stacy 55079 (651) 462-2812
www.linwoodtownship.org.
Crime Prevention Coordinator.....(763)767-4664

Nowthen Offices, 8188 199th Ave NW, Elk River 55330..... (763) 441-1347
Crime Prevention Coordinator..... (763) 767-4664

Oak Grove City Hall, 19900 Nightingale St NW, Oak Grove 55011 (763) 404-7000
www.ci.oak-grove.mn.us.
Crime Prevention Coordinator..... (763) 767-4664
Oak Grove Fire & Police.....non-emergency (763) 427-1212
Fire Station 1.....Admin.Office (763) 404-7000 ext. 1006
Fire Station 2.....Admin. Office (763) 753-1248

Ramsey City Hall, 7550 Sunwood Dr NW, Ramsey 55303 (763) 427-1410
www.ci.ramsey.mn.us.
Ramsey FireAdmin. Office/non-emergency (763) 427-4452
Ramsey Police, 7550 Sunwood Dr NW, Ramsey 55303Admin. Office/non-emergency (763) 427-6812

St. Francis City Hall, 23340 Cree St NW, St. Francis 55070..... (763) 753-2630
www.stfrancis.mn.org.
St. Francis Fire.....Admin. Office/non-emergency (763) 753-2334
St. Francis PoliceAdmin. Office/non-emergency (763) 753-1264

Spring Lake Park Administrative Office, 1301 81st Ave NE, Spring Lake Park 55432..... (763) 784-6491
www.ci.spring-lake-park.mn.us.
Spring Lake Park Fire, 1710 NE County Hwy 10, Spring Lake Park 55432non-emergency (763) 786-4436
Spring Lake Park Police.....non-emergency (763) 427-1212

County, State, & Federal Legislators

For a current list of elected officials, call the Elections office at (763) 323-5275, call the Senior Information Line at (763) 783-4707, or visit the websites below.

Anoka County

Anoka County, 2100 3rd Ave, Anoka 55303..... **General Switchboard** (763) 421-4760
www.anokacounty.us.

Anoka County Parks..... (763) 757-3920
24 hour automated information line (763) 767-2820
www.anokacountyparks.com. Activity & park information available online or at park system locations. Call if you would like hardcopy brochures and maps mailed to you.

Anoka County Sheriffs Office, 13301 Hanson Blvd NW, Andover 55304. Fax (763) 422-7503..... (763) 323-5000

County Commissioners Office (763) 323-5700

Elections Office, Governmental Services Division (763) 323-5275
Voter registration, information, & a list of elected officials.

State of Minnesota

Office descriptions taken from the State of Minnesota website: www.state.mn.us.

Attorney General, Minnesota **(651) 296-3353 or 1-800-657-3787**
www.ag.state.mn.us. 1400 Bremer Tower, 445 Minnesota St, St. Paul 55101. Consumer protection. Chief legal officer for the state & the legal advisor to the Governor & all constitutional officers. Represents & advocates for consumer protection, antitrust enforcement, & utilities regulation.

Governor, Minnesota **(651) 296-3391 or 1-800-657-3717**
www.governor.state.mn.us. Room 130 State Capitol Bldg, 75 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155. Responsible for the administration of state government, proposal of biennial budgets, appointments, proposal & review of legislation, & preparation of comprehensive long range plans for state growth.

House of Representatives, Minnesota..... **(651) 296-2146 or 1-800-657-3550**
www.house.leg.state.mn.us. 100 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155. Members are your elected officials who create and decide legislation in collaboration with the Senate and the Governor.

Secretary of State, Minnesota.....**(651) 296-2803 or 1-877-551-6767 for Greater MN**
www.sos.state.mn.us. Retirement Systems of MN, Bldg 60 Empire Dr Ste 100, St. Paul 55103. Some responsibilities are to certify the authenticity of a wide variety of official documents, register a variety of business organizations, & chief election official of the state.

Senate, Minnesota **(651) 296-0504 or 1-888-234-1112**
www.senate.leg.state.mn.us. Capitol Building, 75 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155. Members are your elected officials who create and decide legislation in collaboration with the House of Representatives and the Governor.

State Capitol Building

Minnesota Historical Society Information Desk**(651) 296-3962 or 2739**
Tour Desk **(651) 296-2881**
75 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155.

State Office Building

100 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155.

State of Minnesota

www.state.mn.us.

United States

House of Representatives, United States..... **(202) 224-3121**
www.house.gov. U.S. House of Representatives, Washington D.C. 20515.

President of the United States **(202) 456-1414**
www.whitehouse.gov. The White House, 1600 Pennsylvania Ave, Washington D.C. 20500.

Libraries

*Many libraries have programs available such as children's story time, activities & classes, books by mail, & much more. Libraries not only have books, but also access to the internet, CDs, videos, DVDs, books on tape & CD, & more! And most of it is **FREE**. It's a great economical way to promote literacy & learning for yourself & your family. Also, your Anoka County Library card is good at any of the MELSA (Twin Cities area) libraries. More information available at www.melsa.org. **Call your local library for exact locations, hours, & programs available.***

Anoka County Library, Main Office, 707 Hwy 10 NE, Blaine 55434.....		(763) 785-3695
Books by Mail		(763) 576-4695 ext. 4
www.anoka.lib.mn.us .		
Anoka	Rum River Library, 4201 6th Ave, Anoka	(763) 576-4695
	Anoka County History Center Library, 2135 3rd Ave N, Anoka	(763) 421-0600
	www.ac-hs.org . Events & displays for people of all ages. Small browsing collection of books for children & adults. Genealogical research resources.	
Blaine	Northtown Library, 711 County Rd 10 NE, Blaine	(763) 717-3267
	Johnsville Branch, 12461 Oak Park Blvd, Blaine	(763) 767-3853
Circle Pines	Centennial Branch, 100 Civic Heights Circle.....	(763) 717-3294
C. Heights	Columbia Heights Branch, 820 40th Ave NE, Columbia Heights.....	(763) 706-3690
	TDD (Hearing Impaired).....	(763) 706-3692
Coon Rapids	Crooked Lake Branch, 11440 Crooked Lake Blvd, Coon Rapids.....	(763) 576-5972
Fridley	Mississippi Branch, 410 Mississippi St NE, Fridley.....	(763) 571-1934
Ham Lake	North Central Branch, 17565 Central Ave NE, Ham Lake.....	(763) 434-6542
St. Francis	St. Francis Branch, 3519 Bridge St NW, St. Francis.....	(763) 753-2131

INDEX

3-R's Counseling Center	35	All Parks Alliance for Change (APAC)	18
55 Alive Driving/Defensive Driving Class for Seniors	85	Alliance for a Violence-Free Anoka County 28, 64, 71, 96	
Abbott Northwestern Hospitals	32	Allina Home and Community Service	78
Abbreviation Key	1	Allina Medical Transportation	23
ABC Family Counseling	36	Al-Shifa Clinic	27
Abuse – Physical &/or Sexual	6	Alternatives for People with Autism	28
Abuse Intervention	See Helplines & Crisis Numbers	Alzheimer's Association, MN & ND Chapter	28, 78
ACBC	17, 22, 96	Ambulance, Fire, Police Emergency	5
ACCAP	96	American Association of Retired Persons (AARP) ..	84, 86
Affordable Rental Housing	18	American Cancer Society	23, 28
Crisis Assistance/Intake	44	American Diabetes Association	28
Energy Assistance	18, 44	American Indian OIC, Inc.	91
FAIM (Family Assets for Independence in MN) .	18, 46	American Red Cross	28, 91, 96
Financial Fitness	46	AmeriCorps	43, 64
Foreclosure Prevention	18, 46, 84	Andover Alano	9
Furniture Warehouse, Home-to-Home	18	Andover, Anoka, Ramsey Youth First Community of	
Head Start	58, 88, 98	Promise	71
Home Ownership Program	19	Angels on Main	82
Housing Rehabilitation	19	Anger Management See Abuse - Physical &/or Sexual	
Mobile Home Services	19	Anger/Domestic Abuse Project	6
Reverse Mortgage Counseling	85	Animal Humane Society	12
Senior Information Line	74, 88, 99	Anoka Area Interagency Early Intervention	57
Senior Outreach	74, 85	Anoka County	102
Senior Programs	74	Adult Foster Care	18, 83
Transitional Housing	22	Attorney's Office	6, 47
Twice Nice Thrift Store	19, 23, 99	Attorney's Office, Victim/Witness Services	6, 47
Weatherization	20	Chemical Dependency Assessment	35
ACHIEVE Services, Inc.	28	Child & Teen Check-ups (C&TC)	26
Adult Basic Education (ABE)	See EDUCATION	Child Abuse Prevention Council (CAPC)	64
Adult Children of Alcoholics/Dysfunctional Families	8	Child Care Assistance	59
Adult Day Programs	82	Child Care Resource & Referral	9, 57, 71
Adult Foster Care, Anoka County	18, 83	Child Protection Agency	9, 47
Adult Literacy Hotline	50	Child Support	44, 47
Adult Psychiatry	See Mercy Hospital	Children & Family Council	53, 64, 71
Adults Recovering from Incest, Anonymous	6	Children's Mental Health	69
Advocacy for Seniors	See FOR SENIORS ONLY	Commissioners Office	102
Affiliated Counseling Center	36	Community Action Program, Inc.	See ACCAP
Affordable Dentures	34, 78	Community Health & Environmental Services	26
Alano	See Alcoholics Anonymous	Disease Prevention & Control	26
Al-Anon/Al Teen Resource Service	8	Domestic Violence & Sexual Abuse Hotline,	
Alcohol Abuse	See Chemical Health, See	Alexandra House	66
Alcohol/Chemical Dependency		Domestic Violence Council (ACDVC)	64, 96
Alcohol/Chemical Dependency	8	Eastern AC Human Service Center	14
Alcoholics Anonymous	9	Elections Office, Governmental Services Division .	102
Alexandra House, Inc.	87, 96	Emergency Housing	13, 83
Community Program	6, 47, 78, 83	Environmental Services	26
Shelter Program & 24 hour Crisis Line	6, 22, 83	Family Health Services	26
Violence Prevention Program	9, 71	Food Shelves	16

Food Support.....	See Income Maintenance	Immunization Clinics for children & adults.....	26
Government Center	14	Refugee Health	26
Health Education–Public Health	26	Women, Infants, & Children (WIC)	26
History Center Library	104	Anoka County History Center Library	104
Home & Community Health Care Services ..	26, 77, 79	Anoka County Library	96, 104
Housing for Seniors.....	83	Books by Mail.....	50, 77, 104
Housing Lists	18, 83	Anoka Disabled Veterans.....	89
Housing Programs Coordinator.....	19, 67, 83	Anoka Ramsey Community College	50, 86
Human Resources Office.....	42	Anoka Regional Treatment Center	28, 32, 36, 80, 96
Human Services Center, Blaine	14	Anoka Technical College	41, 50
Immunization Clinics for children & adults	26	Anoka Today Alano	9
Income Maintenance Department.....	44, 71	Anoka-County Meals on Wheels	16, 76, 98
Income Maintenance Department (Food Support) .	14	Anoka-Senior Transportation	74
Job Line.....	41, 42	Anthony Louis Center	35
Job Training Center (Youth Employment Programs)	71	Apple Tree Dental.....	34
Judicare	48, 84	Arc-Greater Twin Cities.....	28, 97
Library	96, 104	Arthritis Foundation–North Central Chapter	28
Library Books by Mail.....	50, 77, 104	Assessment & Referral (Mercy Hospital).....	5, 10, 12, 36
Mediation Services.....	48, 73, 98	Assisted Living Store	59, 79
Medical Assistance (MA).....	27	Attorney.....	See LEGAL
Mental Health Crisis Response	9	Attorney General, Minnesota	103
Mental Health Services (Intake).....	36	Baby Blanket	62
Minnesota Workforce Center	41	Baby Clothes and Equipment	See Pregnancy/Infants
Parks.....	102	Bankruptcy.....	See FINANCIAL
Public Defender.....	47	Bar-None Residential Treatment Services for Children	37, 69, 97
Public Health	See Health Education	BASIC NEEDS	14
Public Health Nursing Intake.....	68	Clothing.....	22
Refugee Health.....	26	Emergency Shelter.....	22
Retired & Senior Volunteer Program (R.S.V.P.) .	87, 96	Food	14
Safe Kids	55, 62	Food Shelves	16
Senior Citizens’ Clubs	87	Housing/Household Management	18
Senior Community Service Employment Program...	86	Recycling/Waste Management.....	20
Senior Services	74	Subsidized Apartments.....	20
Sheriffs Office	102	Subsidized Housing	20
Social Services	13	Transitional Housing	21
Southern AC Neighborhood Center	14	Transportation	23
Traveler	24, 75	Battered Womens Shelter	See Abuse – Physical &/or Sexual
Veterans Service Office	85	Better Business Bureau of Minnesota	47
Volunteer Transportation	24, 75, 89, 96	Big Brothers Big Sisters.....	10, 71, 97
Vulnerable Adult/Adult Protection	6, 78	BirthRight.....	29, 62
Women, Infants, & Children (WIC)	26	Blaine Central Alano	9
Anoka County Brotherhood Council	17, 22, 96	Blaine-Senior Transportation.....	75
Anoka County Community Action Program, Inc.....	96, See ACCAP	Booster Seat.....	See FAMILY SERVICES
Anoka County Community Health & Environmental Services		Boys Town National Hotline	5, 10, 66
Child & Teen Check-ups (C&TC)	26	Brain Injury Association of Minnesota.....	29
Disease Prevention & Control	26	Bridge To Benefits.....	14, 18, 26, 44, 57
Environmental Services.....	26	Bridgeview Community Support Program.....	37
Family Health Services	26	Budgeting.....	See FINANCIAL
Health Education-Public Health	26, 68	Bus	See Transportation
Home & Community Health Care Services ..	26, 77, 79	C.S.D. (Communication Services for Deaf).....	29

Camilia Club	82	Chrysalis (Tubman)	49, 70, 95
Camilia Rose Care Center	97	Mental Health Clinic	37
Cancer Information Line (U of M)	29	Circle of Parents.....	54, 60
CAPE (Child & Parent Education) Centers.....	54, 57, 60	Citizenship classes, free & online	91
Car	See Transportation	City Offices.....	100
Car Seats Made Simple	61	CIVIC INFORMATION.....	100
Care Connections.....	26	City Offices	100
Carebreak Adult Day Program	82	County, State, & Federal Legislators.....	102
Career.....	See EMPLOYMENT	Libraries	104
Career Solutions.....	40	Clothing.....	22
Catholic Charities	40	CLUES.....	See Comunidades Latinos Unidos En Servicio
CEAP	17, 22, 44, 97	Cocaine Anonymous	9
Ways to Work.....	24, 44	Colleges.....	See EDUCATION
Centennial Branch Library.....	104	Columbia Heights Public Library	104
Centennial Community Food Shelf	17	Community Addiction Recovery Enterprise	28, 35
Center for Sexual Health, University of Minnesota	29, 95	Community College	See EDUCATION
Central Avenue Clinic	33	Community Education Departments	53
Central Minnesota Legal Services.....	47	Special Needs.....	53
Centro	91	Community Education Program for Seniors.....	86
Chemical Dependency	See Chemical Health, See Alcohol/Chemical Dependency	Community Emergency Assistance Prog....	17, 22, 44, 97
Chemical Dependency Assessment	See Anoka County	Community Helping Hand.....	17, 23
Chemical Health	35	COMMUNITY INVOLVEMENT	64
Child & Teen Check-ups (C&TC)	26	Community Options Program	37
Child Abuse	See Children, Helplines & Crisis Numbers	Community Resources Directory	74
Child Abuse Prevention... See Children's Home Society & Family Services		Community University Health Care Center	34
Child Abuse Prevention Council (CAPC)	See Anoka County	Community Work Services	7
Child Care & Education	57	Companionship Programs for Seniors	80
Child Care Assistance	See Anoka County	Comunidades Latinos Unidos En Servicio (CLUES)	91
Child Care Resource & Referral.....	See Anoka County	Confederation of Somali Community in MN	91, 97
Child Care Subsidy.....	59	Consumer Credit Counseling Service.....	46
Child Development.....	See Parenting/Child Development	Consumer Protection.....	See Attorney General
Child Protection	See Children, Helpliines & Crisis Numbers	Coon Rapids Alano	9
Child Protection Agency.....	See Anoka County	Coon Rapids Counseling	37
Children & Family Council	See Anoka County	Coon Rapids Youth First.....	64, 72
Children, Helplines & Crisis Numbers	9	Teen Center-The Element.....	67, 72
Children's Dental Clinic	See Dental	Coon Rapids-Senior Transportation	75
Children's Dental Services, Minneapolis.....	34	Council on Black Minnesotans....	See Minnesota, State of
Children's Home Society & Family Services		Council on Crime & Justice, General Victims Service	7, 47, 84
Child Abuse Prevention Services.....	7, 10, 54, 60	Counseling	See Mental Health
Financial & Home Ownership Education	46	Counseling-Youth Services.....	69
Helping Moms, Helping Children	60	County Commissioners Office	102
Learning Disabilities Program	29, 50	County, State, & Federal Legislators.....	102
Parent Support Services	60	Courage Center.....	29, 79
Children's Hospital & Clinics of Minnesota	32	Cradle of Hope Motherhood Fund	62
Family Resource Center	29	Creating Community.....	64, 72
Parent Warm Line	11	Credit Counseling.....	See FINANCIAL
Children's Mental Health	See Anoka County	Crime Prevention.....	See CIVIC INFORMATION
Chores & More.....	77, 87, 97	Crime Watch, Operation I.D.	47
		Crippled Child Relief, Inc.....	29
		Crisis Assistance/Intake, ACCAP	44
		Crisis Connection	5, 10, 66

CRISIS NUMBERS	5
Crooked Lake Branch Library	104
Cross of Christ Lutheran.....	17
Daily Senior Care	82
Deaf & Hard of Hearing Services Metro.....	29
Dental.....	34
Dental Referral Service	34, 79
Dental-Senior	See Health and Wellness, Seniors
Department of Human Rights, Minnesota.....	48
Department of Human Services, Minnesota.....	31
Department of Indian Work.....	91
Dignity by Design.....	30
Disability.....	See Special Needs Programs
Disability.gov.....	37
Disability Law Center Mental Health Law Project.....	48
Disability Linkage Line	30, 89
Disease Prevention & Control	26
Districts, School.....	52
Division of Rehabilitation Services (DRS)	30
Domestic Abuse	See Abuse – Physical &/or Sexual
Domestic Abuse Hotline.....	7
Domestic Abuse Project.....	37
Domestic Violence	See Abuse - Physical &/or Sexual
Domestic Violence Council (ACDVC)	See Anoka County
Donated Dental Services.....	34, 79
Drop-in Centers.....	67
Drug Abuse Hotline	9
Drug Abuse Hotline/24 hours, Habilitat.....	9
Drug Problem	See Chemical Health, See
Alcohol/Chemical Dependency	
DWP (Diversionary Work Program)	44
EARLY CHILDHOOD CARE/EDUCATION	
Child Care & Education	57
Child Care Subsidy.....	59
EARLY CHILDHOOD CARE/EDUCATION	57
EARLY CHILDHOOD CARE/EDUCATION	
Equipment.....	59
Early Childhood Family Education (ECFE)	54, 57, 59
Early Intervention-Children.....	See EARLY CHILDHOOD
CARE/EDUCATION	
East Side Employment Network	41
Eastern Anoka County Human Service Center.....	14
Easy Rider.....	24, 75
ECFE.....	See Early Childhood Family Education
EDUCATION	50
Community Education Departments	53
Community Education Departments Special Needs	53
Parenting/Child Development	53
School District Offices	52
Educational Opportunities for Seniors.....	85
Educational Opportunity Center (TRiO).....	41
Eldercare Rights Alliance.....	84

Elected Officials	See CIVIC INFORMATION
Elections Office, Governmental Services Division	102
Elim Blaine	21
Elim Transitional Housing, Inc.	21, 67
ELL/ESL.....	See EDUCATION
Emergency Assistance	See FINANCIAL
Emergency Food Shelf Network	17
Emergency Housing	13, 83
Emergency Shelter.....	22
Emotions Anonymous.....	13
EMPLOYMENT.....	41
Metro Civil Service Job Information	42
National Service.....	43
Employment Opportunities for Seniors.....	86
Energy Assistance, ACCAP	18, 44
Energy Cents Coalition.....	44
English as a Second Language.....	See EDUCATION
English Language Learner	See EDUCATION
English Learning Center	50, 91
Environmental Services	26
Epilepsy Foundation of MN	30
Epiphany Caring For Life	26, 62, 72
Equipment Loan Program	See Goodwill Easter Seals
Equipment-Early Childhood.....	59
Equipment-Senior.....	See Health & Wellness, Senior
ESL/ELL.....	See EDUCATION
Everyday Miracles.....	23, 26, 62, 72
Extended Care Providers	74
FAIM (Family Assets for Independence in MN)	18, 46
Fairview Lakes Regional Medical Center	32
Fairview Ridges Hospital.....	32
Fairview Riverside Campus	32
Fairview University Campus	32
Fairview University Medical Center.....	32, 35
Faith Community Nurse Program of Mercy & Unity	
Hospitals	30, 84
Family & Children's Service	97
Community Building and Civic Engagement.....	64
Family Counseling.....	61
Family Project.....	60
Family School Coordinator Program.....	50, 72
Family Strength Activity Booklet.....	61
GLBT-KIDS Abuse Intervention Program..	7, 10, 66, 95
Mental Health Counseling.....	37
MOVE.....	65, 91
Teen Outreach Program.....	72
Teen Pride.....	72
Youth on the Move.....	50
Family-Based Therapy Associates.....	37
Family Innovations, Inc.	37
Family Life Mental Health Center	37, 69, 81
FAMILY SERVICES	60

Pregnancy/Infants	62	Girl Scouts of Minnesota and Wisconsin River Valleys.....	97
Safety	61	GLBT-KIDS Abuse Intervention Program	7, 10, 66, 95
Family Strenth Counseling Group, LLC.....	38, 69	GLBTQ RESOURCES	95
Family Support Services, Inc.	38	Goodwill Easter Seals, Medical Equipment Loan	
Family Table	14	Program	30, 79
Fare For All	15	Goodwill Store, Coon Rapids	23
Federal Government Subsidy Program (HUD)	18	Government.....	See CIVIC INFORMATION
Federal Legislators	See CIVIC INFORMATION	Governor, Minnesota	103
FINANCIAL	44	Grand Family Connection	27, 45, 54, 58, 69, 84, 89
Financial Assistance	44	Grandkidsandme	38, 45, 54, 58, 69, 89
Financial Counseling & Education	46	Gray Panthers	84
Financial Fitness, ACCAP	46	Greater Lakes Country Food Bank	15
Fire Stations	See CIVIC INFORMATION	Green Guardian	20
First Care Pregnancy Center & New Life Family Services		Green Lights Recycling, Inc.	20
.....	12, 27, 62, 68	Grief Support	
Food	14	Mercy Hospital.....	38, 81
Food Shelves	16	North Metro Coalition	38, 81
Food Support....	See Anoka County Income Maintenance	Grocery Delivery & Services	15, 76
Footworks—Footcare	30, 77, 79	Habitat for Humanity	See Twin Cities Habitat for
FOR SENIORS ONLY	74	Humanity	
Adult Day Programs	82	Hands On Twin Cities	87, 97
Educational Opportunities	85	Happy Feet Footcare, Inc.....	30, 77, 79
Employment Opportunities	86	Hazelden Institute.....	35
Food	75	HCMC	See Hennepin County Medical Center
Health & Wellness	78	Domestic Violence Intervention Program	7
Home Services	77	Head Start, ACCAP	88, 98
Legal and/or Advocacy for Seniors.....	83	HEALTH & WELLNESS.....	26
Local Senior Transportation Services	74	Chemical Health.....	35
Mental Health & Companionship Programs	80	Dental.....	34
Outreach & Referral	74	Hospitals	32
Safety & Security Checks.....	78	Low Cost Clinics	33
Social Opportunities.....	86	Mental Health	36
Supportive Housing	82	Seniors	78
Volunteer Opportunities.....	87	Special Needs Programs	28
Foreclosure Prevention, ACCAP	18, 46, 84	Health & Wellness-Health Care-Youth Services	68
Foster Grandparent Program.....	86, 87, 97	Health East St. John’s Hospital	33
Fraser	30, 38	Health Education—Public Health	26
Free Market.....	See Twin Cities Free Market	Health Insurance Counseling Program	79, 88, 98
Free Medical Clinics	See Low Cost Clinics	Helping Hand Dental Clinic	34
Free To Be, Inc.....	24	Helping Moms, Helping Children.....	See Children's Home
Fremont Community Health Services	33	Society & Family Services	
Fridley Alano	9	HELPLINES & CRISIS NUMBERS.....	5
Fridley Children’s & Teenager’s Medical Center P.A.		Abuse - Physical &/or Sexual	6
.....	12, 30, 68	Alcohol/Chemical Dependency.....	8
Friendship Center.....	82	Children.....	9
Furniture Warehouse, ACCAP Home-to-Home.....	18	Medical	12
Gambling Treatment Provider	13	Other.....	12
GAY, LESBIAN, BISEXUAL, TRANSGENDER, &		Hennepin County	
QUESTIONING (GLBTQ) RESOURCES.....	95	Government Center	42
GED.....	See EDUCATION	Job Line	42
Geriatric Mental Health Programs.....	81	Hennepin County Bar Association Lawyer Referral &	
Gillette Children’s Hospital	33	Information Service	48

Hennepin County Medical Center (HCMC)	33	Mental Health and Wellbeing.....	38, 69
Hispanos En Minnesota.....	92	LEGAL	47
Home & Community Health Care Services	26, 77, 79	Legal Aid Society of Minneapolis.....	48
Home Delivered Meals.....	16, 76, 98	Legal and/or Advocacy for Seniors	83
Home Free Shelter	22	Legal Services for Senior Citizens of Anoka County.....	48
HOME Line	18, 48	Leukemia Society & Lymphoma Society	31
Home Ownership Program, ACCAP.....	19	LGBT Youth Services District 202.....	67, 73, 95
Home Safety.....	51, 62	Libraries	104
Home Services-Senior	77	Lifeline	78
Hospice Minnesota	79, 84	Lifetrack Resources.....	31
Hospitals.....	32	Linwood Senior Transportation Services	75, 98
Hot Meals for Shut-ins	See Home Delivered Meals	Literacy	See EDUCATION
Hotlines-Youth & Teens	66	Local Government.....	See CIVIC INFORMATION
House of Representatives, Minnesota.....	103	Local Senior Transportation Services.....	74
House of Representatives, United States	103	Low Cost Clinics	33
Housing for Seniors.....	83	Low Cost Counseling.....	See Mental Health
Housing Lists	See Anoka County	Low Cost Dental Clinic	See Dental
Housing Programs Coordinator.....	19, 67, 83	Low Cost Legal	See LEGAL
Housing Rehabilitation, ACCAP	19	Lutheran Social Service	21
Housing/Household Management.....	18	Financial Counseling	46
HousingLink.....	19	Lydia's Closet (Oak Hill Baptist Church).....	23
Housing-Youth Services.....	67	MAD Legal Services.....	48
HRA.....	See Metro Housing Redevelopment Authority	Make A Wish Minnesota	98
HUD (Housing & Urban Development)	20	MAP AIDS Line/MN AIDS Project.....	12
Human Services Center of Anoka County	14	MCIL.....	See Metropolitan Center for Independent Living
Humane Society	See Animal Humane Society	Meals on Wheels	See Home Delivered Meals
Immediate Sexual Assault Nursing Care	30	Med-Alert Bracelets.....	31, 79
Immunization Clinics for children & adults.....	26	Mediation Services for Anoka County	48, 73, 98
Immunizations.....	See Health & Wellness	Medical Assistance (MA)	27
Income Maintenance	See Anoka County	Medical Clinic.....	See HEALTH & WELLNESS
Infants	See Pregnancy/Infants	Medical, Helplines & Crisis Numbers.....	12
Information Helpline, Alzheimer's Association.....	30	Medicare Customer Service.....	27, 45, 79
Intl. Center for the Attainment of Love & Joy.....	38	MELD.....	See Parents as Teachers
International Institute of MN.....	41, 92	Men's Line.....	5, 7
Jacob Wetterling Resource Center	5	Mental Health	36
Missing & exploited children helpline.....	5, 10, 54, 61	Mental Health & Companionship Programs for Seniors	80
Job Line	See EMPLOYMENT	Mental Health & Counseling-Youth Services.....	69
Job Search	See EMPLOYMENT	Mental Health Crisis Services/Response	See Anoka County, See Riverwind
Job Training Center	See Anoka County	Mentoring Program ...	See Parenting/Child Development
Johnsville Branch Library.....	104	Mercy Hospital.....	33
Joseph's Coat	23	Adult Psychiatry	38
Judicare of Anoka County, Inc.....	48, 84	Assessment & Referral.....	5, 10, 12, 36
Kinship.....	55, 72, 98	Faith Community Nurse Program	30, 84
Kingswood Church.....	17	Grief Support	38, 81
Korean Service Center.....	92	Immediate Sexual Assault Nursing Care	30, 68
Lao Family Community – LFC	92	Metro Civil Service Job Information	42
Law Help MN.....	48	Metro Crisis Coordination Program.....	5
Laywer Referral	See LEGAL	Metro Housing Redevelopment Authority (HRA).....	20
Learning Disability.....	See EDUCATION	Metro Information Line (Subsidized Housing).....	20
Lee Carlson Center.....	7, 11, 73	Metro Mobility.....	24, 75
Domestic Abuse Program.....	7, 11, 69, 73		

Metro North Adult Basic Education	51, 92, 98
Metro Psychology Support Services.....	27, 81
Metro Shelter Hotline	5, 22, 67, 83
Metro Transit	24
Ride Share	24
Metropolitan Center for Independent Living (MCIL)	31
MFIP (Minnesota Family Investment Program)	45
MHFA	See Minnesota Housing Finance Agency
Military.com	89
Minneapolis American Indian Center	92
Minneapolis Community & Technical College (MCTC) .	51
Minneapolis Urban League	92
Minnesota Adult Day Services Association	82
Minnesota AIDS Project	31, See MAP AIDS Line
Minnesota Assistance Council for Veterans	89
Minnesota Care	27, 80
Minnesota Careers	41, 55
Minnesota Child Abuse Hotline	11
Minnesota Domestic Violence Crisis Line	5, 7
Minnesota Family Planning & Sexually Transmitted Diseases Hotline	12
Minnesota Highway Safety & Research Center- St. Cloud University	86
Minnesota Housing Finance Agency (MHFA)	19
Minnesota Link-up Plan	45
Minnesota Military Family Assistance Center	89
Minnesota Prevention Resource Center	35
Minnesota Problem Gambling Helpline	13
Minnesota Safety Council	24, 51, 62, 86
Minnesota State Bar Association	49
Minnesota Veteran	89
Minnesota Vision Project	31
Minnesota Workforce Center	41
Veteran Employment Representative	89
Minnesota, State of	
Attorney General	103
Council on Black Minnesotans	93
Department of Human Rights	48, 92
Department of Human Services	31
Department of Veterans Affairs	89
Disability Law Center	48
Division of Rehabilitation Services (DRS)	30
Governor	103
House of Representatives	103
Office of Consumer Services, Attorney General's Office	48
Secretary of State	103
Senate	103
State Capitol Building	103
State Council on Disability	31
State Office Building	103
State Services for the Blind	32

Missing & exploited children helpline	5, 10, 54, 61
Missing & Exploited Children, 24 hour National Hotline	11
Missing Children Minnesota/24 hours	11
Mississippi Branch Library	104
MNET (MN Non-Emergency Transportation)	24, 75
Mobile Home Services, ACCAP	19
Money	See FINANCIAL
Moving Forward & Assessment Services	35
Moving Services-Senior	77
Mt. Olive Lutheran	17
MULTICULTURAL RESOURCES	91
NACE, Inc.	17
NACo Prescription Discount Card	27
Narcotics Anonymous	9
Narcotics Anonymous/24 hours	35
National Child Abuse Hotline/24 hours	11
National Runaway Switchboard	11, 66
National Service	43
Neighborhood Involvement Program Community Clinic	See NIP Community Clinic
Neighborhood Justice Center	92
New Connection Programs (Regions Hospital)	35, 70
New Life Family Services	See First Care Pregnancy
NIP Community Clinic	33, 34
North Anoka County Emergency	See NACE, Inc.
North Central Branch Library	104
North Hennepin Community College	51
North Memorial Hospital	33
North Metro Coalition	See Grief Support
North Metro Pediatrics	27, 33, 68
North Side Life Care Center	63
North Suburban Counseling Center	39, 70
Northland Therapy Center	39, 95
Northtown Library	104
Nucleus Clinic	12, 28, 33, 63, 68
Nursing Home & Assisted Living Center Directory	83
Nystrom & Associates, Ltd.	
Children's Therapeutic Services & Supports	39
Intensive Outpatient Chemical Dependency Prog... ..	35
Outpatient Clinic	39
Office of Consumer Services, Attorney General's Office, Minnesota	48
Ombudsman for Older Minnesotans	80, 84
Ombudsman Senior Services	80, 84
Operation Military Kids	89
Opportunity Partners	31, 42
Opportunity Services	31
Other Resources-Youth Services	71
Other, Helplines & Crisis Numbers	12
Our Friends Place (Columbia Heights Area)	9
Out Front Minnesota	8, 95

Outreach & Referral-Seniors	74	Refugee Health	26
Over-eaters Anonymous	13	Regions Hospital	33
Pacer Center, Inc.	51	New Connection Programs	35, 70
Paladin Academy Charter School.....	73	Rehabilitation, job	See EMPLOYMENT
Paintathon.....	77	REM, Inc.	31
Parent Involvement	51	Renaissance Adult Day Care	82
Parent Support Services.. See Children's Home Society & Family Services		Representative Payees	45, 85
Parent Warm Line	11	Resource Center for Fathers & Families 8, 11, 31, 39, 49, 51, 55	
Parenting/Child Development	53	Resource Center of the Americas	93
Parents & Friends of Lesbians & Gays of Minnesota (P- FLAG).....	95	Resource Fair for People with Limited English	93
Parents as Teachers	55	Resource: Jobs for Veterans	89
Park House.....	82	Retired & Senior Volunteer Program (R.S.V.P.) See Anoka County	
Parmly LifePointes	82	Reverse Mortgage Counseling, ACCAP	85
Vitalize Wellness Center	80	Ride Share, Metro Transit.....	24
Partnership for Family Success	61	Rise Homeless Outreach Program	22
Phillips Eye Institute, Allina	33	Rise, Inc.	21, 31, 39, 42
Physical Abuse..... See Abuse – Physical &/or Sexual		Riverplace Counseling Center	35
Planned Parenthood of MN	12, 68	Riverwind Mental Health Crisis Services	6, 39, 66, 81
Poison Control Center.....	5	RS Eden	36
Police Stations	See CIVIC INFORMATION	Rum River Library	104
Post Office Job Line.....	43	Russian Orthodox Church of the Resurrection of Christ Monastery.....	93
Pregnancy/Infants.....	62	SACA.....	17, 23
Preschool..... See EARLY CHILDHOOD CARE/EDUCATION		Safety Choice	78
Preschool Screening.....	51, 58	Safe Kids Anoka County	55, 62
Prescription Discount Card	See NACo	Safety & Security Checks-Senior.....	78
President of the United States.....	103	Safety	61
Prevent Child Abuse Minnesota.....	11, 55, 58, 61, 70	Salvation Army.....	23, 24, 45
Circle of Parents	54, 60	Beacon Program	36
Preventing & Recovering from I.D. Theft.....	49	HeatShare	45
PRIDE 24 Hour Crisis Line.....	13	Saving Money	See FINANCIAL
Professional Family Based Division	70	School Age Child Care	58
Professional Learning Alternatives, Inc.....	51, 55, 58	School District Offices.....	52
Project Offstreets	67	School Lunch Program for Students	16
Project Pathfinder, Inc., Child and Adolescent Services	11, 39, 61	School Readiness Preschool Programming.....	58
Project Power/Special Needs for Adults.....	53	Second Harvest Heartland.....	98
Project RISE	See Refugees in Search of Employment	Secretary of State, Minnesota	103
Psychology Office	39, 70	Section 8	See Subsidized Housing
Public Defender..... See Anoka County		Senate, Minnesota.....	103
Public Health	See Health Education-Public Health	Senate, United States	104
Public Health Nursing Intake.....	68	Senior Caregiver Network... 32, 39, 52, 77, 81 85, 86, 88, 99	
Public Housing..... See Subsidized Housing		Senior Citizen Community & “Drop-in” Centers.....	86
R & D Transportation, Inc.....	75	Senior Citizens’ Clubs in Anoka County	87
Ramsey County		Senior Community Service Employment Prog	86
Human Resources	43	Senior Companion Program	81, 86, 88, 99
Job Hotline	43	Senior Dining.....	76
Rape & Sexual Abuse Center/24 hour Hotline.....	8	Senior Housing Directory for the Metro Area	83
Recycling & Disposal Options.....	20	Senior Housing Guide for the Metro Area.....	83
Recycling/Waste Management.....	20	Senior Housing, Inc.	85
Red Cross..... See American Red Cross			

Senior Information	See FOR SENIORS ONLY
Senior Information Line, ACCAP.....	74, 88, 99
Senior Law Project.....	85
Senior Outreach, ACCAP	74, 85
Senior Partners Care Program	80
Senior Programs, ACCAP	74
Senior Services	See FOR SENIORS ONLY
Senior Services in Anoka County.....	74
Senior Transportation Services ...	See FOR SENIORS ONLY
SeniorResource	74
Sexual Abuse	See Abuse – Physical &/or Sexual
Sexual Abuse towards children	See Helplines & Crisis
Numbers-Children	
Sexual Assault Hotline.....	See Anoka County
Sexual Behavior in children.....	See Family Services, See
Helplines & Crisis Numbers-Children, See	Project
Pathfinder	
Sexual Violence Center	8
Shelter	See <i>Emergency Shelter</i> , See Basic Needs
Shelter/Housing/Transitional Housing-Youth Services.	67
Sheridan Womens & Childrens Clinic.....	33
Sheriffs Office.....	See Anoka County
Shiloh House.....	40
Shriners Hospitals for Children	33
Sight & Hearing Association.....	32
Sliding Fee Counseling	See Mental Health
Sliding Fee Dental Clinic	See Dental
Sliding Fee Legal.....	See LEGAL
Sliding Fee Medical Clinics	See Low Cost Clinics
Small Talk	55, 58
Social Opportunities for Seniors	86
Social Security	45, 49, 74
Social Services	See Anoka County
Southeast Asian Community Council, Inc.	93
Southeast Asian Ministry	93
Southeast Asian Refugee Community Home (SEARCH)	93
Southern Anoka Community Assistance (SACA)	17, 23
Southern Anoka County Neighborhood Center.....	14
Southern MN Regional Legal Services.....	49, 93
Southside Community Dental Clinic.....	34
Special Needs ...	See Community Education Departments
Special Needs Programs.....	28
Specialized Child Care Services	58
Spenders Anonymous	13
Springbrook Nature Center.....	99
St. Cloud Area Legal Services.....	49
St. Francis Branch Library.....	104
St. Joseph's Hospital.....	33
St. Mary's Health Clinic	34
St. Paul Area Council of Churches	93
St. Paul College.....	52
State Capitol Building.....	103
State Council on Black Minnesotans.....	93
State Council on Disability, Minnesota.....	31
State Legislators.....	See CIVIC INFORMATION
State Office Building	103
State Services for the Blind.....	32
Stepping Stone Shelter	22
Stop It Now! Minnesota.....	6, 8, 12, 40, 55, 61, 70
Store-to-Door.....	16, 76
Subsidized Apartments.....	20
Subsidized Housing.....	20
Substance Abuse.....	See Chemical Health, See
Alcohol/Chemical Dependency	
Support Groups for Parenting	See Parenting/Child
Development	
Support Groups for seniors	80, 81
Supportive Housing-Senior	82
Supportive Living Services	40
Tamarisk, Inc.....	32, 80, 81, 99
Tax Assistance.....	49
Taxi.....	See Transportation
Taxpayer Advocate Office of IRS.....	49
Techincal College	See EDUCATION
Teen Pregnancy Program.....	56, 63
Teen Services	See YOUTH SERVICES
Telephone Assistance Plan	45
Telephone Equipment Distribution Program	32
The Bridge for Youth.....	67, 70
The Closet	23
The Counseling Clinic, Inc.	40
Therapy	See Mental Health
Thunder Spirit Center	36, 40
Tough Love.....	40, 73
Town Hall	See CIVIC INFORMATION
Town Taxi & Airport Taxi	25
Transformation House	13, 22, 36, 80
Transformation House Spirituality / AA.....	9
Transitional Housing.....	21
Transitional Housing, ACCAP	22
Transitional Housing-Youth Services	67
Transportation	23
Transportation Services-Senior	74
Traveler.....	24, 75
Trips & Tours-Seniors.....	87
Tubman.....	8, 22, 49, 70, 94
Twice Nice Thrift Store, ACCAP.....	19, 23, 99
Twin Cities Christian Legal Aid (TCCLA)	49
Twin Cities Free Market.....	19, 20
Twin Cities Habitat for Humanity	19
Twin City Transportation	25
Unemployment Insurance	42
United Cambodian Association of Minnesota	94
United Hospital	33, 81

United States Government	103	Volunteer Transportation	See Anoka County
United Way 2-1-1	6, 13, 19, 59, 66, 74	Volunteers of America	
United Way Caring Connection	99	Legal Services	85
Unity Chemical Dependency Services	36	Mental Health Clinics	40, 70
Unity Hospital	33	Senior Mental Health Services	82
Chemical Dependency Services	36	Voter Registration	See Elections Office
Faith Community Nurse Program	30, 84	Vulnerable Adult/Adult Protection	See Anoka County
Geriatric Mental Health Programs	81	Waste Management .See Recycling/Waste Management	
Immediate Sexual Assault Nursing Care	30, 68	Weatherization, ACCAP	20
Universities	See EDUCATION	Well-Spouse Association	40
University of Minnesota		West Side Community Health Services	34
Cancer Information Line	29	WIC	See Women, Infants, & Children
Center for Sexual Health	29, 95	Women Achieving New Directions Employment Action	
Extension, Anoka County	16, 46, 52, 59, 99	Center	42
Human Resources	43	Women Venture	42
Information Line	52	Women, Infants, & Children (WIC)	16, 26
Job Information	43	Woodwinds Campus Hospital	33
VA	See Veterans Affairs Medical Center	Workers Compensation	49
Values First Initiative	73	Working Family Resource Center	42
Vehicle	See Transportation	YMCA	73, 86
Veterans Resource Center	40, 42, 89	Youth Employment Programs	See Anoka County
VETERAN SERVICES	89	Youth First	
Veterans Affairs Medical Center, Minneapolis	36, 89	Andover, Anoka, Ramsey, Community of Promise..	71
Veterans Linkage Line	90	Coon Rapids	64, 72
Veterans Service Office-Anoka County	40, 85, 90	Coon Rapids Teen Center-The Element	67, 72
Victim/Witness Services	See Anoka County	Youth Service Bureau	70
Victims Service, General . See Council on Crime & Justice		YOUTH SERVICES	66
Village Financial Resource Center	46	Drop-in Centers	67
Violence, Help with	See Abuse - Physical &/or Sexual	Health & Wellness-Health Care	68
Vision Loss Resources	32, 80	Hotlines	66
Vitalize Wellness Center of Parmlly LifePointes	80	Mental Health & Counseling	69
Vocational Rehabilitation Services	42	Other Resources	71
VOLUNTEER OPPORTUNITIES	96	Shelter/Housing/Transitional Housing	67
Volunteer Opportunities for Seniors	87		

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