

FAMILY SERVICES

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

Provides childcare 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, Early Head Start, and parenting classes.

Fuller Living & Associates, LLC..... (763) 647-8188

www.fullerlivingandassociates.com. Offers counseling for individuals of all ages, couples, and families. They journey with clients through: difficulty adjusting to transitions & hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children's behavioral issues, parenting support, anger, severe & persistent mental illness, women's issues, men's issues, and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week 6:00 am – 10:00 pm.

Jacob Wetterling Resource Center (651) 714-4673

Missing & Exploited Children Hotline 9:00am – 5:00pm.. 1-800-325-HOPE (1-800-325-4673)

www.jwrc.org. 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 and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.

Partnership for Family Success..... (763) 324-2463

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.

Project Pathfinder, Inc. (651) 644-8515

www.projectpathfinder.org. Assessment of adults & children ranging from ages 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for anyone who has been sexually abused or has sexually abused another child, and their families.

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

www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

The Family Partnership, Mental Health Counseling (612) 728-2061

www.thefamilypartnership.org. Counseling for children, teens, couples, families, & individuals. DSWAP services are offered free of charge from Fall to Spring for underrepresented communities, including low or no-cost therapy services. Provides speech, physical, play, and occupational therapies. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider. Located in North and South Minneapolis but serves all of Hennepin County.

University of Minnesota Extension, Anoka County (763) 324-3495

Answer Line (for household questions) 1-800-854-1678

www.local.extension.umn.edu/county/anoka. U of M Extension Answer Line has household experts available to answer questions about safely cooking, canning, & freezing foods; cleaning stains & mildew, and other household questions.

<h2>Safety</h2>

American Red Cross, Minnesota Region (612) 871-7676

Schedules installation of free smoke alarms. Call the smoke alarm hotline (612) 460-3674, text “Alarm” to (844) 811-0100 or visit <http://getasmokealarm.org>

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 Check..... (763) 767-4003

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

Minnesota Safety Council (651) 291-9150
www.minnesotasafetycouncil.org. Workplace safety training.

Safe Kids Anoka County www.acsafekids.org
C/o Fire Departments, 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.

Pregnancy / Infants

Abria Pregnancy Services (612) 522-6589
Northside Clinic 2232 West Broadway Ave, Minneapolis 55411, M-F 8am–4:30pm...
(612)-522-6589
St. Paul Clinic 2200 University W, Ste 160, St. Paul 55114, M-F 8am–4:30pm, Sat 8am–1pm...
(651)-383-9157
www.abria.org. Serves pregnant women. Provides pregnancy tests, limited ultrasounds, options counseling, social services, baby equipment, referrals for a variety of needs, limited clothes, diapers, and formula. Call for more information.

Baby Blanket (651) 257-2474
www.stbridgetofsweden.org. Resource center for mothers in need that provides free infant & maternity clothing, supplies, referrals, and support.

BirthRight 763-757-0715 or 24-hour hotline 1(800) 550-4900
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, and referrals. Call for updated hours.

Cradle of Hope Motherhood Fund (651)636-0637
www.cradleofhope.org. Financial aid for pregnancy related expenses such as medical, rental assistance, food, clothing, and cribs. Safe Slumber Crib Program. Contact an agency and ask to fill out an application. Agencies include Birthright, First Care Pregnancy Center, & more. Services offered statewide.

Epiphany Caring for Life (612) 803-2225
www.epiphanycaringforlife.org. 24-hour confidential before and after birth support to women and their families. Companion program offers long term support to women & their families, as well as maternal support & resources, miscarriage support, food, and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families with child(ren) age birth to 2 years.

Everyday Miracles **(612) 353-6293**
www.everyday-miracles.org. Provides pregnancy support for low-income families. Support groups, doula services (labor support), childbirth education, and postpartum care.

First Care Pregnancy Center **(612) 866-7643**
www.firstcaremn.org. Free confidential pregnancy testing, counseling, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity and infant clothing and equipment. Free limited ultrasounds and STD testing and treatment available.

Nucleus Clinic **(763) 755-5300**
www.nucleusclinic.org. 1323 Coon Rapids Blvd NW, Coon Rapids 55433. A reproductive and sexual health clinic providing comprehensive, confidential, and affordable health care & counseling. We provide annual exams, birth control, pregnancy testing, cancer screening, STI/HIV/UTI testing, and treatment, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Clinic hours Monday 11:00 am – 4:00 pm, Wednesday 1:00 pm – 6:00 pm, and Thursday 11:00 am – 4:00 pm. Call for appointment.

Teen Pregnancy Program **(763) 506-1560**
www.anoka.k12.mn.us. 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).