

Anoka County Resource Guide

Volume 16, 2024-2026

Resource Guide was current as of September 2024, telephone numbers and information are subject to change. Please contact the Senior Information Line (763) 783-4707 or www.accap.org for updated agency and program information.

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 3500

Blaine, MN 55434

(763) 783-4747

This resource guide is available online at: 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 confidential service. To access the relay service call 7-1-1. MRS Customer Service: (651) 602-9005.

This directory is only current as of date of publication, September 2024. Criteria for selecting the agencies listed in the directory were 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.

Telephone numbers and information are subject to change. Please refer to www.accap.org
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

| | |
|---|----|
| TABLE OF CONTENTS..... | 2 |
| HELPLINES & CRISIS NUMBERS | 5 |
| Abuse – Physical &/or Sexual..... | 6 |
| Alcohol / Chemical Dependency..... | 8 |
| Children & Youth Helplines & Crisis Lines..... | 9 |
| Medical Helplines & Crisis Lines | 11 |
| Other Helplines & Crisis Numbers | 11 |
| BASIC NEEDS | 13 |
| Food | 13 |
| Food Shelves | 15 |
| Housing / Household Management..... | 15 |
| Recycling / Waste Management..... | 17 |
| Subsidized Housing | 17 |
| Subsidized Apartments | 18 |
| Emergency Shelter/Homelessness | 18 |
| Clothing..... | 20 |
| Transportation | 20 |
| HEALTH AND WELLNESS | 23 |
| Special Needs Programs..... | 25 |
| Hospitals..... | 29 |
| Low Cost Clinics..... | 30 |
| Dental..... | 30 |
| Chemical Health | 31 |
| Mental Health | 33 |
| Nutrition Education, Counseling and Support | 37 |
| Physical Activity Resources | 38 |
| Tobacco Prevention and Cessation..... | 39 |
| EMPLOYMENT..... | 40 |
| Metro Civil Service Job Information | 41 |
| National Service | 41 |

| | |
|--|-----|
| FINANCIAL | 42 |
| Financial Assistance | 42 |
| Financial Counseling & Education | 43 |
| LEGAL | 44 |
| EDUCATION | 476 |
| School District Offices | 49 |
| Community Education Departments | 49 |
| Community Education Departments Special Needs | 49 |
| Parenting / Child Development | 50 |
| EARLY CHILDHOOD CARE / EDUCATION | 52 |
| Child Care & Education | 52 |
| Child Care Subsidy | 54 |
| Equipment | 54 |
| FAMILY SERVICES | 55 |
| Safety | 56 |
| Pregnancy / Infants | 57 |
| COMMUNITY INVOLVEMENT | 59 |
| YOUTH SERVICES | 60 |
| Hotlines | 60 |
| Shelter / Housing / Transitional Housing | 61 |
| Drop-in Centers | 61 |
| Health & Wellness: Health Care | 61 |
| Mental Health & Counseling | 63 |
| Other Resources | 64 |
| FOR SENIORS ONLY | 67 |
| Outreach & Referral | 67 |
| Local Senior Transportation Services | 67 |
| Food | 68 |
| Anoka County Food Shelves | 69 |
| Home Services | 69 |
| Safety & Security Checks | 70 |
| Health & Wellness: Seniors | 71 |
| Mental Health & Companionship Programs for Seniors | 74 |

| | |
|---|-----|
| Adult Day Programs | 75 |
| Supportive Housing..... | 76 |
| Legal and/or Advocacy for Seniors | 76 |
| Educational Opportunities for Seniors | 77 |
| Employment Opportunities for Seniors..... | 78 |
| Social Opportunities for Seniors | 78 |
| Volunteer Opportunities for Seniors | 79 |
| VETERAN SERVICES | 81 |
| MULTICULTURAL RESOURCES..... | 823 |
| LESBIAN, GAY, BISEXUAL, TRANSGENDER, & QUESTIONING (LGBTQ) RESOURCES..... | 85 |
| VOLUNTEER OPPORTUNITIES | 86 |
| CIVIC INFORMATION | 89 |
| City Offices | 89 |
| County, State, & Federal Offices..... | 91 |
| Libraries..... | 93 |
| INDEX | 94 |
| NOTES..... | 102 |

HELPLINES & CRISIS NUMBERS

988 Suicide & Crisis Lifeline.....9-8-8 or (800) 273-8255 (TALK)
24/7 Free & Confidential Service. In partnership with the 988 Suicide and Crisis Lifeline, Greater Twin Cities United Way offers suicide prevention support and mental health crisis intervention to callers throughout Minnesota. <https://988lifeline.org/talk-to-someone-now/>

Ambulance, Fire, Police Emergency..... 9-1-1

Anoka County Mobile Crisis Response..... (763) 755-3801
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

Boys Town National Hotline..... 1-800-448-3000
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. Website offers text to #20121. www.yourlifeyourvoice.org www.boystown.org
www.parenting.org

Greater Twin Cities United Way, 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709
Anoka County residents can text their zip code to receive information**898211**
www.211unitedway.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 State of Minnesota. Through the free 211 resource helpline, they act as a bridge, providing confidential information and referrals to statewide resources and services to ensure people have their basic needs met at any time, day or night.

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. JWRC offers prevention education for children, parents, and youth-serving organizations. It also provides advocacy, support, and resources for families of the missing and exploited. JWRC's sexual abuse prevention education curriculum, Empower Me! Has been rated by the Minnesota's Children's Alliance to be among the top 5 curriculums in the nation, delivering age-appropriate prevention curricula to older students, as well as increase public awareness of strategies for preventing child sexual abuse. 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. Zero Abuse Project www.zeroabuseproject.org.

Mercy Hospital, Crisis Intervention Assessment (763) 236-7144
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.

Metro Crisis Coordination Program..... (612) 869-6811

MCCP’s Team strives to decrease psychiatric hospitalizations and successfully maintain individuals of all ages in their community who are living within the 7-county metro area and have an Intellectual Developmental Disability, a related condition, or are served by a CADI Waiver. Crisis support planning is offered through provision of timely behavioral consultations, assessments, and training. MCCP manages the metro system crisis residential openings and facilitates the referral and intake process to crisis homes. www.metrocrisis.org

Metro Shelter Hotline..... 1-888-234-1329

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

24-hour crisis line for anyone experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area. Domestic abuse, sexual abuse, and human trafficking resources available. www.dayoneservices.org

Minnesota Regional Poison Control Center 1-800-222-1222

www.mnpoison.org. 24 hours a day, 7 days a week, free of charge. Provides emergency and non-emergency poison management, poison prevention information, and medication information.

Riverwind IRTS (Intensive Residential Treatment Services)..... (763)862-7944

www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. 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.

Abuse – Physical &/or Sexual

Alexandra House, Inc., Community Program (763) 576-9999

www.alexandrahouse.org. Free and confidential services for victims of domestic and sexual violence that include: support groups, assistance in filing protection orders and legal representation at hearings, crime victim advocacy following a domestic or sexual assault, safety planning, information & referral.

Alexandra House, Inc., Shelter Program & 24-hour Helpline (763) 780-2330

www.alexandrahouse.org. Emergency shelter for victims of domestic and sexual violence and their children. Free and confidential services include: crisis intervention, advocacy, safety planning, support groups, info and referral, housing, and supportive services. Also provides elderly care.

- Anoka County Attorney’s Office, Victim / Witness Services** (763) 324-5540
www.anokacountymn.gov/victimwitness. Help with referrals, resources, victim advocacy, and support services. Office open M-F, 8:00 am- 4:30 pm.
- Anoka County Community Work Services** (763) 324-4830
 Allows offenders an opportunity to meet their responsibility to society in a positive way by performing community service work.
- Domestic Abuse Project**.....(612) 874-7063 Ext 232
www.mndap.org Email: dap@mndap.org or firstcall@mndap.org Call or email for services. First Call Line helps you take the first steps to getting therapy, advocacy, and case management. Treatment and therapy for abusive men and adolescents. Therapy, case management for all clients, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Offers intervention and prevention group for women who have abusive behavior or have been abused. Therapeutic Services for domestic violence survivors who identify as female. Therapy for all ages experiencing domestic violence. Office hours Mon-Thurs, 9 am-5 pm and Friday, 9 am-3 pm, 24-hour answering machine.
- Hennepin Assault Response Team (HART)**..... (612) 873-5832
 Support for Victims and Survivors of Intimate Partner and Sexual Violence. Offers help with medical problems encountered by patients who have been battered in a domestic situation. Also offers evidence-collection exams.
- Lee Carlson Center, Mental Health and Wellbeing** (763) 780-3036
www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers foster care therapy. Office hours M - TH 8 am – 5 pm.
- Minnesota Adult Abuse Reporting Center, 24-hour**.....1-844-880-1574
www.mn.gov/dhs/reportadultabuse Toll-Free number that allows the general public to report suspected maltreatment of vulnerable adults confidentially and in good faith. Reports will be submitted promptly to the appropriate investigative agency.
- Minnesota Domestic Violence Crisis Line** 1-866-223-1111
www.dayoneservices.org 24-hour crisis line for anyone experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area. Domestic abuse, sexual abuse, and human trafficking resources available.
- National Domestic Violence Hotline**.....1-800-799-7233
TTY (Hearing Impaired) 1-800-787-3224
www.thehotline.org. 24 hours/7 days a week. Provides crisis assistance & shelter referrals for all languages. Interpreter services are available.
- Sexual Violence Center**..... (612) 871-5111
www.sexualviolencecenter.org 24-hour crisis line for immediate support, information, & referral. Counseling available. Support groups available. Legal advocacy and hospital advocacy. Community education and training available.

Stop It Now! **Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. Confidential resources 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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. 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 behavior 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.

Tubman..... **Crisis Line (612) 825-0000**
Business Line..... **(612) 825-3333**
www.tubman.org. 1725 Monastery Way, Maplewood 55109. 24-hour resource line and shelter services. East Metro Legal Services focusing on Order for Protections. Youth housing and programs also available.

Violence Free Minnesota..... **(651) 646-6177**
We are a resource for domestic violence survivors.

Alcohol / Chemical Dependency

Adult Children of Alcoholics (ACA) / Dysfunctional Families **(763) 574-0903**
www.adultchildrenmn.com minnesotacaa@gmail.com Offers a Twelve Step, Twelve Tradition program to those who grew up in dysfunctional homes. Attendees meet to share their experiences of growing up in an environment of abuse, neglect, and trauma as children, and to actively recover from these effects as adults.

Al-Anon / Alateen Resource Service

Minneapolis: 7204 27th St. W, St. Louis Park 55426 **(952) 920-3961**
St. Paul: 253 S. State St. St. Paul 55107 **(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, support group services are available to children of alcoholics, children must be between the ages of 9 and 19. Offers Al-Anon literature & support.

Alcoholics Anonymous of Minneapolis – 24-hour Hotline **(952) 922-0880**
www.aaminneapolis.org Email info@aaminneapolis.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.** **(763) 753-1586**
- Anoka Today Alano, 2700 N Ferry St.** **(763) 421-9923**
- Blaine Central Alano, 13536 Hwy 65, Room 207.** **(763) 757-9917**
- Our Friends Place (Columbia Heights Area), 3837 Central Ave.** **(763) 788-4858**
- Fridley Alano, 6279 University Ave NE.** **(763) 571-5910**

Narcotics Anonymous.....24-hour Helpline (877) 767-7676
www.naminnesota.org

Transformation House (763) 452-7005
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. Transformation House combines modern, evidence-based treatment for substance use and mental health disorders with a mindfulness approach for over 30 years. Focused on treating addiction as a holistic condition, we provide individualized care covering physical, emotional, and spiritual needs. Our comprehensive services range from intensive residential and outpatient treatment to psychiatric services, medication-assisted therapy, and aftercare with recovery housing. Recovery Hub offers outpatient treatment. Services are at 10 AM Sundays. Court ordered assessments; gambling assessments available. Call for intake assessments.

Children & Youth, Helplines & Crisis Lines

Alexandra House, Inc., Youth Services..... (763) 780-2330
www.alexandrahouse.org. Individual and group support for youth experiencing dating or sexual violence, violence within their homes or among peers. Services are offered at select Anoka County schools. Contact the Violence Prevention/Intervention Coordinator for more information.

Anoka County Children & Family Services (763) 324-1440
After Hours Call..... (612)852-0935
www.anokacountymn.gov/childprotection. 8:00 am- 4:30 pm. Report child abuse & neglect.

Anoka County Mobile Crisis Response..... (763) 755-3801
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

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-on-1 relationship with a caring adult. Children ages 8-12 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.

Boys Town National Hotline..... 1-800-448-3000
www.yourlifeyourvoice.org. or 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. Website offers text to #20121.

Hope 4 Youth..... (763) 323-2066
www.hope4youthmn.org. A drop-in resource center for 16 – 24-year-olds experiencing or at risk of homelessness in Anoka County. Provides a hot meal five days a week. Programming also includes a no cost clothing closet, food pantry, laundry & shower facilities, and a computer lab for job & housing search support. Caring adult mentors and case managers available during open hours. Spanish speaker on site for translation assistance. Center is open to youth Mon, Tues, Thurs 11:00 am - 7:00 pm, Wed 1:00 pm – 7:00 pm, Fri 11:00 am – 5:00 pm.

- Jacob Wetterling Resource Center** (651) 714-4673
Missing & Exploited Children Hotline 9:00 am – 5:00 pm 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. JWRC offers prevention education for children, parents, and youth-serving organizations. It also provides advocacy, support, and resources for families of the missing and exploited. JWRC’s sexual abuse prevention education curriculum, Empower Me! Has been rated by the Minnesota’s Children’s Alliance to be among the top 5 curriculums in the nation, delivering age-appropriate prevention curricula to older students, as well as increase public awareness of strategies for preventing child sexual abuse. 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. Zero Abuse Project www.zeroabuseproject.org.
- Lee Carlson Center, Mental Health and Wellbeing** (763) 780-3036
www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers foster care therapy. Office hours M - TH 8:00 am – 5:00 pm.
- Mercy Hospital, Crisis Intervention Assessment** (763) 236-7144
 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.
- Midwest Children’s Resource Center**..... (651) 220-6750
 Provides evaluations, case management and other services in alleged child abuse cases, serious neglect and witness to violence situations. Staff are available Monday – Friday, 8:30 am – 4:30 pm for routine child maltreatment. For acute sexual assault or physical abuse, on call providers are available after hours.
- Missing Children Minnesota** (612) 334-9449
www.missingchildrenmn.com. 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. Always start looking for a missing child by making a police report. There is no waiting time to make a report of a missing person.
- National Center for Missing & Exploited Children Hotline**.....1-800-THE-LOST (1-800-843-5678)
 To report information about a missing or exploited child, call the 24-hour call center.
- National Child Abuse Hotline**1-800-4-A-CHILD (1-800-422-4453)
www.childhelp.org. 24-Hour counseling, information line, family support network, and Parents Anonymous resources. Text and Chat options are also available. We can translate in over 170 languages.
- National Runaway Safeline**1-800-RUNAWAY (1-800-786-2929)
www.1800runaway.org. 24 hours every day. Crisis intervention, transportation home for runaway youth, message relay service, information & referral service. Conflict resolution & mediation. Online chat is available on website.
- Project Pathfinder, Inc.** (651) 644-8515
www.projectpathfinder.org. Serve adults & adolescent clients who have deviant sexual thoughts and behavior problems provides assessments, evaluations, telehealth therapy, sex offender treatment programs, classes, and community engagement.

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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. 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 behavior toward other people. This is an online resource that also has text and chat available.

Medical Helplines & Crisis Lines

Child & Teen Medical Center **(763) 333-7733**
<https://www.childandteenmedicalcenter.com/>. Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interests include ADD/ADHD, asthma, nutrition. Two locations: 7225 University Ave NE, Fridley 55432, and 11107 Ulysses St NE, Blaine 55434. Call for more info.

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, infant clothing, and equipment. Free limited ultrasounds, STD testing and treatment available.

Mercy Hospital, Crisis Intervention Assessment **(763) 236-7144**
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.

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, affordable health care and counseling. We provide STI/HIV/UTI testing and treatment, annual exams, birth control, pregnancy testing, cancer screening, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program for income eligible patients. Clinic hours: Mon 11 am – 4 pm, Wed 1 pm – 6 pm, and Thurs 11 am – 4 pm. Call for appointment.

Planned Parenthood of Minnesota **(800) 230-7526**
www.plannedparenthood.org/planned-parenthood-north-central-states. Reproductive health care & education programs for teens. Topics include: healthy relationships, peer pressure, body image & self-esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, and decision-making skills.

Other Helplines & Crisis Numbers

Animal Humane Society, Coon Rapids Adoption Center..... **(763) 862-4030**
www.animalhumanesociety.org. 1411 NW Main St, Coon Rapids. Call for directions & hours.

- Anoka County Social Services**..... (763) 324-1400
After hours, Shelter line..... (763) 427-1212
www.anokacountymn.gov. Available 8:00 am – 4:30pm. After 4:30 pm, call after hours line if you are without shelter.
- Emotions Anonymous**..... (651) 647-9712
www.emotionsanonymous.org. Tues – Thurs 12:00 pm - 5:00 pm. Also 24-hour answering machine. People who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties.
- First Care Pregnancy Center** (612) 866-7643
www.firstcaremn.org. If you are a birth parent considering an adoption plan, our licensed Expectant Parent Worker is available to assist you in this process. Adoption plans may be made at any point during your pregnancy or even after your baby is born. Our Expectant Parent Worker is also available to provide support to families of birth parents who are in the decision-making process. Call to make an appointment.
- Over-eaters Anonymous** (612) 377-1600
www overeaters.org. Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.
- Spenders Anonymous** www.spenders.org
 For meeting information, please visit the website.
- The Family Partnership, PRIDE Program** (612) 728-2061
www.thefamilypartnership.org. PRIDE (Promoting Recovery, Independence, Dignity, and Equality) is a nationally recognized and highly successful program that provides support services to sexually exploited women, teens, and their families. It is the first program in Minnesota to deliver services across a lifespan on behalf of women and teens reclaiming their lives after commercial sexual exploitation.
- Transformation House** (763) 452-7005
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. Transformation House combines modern, evidence-based treatment for substance use and mental health disorders with a mindfulness approach for over 30 years. Focused on treating addiction as a holistic condition, we provide individualized care covering physical, emotional, and spiritual needs. Our comprehensive services range from intensive residential and outpatient treatment to psychiatric services, medication-assisted therapy, and aftercare with recovery housing. Recovery Hub offers outpatient treatment. Services are at 10 AM Sundays. Court ordered assessments; gambling assessments available. Call for intake assessments.

BASIC NEEDS

Food, Housing, Shelter, Clothing, & Transportation

Human Services Center of Anoka County Intake (763) 422-7200
1201 89th Ave NE, Blaine 55434. Multiple services available.

Sharing & Caring Hands (612) 338-4640
www.sharingandcaringhands.org. 525 North 7th Street, Minneapolis 55405. Provide shelter, meals, food, dental, beds, eyeglass vouchers and many other services that help low-income families. Photo IDs required. Open Mon-Thurs 10:00 am – 11:00 am and 12:00 pm-1:15 pm.

Food

Anoka County Economic Assistance (SNAP/Food Support).....(763) 422-7200
Call for information on SNAP (Food Support), cash assistance, healthcare services & child support. M-F, 8:15 am-4:00 pm. All services are by appointment only. 1201 89th Ave NE, Blaine 55434

Bridge To Benefits www.bridgetobenefits.org
Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, printable applications, and more available online.

Family Table: Free meal open to everyone at the following Anoka County churches:

| | |
|--------------------|--|
| Anoka | Mount Olive Lutheran Church , 700 Western St.....(763) 421-3223 Every Wednesday, 5:30 pm-6:15 pm. |
| Andover | Grace Lutheran Church , 13655 Round Lake Blvd (763) 421-6520 Third Sunday, 12:30 pm – 1:30 pm – Drive-thru. |
| Blaine | Blaine United Methodist Church , 621 115 th Ave NE (763) 757-2170 Call for days and times. Gift of Plenty. |
| Coon Rapids | Faith Lutheran Church , 11115 Hanson Blvd NW..... (763) 755-3530 First Thursday, 5:00 pm - 6:00 pm. Dine in /Drive up. Unity North Spiritual Center , 11499 Martin St NW..... (763) 754-6489 Fourth Thursday, 5:00 pm, January through October. www.unitynorthmn.org |
| Fridley | Fridley United Methodist Church , 680 Mississippi St NE.....(763) 571-1526 Fourth Saturday, Dine In 11:30 am -12:30 pm Drive Thru 12 – 12:30 pm. www.fridleyumc.org Redeemer Church , 61 Mississippi Way NE(763) 574-7445 Third Monday, 5:45 pm – 6:30 pm |

Fare For All..... (763) 450-3880
www.fareforall.org. A non-profit distribution program open to everyone, regardless of income. No registration required. Food packages of frozen meat, fruits and vegetables are offered at a savings of 40% off retail. For all locations and times, visit the website or call.

Grace Evangelical Free Church, Grocery Distribution.....(763)784-7199

www.gracefree.org; Second Harvest grocery distribution at Grace Evangelical Free Church, 755 73rd Ave NE, Fridley; second Friday of every month 5:00 pm - 7:00 pm. In person registration is required from 10 am – 3:30 pm & 4:30 pm – 6:45 pm or until time slips have all been handed out. This is a drive-thru grocery distribution.

Help at Your Door... (651) 642-1892

www.helpatyourdoor.org. Provides grocery shopping with delivery, transportation, and homemaker services to seniors and individuals with disabilities so that they can remain independent, safe, and in their own homes. Call for more information or to request services.

Local Farms and Markets (651) 201-6140

Visit Minnesota Department of Agriculture’s (MDA) Minnesota Grown Program & Directory at www.minnesotagrown.com. To find farms and farmers markets near you, search by city or zip code.

Meals on Wheels/Impact Services (763) 264-4041

Provides hot noon meals delivered Monday through Friday to homebound persons who are nutritionally at risk, have a disability, or recovering from a recent hospital stay. Weekend meals may also be available. Serves individuals on County waiver and Alternative Care programs, as well as those paying privately. Serving all of Anoka County and the city of Champlin.

Minnesota Food Helpline..... (888) 711-1151

www.hungersolutions.org A program of Hunger Solutions Minnesota. Mon-Fri, 10:00 am - 5:00 pm. Assists in connecting residents with food resources in their area. Screenings for food assistance programs & multilingual phone assistance available.

Optage Senior Dining Choices..... (651) 746-8280

www.optage.org Division of Presbyterian Homes. Locally prepared fresh, fully cooked meals delivered to your home weekly. 60+ fresh/frozen entrees to choose from that can quickly be re-heated in microwave or oven. Friendly, local drivers deliver, help put meals away, and answer questions. Must order a minimum of 5 meals; no delivery charge. Accepts waivers, insurance, title 3 funding, & private pay. Can order by phone or email: orders@optagedining.org.

School Lunch Program for StudentsSee EDUCATION: School District Offices

Free or reduced lunch programs available. Call your child’s school district for more information.

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

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

www.extension.umn.edu/local/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.

Women, Infants, & Children (WIC), Anoka County..... (763) 324-4230

Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, as well as infants & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available.

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 **Minnesota Food Helpline** at 763-450-3860 for further assistance.*

- Anoka County Brotherhood Council (ACBC)**..... (763) 422-0046
2615 9th Ave N, Anoka. Once a month shopping available at the food shelf by appointment only, appointments can be made online 48 hours in advance at www.acbcfoodshelf.com Twice a month fresh produce distributions in the community. Donations accepted: Mon - Thurs 9:00 am – 3:00 pm.
- Centennial Community Food Shelf** (763) 784-2013
www.centennialfoodshelf.org. Circle Pines City Hall, Lower Level, 200 Civic Heights Circle, Circle Pines 55014. Serves everyone. No appointment needed. Can be utilized twice per month. Mon & Thurs 4:00 pm – 6:00 pm. Closed on holidays.
- Community Helping Hand** (651) 464-0061
www.communityhelpinghand.org 408 SW 15th St, Forest Lake. Food Shelf, thrift store, financial assistance. Food shelf serves Forest Lake/Chisago school district area only, by appointment only.
- Hope Church**.....(763) 757-4266
www.hopeforthecommunity.com 1264 109th Ave NE, Blaine 55434. Free food distribution. Contactless Drive Thru Thurs 9:30 am – 5:00 pm.
- North Anoka County Emergency (NACE), Inc.** (763) 434-7685
NACE serves families in crisis for Northern Anoka County. Assisting the communities of Bethel, East Bethel, Cedar, Ham Lake, Linwood, Oak Grove, St. Francis, Northern Andover, Stacy, and Wyoming addresses that are within Anoka County. Food shelf and clothing hours are Mon 9 am – 12 pm & 5:30 pm – 7:30 pm, Tues 5 – 8 pm, Wed 1 – 4 pm, and Thurs 9 am – 12 pm.
- Southern Anoka Community Assistance (SACA)**..... (763) 789-2444
www.sacafoodshelf.org 627 38th Ave NE, Columbia Heights. Serves Fridley, Spring Lake Park, Hilltop, Columbia Heights. Hours: Mon 9-4, Tues 8-4, Wed 10-6, Thurs 8-3. Call or go online to make an appointment.
- Salvation Army** (763) 755-6873
www.salvationarmynorth.org 1201 89th Ave NE, Blaine. Serves all of Anoka County. Families can use this resource once every 30 days.
- Way of the Lord Food Shelf**..... (763) 755-4800
804 131st Ave, Blaine 55434. Second and Fourth Tuesday 2:30 pm – 5:30 pm.

Housing / Household Management

- ACCAP, Energy Assistance**..... (763) 783-4712
www.accap.org Financial assistance with utility bills for income qualified households.

- ACCAP, Family Assets for Independence in Minnesota (FAIM)** (763) 783-4851
www.accap.org Matches \$3 for every \$1 you save for 2 years with a maximum of \$4000 of your savings. The total match of \$12,000 can be used toward a down payment for your first home, to continue your education, to purchase a car, or to start up a small business. Call for eligibility and program requirements.
- ACCAP, Foreclosure Prevention** (763) 783-4851
www.accap.org For people who are facing default/foreclosure. We work with your lender to help find you resources.
- ACCAP, Home Ownership Program** (763) 783-4751
www.accap.org Educational Home Ownership Workshops, Family Assets for Independence in Minnesota (FAIM), Financial Fitness, 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.
- Anoka County Adult Foster Care** (763) 324-1230
 Adult foster care is a licensed living arrangement in a private home that provides food, lodging, supervision, and household services for qualified individuals who need assistance with everyday personal care due to developmental disability, mental illness, physical disability, or aging.
- Bridge To Benefits** www.bridgetobenefits.org
 Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, printable applications, and more is available online.
- HOME Line** (866) 866-3546 or (612) 728-5767
www.homelinemn.org Provides free and low-cost legal, organizing, education & advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. For renters only. Free and confidential legal hotline for legal advice.
- Housing & Urban Development (HUD)** (612) 370-3000
www.hud.gov Call for information about subsidized rent. Press “0” to speak with an operator.
- Housing Help Desk**..... (763) 324-1490
 A Housing Resource Specialist will provide guidance regarding eligibility criteria for housing resources and public assistance programs such as HUD, Project Based Section 8, economic assistance, community, and shelter resources for those experiencing homelessness. This number is operated during normal county business hours Monday – Friday and is not a crisis line. Email: HousingHelpDesk@anokacountymn.gov
- 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.
- Minnesota Housing Finance Agency (MHFA)** (651) 296-8215
www.mnhousing.gov Information about first time homebuyer program & home improvement loan program.

Twin Cities Habitat for Humanity (612) 540-5660

Habitat houses are sold to qualified buyers needing a decent, affordable place to live. There are two options for down payments: Traditional model of no down payment, and Market model of down payment required. Mortgage payments will be calculated according to the buyer’s income.

Email: intake@tchabitat.org

Weatherization..... (651) 482-8260

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. Works on walls and attic installations, water heater, furnaces, and lightbulb upgrades.

Recycling / Waste Management

Recycle Technologies..... (763) 785-0456

Provides recycling services for fluorescent lamps, ballast, computers, electronics, batteries, & mercury containing devices. Drop off hours: Mon-Fri 8:00 am - 3:00 pm.

Recycling & Disposal Options..... (763) 324-3400

www.anokacountymn.gov/recycle Call for info on recycling, storage, & disposal of hazardous household products, reducing mail, yard waste management, etc. Also offers recycling education and assists businesses with commercial recycling. Search the Recycling and Disposal Directory to help you find where to recycle, compost or dispose of materials from your household.

Subsidized Housing

Housing & Urban Development (HUD) (612) 370-3000

U.S. Department of Housing & Urban Development, Minnesota Field Office, 212 3rd Ave S., #150, Minneapolis 55401. 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.

Metropolitan Housing Redevelopment Authority (HRA)..... (651) 602-1428

Information Line..... (651) 602-1880

Application Line..... (651) 602-1553

390 Robert St N, St. Paul 55101. Section 8 is offered though HRA. Hours: Monday-Friday 8:00 am - 4:30 pm. HRA serves the suburban areas.

Subsidized Apartments

| | |
|---|---|
| Abbeyfield Townhouses , Family. 3911 233 rd Ave NW, St. Francis..... | (763) 753-1724 |
| Bridge Square , Seniors. Disabled. 2 Bridge Square, Anoka..... | (763) 421-6772 |
| Columbia Village , Seniors. Crest View Senior Communities, 1675 44 th Ave NE Columbia Heights | (763) 782-1601 |
| Drake Apartments , Family. Handicapped. 10021 NW Drake St, Coon Rapids | (763) 862-7148 |
| Dublin Park Senior Apartments , Seniors. Disabled. 10020 Drake St, Coon Rapids..... | (763) 755-7270 |
| Franklin Lane , Disabled. Seniors 62+. 1827 S Ferry St, Anoka | (763) 427-7650 |
| Galway Place , Family. 11240 Osage St NW, Coon Rapids | (763) 755-0322 |
| Grasslands , Handicapped, Barrier-free. 11740 Xeon Blvd, Coon Rapids | (763) 783-4730 |
| Heights Manor , Seniors. 3850 Stinson Blvd NE, Columbia Heights. | (763) 781-6518 |
| Mississippi View , Family. 11020 Mississippi Blvd, Coon Rapids..... | (763) 427-4700 |
| North Gables , Seniors 62+ community. 654 90 th Lane NE, Blaine..... | (763) 786-0232 |
| Northgate Woods , Seniors. Handicapped. Family. 1530 NE 123 rd Lane, Blaine | (763) 757-9031 |
| Norwood Square , Seniors 62+. Handicapped. 6200 5 th St, Fridley..... | (763) 574-2187 |
| Osborne Apartments , Seniors 62+. Handicapped. 659 Osborne Rd, Spring Lake Park..... | (763) 780- 2169 Also 18+ with wheelchair assistance. |
| Oxbow Bend , Senior housing and handicapped accessible. 3101 111 th Ave NW, Coon Rapids..... | (763) 427-2022 |
| Parkview Villa , Seniors. Handicapped/Disabled. 965 40 th Ave NE, Columbia Heights..... | (612) 746-0521 |
| Rum River Square Apartments , Seniors 62+. Disabled. 3040 Bridge St NW, St. Francis..... | (844) 442-6000 |
| Sunny Acres , Family. 2701 11 th 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 |

Emergency Shelter/Homelessness

Homeless or At Risk of Becoming Homeless

Anoka County's Coordinated Entry is a HUD initiative to those who may be at-risk of losing their housing, or who are homeless. The Coordinated Entry initiative supports people in matching their housing needs with the appropriate resources. People currently receiving case management services, of any kind, should start by contacting their County Case Manager. The following persons in need, who don't have County Case Management should contact: Single Adults and Families: The Salvation Army 763-755-6873; Youth 24 and under: YMCA 763-493-3052. This is for people who are at risk of losing their housing or who are homeless. It is meant to provide support by matching housing needs with the appropriate resources, as they are available. Immediate resources may not always be available. www.anokacountymn.gov/basicneeds.

Adult Shelter Connect..... **(612) 248-2350**

Single adults seeking shelter for the night. All shelters are in Minneapolis. It is first come, first serve basis. Hours of phone operation/assistance M-F 10:00 am - 4:30 pm, Sat & Sun 1:00 pm - 5:30 pm. If it is after 10:00 pm, call 2-1-1.

- Alexandra House, Inc., Shelter Program & 24-hour Helpline** (763) 780-2330
www.alexandrahouse.org Emergency shelter for victims of domestic and sexual violence and their children. Free and confidential services include: crisis intervention, advocacy, safety planning, support groups, info and referral, housing, and supportive services. Also provides elderly care.
- Avenues for Homeless Youth** (612) 522-1690
www.avenuesforyouth.org Short-term housing and supportive services for homeless youth.
- Catholic Charities**..... (612) 204-8500
www.cctwincities.org Our charity works to try to prevent poverty, meet basic needs in times of crisis, and creates paths out of poverty. Our shelter services are for men, women, children, and families.
- Family Promise of Anoka** (763) 568-7365
www.familypromiseanoka.org Temporary shelter serving families with minor dependent children. A non-emergency family shelter program.
- Home Free Shelter**Crisis Line (763) 559-4945
 Business Line..... (763) 559-9008
 Fax(763) 559-6315
 Food, shelter, & clothing provided for battered women with or without children, residents only. Offers support groups. Call 24 hours a day. ‘Home Free Community Program’ serves the NW Hennepin County suburbs and helps women with legal intervention services (763) 545-7080.
- Metro Shelter Hotline**..... 1-888-234-1329
- Stepping Stones Emergency Housing**..... (763) 323-7006
www.steppingstoneeh.org Provides emergency housing (60+ beds) and support to adults experiencing homelessness.
- The Bridge for Youth**..... (612) 377-8800
<https://bridgeforyouth.org> 24/7 emergency shelter for youth ages 10-17. Youth have access to temporary shelter in a welcoming, safe environment, along with support, meals, access to healthcare and case management at no cost. The Bridge is a safe and welcoming place for ALL youth, including youth who identify as BIPOC and LGBTQ+. They also offer emergency shelter and supportive housing for pregnant and parenting youth and their children (ages 0-3).
- Tubman**..... Crisis Line (612) 825-0000
 Business Line..... (612) 825-3333
www.tubman.org 1725 Monastery Way, Maplewood 55109. 24-hour resource line and shelter services. East Metro Legal Services focusing on Order for Protections. Youth housing and programs also available.
- Youthlink MN** (612) 252-1200
www.youthlinkmn.org Youthlink is the host site of the Youth Opportunity Center, specifically for youth experiencing homelessness ages 16 to 24.

Clothing

- Anoka County Brotherhood Council (ACBC)..... (763) 422-0046**
2615 9th Ave N, Anoka. By Appointment Only by appointment only, appointments can be made online 48 hours in advance at www.acbcfoodshelf.com Open to the public Tuesday & Friday 9:30 am to 11:30 am. Donations accepted: Mon - Thurs 9:00 am – 3:00 pm.
- BirthRight.....24-hour hotline 1(800) 550-4900 or 763-757-0715**
www.birthright.org/coonrapids Free pregnancy testing, confidential counseling, baby clothes, diapers, and referrals. Call for appointments.
- Community Helping Hand (651) 464-0061**
408 SW 15th St, Forest Lake. Tues - Fri 10 am – 4 pm, Sat 10 am – 2 pm. Food shelf, thrift store, and financial assistance. Thrift store with men’s & women’s clothing, housewares, furniture, & children’s things. Volunteers & donations are greatly appreciated. Apply online at www.communityhelpinghand.org.
- Everyday Miracles (612) 323-6293**
www.everyday-miracles.org Provides pregnancy support for teens, single parents, & low-income families. Offers breast pumps, car seats, classes, and doulas.
- Goodwill Store, Coon Rapids..... (763) 712-3468**
3071 Coon Rapids Blvd. NW, Coon Rapids 55433. Mon-Fri, 10:00 am – 8:00 pm. Sat 10:00 am – 7:00 pm. Sun 11:00 am – 6:00 pm. Donations accepted during store hours.
- Joseph’s Coat..... (651) 291-2472**
www.josephscoatmn.org 1107 W 7th St, St. Paul. Shopping hours Monday - Thursday 9 am – 3 pm by appointment only.
- North Anoka County Emergency (NACE), Inc.....(763) 434-7685**
18511 Hwy 65 NE, East Bethel 55011. Clothing is available at no cost to families in need. Hours: Mon 9 am – 12 pm & 5:30 pm – 7:30 pm, Tues 5 – 8 pm, Wed 1 – 4 pm, and Thurs 9 am – 12 pm.
- Salvation Army (763) 755-6873**
www.salvationarmynorth.org Provides clothing vouchers to eligible Anoka County residents. Call for appointment. One-time emergency assistance with diapers.
- Southern Anoka Community Assistance (SACA)..... (763) 789-2444**
www.sacafoodshelf.org 627 38th Ave NE, Columbia Heights. Serves Fridley, Spring Lake Park, Hilltop, Columbia Heights. Hours: Mon 9-4, Tues 8-4, Wed 10-6, Thurs 8-3. Call or go online to make an appointment.

Transportation

- ACCAP, Transportation Solutions (763) 324-2318**
www.accap.org/transportation-solutions Provides car repair, insurance, and licensing grants up to \$700 to low-income Anoka County residents that meet the program’s requirements. Application and additional verification must be complete before eligibility can be determined. Call or email for more details.
irina.astashinsky@anokacountymn.gov

Allina Medical Transportation..... (651) 222-0555

Provides emergency and non-emergency ambulance transportation. Scheduled transportation is available based on the availability of stretcher and wheelchair transportation for those with disabilities or medical needs. MA is accepted.

Anoka County Commute Solutions..... (763) 324-3240

<https://www.anokacountymn.gov/336/Commute-Solutions> A free commuter resource available to help residents, workers and commuters in Anoka County choose sustainable alternatives to driving alone like walking, biking, carpooling, vanpooling, and taking public transportation.

Anoka County MedLink..... (763) 324-3255

<http://www.anokacountymn.gov/medlink> MedLink is a volunteer program providing rides in the volunteer's personal vehicles. It is available for Anoka County residents only who are 60+ or Veterans. Medlink provides rides for medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8 am - 4:30 pm. There is no charge, however, donations are accepted.

Anoka County Transit (763) 324-3250

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

Transit Link reservations & cancellations, Mon- Fri 7:00 am-3:30 pm..... (651) 602-5465

Metro Mobility East Reservations & cancellations, 6 am – 5 pm with holiday availability(651) 602-1120

Metro Mobility Service Center (651)-602-1111

www.anokacountymn.gov/transit Transit Link is a service available in the seven-county metro area. All vehicles are lift equipped. A fare is required.

Cars for Neighbors..... (763) 717-7755

www.carsforneighbors.org Anoka County. Assists people by helping them with transportation through vehicle repair. Mon-Fri 9 am – 5 pm.

DAV Metro Transportation (612) 467-2768

www.davmn.org/our-programs/veteran-transportation Assists veterans in the metro area to get to their appointments at the Minneapolis VA Hospital. Mon-Fri 9 am – 1 pm.

Metro Mobility Service Center (651) 602-1111

Anoka County residents, East Zone..... Appointment Line (651) 602-1120

www.metromobility.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. Certification can take up to 21 days for approval. All vehicles are wheelchair accessible. Consult website for hours.

Metro Transit (612) 373-3333

www.metrotransit.org All fares full price at peak hours of 6:00 am – 9:00 am & 3:00 pm - 6:30 pm. Seniors 65+ (with proper identification), youth 6-12, & Medicare cardholders pay reduced fare except during peak hours. Persons with disabilities pay reduced fares for any trip. Must show proof of age. Ride Share program offers carpools and rides 8:00-4:00, must register. Call for information.

Minnesota Non-Emergency Transportation (MNET) 1-866-467-1724

Public transportation provided to clients on Medical Assistance, try to schedule trips three days in advance. Can request ride on www.medicaltrip.net.

- Minnesota Safety Council** (651) 291-9150
www.minnesotasafetycouncil.org Traffic & injury prevention programs & resources.
- Rideshare (Carpool), Metro Transit** (612) 373-3333
www.metrotransit.org/carpool Register through the website to see if there are any carpools or rideshares near you.
- Salvation Army** (763) 755-6873
www.salvationarmynorth.org Provides bus tokens and cards for people who have just started a new job and are waiting on their first check. Must bring verification. Call for an appointment.
- Transportation Plus** (612) 888-8888
www.tplusride.com Mon-Fri 6 am – 6 pm. Weekends call for availability.

HEALTH AND WELLNESS

- American Red Cross, Minnesota Region** (612) 871-7676
Health & safety services: first-aid, CPR, and babysitting training; Nurse Assistant Training program; services to the Armed Forces; International Services (Restoring Family Links); disaster response and recovery, including home fires; and preparedness programs, including installation of free smoke alarms (call the smoke alarm hotline (612) 460-3674, text “Alarm” to (844) 811-0100 or visit www.getasmokealarm.org).
- Anoka County Public Health & Environmental Services (PHES)** (763) 324-4200
- Child & Teen Check-ups (C&TC)** (763) 324-4280
Promote health care check-ups for children from birth to 21 years of age who qualify for Medical Assistance, help families find health care providers and community resources.
- Disease Prevention & Control**..... (763) 324-4240
Provides information, assists with accessing healthcare and services related to refugee health, immunizations, and infectious diseases.
- Emergency Preparedness & Response** (763) 324-4270
Responds to public health emergencies, organizes, and provides vaccine and medications to the community in an emergency and shares information and resources to community members to help them plan ahead.
- Environmental Services**..... (763) 324-4260
Conducts food and lodging inspections, water testing, regulates environmental hazards, and provides education on various environmental issues. Hazardous and solid waste management.
- Family Home Visiting** (763) 324-4240
Promotes healthy pregnancy, offers services for postpartum women and newborns, pregnant teenagers, children with special needs, and provides parenting education through public health nurse visits.
- Go Anoka County** www.goanokacounty.org
Go Anoka County is an online resource that promotes access to easy and convenient places for nutritious food options, active living, tobacco-free living, and breastfeeding/lactation support.
- Health Promotion and Planning – Public Health**..... (763) 324-4200
Provides health promotion activities focused on physical and mental wellness, chronic disease prevention, violence prevention, and substance use prevention and support, aimed to improve quality of life at individual, community, and population levels.
- Immunization Clinics**..... (763) 324-4240
Provides low-cost vaccines to adults and children with limited to no health insurance coverage of vaccines.
- Women, Infants, & Children (WIC)** (763) 324-4230
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available.

- Bridge To Benefits** www.bridgetobenefits.org
 Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, printable applications, and more available online.
- fuller 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. Offers breast pumps, car seats, classes, and doulas.
- 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.
- 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, Spring Lake Park, Coon Rapids and Osseo 7 days a week, hours vary by location.
- Long Term Services & Supports (LTSS), Anoka County** (763) 324-1450
 Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home and Community-Based Waivers.
- Medical Assistance (MA) and MinnesotaCare**..... www.mnsure.org
Blaine (763) 422-7200
Columbia Heights..... (763) 324-2220
Eastern Service Center, Lexington (763) 324-2210
- Medicare Customer Service, www.medicare.gov** 1-800-MEDICARE (1-800-633-4227)
- Metro Psychology Support Services, Inc.** (651) 645-7971
www.metropsychologysupport.com Home-based service for people on Medical Assistance who have previously been diagnosed with a mental illness but can provide a diagnostic assessment; helps with basic living and social skills to help with daily functioning, housing, community intervention, mental health needs, benefits assistance, independent living skills, employment, and educational functioning.

MinnesotaCare Information Line (651) 297-3862

MN residents who do not have and cannot afford health insurance may be eligible for very low-cost coverage through MN Care. Available to adults and children who meet specific guidelines. Covers most medical needs, including visits to doctors, most prescriptions, some dental, hospitalization, etc. Cannot be on Medicare.

Neighborhood Health Source, North Metro Clinic (763) 783-3722

www.neighborhoodhealthsource.org Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers are available that hold pop-up clinics in the community and in schools.

Riverwind IRTS (Intensive Residential Treatment Services)..... (763) 862-7944

www.peopleincorporated.org We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We serve individuals who may be at a moderate risk of harm to self or others but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

Special Needs Programs

ACHIEVE Services, Inc. (763) 783-4909

www.achieveservices.org 1201 89th Ave NE Ste 1100; Blaine, MN 55434 Day training, vocational employment, & rehabilitation for adults with developmental disabilities.

Alternatives for People with Autism (763) 560-5330

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

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

www.alz.org/mnnd Care support resources: 24-hour telephone support, information on memory loss and on referrals regarding support groups for persons with Alzheimer’s disease and their families; safe return program.

American Cancer Society 1-800-227-2345

www.cancer.org

American Diabetes Association (763) 593-5333

www.diabetes.org Email: ADAMN_ND@diabetes.org Serving Minnesota and North Dakota. Call for information.

Anoka Metro Regional Treatment Center..... (651) 431-5000

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

- Arc Minnesota** (952) 920-0855
www.arcminnesota.org Information, referral, and advocacy for individuals with developmental disabilities & their families. Volunteers needed for special events, mailings, clerical duties, & thrift stores. Serves the entire state of Minnesota.
- Arthritis Foundation, North Central Chapter** 1-800-283-7800
www.arthritis.org Information, supportive services, advocacy, and research.
- BirthRight**.....24-hour hotline 1(800) 550-4900 or 763-757-0715
www.birthright.org/coonrapids Free pregnancy testing, confidential counseling, baby clothes, diapers, and referrals. Call for appointment.
- Child & Teen Medical Center** (763) 333-7733
www.childandteenmedicalcenter.com Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interests include ADD/ADHD, asthma, nutrition. Two locations: 7225 University Ave NE, Fridley 55432, and 11107 Ulysses St NE, Blaine 55434. Call for more info.
- Children’s Minnesota Hospital & Clinics**
- Minneapolis** (612) 813-6000
- St. Paul**..... (651) 220-6000
- Family Resource Center in St. Paul**..... (651) 220-6368
- Courage Kenny**
 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.
- Burnsville**, 12400 Portland Ave S, #140 (952) 428-0400
- Forest Lake**, 1467 N Lake St So., Suite 300 (Hwy 61)..... (651) 241-3840
 Pediatric & adult therapies (OT, PT, speech)
- Golden Valley**, 3915 Golden Valley Rd..... (612) 775-2499
- Stillwater**, 1460 Curve Crest Blvd (651) 241-3820
- Deaf & Hard of Hearing Services- Metro Office**.....(651) 431-5945 or (800) 657-3663
- Video Phone** (651) 964-1514
dhs.dhhsd@state.mn.us Deaf and Hard of Hearing Services provides information, resources, and empowerment opportunities to assist Minnesotans who are deaf, deaf blind and hard of hearing and their family to effectively access service in their communities. There are six regional offices throughout the state. The Metro office serves Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties.
- Dignity by Design**..... (612) 325-4889
www.dignitybydesign.com Fashion clothing and adaptive clothing for the disabled and physically challenged. We are a referral site to refer people with disabilities to other resources.
- Disability Hub MN** 1-866-333-2466
 Information & referral services for persons with disabilities.

Epilepsy Foundation of Minnesota (651) 287-2300 or 1-800-779-0777

www.efmn.org info@efmn.org The Epilepsy Foundation of Minnesota leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures and save lives. The EFMN has programs and services for those affected by epilepsy including picking up used clothing; serves all MN and the eastern part of North Dakota.

Family Caregiver Connection..... (763) 324-1608

www.anokacountymn.gov/655/Family-Caregiver-Connection Group Respite services provided at multiple locations. 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. Support groups for caregivers & their families throughout Anoka County. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

Fraser.....(763) 231-2590 & (612) 767-7222

www.fraser.org Provides mental health services for children with emotional and behavioral challenges including Autism and other mental health disorders. Offers diagnostic assessment, individual and family therapy, family & group skills training, day treatment and ABA. Services are available in Fraser clinics, homes, telehealth, the community and school-based programs.

Leukemia & Lymphoma Society (612) 259-4600

www.lls.org Support groups, financial resources, peer support, & information. Information Resource Center Hotline: 1-800-955-4572. Fax: 612-259-4601.

Lutheran Social Service of Minnesota (651) 227-8471

www.lssmn.org/lifetrack Children services including occupational & speech therapy.

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

Mercy Hospital, Immediate Sexual Assault Nursing Care (763) 236-7371

Provides immediate health care needs of sexual assault & domestic violence victims within 10 days of the assault. This includes, but is not limited to: pregnancy, STD risk assessment & prevention, and an evidentiary exam if desired. Walk-in services at Mercy & Unity emergency departments with advocate services provided. For non-urgent health care information call (763) 236-4172.

Mesothelioma/Asbestos..... 1-855-457-2851

www.asbestos.com Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.

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

www.mcil-mn.org Services for persons with disabilities including: information & referral, transition program, assessing & problem solving, peer support, pre-employment skills, independent living skills, advocacy, deaf independent living skills, nursing home program, and ramp project.

Minnesota Brain Injury Alliance (612) 378-2742

www.braininjurymn.org Resource facilitation offers free resources and brain injury & stroke information. Open M-F 8:00 am – 4:00 pm. Call or email info@braininjury.org.

- Minnesota Department of Human Services** (651) 431-2000
www.mn.gov/dhs
- Minnesota State Council on Disability** (651) 361-7800
www.disability.state.mn.us
- Opportunity Partners, Inc.** (763) 540-9343
www.opportunities.org 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 and apartment programs.
- Opportunity Services** (763) 755-7866
www.oppserv.org The mission of Opportunity Services is to assist adults with disabilities to make meaningful, individual contributions in the community. Opportunity Services is committed to providing integrated work experiences and community experiences throughout all service areas. They provide day support services which can include volunteering, community integration opportunities and specific person-centered programming.
- People Incorporated** (651) 774-0011
www.peopleincorporated.org Offers mental health therapy for individuals, groups, and families. Referrals required.
- Rebuilding Together Minnesota**..... (651)776-4273
www.RtMN.org Brings volunteers & communities together to improve homes & lives of low-income homeowners. Provides no-cost home repairs for homeowners particularly older adults, individuals living with disabilities, families with children, and veterans.
- REM Ramsey County**..... (651) 644-7680
<https://www.remminnesota.com/> Provides outreach, intervention, and support to families & individuals with disabilities & mental health issues through in-home support, family foster care, and independent living.
- Rise, Inc.**..... (763) 786-8334
www.rise.org Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer Adult Rehabilitative Mental Health Services (ARMHS).
- Sharing & Caring Hands** (612) 338-4640
www.sharingandcaringhands.org 525 N. 7th St, Minneapolis 55405. Open Mon-Thurs 10:00 am – 11:00 am and 12:00 pm – 1:15 pm. Provides free eye care; you must have your social security card & Photo ID with you.
- State Services for the Blind, Minnesota**..... (651) 539-2300
www.mn.gov/deed/ssb Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, and 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 dealing with an end stage terminal or life-threatening illness.
- Telephone Equipment Distribution Program** 1-800-657-3663 (toll free) or (651) 431-5945
Video Phone (651) 964-1514
www.mn.gov/deaf-hard-of-hearing E-mail: dhs.dhhsd@state.mn.us The TED Program provides telephones on a long-term loan basis at no cost to eligible Minnesotans. We serve people of all ages who have difficulty using a regular telephone due to any of the following: hearing loss, speech disability or physical disability.
- University of Minnesota, Cancer Information Line**..... www.cancer.umn.edu or (612) 624-2620
- Eli Coleman Institute for Sexual and Gender Health** (612) 625-1500
www.sexualhealth.umn.edu Promotes the sexual and gender health of individuals, couples, and families of all backgrounds by providing assessment and treatment. We provide services across the lifespan, with specific services for children, adolescents, and adults. Provides relationship and sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, and child/adolescent gender exploration, community sexual and gender health education.
- Vision Loss Resources**..... (612) 871-2222
www.visionlossresources.org 3230 Spruce St Little Canada, MN 55117. Provides senior services and rehabilitation services. Deaf/Blind Services MN.

Hospitals

Some hospitals offer financial assistance to low-income families through Hill Burton funds. Aid varies & there are guidelines. Please call the 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 Metro Regional Treatment Center**, 3301 7th Ave N, Anoka 55303 (651) 431-5000
 Mental Health & Chemical Dependency.
- Children’s Minnesota Hospital and Clinics** (651) 220-6000
 345 N Smith Ave, St. Paul 55102 & 2525 Chicago Ave S, Minneapolis 55404
- Fairview Lakes 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 SE 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 Health Care**, 730 S 8th St, Minneapolis 55415 (612) 873-3000
- Mercy Hospital**, 4050 Coon Rapids Blvd, Coon Rapids 55433 (763) 236-6000
- Unity Campus**, 550 Osborne Rd, Fridley 55432 (763) 236-5000

- North Memorial Hospital**, 3300 Oakdale Ave N, Robbinsdale 55422 **(763) 520-5200**
- Phillips Eye Institute, Allina**, 913 E. 26th St, Piper Building, Minneapolis 55404 **(612) 863-9900**
- 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**, 69 W Exchange St, St. Paul 55102 **(651)232-3000**
- United Hospital**, 333 Smith Ave N, St. Paul 55102..... **(651) 241-8000**
- Woodwinds Health Campus**, 1825 Woodwinds Dr., Woodbury 55125 **(651) 232-0100**

Low Cost Clinics

Neighborhood Health Source, North Metro Clinic **(763) 783-3722**
www.neighborhoodhealthsource.org Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage & family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers are available that hold pop-up clinics in the community and in schools.

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 and counseling. We provide STI/HIV/UTI testing and treatment, annual exams, birth control, pregnancy testing, cancer screening, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program for income eligible patients. Clinic hours: Mon 11 am – 4 pm, Wed 1 pm – 6 pm, and Thurs 11 am – 4 pm. Call for appointment.

St. Mary’s Health Clinics **(651) 287-7777**
www.stmaryshealthclinics.org Free medical care for those with no access to health insurance. Clinic open M - F 8:00 am - 4:00 pm. Please call for more information & eligibility determination. Appointments are required. Se habla espanol.

Southside Community Health Services **(612) 822-9030**
www.southsidechs.org Community clinic providing affordable access to health care: medical, dental, vision and behavioral health. Sliding fee. No one is turned away for lack of insurance. Sliding fee for those who are eligible, but no one is turned away for lack of insurance. Accept all state plan insurances. Walk-in care is provided as staffing permits.

Dental

Affordable Dentures & Implants **(320) 910-0078 or 1-800-649-1532**
www.affordabledentures.com Mon – Fri 8 am – 4 pm. By appointment only. 100-day satisfaction guarantee on dentures

Apple Tree Dental..... **(763) 784-7570**
www.appletreedental.org 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.

- Children’s Dental Services** (612) 746-1530
www.childrensdentalservices.org Dental care for people from age 1 to 100 for low-income families. Sliding scale for birth to 18. We treat young adults between 18 - 21 and pregnant women. Clinics in St. Paul and mobile care for Coon Rapids. Interpreters available for Ukrainian, Russian, Karen, Spanish, Hmong, and Somali. Call for appointment.
- Donated Dental Services**..... (651) 454-6290
www.dentallifeline.org Non-profit program dedicated to assisting people who are disabled, elderly or medically at-risk and have no other way to obtain dental care. Volunteers offer their services. No emergency treatment. Patients must lack adequate income to pay, have a permanent disability, are 65+, and are medically fragile.
- Southside Community Health Services** (612) 822-9030
www.southsidechs.org Community clinic providing affordable access to health care: medical, dental, vision and behavioral health. Sliding fee. No one is turned away for lack of insurance. Sliding fee for those who are eligible, but no one is turned away for lack of insurance. Accept all state plan insurances. Walk-in care is provided as staffing permits.
- University of Minnesota, Dental School** (612) 625-2495
www.dentistry.umn.edu 515 Delaware St. SE. Minneapolis. Set fees based on work done by students, grad student with faculty members. Accepts cash, check, credit card and insurance.
- West Side Community Health Services** (651) 602-7575
www.mncare.org Sliding fee, accepts all MA’s. Open Monday, Tuesday, Friday 8:00 am – 5:00 pm, Wednesday & Thursday 8:00 am – 8:00 pm, Saturday 8:00 am – 12:00 pm.

Chemical Health

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

- 3-R’s Nuway, Inc.** (612) 789-8030
www.nuway.org Morning programs M-F. Offers supplemental subsidized sober housing. Intensive Outpatient Program.
- Anoka County Chemical Dependency & Substance Use Disorder Line** (763) 324-1270
www.anokacountymn.gov/rule25 Rule 25 Funding. You may be eligible for financial assistance through Rule 25. Eligibility is determined through assessment. Provides financial assistance for chemical dependency services.
- Anthony Louis Center** (763) 757-2906
Fax Number (763) 225-4651
www.anthonylouiscenter.com Residential programs for adolescents with chemical dependency. Provides assessment, outpatient, inpatient, counseling, mental health programs and aftercare. Gender specific programming. Not a locked facility.
- Community Addiction Recovery Enterprise** (651) 431-5250
www.mn.gov/dhs Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Civilly committed individuals only.

- Fairview Recovery Services**..... (612) 672-2736
Behavioral Health outpatient services.
- Hazelden Betty Ford Foundation**..... (800) 257-7810
www.hazeldenbettyford.org Substance abuse assessments, prevention, treatment, education, and continuing care for ages 12+. It is the nation’s largest non-profit treatment provider with five locations in MN offering Mental Health/Chemical Dependency outpatient treatment. Accepts most insurance, assistance available. It now provides virtual services (virtual intensive outpatient) for those who have accessibility issues. Offers inpatient and outpatient services.
- Narcotics Anonymous**.....24-hour Helpline (877) 767-7676
www.naminnnesota.org
- Nystrom & Associates, Ltd.**
- Andover**..... (763) 415-7386
 - Blaine** (763) 343-9010
 - Coon Rapids**..... (763) 767-3350
 - Maple Grove**..... (763) 274-3120
 - New Brighton**..... (651) 628-9566
 - Ostego**..... (763) 746-9492
- www.nystromcounseling.com Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment, Adult Rehabilitative Mental Health Services (ARMHS), and nutritional counseling.
- Riverplace Counseling Center**..... (763) 421-5590
www.riverplacecenter.com Substance abuse treatment center offering outpatient, intensive outpatient with lodging, relapse prevention, continuum of care and chemical use assessments. Ages 18+. All services here are for males only, except for assessments which are for both male and female. Contracted with most insurance companies. PMAPS, CCDTF (Rule 25). Email: referrals@riverplacecenter.com.
- RS Eden** **Men (612) 361-8543 Women (612) 361-8368**
www.rsedn.org Structured programming for men and women with a history of addiction. Offers outpatient mental health services, withdrawal management, peer support, health care and independent living skills. An essential community provider. Fees are based on a sliding fee scale and vary with the service provided. Assistance is available to eligible clients through General Assistance or the State Consolidated Fund.
- Transformation House** (763) 452-7005
www.transformationhouse.com 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living. Chemical dependency and mental illness treatment. Recovery Hub offers outpatient treatment.
- Unity Chemical Dependency Services**..... (763) 236-4500
www.allinahealth.org Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.

Veterans Affairs Medical Center, Minneapolis..... Main (612) 725-2000
Mental Health Care (612) 467-4010
Northwest Metro VA Clinic (612) 467-1100
www.minneapolis.va.gov/services/ars.asp ADS (Addiction Disorder Section).

Mental Health

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

988 Suicide & Crisis Lifeline.....9-8-8 or (800) 273-8255 (TALK)
 24-Hour telephone crisis counseling, information, and referral line.

Affiliated Counseling Center (763) 572-2605
www.mncounseling.com 7260 University Ave NE, Fridley. Outpatient mental health clinic; provides counseling services to individuals, couples, families, elders, and children; psych testing and assessments. Fax: (763) 572-2606.

Anoka County Adult Mental Health..... (763) 324-1420
Housing Line (763) 324-1215
www.anokacountymn.gov Anoka County Adult Mental Health assists adults with mental illness by providing information and referral, adult mental health targeted case management eligibility determination, case management, mental health homeless outreach, and health care navigation. Civil Commitment (prepetition screening) referrals will also be received through this centralized access point.

Anoka County Children’s Mental Health..... (763) 324-1430
 Provides information, community referrals, and assesses requests for children’s mental health services & case management.

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

Bar None Omegon (763) 753-2500
www.voamnwi.org/bar-none Bar None Omegon provides mental health and chemical health programs in residential setting for males ages 12- 17.

Bridgeview Club..... (763) 783-7440
www.leecarlsoncenter.org Drop-in center for adults 18+, activities and support programs for adults in Anoka County with mental illness.

Community Options Program in Fridley (763) 572-0009
 Intensive Residential Treatment Services (IRTS) for persons with serious & persistent mental health illness or Chemical Dependency. Open 24 hours. 90-day program at 7 sites in the Twin Cities. Call for information.

- Domestic Abuse Project**..... (612) 874-7063 Ext 232
www.mndap.org Email: dap@mndap.org or firstcall@mndap.org Call or email for services. First Call Line helps you take the first steps to getting therapy, advocacy, and case management. Treatment and therapy for abusive men and adolescents. Therapy, case management for all clients, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Offers intervention and prevention group for women who have abusive behavior or have been abused. Therapeutic Services for domestic violence survivors who identify as female. Therapy for all ages experiencing domestic violence. Office hours Monday-Thursday 9 am – 5 pm and Friday 9 am – 3 pm, 24-hour answering machine.
- Family Based Therapy Associates**..... (763) 780-1520
www.fbta.biz Local, comprehensive mental health resource with multi-disciplined staff of mental health professionals. Work with individuals, couples, families, children, adolescents, and adults. Most insurance accepted.
- Family Caregiver Connection**..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection Offers support & resource materials for caregivers of an older adult. Support groups available throughout Anoka County.
- Fraser** (763) 231-2590 & (612) 767-7222
www.fraser.org Provides mental health services for children with emotional and behavioral challenges including Autism and other mental health disorders. Offers diagnostic assessment, individual and family therapy, family & group skills training, day treatment and ABA. Services are available in Fraser clinics, homes, telehealth, the community and school-based programs.
- 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, Spring Lake Park, Coon Rapids and Osseo 7 days a week, hours vary by location.
- Laurie Grengs Counseling** (763) 572-2326
www.lauriegrengs.com Licensed psychologists work with couples, individuals, families, children, and teens; treats post-traumatic stress, depression, and anxiety; do evaluations. Insurance accepted, sliding fee. Licensed clinical social worker and life coach available for all ages.
- Lee Carlson Center, Mental Health and Wellbeing** (763) 780-3036
www.leecarlsoncenter.org Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers foster care therapy. Office hours M - TH 8:00 am – 5:00 pm.
- LifeStance Health**..... (763) 421-5535
www.familyinnovations.com www.lifestance.com Provides counseling for couples, families, & individuals.

Mercy Hospital, Adult Psychiatry (763) 236-8700
Adult Mental Health Outpatient Program (AMHOP)..... (763) 236-8700
Adult Partial Hospital Program (PHP) (763) 236-8700
www.allinahealth.org Inpatient mental health services. MA & most insurance plans accepted. For inpatient care and assessment call 24/7 Mental Health and Addiction Line (866) 603-0016

Mercy Hospital, Crisis Intervention Assessment (763) 236-7144
 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.

Mental Wellness Campaign Anoka County (MWCAC) www.mwcac.org
www.mwcac.org We are a non-profit organization. Our mission is to erase the stigma surrounding mental health through awareness, education, and engagement. Our purpose is to reach out to the entire community with the message: “Mental health is as important as physical health.” Visit our website or Facebook page: Mental Wellness Campaign.

Northland Therapy Center (651) 641-1009
www.northlandtherapycenter.com An outpatient mental health clinic serving primarily adult individuals & couples with expertise in working with sexual orientation issues and trauma. All are welcome, focus is on the LGBTQ+ community.

North Suburban Counseling Center (763) 784-3008
www.northsuburbancounselingcenter.com Sliding fee. Individual, family, & adolescents aged 16+. Psychiatric medication evaluations. MA accepted. Some insurance accepted.

North Suburban Grief Support Coalition- Growing Through Loss (763) 755-5335
 Coalition of faith communities and 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 the death of a spouse, parent, child, sibling, friend, pregnancy loss, or suicide. No cost.

Nystrom & Associates, Ltd.

Andover..... (763) 415-7386
Blaine (763) 343-9010
Coon Rapids..... (763) 767-3350
Maple Grove..... (763) 274-3120
New Brighton..... (651) 628-9566
Ostego (763) 746-9492
www.nystromcounseling.com Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment, Adult Rehabilitative Mental Health Services (ARMHS), and nutritional counseling.

People Incorporated (651) 774-0011
www.peopleincorporated.org Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. M-Th 9:00 am – 7:00 pm, Friday 9:00 am – 1:00 pm.

- Project Pathfinder, Inc.** (651) 644-8515
www.projectpathfinder.org Serve adults & adolescent clients who have deviant sexual thoughts and behavior problems provides assessments, evaluations, telehealth therapy, sex offender treatment programs, classes, and community engagement.
- REM Ramsey County**..... (651) 644-7680
<https://www.remminnesota.com/> Provides outreach, intervention, and support to families & individuals with disabilities & mental health issues through in-home support, family foster care, and independent living services.
- Rise, Inc.**..... (763) 786-8334
www.rise.org Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer Adult Rehabilitative Mental Health Services (ARMHS).
- Riverwind IRTS (Intensive Residential Treatment Services)**..... (763) 862-7944
www.peopleincorporated.org We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We serve individuals who may be at a moderate risk of harm to self or others but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive & group intervention (IMR, IDDT) centered around developing a crisis response action plan.
- Transformation House** (763) 427-7155
www.transformationhouse.com 1410 S Ferry Rd, Anoka 55303. Services are at 10:00 am on Sundays. Recovery Hub offers outpatient treatment. Court ordered assessments, gambling assessments and outpatient treatment available. Call for intake and assessment.
- Spring Path Mental Health Services** (763) 537-6612
www.springpathmentalhealth.com Community support program providing case management and psychiatric rehabilitation in the community for individuals with severe and persistent mental illness.
- 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 referrals. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. 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, School-Linked Mental Health (SLMH) (612) 314-5576
www.thefamilypartnership.org Accepts referrals from parents, school staff, and clients themselves who are looking for help in addressing possible mental health concerns in the school setting, such as depression, anxiety, trauma, difficulty adjusting to change, difficulties with motivation & grades, and social difficulties. Our staff work directly in the school to help improve access to students and to make scheduling easier. Serves Pre-K and 0–5-year-olds. Located in Hennepin County.

Tubman, Chrysalis Center (612) 871-0118
www.tubman.org Counseling & outpatient mental health services. MA accepted. M-Th 8:00 am – 5:00 pm. Fri 8:00 am – 3:00 pm.

Unity Chemical Dependency Services (763) 236-4500
www.allinahealth.org Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.

The Anoka Vet Center **Anoka (763) 503-2220**
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 Military Sexual Trauma (MST). Referrals as appropriate. Mon-Fri 8:00 am - 4:30 pm, extended hours available.

Veterans Service Office, Anoka County (763) 324-4500
Fax Number (763) 324-1040
www.anokacountymn.gov/veterans Counseling, claims services, and referrals. Also offers assistance in accessing services in burial benefits, discharge reviews, death benefits, employment, financial assistance, education training, health benefits, disability services, etc.

Well-Spouse Association 732-577-8899
www.wellspouse.org Offers emotional support through peer-to-peer support groups and other resources for caregiving spouse or partner. Member based organization that is non-profit.

Nutrition Education, Counseling and Support

Anoka County Family Home Visiting (763) 324-4240
www.anokacountymn.gov Provides a variety of services to support individuals and families. Services include: parenting information and Public Health Nurse home visiting for pregnant teens, postpartum, newborns & children with special health care needs.

Centro Tyrone Guzman (612) 874-1412
www.centromn.org 1915 Chicago Ave S, Minneapolis, MN 55404. Committed to contributing to the well-being of Latine families through a holistic and intergenerational approach to education, health, and wellness. Senior, preschool, and youth programs available. Also offers prenatal classes, family engagement programs and Alzheimer’s resources and support.

Go Anoka County www.goanokacounty.org
Go Anoka County is an online resource that promotes access to easy and convenient places for nutritious food options, active living, tobacco-free living, and breastfeeding/lactation support.

La Leche League Breastfeeding Helpline..... (877) 452-5324
www.llli.org Lactation counselors are available in English and Spanish.

National Breastfeeding Helpline (800) 994-9662
www.womenshealth.gov

Nutritional Weight and Wellness..... (651) 699-3438
www.weightandwellness.com With six offices across the Twin Cities, we offer life-changing nutrition education to anyone wanting a healthier life. Through our 1-on-1 nutrition consultations, classes, and weekly radio show ‘Dishing Up Nutrition.’ Our nutritionists are dedicated to helping you achieve your health goals, whatever they are. Visit our website for more helpful information and new blog posts.

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.

University of Minnesota Extension, Anoka County (763) 324-3495
Answer Line (for household questions)..... 1-800-854-1678
www.extension.umn.edu/local/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.

Women, Infants, & Children (WIC), Anoka County..... (763) 324-4230
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, as well as infants & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available.

Physical Activity Resources

Anoka County Parks and Recreation..... (763) 324-3300
www.anokacountyparks.com 550 Bunker Lake Blvd NW, Andover 55304.

Go Anoka County www.goanokacounty.org
Go Anoka County is an online resource that promotes access to easy and convenient places for nutritious food options, active living, & tobacco-free living.

Minnesota Department of Natural Resources..... (651) 296-6157
www.dnr.state.mn.us

Minnesota Recreation and Park Association..... (763) 571-1305
www.mnrpa.org

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 (763) 230-9622
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 (763) 785-7882
www.ymcanorth.org Provides youth/adult health & wellness programs and activities such as aquatics, recreation, youth development, and sports. Day & sleepover camps are also available.

See EDUCATION: Community Education Departments for fitness classes & athletics for residents of all ages.

See FOR SENIORS ONLY: Social Opportunities for Seniors.

Contact your local hospital for community exercise programs.

Many malls have walking programs. Please contact your local mall for information.

Tobacco Prevention and Cessation

QuitPartner..... (800) 784-8669
www.quitpartnermn.com

Go Anoka County www.goanokacounty.org
Go Anoka County is an online resource that promotes access to easy and convenient places for nutritious food options, active living, and tobacco-free living.

Also, check out: www.minnesotahelp.info and www.211.org

EMPLOYMENT

- Anoka Technical College, Career Services** (763) 576-7780
www.anokatech.edu Job placement coordinators are available. Provides resumes assistance, employment services and referrals. Assisting current Anoka Tech students.
- CareerForce in Blaine**..... (763) 324-2300
Veteran Employment Representative (763) 257-4077
www.careerforcemn.com/blaine Provides services to meet career, employment, and training needs. Services include career lab with personal computers, internet access, job leads & referrals, labor market information, and phone center. Workshops assist in career planning, job search, networking, interviewing skills, and resume writing. Workshops are currently online and in person.
- Catholic Charities**..... (612) 204-8500
www.cctwincities.org Our charity works to try to prevent poverty, meet basic needs in times of crisis, and create paths out of poverty. Our shelter services are for men, women, children, and families.
- International Institute of Minnesota** (651) 647-0191
www.iimn.org A statewide service organized to help foreign born residents, and their families adjust to American life.
- Minnesota State CAREERwise** www.careerwise.minnstate.edu
Annual career exploration publications. Includes MN specific occupational details, assistance with making current and future career decisions. Sample copies can be found at CareerForce centers or local libraries.
- Opportunity Partners, Inc.** (763) 540-9343
www.opportunities.org Provides training, vocational, enrichment options for adults 18+ with disabilities. Provides opportunities for employment as part of a team with an on-site supervisor or independent employment with the support of a job coach.
- Opportunity Services** (763) 755-7866
www.oppserv.org Work rehabilitation for handicapped adults, day-living for medically fragile adults, and independent placement for capable handicapped adults. Positive support living.
- Rise, Inc.**..... (763) 786-8334
www.rise.org Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer Adult Rehabilitative Mental Health Services (ARMHS).
- Senior Community Service Employment Program, Anoka County (SCSEP)**..... (763) 324-2284
www.anokacountymn.gov/1284/Senior-Employment Employment and Training program for Anoka County older workers, aged 55 or older. Provides part-time employment opportunities at community service worksites. Career Counselor can also assist with jobs, resume writing, interview skills and help accessing community resources.

Trio Educational Opportunity Center..... (612) 659-6543
www.minneapolis.edu/eoc Counselors throughout the metro area. Provides school and career information. Apply for school admission and financial aid (including FAFSA). Assists with resolving defaulted student loans for returning students. Free information and referrals.

Unemployment Insurance..... www.uimn.org
Unemployment compensation benefits.

The Anoka Vet Center**Anoka (763) 503-2220**
Part of Veterans Affairs. Provides veteran education, referrals, & services for combat/noncombat veterans.

Vocational Rehabilitation Services (VRS) (763) 279-4350
Provides a variety of services to assist with obtaining and maintaining appropriate employment. There may be a cost for some services, which will be outlined by agency counselors.

Women Venture (612) 224-9540
www.womenventure.org

Metro Civil Service Job Information

Anoka County Employment Relations (763) 324-4300
FAX (763) 324-1060
www.anokacountymn.gov 8:00 am - 4:30 pm. 2100 3rd Ave, Suite #261, Anoka, MN 55303

Hennepin County Government Center (612) 348-3000
Hennepin County Jobs (612) 348-7855
www.hennepin.jobs

Post Office Jobline www.usps.com/employment

Ramsey County Human Resources (651) 266-2700
Ramsey County Job Opportunities www.co.ramsey.mn.us/Jobopportunities
www.co.ramsey.mn.us

University of Minnesota, Human Resources (612) 624-8647
University of Minnesota Job Information www.umn.edu/ohr/employment

National Service

AmeriCorps **1-800-942-2677**
www.americorps.gov Put ideas into action while learning new skills, making new connections, and earning money to pay for college, graduate school, or qualified student loans. Some may be eligible to earn a modest living allowance during their term of service. Mission is to improve lives, strengthen communities, and foster civic engagement through service & volunteering.

FINANCIAL

Assistance & Counseling

Financial Assistance

- ACCAP, Crisis Assistance** (763) 783-4747
www.accap.org Limited financial assistance to eligible residents of Anoka County, as funds are available.
- ACCAP, Transportation Solutions** (763) 324-2318
www.accap.org/transportation-solutions Provides car repair, insurance, and licensing grants up to \$700 to low-income Anoka County residents that meet the program’s requirements. Application and additional verification must be completed before eligibility can be determined. Call or email for more details. Email: irina.astashinsky@anokacountymn.gov.
- ACCAP, Energy Assistance** (763) 783-4712
www.accap.org Financial assistance with heating bills for income qualified households.
- Anoka County Child Support** (763) 324-2420
www.anokacountymn.gov Services include: locating non-custodial parents, establishing parentage, establishing & enforcing support order (child support, medical support, childcare contributions) and collections. M-F 8:00 am - 4:30 pm.
- Anoka County Economic Assistance (SNAP/Food Support)**.....(763) 422-7200
1201 89th Ave NE, Blaine 55434. Call for information on SNAP (Food Support), cash assistance, and healthcare services. Monday – Friday 8:00 am - 4:30 pm. All services are by appointment only.
- Bridge To Benefits** www.bridgetobenefits.org
Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, printable applications, and more available online.
- Diversionsary Work Program (DWP)**..... (763) 422-7200
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.
- Medicare Customer Service** 1-800-MEDICARE (1-800-633-4227)
www.medicare.gov
- Minnesota Family Investment Program (MFIP)** (763) 422-7200
MFIP benefits provide cash and food benefits to eligible applicants. Contact your county of residence for more information and possible benefits.
- Representative Payee List**..... Sr Info Line (763) 783-4707
Agencies provide 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, HeatShare** (763) 755-6873
 Emergency program serving Anoka County residents to assist with heating emergencies. You must exhaust all other programs first.
- Social Security Administration**Apply 1-800-772-1213
Forms Assistance & Questions..... (763) 324-2424
- Telephone Assistance Plan**..... (651) 296-0406
 Monthly discounts for landlines available. Financial eligibility guidelines may apply. Contact your phone company for details.

Financial Counseling & Education

- ACCAP, Family Assets for Independence in Minnesota (FAIM)** (763) 783-4851
www.accap.org Matches \$3 for every \$1 you save for 2 years with a maximum of \$4000 of your savings. The total match of \$12,000 can be used toward a down payment for your first home, to continue your education, to purchase a car, or to start up a small business. Call for eligibility and program requirements.
- ACCAP, Foreclosure Prevention** (763) 783-4851
www.accap.org For people who are facing default/foreclosure. We work with your lender to help find you resources.
- FamilyMeans- Financial Solutions** (651) 789-4014
www.familymeans.org/financial-solutions Offers education, financial counseling, and debt management. Virtual and phone appointments available.
- Lutheran Social Service of Minnesota, Financial Counseling** 1-888-577-2227
www.lssmn.org/financialcounseling Free financial counseling. Call for an appointment. Debt management program available, fees may apply.
- Taxpayer Advocate Service of IRS** (651) 312-7999
www.IRS.gov/taxpayer-advocate Free assistance for unresolved IRS problems.

LEGAL

Anoka County Attorney's Office (763) 324-5550

Anoka County Attorney's Office, Victim / Witness Services (763) 324-5540
www.anokacountymn.gov/victimwitness Help with referrals, resources, victim advocacy, and support services. Office open M-F 8:00 am – 4:30 pm.

Anoka County Children & Family Services (763) 324-1440
www.anokacountymn.gov/childprotection Report child abuse & neglect. 24 hours/day, 7 days/week.

Anoka County Child Support (763) 324-2420
www.anokacountymn.gov Services include: locating non-custodial parents, establishing parentage, establishing & enforcing support order (child support, medical support, childcare contributions) and collections. M-F 8:00 am - 4:30 pm.

Anoka County Public Defender (763) 422-3350
www.pubdef.state.mn.us Court appointed criminal defense. Deals only with criminal defense cases.

Attorney General's Office, Minnesota Office of Consumer Services (651) 296-3353 or 1-800-657-3787
TTY (Hearing Impaired) (651) 297-7206 or 1-800-366-4812
www.ag.state.mn.us Distributes consumer information and enforces fraud statutes. Mediation services to consumers having problems with businesses.

Better Business Bureau of Minnesota (651) 699-1111
www.thefirstbbb.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 8:00 am – 5:00 pm.

Central Minnesota Legal Services (612) 332-8151
www.lawhelpmn.org / www.centralmnlegal.org Offers free legal representation to low-income residents of Anoka County in civil (non-criminal) cases. Includes family law, consumer law, unemployment compensation appeals, public assistance (welfare, emergency & daycare assistance, SNAP), tenant/landlord, other non-criminal matters.

Crime Watch, Operation I.D. (763) 324-5179
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.

Estate & Elder Law Services at Volunteers of America MN (612) 676-6300
www.voamnwi.org/estate-elder-law-services Email: estateandelderlaw@voamn.org Elder law includes wills, trust, estate planning, probate, conservatorships/guardianships, healthcare directives, power of attorney, Medical Assistance, special needs trust, and real estate services. Please visit the website.

HOME Line (866) 866-3546 or (612) 728-5767
www.homelinemn.org Provides free and low-cost legal, organizing, education & advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. For renters only. Free and confidential legal hotline for legal advice.

- Law Help MN** www.LawHelpMN.org
 Helping low-income Minnesotans solve civil legal problems.
- Legal Aid Society of Minneapolis** (612) 334-5970
Disability Line 1-800-292-4150
www.mylegalaid.org
- Mediation Services for Anoka County** (763) 422-8878
www.mediationservice.org Since 1987, Mediation services for Anoka County (MSAC), a 501(c)(3) agency, has been helping families, neighbors, schools, landlords, tenants, and consumers to resolve conflict through education, mediation, and restoration services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching and restorative practices.
- Minnesota Department of Human Rights** (651) 539-1100
TTY (Hearing Impaired) 711 or 1-800-627-3529
www.MN.gov/mdhr Enforces MN Human Rights Act. Investigates charges of discrimination in employment, housing, public accommodation, education, and public services.
- Minnesota State Bar Association** www.mnfindalawyer.com
 Attorney referral service
- MN Lawyer Referral & Information Service** (612) 752-6699
www.mnlawyerreferral.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. A reduced Fee Program might be available for working clients. \$90/hr with a \$750 retainer. Must meet eligibility guidelines.
- Prepare & Prosper** (651) 287-0187
www.prepareandprosper.org 2610 University Ave W., St. Paul, MN 55114. Providing free tax assistance for low-income working taxpayers.
- Social Security Administration** **Apply 1-800-772-1213**
Forms Assistance & Questions..... (763) 324-2424
- Southern Minnesota Regional Legal Services, Central Office**..... (651) 222-4731
TollFree.....1-888-575-2954
www.smrls.org Advice and representation in non-criminal civil legal matters that are critical to the clients' basic needs.
- Tax Assistance** (763) 324-1480
 Service provided by the American Association of Retired Persons (AARP) and Anoka County Retired & Senior Volunteer Program (RSVP). Trained and certified volunteers assist senior citizens, low-income families, and disabled persons with filing forms (income taxes February through April, and property/rent rebates). Volunteers are scheduled at various sites. No charge.
- Taxpayer Advocate Service of IRS** (651) 312-7999
www.IRS.gov/taxpayer-advocate Free assistance for unresolved IRS problems.

- Trellis Pension & Retirement Rights**..... (651) 251-5765
www.midwestpensions.org Email: pensions@trellisconnects.org A free, nonprofit legal advocacy agency that assists individuals, of all ages, with pension related issues no matter your income or value of claim. Serves residents in Minnesota, Wisconsin, Iowa, North Dakota, and South Dakota.
- Tubman, Chrysalis Center** (612) 871-0118
www.tubman.org 4432 Chicago Ave S, Minneapolis. Provides legal assistance in family law cases. Also offers an outpatient center for referral, support groups, and mental health services.
- Workers Compensation** (651) 284-5032
www.dli.mn.gov Information line.

EDUCATION

When applying for education programs, ask about services you may need in order to participate (i.e., transportation or childcare). 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.MNliteracy.org/hotline For referrals to basic reading & math skills, Adult Basic Education, GED prep testing sites, ESL Classes, and computer classes. Refer for citizenship. Spanish speakers available. We have translators in over 200 languages.

Affordable Colleges Online www.affordablecollegesonline.org

An online guide that focuses on various on-campus, off-campus, and online resources that students can utilize to help make college affordable for them.

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

www.redcross.org Nurse Assistant Training Program: CNA classes can help prepare you for a career in the medical industry. With an emphasis on academics and hands-on skills training, our CNA classes can help you gain the information you need to pass your state CNA exam and achieve a position working in healthcare. Students can expect to complete all in-class and clinical training, and be ready to take their state certification exams within 3-7 weeks of beginning the program.

Anoka County Library, Books by Mail (763) 324-1529

www.anokacountymn.gov 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) 433-1100

www.anokaramsey.edu For general information.

Anoka Technical College (763) 576-7710

www.anokatech.edu Develop the skills you need to get started on a career path in a supportive community. Anoka Tech offers low-cost tuition and a small campus with comfortable atmospheres, faculty experts & credentialed instructors that teach courses in more than 70 program areas. Please contact enrollment services for more information or email enrollmentservices@anokatech.edu.

English Learning Center (612) 874-9963

Serves adult (Ages 18+) immigrants and refugees. Offers ESL and citizenship classes online and in-person. Monday-Thursday mornings and evenings.

Family Caregiver Connection (763) 324-1608

www.anokacountymn.gov/655/Family-Caregive-Connection Provides educational opportunities to caregivers through support groups & community education events. Topics include: estate planning, self-care, medication management, positive aging, depression, coping with grief/loss & understanding memory loss.

Home Safety Check (763) 767-4003

www.sbmfire.org 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, and juvenile fire setting program. Provide CPR training for a small fee.

- Metro North Adult Basic Education** (763) 433-4200
www.metronorthabe.org Email: info@metronorthabe.org Offers free classes for adults including English as a Second Language (ESL), GED preparation, Minnesota State diploma, college entrance preparation, and basic reading, writing & math brush up. Classes offered at multiple locations with various schedules including morning and evening classes.
- Minneapolis Community & Technical College (MCTC)**..... (612) 659-6000
www.minneapolis.edu 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 areas.
- Minnesota Safety Council** (651) 291-9150
www.minnesotasafetycouncil.org Workplace safety training.
- North Hennepin Community College**..... (763) 488-0391
www.nhcc.edu
- Pacer Center, Inc. (Parent Advocacy Coalition for Educational Rights)** 1-800-537-2237
General Number (952) 838-9000
www.pacer.org Provides information & training to 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, and 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.
- People Incorporated** (651) 774-0011
www.peopleincorporated.org Offers mental health therapy for individuals, groups, and families. Day treatment for 2nd - 12th Grade children with trauma, depression, anxiety, or severe emotional disturbances. Referrals required.
- 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.
- St. Paul College**..... (651) 846-1600
www.saintpaul.edu
- University of Minnesota Extension, Anoka County** (763) 324-3495
Answer Line (for household questions)..... 1-800-854-1678
www.extension.umn.edu/local/anoka Provides a variety of educational opportunities to county residents through 4-H Youth Development, the Master Gardener program, Youth Teaching Youth (offered through participating high schools), & 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!

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| District 11, Anoka-Hennepin | (763) 506-1000 |
| www.ahschools.us 2727 North Ferry Street, Anoka 55303. | |
| 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 49 th 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.isd15.org 4115 Ambassador Blvd, St. Francis 55070. | |
| District 16, Spring Lake Park..... | (763) 600-5000 |
| www.springlakeparkschools.org 1415 81 st Ave NE, Spring Lake Park 55432. | |
| District 831, Forest Lake..... | (651) 982-8100 |
| www.flaschools.org 6100 N 210 th St, Forest Lake 55025. | |
| District 4049 (Charter School), Coon Rapids | (763) 862-9223 |
| www.nwphs.org 11345 Robinson Drive NW, Coon Rapids 55433. | |

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.

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| District 11, Anoka-Hennepin, www.ahschools.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) 502-5143 |
| District 15, St. Francis, www.isd15.org | (763) 753-7048 |
| District 16, Spring Lake Park, www.springlakeparkschools.org | (763) 600-5050 |
| District 831, Forest Lake, http://www.flaschools.org | (651) 982-8100 |

Community Education Departments Special Needs

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

| | |
|---|----------------------------------|
| District 11, Anoka-Hennepin, www.ahschools.us | (763) 506-1350 |
| District 12, Centennial, www.isd12.org | (763) 792-6123 |
| District 13, Columbia Heights, www.colheights.k12.mn.us | (763) 528-4540 |
| District 14, Fridley, www.fridley.k12.mn.us | (763) 502-5024 |
| District 15, St. Francis, www.isd15.org | (763) 753-7170 |
| District 16, Spring Lake Park, www.springlakeparkschools.org | (763) 600-5000 or (763) 600-5900 |
| District 831, Forest Lake, www.flaschools.org | (651) 982-8129 |

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

Anoka-Hennepin District 11 Community Education Department. Community education for people with special needs, including access to existing community education programs for persons of 18+, and specialized programs for adults with disabilities.

Parenting / Child Development

Anoka County Children & Family Council (763) 324-1289
www.anokacountychildrenfamilycouncil.org Nurtures collaborative efforts by building bridges & networks between people and agencies who share a vision of a healthier community for children & families.

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 the district may be eligible but would need to provide their 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.

Early Childhood Family Education (ECFE)

Each school district offers many different fun & educational experiences for children ages birth to 5 & their families. Many 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) 528-4518
District 14, Fridley ECFE..... (763) 502-5124
District 15, St. Francis ECFE..... (763) 753-7170
District 16, Spring Lake Park ECFE (763) 600-5900
District 831, Forest Lake ECFE (651) 982-8300

Early Childhood Special Education (ECSE)

District 11, Anoka-Hennepin ECSE (763) 433-4800
District 12, Centennial ECSE..... (763) 792-6120
District 13, Columbia Heights ECSE (763) 528-4540
District 14, Fridley ECSE..... (763) 502-5024
District 15, St. Francis ECSE..... (763) 753-7170
District 16, Spring Lake Park ECSE (763) 600-5900
District 831, Forest Lake ECSE (651) 982-8131

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. JWRC offers prevention education for children, parents, and youth-serving organizations. It also provides advocacy, support, and resources for families of the missing and exploited. JWRC’s sexual abuse prevention education curriculum, Empower Me! Has been rated by the Minnesota’s Children’s Alliance to be among the top 5 curriculums in the nation, delivering age-appropriate prevention curricula to older students, as well as increase public awareness of strategies for preventing child sexual abuse. 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. Zero Abuse Project www.zeroabuseproject.org.

Minnesota State CAREERwise www.careerwise.minnstate.edu

Annual career exploration publications. Includes MN specific occupational details, assistance with making current and future career decisions. Sample copies can be found at CareerForce centers or local libraries.

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 the education of children and families. Provides free car seat inspections for Anoka County residents by appointment.

Small Talk..... **(612) 889-0780**

<https://ammarenting.com/> Sign language for you and your hearing baby. Babies hear and 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. Email: smalltalksign@aol.com

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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. 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.

Teen Parenting Program **(763) 506-3200**

www.ahschools.us/domain/12421 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 childcare.

Child Care & Education

ACCAP, Head Start (763) 783-4300

www.accap.org A free preschool program for children ages birth to 5 of income eligible families. High quality early learning programs serving income-eligible families with children ages birth to five years old and pregnant women. Programs are free for eligible families in Anoka and Washington counties. Provides education, nutrition, mental health, school readiness and parent engagement services to children and families from income eligible households.

Anoka County Child Care Licensing..... (763) 324-1235

www.anokacountymn.gov/660/Family-Child-Care-Licensing Licenses in-home family childcare providers, responds to community inquiries, and concerns, and provides support and resources to providers and parents.

Bridge To Benefits www.bridgetobenefits.org

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

Parent Aware (888) 291-9811

www.parentaware.org Provides families, childcare providers, and communities with information & support for quality childcare. We provide professional growth and development with educational programs, grants, training, consultation.

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.

Early Childhood Family Education (ECFE)

Each school district 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) 502-5124

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

District 16, Spring Lake Park ECFE (763) 600-5900

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

Early Learning Scholarships Pathway I..... (763) 783-4711

www.accap.org Offers scholarships to increase access to high quality early childhood programs for children under the age of 5 with the highest needs, in order to improve school readiness. Priority for scholarships will be given based on family income, child poverty, and geographic region. Scholarship amounts are based on a child's age, location of program and the program's Parent Aware rating.

Help Me Grow: Early Intervention..... 1-866-693-4769

www.helpmegrowMN.org Statewide 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 is available, including screening & evaluation, home-based services from teachers, speech/language clinicians, & occupational or physical therapists, and referral to community resources.

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. See EDUCATION section for School District numbers.

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. See EDUCATION section for School District numbers.

School Readiness 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, and support they need. Children must be at least 3 years old and have not yet started kindergarten to be eligible for these programs. Your school district may offer transportation, and free or reduced tuition based on a sliding fee scale. See EDUCATION section for Community Education phone numbers.

Small Talk..... (612) 889-0780

<https://ammarenting.com/> Sign language for you and your hearing baby. Babies hear and 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. Email: smalltalksign@aol.com

Specialized Child Care Services..... Contact your school district

Some school districts offer childcare services for teen parents who are attending High School. See EDUCATION section for School District numbers.

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

www.extension.umn.edu/local/anoka Provides a variety of educational opportunities.

Child Care Subsidy

Anoka County Child Care Assistance (763) 324-2350
Call for eligibility (763)-324-2360

www.accap.org DHS Child Care Assistance Program provides low-income, working families with access to quality, affordable childcare that allows them to continue working and contributes to the healthy, emotional & social development of the child. Families are required to cost share on a sliding scale based on family size, income, and number of children in care.

Equipment

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 EDUCATION section for ECFE phone numbers.

FAMILY SERVICES

Anoka County Public Health & Environmental Services (PHES) (763) 324-4200

Child & Teen Check-ups (C&TC) (763) 324-4280

Promote health care check-ups for children from birth to 21 years of age who qualify for Medical Assistance, help families find health care providers and community resources.

Family Home Visiting (763) 324-4240

Promotes healthy pregnancy, offers services for postpartum women and newborns, pregnant teenagers, children with special needs, and provides parenting education through public health nurse visits.

Women, Infants, & Children (WIC) (763) 324-4230

Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available.

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, Spring Lake Park, Coon Rapids and Osseo 7 days a week, hours vary by location.

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 JWRC offers prevention education for children, parents, and youth-serving organizations. It also provides advocacy, support, and resources for families of the missing and exploited. JWRC’s sexual abuse prevention education curriculum, Empower Me! Has been rated by the Minnesota’s Children’s Alliance to be among the top 5 curriculums in the nation, delivering age-appropriate prevention curricula to older students, as well as increase public awareness of strategies for preventing child sexual abuse. 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. Zero Abuse Project www.zeroabuseproject.org.

Partnerships for Family Success (763) 324-2463

Provides case management services to families facing multiple barriers to help them move towards self-sufficiency. Provided services include supporting physical, mental, and chemical health needs, increasing independent living skills, accessing community resources, addressing housing, parenting, and safety concerns, and helping families meet personal and county obligations to reduce the need for multiple long-term services. Referrals can be made by county and community providers.

Project Pathfinder, Inc. (651) 644-8515
www.projectpathfinder.org Serve adults & adolescent clients who have deviant sexual thoughts and behavior problems provides assessments, evaluations, telehealth therapy, sex offender treatment programs, classes, and community engagement.

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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. 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.extension.umn.edu/local/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.

Safety

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

Baby Blanket and Beyond (651) 304-0432
Boutique (651) 467-8405
Resource center for mothers in need that provides free infant (size newborn to 6T) & maternity clothing, supplies, diapers, wipes, and support. The boutique is open to anyone with no appointment needed. Offers crib and car seat program where parents can earn a new car seat or crib. (The crib and car seat program only applies to residents of Chisago County and some adjacent communities.)
Email: info@thebabyblanket.org Website: www.thebabyblanket.org

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 appointment.

Cradle of Hope Motherhood Fund..... (651) 636-0637
www.cradleofhope.org Financial aid for pregnancy related expenses. 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. Offers breast pumps, car seats, classes, and doulas.

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 STI/HIV/UTI testing and treatment, annual exams, birth control, pregnancy testing, cancer screening, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program for income eligible patients. Clinic hours: Mon 11 am – 4 pm, Wed 1 pm – 6 pm, and Thurs 11 am – 4 pm. Call for appointment.

Teen Parenting Program (763) 506-3200
www.ahschools.us/domain/12421 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).

Women, Infants, & Children (WIC), Anoka County..... (763) 324-4230
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available.

COMMUNITY INVOLVEMENT

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

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

www.redcross.org Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter’s Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.

AmeriCorps 1-800-942-2677

www.americorps.gov AmeriCorps is your chance to put ideas into action while learning new skills, making new connections, earning money to pay for college/graduate 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 Corp. for National & Community Service, whose mission is to improve lives, strengthen communities, and foster civic engagement through service & volunteering.

Anoka County Child Abuse Prevention Council (CAPC)..... See below

www.anokacountymn.gov/2877/Anoka-County-Child-Abuse-Prevention-Coun. Mission: Educate the Anoka County community in order to prevent the mistreatment of children. New members are always welcome. Please check the website for contact information.

Anoka County Public Health & Environmental Services (PHES) (763) 324-4200

Mission: To improve health through education, prevention, services, regulation, and advocacy in Anoka County.

Anoka County Children & Family Council (763) 324-1289

www.anokacountychildrenfamilycouncil.org To nurture collaborative efforts by building bridges & Networks between people & agencies who share a vision of a healthier community for children & families.

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.

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 Children’s Mental Health (763) 324-1430**
Provides information, community referrals, and assesses requests for children’s mental health services & case management.
- Anoka County Mobile Crisis Response..... (763) 755-3801**
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.
- Alexandra House, Inc., Shelter Program & 24-hour Helpline (763) 780-2330**
www.alexandrahouse.org Emergency shelter for victims of domestic and sexual violence and their children. Free and confidential services include: crisis intervention, advocacy, safety planning, support groups, elderly care, info & referrals, and housing & supportive services.
- Boys Town National Hotline..... 1-800-448-3000**
www.yourlifeyourvoice.org or www.boystown.org Hotline available for children and parents to help with everyday family issues. Website offers text to 20121.
- Greater Twin Cities United Way, 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709**
Anoka County residents can text their zip code to receive information898211
www.211unitedway.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 State of Minnesota. Through the free 211 resource helpline, they act as a bridge, providing confidential information and referrals to statewide resources and services to ensure people have their basic needs met at any time, day or night.
- National Runaway Safeline1-800-RUNAWAY (1-800-786-2929)**
www.1800runaway.org 24 hours every day. Crisis intervention, transportation home for runaway youth, message relay service, information & referral service. Conflict resolution & mediation. Online chat available on website.
- YMCA, Youth Intervention Services Resource Line..... (763) 493-3052**
First point of contact for a youth in need or someone concerned about a youth to get connected to YMCA Intervention Services and other community resources to meet needs varying from basic needs to longer term housing assistance and other services specifically for youth up to age 24. Open 8:00 am – 8:00 pm daily.

Shelter / Housing / Transitional Housing

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

Avenues for Homeless Youth (612) 522-1690
www.avenuesforyouth.org Short-term housing and supportive services for homeless youth.

The Bridge for Youth..... (612) 377-8800
<https://bridgeforyouth.org> 24/7 emergency shelter for youth ages 10-17. Youth have access to temporary shelter in a welcoming, safe environment, along with support, meals, access to healthcare and case management at no cost. The Bridge is a safe and welcoming place for ALL youth, including youth who identify as BIPOC and LGBTQ+. They also offer emergency shelter and supportive housing for pregnant and parenting youth and their children (ages 0-3).

Drop-in Centers

Hope 4 Youth..... (763) 323-2066
www.hope4youthmn.org A drop-in resource center for 16 – 24-year-olds experiencing or at risk of homelessness in Anoka County. Provides a hot meal five days a week. Programming also includes a no cost clothing closet, food pantry, laundry & shower facilities, and a computer lab for job & housing search support. Caring adult mentors and case managers available during open hours. Spanish speaker on site for translation assistance. Center is open to youth Mon, Tues, Thurs 11:00 am - 7:00 pm, Wed 1:00 pm – 7:00 pm, Fri 11:00 am – 5:00 pm.

Youthlink MN (612) 252-1200
www.youthlinkmn.org Drop-in center for homeless (or at risk of being homeless) youth ages 16 to 24. Youth case management services available.

Health & Wellness: Health Care

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

Anoka County Public Health & Environmental Services (PHES) (763) 324-4200

Child & Teen Check-ups (C&TC) (763) 324-4280
Promote health care check-ups for children from birth to 21 years of age who qualify for Medical Assistance, help families find health care providers and community resources.

Family Home Visiting (763) 324-4240
Promotes healthy pregnancy, offers services for postpartum women and newborns, pregnant teenagers, children with special needs, and provides parenting education through public health nurse visits.

Women, Infants, & Children (WIC) (763) 324-4230
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available.

- Child & Teen Medical Center** **(763) 333-7733**
www.childandteenmedicalcenter.com Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interests include ADD/ADHD, asthma, and nutrition. Two locations: 7225 University Ave NE, Fridley 55432 and 11107 Ulysses St NE, Blaine 55434. Call for more information.
- 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 & infant clothing and equipment. Free limited ultrasounds, STD testing, and treatment available.
- Mercy Hospital, Immediate Sexual Assault Nursing Care** **(763) 236-7371**
 Provides immediate health care needs of sexual assault & domestic violence victims within 10 days of the assault. This includes, but is not limited to: pregnancy, STD risk assessment & prevention, and an evidentiary exam if desired. Walk-in services at Mercy & Unity emergency departments with advocate services provided. For non-urgent health care information call (763) 236-4172.
- Neighborhood Health Source, North Metro Clinic** **(763) 783-3722**
www.neighborhoodhealthsource.org Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage & family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers are available that hold pop-up clinics in the community and in schools.
- 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 STI/HIV/UTI testing and treatment, annual exams, birth control, pregnancy testing, cancer screening, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program for income eligible patients. Clinic hours: Mon 11 am – 4 pm, Wed 1 pm – 6 pm, and Thurs 11 am – 4 pm. Call for appointment.
- Planned Parenthood of Minnesota** **(800) 230-7526**
www.plannedparenthood.org/planned-parenthood-north-central-states Reproductive health care & education programs for teens. Topics include: healthy relationships, peer pressure, body image & self-esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, and decision-making skills.

Mental Health & Counseling

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

Anoka County Children’s Mental Health..... (763) 324-1430

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

Anoka County Mobile Crisis Response..... (763) 755-3801

24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

Bar None Omegon (763) 753-2500

www.voamnwi.org/bar-none Omegon provides mental health and chemical health programs in residential setting for males ages 12- 17.

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, Spring Lake Park, Coon Rapids and Osseo 7 days a week, hours vary by location.

Lakes Center for Youth & Families..... (651) 464-3685

www.lc4yf.org Provides counseling, intervention, and enrichment services to local youth and families. Counseling is offered to all ages, onsite and via telehealth. Insurance is accepted and a sliding scale fee is available. Intervention services help teens develop positive decision making. Enrichment services provide opportunities for children outside of the school day.

Lee Carlson Center, Mental Health and Wellbeing (763) 780-3036

www.leecarlsoncenter.org Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers foster care therapy. Office hours M - TH 8:00 am – 5:00 pm.

Mental Wellness Campaign Anoka County (MWCAC) www.mwcac.org

www.mwcac.org We are a non-profit organization. Our mission is to erase the stigma surrounding mental health through awareness, education, and engagement. Our purpose is to reach out to the entire community with the message: “Mental health is as important as physical health.” Visit our website or Facebook page: Mental Wellness Campaign.

Northland Therapy Center..... (651) 641-1009

www.northlandtherapycenter.com An outpatient mental health clinic serving primarily adult individuals, couples & adolescents with expertise in working with sexual orientation issues and trauma. All are welcome, focus is on the LGBTQ+ community.

North Suburban Counseling Center (763) 784-3008
www.northsuburbancounselingcenter.org Sliding fee. Services for individuals, families, and adolescents ages 16+. Psychiatric medication evaluations available. MA accepted. Most insurance accepted.

People Incorporated (651) 774-0011
www.peopleincorporated.org Offers individual, group, family, and marital therapy. Anger management and domestic abuse groups for perpetrators are also available. Most insurance is accepted. Sliding fee. Monday - Thursday 9 am – 7 pm, Friday 9 am – 1 pm.

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 Mon 12 -8 pm Tues/Wed/Fri 12-6 pm, Thurs 10 am – 6 pm EST. 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 Bridge for Youth..... (612) 377-8800
<https://bridgeforyouth.org> 24/7 emergency shelter for youth ages 10-17. Youth have access to temporary shelter in a welcoming, safe environment, along with support, meals, access to healthcare and case management at no cost. The Bridge is a safe and welcoming place for ALL youth, including youth who identify as BIPOC and LGBTQ+. They also offer emergency shelter and supportive housing for pregnant and parenting youth and their children (ages 0-3).

The Family Partnership, School-Linked Mental Health (SLMH) (612) 314-5576
www.thefamilypartnership.org Accepts referrals from parents, school staff, and clients themselves who are looking for help in addressing possible mental health concerns in the school setting, such as depression, anxiety, trauma, difficulty adjusting to change, difficulties with motivation & grades, and social difficulties. Our staff work directly in the school to help improve access to students and to make scheduling easier. Serves Pre-K and 0–5-year-olds. Located in Hennepin County.

Tubman, Chrysalis Center (612) 871-0118
www.tubman.org Provides programming, support, therapy, advocacy. For families of children preschool to high school age.

Other Resources

Alexandra House, Inc., Youth Services..... **24-hour hotline (763) 780-2330**
www.alexandrahouse.org Provides housing services, supportive services, and community/legal advocacy to victims of domestic and/or sexual violence.

Anoka County Children & Family Council (763) 324-1289
www.anokacountychildrenfamilycouncil.org Nurtures collaborative efforts by building bridges & networks between people and agencies who share a vision of a healthier community for children & families.

Anoka County Economic Assistance (SNAP/Food Support).....(763) 422-7200
1201 89th Ave NE, Blaine 55434. Call for information on SNAP (Food Support), cash assistance and healthcare services. Monday - Friday 8:00 am - 4:30 pm. All services are by appointment only.

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-on-1 relationship with a caring adult. Children ages 8-12 years old 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 friendships.

CareerForce in Blaine, Empowers Youth Program..... (763) 324-2284
www.anokacountymn.gov/1293/Empowers-Through-Program Anoka County Empowers receives state and federal funds to provide employment and training opportunities to out-of-school residents of Anoka County ages 16 - 24 and in-school residents ages 14 - 24. The Anoka County Empowers program emphasize services to out-of-school & disconnected young adults, high school dropout recovery, and attainment of recognized postsecondary credentials. It prepares vulnerable young job seekers for successful employment. Contact us for questions or to have an application mailed. Applications are also available on our website.

Community Partners with Youth (CPY)..... (651) 633-6464
www.cpyymn.org 1900 7th Street NW, New Brighton 55112. After school and summer program for youth in grades K – 8.

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. Offers breast pumps, car seats, classes, and doulas.

Mediation Services for Anoka County (763) 422-8878
www.mediationservice.org Since 1987, Mediation Services for Anoka County (MSAC), a 501(c) (3) agency, has been helping families, neighborhoods, schools, landlords, tenants, businesses, and consumers to resolve conflict through education, mediation, and restorative services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching, and restorative practices.

Tough Love..... (763) 391-2630
Recorded message. A self-help program for parents troubled by teen behavior. Offers parent support groups.

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 (763) 230-9622

Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 (763) 785-7882

www.ymcanorth.org Provides youth/adult health & wellness programs and activities such as aquatics, recreation, youth development, and sports. Day & sleepover camps are also available.

Youth First- Community of Promise **(763) 421-8530**
www.youthfirst.net Serving Andover, Anoka, Coon Rapids, and Ramsey youth. Aims to actively engage youth, their families, and the community to ensure youth have the 5 fundamental promises they need to succeed: Caring adults, Safe places, A healthy start, Effective education, Opportunities to help others.

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.

ACCAP, Senior Programs www.accap.org

Visit our website. Click on ACCAP Programs and scroll down to the Senior Service you are looking for to obtain the number for the appropriate program.

Extended Care Providers..... www.extendedcare.com

Social Security Administration **Apply 1-800-772-1213**

Forms Assistance & Questions..... **(763) 324-2424**

Outreach & Referral

ACCAP, Senior Information Line **(763) 783-4707**

www.accap.org/senior-services/sil This Anoka County information & assistance line can link older adults & their families to services & opportunities. Trained staff & volunteers run this free service and follow up with callers. Office hours: Monday-Friday 8 am – 4 pm. Residents outside of Anoka County call the Senior Linkage Line at 1-800-333-2433.

ACCAP, Senior Outreach **(763) 783-4741**

www.accap.org/senior-services/outreach Senior Outreach Workers help older adults age 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 available. No fee.

Greater Twin Cities United Way, 2-1-1 **2-1-1 or (651) 291-0211 or 1-800-543-7709**

Anoka County residents can text their zip code to receive information **898211**
www.211unitedway.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 State of Minnesota. Through the free 211 resource helpline, they act as a bridge, providing confidential information and referrals to statewide resources and services to ensure people have their basic needs met at any time, day or night.

SeniorResource www.seniorresource.com

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

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, please see the Transportation section under BASIC NEEDS.

Anoka County MedLink..... **(763) 324-3255**

<http://www.anokacountymn.gov/medlink> MedLink is a volunteer program providing rides in the volunteer’s personal vehicles. It is available for Anoka County residents only who are 60+ or Veterans. Medlink provides rides for medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8 am - 4:30 pm. There is no charge, however, donations are accepted.

Anoka County Transit (763) 324-3250
Fixed Route Schedule information from Metro Transit (612) 373-3333
Transit Link reservations & cancellations, Mon – Fri 7:00 am - 3:30 pm.....(651) 602-5465
Metro Mobility East reservations & cancellations, 6am - 5pm with holiday availability(651) 602-1120
Metro Mobility Service Center (651)-602-1111
www.anokacountymn.gov/transit Transit Link is a service available in the seven-county metro area. All vehicles are lift equipped. A fare is required.

Anoka Senior Center (763) 576-4661
 Transportation to and from Anoka Senior Center ONLY. Senior dining Tuesday-Friday. Shopping trips to Cub on Tuesday, Wednesday & Thursday when bus is available.

Coon Rapids Senior Services (763) 767-6473
 Transportation provided to seniors within Coon Rapids city limits to Senior Center activities. Transportation for groceries is available.

Mary Ann Young Center (763) 786-9375
 Transportation to and from Mary Ann Young Center in Blaine. Only for activities, dining, and special events. Call for a reservation.

Metro Mobility **Service Center (651) 602-1111**
Anoka County residents, East Zone..... **Appointment Line (651) 602-1120**
www.metromobility.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. Certification can take up to 21 days for approval. All vehicles are wheelchair accessible. Consult website for hours.

Minnesota Non-Emergency Transportation (MNET) **1-866-467-1724**
 Public transportation is provided to clients on Medical Assistance. Try to schedule trips three days in advance. Can request rides on www.medicaltrip.net.

| |
|-------------|
| Food |
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Family Table **See BASIC NEEDS: Food**

Fare For All (763) 450-3880
www.fareforall.org A non-profit distribution program open to everyone, regardless of income. No registration required. Food packages of frozen meat, fruits and vegetables are offered at a savings of 40% off retail. For all locations and times, visit the website or call.

Help at Your Door (651) 642-1892
www.helpatyourdoor.org Provides grocery shopping with delivery, transportation, and homemaker services to seniors and individuals with disabilities so that they can remain independent, safe, and in their own homes. Call for more information or to request services.

Meals on Wheels/Impact Services..... (763) 264-4041
 Provides hot noon meals delivered Monday through Friday to homebound persons who are nutritionally at risk, have a disability, or recovering from a recent hospital stay. Weekend meals may also be available. Serves individuals on County waiver and Alternative Care programs, as well as those paying privately. Serving all of Anoka County and the city of Champlin.

Mom's Meals.....1-866-204-6111
www.momsmeals.com 3210 Corporate Woods Drive, Ankeny, IA 50021. An independent company that offers fresh meals to meet the needs of individuals who are 60+, that have disabilities. Meals are prepared, packaged, and shipped to customers in ready to heat & eat containers (will remain fresh in your refrigerator for two full weeks). Serves individuals on county waiver and alternative care programs, as well as those paying privately.

Optage Senior Dining Choices..... (651) 746-8280
www.optage.org Division of Presbyterian Homes. Locally prepared fresh, fully cooked meals delivered to your home weekly. 60+ fresh/frozen entrees to choose from that can quickly be re-heated in microwave or oven. Friendly, local drivers deliver, help put meals away, and answer questions. Must order a minimum of 5 meals: no delivery charge. Accepts waivers, insurance, Title 3 funding, and private pay. Can order by phone or email: orders@optagedining.org.

Senior Dining

The Volunteers of America offer a hot, balanced meal and social activities at various locations throughout the area. Please call to verify age requirements and costs. Reservations are required 4 working days in advance. Please call your local senior center for other dining options. Dining is provided at these locations:

Anoka Senior Center, Tues-Fri at Noon (763) 427-6646

Mary Ann Young Center, Blaine, Mon-Fri..... (763) 780-4318

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 Greater Twin Cities United Way 2-1-1 or the Minnesota Food Helpline at 763-450-3860 for further assistance.

See BASIC NEEDS: Food Shelves.

Home Services

For a list of home health care agencies, contact Family Home Visiting at (763) 324-4240.

ACCAP, Chores & More (763) 783-4767
www.accap.org/senior-services/chores-more For older adults 60+ in Anoka County. We do various household services including housekeeping, minor home repairs, and seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Trellis as part of the 'Older Americans Act Program.'

Anoka County Library, Books by Mail..... (763) 324-1529
www.anokacountymn.gov Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.

Family Caregiver Connection..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection Group respite services provided at multiple locations. 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. Support groups are available for caregivers & their families throughout Anoka County. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

Home Modification Agencies (763) 783-4707

For a list of home modification agencies, please contact ACCAP’s Senior Information Line.

Long Term Services & Supports (LTSS), Anoka County (763) 324-1450

Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home and Community-Based Waivers.

Moving Services (763) 783-4707

For a list of moving services, please contact ACCAP’s 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 dealing with an end stage terminal or life-threatening illness.

Safety & Security Checks

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 www.getasmokealarm.org

Minnesota Adult Abuse Reporting Center, 24-hour.....1-844-880-1574

www.mn.gov/dhs/reportadultabuse Toll-Free number that allows the general public to report suspected maltreatment of vulnerable adults confidentially and in good faith. Reports will be submitted promptly to the appropriate investigative agency.

Crest View Safe Haven Services..... (763) 782-1601

www.crestviewcares.org Safe Haven services are available for any elder who has been abused. We offer a place where elders can come and live either short term or long term at one of the Crest View Senior Community sites. Call to refer someone to the Crest View Safe Haven Program.

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

www.sbmfire.org 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, and juvenile fire setting program. Provides CPR training for a small fee.

Life Alert Systems (763) 783-4707

For a list of Life Alert Systems, contact ACCAP’s Senior Information Line.

Rebuilding Together Minnesota..... (651)776-4273

www.RtMN.org Bringing volunteers and communities together to improve the homes & lives of low-income homeowners. Providing no-cost home repairs for homeowners particularly older adults, individuals living with disabilities, families with children, and veterans

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 & Implants **(320) 910-0078 or 1-800-649-1532**
www.affordabledentures.com Mon – Fri 8 am – 4 pm. By appointment only. 100-day satisfaction guarantee on dentures

Allina Home Health & Community Services **(651) 635-9173**
Provides coordinated care and services for patients and families across care settings. Services include home care, advanced illness care, or end of life care.

Alzheimer’s Association, MN & ND Chapter **1-800-272-3900**
www.alz.org/mnnd Care support resources available including: 24-hour telephone support, information on memory loss, referrals regarding support groups for persons with Alzheimer’s disease & their families, and safe return program.

Centro Tyrone Guzman..... **(612) 874-1412**
www.centromn.org 1915 Chicago Ave S, Minneapolis, MN 55404. Committed to contributing to the well-being of Latine families through a holistic and intergenerational approach to education, health, and wellness. Senior, preschool, and youth programs available. Also offers Alzheimer’s resources and support.

Courage Kenny

Burnsville, 12400 Portland Ave S, #140 **(952) 428-0400**
Forest Lake, 1467 N Lake St (Hwy 61). Pediatric & adult therapies (OT, PT, speech)..... **(651) 464-5235**
Golden Valley, 3915 Golden Valley Rd..... **(612) 775-2499**
Stillwater, 1460 Curve Crest Blvd **(651) 241-3820**
Rehabilitation and 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.

Deaf & Hard of Hearing Services- Metro Office.....**(651) 431-5945 or (800) 657-3663**
Video Phone..... **(651) 964-1514**
dhs.dhhsd@state.mn.us Deaf and Hard of Hearing Services provides information, resources, and empowerment opportunities to assist Minnesotans who are deaf, deaf blind and hard of hearing and their family to effectively access service in their communities. There are six regional offices throughout the state. The Metro office serves Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties.

Donated Dental Services..... **(651) 454-6290**
www.dentallifeline.org Non-profit program dedicated to assisting people who are disabled, elderly or medically at risk and have no other way to obtain dental care. Volunteers offer their services. No emergency treatment. Patients must lack adequate income to pay, have a permanent disability, are 65+, and are medically fragile.

- Epilepsy Foundation of Minnesota** (651) 287-2300 or 1-800-779-0777
www.efmn.org info@efmn.org The Epilepsy Foundation of Minnesota leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures and save lives. The EFMN has programs and services for those affected by epilepsy including picking up used clothing. Serves all of MN and the eastern part of North Dakota.
- Footcare**763-502-5150
 Nurse will clean and assess feet, trim and file toenails, work on fungal and ingrown nails and provide non-invasive treatment of corns and callouses, followed by a foot rub. This is not a salon pedicure. Payment due at time of service. By Appointment Only. 2nd Thursday every month at the Fridley Senior Center.
- Health Insurance Counseling Program** 1-800-333-2433
www.mn.gov/senior-linkage-line/ Free service to seniors, persons with disabilities, and caregivers living in Anoka County. Certified staff & volunteers provide confidential help with Medicare questions, supplemental insurance, medical bills, prescription drug programs, long term insurance, and more.
- Long Term Services & Supports (LTSS), Anoka County** (763) 324-1450
 Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home & Community-Based Waivers.
- M-power Wellness Center** (651) 257-7957
www.mpowerwellnesscenter.com Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, nutritional counseling, and art programming. Heated Pool. Serving Adults 35+.
- Med-Alert Bracelets**.....Ask your local pharmacy
- Medicare Customer Service** 1-800-MEDICARE (1-800-633-4227)
www.medicare.gov
- Medicare Partners** 1-888-541-5488
 Helps eligible low-income patients on Medicare obtain treatment from participating healthcare providers. These healthcare providers have agreed to consider a waiver of the Medicare co-payments and deductibles. Participants cannot be enrolled in an Advantage Plan nor receive MA benefits. It is not a form of insurance and there are no premiums, however, there is a required \$45 application processing fee.
- Mesothelioma/Asbestos**..... 1-855-457-2851
www.asbestos.com Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.
- MinnesotaCare Information Line** (651) 297-3862
 MN residents who do not have and cannot afford health insurance may be eligible for very low-cost coverage through MN Care. Available to adults and children who meet specific guidelines. Covers most medical needs, including visits to doctors, most prescriptions, some dental, hospitalization, etc. Cannot be on Medicare.

- Minnesota Network of Hospice & Palliative Care** (651) 659-0423 or (651) 917-4616
www.mnhpc.org Call to find a local program or get more information about hospice, end of life health care options, or education programs.
- Office of the Ombudsman for Long Term Care**..... (651) 431-2555 or 1-800-657-3591
 Works to ensure the health, safety, welfare, and rights of adults ages 18+ living in nursing homes or receiving home care services in assisted living settings or their own homes, and Medicare beneficiaries with concerns regarding hospital access, denial of services, or premature discharge. Provides consumer education, investigates complaints, and helps to resolve disputes between consumers and providers of care services.
- Senior Recovery Program**..... (651) 773-0473
www.seniorrecoverycenter.org 200 E Plato Blvd St Paul 55107. A nonprofit organization dedicated to providing both treatment and ongoing support for men and women, age 50+, who are abusing or have become dependent on alcohol, street drugs, or prescription medications. Insurance assessments available.
- State Services for the Blind, Minnesota**..... (651) 539-2300
www.mn.gov/deed/ssb Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, and computer technology.
- Support Groups for Seniors**..... (763) 783-4707
 For information, contact ACCAP’s 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 dealing with an end stage terminal or life-threatening illness.
- Telephone Equipment Distribution Program** 1-800-657-3663 (toll free) or (651) 431-5945
Video Phone (651) 964-1514
www.mn.gov/deaf-hard-of-hearing E-mail: dhs.dhhsd@state.mn.us The TED Program provides telephones on a long-term loan basis at no cost to eligible Minnesotans. We serve people of all ages who have difficulty using regular telephones due to any of the following: hearing loss, speech disability, or physical disability.
- Unity Chemical Dependency Services** (763) 236-4500
www.allinahealth.org Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.
- University of Minnesota, Dental School** (612) 625-2495
www.dentistry.umn.edu 515 Delaware St. SE. Minneapolis. Set fees based on work done by students, grad student with faculty members. Accepts cash, check, credit card and insurance.
- Vision Loss Resources**..... (612) 871-2222
www.visionlossresources.org 3230 Spruce St Little Canada, MN 55117
 Provides senior services and rehabilitation services. Deaf/Blind Services MN

Mental Health & Companionship Programs for Seniors

ACCAP, Senior Kinship Program..... (763) 783-4745
www.accap.org/senior-services/kinship/ Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors. Clients must be referred to the program, cannot be on a waiver program and must qualify to receive services. Waiting lists apply.

Anoka County Mobile Crisis Response..... (763) 755-3801
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

Anoka Metro Regional Treatment Center..... (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Facility has an auxiliary and the volunteers staff the snack bar and general store, provide special events.

Family Caregiver Connection..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection Group respite is provided at multiple locations. 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. Support groups available for caregivers & their families throughout Anoka County. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

Geriatric Mental Health Programs

Unity Hospital Fridley..... (763) 236-4464

United Hospital St. Paul (651) 241-8000

Provides inpatient comprehensive psychiatric, cognitive, medical, and functional assessments in a safe & secure setting for persons 65+.

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

www.metropsychologysupport.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, and educational functioning.

Mental Wellness Campaign Anoka County (MWCAC) www.mwcac.org

www.mwcac.org We are a non-profit organization. Our mission is to erase the stigma surrounding mental health through awareness, education, and engagement. Our purpose is to reach out to the entire community with the message: “Mental health is as important as physical health.” Visit our website or Facebook Page: Mental Wellness Campaign.

North Suburban Grief Support Coalition – Growing Through Loss..... (763) 755-5335

Coalition of faith communities and 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.

People Incorporated (651) 774-0011
www.peopleincorporated.org Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. M - Th 9 am – 7 pm, Fridays 9 am – 1 pm.

Riverwind IRTS (Intensive Residential Treatment Services)..... (763) 862-7944
www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

Support Groups for Seniors..... (763) 783-4707
For information, contact ACCAP’s 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 dealing with an end stage terminal or life-threatening illness.

Unity Chemical Dependency Services (763) 236-4500
www.allinahealth.org Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016. Developing programs geared for seniors.

Well-Spouse Association..... 732-577-8899
www.wellspouse.org Offers emotional support through peer-to-peer support groups and other resources for caregiving spouse or partner. Member based organization that is non-profit.

Adult Day Programs

Daily Senior Care (651) 653-0660
7933 24th Ave N, Lino Lakes 55038. Adult day care. Serves all ages. Provides transportation. Overnight respite and live-in options available.

North Ridge Heartland Rehab (763) 592-2600
www.northridgehealthandrehab.com Dementia Care for vulnerable adults in need of supervision, socialization, and/or skilled nursing services during the day in a secure environment. Services are available Monday - Friday 7:00 am – 5:00 pm.

Park House..... (763) 360-3322
www.parkhousemn.com 12345 Butternut St. NW, Coon Rapids 55448. Adult day care provided in a loving home. Can serve up to 8 clients. Monday - Friday 6 am – 6 pm.

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.

Anoka County Adult Foster Care (763) 324-1230

Licensed living arrangement in a private home that provides food, lodging, supervision, and household services for qualified individuals who need assistance with everyday personal care due to developmental disability, mental illness, physical disability, or aging.

Emergency Housing..... (763) 427-1212

Call this number if it is after 4:30 pm & you are without shelter.

Housing for Seniors..... Senior Information Line (763) 783-4707

Information on subsidized, market rate, housing with services, and other housing options.

Metro Shelter Hotline..... 1-888-234-1329

Senior Housing Directory www.seniorhousinginc.org

Senior Housing Directory is Minnesota's original housing and services resource. For a free printed copy, call the Senior LinkAge Line at 1-800-333-2433 or the ACCAP Senior Information Line at (763) 783-4707. Copies are also available for pick up at the Blaine Human Service Center, 1201 89th Ave NE, Suite 100, Blaine, MN. Visit www.careoptionsnetwork.org to search the information online; no personal data required. Free.

Twin Cities Housing Guide & Resources..... (651) 690-3141

www.seniorhousingguide.us Email: contact@seniorhousingguide.us

Legal and/or Advocacy for Seniors

ACCAP, Foreclosure Prevention (763) 783-4851

www.accap.org For people who are facing default/foreclosure. We work with your lender to help find you resources.

ACCAP, Senior Outreach (763) 783-4741

www.accap.org/senior-services/outreach Senior Outreach Workers help older adults age 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, nutritional resources, home services, fuel assistance, etc. Assistance with paperwork, forms, & applications available. No fee.

Alexandra House, Inc., Community Program (763) 576-9999

www.alexandrahouse.org Shelter, crisis intervention, support groups and legal advocacy for victims of domestic and sexual violence. Also provides elderly care. Elder abuse can occur in many forms, such as physical, verbal, mental, emotional, financial, sexual and health care.

American Association of Retired Persons (AARP) (952) 883-8800 or (952) 858-9040

www.aarp.org A national advocacy & information organization for persons 50 years or older. Tax aides & information available. Information on support groups, insurance information, grief & loss programs, legal services, medical & medication discounts, and many more topics available. Located at the Mall of America.

Estate & Elder Law Services at Volunteers of America MN..... (612) 676-6300
www.voamnwi.org/estate-elder-law-services Email: estateandelderlaw@voamn.org. Elder law services include estate planning, will preparation, establishment of trusts, advance care directives for health care, powers of attorney, disability planning, Medical Assistance advice & planning, special needs trusts, real estate matters, probate, conservatorships, and guardianships. Strong advocates for the interests of elders and their families.

Family Caregiver Connection..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver/Connection Volunteers provide a break to caregivers of older adults. Care receivers must be 55+ years old & unable to be left alone for more than 2 hours. Support groups available for caregivers & their families. Individualized caregiver coaching, counseling & education, caregiver support groups, group respite, health & spiritual connections, and community educational opportunities. Group respite is provided at multiple locations.

Minnesota Network of Hospice & Palliative Care..... (651) 659-0423 or (651) 917-4616
www.mnhpc.org Call to find a local program or get more information about hospice, end of life health care options, or education programs.

Office of the Ombudsman for Long Term Care (651) 431-2555 or 1-800-657-3591
Advocate for health care, long-term care, hospital, and nursing home care for older persons and vulnerable adults.

Representative Payee List..... Sr Info Line (763) 783-4707
Agencies provide money management for clients receiving government benefits and having trouble managing their finances. Call Senior Information Line for a list of Representative Payees.

Twin Cities Metro LGBTQ Aging Resource Guide..... www.lgbtqagingcenter.org

Veterans Service Office, Anoka County (763) 324-4500
Fax Number (763) 324-1040
www.anokacountymn.gov/veterans Helps veterans apply for healthcare benefits and disability services.

Educational Opportunities for Seniors

55 Alive Driving / Defensive Driving Class for SeniorsSenior Information Line (763) 783-4707
Refresher course for seniors. Earn discount on car insurance. Many senior centers & clubs offer classes. Call Senior Information Line for locations and schedules.

American Association of Retired Persons (AARP), (952) 883-8800 or (952) 858-9040
www.aarp.org Driver safety classes available.

Anoka County Library, Books by Mail..... (763) 324-1529
www.anokacountymn.gov 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) 433-1100
www.anokaramsey.edu/events Seniors can audit classes. The college also welcomes seniors to attend various theatre events, music concerts, art shows and sales at the campus. Visit www.anokaramsey.edu/campus-life/art-creative-writing-music-theatre for more information.

Community Education Programs for Seniors.....See EDUCATION: Community Education
Provides educational opportunities for seniors, such as Adult/Basic Continuing Education programs (GED or refresher programs). For further information, call your school district.

Family Caregiver Connection..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection Provides educational opportunities to caregivers through support groups and community education events. Topics include estate planning, self-care, medication management, positive aging, depression, coping with grief & loss, understanding memory loss, etc.

Minnesota Highway Safety & Research Center: St. Cloud University.....1-888-234-1294
www.mnsafetycenter.org

Minnesota Safety Council (651) 291-9150
www.minnesotasafetycouncil.org Senior Driver classes available. Click on “drive safe.”

Employment Opportunities for Seniors

Senior Community Service Employment Program, Anoka County (SCSEP)..... (763) 324-2284
Employment and Training program for Anoka County older workers, aged 55 or older. Provides part-time employment opportunities at community service worksites. Career Counselor can also assist with jobs, resume writing, interview skills and help accessing community resources. For more information, please visit our website at www.anokacountymn.gov/1284/Senior-Employment

Social Opportunities for Seniors

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) 767-5159**
Anoka Senior Center, 1500 6th Ave S, Anoka 55303..... **(763) 576-4661**
Mary Ann Young Center, 9150 Central Ave NE, Blaine 55434 **(763) 786-9375**
Columbia Heights Senior Center, 530 Mill St, Columbia Heights 55421 **(763) 706-3735**
Coon Lake Senior Center, 182 Forest Rd, East Bethel 55092 **(651) 464-6711**
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) 367-7868**
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) 982-2440**
Linwood Senior Center, 22817 Typo Creek Dr, Stacy 55079..... **(651) 462-5565**

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 ACCAP's Senior Information Line. Many area churches also have their own Senior Clubs & activities.

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

Trips & Tours

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

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 **(763) 230-9622**

Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 **(763) 785-7882**

www.ymcanorth.org Offers several group fitness programs for seniors in a safe, climate-controlled environment. Arthritic swim sessions.

Volunteer Opportunities for Seniors

ACCAP, Chores & More (763) 783-4767

www.accap.org/senior-services/chores-more For older adults 60+ in Anoka County. We do various household services including housekeeping, minor home repairs, and seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Trellis as part of the 'Older Americans Act Program.'

ACCAP, Head Start (763) 783-4300

www.accap.org Early learning childhood programs in Anoka & Washington counties. Volunteers are needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

ACCAP, Senior Kinship Program..... (763) 783-4743

www.accap.org/senior-services/kinship Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors. Clients must be referred to the program, cannot be on a waiver program and must qualify to receive services. Waiting lists apply.

Alexandra House, Inc. Shelter Program & 24-Hour Helpline..... (763) 780-2330

www.alexandrahouse.org Community based nonprofit organization that provides housing & supportive services and community/legal advocacy to victims of domestic & sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator. Also provides elderly care.

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

www.redcross.org Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter’s Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.

Anoka County Retired & Senior Volunteer Program (R.S.V.P.) (763) 324-1661

Offers opportunities to individuals 55+ to participate in their communities through volunteer services.

Family Caregiver Connection..... (763) 324-1608

www.anokacountymn.gov/655/Family-Caregiver-Connection Volunteers needed to provide in-home visits to 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 and a site coordinator as well as FCC Staff overseeing the program. Training is provided.

Hands on Twin Cities (612) 379-4900

www.handsontwincities.org We inspire, equip, and mobilize people to provide hands-on impact to solve the most pressing challenges in our communities. Several thousand volunteer opportunities are available listed on our website.

Health Insurance Counseling Program..... 1-800-333-2433

www.mn.gov/senior-linkage-line 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 Centers, Churches, Hospitals, & Nursing Homes are always looking for volunteers!

VETERAN SERVICES

988 Suicide & Crisis Lifeline.....9-8-8 or (800) 273-8255 (TALK)
24-Hour telephone crisis counseling, information, and referral line.

Anoka County MedLink..... (763) 324-3255
<http://www.anokacountymn.gov/medlink> MedLink is a volunteer program providing rides in the volunteer’s personal vehicles. It is available for Anoka County residents only who are 60+ or Veterans Medlink provides rides for medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8 am - 4:30 pm. There is no charge, however, donations are accepted.

Anoka Disabled American Veterans (763) 245-2585
Veterans helping veterans. Accepts donated clothing & small household items. Call for more information.

Disability Hub MN 1-866-333-2466
Information and referral services for persons with disabilities.

Military.com.....www.military.com

Minnesota Assistance Council for Veterans.....www.mac-v.org

CareerForce in Blaine..... (763) 324-2300
Veteran Employment Representative (763) 257-4077
www.careerforcemn.com/blaine Provides services to meet the career, employment, and training needs. Services include career lab with personal computers, internet access, job leads and referrals, labor market information, and phone center. Workshops assist in career planning, job search, networking, interviewing skills, and resume writing. Workshops are currently online and virtual.

DAV Metro Transportation (612) 467-2768
www.davmn.org/our-programs/veteran-transportation Assists veterans in the metro area to get to their appointments at the Minneapolis VA Hospital. Mon-Fri 9 am – 1 pm.

Minnesota Department of Veterans Affairs..... www.mdva.state.mn.us

Soldier & Family Readiness (888) 234-1274
Provides assistance, resources and referrals to soldiers, military families and people serving in the national guard.

Veterans Affairs Medical Center, Minneapolis..... Main (612) 725-2000
Mental Health Care (612) 467-4010
Northwest Metro VA Clinic (612) 467-1100
www.minneapolis.va.gov/services/ars.asp ADS (Addiction Disorder Section).

Veteran Caregiver..... www.veterancaregiver.com

Veterans Crisis Line.....1-800-273-8255 & (Press 1)

Online chat & text are available to all Veterans, their families, and friends, even if they are not registered with VA or enrolled in VA health care. Chat at www.veteranscrisisline.net or text to 838255.

Veterans Lake..... (763) 441-4086

www.veteranslake.com Provides events to support Minnesota's fallen heroes.

The Anoka Vet CenterAnoka (763) 503-2220

101 5th Street E, #101, St Paul 55101; 700 East Main Street, Anoka 55303. Part of Veterans Affairs. Provides veteran education, referrals, and services for combat/noncombat veterans.

Veterans Linkage Line1-888-LinkVet (1-888-546-5838)

Toll free service line for all Minnesota veterans. Provides information and referrals.

Veterans Service Office, Anoka County (763) 324-4500

Fax Number (763) 324-1040

www.anokacountymn.gov/veterans Provides counseling, claims services, referral, and assistance in accessing services in 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 Provides training, retraining, employment, and economic development opportunities for unemployed & underemployed multi-cultured people in a culturally conducive atmosphere that addresses the needs of the whole person & families. Programs and services are open to qualifying persons.

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

1201 W River Parkway, Minneapolis 55454. The American Red Cross Restoring Family Links program helps to locate family members separated internationally by armed conflict and other humanitarian emergencies, including international disasters. Messaging services are provided once a family member is located. There is no charge for these services, however, financial assistance is not provided once a reconnection is made.

Centro Tyrone Guzman. (612) 874-1412

www.centromn.org 1915 Chicago Ave S, Minneapolis 55404. Committed to contributing to the well-being of Latine families through a holistic and intergenerational approach to education, health, and wellness. Senior, preschool, and youth programs available. Also offers prenatal classes, family engagement programs and Alzheimer's resources and support.

Comunidades Latinos Unidos En Servicio (CLUES)

Minneapolis, 777 E Lake St, Minneapolis 55407..... (612) 746-3500

St. Paul, 797 E 7th St, St. Paul 55106 (651) 379-4200

www.clues.org Offers information and referral services for bilingual & bicultural advocacy, individual & family cross-cultural counseling, employment, education, elder wellness, Latino learning, mental health, family services, and chemical health.

Confederation of Somali Community in Minnesota (612) 338-5282

Helps connect individuals with wraparound resources and assistance on housing, jobs and training, health services, legal advice, domestic services, immigration assistance and youth services.

Department of Indian Work..... (651) 789-3849

www.interfaithaction.org Offers American Indian Youth Enrichment Program, family education, diabetes series, emergency food, clothing shelves, and referrals to community resources. Services the American Indian population of the east metro. Monday 1 pm – 5 pm, Tues - Thurs 9:30 am - 2:30 pm.

English Learning Center (612) 874-9963

Serves adult (Ages 18+) immigrants and refugees. Offers ESL and citizenship classes online and in-person. Monday-Thursday mornings and evenings.

International Institute of Minnesota (651) 647-0191

www.iimn.org 1694 Como Ave, St. Paul 55108. Helping new American's achieve self-sufficiency and successful adjustment to American life.

- Korean Service Center** (612) 342-1345
www.kscmn.org 630 Cedar Ave S, Suite B1, Minneapolis 55454. This program connects people to testing, vaccinations, and other resources. Offers welfare benefit assistance, housing, translation, interpretation, individual counseling, assisted living, and caregiver support program. Covid-19 Community Coordinators Program. Also Offers Senior Mentor Programs.
- Metro North Adult Basic Education** (763) 433-4200
www.metronorthabe.org Email: info@metronorthabe.org Offers free classes for adults including ESL (English as a Second Language), GED preparation, Minnesota State diploma, college entrance preparation, basic reading, writing, and math brush up. Classes offered at multiple locations with various schedules including morning and evening classes.
- Minnesota Department of Human Rights** (651) 539-1100
TTY (Hearing Impaired) 711 or 1-800-627-3529
www.MN.gov/mdhr Enforces MN Human Rights Act. Investigates charges of discrimination in employment, housing, public accommodation, education, and public services.
- Neighborhood Justice Center** (651) 222-4703
www.njcinc.org Email: info@njcinc.org
 Nonprofit criminal defense and criminal expungement for Dakota, Ramsey, and Washington Counties.
- Russian Orthodox Church of the Resurrection of Christ Monastery** (763) 574-1001
 Offers Russian & English interpretation and translation services. Also offers Russian language classes.
- Southern Minnesota Regional Legal Services, Central Office** (651) 222-4731
TollFree 1-888-575-2954
www.smrls.org Advice and representation in non-criminal civil legal matters that are critical to the clients' basic needs.
- Tubman** **Crisis Line (612) 825-0000**
Business Line (612) 825-3333
www.tubman.org 1725 Monastery Way, Maplewood 55109. 24-hour resource line and shelter services. East Metro Legal Services focusing on Order for Protections. Youth housing and programs also available.

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

- Northland Therapy Center**..... (651) 641-1009
www.northlandtherapycenter.com An outpatient mental health clinic serving primarily adult individuals, couples, and adolescents. Expertise in working with individuals navigating chronic illnesses, sexual orientation issues, and trauma. All are welcome, but focus is on the LGBTQ+ community.
- The Family Partnership, Mental Health Counseling** (612) 728-2061
www.thefamilypartnership.org Counseling for children, teens, couples, families, and individuals. DSWAP services are offered free of charge from Fall to Spring to underrepresented communities, including low or no-cost therapy services. Provides speech, physical, play, and occupational therapies. Insurance is accepted. We are a state-certified (Rule 29) licensed mental health care provider. Located in North and South Minneapolis but serves all of Hennepin County.
- Twin Cities Metro LGBT Aging Resource Guide** www.lgbtqagingcenter.org
- Eli Coleman Institute for Sexual and Gender Health** (612) 625-1500
www.sexualhealth.umn.edu Promotes the sexual and gender health of individuals, couples, and families of all backgrounds by providing assessment and treatment. We provide services across the lifespan, with specific services for children, adolescents, and adults. Provides relationship and sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, and child/adolescent gender exploration, community sexual and gender health education.

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.

- ACCAP, Chores & More** (763) 783-4767
www.accap.org/senior-services/chores-more Program is for older adults 60+ in Anoka County. Volunteers needed to do various household services including housekeeping, minor home repairs, and seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Trellis as part of the 'Older Americans Act Program.'
- ACCAP, Head Start** (763) 783-4300
www.accap.org Early learning childhood programs in Anoka & Washington counties. Volunteers are needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.
- ACCAP, Senior Kinship Program**..... (763) 783-4745
www.accap.org/senior-services/kinship Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors. Clients must be referred to the program, cannot be on a waiver program and must qualify to receive services. Waiting lists apply.
- Alexandra House, Inc., Shelter Program & 24-Hour Helpline**..... (763) 780-2330
www.alexandrahouse.org Community based nonprofit organization that provides housing and supportive services and community/legal advocacy to victims of domestic & sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator. Also provides elderly care.
- American Red Cross, Minnesota Region** (612) 871-7676
www.redcross.org Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter's Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.
- Anoka County Brotherhood Council (ACBC)**..... (763) 422-0046
www.acbcfoodshelf.org Provides emergency food & used clothing to those in need. Variety of volunteer opportunities available. Donations are accepted Monday - Thursday 9:00 am – 3:00 pm.
- Anoka County Library** 763-324-1510
www.anokalibrary.org A variety of volunteer opportunities may be available for both young people and adults. Contact your local library for more information.
- Anoka County Retired & Senior Volunteer Program (R.S.V.P.)** (763) 324-1661
Offers opportunities to individuals 55+ to participate in their communities through volunteer services.

- Anoka County MedLink..... (763) 324-3255**
<http://www.anokacountymn.gov/medlink> MedLink is a volunteer program providing rides in the volunteer's personal vehicles. It is available for Anoka County residents only who are 60+ or Veterans. Medlink provides rides for medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8 am - 4:30 pm. There is no charge, however, donations are accepted.
- Anoka Metro Regional Treatment Center (651) 431-5000**
 Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Facility has an auxiliary and volunteers provide special events.
- Arc Minnesota..... (952) 920-0855**
www.arcminnesota.org Information, referral, and advocacy for individuals with developmental disabilities and their families. Volunteers needed for special events, mailings, clerical duties, and thrift stores. Serves the entire state of Minnesota.
- Bar None Omegon (763) 753-2500**
www.voamnwi.org/bar-none Omegon provides mental health and chemical health programs in residential setting for males ages 12- 17.
- 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-on-1 relationship with a caring adult. Children ages 8-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities and building a long-term friendship.
- Community Helping Hand (651) 464-0061**
www.communityhelpinghand.org 408 SW 15th St, Forest Lake. Volunteers needed to help with the food shelf and thrift store.
- Confederation of Somali Community in Minnesota (612) 338-5282**
www.csc-mn.org
- Family Caregiver Connection..... (763) 324-1608**
www.anokacountymn.gov/655/Family-Caregiver-Connection Volunteers needed to provide in-home visits to older adults living with chronic health issues. Respite volunteers provide safety and companionship to older adult while the family caregiver gets a break. Volunteers are also needed to oversee older adults with chronic illnesses in a group setting with other volunteers and a site coordinator as well as FCC Staff overseeing the program. Training is provided.
- Girl Scouts of Minnesota and Wisconsin River Valleys (651) 227-8835 or 1-800-845-0787**
www.girlscoutsrv.org Girl Scouts offers every girl grades K-12 a chance to practice a lifetime of leadership, adventure, and success. Volunteers are needed year-round to be troop leaders, activity & special event helpers, and more.
- Hands on Twin Cities (612) 379-4900**
www.handsontwincities.org We inspire, equip, and mobilize people to provide hands-on impact to solve the most pressing challenges in our communities. Several thousand volunteer opportunities are available listed on our website.

- Make-A-Wish Minnesota** (612) 767-9474
www.mn.wish.org Help grant wishes to children with critical illnesses and medical conditions.
- Meals on Wheels/Impact Services**..... (763) 264-4041
 Looking for volunteer opportunities in the Anoka County area that make a big difference in the lives of your neighbors? Deliver meals over the lunch hour and know you are doing your part to bring nutritious food and social connection to your neighbors. Please call if you are interested in this opportunity.
- Mediation Services for Anoka County** (763) 422-8878
www.mediationservice.org Since 1987, Mediation Services for Anoka County (MSAC), a 501(c) (3) agency, has been helping families, neighborhoods, schools, landlords, tenants, businesses, and consumers to resolve conflict through education, mediation, and restorative services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching and restorative practices.
- Metro North Adult Basic Education**..... (763) 433-4200
www.metronorthabe.org Email: info@metronorthabe.org. Volunteers needed to tutor adult learners in topics such as reading, writing, math, English as a Second Language (ESL), and GED prep. Volunteers needed at various locations during morning and evening class times.
- Second Harvest Heartland** (651) 282-0901
www.2harvest.org Email: volunteer@2harvest.org Agency supplies food and grocery products to 1000+ member agencies and programs in MN and Western WI. Runs MAC and NAPS programs. Group opportunities include support for special events and packing. Individual volunteer opportunities include delivering food, sorting, and packing.
- Springbrook Nature Center – City of Fridley** (763) 572-3588
www.springbrooknaturecenter.org Provides environmental interpretive programming, recreation, and entertainment. Enjoy 3 miles of hiking trails all year round. Volunteer opportunities available upon request.
- Stepping Stones Emergency Housing**..... (763) 323-7006
www.stepsingstonech.org Provides emergency housing (60+ beds) and support to adults experiencing homelessness. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator.
- Tamarisk, Inc.** (763) 572-1950
www.tamarisk.org Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families dealing with an end stage terminal or life-threatening illness.
- Greater Twin Cities United Way, Volunteer**..... (612) 340-7440
www.GTCUW.org You can help meet the urgent needs of people in our community by volunteering your time and talents. We make it easy for individuals and groups of all sizes to volunteer.
- University of Minnesota Extension, Anoka County** (763) 324-3495
www.extension.umn.edu/local/anoka Outreach arm of the U of M connecting community needs & University resources. Program emphasis includes 4-H Youth development and 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.andovermn.gov | |
| Andover Fire Station 1 , 13875 Crosstown Blvd NW, Andover 55304 | non-emergency (763) 755-9825 |
| Andover Fire Station 2 , 16603 Valley Dr NW, Andover 55304..... | non-emergency (763) 421-9426 |
| Andover Fire Station 3 , 15929 Crosstown Blvd NW, Andover 55304..... | non-emergency (763) 755-9825 |
| Andover Police, Anoka County Sheriff | non-emergency (763) 427-1212 |
| Anoka City Hall , 2015 First Ave N, Anoka 55303 | (763) 576-2700 |
| www.anokaminnesota.com | |
| 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 , 23860 Dewey Street NW, Bethel, MN 55005 | (763) 434-4366 |
| Bethel Police & Fire | non-emergency (763) 427-1212 |
| Blaine City Offices , 10801 Town Square Dr NE, Blaine 55449 | (763) 784-6700 |
| www.blainemn.gov | |
| 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 NE, Blaine 55449..... | (763) 785-6168 |
| To report a crime | (763) 427-1212 |
| Centerville City Hall , 1880 Main St, Centerville 55038 | (651) 429-3232 |
| Centennial Lakes Police Department | (763) 427-1212 |
| Centennial Fire District (serves Circle Pines and Centerville) | (651) 792-7900 |
| 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) 792-7900 |
| Serves Circle Pines and Centerville. | |
| Centennial Lakes Police, Circle Pines, Centerville, Lexington | (763) 784-2501 |
| Circle Pines Police | non-emergency (763) 784-2501 |

- Columbia Heights City Offices**, 3989 Central Ave NE, Columbia Heights 55421 (763) 706-3600
www.columbiaheightsmn.gov
Columbia Heights Fire non-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.ci.columbus.mn.us
Columbus Police..... non-emergency (763) 427-1212
- Coon Rapids City Offices**, 11155 Robinson Dr NW, Coon Rapids 55433 (763) 755-2880
www.coonrapidsmn.gov
Coon Rapids Fire, administrative office non-emergency (763) 767-6429
Coon Rapids Police, administrative office non-emergency (763) 767-6481
- East Bethel City Hall**, 2241 221st Ave NE, East Bethel 55011..... (763) 367-7840
www.ci.east-bethel.mn.us
East Bethel Fire non-emergency (763) 367-7885
East Bethel Police..... (763) 427-1212
- Fridley City Hall**, 7071 University Ave, Fridley 55432 (763) 571-3450
www.ci.fridley.mn.us
Fridley Fire..... non-emergency (763) 572-3613
Fridley Police 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
Ham Lake Fire and Police..... non-emergency (763) 427-1212
- Hilltop City Hall**, 4555 Jackson St NE, 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..... 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 55014 non-emergency (651) 792-7900
Serves Circle Pines, Centerville, & Lino Lakes.
Lino Lakes Police non-emergency (651) 982-2300
- Linwood Township Hall**, 22817 Typo Creek Dr NE, Stacy 55079 (651) 462-2812
www.linwoodtownship.org
- Nowthen Offices**, 8188 199th Ave NW, Elk River 55330..... (763) 441-1347

- Oak Grove City Hall**, 19900 Nightingale St NW, Oak Grove 55011 (763) 404-7000
www.ci.oak-grove.mn.us
Oak Grove Fire & Police.....non-emergency (763) 427-1212
- Ramsey City Hall**, 7550 Sunwood Dr NW, Ramsey 55303 (763) 427-1410
www.ci.ramsey.mn.us
Ramsey Firenon-emergency (763) 427-4452
Ramsey Police, 7550 Sunwood Dr NW, Ramsey 55303non-emergency (763) 427-6812
- St. Francis City Hall**, 23340 Cree St NW, St. Francis 55070..... (763) 753-2630
www.stfrancismn.org
St. Francis Fire.....non-emergency (763) 753-2334
St. Francis Policenon-emergency (763) 427-1212
- Spring Lake Park Administrative Office**, 1301 81st Ave NE, Spring Lake Park 55432..... (763) 784-6491
www.SLPMN.org
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 Offices

For a current list of elected officials, call the Elections office at (763) 324-1300, or visit the websites below.

Anoka County

- Anoka County Government Center**, 2100 3rd Ave, Anoka 55303 **General Switchboard (763) 324-4000**
www.anokacountymn.gov
- Anoka County Parks and Recreation** (763) 324-3300
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 Sheriff's Office**, 13301 Hanson Blvd NW, Andover 55304 (763) 324-5000
- County Commissioners Office** (763) 324-4700
- Elections Office**.....(763)-324-1300
 Voter registration, information, and lists of elected officials.
- Property Record & Taxation**..... (763) 323-5400

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 445 Minnesota St, Ste. 1400, St. Paul 55101. Chief legal officer for the state and the legal advisor to the Governor & all constitutional officers. Represents and advocates for consumer protection, antitrust enforcement, and utilities regulation.

Governor, Minnesota (651) 201-3400 or 1-800-657-3717
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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.

Senate, United States (202) 224-3121
www.senate.gov United States Senate, Washington D.C. 20510.

Libraries

Many libraries have programs available such as children's story time, activities & classes, books by mail, and 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 is 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 is available at www.melsa.org.

Call your local library for exact locations, hours, & programs available.

Anoka County Library, Main Office, 707 County Rd 10 NE, Blaine 55434 (763) 324-1510
Books by Mail (763) 324-1529
www.anoka.lib.mn.us

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| Anoka | Rum River Library, 4201 6th Ave (763) 324-1520 |
| Blaine | Northtown Library, 711 County Rd 10 NE (763) 324-1510 |
| | Johnsville Branch, 12461 Oak Park Blvd (763) 324-1550 |
| Circle Pines | Centennial Branch, 100 Civic Heights Circle..... (763) 324-1540 |
| C. Heights | Columbia Heights Branch, 3939 Central Ave NE (763) 706-3690 |
| Coon Rapids | Crooked Lake Branch, 11440 Crooked Lake Blvd (763) 324-1530 |
| Fridley | Mississippi Branch, 410 Mississippi St NE (763) 324-1560 |
| Ham Lake | North Central Branch, 17565 Central Ave NE (763) 324-1570 |
| St. Francis | St. Francis Branch, 3519 Bridge St NW (763) 324-1580 |

Affiliated Libraries:

Anoka County History Center Library, 2135 3rd Ave N, Anoka (763) 421-0600
www.anokacountyhistory.org Offers events & displays for people of all ages, genealogical research resources and library. Also has an exhibit hall to explore.

INDEX

| | | | |
|---|---|---|--------------------------------|
| 2-1-1, Greater Twin Cities United Way | 5, 60, 67 | American Cancer Society | 25 |
| 3-R's Nuway, Inc..... | 31 | American Diabetes Association | 25 |
| 55 Alive Driving/Defensive Driving Class for Seniors | 77 | American Indian OIC, Inc. | 83 |
| 988 Suicide & Crisis Lifeline..... | 5, 33, 81 | American Red Cross..... | 23, 46, 56, 58, 70, 80, 83, 86 |
| AARP | See American Association of Retired Persons | AmeriCorps | 41, 59 |
| Abbreviation Key | 1 | Anger Management..... | See <i>Mental Health</i> |
| Abria Pregnancy Services | 57 | Animal Humane Society..... | 11 |
| <i>Abuse—Physical &/or Sexual, Helplines & Crisis</i> | <i>6</i> | Anoka County | |
| ACBC | See Anoka County Brotherhood Council | Adult Foster Care | 16, 76 |
| ACCAP | | Adult Mental Health..... | 33 |
| Chores & More | 69, 79, 86 | Attorney's Office..... | 44 |
| Crisis Assistance | 42 | Attorney's Office, Victim/Witness Services | 7, 44 |
| Energy Assistance..... | 15, 42 | Chemical Dependency & Substance Use Disorder .. | 31 |
| Family Assets for Independence in MN (FAIM).. | 16, 43 | Child & Teen Check-ups (C&TC)..... | 23, 54, 61 |
| Foreclosure Prevention..... | 16, 43, 76 | Child Abuse Prevention Council (CAPC)..... | 59 |
| Head Start | 52, 79, 86 | Child Care Assistance | 54 |
| Home Ownership Program | 16 | Child Care Licensing | 52 |
| Senior Information Line | 67 | Child Protection | See Children & Family Services |
| Senior Outreach | 67, 76 | Child Support | 42, 44 |
| Senior Programs..... | 67 | Children & Family Council..... | 50, 59, 64 |
| Senior Kinship Program | 74, 79, 86 | Children & Family Services..... | 9, 44 |
| Transportation Solutions..... | 20, 42 | Children's Mental Health | 33, 60, 63 |
| ACHIEVE Services, Inc..... | 25 | Commissioners Office | 91 |
| Adult Children of Alcoholics/Dysfunctional Families | 8 | Community Action Program, Inc..... | See ACCAP |
| <i>Adult Day Programs- Seniors</i> | <i>75</i> | Community Work Services..... | 7 |
| Adult Education..... | See EDUCATION | Commute Solutions..... | 21 |
| Adult Foster Care, Anoka County..... | 16, 76 | Disease Prevention & Control..... | 23 |
| Adult Literacy Hotline | 47 | Economic Assistance..... | 13, 42, 65 |
| Adult Mental Health, Anoka County | 33 | Elections Office | 91 |
| Adult Psychiatry, Mercy Hospital..... | 35 | Emergency Preparedness & Response..... | 23 |
| Adult Shelter Connect..... | 18 | Employment Relations | 41 |
| Advocacy for Seniors..... | See FOR SENIORS ONLY | Environmental Services | 23 |
| Affiliated Counseling Center | 33 | Family Home Visiting | 23, 37, 56, 61 |
| Affordable Colleges Online | 47 | Food Support | See Economic Assistance |
| Affordable Dentures & Implants..... | 30, 71 | Go Anoka County..... | 23, 37, 38, 39 |
| Al-Anon/Alateen Resource Service | 8 | Government Center | 91 |
| <i>Alcohol/Chemical Dependency, Helplines & Crisis</i> | <i>8</i> | Health Promotion and Planning-Public Health | 23 |
| Alcoholics Anonymous..... | 8 | History Center Library..... | 93 |
| Alexandra House, Inc | | Immunization Clinics..... | 23 |
| Community Program | 6, 76 | Job Training Center | See Careerforce |
| Shelter Program & HelpLine | 6, 19, 60, 79, 86 | Library | 86, 93 |
| Youth Services | 9, 64 | Books by Mail | 47, 69, 77 |
| Allina Home Health & Community Services | 71 | Long Term Services & Supports (LTSS) | 24, 70, 72 |
| Allina Medical Transportation..... | 21 | MedLink..... | 21, 67, 81, 87 |
| Alternatives for People with Autism | 25 | Mobile Crisis Response..... | 5, 9, 60, 63, 74 |
| Alzheimer's Association, MN & ND Chapter | 25, 71 | Parks and Recreation | 38, 91 |
| Ambulance, Fire, Police Emergency..... | 5 | Property Record & Taxation..... | 91 |
| American Association of Retired Persons (AARP)... | 76, 77 | Public Defender | 44 |

| | |
|--|--|
| Public Health & Environmental Services ..23, 54, 59, 61 | Booster Seat..... See FAMILY SERVICES |
| Retired & Senior Volunteer Program (R.S.V.P.) .80, 86 | Boys Town National Hotline 5, 9, 60 |
| RSVPSee Retired & Senior Volunteer Program | Bridge To Benefits..... 13, 16, 24, 42, 52 |
| Safe Kids51, 57 | Bridgeview Club 33 |
| Senior Community Service Employment Program40, 78 | Budgeting..... See FINANCIAL |
| Sheriffs Office91 | Bus See <i>Transportation</i> |
| Social Services12 | C&CTSee Child & Teen Check-ups |
| Transit21, 68 | Cancer Information Line, University of MN..... 29 |
| Veterans Service Office37, 77, 82 | CAPCSee Child Abuse Prevention Council |
| Women, Infants, & Children (WIC)..14, 23, 38, 55, 58, 61 | CAPE (Child & Parent Education) Centers..... 50, 52, 55 |
| Anoka County Brotherhood Council (ACBC)15, 20, 86 | Car Seats Made Simple 56 |
| Anoka County Community Action Program, Inc.....See ACCAP | Car..... See <i>Transportation</i> |
| <i>Anoka County Food Shelves-Seniors</i>69 | CareerSee EMPLOYMENT |
| Anoka Disabled American Veterans.....81 | CareerForce in Blaine39, 81 |
| Anoka Metro Regional Treatment Center ..25, 33, 74, 87 | Empowers Youth Program65 |
| Anoka Ramsey Community College47, 77 | Career Services, Anoka Technical College40 |
| Anoka Senior Center68 | Cars for Neighbors 21 |
| Anoka Technical College47 | Catholic Charities 19, 40 |
| Career Services40 | Centennial Community Food Shelf 15 |
| Anthony Louis Center.....31 | Central Minnesota Legal Services..... 44 |
| Apple Tree Dental30 | Centro Tyrone Guzman37, 71, 83 |
| Arc Minnesota.....26, 87 | Chemical Dependency & Substance Use Disorder, Anoka County..... 31 |
| Arthritis Foundation, North Central Chapter26 | Chemical DependencySee <i>Alcohol/Chemical Dependency, See Chemical Health</i> |
| Attorney General, Minnesota44, 91 | <i>Chemical Health</i> 31 |
| Attorney See LEGAL | Child & Parent Education CentersSee CAPE |
| Attorney's Office, Anoka County44 | Child & Teen Check-ups (C&TC), Anoka County23, 54, 61 |
| Avenues for Homeless Youth 19, 61 | Child & Teen Medical Center.....11, 26, 62 |
| Baby Blanket & Beyond.....57 | Child Abuse Prevention Council (CAPC), Anoka County59 |
| Baby Clothes and Equipment..... See <i>Pregnancy/Infants</i> | Child AbuseSee <i>Children & Youth, Helplines & Crisis Numbers</i> |
| BankruptcySee FINANCIAL | <i>Child Care & Education</i> 52 |
| Bar None Omegon..... 33, 63, 87 | Child Care Assistance, Anoka County 54 |
| BASIC NEEDS13 | Child Care Licensing, Anoka County 52 |
| Clothing20 | <i>Child Care Subsidy</i> 54 |
| Emergency Shelter/Homelessness.....18 | Child DevelopmentSee <i>Parenting/Child Development</i> |
| Food Shelves15 | Child Protection, Anoka CountySee <i>Children & Family Services</i> |
| Food13 | Child Support, Anoka County..... 42, 44 |
| Housing/Household Management.....15 | Children & Family Council, Anoka County 50, 59, 64 |
| Recycling/Waste Management17 | Children & Family Services, Anoka County9, 44 |
| Subsidized Apartments18 | <i>Children & Youth, Helplines & Crisis Numbers</i> 9 |
| Subsidized Housing17 | Children's Dental Services 31 |
| Transportation20 | Children's Mental Health, Anoka County 33, 60, 63 |
| Battered Womens ShelterSee <i>Abuse – Physical &/or Sexual</i> | Children's Minnesota Hospital & Clinics..... 26 |
| Better Business Bureau of Minnesota44 | Chores & More, ACCAP..... 69, 79, 86 |
| Big Brothers Big Sisters of the Greater Twin Cities...9, 62, 85 | Chrysalis Center, Tubman37, 46, 64 |
| BirthRight20, 26, 57 | <i>City Offices-Civic Information</i> 89 |
| Books By Mail, Library.....47, 69, 77 | CIVIC INFORMATION..... 89 |
| | City Offices 89 |

| | |
|---|-----------------------------------|
| County, State, & Federal Legislator Offices | 91 |
| Libraries..... | 93 |
| <i>Clothing</i> | 20 |
| CLUESSee Comunidades Latinos Unidos En Servicio | |
| Colleges | See EDUCATION |
| Commissioners Office, Anoka County..... | 91 |
| Community Action Program, Inc., Anoka County | See ACCAP |
| Community Addiction Recovery Enterprise..... | 31 |
| Community College..... | See EDUCATION |
| <i>Community Education Departments</i> | 49 |
| <i>Community Education Departments Special Needs</i> | 49 |
| Community Education Programs for Seniors | 78 |
| Community Helping Hand | 15, 20, 87 |
| COMMUNITY INVOLVEMENT..... | 59 |
| Community Options Program | 33 |
| Community Partners with Youth (CPY) | 65 |
| Community Program, Alexandra House Inc..... | 6, 76 |
| Community Work Services, Anoka County | 7 |
| Commute Solutions, Anoka County..... | 21 |
| Companionship Programs for Seniors | 74 |
| Comunidades Latinos Unidos En Servicio (CLUES)..... | 83 |
| Confederation of Somali Community in MN..... | 83, 87 |
| Consumer Protection | See Attorney General |
| Coon Rapids Senior Services | 68 |
| Counseling..... | See <i>Mental Health</i> |
| County Commissioners Office, Anoka County | 91 |
| <i>County, State, & Federal Offices-Civic Information</i> | 91 |
| Courage Kenny | 26, 71 |
| CPY | See Community Partners with Youth |
| Cradle of Hope Motherhood Fund..... | 57 |
| Credit Counseling | See FINANCIAL |
| Crest View Safe Haven Services | 70 |
| Crime Prevention | See CIVIC INFORMATION |
| Crime Watch, Operation I.D..... | 44 |
| Crisis Assistance, ACCAP | 42 |
| Crisis Intervention Assessment, Mercy Hospital | 5, 10, 11, 35 |
| Daily Senior Care | 75 |
| DAV Metro Transportation..... | 21, 81 |
| Deaf & Hard of Hearing Services..... | 26, 71 |
| Dental School, University of MN | 31, 73 |
| <i>Dental</i> | 30 |
| Department of Human Rights, Minnesota..... | 45, 84 |
| Department of Human Services, Minnesota..... | 28 |
| Department of Indian Work..... | 83 |
| Department of Natural Resources, Minnesota | 38 |
| Department of Veteran Affairs, Minnesota | 81 |
| Dignity by Design..... | 26 |
| Disability Hub MN | 26, 81 |
| Disability..... | See <i>Special Needs Programs</i> |
| Disease Prevention & Control, Anoka County | 23 |

| | |
|--|---|
| Districts, School | See <i>School District Offices</i> |
| Diversionsary Work Program (DWP) | 42 |
| Doctor's Office | See HEALTH & WELLNESS |
| Domestic Abuse Project..... | 7, 33 |
| Domestic Violence | See <i>Abuse - Physical &/or Sexual</i> |
| Donated Dental Services..... | 31, 71 |
| <i>Drop-in Centers-Youth Services</i> | 61 |
| Drug Problem..... | See <i>Alcohol/Chemical Dependency, See Chemical Health</i> |
| DWP | See <i>Diversionsary Work Program</i> |
| EARLY CHILDHOOD CARE/EDUCATION | 52 |
| Child Care & Education | 52 |
| Child Care Subsidy | 54 |
| Equipment | 54 |
| Early Childhood Family Education (ECFE) | 50, 52, 54 |
| Early Childhood Special Education (ECSE) | 50 |
| Early Intervention-Children | See EARLY CHILDHOOD CARE/EDUCATION |
| Early Learning Scholarships Pathway 1 | 53 |
| ECFE | See <i>Early Childhood Family Education</i> |
| Economic Assistance, Anoka County | 13, 42, 65 |
| ECSE | See <i>Early Childhood Special Education</i> |
| EDUCATION..... | 46 |
| Community Education Departments | 49 |
| Community Education Departments Special Needs | 49 |
| Parenting/Child Development | 50 |
| School District Offices..... | 49 |
| <i>Educational Opportunities for Seniors</i> | 77 |
| Elected Officials | See CIVIC INFORMATION |
| Elections Office, Anoka County | 91 |
| Eli Coleman Insitute for Sexual and Gender Health..... | 29, 85 |
| ELL/ESL..... | See EDUCATION |
| Emergency Assistance | See FINANCIAL |
| Emergency Housing | 76 |
| Emergency Preparedness & Response, Anoka County. | 23 |
| <i>Emergency Shelter/Homelessness</i> | 18 |
| Emotions Anonymous..... | 12 |
| EMPLOYMENT..... | 40 |
| Metro Civil Service Job Information | 41 |
| National Service | 41 |
| <i>Employment Opportunities for Seniors</i> | 78 |
| Employment Relations, Anoka County | 41 |
| Empowers Youth Program, Careerforce in Blaine | 65 |
| Energy Assistance, ACCAP | 15, 42 |
| English as a Second Language..... | See EDUCATION |
| English Learning Center | 47, 83 |
| Environmental Services, Anoka County..... | 23 |
| Epilepsy Foundation of MN | 27, 72 |
| Epiphany Caring For Life | 24, 57, 65 |
| <i>Equipment-Early Childhood</i> | 54 |
| Estate & Elder Law Services | 44, 77 |

| | | | |
|--|--|---|---|
| Everyday Miracles | 20, 24, 57, 65 | Fuller Living & Associates, LLC..... | 24, 34, 55, 63 |
| Extended Care Providers..... | 67 | GED | See EDUCATION |
| Extension, Anoka County, University of MN.... | 14, 38, 48, 53, 56, 88 | Geriatric Mental Health Programs..... | 74 |
| FAIM | See Family Assets for Independence in MN | Girl Scouts of Minnesota and Wisconsin River Valleys. | 87 |
| Fairview Recovery Services..... | 32 | Go Anoka County..... | 23, 37, 38, 39 |
| Family Assets for Independence in MN (FAIM), ACCAP..... | 16, 43 | Goodwill Store, Coon Rapids | 20 |
| Family Based Therapy Associates | 34 | Government Center, Anoka County | 91 |
| Family Caregiver Connection | 26, 34, 47, 69, 74, 77, 78, 80 | Government..... | See CIVIC INFORMATION |
| Family Home Visiting, Anoka County | 23, 37, 56, 61 | Governor, Minnesota | 92 |
| Family Promise of Anoka | 19 | Grace Evangelical Free Church Grocery Distribution.... | 14 |
| FamilyMeans Financial Solutions | 43 | Greater Twin Cities United Way 2-1-1 | 5, 60, 67 |
| FAMILY SERVICES | 55 | Volunteer..... | 88 |
| Pregnancy/Infants..... | 57 | Grief Support | See North Suburban Grief Support |
| Safety | 56 | Habitat for Humanity..... | See Twin Cities Habitat for Humanity |
| Family Table | 13, 68 | Hands On Twin Cities..... | 80, 87 |
| Fare For All | 13, 68 | Hazelden Betty Ford Foundation..... | 32 |
| Federal Legislators | See CIVIC INFORMATION | Head Start, ACCAP | 52, 79, 86 |
| FINANCIAL | 42 | HEALTH & WELLNESS..... | 23 |
| Financial Assistance | 42 | Chemical Health..... | 31 |
| Financial Counseling & Education | 43 | Dental..... | 30 |
| <i>Financial Assistance</i> | 42 | Hospitals | 29 |
| Financial Counseling, Lutheran Social Service of MN.... | 43 | Low Cost Clinics | 30 |
| <i>Financial Counseling & Education</i> | 43 | Mental Health | 33 |
| Fire Stations | See CIVIC INFORMATION | Nutrition Education, Counseling & Support | 37 |
| First Care Pregnancy Center..... | 11, 12, 24, 57, 62 | Physical Activity Resoruces | 38 |
| Food- Seniors | 68 | Special Needs Programs | 25 |
| Food Shelves..... | 15 | Tobacco Prevention & Cessation | 39 |
| Food Support..... | See Anoka County | <i>Health & Wellness- Seniors</i> | 71 |
| Food..... | 13 | <i>Health & Wellness: Health Care-Youth Services</i> | 61 |
| Footcare..... | 72 | Health Promotion and Planning-Public Health, Anoka County..... | 23 |
| Foreclosure Prevention, ACCAP | 16, 43, 76 | Health Insurance Counseling Program | 72, 80 |
| FOR SENIORS ONLY | 67 | HeatShare, Salvation Army..... | 43 |
| Adult Day Programs | 75 | Help at Your Door..... | 14, 68 |
| Anoka County Food Shelves | 69 | Help Me Grow: Early Intervention | 53 |
| Educational Opportunities | 77 | HELPLINES & CRISIS NUMBERS..... | 5 |
| Employment Opportunities | 78 | Abuse - Physical &/or Sexual | 6 |
| Food | 68 | Alcohol/Chemical Dependency..... | 8 |
| Health & Wellness..... | 71 | Children & Youth..... | 9 |
| Home Services..... | 69 | Medical | 11 |
| Legal and/or Advocacy for Seniors..... | 76 | Other..... | 11 |
| Local Senior Transportation Services | 67 | Hennepin Assault Response Team (HART)..... | 7 |
| Mental Health & Companionship Programs | 74 | Hennepin County Government Center | 41 |
| Outreach & Referral..... | 67 | History Center Library, Anoka County | 93 |
| Safety & Security Checks..... | 70 | Home Free Shelter | 19 |
| Social Opportunities..... | 78 | HOME Line | 16, 44 |
| Supportive Housing..... | 76 | Home Modification Agencies | 70 |
| Volunteer Opportunities..... | 79 | Home Ownership Program, ACCAP | 16 |
| Fraser | 27, 34 | Home Safety Check..... | 47, 56, 70 |
| Free Medical Clinics | See <i>Low Cost Clinics</i> | Home Services-Seniors..... | 69 |

| | | | |
|--|---------------------------------|---|--|
| Hope 4 Youth..... | 9, 61 | Low Cost Counseling..... | See <i>Mental Health</i> |
| Hope Church..... | 15 | Low Cost Dental Clinic | See <i>Dental</i> |
| <i>Hospitals</i> | 29 | Low Cost Legal | See LEGAL |
| <i>Hotlines-Youth Services</i> | 60 | LTSS | See Long Term Services & Supports |
| House of Representatives, Minnesota..... | 92 | Lutheran Social Service of Minnesota..... | 27 |
| House of Representatives, United States | 92 | Financial Counseling..... | 43 |
| Housing & Urban Development (HUD) | 16, 17 | M-Power Wellness Center | 72 |
| Housing for Seniors | 76 | MA | See Medical Assistance and MinnesotaCare |
| Housing Help Desk..... | 16 | Make-A-Wish Minnesota..... | 88 |
| <i>Housing/Household Management</i> | 15 | Mary Ann Young Center | 68 |
| HousingLink..... | 16 | MCIL | See Metropolitan Center for Independent Living |
| HUD | See Housing & Urban Development | MCTC . | See Minneapolis Community & Technical College |
| Human Resources, University of MN | 41 | Meals on Wheels/Impact Services | 14, 68, 87 |
| Human Services Center of Anoka County | 13 | Med-Alert Bracelets..... | 27, 72 |
| Humane Society | See Animal Humane Society | Mediation Services for Anoka County | 45, 65, 88 |
| Immediate Sexual Assault Nursing Care, Mercy Hospital | 27, 62 | Medical Assistance (MA) and MinnesotaCare..... | 24 |
| Immunization Clinics, Anoka County | 23 | Medical Clinic..... | See HEALTH & WELLNESS |
| Infants | See <i>Pregnancy/Infants</i> | <i>Medical, Helplines & Crisis Numbers</i> | 11 |
| Information Line, University of MN..... | 48 | Medicare Customer Service..... | 24, 42, 72 |
| International Institute of Minnesota | 40, 83 | Medicare Partners Care | 72 |
| Jacob Wetterling Resource Center | 5, 10, 50, 55 | MedLink, Anoka County | 21, 67, 81, 87 |
| Job Search | See EMPLOYMENT | <i>Mental Health & Companionship Programs for Seniors</i> | 74 |
| Job Training Center | See Careerforce | <i>Mental Health & Counseling-Youth Services</i> | 63 |
| Joseph’s Coat | 20 | Mental Health Counseling, The Family Partnership | 8, 56, 59, 85 |
| Korean Service Center..... | 84 | <i>Mental Health</i> | 33 |
| La Leche League Breastfeeding Helpline | 38 | Mental Wellness Campaign Anoka County..... | 35, 63, 74 |
| Lakes Center for Youth & Families | 63 | Mentoring Program | See <i>Parenting/Child Development</i> |
| Laurie Grengs Counseling | 34 | Mercy Hospital..... | |
| Law Help MN..... | 45 | Adult Psychiatry | 35 |
| Laywer Referral | See LEGAL | Crisis Intervention Assessment..... | 5, 10, 11, 35 |
| Learning Disability..... | See EDUCATION | Immediate Sexual Assault Nursing Care | 27, 62 |
| Lee Carlson Center, Mental Health & Wellbeing..... | 7, 9, 34, 61 | Mesothelioma/Asbestos..... | 27, 72 |
| Legal Aid Society of Minneapolis | 45 | <i>Metro Civil Service Job Information</i> | 41 |
| <i>Legal and/or Advocacy for Seniors</i> | 76 | Metro Crisis Coordination Program..... | 6 |
| LEGAL | 44 | Metro Mobility..... | 21, 68 |
| LESBIAN, GAY, BISEXUAL, TRANSGENDER, & QUEER/QUESTIONING (LGBTQ) RESOURCES | 85 | Metro North Adult Basic Education..... | 48, 84, 88 |
| Leukemia & Lymphoma Society..... | 27 | Metro Psychology Support Services, Inc..... | 24, 74 |
| <i>Libraries</i> | 93 | Metro Shelter Hotline..... | 6, 19, 76 |
| Library, Anoka County..... | 86, 93 | Metro Transit..... | 21 |
| Books by Mail..... | 47, 69, 77 | Rideshare..... | 22 |
| Life Alert Systems | 70 | Metropolitan Center for Independent Living (MCIL).... | 27 |
| LifeStance Health | 34 | Metropolitan Housing Redevelopment Authority | 17 |
| Literacy..... | See EDUCATION | MFIP | See Minnesota Family Investment Program |
| Local Farms and Markets | 14 | MHFA | See Minnesota Housing Finance Agency |
| Local Government..... | See CIVIC INFORMATION | Midwest Children’s Resource Center | 10 |
| <i>Local Senior Transportation Services</i> | 67 | Military.com..... | 81 |
| Long Term Services & Supports (LTSS), Anoka County | 24, 70, 72 | Minneapolis Community & Technical College (MCTC).. | 48 |
| <i>Low Cost Clinics</i> | 30 | Minnesota Adult Abuse Reporting Center | 7, 70 |
| | | Minnesota Assistance Council for Veterans | 81 |
| | | Minnesota Brain Injury Alliance..... | 27 |

| | | | |
|---|--|--|---|
| MinnesotaCare Information Line | 25, 72 | Northland Therapy Center..... | 35, 63, 85 |
| Minnesota Domestic Violence Crisis Line | 6, 7 | North Ridge Heartland Rehab | 75 |
| Minnesota Family Investment Program (MFIP) | 42 | Nucleus Clinic..... | 11, 30, 58, 62 |
| Minnesota Food Helpline..... | 14 | <i>Nutrition Education, Counseling and Support</i> | <i>37</i> |
| Minnesota Highway Safety & Research Center | 78 | Nutritional Weight and Wellness | 38 |
| Minnesota Historical Society.. See State Capitol Building | | Nystrom & Associates, Ltd..... | 32, 35 |
| Minnesota Housing Finance Agency (MHFA)..... | 16 | Office of Consumer Services | See Attorney General |
| Minnesota Network of Hospice & Palliative Care...73, 77 | | Office of the Ombudsman, Long Term Care | 73, 77 |
| Minnesota Non-Emergency Transportation (MNET)....21, 68 | | Opportunity Partners, Inc..... | 28, 40 |
| Minnesota Recreation and Park Association | 38 | Opportunity Services | 28, 40 |
| Minnesota Regional Poison Control Center..... | 6 | Optage Senior Dining Choices..... | 14, 69 |
| Minnesota Safety Council | 22, 48, 56, 78 | <i>Other Resources- Youth Services</i> | <i>64</i> |
| Minnesota State Bar Association | 45 | <i>Other Helplines & Crisis Numbers.....</i> | <i>11</i> |
| Minnesota State CAREERwise | 40, 50 | <i>Outreach & Referral-Seniors.....</i> | <i>67</i> |
| Minnesota State Council on Disability..... | 28 | Over-eaters Anonymous..... | 12, 38 |
| Minnesota, State of | | Pacer Center, Inc..... | 48 |
| Attorney General..... | 44, 91 | Parent Aware | 52 |
| Department of Human Rights | 45, 84 | Parent Involvement | 48 |
| Department of Human Services..... | 28 | <i>Parenting/Child Development</i> | <i>50</i> |
| Department of Natural Resources | 38 | Park House..... | 75 |
| Department of Veterans Affairs..... | 81 | Parks and Recreation, Anoka County | 38, 91 |
| Governor | 92 | Partnerships for Family Success | 55 |
| House of Representatives | 92 | People Incorporated..... | 28, 35, 48, 64, 75 |
| Office of Consumer Services.....See Attorney General | | Physical Abuse | See <i>Abuse – Physical &/or Sexual</i> |
| Secretary of State..... | 92 | <i>Physical Activity Resources</i> | <i>38</i> |
| Senate | 92 | Planned Parenthood of MN..... | 11, 62 |
| State Capitol Building..... | 92 | Police Stations | See CIVIC INFORMATION |
| State Office Building..... | 92 | Post Office Jobline | 41 |
| State Services for the Blind | 28, 73 | <i>Pregnancy/Infants</i> | <i>57</i> |
| Missing Children Minnesota | 10 | Prepare & Prosper | 45 |
| MNET.....See Minnesota Non-Emergency Transportation | | Preschool Screening | 48, 53 |
| MN Lawyer Referral & Information Services | 45 | Preschool | See EARLY CHILDHOOD CARE/EDUCATION |
| Mobile Crisis Response, Anoka County.....5, 9, 60, 63, 74 | | President, United States Government | 92 |
| Mom’s Meals | 69 | PRIDE Program, The Family Partnership | 12 |
| Money | See FINANCIAL | Project Pathfinder, Inc. | 10, 36, 56 |
| Moving Services | 70 | Project Power/Special Needs for Adults..... | 49 |
| MULTICULTURAL RESOURCES..... | 83 | Property Record & Taxation, Anoka County..... | 91 |
| NACE | See North Anoka County Emergency, Inc. | Public Defender, Anoka County..... | 44 |
| Narcotics Anonymous | 9, 32 | Public Health & Environmental Services, Anoka County | 23, 54, 59, 61 |
| National Breastfeeding Helpline | 38 | Public Health..... | See <i>Health Promotion & Planning</i> |
| National Center for Missing & Exploited Children..... | 10 | Public Housing | See <i>Subsidized Housing</i> |
| National Child Abuse Hotline | 10 | QuitPartner..... | 39 |
| National Domestic Violence Hotline..... | 7 | Ramsey County Human Resources | 41 |
| National Runaway Safeline | 10, 60 | Rebuilding Together Minnesota | 28, 70 |
| <i>National Service</i> | <i>41</i> | Recycle Technologies | 17 |
| Neighborhood Health Source, North Metro.....25, 30, 62 | | Recycling & Disposal Options | 17 |
| Neighborhood Justice Center | 84 | <i>Recycling/Waste Management</i> | <i>17</i> |
| North Anoka County Emergency, Inc. (NACE)..... | 15, 20 | Red Cross | See American Red Cross |
| North Hennepin Community College..... | 48 | REM Ramsey County..... | 28, 36 |
| North Suburban Counseling Center..... | 35, 64 | Representative Payee List..... | 42, 77 |
| North Suburban Grief Support Coalition..... | 35, 74 | | |

| | | | |
|---|---|---|--|
| Retired & Senior Volunteer Program (R.S.V.P.), Anoka County | 80, 86 | Sliding Fee Dental Clinic..... | See <i>Dental</i> |
| Rideshare, Metro Transit..... | 21 | Sliding Fee Legal..... | See LEGAL |
| Rise, Inc. | 28, 36, 40 | Sliding Fee Medical Clinics..... | See <i>Low Cost Clinics</i> |
| Riverplace Counseling Center | 32 | Small Talk..... | 51, 53 |
| Riverwind IRTS (Intensive Residential Treatment Center) | 6, 24, 36, 72 | <i>Social Opportunities for Seniors</i> | 78 |
| RS Eden | 32 | Social Security Administration..... | 43, 45, 67 |
| Russian Orthodox Church of the Resurrection of Christ Monastery | 84 | Social Services, Anoka County | 12 |
| SACA | See Southern Anoka Community Assistance | Soldier & Family Readiness..... | 81 |
| Safe Kids Anoka County | 51, 57 | Southern Anoka Community Assistance (SACA)..... | 15, 20 |
| <i>Safety & Security Checks-Seniors</i> | 70 | Southern Minnesota Regional Legal Services..... | 45, 84 |
| <i>Safety-Family Services</i> | 56 | Southside Community Health Services..... | 30, 31 |
| Salvation Army | 15, 20, 22 | <i>Special Needs Programs</i> | 25 |
| HeatShare..... | 43 | Special Needs.... | See <i>Community Education Departments</i> |
| Saving Money..... | See FINANCIAL | Specialized Child Care Services | 53 |
| School Age Child Care | 53 | Spenders Anonymous..... | 12 |
| <i>School District Offices</i> | 49 | Spring Path Mental Health Services | 36 |
| School Lunch Program for Students..... | 14 | Springbrook Nature Center | 88 |
| School Readiness Programming..... | 53 | St. Mary's Health Clinic..... | 30 |
| School-Linked Mental Health, The Family Partnership | 37, 64 | St. Paul College | 48 |
| SCSEP..... | See Senior Community Service Employment | State Capitol Building, Minnesota | 92 |
| Second Harvest Heartland | 88 | State Legislators..... | See CIVIC INFORMATION |
| Secretary of State, Minnesota | 92 | State Office Building, Minnesota | 92 |
| Section 8..... | See <i>Subsidized Housing</i> | State Services for the Blind, Minnesota | 28, 73 |
| Senate, Minnesota | 92 | Stepping Stones Emergency Housing | 19, 88 |
| Senate, United States | 92 | Stop It Now!..... | 6, 8, 11, 36, 51, 56, 65 |
| Senior Citizen Community & Drop-in Centers | 78 | <i>Subsidized Apartments</i> | 18 |
| Senior Citizens' Clubs in Anoka County..... | 78 | <i>Subsidized Housing</i> | 17 |
| Senior Community Service Employment Program, Anoka County | 40, 78 | Substance Abuse..... | See <i>Alcohol/Chemical Dependency</i> , See <i>Chemical Health</i> |
| Senior Dining..... | 69 | Suicide Prevention.... | See HELPLINES & CRISIS NUMBERS |
| Senior Housing Directory | 76 | Support Groups for Parents..... | See <i>Parenting/Child Development</i> |
| Senior Information Line, ACCAP..... | 67 | Support Groups for Seniors | 73, 75 |
| Senior Information | See FOR SENIORS ONLY | <i>Supportive Housing-Seniors</i> | 76 |
| Senior Kinship Program, ACCAP | 74, 79, 86 | Tamarisk, Inc..... | 29, 70, 73, 75, 80 |
| Senior Outreach, ACCAP | 67, 76 | Tax Assistance..... | 45 |
| Senior Programs, ACCAP | 67 | Taxi..... | See <i>Transportation</i> |
| Senior Recovery Program..... | 73 | Taxpayer Advocate Service of IRS..... | 43, 45 |
| Senior Transportation Services ... | See FOR SENIORS ONLY | Technical College | See EDUCATION |
| SeniorResource | 67 | Teen Parenting Program..... | 51, 58 |
| Sexual Abuse | See <i>Abuse – Physical &/or Sexual</i> | Teen Services | See YOUTH SERVICES |
| Sexual Violence Center | 7 | Telephone Assistance Plan | 43 |
| Sharing & Caring Hands | 13, 28 | Telephone Equipment Distribution Program | 29, 73 |
| Shelter Program & Helpline, Alexandra House Inc...6, 19, 60, 79, 86 | | The Anoka Vet Center..... | 37, 41, 82 |
| Shelter | See BASIC NEEDS | The Bridge for Youth..... | 19, 61, 64 |
| <i>Shelter/Housing/Transitional Housing-Youth Services</i> . | 61 | The Family Partnership | |
| Sheriff's Office, Anoka County | 91 | Mental Health Counseling..... | 8, 56, 59, 85 |
| Sliding Fee Counseling | See <i>Mental Health</i> | PRIDE Program..... | 12 |
| | | School-Linked Mental Health | 37, 64 |
| | | Therapy | See <i>Mental Health</i> |
| | | <i>Tobacco Prevention and Cessation</i> | 39 |
| | | Tough Love..... | 65 |

| | | | |
|---|-------------------------------------|--|--|
| Town Halls..... | See CIVIC INFORMATION | Veterans Service Office, Anoka County | 37, 77, 82 |
| Transformation House | 9, 12, 32, 36 | Victim/Witness Services, Anoka County..... | 7,44 |
| Transit, Anoka County | 21, 68 | Violence Free Minnesota..... | 8 |
| Transportation Solutions, ACCAP | 20, 42 | Vision Loss Resources | 29, 73 |
| <i>Transportation</i> | 20 | Vocational Rehabilitation Services (VRS) | 41 |
| Transportation Plus..... | 22 | Volunteer, Greater Twin Cities United Way | 88 |
| Trellis Pension & Retirement Rights | 46 | VOLUNTEER OPPORTUNITIES | 86 |
| TRIO Educational Opportunity Center | 40 | <i>Volunteer Opportunities for Seniors</i> | 79 |
| Trips & Tours-Seniors..... | 79 | Voter Registration..... | See Elections Office |
| Tubman | 8, 19, 84 | VRS | See Vocational Rehabilitation Services |
| Chrysalis Center | 37, 46, 64 | Vulnerable/Adult Protection | See MN Adult Abuse |
| Twin Cities Habitat for Humanity..... | 17 | Waste Management See <i>Recycling/Waste Management</i> | |
| Twin Cities Housing Guide & Resources | 76 | Way of the Lord Food Shelf..... | 15 |
| Twin Cities Metro LGBTQ Aging Resource Guide ... | 77, 85 | Weatherization | 17 |
| Unemployment Insurance | 41 | Well-Spouse Association..... | 37, 75 |
| United States Government | 92 | West Side Community Health Services..... | 31 |
| House of Representatives | 92 | WIC | See Women, Infants, & Children |
| President..... | 92 | Women Venture | 41 |
| Senate | 92 | Women, Infants, & Children (WIC), Anoka County | 14, 23, 38, 55, 58, 61 |
| Unity Chemical Dependency Services..... | 32, 37, 73, 75 | Workers Compensation | 46 |
| Universities | See EDUCATION | YMCA | 38, 65, 79 |
| University of Minnesota | | Youth Invervention Services..... | 60 |
| Cancer Information Line..... | 29 | Youth First Community of Promise..... | 66 |
| Dental School..... | 31, 73 | Youth Invervention Services, YMCA | 60 |
| Extension, Anoka County | 14, 38, 48, 53, 56, 88 | YOUTH SERVICES..... | 60 |
| Human Resources | 41 | Drop-in Centers..... | 61 |
| Information Line..... | 48 | Health & Wellness-Health Care | 61 |
| VA..... | See Veterans Affairs Medical Center | Hotlines..... | 60 |
| Vehicle..... | See <i>Transportation</i> | Mental Health & Counseling..... | 63 |
| Veteran Caregiver | 81 | Other Resources | 64 |
| VETERAN SERVICES | 81 | Shelter/Housing/Transitional Housing | 61 |
| Veterans Affairs Medical Center (VA), Minneapolis | 33, 81 | Youth Services, Alexandra House Inc | 9, 64 |
| Veterans Crisis Line | 82 | Youthlink MN | 19, 61 |
| Veterans Lake..... | 82 | | |
| Veterans Linkage Line | 82 | | |

