

# 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.minnesotasafetycouncil.org) Workplace safety training.

**Safe Kids Anoka County** ..... [www.acsafekids.org](http://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](http://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](mailto:info@thebabyblanket.org) Website: [www.thebabyblanket.org](http://www.thebabyblanket.org)

**BirthRight**.....763-757-0715 or 24-hour hotline 1(800) 550-4900  
[www.birthright.org/coonrapids](http://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](http://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](http://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](http://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](http://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](http://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](http://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**  
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