

# Anoka County Resource Guide

## Volume 16, 2024-2026

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**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](http://www.accap.org) for updated agency and program information.**

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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).

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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 – 89<sup>th</sup> Ave NE, Suite 3500

Blaine, MN 55434

(763) 783-4747

This resource guide is available online at: [www.accap.org](http://www.accap.org)

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**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.

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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](http://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

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# 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](http://www.yourlifeyourvoice.org) [www.boystown.org](http://www.boystown.org)  
[www.parenting.org](http://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](http://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](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).

**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](http://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](http://www.dayoneservices.org)

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

[www.mnpoison.org](http://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](http://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](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.

**Abuse – Physical &/or Sexual**

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

[www.alexandrahouse.org](http://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](http://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](http://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](http://www.mndap.org) Email: [dap@mndap.org](mailto:dap@mndap.org) or [firstcall@mndap.org](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](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.

**Tubman**..... **Crisis Line (612) 825-0000**  
**Business Line**..... **(612) 825-3333**  
[www.tubman.org](http://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](http://www.adultchildrenmn.com) [minnesotacaa@gmail.com](mailto: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 27<sup>th</sup> 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](http://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](http://www.aaminneapolis.org) Email [info@aaminneapolis.org](mailto: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 181<sup>st</sup> 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.naminnnesota.org](http://www.naminnnesota.org)

**Transformation House ..... (763) 452-7005**  
[www.transformationhouse.com](http://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](http://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](http://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](http://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](http://www.yourlifeyourvoice.org). or [www.boystown.org](http://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](http://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](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).
- Lee Carlson Center, Mental Health and Wellbeing** ..... (763) 780-3036  
[www.leecarlsoncenter.org](http://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](http://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](http://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](http://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](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 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](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, 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](http://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](http://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](http://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](http://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](http://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](http://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](http://www overeaters.org). Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.
- Spenders Anonymous** ..... [www.spenders.org](http://www.spenders.org)  
 For meeting information, please visit the website.
- The Family Partnership, PRIDE Program** ..... (612) 728-2061  
[www.thefamilypartnership.org](http://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](http://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 89<sup>th</sup> Ave NE, Blaine 55434. Multiple services available.

**Sharing & Caring Hands** ..... (612) 338-4640  
[www.sharingandcaringhands.org](http://www.sharingandcaringhands.org). 525 North 7<sup>th</sup> 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 89<sup>th</sup> Ave NE, Blaine 55434

**Bridge To Benefits** ..... [www.bridgetobenefits.org](http://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.

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

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

**Fare For All**..... (763) 450-3880  
[www.fareforall.org](http://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](http://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](http://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](http://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](http://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](http://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](mailto:orders@optagedining.org).

**School Lunch Program for Students .....See EDUCATION: School District Offices**

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

**Spirit of Matthew 25, Grocery Distribution ..... (763) 755-6990**

[www.spiritofmatthew25.org/](http://www.spiritofmatthew25.org/) Spirit of Matthew 25 grocery distribution at Coon Rapids United Methodist Church, 10506 Hanson Blvd NW, Coon Rapids; every week (Friday’s) 4:00 – 6:00 PM. This is a food shelf; individuals choose what they want. Individuals must be present to receive food (doors open at 2:00 pm). Also, once a month (2<sup>nd</sup> Sunday) 12:00 – 2:00 PM. This is a drive-thru grocery distribution. Parking lot opens at 11:30 AM.

**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.

**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 9<sup>th</sup> 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](http://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](http://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](http://www.communityhelpinghand.org) 408 SW 15<sup>th</sup> 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](http://www.hopeforthecommunity.com) 1264 109<sup>th</sup> 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](http://www.sacafoodshelf.org) 627 38<sup>th</sup> 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](http://www.salvationarmynorth.org) 1201 89<sup>th</sup> 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**

## Housing / Household Management

**ACCAP, Energy Assistance**..... (763) 783-4712  
[www.accap.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:HousingHelpDesk@anokacountymn.gov)

**HousingLink**..... (612) 522-2500

[www.housinglink.org](http://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](http://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](mailto: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](http://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 3<sup>rd</sup> 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 through HRA. Hours: Monday-Friday 8:00 am - 4:30 pm. HRA serves the suburban areas.

## Subsidized Apartments

- Abbeyfield Townhouses**, Family. 3911 233<sup>rd</sup> 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<sup>th</sup> 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<sup>th</sup> Lane NE, Blaine ..... (763) 786-0232
- Northgate Woods**, Seniors. Handicapped. Family. 1530 NE 123<sup>rd</sup> Lane, Blaine ..... (763) 757-9031
- Norwood Square**, Seniors 62+. Handicapped. 6200 5<sup>th</sup> 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<sup>th</sup> Ave NW, Coon Rapids..... (763) 427-2022
- Parkview Villa**, Seniors. Handicapped/Disabled. 965 40<sup>th</sup> 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<sup>th</sup> 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](http://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](http://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](http://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](http://www.avenuesforyouth.org) Short-term housing and supportive services for homeless youth.

**Catholic Charities..... (612) 204-8500**

[www.cctwincities.org](http://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](http://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](http://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](http://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](http://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 9<sup>th</sup> Ave N, Anoka. By Appointment Only by appointment only, appointments can be made online 48 hours in advance at [www.acbcfoodshelf.com](http://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](http://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 15<sup>th</sup> 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](http://www.communityhelpinghand.org).

**Everyday Miracles ..... (612) 323-6293**

[www.everyday-miracles.org](http://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](http://www.josephscoatmn.org) 1107 W 7<sup>th</sup> 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](http://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](http://www.sacafoodshelf.org) 627 38<sup>th</sup> 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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://www.medicaltrip.net).
- Minnesota Safety Council** ..... **(651) 291-9150**  
[www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org) Traffic & injury prevention programs & resources.
- Rideshare (Carpool), Metro Transit** ..... **(612) 373-3333**  
[www.metrotransit.org/carpool](http://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](http://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](http://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](http://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](http://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](http://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](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.
- 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.
- 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](http://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](http://www.medicare.gov)** ..... 1-800-MEDICARE (1-800-633-4227)
- Metro Psychology Support Services, Inc.** ..... (651) 645-7971  
[www.metropsychologysupport.com](http://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](http://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](http://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](http://www.achieveservices.org) 1201 89<sup>th</sup> 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](http://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](http://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](http://www.cancer.org)
- American Diabetes Association**..... (763) 593-5333  
[www.diabetes.org](http://www.diabetes.org) Email: [ADAMN\\_ND@diabetes.org](mailto: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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://www.efmn.org) [info@efmn.org](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:info@braininjury.org).

- Minnesota Department of Human Services** ..... (651) 431-2000  
[www.mn.gov/dhs](http://www.mn.gov/dhs)
- Minnesota State Council on Disability** ..... (651) 361-7800  
[www.disability.state.mn.us](http://www.disability.state.mn.us)
- Opportunity Partners, Inc.** ..... (763) 540-9343  
[www.opportunities.org](http://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](http://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](http://www.peopleincorporated.org) Offers mental health therapy for individuals, groups, and families. Referrals required.
- Rebuilding Together Minnesota**..... (651)776-4273  
[www.RtMN.org](http://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](http://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](http://www.sharingandcaringhands.org) 525 N. 7<sup>th</sup> 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](http://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](http://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](http://www.mn.gov/deaf-hard-of-hearing) E-mail: [dhs.dhhsd@state.mn.us](mailto: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](http://www.cancer.umn.edu) or (612) 624-2620

**Eli Coleman Institute for Sexual and Gender Health** ..... (612) 625-1500  
[www.sexualhealth.umn.edu](http://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](http://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 28<sup>th</sup> St, Minneapolis 55407 ..... (612) 863-4000

**Anoka Metro Regional Treatment Center**, 3301 7<sup>th</sup> 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 8<sup>th</sup> 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. 26<sup>th</sup> 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](http://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](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 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:referrals@riverplacecenter.com).

**RS Eden ..... Men (612) 361-8543 Women (612) 361-8368**  
[www.rseden.org](http://www.rseden.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.mndap.org) Email: [dap@mndap.org](mailto:dap@mndap.org) or [firstcall@mndap.org](mailto: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](http://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](http://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](http://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](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.

**Laurie Grengs Counseling ..... (763) 572-2326**

[www.lauriegrengs.com](http://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](http://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](http://www.familyinnovations.com) [www.lifestance.com](http://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](http://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](http://www.mwcac.org)  
[www.mwcac.org](http://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](http://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](http://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](http://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](http://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](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.

**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](http://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](http://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](http://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](http://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](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 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](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, School-Linked Mental Health (SLMH)..... (612) 314-5576**

[www.thefamilypartnership.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.llli.org) Lactation counselors are available in English and Spanish.

**National Breastfeeding Helpline** ..... (800) 994-9662  
[www.womenshealth.gov](http://www.womenshealth.gov)

**Nutritional Weight and Wellness**..... (651) 699-3438  
[www.weightandwellness.com](http://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](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.

**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](http://www.anokacountyparks.com) 550 Bunker Lake Blvd NW, Andover 55304.

**Go Anoka County** ..... [www.goanokacounty.org](http://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](http://www.dnr.state.mn.us)

**Minnesota Recreation and Park Association**..... (763) 571-1305  
[www.mnrpa.org](http://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](http://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](http://www.quitpartnermn.com)

**Go Anoka County** ..... [www.goanokacounty.org](http://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](http://www.minnesotahelp.info) and [www.211.org](http://www.211.org)

# EMPLOYMENT

- Anoka Technical College, Career Services** ..... (763) 576-7780  
[www.anokatech.edu](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.womenventure.org)

## Metro Civil Service Job Information

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

**Hennepin County Government Center** ..... (612) 348-3000  
**Hennepin County Jobs** ..... (612) 348-7855  
[www.hennepin.jobs](http://www.hennepin.jobs)

**Post Office Jobline** ..... [www.usps.com/employment](http://www.usps.com/employment)

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

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

## National Service

**AmeriCorps** ..... 1-800-942-2677  
[www.americorps.gov](http://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](http://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](http://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](mailto:irina.astashinsky@anokacountymn.gov).

**ACCAP, Energy Assistance**..... (763) 783-4712  
[www.accap.org](http://www.accap.org) Financial assistance with heating bills for income qualified households.

**Anoka County Child Support** ..... (763) 324-2420  
[www.anokacountymn.gov](http://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 89<sup>th</sup> 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.anokacountymn.gov/childprotection) Report child abuse & neglect. 24 hours/day, 7 days/week.

**Anoka County Child Support** ..... (763) 324-2420  
[www.anokacountymn.gov](http://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](http://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](http://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](http://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](http://www.lawhelpmn.org) / [www.centralmnlegal.org](http://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](http://www.voamnwi.org/estate-elder-law-services) Email: [estateandelderlaw@voamn.org](mailto: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](http://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](http://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](http://www.mylegalaid.org)
- Mediation Services for Anoka County** ..... (763) 422-8878  
[www.mediationservice.org](http://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](http://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](http://www.mnfindalawyer.com)  
 Attorney referral service
- MN Lawyer Referral & Information Service** ..... (612) 752-6699  
[www.mnlawyerreferral.org](http://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](http://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](http://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](http://www.IRS.gov/taxpayer-advocate) Free assistance for unresolved IRS problems.

- Trellis Pension & Retirement Rights**..... (651) 251-5765  
[www.midwestpensions.org](http://www.midwestpensions.org) Email: [pensions@trellisconnects.org](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.anokaramsey.edu) For general information.

**Anoka Technical College ..... (763) 576-7710**

[www.anokatech.edu](http://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](mailto: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](http://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](http://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](http://www.metronorthabe.org) Email: [info@metronorthabe.org](mailto: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](http://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](http://www.minnesotasafetycouncil.org) Workplace safety training.
- North Hennepin Community College**..... (763) 488-0391  
[www.nhcc.edu](http://www.nhcc.edu)
- Pacer Center, Inc. (Parent Advocacy Coalition for Educational Rights)** ..... 1-800-537-2237  
**General Number** ..... (952) 838-9000  
[www.pacer.org](http://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](http://www.peopleincorporated.org) Offers mental health therapy for individuals, groups, and families. Day treatment for 2<sup>nd</sup> - 12<sup>th</sup> 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](http://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](http://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!*

District 11, Anoka-Hennepin .....	(763) 506-1000
<a href="http://www.ahschools.us">www.ahschools.us</a> 2727 North Ferry Street, Anoka 55303.	
District 12, Centennial .....	(763) 792-6000
<a href="http://www.isd12.org">www.isd12.org</a> 4707 North Rd, Circle Pines 55014.	
District 13, Columbia Heights .....	(763) 528-4500
<a href="http://www.colheights.k12.mn.us">www.colheights.k12.mn.us</a> 1440 49 <sup>th</sup> Ave NE, Columbia Heights 55421.	
District 14, Fridley.....	(763) 502-5000
<a href="http://www.fridley.k12.mn.us">www.fridley.k12.mn.us</a> 6000 W Moore Lake Dr, Fridley 55432.	
District 15, St. Francis .....	(763) 753-7040
<a href="http://www.isd15.org">www.isd15.org</a> 4115 Ambassador Blvd, St. Francis 55070.	
District 16, Spring Lake Park.....	(763) 600-5000
<a href="http://www.springlakeparkschools.org">www.springlakeparkschools.org</a> 1415 81 <sup>st</sup> Ave NE, Spring Lake Park 55432.	
District 831, Forest Lake.....	(651) 982-8100
<a href="http://www.flaschools.org">www.flaschools.org</a> 6100 N 210 <sup>th</sup> St, Forest Lake 55025.	
District 4049 (Charter School), Coon Rapids .....	(763) 862-9223
<a href="http://www.nwphs.org">www.nwphs.org</a> 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.*

District 11, Anoka-Hennepin, <a href="http://www.ahschools.us">www.ahschools.us</a> .....	(763) 506-1260
District 12, Centennial, <a href="http://www.isd12.org">www.isd12.org</a> .....	(763) 792-6100
District 13, Columbia Heights, <a href="http://www.colheights.k12.mn.us">www.colheights.k12.mn.us</a> .....	(763) 528-4517
District 14, Fridley, <a href="http://www.fridley.k12.mn.us">www.fridley.k12.mn.us</a> .....	(763) 502-5143
District 15, St. Francis, <a href="http://www.isd15.org">www.isd15.org</a> .....	(763) 753-7048
District 16, Spring Lake Park, <a href="http://www.springlakeparkschools.org">www.springlakeparkschools.org</a> .....	(763) 600-5050
District 831, Forest Lake, <a href="http://www.flaschools.org">http://www.flaschools.org</a> .....	(651) 982-8100

## Community Education Departments Special Needs

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

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

Project Power / Special Needs for Adults .....	(763) 506-1279
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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](http://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](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).

**Minnesota State CAREERwise** ..... [www.careerwise.minnstate.edu](http://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](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.

**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](mailto:smalltalksign@aol.com)

**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.

**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).

# 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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](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**  
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](http://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](http://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](http://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](http://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](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.

# 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](http://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](http://www.yourlifeyourvoice.org) or [www.boystown.org](http://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 information .....898211  
[www.211unitedway.org](http://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 Safeline** .....1-800-RUNAWAY (1-800-786-2929)  
[www.1800runaway.org](http://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](http://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](http://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](http://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](http://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](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 & 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](http://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](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.
- Planned Parenthood of Minnesota** ..... (800) 230-7526  
[www.plannedparenthood.org/planned-parenthood-north-central-states](http://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](http://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](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.

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

[www.lc4yf.org](http://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](http://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](http://www.mwcac.org)**

[www.mwcac.org](http://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](http://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](http://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](http://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](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 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](http://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](http://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](http://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](http://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 89<sup>th</sup> 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](http://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](http://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](http://www.cpyymn.org) 1900 7<sup>th</sup> 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](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.

**Mediation Services for Anoka County ..... (763) 422-8878**  
[www.mediationservice.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.medicaltrip.net).

<b>Food</b>
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**Family Table** .....**See BASIC NEEDS: Food**

**Fare For All**..... (763) 450-3880  
[www.fareforall.org](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://www.getasmokealarm.org)

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

[www.mn.gov/dhs/reportadultabuse](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://www.efmn.org) [info@efmn.org](mailto: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. 2<sup>nd</sup> Thursday every month at the Fridley Senior Center.
- Health Insurance Counseling Program** ..... 1-800-333-2433  
[www.mn.gov/senior-linkage-line/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.mn.gov/deaf-hard-of-hearing) E-mail: [dhs.dhhsd@state.mn.us](mailto: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](http://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](http://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](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 24<sup>th</sup> 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](http://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](http://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](http://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 89<sup>th</sup> Ave NE, Suite 100, Blaine, MN. Visit [www.careoptionsnetwork.org](http://www.careoptionsnetwork.org) to search the information online; no personal data required. Free.

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

[www.seniorhousingguide.us](http://www.seniorhousingguide.us) Email: [contact@seniorhousingguide.us](mailto:contact@seniorhousingguide.us)

## Legal and/or Advocacy for Seniors

**ACCAP, Foreclosure Prevention ..... (763) 783-4851**

[www.accap.org](http://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](http://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](http://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](http://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](http://www.voamnwi.org/estate-elder-law-services) Email: [estateandelderlaw@voamn.org](mailto: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](http://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](http://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](http://www.lgbtqagingcenter.org)**

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

## **Educational Opportunities for Seniors**

**55 Alive Driving / Defensive Driving Class for Seniors .....Senior 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](http://www.aarp.org) Driver safety classes available.

**Anoka County Library, Books by Mail..... (763) 324-1529**  
[www.anokacountymn.gov](http://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](http://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](http://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](http://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](http://www.mnsafetycenter.org)

**Minnesota Safety Council ..... (651) 291-9150**  
[www.minnesotasafetycouncil.org](http://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](http://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 6<sup>th</sup> 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 221<sup>st</sup> Ave NE, East Bethel 55011 ..... **(763) 367-7868**  
**Fridley Senior Center**, 6085 7<sup>th</sup> 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.military.com)
- Minnesota Assistance Council for Veterans**.....[www.mac-v.org](http://www.mac-v.org)
- CareerForce in Blaine**..... (763) 324-2300  
**Veteran Employment Representative** ..... (763) 257-4077  
[www.careerforcemn.com/blaine](http://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](http://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](http://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](http://www.minneapolis.va.gov/services/ars.asp) ADS (Addiction Disorder Section).
- Veteran Caregiver**..... [www.veterancaregiver.com](http://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](http://www.veteranscrisisline.net) or text to 838255.
- Veterans Lake**..... **(763) 441-4086**  
[www.veteranslake.com](http://www.veteranslake.com) Provides events to support Minnesota’s fallen heroes.
- The Anoka Vet Center**.....**Anoka (763) 503-2220**  
 101 5<sup>th</sup> 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 Line** .....**1-888-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](http://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](http://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](http://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 7<sup>th</sup> St, St. Paul 55106 ..... (651) 379-4200

[www.clues.org](http://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](http://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](http://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](http://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](http://www.metronorthabe.org) Email: [info@metronorthabe.org](mailto: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](http://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](http://www.njcinc.org) Email: [info@njcinc.org](mailto: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](http://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](http://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](http://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](http://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](http://www.lgbtqagingcenter.org)
- Eli Coleman Institute for Sexual and Gender Health** ..... (612) 625-1500  
[www.sexualhealth.umn.edu](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.communityhelpinghand.org) 408 SW 15<sup>th</sup> 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](http://www.csc-mn.org)
- Family Caregiver Connection..... (763) 324-1608**  
[www.anokacountymn.gov/655/Family-Caregiver-Connection](http://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](http://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](http://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](http://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](http://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](http://www.metronorthabe.org) Email: [info@metronorthabe.org](mailto: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](http://www.2harvest.org) Email: [volunteer@2harvest.org](mailto: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](http://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](http://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](http://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](http://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](http://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

<b>Andover City Hall</b> , 1685 Crosstown Blvd NW, Andover 55304 .....	<b>(763) 755-5100</b>
<a href="http://www.andovermn.gov">www.andovermn.gov</a>	
<b>Andover Fire Station 1</b> , 13875 Crosstown Blvd NW, Andover 55304 .....	non-emergency <b>(763) 755-9825</b>
<b>Andover Fire Station 2</b> , 16603 Valley Dr NW, Andover 55304.....	non-emergency <b>(763) 421-9426</b>
<b>Andover Fire Station 3</b> , 15929 Crosstown Blvd NW, Andover 55304.....	non-emergency <b>(763) 755-9825</b>
<b>Andover Police, Anoka County Sheriff</b> .....	non-emergency <b>(763) 427-1212</b>
<b>Anoka City Hall</b> , 2015 First Ave N, Anoka 55303 .....	<b>(763) 576-2700</b>
<a href="http://www.anokaminnesota.com">www.anokaminnesota.com</a>	
<b>Anoka Fire</b> , 275 Harrison St, Anoka 55303 .....	non-emergency <b>(763) 576-2860</b>
<b>Anoka Police</b> .....	non-emergency <b>(763) 576-2800</b>
<b>City of Anoka Public Services</b> .....	<b>(763) 576-2980</b>
<b>Bethel City Hall</b> , 23860 Dewey Street NW, Bethel, MN 55005 .....	<b>(763) 434-4366</b>
<b>Bethel Police &amp; Fire</b> .....	non-emergency <b>(763) 427-1212</b>
<b>Blaine City Offices</b> , 10801 Town Square Dr NE, Blaine 55449 .....	<b>(763) 784-6700</b>
<a href="http://www.blainemn.gov">www.blainemn.gov</a>	
<b>Blaine Fire</b> , 1710 NE County Hwy 10, Spring Lake Park 55432 .....	non-emergency <b>(763) 786-4436</b>
<b>Blaine Parks &amp; Recreation</b> , <a href="http://www.blaineparks.com">www.blaineparks.com</a> .....	<b>(763) 785-6164</b>
<b>Blaine Police &amp; Crime Prevention</b> , 10801 Town Square Dr NE, Blaine 55449.....	<b>(763) 785-6168</b>
<b>To report a crime</b> .....	<b>(763) 427-1212</b>
<b>Centerville City Hall</b> , 1880 Main St, Centerville 55038 .....	<b>(651) 429-3232</b>
<b>Centennial Lakes Police Department</b> .....	<b>(763) 427-1212</b>
<b>Centennial Fire District (serves Circle Pines and Centerville)</b> .....	<b>(651) 792-7900</b>
<b>Circle Pines City Hall</b> , 200 Civic Heights Circle, Circle Pines 55014 .....	<b>(763) 784-5898</b>
<a href="http://www.ci.circle-pines.mn.us">www.ci.circle-pines.mn.us</a>	
<b>Centennial Fire District</b> , 7741 Lake Dr, Lino Lakes 55014.....	non-emergency <b>(651) 792-7900</b>
Serves Circle Pines and Centerville.	
<b>Centennial Lakes Police, Circle Pines, Centerville, Lexington</b> .....	<b>(763) 784-2501</b>
<b>Circle Pines Police</b> .....	non-emergency <b>(763) 784-2501</b>

**Columbia Heights City Offices**, 3989 Central Ave NE, Columbia Heights 55421 ..... (763) 706-3600  
[www.columbiaheightsmn.gov](http://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](http://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](http://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 221<sup>st</sup> Ave NE, East Bethel 55011..... (763) 367-7840  
[www.ci.east-bethel.mn.us](http://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](http://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](http://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](http://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](http://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](http://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](http://www.linwoodtownship.org)

**Nowthen Offices**, 8188 199<sup>th</sup> 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](http://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](http://www.ci.ramsey.mn.us)  
**Ramsey Fire** .....non-emergency (763) 427-4452  
**Ramsey Police**, 7550 Sunwood Dr NW, Ramsey 55303 .....non-emergency (763) 427-6812
- St. Francis City Hall**, 23340 Cree St NW, St. Francis 55070..... (763) 753-2630  
[www.stfrancismn.org](http://www.stfrancismn.org)  
**St. Francis Fire**.....non-emergency (763) 753-2334  
**St. Francis Police** .....non-emergency (763) 427-1212
- Spring Lake Park Administrative Office**, 1301 81<sup>st</sup> Ave NE, Spring Lake Park 55432..... (763) 784-6491  
[www.SLPMN.org](http://www.SLPMN.org)  
**Spring Lake Park Fire**, 1710 NE County Hwy 10, Spring Lake Park 55432 .....non-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 3<sup>rd</sup> Ave, Anoka 55303 ..... **General Switchboard (763) 324-4000**  
[www.anokacountymn.gov](http://www.anokacountymn.gov)
- Anoka County Parks and Recreation** ..... (763) 324-3300  
[www.anokacountyparks.com](http://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](http://www.state.mn.us)*

- Attorney General, Minnesota** ..... (651) 296-3353 or 1-800-657-3787  
[www.ag.state.mn.us](http://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**  
[www.governor.state.mn.us](http://www.governor.state.mn.us) State Capitol, 75 Rev. Dr. Martin Luther King, Jr. Blvd, Room 130, St. Paul 55155. Responsible for the administration of state government, proposal of biennial budgets, appointments, proposal & review of legislation, and preparation of comprehensive long-range plans for state growth.

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

**Secretary of State, Minnesota**.....**(651) 296-2803 or 1-877-551-6767 for Greater MN**  
[www.sos.state.mn.us](http://www.sos.state.mn.us) 332 Minnesota St, Suite N201, St. Paul 55101. Some responsibilities are to certify the authenticity of a wide variety of official documents, register a variety of business organizations, and chief election official of the state.

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

**State Capitol Building**, 75 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155.  
**Minnesota Historical Society Information Desk** ..... **(651) 259-3000 or [www.mnhs.org](http://www.mnhs.org)**  
**Tour Desk** ..... **(651) 296-2881**

**State Office Building**, 100 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155  
**General information for House**..... **(651)296-2146**  
**General information for Senate**..... **(651)296-0504**

## **United States**

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

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

**Senate, United States** ..... **(202) 224-3121**  
[www.senate.gov](http://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](http://www.melsa.org).

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

<b>Anoka County Library, Main Office, 707 County Rd 10 NE, Blaine 55434 .....</b>	<b>(763) 324-1510</b>	
<b>Books by Mail .....</b>	<b>(763) 324-1529</b>	
<a href="http://www.anoka.lib.mn.us">www.anoka.lib.mn.us</a>		
<b>Anoka</b>	<b>Rum River Library, 4201 6<sup>th</sup> Ave .....</b>	<b>(763) 324-1520</b>
<b>Blaine</b>	<b>Northtown Library, 711 County Rd 10 NE .....</b>	<b>(763) 324-1510</b>
	<b>Johnsville Branch, 12461 Oak Park Blvd .....</b>	<b>(763) 324-1550</b>
<b>Circle Pines</b>	<b>Centennial Branch, 100 Civic Heights Circle.....</b>	<b>(763) 324-1540</b>
<b>C. Heights</b>	<b>Columbia Heights Branch, 3939 Central Ave NE .....</b>	<b>(763) 706-3690</b>
<b>Coon Rapids</b>	<b>Crooked Lake Branch, 11440 Crooked Lake Blvd .....</b>	<b>(763) 324-1530</b>
<b>Fridley</b>	<b>Mississippi Branch, 410 Mississippi St NE .....</b>	<b>(763) 324-1560</b>
<b>Ham Lake</b>	<b>North Central Branch, 17565 Central Ave NE .....</b>	<b>(763) 324-1570</b>
<b>St. Francis</b>	<b>St. Francis Branch, 3519 Bridge St NW .....</b>	<b>(763) 324-1580</b>

## Affiliated Libraries:

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

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