

FAMILY SERVICES

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

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

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

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

Jacob Wetterling Resource Center (651) 714-4673

Missing and exploited children helpline..... 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. Educates to prevent the exploitation of children. Presents to parent groups, schools, faith based communities, & other groups on topics of internet safety, personal body safety for children, & the importance to advocate for children. Provides helpline assistance and support for families of missing and/or exploited children and adults.

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

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

Minnesota Communities Caring for Children (651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)

www.pcamn.org. Mission: To empower parents and communities to build supportive relationships, nurture children, and prevent child abuse and neglect. Home of Circle of Parents.

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

www.projectpathfinder.org. Assessment of adolescence ages 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for adolescents who have been sexually abused, or have sexually abused another child and their families.

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

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

The Family Partnership: Family Counseling (612)728-2061 or (612)728-2089 Spanish Line

For new appointments (612)728-2061 or (612)728-2089 Spanish Line

www.thefamilypartnership.org. Counseling for families, children, & teens is no longer offered on a sliding-fee scale. Most insurance is accepted and all state insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider. Booklets offered at Lake Street Clinic and North Minneapolis Clinic.

University of Minnesota Extension, Anoka County (763) 324-3495
AnswerLine (for household questions) 1-800-854-1678
www.extension.umn.edu/county/anoka. AnswerLine, where household experts answer questions about safely cooking, canning, & freezing foods, cleaning stains & mildew, & other household questions.

Safety

American Red Cross, Minnesota Region (612) 871-7676
Schedules installation of free smoke alarms. Call the smoke alarm hotline (612) 460-3674, text "Alarm" to (844) 811-0100 or visit <http://getasmokealarm.org>

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

Home Safety Check..... (763) 767-4003
www.sbmfire.com. Provided to residents of Spring Lake Park, Mounds View, & Blaine by their Fire Department. Includes free child safety seat checks by appointment, home safety surveys, fire extinguisher training, & injury prevention program, & juvenile fire setting program. Provide CPR training for small fee.

Minnesota Safety Council (651) 291-9150
Work place safety training.

Safe Kids Anoka County (763) 767-4664
www.safekidsanoka.org. C/o Fire Departments, 11920 Ulysses St NE, Blaine 55434. Comprised of Anoka County Law Enforcement Agencies, Anoka Human Services, and Unity & Mercy Hospital personnel. Mission is to reduce unintentional injuries among children through education of children and families. Provides free car seat inspections for Anoka County residents by appointment.

Pregnancy / Infants

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

BirthRight..... 763-757-0715 or 24 hour hotline 1(800) 559-4900
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, referrals. Hours: Mon 6-8 pm; Tues and Thurs 11 am – 1 pm; Thurs 7-9 pm.

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

- Epiphany Caring For Life** (612) 803-2225
www.epiphanycaringforlife.org. 24 hour confidential before and after birth support to women and their families. Companion program offers long term support to women and their families, as well as maternal support and resources, miscarriage support, material items, food and supplies.
- Everyday Miracles** (612) 353-6293
www.everyday-miracles.org. Provides pregnancy support for low income teens & single parents. Support groups, doula services (labor support), post-partum care, swap closets for maternity clothing & baby items.
- First Care Pregnancy Center and New Life Family Services** (612) 866-4643
www.firstcaremn.com. Free confidential pregnancy testing, free counseling by licensed social worker, adoption services, decision making counseling, resource referral, post abortion counseling, and Parenting Plus Program offering maternity & infant clothing & equipment.
- North Side Life Care Center** (612) 522-6589
www.northsidepregnancyoptions.org. Serves pregnant women of north Mpls/northern suburbs. Pregnancy tests, limited ultra sounds, options counseling, prenatal care, social services, baby equipment, referrals for a variety of needs, limited clothes, and diapers & formula. Call for more information.
- Nucleus Clinic** (763) 755-5300
www.nucleusclinic.org. Low cost and no cost birth control and reproductive health care. Annual checkups, pregnancy test, urinary tract infection treatment, etc. Pregnancy confirmations for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Monday, Wednesday, and Friday. Call for appointment.
- Teen Pregnancy Program** (763) 506-1560
www.anoka.k12.mn.us. A school-based program for pregnant girls offering regular scheduled classes plus extra classes to meet the needs of the teen-aged pregnant student. Call for info. (Also see CAPE).