

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 Domestic Violence and Sexual Abuse Hotline/Alexandra House..... (763) 780-2330
www.alexandrahouse.org. Regular business hours: 8:00 am-4:30 pm. If you need help on nights, weekends, or holidays, call (763) 427-1212. Phone will be answered “Fire & Police”, ask for a sexual assault advocate.

Anoka Crisis Connection (763) 755-3801
TTY (Hearing Impaired) (612) 379-6377
www.crisis.org. 24 hour crisis hotline offering counseling, referrals, & crisis intervention services. Also, do conference calls with shelters.

Boy’s Town National Hotline..... 1-800-448-3000
TTY (Hearing Impaired) 1-800-448-1833
www.boystown.org. www.yourlifeyourvoice.org. Hotline available for children and parents to help with everyday family issues.

Child Care Aware MN/Metro East (763) 783-4881
www.childcareawaremn.org/families/find-childcare. Child Care Aware MN provides families, child care providers, and communities with information and support for quality child care that is affordable and accessible for families in the metro area. We are a referral source for families, providing information and support to families in search of child care, provide resources for child care providers, and provide professional growth and development with educational programs, grants, training, consultation and coaching with **Parent Aware**. We reach out to businesses and communities to generate awareness and support for high quality child care. If you are searching for child care in Minnesota or a child care provider looking for services, call 1-888-291-9811.

Family & Children’s Service, GLBT-KIDS Abuse Intervention Program (612) 728-2079 or 1-877-GLBT-KIDS
www.everyfamilymatters.org/glbtkids. www.mnschooloutreach.org. Offers support, referrals, resources, and connections for GLBTQ (gay, lesbian, bisexual, transgender, questioning) youth who are experiencing abuse or mistreatment and their families, professionals, or others who care about them

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

United Way 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709
www.unitedwaytwincities.org. 24 hour info & referral service for health, recreation, education, social services, etc., utilizing 40,000+ community agencies in its database. Callers directed to resources for seniors, families, & children throughout the Twin Cities metro area. Services provided in English, Spanish, and Hmong.

YMCA Youth Intervention Services Youth 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 8:00am – 8:00pm daily.

Shelter / Housing / Transitional Housing

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

Open Access Connections 1-888-234-1329

Find out about metro area emergency shelters & transitional housing for individuals, families, & youth. Gives locations, eligibility rules, & contact numbers. A collaboration of MESH & TCCVM (www.openaccessconnections.org).

The Bridge for Youth..... (612) 377-8800

www.bridgeforyouth.org. Individual, group, & family counseling. Case management, referral to services, crisis intervention, street outreach, short term emergency shelter (ages 10-17), & transitional living (ages 16-20). Offers independent living in scattered site apts for youth ages 17-20. Family reunification is the main goal. Call for more information. Fees may apply to non-Hennepin County residents for shelter stays.

Drop-in Centers

Coon Rapids Youth First Teen Center: The Element (763) 755-7790

The Element Teen Center is open to youth ages 11-18. It is fully staffed and offers a variety of activities, video games, board games, pool table, snacks, and popcorn. Call for times.

GLBT Youth Services District 202 (612) 339-9109

www.thefamilypartnership.org. Non-profit youth community center committed to providing social, cultural, & educational opportunities for GLBT youth.

Hope 4 Youth..... (763) 323-2066

www.hope4youthmn.org. A Drop-in Resource Center for young people experiencing homelessness who are under age 24 in Anoka County. Provides a hot meal seven days a week. Programming also includes no cost clothing closet, food pantry, laundry and shower facilities, a computer lab for job and housing search support. Caring adult mentors always available during open hours. Center is open to youth Monday-Friday 2-7 pm and Saturday and Sunday from 1-4 pm. (CLOSED to the public during these hours).

Project Offstreets (612) 252-1200

www.youthlinkmn.org. Drop in center for homeless youth 16 to 20 years old. Youth case management services available.

Health & Wellness: Health Care

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

First Care Pregnancy Center and New Life Family Services (763) 323-3435

www.newlifefamilyservices.org. 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.

Fridley Children’s & Teenager’s Medical Center P.A. (763) 236-2700

www.fctmc.com. Pediatric and teenage practice that deals with the health and wellbeing of children, teenagers, and their families. Special interest include, ADD/ADHD, asthma, nutrition.

Immediate Sexual Assault and Domestic Violence Nursing Care Mercy & Unity Emergency Departments

Non-urgent health care information (763) 236-4172

www.allina.com/sane. Provides for the immediate health care needs of sexual assault and domestic violence victims within 120 hours of the assault. This includes, but is not limited to, pregnancy & STD risk assessment & prevention, & an evidentiary exam if desired. Program accessed through the emergency department at Mercy & Unity Hospitals.

North Metro Pediatrics (763) 783-3722

www.northmetropeds.org Non-profit pediatric primary care clinic with sliding fee scale, providing comprehensive medical services to children & young adults from birth to 21 years. Services include but are not limited to: physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breast feeding consultations, & sick visits.

Nucleus Clinic (763) 755-5300

Low cost and no cost birth control and reproductive health care. Annual checkups, pregnancy test, urinary tract infection treatment, etc. Verifications 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 Mondays, Wednesdays, and Fridays. Call for appointment.

Planned Parenthood of Minnesota Minneapolis (612) 823-6300 or St. Paul (651) 489-1328 /(800) 230- PLAN

www.ppmns.org. Programs for teens: healthy relationships, peer pressure, body image & self-esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, & decision making skills.

Public Health Nursing Intake, Anoka County(763) 422-6970

Anoka County Community Health & Environmental Services. Provides health promotion classes for special health related topics such as tobacco & violence prevention. Offers a variety of programs. Services for pregnant teenagers. Contact public health nursing with questions. Offers information on public health nursing, nursing programs, & is the initial contact for accepting referrals.

Mental Health & Counseling

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

Anoka County Children’s Mental Health..... (763) 712-2703

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

Bar-None Residential Treatment Services for Children (763) 753-2500

www.voamn.org. Serves youth ages 12-18. Programs include shelter care for females & males, residential treatment for males with severe emotional/behavioral problems, including programs for males with developmental delays.

Family Life Mental Health Center (763) 427-7964

www.flmhc.org. Mon-Thurs, 8 am-9 pm. Fri, 8 am-5 pm. Individual, group, family, & marital therapy. Anger management & DBT groups. Most insurance accepted. Sliding fee.

Families in Safe Hands: Raising Relatives children (612) 879-5307

A program of Lutheran Social Service of MN. Offers information & emotional support through support groups, recreation, & free phone consultation.

Family Strengths Counseling Group, LLC..... (651) 214-2575

Serves children ages 0-18 with mental health issues (anxiety, depression, & behavioral). Works with Anoka County Social Work units. Uses play therapy & family play therapy techniques.

Lee Carlson Center for Mental Health and Well Being (763) 780-3036

www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Adult, child and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, & group therapy for men, women, adolescents, & children.

Lee Carlson Center, Domestic Abuse Program (763) 783-4990

Women's Line (763) 783-4914

Men's Line (763) 783-4914

Women's Anger Management..... (763) 783-4990

Women's Group for Sexual Assault and Adolescent Group for Sexual Assault (763) 783-4990

www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Mon-Thurs, 9 am-6 pm. Answering Machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

Mental Health Crisis Services for Anoka County (763) 755-3801

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

New Connection Programs (Regions Hospital)..... (763) 784-2454

A structured all day chemical health outpatient treatment for adolescents ages 12-18. A 12-step cognitive, family centered, abstinence based program with onsite educational program.

North Suburban Counseling Center (763) 784-3008

www.northsuburbancounselingcenter.org. Sliding fee. Individual, family, & adolescents age 16 & up. Psychological & psychiatric medication evaluations. MA accepted. Most insurance accepted.

Prevent Child Abuse Minnesota (651) 523-0099

Minnesota Communities Care for Child.....1-800-CHILDREN (1-800-244-5373)

www.pcamn.org. Mission: To prevent child abuse & neglect by promoting positive parenting, healthy families, & supportive communities where children are respected & valued. Home of Circle of Parents.

Professional Family Based Division (651) 628-9253

Provides home based mental health services to families whose members are under the age of 21 & are eligible for mental health case management services through their local county.

Psychology Office (763) 717-4979

Provides services to children, adolescents, families, adults, & couples.

Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org/mn. The helpline phone service has been limited due to financial constraints. Please call for available hours. The new Online Help Center provides much of the guidance and resources learned over the years about keeping children safe from sexual abuse.

The Bridge for Youth..... (612) 377-8800
www.bridgeforyouth.org. Individual, group, & family counseling. Case management, referral to services, crisis intervention, street outreach, short term emergency shelter (ages 10-17), & transitional living (ages 16-20). Offer independent living in scattered site apartments for youth ages 17-20. Family reunification is the main goal. Call for more information. Fees may apply to non-Hennepin County residents for shelter stays.

Tubman Chrysalis Bridge..... (612) 871-0118
www.tubman.org. Provides programming, support, therapy, advocacy, & supports people in obtaining diagnosis. For families of children preschool to high school age who were exposed prenatally to drugs & alcohol.

Volunteers of America Mental Health Clinics (763) 753-7310
www.voamn.org. Mental health services for children & adults, including individual, group, & family, therapy, support groups, parent education, psychological testing & assessment, psychiatric evaluation & medication management. Mental health services for deaf & hard of hearing. Immigrant and refugee program. Infant and early childhood mental health services.

Youth Service Bureau (651) 464-3685
www.ytblakesarea.org. Provides youth & family counseling, truancy prevention, restorative justice & violence prevention, youth leadership opportunities, & parent education & support.

Other Resources

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

Alliance for a Violence-Free Anoka County (763) 422-7047
www.violencefreeanokacounty.org. A coalition of individuals & groups working on violence prevention, including child abuse, domestic violence, & sexual violence. Action teams work on preventing child abuse, domestic violence, & youth violence through community education & public awareness activities, & developing media & communication strategies. New teams develop as people express interests & ideas.

Andover, Anoka, Ramsey Youth First Community of Promise (763) 421-8530
www.youth1st.net. Mobilizes individuals & collaboratives to support experiences that ensure a healthy start, safe places, caring adults, marketable skills, & service opportunities for young people in the greater community of Andover, Anoka, & Ramsey.

Anoka County Children & Family Council (763) 323-6159
www.anokacountychildrenfamilycouncil.org. Nurtures collaborative efforts between people & agencies who share a vision of a healthier community for children & families.

Anoka County Economic Assistance Department

Adults Only, Monday-Friday, 8 am-4:30 pm..... (763) 422-7200

Families With Children, Monday-Friday, 8:00 am-4:30 pm (763) 422-7200

Services Include SNAP (Food Support), Cash Assistance, & healthcare programs. www.anokacounty.us

Application assistance available: Call 763-783-4929.

Anoka County Job Training Center (Youth Employment Programs) (763) 783-4827

www.positivelyminnesota.com. Services are designed to provide youth employment opportunities, education, & training support for at risk youth 14-21 years of age. Call to be added to the waiting list.

Big Brothers Big Sisters of the Greater Twin Cities (651) 789-2400

www.bigstwincities.org. Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 7-12 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!

Child Care Aware of MN/Metro (763) 783-4881

www.accap.org. Assists parents in locating child care & early education programs that best meet their individual family needs. Referral counselors provide general child care information about the area where care is needed; answer specific questions parents may have; & mail parents an individualized listing which meets the family's specific child care needs. Also serves child care professionals, employers, & other community members who need child care information.

Coon Rapids Youth First (763) 767-6565 ext. 278

Connects the community to benefit youth and their families. Monthly meetings with guest speakers open to the public. Provides youth scholarships & community grants, teen events, & activities.

Coon Rapids Youth First Teen Center: The Element (763) 755-7790

The Element Teen Center is open to youth ages 11-18, is fully staffed and offers a variety of activities, video games, board games, pool table, snacks, and popcorn. Call for times.

Creating Community (763) 717-2727

An organization of businesses, churches, policy makers, & citizens working in partnership to build healthy & safe communities for everyone, especially children, living harmoniously.

Epiphany Caring For Life (612) 803-2225

www.epiphanycaringforlife.org. Provides support to women & families who are pregnant, before & after birth support. Companion program offers long term support. Material support & resources. Maternity closet & baby items available. Miscarriage support. Call for information, assistance, & to schedule an appointment.

Everyday Miracles (612) 353-6293

www.everyday-miracles.org. Provides pregnancy support for low income families. Support groups, doula services (labor support), post-partum care.

Family & Children's Service: Family School Coordinator Program(763) 560-4412

www.thefamilypartnership.org. The program is offered free of charge & is voluntary. Students who are referred meet with a Family School Coordinator who involves parents and school staff developing goals and carrying out a plan for improved success in and out of school.

Family & Children's Service: Teen Outreach Program (612) 728-2086

www.thefamilypartnership.org. Helps teens to develop skills to make healthy, informed decisions & increase sense of connection & purpose. Program has shown to decrease adolescent pregnancy & help youth succeed in school. Activities include small group discussion, community service and service learning projects, values auction & much more.

Family & Children’s Service: Teen Pride.....(612) 728-2080

www.thefamilypartnership.org. Teen PRIDE is support for young women who are or are at-risk of being sexually exploited or are victims of survival sex or prostitution. It’s a place where you can be safe, get help with your basic needs and discover that you have choices. TeenPRIDE is free and confidential.

Kinship (763) 862-6755

www.kinship.org. Faith based mentoring program providing adult friendship to children ages 5-15. Serves children from single parent homes, children from refugee or immigrant families and children with one or both parents incarcerated. Call for more information.

Lee Carlson Center for Domestic Abuse..... (763) 783-4990

Women’s Line (763) 783-4914

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Women’s Anger Management..... (763) 783-4990

Women’s Group for Sexual Assault and Adolescent Group for Sexual Assault (763) 783-4990

www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Office hours: Mon-Thurs, 9 am-6 pm. Answering Machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

GLBT Youth Services District 202..... (612) 728-2061

www.thefamilypartnership.org. Non-profit youth community center committed to providing social, cultural, & educational opportunities by & for GLBT youth.

Mediation Services for Anoka County (763) 422-8878

www.mediationservice.org. Assistance with conflict resolution & problem solving with parents, siblings, or friends. Anger management classes (small fee). Provides an alternative to court. Confidential & free: landlord/tenant, neighborhood problems, bullying issues, & family issues. Visitation with sliding fee.

Paladin Academy Charter School.....(763) 786-4799

www.paladinacademy.us. Our mission is to provide high school (9-12 grade) students and their families a tuition free public school choice option. Staff provide a caring and safe learning environment where respect and relationship building are paramount.

SNAP Food Support (ACCAP).....(763) 783-4929

www.accap.org. Stretch your food budget. Find out if you qualify for **SNAP food support benefits**. Confidential screening and complete one on one application assistance. Families and individuals. All age groups.

Tough Love..... (763) 391-2630

Recorded message. A self-help program for parents troubled by teen behavior. Parent support groups.

YMCA

Youth/adult health & wellness, aquatics, recreation, youth development, & sports. Day & sleepover camps available. www.ymcatwincities.org.

Andover, 15200 Hanson Blvd, Andover 55304 **(763) 230-9622**
Chain of Lakes, 7690 Village Dr, Lino Lakes 55014 **(651) 795-9622**
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 **(763) 785-7882**

Education

For information on education, & services offered in the schools, please see the EDUCATION section.