

Anoka County Resource Guide

Volume 14, 2018-2020

Resource Guide was current as of October 2017, telephone numbers and information are subject to change. Please contact the Senior Information Line (763) 783-4707 or www.accap.org for updated agency and program information.

The Anoka County Community Resource Guide was developed to help promote self-sufficiency for residents of Anoka County. Self-sufficiency is being able to provide for yourself and your family without undue hardship. The resources in this book are available to you and your family, but **YOU** must take the first step.

Call! Ask for what you need!

The Anoka County Community Resource Guide was compiled by volunteers and staff of Anoka County Community Action Program, Inc. (ACCAP).

This guide was made possible with financial support from ACCAP and Anoka County. If you have comments on the Anoka County Community Resources Guide, please write to:

ACCAP

Anoka County Community Resource Guide

1201 – 89th Ave NE, Suite 345

Blaine, MN 55434

(763) 783-4747

This resource guide is available online at: <http://www.accap.org>

Minnesota Relay Service (MRS) • MRS provides a link between voice and TTY telephone systems. A voice operator/TTY generator will transmit your message. There is no charge for this service, and absolute confidentiality is assured. To access the relay service call 7-1-1. MRS Customer Service: (651) 602-9005.

This directory is only current as of date of publication, October 2017. Criteria for selecting the agencies listed in the directory were based on recommendations from an advisory committee. Information regarding services was provided by the agencies themselves. Inclusion of the agencies and services listed in the Resource Guide is not a recommendation. No verification or evaluation of the services offered by the listed agencies was conducted by ACCAP.

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

Upon request, this document will be available in alternative formats per the requirement of the American Disabilities Act.

Abbreviation Key

Ave = Avenue
Ext. = Extension
Ste = Suite
Blvd = Boulevard
Rd = Road
N = North
NE = Northeast
MN = Minnesota
Mon = Monday
Tues = Tuesday

Wed = Wednesday
Thurs = Thursday
Fri = Friday
Sat = Saturday
Sun = Sunday
TTY = Telephone Typewriter, common name for
Telecommunication Device for the Deaf (TDD)
MA = Medical Assistance
ESL = English as a Second Language
ELL = English Language Learner

Appt = Appointment
NW = Northwest
St = Street
S = South
SW = Southwest
SE = Southwest
& = And
Etc. = Etcetera
GED = General Education Development
ABE = Adult Basic Education

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HELPLINES & CRISIS NUMBERS

- Ambulance, Fire, Police Emergency** 9-1-1
- Boys Town National Hotline**..... 1-800-448-3000
www.yourlifeyourvoice.org. or www.boystown.org. 24-hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish-speaking operators. Counseling & referrals. Website offers text to #20121.
- Crisis Intervention Assessment (Mercy Hospital)** (763) 236-7861
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.
- Jacob Wetterling Resource Center** (651) 714-4673
Missing & exploited children 24 hour hotline number 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. Educates families and communities to prevent the exploitation of children. 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. Provides helpline assistance and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.
- 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.
- Metro Crisis Coordination Program** (612) 869-6811
www.metrocrisis.org. 18986 Lake Dr. E., Chanhassen, MN 55317. Provide behavioral crisis support for individuals with developmental disabilities within the seven county metro area. For a list of residential openings for the State of Minnesota, please visit www.mnopenings.org.
- Metro Shelter Hotline** 1-888-234-1329
- Minnesota Domestic Violence Crisis Line** 1-866-223-1111
www.dayoneservices.org. 24 hour crisis line for anyone experiencing domestic abuse and generalized crime. 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.
- Minnesota Poison Control Center** 1-800-222-1222
www.mnpoison.org. 24 hours a day, 7 days a week, free of charge. Provides emergency and non-emergency poison management, poison prevention information, and medication information.

- Riverwind Mental Health Crisis Services..... (763)862-7944**
www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others, but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.
- Stop It Now!Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12-6 pm eastern time. Online chats available from 12:15-5:30 pm.
- Suicide Prevention..... (800) 273-8255 (TALK)**
 24-Hour telephone crisis counseling, information, and referral line.
- United Way 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709**
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. Anoka County families can text their zip code to 898211 to receive information.

Abuse – Physical &/or Sexual

- Alexandra House, Inc. Community Program** (763) 576-9999
www.alexandrahouse.org. Free and confidential services for victims of domestic and sexual violence that include: support groups, assistance in filing protection orders and legal representation at hearings, crime victim advocacy following a domestic or sexual assault, safety planning, information & referral.
- Alexandra House, Inc. Shelter Program & 24 hour Helpline** (763) 780-2330
www.alexandrahouse.org. Emergency shelter for victims of domestic and sexual violence and their children. Free and confidential services include: crisis intervention, advocacy, safety planning, women's and children's support groups, info and referral, follow up services and housing services. Also provide elderly care.
- Anoka County Attorney's Office, Victim / Witness Services** (763) 324-5540
www.anokacounty.us/victimwitness. Crisis counseling, referrals, resources, community education, & victim advocacy. Office: 8 am - 4:30 pm.
- Anoka County Community Work Services** (763) 324-4830
Allows offenders an opportunity to meet their responsibility to society in a positive way by performing community service work.
- Domestic Abuse Project** (612) 874-7063 Ext 232
www.mndap.org. Email: dap@mndap.org or firstcall@mndap.org Call or email for services. First Call Line helps you take the first steps to getting therapy, advocacy, and case management. Treatment and therapy for abusive men and adolescents. Therapy, case management for all clients, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Office hours Monday-Thursday, 9 am-5 pm and Friday, 9 am-3 pm, 24-hour answering machine.
- Domestic Abuse Hotline, National Hotline** 1-800-799-7233
TTY (Hearing Impaired) 1-800-787-3224
www.thehotline.org. 24 hours/7 days a week. Provides crisis assistance & shelter referrals for all languages. Interpreter services are available.
- HCMC Domestic Violence Intervention Program** (612) 873-2255
A Hennepin County Medical Center (HCMC) Program available to HCMC patients that offers help with legal and medical problems incurred by women who have been battered in a domestic situation. Hours 8 am-11 pm, 365 days a year.
- Lee Carlson Center for Domestic Abuse Program** (763) 783-4914
www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men with history of intimate partner abuse, & anger management for adolescents. Offers housing stabilization support, foster care therapy, and ARMHS services. Answering machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee. Office hours Mon.-Thurs. 8am-7pm and Fri. 8am-5pm.

- Minnesota Adult Abuse Reporting Center, 24 hour.....1-844-880-1574**
mn.gov/dhs/reportadultabuse. Toll-Free number that allows the general public to report suspected maltreatment of vulnerable adults confidentially and in good faith. Reports will be submitted promptly to the appropriate investigative agency.
- Minnesota Domestic Violence Crisis Line 1-866-223-1111**
www.dayoneservices.org. 24 hour crisis line for anyone experiencing domestic abuse and generalized crime. 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.
- Out Front Minnesota (612) 822-0127 or 1-800-800-0350**
www.outfront.org. 310 E 38th St Room 209, Minneapolis. Legal advocacy, training, education, information, referral, & domestic violence programs on or related to the State LGBTQ community.
- Sexual Violence Center.....(612) 871-5111**
www.sexualviolencecenter.org. 24 hour crisis line for immediate support, information, & referral. Counseling available. Support groups available. Legal advocacy and hospital advocacy. Community education and trainings available.
- Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. Monday-Friday, 8 am-5 pm. Safe and confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral & 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, Mental Health CounselingNew Appts. (612) 728-2061 or Spanish (612) 728-2061**
www.thefamilypartnership.org. Counseling for children, teens, couples, families, & individuals. Offers DSWAP services 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**
www.tubman.org. **Business Line (612) 825-3333**
1725 Monastery Way, Maplewood 55109. Outpatient center for referrals, phone counseling, support groups, legal services and counseling, chemical dependency, & mental health services. Provides shelter assistance. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Family violence resource agency providing domestic abuse survivors safe passage from abuse.

Alcohol / Chemical Dependency

Adult Children of Alcoholics (ACA) / Dysfunctional Families (763) 574-0903

www.adultchildrenmn.com. minnesotacaa@gmail.com Offers a Twelve Step, Twelve Tradition program to those who grew up in dysfunctional homes. Attendees meet to share their experiences of growing up in an environment of abuse, neglect, and trauma as children, and to actively recover from these effects as adults.

Al-Anon / Alateen Resource Service

Minneapolis: 7204 27th St. W, St. Louis Park 55426 (952) 920-3961

St. Paul: 253 S. State St. St. Paul 55107 (651) 771-2208

www.Al-Anon-Alateen-msp.org. 12-step support service for anyone who is now, or has been, trying to cope with living or associating with an alcoholic, support group services are available to children of alcoholics, children must be between the ages of 9 and 19. Offers Al-Anon literature & support.

Alcoholics Anonymous of Minneapolis (952) 922-0880

www.aaminneapolis.org. Email info@aa.minneapolis.org. Call for information on other local groups (central office for Minneapolis & suburban area). Anoka County AA groups listed below.

Andover Alano, 3556 181st Ave NW. (763) 753-1586

Anoka Today Alano, 2700 N Ferry St. (763) 421-9923

Blaine Central Alano, 13536 Hwy 65, Room 207. (763) 757-9917

Our Friends Place (Columbia Heights Area), 3837 Central Ave. (763) 788-4858

Fridley Alano, 6279 University Ave NE. (763) 571-5910

Narcotics Anonymous Referrals (612) 822-9472

www.naminnnesota.org. **24-hour Helpline (877) 767-7676**

Transformation House (763) 452-7005

www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living.

Children, Youth Helplines & Crisis Lines

- Alexandra House, Inc. Youth Violence Prevention 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.
- Anoka County Children and Family Services** (763) 324-1440
After Hours, Call..... (612)852-0935
www.anokacounty.us. 8 am- 4:30 pm. Report child abuse & neglect.
- Anoka County Mental Health Crisis Response** (763) 755-3801
24-hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, and crisis stabilization services.
- Big Brothers Big Sisters of the Greater Twin Cities** (651) 789-2400
www.bigstwincities.org. Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 8-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long-term friendship!
- Boys Town National Hotline**..... 1-800-448-3000
www.yourlifeyourvoice.org. or www.boystown.org. 24 hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish-speaking operators. Counseling & referrals. Website offers text to #20121.
- Crisis Intervention Assessment (Mercy Hospital)** (763) 236-7861
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.
- Hope 4 Youth**..... (763) 323-2066
www.hope4youthmn.org. A drop-in Resource Center for young people experiencing homelessness who are under age 25 in Anoka County. Provides a hot meal five 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 and case managers available during open hours. Center is open to youth Monday-Friday 11:00am-7:00 pm.
- Jacob Wetterling Resource Center** (651) 714-4673
Missing and exploited children 24 hour helpline 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. Educates families and communities to prevent the exploitation of children. 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. Provides helpline assistance and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.

- Lee Carlson Center for Domestic Abuse Program..... (763) 783-4914**
www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who have a history of intimate partner abuse, & anger management for adolescents. Offers housing stabilization support, foster care therapy, and ARMHS services. Office hours: Mon-Thurs, 8 am-7 pm, Fri 8 am-5 pm. Answering machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.
- Midwest Children’s Resource Center..... (651) 220-6750**
 Nurse on-call 24 hours a day, 7 days a week.
- Missing & Exploited Children, 24 hour National Hotline 1-800-843-5678**
- Missing Children Minnesota / 24 hours..... (612) 334-9449**
www.missingchildrenmn.com. Search assistance, advocacy, support service for families of missing children (regardless of why they are missing); safety education programs & publications. No charge for search assistance, minimal cost for other services.
- National Child Abuse Hotline / 24 hours1-800-4-A-CHILD (1-800-422-4453)**
www.childhelp.org. 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 Safeline1-800-RUNAWAY (1-800-786-2929)**
www.1800runaway.org. 24 hours every day. Crisis intervention, transportation home for runaway youth, message relay service, information & referral service. Conflict resolution & mediation. On-line chat available on website.
- Project Pathfinder, Inc., Child and Adolescent Services (651) 644-8515**
www.projectpathfinder.org. Assessment of adults & children ages 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for children who have been sexually abused or have sexually abused another child & their families.
- Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. Safe and confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Silence shatters lives. Call 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.

Medical Helplines & Crisis Lines

- Child and 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 interest includes ADD/ADHD, asthma, nutrition. Two locations: 7225 University Ave NE, Fridley 55432 and 11107 Ulysses St NE, Blaine 55434. Call for more info.
- Crisis Intervention Assessment (Mercy Hospital)..... (763) 236-7861**
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.
- First Care Pregnancy Center (612) 866-7643**
www.firstcarepregnancycenter.org. Free confidential pregnancy testing, free counseling by licensed social workers, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity & infant clothing & equipment. Free limited ultra sounds.
- 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.
- Planned Parenthood of Minnesota Minneapolis (612) 823-6300**
www.plannedparenthood.org/planned-parenthood-north-central-states
Reproductive health care, education programs, & programs for teens.
- Rainbow Health..... (612) 341-2060; Aids line(612) 373-2437 or 1-800-248-2437**
www.justushealth.org. HIV information & referral. Interpreter services available. Online chat service available, needle exchange program, and Narcan available.

Other Helplines & Crisis Numbers

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

Anoka County Social Services..... (763) 324-1400
www.anokacounty.us. After 4:30 pm, call (763) 427-1212 for non-emergency only.

Emergency Housing (763) 427-1212
Anoka County Social Services non-emergency line. Call this number after 4:30 pm if you are without shelter.

Emotions Anonymous..... (651) 647-9712
www.emotionsanonymous.org. Mon – Thurs 10 am-3:30 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.firstcarepregnancycenter.org. If you a birth parent considering making an adoption plan, our licensed Expectant Parent Worker are available to assist you in this process. Adoption plans may be made at any point during your pregnancy or even after your baby is born. Our Expectant Parent Worker is also available to provide support to families of birth parents who are in the decision-making process. Call to make an appointment.

Over-eaters Anonymous..... (612) 377-1600
www overeaters.org. Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.

PRIDE 24 hour Crisis Line 612) 728-2061
www.thefamilypartnership.org. PRIDE (Promoting Recovery, Independence, Dignity, and Equality) is a nationally recognized and highly successful program that provides support services to sexually exploited women, teens, and their families. It is the first program in Minnesota to deliver services across a lifespan on behalf of women and teens reclaiming their lives after commercial sexual exploitation.

Spenders Anonymous..... www.spenders.org
For meeting information, please visit website.

Transformation House (763) 452-7005
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living.

BASIC NEEDS

Food, Housing, Shelter, Clothing, & Transportation

Anoka County Government Center **Adult Intake (763) 422-7200**
2100 3rd Ave, Anoka 55303. Multiple services available.

Eastern Anoka County Human Service Center **(763) 324-2210**
9201 South Highway Drive, Lexington 55014. Services include childcare licensing, community corrections, community health, developmental disability services, employment services, economic assistance. Referral services available.

Human Services Center of Anoka County **Family Intake (763) 422-7200**
1201 89th Ave NE, Blaine 55434. Multiple services available. This is an Economic Assistance Program.

Sharing and Caring Hands **(612) 338-4640**
www.sharingandcaringhands.org. 525 North 7th Street, Minneapolis 55405. Provide shelter, meals, food, dental, beds, eyeglass vouchers and many other services that help low-income families. Open Mon-Thurs 10:00am – 11:30pm and 1:30pm-2:00pm. Closed on Fridays.

Southern Anoka County Neighborhood Center..... **(763) 324-2220**
3980 Central Ave NE, Columbia Heights 55421. Services include adult protection, community corrections department, community health, children's and adult mental health, social services, economic assistance, and license center.

Food

Anoka County Economic Assistance Department (SNAP/Food Support)

Call for information on SNAP (Food Support), cash assistance & healthcare services. All services by appointment only.

Adults & Families with Children, Monday-Friday, 8am-4:30 pm **(763) 422-7200**

Eastern Service Center, Lexington, Mon-Fri, 8 am-4:30 pm..... **(763) 324-2210**

Southern Anoka County, Columbia Heights, Mon-Fri 8am-4:30pm **(763) 324-2220**

Bridge To Benefits www.bridgetobenefits.org

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

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

Anoka

Mount Olive Lutheran Church, 700 Western St **(763) 421-3223**

Every Wednesday, 5:30pm-6:30 pm

St. Stephens Catholic Church, 525 Jackson St **(763) 421-2471**

Suspended until further notice.

Trinity Episcopal Church (TEC), 1415 6th Ave S **(763) 421-1196**

Suspended until further notice.

Zion Lutheran Church, 1601 4th Ave S..... **(763) 421-4656**

Suspended until further notice.

Andover	Grace Lutheran Church , 13655 Round Lake Blvd (763) 421-6520 Third Sunday, 12:30pm – 1:30pm.
Blaine	Blaine United Methodist Lutheran Church , 621 115 th Ave NE (763) 757-2170 Call for days and times. Gift of Plenty.
Coon Rapids	Epiphany Catholic Church , 1900 111 th Ave NW(763) 755-1020 Suspended until further notice. Faith Lutheran Church , 11115 Hanson Blvd NW (763) 755-3530 First Thursday, 5:30pm - 6:30 pm. Drive Through Only Peace Lutheran Church , 20 Northdale Blvd NW (763) 757-4459 Suspended until further notice. Unity North Church , 11499 Martin St NW.....(763) 754-6489 Fourth Saturday, 5:00 pm – 6:00pm – Drive Through Only www.unitynorthmn.org .
Fridley	Fridley United Methodist Church , 680 Mississippi St NE.....(763) 571-1526 Fourth Saturday, 11:30 am -12:30 pm – Drive Through Only www.fridleyumc.org . Redeemer Main , 61 Mississippi Way NE(763) 574-7445 Third Monday, 5:45pm – 6:30 pm
Ham Lake	Glen Cary Lutheran Church , 15531 Central Ave NE (763) 434-5695 Suspended until further notice.

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

Grace Evangelical Free Church, Grocery Distribution.....(763)784-7199
www.gracefree.org; Second Harvest grocery distribution at Grace Evangelical Free Church, 755 73rd Avenue NE, Fridley; second Friday of every month 5:00pm to 7:30pm

Grocery Delivery & Services (call for specifics):

Kemp’s Home Delivery (612) 627-8709
 Delivers dairy products & frozen foods in the Twin Cities Area. Wholesale & retail.

Local Farms and Markets (651) 201-6140
 Visit Minnesota Department of Agriculture’s (MDA) Minnesota Grown Program & Directory at www.minnesotagrown.com. To find farms and farmers markets near you, search by city or zip code.

Meals on Wheels (Home Delivered Meals)

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.

Impact Services.....(763) 236-8718
 Andover, Anoka, Bethel, Blaine, Centerville, Circle Pines, Columbia Heights, Columbus, Coon Rapids, East Bethel, Fridley, Ham Lake, Hilltop, Lexington, Lino Lakes, Linwood, Nowthen, Oak Grove, Ramsey, St. Francis, Spring Lake Park

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

A program of Hunger Solutions Minnesota. Mon-Fri, 9:00am-5:00pm. 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

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 minimum of 3 meals; no delivery charge. Accept waivers, insurance & private pay.

School Lunch Program for Students – Free or Reduced

Call your child’s school district for more information. (*See EDUCATION section*)

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

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

www.local.extension.umn.edu/county/anoka. U of M Extension also has an Answer Line, where household experts answer questions about safely cooking, canning, & freezing foods, cleaning stains & mildew, & other household questions.

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

Supplemental food program and nutritional education for pregnant women, nursing mothers, & children at risk up to age 5. Breastfeeding peer counselors and lactation consultants available. Eligibility based on income. Mon-Fri, 8 am-4 pm.

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** for further assistance.*

ACBC (Anoka County Brotherhood Council)..... (763) 422-0046
2615 9th Ave N, Anoka. Serves Andover, Nowthen, Coon Rapids, Ramsey, Anoka, & parts of Champlin. Mon & Wed 10am-3 pm, Tues 12pm-5pm, Thurs 2 pm-7 pm. Donations accepted: Mon & Wed 9am-4pm.

Centennial Community Food Shelf (763) 784-2013
www.centennialfoodshelf.org. Circle Pines City Hall, Lower Level, 200 Civic Heights Circle, Circle Pines 55014. Serves Lexington, Circle Pines, Lino Lakes, Eastern Blaine, & Centerville; photo ID and piece of mail with current address required. Mon & Thurs, 4 pm-6 pm. Closed on holidays.

Community Helping Hand (651) 464-0061
Text (651) 505-1493
408 SW 15th St, Forest Lake. Food Shelf, thrift store, financial assistance. Food shelf serves Forest Lake/Chisago school district area only, by appointment only.

Hope Church.....(763) 757-4266
1264 109th Ave NE, Blaine 55434. Hope for the Community free food distribution, Thurs, 9:30am – 5:00pm.

Mt. Olive Lutheran (763) 421-3223
700 Western St, Anoka. Offering free meals via drive-thru on Wednesday evenings 5:30pm – 6:15pm.

NACE (North Anoka County Emergency), 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 Monday 9 am-12 pm, Tuesday 5-8 pm, Wednesday 1-4 pm, and Thursday 9 am-12 pm. Participants must provide a current ID and a piece of mail validating their Anoka County residency.

SACA (Southern Anoka Community Assistance)..... (763) 789-2444
627 38th Ave NE, Columbia Heights. Serves Fridley, Spring Lake Park, Hilltop, Columbia Heights. Monday, Tuesday and Thursday, 8:00am - 4:00pm and Wednesdays 10:00am – 6:00pm. Call for appointment. ID and proof of residence required.

Way of the Lord Food Shelf.....(763) 755-4800
804 131st Ave., Blaine 55434. Second and Fourth Tuesday, 2:30pm – 5:30pm. Serving people in Andover, Blaine, Coon Rapids and Ham Lake communities.

Housing / Household Management

Adult Foster Care, Anoka County (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.

All Parks Alliance for Change (APAC) (651) 644-5525

www.allparksallianceforchange.org. Metro-wide community organization of manufactured home park neighborhood groups & members living in the area working together to improve their neighborhoods.

Affordable Rental Housing, ACCAP.....Housing Hotline (763) 783-4730

www.accap.org. Provides variety of low to moderate-cost housing alternatives including apartments, town homes, & single-family homes spread throughout Anoka County. Serving individuals and families.

Bridge To Benefits www.bridgetobenefits.org

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

Energy Assistance, ACCAP (763) 783-4712

www.accap.org. Financial assistance with heating bills for income qualified households.

FAIM (Family Assets for Independence in Minnesota), ACCAP (763) 783-4747

www.accap.org. Matches \$3 for every \$1 you save for 2 years with a maximum of \$960 of your savings. The total match of \$3840 can be used toward a down payment of your first home, to continue your education, or to start up a small business. Call for eligibility and program requirements.

Federal Government Subsidy Program (HUD) (612) 370-3000

www.hud.com. Call for information about subsidized rent. Press "0" to speak with an operator.

Foreclosure Prevention, ACCAP..... (763) 783-4880

www.accap.org. Help for people facing default/foreclosure with mortgage payments. Call foreclosure prevention hotline for more information.

HOME Line (866) 866-3546 or (612) 728-5767

www.homelinemn.org. Provides free and low-cost legal, organizing, education & advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. For renters only.

Home Ownership Program, ACCAP (763) 783-4747

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.

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

www.housinglink.org. A non-profit organization focused on providing information about affordable rental housing options in the Twin Cities seven county metro area. Listings available on Mondays.

- Minnesota Housing Finance Agency (MHFA)** (651) 296-8215
www.mn.housing@state.mn.us. Information about first time homebuyer program & home improvement loan program.
- Paintathon** (612) 276-1579
- For more information, call**..... 612-276-1500
 Provides free exterior house painting to low income seniors over 60 & those under 60 with a disability. Call the Greater Minneapolis Council of Churches for more information.
- Twin Cities Habitat for Humanity** (612) 331-4090
 Habitat houses are sold to low-income families needing a decent, affordable place to live and are willing to work with others to build or renovate their own house and/or another's house. 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.
- 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.

Recycling / Waste Management

- Green Lights Recycling, Inc.**..... (763) 785-0456
 Provides recycling services for fluorescent lamps, ballast, computers, electronics, batteries, & mercury containing devices. Drop off hours: Mon-Fri, 7:30 am - 3:45 pm.
- Recycling & Disposal Options**..... (763) 324-3400
www.anokacounty.us/recycle. Call for info on recycling, storage, & disposal of hazardous household products, reducing mail, yard waste management, etc. Also offer recycling education and assist businesses with commercial recycling.

Subsidized Housing

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

U.S. Department of Housing & Urban Development, Minnesota Field Office, 212 3rd Avenue 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.

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

www.housinglink.org. 390 Robert St N, St. Paul 55101. Section 8 offered through HRA.

Hours: Monday-Friday, 8 am-4:30 pm. HRA serves the suburban areas.

Metro Information Line (651) 602-1880

Current subsidized application procedures & availability information. For application call (651) 602-1553.

Subsidized Apartments

Abbeyfield Townhouses, Family. 3911 233rd 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 44th 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

Office Hours Mon.-Thurs. 9:30am – 1:00pm.

Franklin Lane, Disabled. Seniors 62+. 1827 S Ferry St, Anoka (763) 427-7650

Office Hours: 9 am-5 pm, office closed on Wed.

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. Mon-Fri, 8:30 am-4:30 pm.... (763) 781-6518

Mississippi View, Family. 11020 Mississippi Blvd, Coon Rapids..... (763) 427-4700

North Gables, Seniors 62+ community. 654 90th Lane NE, Blaine..... (763) 786-0232

Northgate Woods, Seniors. Handicapped. Family. 1530 NE 123rd Lane, Blaine (763) 757-9031

Norwood Square, Seniors 62+. Handicapped. 6200 5th St, Fridley..... (763) 574-2187

Osborne Apartments, Seniors 62+. Handicapped. 659 Osborne Rd, Spring Lake Park..... (763) 780- 2169

Also 18+ with wheelchair assistance.

Oxbowl Bend, Senior housing and handicapped accessible. 3101 111th Ave NW, Coon Rapids.... (763) 427-2022

We are an Equal Opportunity Housing provider

Parkview Villa, Seniors. Handicapped/Disabled. 965 40th Ave NE, Columbia Heights (612) 746-0521

Rum River Square Apartments, Seniors 62+. Disabled. 3040 Bridge St NW, St. Francis (844) 662-4099

Sunny Acres, Family. 2701 11th Ave N, Anoka (763) 421-7702

Village Green Apartments, Seniors. Family. 460 Mississippi St NE, Fridley (763) 574-0674

Walker on the River, Seniors 62+. Handicapped accessible. 1906 S Ferry St, Anoka (763) 421-0434

www.walkermethodist.org.

Emergency Shelter/Homelessness

Homeless or At Risk of Becoming Homeless

Anoka County's Coordinated Entry is a HUD initiative to those who may be at-risk of losing their housing, or who are homeless. The Coordinated Entry initiative supports people in matching their housing needs with the appropriate resources. Persons 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.anokacounty.us/basicneeds.

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

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

Avenues for Homeless Youth (612) 522-1690

www.avenuesforyouth.org. Emergency shelter, short-term housing, and supportive services for homeless youth.

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

Shelter services for men, women, children, and families.

Family Promise of Anoka (763) 568-7365

www.familypromiseanoka.org. Temporary shelter serving families with minor dependent children.

Hennepin County Adult Shelter Connect (612) 248-2350

Single adults seeking shelter for the night. All shelters are located in Minneapolis. It is first come, first serve basis. Hours of phone operation/assistance M-F 10am-5:30pm, Sat/Sun 1pm-5:30pm. If after 10 pm, call 211.

Home Free ShelterCrisis 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" helps women with legal intervention services (763) 545-7080.

Metro Shelter Hotline (Automated Line) 1-888-234-1329

Stepping Stone Shelter (763) 323-7006

Emergency shelter for single adult men & women.

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

Safe, short-term shelter at no cost. Semi-private rooms for up to fourteen youth, ages 10-17. Shared community living room and kitchen. All meals are healthy and prepared by staff and youth in the program. Program also offers crisis counseling, transitional living, drop-in health clinic, and support groups.

Tubman..... Crisis Line (612) 825-0000

www.tubman.org **Business Line (612) 825-3333**

1725 Monastery Way, Maplewood 55109. Outpatient center for referrals, phone counseling, support groups, legal services and counseling, chemical dependency, & mental health services. Provides shelter assistance. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Family violence resource agency providing domestic abuse survivors safe passage from abuse.

Youthlink..... (612) 252-1200

www.youthlinkmn.org. Youthlink is the host site of the Youth Opportunity Center, specifically for youth experiencing homelessness ages 16 to 24.

Clothing

ACBC (Anoka County Brotherhood Council)..... (763) 422-0046
2615 9th Ave N, Anoka. Serves Andover, Nowthen, Coon Rapids, Ramsey, Anoka, & parts of Champlin. Mon & Wed 10am-3 pm, Tues 12pm-5pm, Thurs 2 pm-7 pm. Donations accepted: Mon & Wed 9am-4pm.

BirthRight..... 24 hour hotline 1(800) 550-4900 or 763-757-0715
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, referrals. Call for updated hours.

Community Helping Hand (651) 464-0061
Text..... (651) 505-1493
408 SW 15th St, Forest Lake. T, TH, F 10 am-4 pm, Wed 10am -6pm; Sat 10 am-2 pm. Food shelf, thrift store, and financial assistance. Thrift store with men's & women's clothing, housewares, furniture, & children's things. Volunteers & donations are greatly appreciated. Apply online at www.communityhelpinghand.org.

Everyday Miracles (612) 323-6293
www.everyday-miracles.org. Provides pregnancy support for teens, single parents, & low income families. Clothing for infants & maternity.

Goodwill Store, Coon Rapids..... (763) 712-3468
3071 Coon Rapids Blvd. NW, Coon Rapids 55433. Mon-Fri, 10 am-8 pm. Sat, 10 am-7 pm. Sun, 11 am-6 pm. Donations accepted during store hours.

Joseph's Coat..... (651) 291-2472
1107 W 7th St, St. Paul. Shopping hours Monday through Thursday 9am to 3pm by appointment only.

SACA (Southern Anoka Community Assistance)..... (763) 789-2444
627 38th Ave NE, Columbia Heights. Serves Fridley, Spring Lake Park, Hilltop, Columbia Heights. Monday, Tuesday and Thursday, 8:00am - 4:00pm and Wednesdays 10:00am – 6:00pm. Call for appointment. ID and proof of residence required.

Salvation Army (763) 755-6873
www.salvationarmynorth.org. Provides clothing vouchers to eligible Anoka County residents. Call for appointment. One time emergency assistance with diapers.

The Closet/North Anoka County Emergency Food Shelf and Clothing (NACE)..... (763) 434-7685
18511 Hwy 65 NE, East Bethel 55011. Clothing available at no cost to families in need. Hours: Monday 9 am-12 pm, Tuesday 5:00 pm-8:00 pm, Wednesday 1 pm-4:00 pm, Thursday 9:00 am-12:00 pm. Bring proof of Anoka County residency and photo ID. Thursdays must-go 12:00pm – 2:00pm. Every first, second, and fourth Thursday of the month. Includes produce, perishables, and bakery.

Transportation

- ACCAP Transportation Solutions (763) 324-2318**
www.accap.org/transportation-solutions. Provides car repair, insurance, and licensing grants up to \$700 to low income Anoka County residents that meet the program's requirements. Application and additional verification must be complete before eligibility can be determined. Call or email Irina.Astashinsk@co.anoka.mn.us.
- Allina Medical Transportation..... (651) 222-0555**
Bed-to-bed transportation to & from medical appointments for people with disabilities. Accepts MA. Emergency & non-emergency service. Stretcher availability to and from Allina clinics to those with a medical need.
- Anoka County MedLink..... (763) 324-3255**
www.co.anoka.mn.us/transit. Transportation service for seniors 60+ & clients receiving services from Anoka County Social Services. For medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, and St. Cloud. Call between 9 am-12 pm Mon-Fri. Donations accepted.
- Anoka County Transit (763) 324-3250**
www.anokacounty.us/transit. Anoka County and northwestern Ramsey County. Accessible to the disabled & wheelchairs.
Fixed route schedule information from Metro Transit (612)-373-3333
- Cars for Neighbors (763) 717-7755**
www.carsforneighbors.org. Anoka County. Assists people by helping them with transportation through vehicle repair. Mon-Fri, 8 am-4 pm.
- Metro Mobility..... (651) 602-1111**
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. All vehicles are wheelchair accessible. Consult website for hours.
- Metro Transit (612) 373-3333**
www.metrotransit.org. All fares full price at peak hours of 6-9 am & 3-6:30 pm. Seniors 65+, youth 6-12, & Medicare cardholders pay reduced fare except during peak hours. Persons with disabilities pay reduced fare any trip. Must show proof of age. Adults pay \$2.00 during non-rush-hour and \$2.50 during rush hour. For express bus, adults pay \$2.50 for non-rush-hour and \$3.25 rush hour. Call for information.
- Minnesota Safety Council (651) 291-9150**
www.minnesotasafetycouncil.org. Traffic & injury prevention programs & resources.
- MNET (Minnesota Non-Emergency Transportation) 1-866-467-1724**
Public transportation provided to clients on Medical Assistance, try to schedule trips three days in advance.
- Ride Share, Metro Transit (612) 373-3333**
8 am-4 pm to register car pools and rides.

- Salvation Army (763) 755-6873**
www.salvationarmynorth.org. Provides bus tokens and cards for people who have just started a new job and are waiting on their first check. Must bring verification. Call for an appointment.
- Town Taxi & Airport Taxi (612) 331-8294**
Please contact for more information.

HEALTH AND WELLNESS

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

Health & safety services: first-aid, CPR, and babysitting training; Nurse Assistant Training program; services to the Armed Forces; International Services (Restoring Family Links); disaster response and recovery, including home fires; and preparedness programs, including installation of free smoke alarms (call the smoke alarm hotline (612) 460-3674, text “Alarm” to (844) 811-0100 or visit www.getasmokealarm.org .

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

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

Provides outreach for health care check-ups for children from birth to 21 years who qualify for Medical Assistance or Minnesota Care.

Disease Prevention & Control..... (763) 324-4240

Provides information on infectious disease, refugee health, immunizations, & emergency preparedness & response.

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.

Public Health Nurse Family Home Visiting Services (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.

Health Education – Public Health..... (763) 324-4200

Provides health promotion activities related to promoting wellness and preventing chronic diseases, violence prevention, mental wellness, and chemical health.

Immunization Clinics for children & adults..... Hotline (763) 324-4210

Refugee Health (763) 324-4240

Assists with accessing health care, immunizations, and services.

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. Mon-Fri, 8 am-4 pm.

Bridge To Benefits www.bridgetobenefits.org

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

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, food and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families age birth to 2 years.

- Everyday Miracles** (612) 353-6293
www.everyday-miracles.org. Provides pregnancy support for low-income families. Support groups, doula services (labor support), childbirth education, & post-partum care.
- 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, and free phone consultation.
- First Care Pregnancy Center** (612) 866-7643
www.firstcarepregnancycenter.org. Free confidential pregnancy testing, counseling, adoption services, decision-making counseling, resource referral, post abortion counseling, & Every Family Program offering maternity & infant clothing & equipment. Free STD testing and treatment.
- Long Term Services and Supports, 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 Minnesota Care**
- Adults Only, Blaine** (763) 422-7200
 - Families with Children, Blaine** (763) 422-7200
 - Columbia Heights Office** (763) 324-2220
 - Eastern Service Center, Lexington** (763) 324-2210
- Medicare Customer Service, www.medicare.gov** 1-800-MEDICARE (1-800-633-4227)
- Metro Psychology Support Services, Inc.** (651) 645-7971
 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.
- Minnesota Care Information Line, State Office** (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 certain specific guidelines. Covers most medical needs, including visits to doctors/clinics, most prescriptions, some dental, hospitalization, etc. Cannot be on Medicare.
- Neighborhood Health Source – North Metro** (763) 783-3722
www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite.

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

Special Needs Programs

- ACHIEVE Services, Inc.** (763) 783-4909
www.achieveservices.org. Day training, employment, & rehabilitation for adults with developmental disabilities.
- Alternatives for People with Autism** (763) 560-5330
www.afpwa.org. Provides residential services for adults who are severely disabled by autism & developmental disabilities.
- Alzheimer's Association, MN & ND Chapter** 1-800-272-3900
www.alz.org/mnnd. Care support resources: 24 hour telephone support, information on memory loss and on referrals regarding support groups for persons with Alzheimer's disease and their families; safe return program.
- American Cancer Society** 1-800-227-2345
www.cancer.org.
- American Diabetes Association** (763) 593-5333
www.diabetes.org. Serving Minnesota and North Dakota. Call for information.
- Anoka Metro Regional Treatment Center/Mental Health Facility** (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.
- Arc Minnesota** (952) 920-0855
www.arcminnesota.org. Serves entire state of Minnesota. Advocacy Services/DD Services. Information, referral, and advocacy for individuals with developmental disabilities & their families.
- Arthritis Foundation – North Central Chapter** 1-800-283-7800
www.arthritis.org. Information, supportive services, advocacy and research.
- BirthRight** 24 hour hotline 1(800) 550-4900 or 763-757-0715
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, referrals. Call for updated hours.
- Cancer Information Line (U of M)** www.cancer.umn.edu or (612) 624-2620
- Center for Sexual Health, University of Minnesota** (612) 625-1500
www.sexualhealth.umn.edu. Relationship and sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, and child and adolescent gender exploration.
- Child and 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 interest includes ADD/ADHD, asthma, nutrition. Two locations: Fridley and Blaine. 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
Resource library for consumer health information.

Courage Kenny

Rehabilitation & resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages designed to empower people with disabilities to reach their full potential in every aspect of life.

Burnsville, 12400 Portland Ave S, #140 (952) 428-0400

Forest Lake, 1467 N Lake St So., Suite 300 (Hwy 61) (651) 241-3840

Pediatric & adult therapies (OT, PT, speech)

Golden Valley, 3915 Golden Valley Rd (612) 775-2499

Stillwater, 1460 Curve Crest Blvd (651) 241-3820

Deaf & Hard of Hearing Services- Metro Office (651) 431-5945 or (800) 657-3663

Video Phone (651) 964-1514

dhs.dhhsd@state.mn.us Deaf and Hard of Hearing Services provides information, resources and empowerment opportunities to assist Minnesotans who are deaf, deaf blind and hard of hearing and their family to effectively access service in their communities.

Dignity by Design (612) 325-4889

www.dignitybydesign.com. Fashion clothing and adaptive clothing for the disabled and physically challenged.

Disability.gov www.disability.gov.

Information and resource website for people with disabilities.

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. 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.anokacounty.us/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.

Footworks – Footcare (651) 501-0624

Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

- Fraser** (763) 231-2590
Fraser Intake Coordinator (612) 331-9413
 Provides mental health services for children who have emotional and behavioral disorders, treatment services for infants through adults with autism spectrum disorders & their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual, family & group skills training & other services.
- Happy Feet Footcare, Inc.** (763) 560-5136
 Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.
- Immediate Sexual Assault Nursing Care** **Mercy (763) 236-7144 & Unity (763) 236-4144**
 Provides for the immediate health care needs of sexual assault & domestic violence victims within 120 hours of the assault. This includes, but is not limited to: pregnancy & STD risk assessment & prevention, and an evidentiary exam if desired. Program accessed through the emergency department at Mercy & Unity Hospitals. For non-urgent health care information call (763) 236-4172.
- Information Helpline for the Alzheimer’s Association** **24 hour contact center 1-800-272-3900**
- Leukemia & Lymphoma Society** (612) 259-4600
www.lls.org. Support groups, financial resources, peer support, & information. Information Resource Center Hotline: 1-800-955-4572. Fax #612-259-4601.
- Lifetrack Resources**..... (651) 227-8471
www.lifetrack-mn.org. Children services including occupational, & speech therapy.
- Med-Alert Bracelets**.....**Ask your local pharmacy**
- Mesothelioma/Asbestos**..... **1-866-553-0882**
www.asbestos.com. Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.
- Metropolitan Center for Independent Living (MCIL)** (651) 646-8342
www.mcil-mn.org. Services for persons with disabilities including: information & referral, transition program, assessing & problem solving, personal care assistants, peer support, pre-employment skills, independent living skills, advocacy, deaf independent living skills, nursing home program & ramp project.
- Minnesota Brain Injury Alliance** (612) 378-2742
www.braininjurymn.org. Resource facilitation offers free resources and brain injury and stroke information. Open M-F, 8 am to 4 pm. Call or email info@braininjury.org.
- Minnesota Department of Human Services,** (651) 431-2000
www.mn.gov/dhs.
- Minnesota State Council on Disability,** (651) 361-7800
www.disability.state.mn.us.
- Opportunity Partners, Inc.** (763) 540-9343
www.opportunities.org. Support for adults with developmental disabilities (18 years and older) in residential and community settings so they can live more independently. Programs include Semi-Independent Living Services and apartment programs.

- Opportunity Services (763) 755-7866**
www.oppserv.org. Work rehabilitation for handicapped adults, day living for medically fragile adults, and independent placement for capable handicapped adults. Positive support living.
- People Incorporated Family Life Mental Health Center (763) 785-9222**
Learning Disabilities Program
www.peopleincorporated.org. Help for parents who worry that their child is falling behind academically, struggle with their child for hours every evening over homework. Provides clarification on navigating the special education system & assessment resources. Serves families of children grades K-12. Assistance by phone or in person & can include attending school meetings with the parent. Services free of charge & confidential.
- Rainbow Health..... (612) 341-2060; Aids line(612) 373-2437 or 1-800-248-2437**
www.justushealth.org. HIV information & referral. Interpreter services available. Online chat service available, needle exchange program, and Narcan available.
- Rebuilding Together Twin Cities..... (651)776-4273**
www.rebuildingtogether-twincities.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 Minnesota Community Services, Inc..... (651) 644-7680**
www.thementornetwork.com. Provides outreach, intervention, & support to families & individuals with disabilities & mental health issues through in-home support, family foster care, independent living services.
- Rise, Inc. (763) 786-8334**
www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer ARMHS (Adult Rehabilitative Mental Health Services).
- Sharing and Caring Hands (Eye Glasses) (612) 338-4640**
www.sharingandcaringhands.org. 525 N. 7th St, Minneapolis 55405. Open Mon-Thurs 10am–11:30am or 1:30pm–3:00pm ONLY, closed Fri. Provides free eye care, you must have your social security card with you.
- State Services for the Blind (651) 539-2300**
www.mnssb.org. Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, computer technology.
- Tamarisk, Inc. (763) 572-1950**
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness, or people living with a 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/dhs/ted-program. E-mail: dhs.dhhsd@state.mn.us. The TED Program provides telephones on a long-term loan basis at **no cost** to eligible Minnesotans. We serve people of all ages who have difficulty using regular telephone due to any of the following: hearing loss, speech disability or physical disability.

Vision Loss Resources.....(612) 871-2222
St. Paul.....(651) 224-7662
www.visionlossresources.org. Needs assessment for blindness, senior services, & 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 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 th St, Minneapolis 55407	(612) 863-4000
Anoka Metro Regional Treatment Center , 3301 7 th 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 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 County Medical Center (HCMC) , 701 Park Ave, Minneapolis 55415	(612) 873-3000
Mercy Hospital , 4050 Coon Rapids Blvd, Coon Rapids 55433	(763) 236-6000
North Memorial Hospital , 3300 Oakdale Ave N, Robbinsdale 55422	(763) 520-5200
Phillips Eye Institute, Allina , 2215 Park Ave S, Minneapolis, 55404	(612) 775-8800
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 , 45 W 10 th St, St. Paul 55102	(651) 232-3000
United Hospital , 333 Smith Ave N, St. Paul 55102	(651) 241-8000
Unity Campus/Mercy Hospital , 550 Osborne Rd, Fridley 55432	(763) 236-5000
Woodwinds Health Campus , 1925 Woodwinds Dr., Woodbury 55125	(651) 232-0100

Low Cost Clinics

- Central Avenue Clinic..... (612) 588-9411**
www.neighborhoodhealthsource.org. Medical and health care for the uninsured of all ages. Cost is a sliding fee. Not an urgent care clinic. New patient wait is about two weeks. By appointment only.
- Fremont Community Health Services (612) 588-9411**
www.neighborhoodhealthsource.org. Medical and health care for the uninsured of all ages. Cost is a sliding fee. Not an urgent care clinic. New patient wait is about two weeks. By appointment only.
- Neighborhood Health Source – North Metro..... (763) 783-3722**
www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite.
- 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.
- Sheridan Women and Children’s Clinic..... (612) 588-9411**
www.neighborhoodhealthsource.org. Medical and health care for the uninsured of all ages. Cost is a sliding fee. Not an urgent care clinic. New patient wait is about two weeks. By appointment only.
- St. Mary’s Health Clinics (651) 287-7777**
www.stmaryshealthclinic.org. Free medical care for those with no access to health insurance. 15 clinic sessions each week at clinic sites located throughout the Twin Cities. Clinic open Mon- Thurs 8:30 am- 3:30 pm. Please call for more information & eligibility determination. Appointments are required. Se habla espanol.
- Southside Community Health Services (612) 822-9030**
www.southsidechs.org. Community clinic providing affordable access to health care: medical, dental, vision and behavioral health. Sliding fee. No one is turned away for lack of insurance.

Dental

Affordable Dentures and Implants, Brooklyn Park..... (651) 552-6770 or 1-800-336-8873
www.affordabledentures.com. Mon, Tue, Thur 7:30am – 4:00pm, Wed 7:30am – 6:00pm, Fri 7:30am – 12:00pm. By appointment only. 100 day satisfaction guarantee on dentures; limited craftsmanship warranty on dentures and partials; coupons may be available on website.

Apple Tree Dental..... (763) 784-7570
www.appletreedental.org. Provides preventative care and comprehensive dental services for children, adults, seniors, & disabled. Accepts most insurances, Minnesota Care, & M.A. Affordable plan options for uninsured who cannot afford the full cost of dental care. Handicap Accessible.

Children’s Dental Services, Minneapolis..... (612) 746-1530
www.childrendentalservices.org. Dental care for people from age 1 to 100 for low-income families. Sliding scale for birth to 18. Will treat young adults between 18 and 21. We also treat pregnant women. Clinics in St. Paul and mobile care for Coon Rapids. Interpreters available for Spanish, Hmong, and Somali. Call for appointment.

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

Southside Community Dental Clinic, Minneapolis (612) 822-9030
Sliding fee for those who are eligible, but no one is turned away for lack of insurance. Accept all state plan insurances. Walk-ins before 4 pm.

University of MN Dental School (612) 625-2495
www.dentistry.umn.edu. 515 Delaware St. SE. Minneapolis. Set fees based on work done by students, grad student with faculty members. Accepts cash, check, credit card and insurance.

West Side Community Health Services (651) 602-7575
www.mn.care.org. Sliding fee, accepts all MA’s, open Mon, Tues, Fri 8 am – 5 pm, Wed-Thurs 8 am-8 pm.

Chemical Health

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

3-R's Nuway Inc..... (612) 789-8030
www.nuwayhouse.org. Morning and early afternoon programs M-F; supplemental subsidies sober housing.

Anoka County Chemical Dependency Assistance..... (763) 324-1270
www.anokacounty.mn.us. 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) 546-7674
www.anthonylouiscenter.com. Residential programs for adolescents with chemical dependency: assessment, outpatient, inpatient, counseling, mental health programs and aftercare available.

Community Addiction Recovery Enterprise (651) 431-5250
www.mn.gov/dhs. Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Civilly committed individuals only.

Fairview Recovery Services.....(612) 672-2736
Evaluation and outpatient chemical health treatment.

Hazelden Betty Ford Foundation..... (800) 257-7810
www.hazeldenbettyford.org. Substance abuse assessments, prevention, treatment, education and continuing care for ages 12 and above. 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.

Narcotics Anonymous / 24 hours (952) 939-3939
www.naminnesot.org

Nystrom & Associates, Ltd. Intensive Outpatient Chemical Dependency Program

Coon Rapids..... (763) 767-3350
New Brighton..... (651) 628-9253
Elk River..... (763) 746-9492
www.nystromcounseling.com. Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment, and nutritional counseling.

Riverplace Counseling Center..... (763) 421-5590
www.riverplacecenter.com. Substance abuse treatment center offering outpatient, intensive outpatient with lodging, relapse prevention, continuum of care and chemical use assessments. Ages 18+. Contracted with most insurance companies. PMAPS, CCDF (Rule 25).

- RS Eden Men (612) 361-8543 Women (612) 361-8368**
www.rseden.org. Structured programming for men and women with a history of addiction. Fees based on a sliding fee scale and vary with service provided. Assistance is available to eligible clients through General Assistance or the State Consolidated Fund.
- Transformation House (763) 452-7005**
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Chemical dependency and mental illness treatment. Offers sober living.
- Unity Chemical Dependency Services (763) 236-4500**
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.
- Veterans Affairs Medical Center, Minneapolis..... (612) 467-1100**
www.minneapolis.va.gov/services/ars.asp. ADS (Addiction Disorder Section).

Mental Health

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

ABC Family Counseling..... (763) 227-8076

Anoka Professional Building, 229 Jackson St, Ste 136, Anoka 55303. Individual and family counseling.

Affiliated Counseling Center (763) 572-2605

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

Anoka County Adult Mental Health Services (Intake) (763) 324-1420

www.co.anoka.mn.us. Anoka County Adult Mental Health Intake 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. Housing Line (763) 324-1215.

Anoka Regional Treatment Center/Mental Health Facility (651) 431-5000

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

Bar None (763) 753-2500

www.voamnwi.org/bar-none. Shelter services for male and female youth between ages 11 and 17 who are in crisis or transition between placements.

Bridgeview Club..... (763) 783-7440

www.leecarlsoncenter.org. Drop in center for adults 18 & older, activities and support programs for adults in Anoka County with mental illness.

Community Options Program (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 – 7 sites in the Twin Cities, call for information.

Crisis Intervention Assessment (Mercy Hospital)..... (763) 236-7861

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.

Domestic Abuse Project..... (612) 874-7063 Ext 232

www.mndap.org. Email: dap@mndap.org or firstcall@mndap.org Call or email for services. First Call Line helps you take the first steps to getting therapy, advocacy, and case management. Treatment and therapy for abusive men and adolescents. Therapy, case management for all clients, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Office hours Monday-Thursday, 9 am-5 pm and Friday, 9 am-3 pm, 24-hour answering machine.

- Family-Based Therapy Associates..... (763) 780-1520**
www.fbta.biz. Local, comprehensive mental health resource with multi-disciplined staff of mental health professionals. Work with individuals, couples, families, children, adolescents, and adults. Most insurance accepted.
- Family Caregiver Connection..... (763) 324-1608**
www.anokacounty.us/655/Family-Caregiver-Connection. Offers support & resource materials for caregivers of an older adult. Support groups available throughout Anoka County.
- Family Support Services, Inc..... (763) 767-3350**
www.nystromcounseling.com. Provides Adult Rehabilitative Mental Health Services (ARMHS) for ages 18+ in Anoka County and surrounding counties. Accepts Medical Assistance (MA) and prepaid medical assistance plans (PMAP).
- Fraser (763) 231-2590**
Fraser Intake Coordinator (612) 767-7222
 Provides mental health services for children who have emotional and behavioral disorders as well as treatment services for infants through adults with autism spectrum disorders and their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual and group family skills training, and other specialized related services.
- Fuller Living & Associates, LLC..... (763) 647-8188**
www.fullerlivingandassociates.com. Fuller Living & Associates, LLC offers counseling for individuals of all ages, couples and families. They journey with clients through: difficulty adjusting to transitions and hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children's behavioral issues, parenting support, anger, severe and persistent mental illness, women's issues, men's issues and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week, 6 AM – 10 PM.
- International Center for the Attainment of Love and Joy..... (763) 572-2326**
www.lauriegrengs.com. Licensed psychologist works with couples, individuals, families, children, teens; treats post-traumatic stress, depression, anxiety; does evaluations, life coach; insurance accepted, sliding fee.
- Lee Carlson Center for Domestic Abuse Program..... (763) 783-4914**
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, and group therapy for men, women, adolescents and children. Offers housing stabilization support, foster care therapy, and ARMHS services.
- Life Stance Health..... (763) 421-5535**
www.familyinnovations.com. - www.lifestance.com. Provides counseling for couples, families, & individuals.
- Mercy Hospital Adult Psychiatry (763) 236-8700**
Adult Mental Health Outpatient Program (AMHOP)..... (763) 236-8700
Adult Partial Hospital Program (PHP) (763) 236-8700
www.allinahealth.org. Inpatient mental health services. MA & most insurance plans accepted. For inpatient care, call Mental Health and Addiction Line (866) 603-0016.

- MWCAC..... www.mwcac.org**
We are a non-profit organization whose mission is to promote increased public awareness, understanding, and acceptance of mental health care. Visit our website or Facebook – Mental Wellness Campaign.
- Northland Therapy Center (651) 641-1009**
www.northlandtherapycneter.com. A mental health clinic serving primarily adult individuals & couples with expertise in working with sexual orientation issues and trauma.
- North Suburban Counseling Center (763) 784-3008**
www.northsuburbancounselingcenter.com. Sliding fee. Individual, family, & adolescents age 16 & up. Psychological testing & 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 death of a spouse, parent, child, sibling, friend, pregnancy loss, or suicide. No cost.
- Nystrom & Associates, Ltd. Children’s Therapeutic Services & Supports (In-Home Therapy)**
Coon Rapids..... (763) 767-3350
New Brighton..... (651) 628-9253
Elk River..... (763) 746-9492
www.nystromcounseling.com. For children ages 3-21 who have emotional &/or behavior disorders. Meet with children or families in-home to best serve a wide variety of populations & diagnosis.
- Nystrom & Associates, Ltd. Outpatient Clinic**
Coon Rapids.....(763) 767-3350
New Brighton..... (651) 628-9253
Elk River..... (763) 746-9492
www.nystromcounseling.com. Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment and nutritional counseling.
- People Incorporated Family Life Mental Health Center (763) 427-7964**
www.peopleincorporated.org. Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. Mon-Thurs, 9 am – 7 pm; Fridays, Telehealth only.
- Project Pathfinder, Inc., Child and Adolescent Services (651) 644-8515**
www.projectpathfinder.org. Assessment of children ages 3-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for children who have been sexually abused or have sexually abused another child & their families.
- REM Minnesota Community Services, Inc..... (651) 644-7680**
www.thementornetwork.com. Provides outreach, intervention, & support to families & individuals with disabilities & mental health issues through in-home support, family foster care, and independent living services.

- Res Care Supportive Living Services** (763) 537-6612
www.rescare.com. Community support program providing case management and psychiatric rehabilitation in the community for individuals with severe and persistent mental illness.
- Rise, Inc.**..... (763) 786-8334
www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer ARMHS (Adult Rehabilitative Mental Health Services).
- Riverwind Mental Health Crisis Services**.....(763) 862-7944
www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others, but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.
- Shiloh House** (763) 427-7155
www.transformationhouse.com. 1410 S Ferry St, Anoka 55303. Services 10 am on Sundays. Gambling assessments and outpatient treatment. Court ordered assessment. Call for intake and assessment.
- Stop It Now! Minnesota**.....**Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. Safe & confidential resource for those concerned about their own or another's sexualized thoughts/behaviors towards children. Call for support, resources, & referral. Call 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.
- Suicide Prevention**..... (800) 273-8255 (TALK)
24-Hour telephone crisis counseling, information, and referral line.
- The Family Partnership: School-Linked Mental Health (SLMH)**..... (763) 600-4702
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 and 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, 0-5 year olds. Located in Hennepin County.
- Tubman Chrysalis Center** (612) 871-0118
www.tubman.org. Counseling and psychiatry services. Outpatient mental health services. MA accepted. Monday-Thursday, 8 am-5 pm. Friday 8 am-3 pm.
- Unity Chemical Dependency Services**..... (763) 236-4500
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.

- Veterans Resource Center** **St Paul (651) 644-4022 or 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 MST. Referrals as appropriate. Hours Mon-Fri 8 am-4:30 pm and extended hours available.
- Veterans Service Office – Anoka County**..... **(763) 324-4500**
Fax Number **(763) 324-1040**
www.veterans@co.anoka.mn.us. Provides counseling, claims services, referral, & assistance in accessing services in chemical dependency, burial benefits, discharge reviews, death benefits, employment, financial assistance, education training, health benefits, disability services, etc.
- Well-Spouse Association**..... **732-577-8899**
www.wellspouse.org. Offers emotional support, newsletters, & resource materials for the husbands, wives, & partners of the chronically ill &/or disabled. Advocates for needs. Monthly support meetings.

Nutrition Education, Counseling and Support

- Anoka County Public Health Nursing.....(763) 324-4240**
www.co.anoka.mn.us. Provides a variety of services to support individuals and families. Services include: Public Health Nurse home visits for pregnant teens, postpartum and newborns, children with special health care needs, and parenting.
- Centro Tyrone Guzman.....(612) 874-1412**
www.centromn.org. 1915 Chicago Ave S, Minneapolis, MN 55404. Senior, preschool, and youth programs. Prenatal classes and family engagement programs.
- La Leche League Breastfeeding Helpline US..... (877) 452-5324**
www.breastfeedinghelpline.com. Counselors available in English and Spanish.
- National Breastfeeding Helpline (800) 994-9662**
www.womenshealth.gov.
- Nutritional Weight and Wellness.....(651) 699-3438**
www.weightandwellness.com. With six offices across the Twin Cities, we offer life-changing nutrition education to anyone wanting a healthier life. Through our one-on-one nutrition consultations, classes and weekly radio show Dishing Up Nutrition (listen on MyTalk 107.1 Saturdays at 8 am and Sundays at 6 pm), our nutritionists are dedicated to helping you achieve your health goals, whatever they are.
- Overeaters Anonymous.....www.overeaters.org**
- University of Minnesota Extension, Anoka County (763) 324-3495**
AnswerLine (for household questions) 1-800-854-1678
www.local.extension.umn.edu/county/anoka. U of M Extension also has an AnswerLine: experts answer questions about safely cooking, canning, & freezing food, etc.

Physical Activity Resources

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

Go AnokaCounty.....www.goanokacounty.org

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

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

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 **(763) 230-9622**
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 **(763) 785-7882**
www.ymcatwincities.org. Youth/adult health & wellness, aquatics, recreation, youth development, & sports. Day & sleepover camps 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

QuitPlan.....(800) 784-8669
www.quitplan.com.

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

EMPLOYMENT

- Anoka Technical College Professional Workforce Center** (763) 433-1200
www.anokatech.edu. Job placement coordinators. Referral & employment services. Resume assistance.
- CareerForce in Blaine**..... (763) 324-2300
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.
- CareerForce in Blaine, Veteran Employment Representative** (763) 279-4342
- Catholic Charities**..... (612) 204-8500
www.cctwincities.org.
- Educational Opportunity Center – TRIO** (763) 324-2328
www.minneapolis.edu/eoc. Counselors throughout the metro area. Provides school and career information. Apply for school admission and financial aid (FAFSA). Assists with resolving defaulted student loans for returning students. Information and referral, free.
- International Institute of Minnesota** (651) 647-0191
www.iimn.org. A statewide service organized to help foreign born residents and their families with the adjustments to American life.
- Minnesota State CAREERwise** www.careerwise.minnstate.edu
Annual career exploration publications. Includes MN specific occupational details & assistance with making career decisions & future choices. Sample copies can be found at CareerForce centers or local libraries.
- Opportunity Partners, Inc.** (763) 540-9343
www.opportunities.org. Provides training, vocational, enrichment options for adults with disabilities (18 years and older). Employment as part of a team with an on-site supervisor to independent employment with the support of a job coach.
- Opportunity Services** (763) 755-7866
www.oppserv.org. Work rehabilitation for handicapped adults, day-living for medically fragile adults, and independent placement for capable handicapped adults. Positive support living.
- Rise, Inc.**..... (763) 786-8334
www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer ARMHS (Adult Rehabilitative Mental Health Services).
- Unemployment Insurance**..... www.uimn.org
Unemployment compensation benefits.

- Veterans Resource Center** **St Paul (651) 644-4022 or Anoka (763) 503-2220**
Part of Veterans Affairs. Provides veteran education, referrals, and services for combat/noncombat veterans.
- Vocational Rehabilitation Services (VRS)**..... **(763) 279-4350**
Provides variety of services to assist with obtaining and maintaining appropriate employment. There may be a cost for some services, which will be outlined by agency counselors.
- Women Venture** **(612) 224-9540**
www.womenventure.org.

Metro Civil Service Job Information

Anoka County Employment Relations	(763) 324-4300 www.anokacounty.us . Hours: 8 am-4:30 pm. Fax number (763) 324-1060; 2100 3 rd Avenue, Suite #261, Anoka, MN 55303. AA/EOE (Affirmative Action/Equal Opportunity Employer)
Hennepin County Government Center	(612) 348-3000
Hennepin County Jobs	(612) 348-7855 www.hennepin.jobs .
Post Office Jobline	www.usps.com/employment
Ramsey County Human Resources	(651) 266-2700 www.co.ramsey.mn.us .
Ramsey County Job Opportunities	www.co.ramsey.mn.us/Jobopportunities
University of Minnesota Human Resources	(612) 625-2000 www.umn.edu/ohr/employment .
University of Minnesota Job Information	employment.umn.edu

National Service

AmeriCorps	1-800-942-2677 www.americorps.gov . Put ideas into action while learning new skills, making new connections, & 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: improve lives, strengthen communities, & foster civic engagement through service & volunteering.
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FINANCIAL

Assistance & Counseling

Financial Assistance

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

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

Anoka County Economic Assistance Department

Services include: SNAP (Food Support), cash assistance, & healthcare programs. All services by appointment only.

Adults & Families With Children, Mon-Fri, 8 am-4:30 pm (763) 422-7200

Eastern Service Center, Lexington, Mon-Fri, 8 am-4:30 pm (763) 324-2210

Southern Anoka County Service Center, Mon-Fri, 8 am-4:30 pm (763) 324-2220

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

Crisis Assistance, ACCAP (763) 783-4747
www.accap.org. Limited financial assistance to eligible residents of Anoka County, as funds are available.

DWP (Diversionary Work Program) (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.

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

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, referrals, recreation, and free phone consultation.

Medicare Customer Service, www.medicare.gov 1-800-MEDICARE (1-800-633-4227)

MFIP (Minnesota Family Investment Program) (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 Payees (763) 783-4707**
 Provides 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 (763) 755-6873**
 Discretionary funds available in small amounts for emergencies that fall between the cracks of other social service programs, or used in conjunction with other agencies.
- 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 (To apply) 1-800-772-1213**
Social Security (Assists Anoka County clients with forms & questions) (763) 324-2424
- Telephone Assistance Plan..... (651) 296-0406**
 Monthly discounts for landlines. Financial eligibility guidelines may apply. Contact your phone company for details.

Financial Counseling & Education

- Consumer Credit Counseling Service/Family Means (651) 789-4014**
www.familymeans.org. Offers financial workshop, credit counseling, & education, pre-filing bankruptcy counseling, credit report review & pre-discharge bankruptcy education. Mon.-Fri. 8:00am-5:00pm. Evening Appointments.
- FAIM (Family Assets for Independence in Minnesota), ACCAP (763) 783-4851**
www.accap.org. Matches \$3 for every \$1 you save for 2 years with a maximum of \$960 of your savings. The total match of \$3840 can be used toward a down payment of your first home, to continue your education, or to start up a small business. Call for eligibility and program requirements.
- Financial Fitness, ACCAP (763) 783-4851**
www.accap.org. Gain personal finance knowledge in budgeting, debt reduction and asset building, credit usage, building a good credit rating, consumer protection, and financial institutions.
- Foreclosure Prevention, ACCAP..... (763) 783-4880**
www.accap.org. Help for people facing default with their mortgage payments.
- Lutheran Social Service Financial Counseling..... 1-888-577-2227**
Free financial counseling. Call for an appointment. Debt management program, fees may apply.
- Taxpayer Advocate Service of IRS (651) 312-7999**
www.irs.gov. Free assistance for unresolved IRS problems.
- Village Financial Resource Center..... 1-800-450-4019**
www.helpwithmoney.org. Mon-Fri 8 am-5 pm. Call for appointments & fees. Budget counseling and credit counseling.

LEGAL

- Anoka County Attorney's Office..... (763) 324-5550**
- Anoka County Attorney's Office, Victim / Witness Program (763) 324-5540**
www.anokacounty.us/victimwitness. This program provides court advocacy, referrals, resources and information to crime victims in Anoka County.
- Anoka County Children and Family Services (763) 324-1440**
After Hours Call..... (612) 852-0935
www.anokacounty.us. 8 am-4:30 pm. Report child abuse & neglect.
- Anoka County Child Support (763) 324-2420**
www.anokacounty.us. Establishing parentage. Establishing & enforcing orders for support.
- Anoka County Public Defender (763) 422-3350**
www.pubdef.state.mn.us. Deals only with criminal defense cases. Court appointed criminal defense.
- Better Business Bureau of Minnesota (651) 699-1111**
www.thefirstbbb.org. If you have difficulty regarding any consumer problem, you may want to file a complaint with the Better Business Bureau. Provides reliability reports. Call before you do business with any company. Monday-Friday, 8 am-5pm.
- Central Minnesota Legal Services..... (612) 332-8151**
www.lawhelpmn.org. / www.centralmnlegal.org. Offers free legal representation to low income residence 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. Crime Prevention Coordinator (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-andelder-law. Elder law includes wills, trust, estate planning, probate, conservatorships/guardianships, healthcare directives/funerals, power of attorney, Medical Assistance, special needs trust, and real estate. Please visit website.
- HOME Line (612) 728-5767**
www.homelinemn.org. Provides free legal, organizing, education & advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. For renters only.

- Judicare of Anoka County, Inc.** (763) 783-4970
www.anokajudicare.org. Free legal representation for low-income residents of Anoka County, who meet eligibility guidelines. Civil (non-criminal) cases only, including tenant/landlord, employment, debtor/creditor, public assistance (welfare, SNAP/food support, etc.) domestic relations, and other non-criminal matters. No wills.
- Law Help MN** www.LawHelpMN.org
 Helping low-income Minnesotans solve civil legal problems.
- Legal Aid Society of Minneapolis** (612) 334-5970
www.mnlegalservices.org.
- Mediation Services for Anoka County** (763) 422-8878
www.mediationservice.org. Since 1987, Mediation services for Anoka County (MSAC), a 501(c)(3) agency, has been helping families, neighbors, schools, landlords, tenants, and consumers to resolve conflict through education, mediation, and restoration services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching and restorative practices.
- Minnesota Department of Human Rights** (651) 296-5663
TTY (Hearing Impaired) 711 or 1-800-627-3529
www.MN.gov/mdhr. Enforces MN Human Rights Act. Investigates charges of discrimination in employment, housing, public accommodation, education, & public services.
- Minnesota Office of Consumer Services, Attorney General’s Office** (651) 296-3353 or 1-800-657-3787
TTY (Hearing Impaired) (651) 297-7206 or 1-800-366-4812
www.ag.state.mn.us. Distributes consumer information and enforces fraud statutes. Mediation services to consumers having problems with businesses.
- Minnesota State Bar Association** www.mnfindalawyer.com
 Attorney referral service.
- MN Lawyer Referral & Information Service** (612) 752-6699
www.mnlawyerreferral.org. Callers are provided legal information & may be able to schedule an appointment with an experienced attorney for a \$30 administrative fee. \$30 administrative fee may be waived for injury cases & SSI appeals. Reduced Fee Program: reduced fees might be available for working clients. Family court matters only. \$90/hr with a \$750 retainer. Must meet eligibility guidelines.
- Prepare + Prosper** (651) 287-0187
www.prepareandprosper.org. 2610 University Avenue W., St. Paul, MN 55114. Providing free tax assistance for low-income working taxpayers.
- Social Security Administration (To apply)** 1-800-772-1213
Social Security (Assists Anoka County clients with forms & questions) (763) 324-2424
- Southern Minnesota Regional Legal Services – Central Office** (651) 222-4731
TollFree 1-888-575-2954
www.smrls.org. Advice and representation in non-criminal civil legal matters that are critical to the clients basic needs.

- Tax Assistance (763) 324-1661**
 Service provided by the American Association of Retired Persons (AARP) & 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 (651) 312-7999**
www.irs.gov. Free assistance for unresolved IRS problems.
- Trellis Pension and Retirement Rights.....1-866-783-5021**
www.midwestpensions.org. A free, nonprofit legal advocacy agency that assists individuals, of all ages, with pension related issues no matter what your income or value of claim. Serves residents in Minnesota, Wisconsin, Iowa, North Dakota and South Dakota.
- Tubman Chrysalis Center (612) 871-0118**
www.tubman.org. 4432 Chicago Ave S, Minneapolis. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Also offers outpatient center for referral, phone counseling, support groups, chemical dependency, & mental health services. Hablamos Español también.
- Workers Compensation (Information Line) (651) 284-5005 or 1-800-342-5354**
www.dli.mn.gov.

EDUCATION

When applying for education programs, ask about services you may need in order to participate (i.e. transportation or child care). Many of these programs have funds to cover such costs, so it can pay to ask for what you need!

- Adult Literacy Hotline** **1-800-222-1990**
www.MNliteracy.org/hotline. For referral to basic reading & math skills. Adult Basic Education. GED prep testing sites. English as a second language. Computer classes. Refer for citizenship. Spanish speakers available.
- Affordable Colleges Online** www.affordablecollegesonline.org
An online guide that focuses on various on-campus, off-campus, and online resources that students can utilize to help make college affordable for them.
- American Red Cross, Minnesota Region** **(612) 871-7676**
www.redcross.org. Nurse Assistant Training Program: CNA classes can help prepare you for a career in the medical industry. With an emphasis on academics and hands-on skills training, our CNA classes can help you gain the information you need to pass your state CNA exam and achieve a position working in healthcare. Students can expect to complete all in-class and clinical training, and be ready to take their state certification exams within 3-7 weeks of beginning the program.
- Anoka County Library Books by Mail** **(763) 324-1529**
www.anokacounty.org. Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.
- Anoka Ramsey Community College** **(763) 433-1100**
www.anokaramsey.edu. For general information.
- Anoka Technical College** **(763) 576-7710**
www.anokatech.edu. Our grads get great jobs.
- English Learning Center** **(612) 874-9963**
Offers ESL, citizenship, math, and computer class (mornings and evenings, Monday-Thursday) serving adult immigrants and refugees. Provides some transportation.
- Family Caregiver Connection** **(763) 324-1608**
www.anokacounty.us/655/Family-Caregive-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.
- Home Safety Check** **(763) 767-4003**
www.sbmfire.org Provided to residents of Spring Lake Park, Mounds View, & Blaine. Fire Department comes to the home for smoke alarm and carbon monoxide protection, fire escape planning, and general home safety. Juvenile fire setter intervention program available. Car seat checks available by appointment for children. CPR classes offered monthly (Do not have to be resident).

- Metro North Adult Basic Education..... (763) 433-4200**
www.metronorthabe.org. Email: info@metronorthabe.org. Offers free classes for adults including ESL (English as a Second Language), GED preparation, Minnesota State diploma, college entrance preparation, basic reading, writing and math brush up. Classes offered at multiple locations with various schedules including morning and evening classes.
- Minneapolis Community & Technical College (MCTC)..... (612) 659-6000**
www.minneapolis.edu. Power of YOU program offers recent graduates of Mpls 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. Work place safety training.
- North Hennepin Community College (Brooklyn Park) (763) 488-0391**
www.nhcc.edu.
- Pacer Center, Inc. (Parent Advocacy Coalition for Educational Rights) 1-800-537-2237**
General Number (952) 838-9000
TTY (Hearing Impaired) (952) 838-0190
www.pacer.org. Serves the information & training needs of 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; & 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 Family Life Mental Health Center (763) 785-9222**
Learning Disabilities Program
www.peopleincorporated.org. Help for parents who worry that their child is falling behind academically, struggle with their child for hours every evening over homework, need resources in order to advocate for their child, need clarification on navigating the special education system, or wonder how to get their child assessed. Serves families of children grades K-12. Phone or in person assistance & can include attending school meetings with the parent. Services free of charge & confidential.
- Preschool Screening..... Contact your local school district**
All children are required to have a preschool screening after they are 3 years old and before entering kindergarten. Contact your local school district to find out how to have your child screened.
- St. Paul College..... (651) 846-1600**
www.saintpaul.edu.

University of Minnesota Extension, Anoka County (763) 324-3495
AnswerLine (for household questions) 1-800-854-1678
www.local.extension.umn.edu/county/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
www.ahschools.us . 2727 North Ferry Street, Anoka 55303.	
District 12, Centennial	(763) 792-6000
www.isd12.org . 4707 North Rd, Circle Pines 55014.	
District 13, Columbia Heights	(763) 528-4500
www.colheights.k12.mn.us . 1440 49 th Ave NE, Columbia Heights 55421.	
District 14, Fridley.....	(763) 502-5000
www.fridley.k12.mn.us . 6000 W Moore Lake Dr, Fridley 55432.	
District 15, St. Francis	(763) 753-7040
www.isd15.org . 4115 Ambassador Blvd, St. Francis 55070.	
District 16, Spring Lake Park.....	(763) 600-5000
www.springlakeparkschools.org . 1415 81 st Ave NE, Spring Lake Park 55432.	
District 831, Forest Lake.....	(651) 982-8100
www.flaschools.org . 6100 N 210 th St, Forest Lake 55025.	
District 4049 (Charter School), Coon Rapids	(763) 862-9223
www.nwphs.org . 11345 Robinson Drive NW, Coon Rapids 55433.	

Community Education Departments

The Community Education Departments offer informative classes on all kinds of topics for adults, youth, early childhood education, and more. Most classes are very inexpensive and scholarships may be available. Call your school district to get a catalog.

District 11, Anoka-Hennepin, www.ahschools.us	(763) 506-1260
District 12, Centennial, www.isd12.org	(763) 792-6100
District 13, Columbia Heights, www.colheights.k12.mn.us	(763) 528-4517
District 14, Fridley, www.fridley.k12.mn.us	(763) 502-5100
District 15, St. Francis, www.isd15.org	(763) 753-7048
District 16, Spring Lake Park, www.springlakeparkschools.org	(763) 600-5050
District 831, Forest Lake, www.flaschools.org	(651) 982-8100

Community Education Departments Special Needs

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

- District 11, Anoka-Hennepin, www.ahschools.us. (763) 506-1350
- District 12, Centennial, www.isd12.org. (763) 792-6123
- District 13, Columbia Heights, www.colheights.k12.mn.us. (763) 528-4414
- District 14, Fridley, www.fridley.k12.mn.us. (763) 502-5024
- District 15, St. Francis, www.isd15.org. Mon-Thurs, 7:30 am-4 pm. (763) 753-7170
- District 16, Spring Lake Park, www.springlakeparkschools.org. (763) 600-5000 or (763) 600-5900
- District 831, Forest Lake..... (651) 982-8129
www.flaschools.org. LINK: serving adults with disabilities. Hours vary.
- Project Power / Special Needs for Adults** (763) 506-1279
Anoka Hennepin District 11 Community Education Department, Community education for people with special needs, including access to existing community education programs for persons of 18+ & specialized programs for adults with disabilities.

Parenting / Child Development

- Anoka County Children & Family Council** (763) 324-1289
www.anokacountychildrenfamilycouncil.org To nurture collaborative efforts by building bridges and networks between people and agencies who share a vision of a healthier community for children and families.
- CAPE (Child & Parent Education) Centers** (763) 506-1561
Provides child care 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 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) 502-5143
- District 15, St. Francis ECFE**..... (763) 753-7170

District 16, Spring Lake Park ECSE (763) 600-5900
District 831, Forest Lake ECSE (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

Families in Safe Hands: Raising Relatives children (612) 879-5328

Offers information & emotional support through support groups, recreation, & free phone consultation.

Jacob Wetterling Resource Center (651) 714-4673

Missing and exploited children helpline..... 1-800-325-HOPE (1-800-325-4673)
www.iwrc.org. Educates families and communities to prevent the exploitation of children. 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. Provides helpline assistance and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.

Minnesota State CAREERwise www.careerwise.minnstate.edu

Includes most of the information found on the website: MN Careers Parent Guide helps parents, guardians, & mentors of young people understand the changing worlds of education & work. The guide assists parents in taking an active role in their child's career exploration, career development process, & the realities of the labor market. Sample copies can be found at CareerForce centers or local libraries.

Safe Kids Anoka County (763) 445-9811

www.safekidsanoka.org. C/o Fire Departments, Comprised of Anoka County Law Enforcement Agencies, Anoka Human Services, and Unity & Mercy Hospital personnel. Mission: reduce unintentional injuries among children through education of children & families. Provides free car seat inspections for Anoka County residents by appointment.

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

www.signlanguageforbaby.com. Sign language for you & your hearing baby. Babies hear & 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. smalltalksign@aol.com

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

www.stopitnow.org. Monday-Friday, 8 am-5 pm. Safe and confidential resource for anyone concerned about their own or another's sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Silence shatters lives. Call 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.

Teen Pregnancy Program (763) 506-1572
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. 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

Anoka County Child Care Licensing..... (763) 324-1235
www.anokacounty.us/660/Family-Child-Care-Licensing. Licenses in-home family child care providers, responds to community inquiries and concerns, and provides support and resources to providers and parents.

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

Child Care Aware MN/Metro East (763) 783-4881
www.parentaware.org. CCAMN provides families, childcare providers, and communities with information and support for quality childcare. We provide professional growth and development with educational programs, grants, training, consultation and coaching with **Parent Aware**. If you are searching for childcare in Minnesota, call 1-888-291-9811.

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. Scholarships increase access to high quality early childhood programs for three and four-year old children with the highest needs, in order to improve school readiness for all young children. Priority for scholarships will be given based on family income, child poverty, and geographic region. Up to \$10,000 per scholarship will be awarded.

- Families in Safe Hands: Raising Relatives children (612) 879-5307**
Offers information & emotional support through support groups, recreation, & free phone consultation.
- Head Start, ACCAP (763) 783-4300**
www.accap.org. A free preschool program for children ages birth to 5 of income eligible families. High quality early learning programs serving income-eligible children birth to five years old and pregnant women who are residents of Anoka and Washington County. This program concentrates on child development and parental involvement. Home Based, Center Based and Early Child Care Partnership programs available. Call for an application.
- Help Me Grow: Early Intervention..... 1-866-693-4769**
www.helpmegrowMN.org. State wide 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 available, including screening & evaluation, home-based services from teachers, speech/language clinicians, & occupational or physical therapists, & 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.
- 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.
- 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, & support they need. Children must be at least 3 years old & have not yet started kindergarten to be eligible for these programs. Your school district may offer transportation & free or reduced tuition based on a sliding fee scale. See EDUCATION section for Community Education phone numbers.
- Small Talk..... (612) 889-0780**
www.signlanguageforbaby.com. Sign language for you & your hearing baby. Babies hear & understand language before they are able to speak. Use baby sign language as a method to communicate with your baby. Using baby signs will enhance interaction with baby & help adults to understand what baby wants, as well as what baby is thinking. Email: smalltalksign@aol.com
- Specialized Child Care Services..... Contact your school district**
Some school districts offer childcare services for teen parents who are attending High School. See the EDUCATION section for School District numbers.
- University of Minnesota Extension, Anoka County (763) 324-3495**
Website: www.local.extension.umn.edu/county/anoka.

Child Care Subsidy

Anoka County Child Care Assistance (763) 324-2350
Call for a free eligibility screening (763)-324-2360
www.accap.org. DHS Child Care Assistance Program provides low-income, working families with access to quality, affordable childcare that allows them to continue working and contributes to the healthy, emotional and 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. Call for a screening to see if you are eligible for this service.

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 the Parenting/Child Development section under the EDUCATION section for phone numbers.

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 ECCE, Early Head Start, and parenting classes.

Fuller Living & Associates, LLC..... (763) 647-8188

www.fullerlivingandassociates.com. Fuller Living & Associates, LLC offers counseling for individuals of all ages, couples and families. They journey with clients through: difficulty adjusting to transitions and hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children's behavioral issues, parenting support, anger, severe and persistent mental illness, women's issues, men's issues and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week, 6 AM – 10 PM.

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. Program of Zero Abuse Project www.zeroabuseproject.org.

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.

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.local.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.org 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**
www.minnesotasafetycouncil.org. Work place safety training.

Safe Kids Anoka County **(763) 445-9811**
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

- Abria Pregnancy Services** (612) 522-6589
www.abria.org. Serves pregnant women of north Mpls/northern suburbs. Pregnancy tests, limited ultra sounds, options counseling, social services, baby equipment, referrals for a variety of needs, limited clothes, and diapers & formula. Call for more information.
- Baby Blanket** (651) 257-2474
www.stbridgetofsweden.org. Resource center for mothers in need that provides free infant & maternity clothing, supplies, referrals, and support.
- BirthRight**..... 763-757-0715 or 24 hour hotline 1(800) 550-4900
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, referrals. Call for updated hours.
- Cradle of Hope Motherhood Fund**..... (651)636-0637
www.cradleofhope.org. Financial aid for pregnancy related expenses such as medical, rental assistance, food, clothing, & cribs. Safe Slumber Crib Program. Contact an agency & ask to fill out an application. Agencies include Birthright, First Care Pregnancy Center, & more. Services offered statewide.
- Epiphany Caring For Life** (612) 803-2225
www.epiphanycaringforlife.org. 24 hour confidential before and after birth support to women and their families. Companion program offers long term support to women and their families, as well as maternal support and resources, miscarriage support, food and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families age birth to 2 years.
- 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.
- First Care Pregnancy Center and New Life Family Services**..... (612) 866-4643
www.firstcarepregnancycenter.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.
- 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).

COMMUNITY INVOLVEMENT

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

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

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

AmeriCorps 1-800-942-2677

www.americorps.gov. AmeriCorps is your chance to put ideas into action while learning new skills, making new connections, & earning money to pay for college, grad 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, & foster civic engagement through service & volunteering.

Anoka County Child Abuse Prevention Council (CAPC)..... (763) 324-1260

Mission: Educate the Anoka County community in order to prevent the mistreatment of children. New members always welcome.

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

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

Family & Children’s Services: Family Partnership..... (612)728-2061

www.thefamilypartnership.org Assistance to youth in schools, residents in neighborhoods, & to apartment communities, to prevent & solve problems & to take action to create system changes.

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 24 hour Hotline (763) 780-2330

Boy's Town National Hotline..... 1-800-448-3000
www.yourlifeyourvoice.org. or www.boystown.org. Hotline available for children and parents to help with everyday family issues. Website offers text to #20121.

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.

National Runaway Safeline1-800-RUNAWAY (1-800-786-2929)
www.1800runaway.org. Offers crisis intervention, transportation to get home, message relay services, referrals, conflict resolution, and mediation

United Way 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709
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. Anoka County families can text their zip code to 898211 to receive information.

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

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

The Bridge for Runaway 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.

Drop-in Centers

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

www.hope4youthmn.org. A Drop-in Resource Center for young people experiencing homelessness who are under age 25, in Anoka County. Provides a hot meal five 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 and case managers available during open hours. Center is open to youth Monday-Friday 11:00am-7:00 pm.

Project Offstreets (612) 252-1200

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

Health & Wellness: Health Care

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

Anoka County Public Health Nursing..... (763) 324-4240
www.co.anoka.mn.us Provides a variety of services to support individuals and families. Services include: Public Health Nurse home visits for pregnant teens, postpartum & newborns, children with special health care needs and parenting.

Child and 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 interest includes 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 and New Life Family Services..... (612) 866-7643
www.firstcarepregnancycenter.org. Free confidential pregnancy testing, free counseling by licensed social worker, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity & infant clothing & equipment.

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.

Neighborhood Health Source – North Metro..... (763) 783-3722
www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite.

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.

Planned Parenthood of Minnesota Minneapolis (612) 823-6300
www.plannedparenthood.org/planned-parenthood-north-central-states. Programs for teens: healthy relationships, peer pressure, body image and self-esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, & 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, & assesses requests for children's mental health services and case management.

Bar None (763) 753-2500

www.voamnwi.org/bar-none. Shelter services for male and female youth between ages 11 and 17 who are in crisis or transition between placements.

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.

Fuller Living & Associates, LLC..... (763) 647-8188

www.fullerlivingandassociates.com. Fuller Living & Associates, LLC offers counseling for individuals of all ages, couples and families. They journey with clients through: difficulty adjusting to transitions and hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children's behavioral issues, parenting support, anger, severe and persistent mental illness, women's issues, men's issues and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week, 6 AM – 10 PM.

Lakes Center for Youth and Families (651) 464-3685

www.lc4yf.org. Provides youth and family counseling, truancy prevention, restorative justice and violence prevention, youth leadership opportunities, parent education and support, and job readiness for youth.

Lee Carlson Center for Mental Health and Well Being (763) 783-4914

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. Office hours Mon. –Thurs. 8am-7:30pm.

Lee Carlson Center, Domestic Abuse Program (763) 783-4914

www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Offers housing stabilization support, foster care therapy, and ARMHS services. Mon-Thurs, 8 am-7 pm, Fri 8 am-5 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.

MWCAC..... www.mwcac.org

We are a non-profit organization whose mission is to promote increased public awareness, understanding, and acceptance of mental health care. Visit our website or Facebook – Mental Wellness Campaign.

- Northland Therapy Center.....(651) 641-1009**
www.northlandtherapycenter.com. Mental health clinic serving primarily adult individuals, couples & adolescents with expertise in working with chronic illness, sexual orientation issues, and trauma.
- 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.
- People Incorporated Family Life Mental Health Center (763) 427-7964**
www.peopleincorporated.org. Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. Mon-Thurs, 9 am – 7 pm; Fridays, Telehealth only.
- Stop It Now! Minnesota.....Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. 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. Open M-F, 12-6 pm eastern time. Website chats available from 12:15-5:30 pm.
- The Bridge for Runaway 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.
- The Family Partnership: School-Linked Mental Health (SLMH)..... (763) 600-4702**
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 and 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, 0-5 year olds. Located in Hennepin County.
- Tubman Chrysalis Center (612) 871-0118**
www.tubman.org. Provides programming, support, therapy, advocacy, and supports people in obtaining diagnosis. For families of children preschool to high school age who were exposed prenatally to drugs & alcohol.

Other Resources

Alexandra House Youth Services 24-hour hotline (763) 780-2330

Andover, Anoka, Coon Rapids, Ramsey Youth First Community of Promise (763) 421-8530
www.youth1st.net. 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.

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

Anoka County Economic Assistance Department

Adults & Families With Children, Mon-Fri, 8:00 am-4:30 pm..... (763) 422-7200
Services Include SNAP (Food Support), Cash Assistance, & healthcare programs. www.anokacounty.us
Application assistance available. All services by appointment only.

Anoka County Job Training Center (Youth Employment Programs) (763) 324-2284
www.anokacounty.us/1293/Empowers-Though-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 to 24 and in-school residents ages 14 to 24. Anoka County Empowers program emphasize services to out-of-school and disconnect 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 application mailed (application available on website).

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 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!

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

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, food and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families age birth to 2 years.

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.

- Lee Carlson Center for Domestic Abuse..... (763) 783-4914**
www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Offers housing stabilization support, foster care therapy, and ARMHS services. Office hours: Mon-Thurs 8 am-7 pm, Fri 8 am-5 pm. Answering machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.
- Mediation Services for Anoka County (763) 422-8878**
www.mediationservice.org. Since 1987 Mediation Services for Anoka County (MSAC), a 501(c) (3) agency, has been helping families, neighborhoods, schools, landlords, tenants, businesses, and consumers to resolve conflict through education, mediation, and restorative services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching and restorative practices.
- Tough Love..... (763) 391-2630**
 Recorded message. A self-help program for parents troubled by teen behavior. 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**
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 (763) 785-7882

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

Click on ACCAP Programs, scroll down to the Senior Service you are looking for to obtain the number for the appropriate program.

Extended Care Providers..... www.extendcare.com

Social Security Administration (To apply) **1-800-772-1213**

Social Security (Assists Anoka County clients with forms & questions) **(763) 324-2424**

Outreach & Referral

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

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

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

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

SeniorResource www.seniorresource.com

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

Senior Services in Anoka County **(763) 324-1410**

www.anokacounty.us/seniors. Provides assessment, information, and assistance to seniors age 60 and older. Also helps families with resources and education regarding aging parents and services available.

United Way 2-1-1 **2-1-1 or (651) 291-0211 or 1-800-543-7709**

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. Anoka County families can text their zip code to 898211 to receive information.

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 on transportation, please see the BASIC NEEDS section.

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.

Anoka County Transit (763) 324-3250

www.anokacounty.us/transit. Anoka County and northwestern Ramsey County. Accessible to the disabled & wheelchairs.

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

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

Metro Mobility East Reservations & cancellations, 6am-5pm with holiday availability(651) 602-1111

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

www.co.anoka.mn.us/transit. Transportation service for seniors 60+ & clients receiving services from Anoka County Social Services. For medical, dental, & social service appointments only. Transportation provided for Veterans of any age to & from the VA Hospitals in Minneapolis, St. Cloud and Ramsey. Call between 9 am-12 pm Mon-Fri. Donations accepted.

Blaine (763) 786-9375

Transportation for senior activities, senior dining, & special events. Fee for services. Call for a reservation.

Coon Rapids (763) 767-6473

Transportation provided to seniors within Coon Rapids city limits to Senior Center activities. Transportation for groceries is available.

Driving Miss Daisy, Inc. (763) 253-4400 or (763) 253-4402

www.drivingmissdaisy.com. We provide non-emergency transportation services for elderly, disabled or those who require a stretcher or wheelchair with attachments. We take you where you need to go.

Metro Mobility (651) 602-1111

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. All vehicles are wheelchair accessible. Consult website for hours.

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

Public transportation provided to clients on Medical Assistance, try to schedule trips three days in advance.

Food

Family TableSee *BASIC NEEDS: Food*

Fare For All.....See *BASIC NEEDS: Food*

Grocery Delivery & Services (call for specifics):

Kemp's Home Delivery (612) 627-8709
Delivers dairy products & frozen foods in the Twin Cities Area. Wholesale & retail.

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

Meals on Wheels (Home Delivered Meals)

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.

Impact Services.....(763) 236-8718
Andover, Anoka, Bethel, Blaine, Centerville, Circle Pines, Columbia Heights, Columbus, Coon Rapids, East Bethel, Fridley, Ham Lake, Hilltop, Lexington, Lino Lakes, Linwood, Nowthen, Oak Grove, Ramsey, St. Francis, Spring Lake Park

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

Optage Senior Dining Choices..... (651) 746-8280
A division of Presbyterian Homes. Locally prepared fresh, fully-cooked meals personally delivered to your home weekly. Over 60 fresh and frozen entrees to choose from that can quickly be re-heated in the microwave or oven. Friendly, local drivers deliver and help put meals away and answer questions you may have about the program. Must order minimum of 3 meals; no delivery charge. Accept waivers, insurance and private pay.

Senior Dining

The Volunteers of America offer a hot, balanced meal & social activities at various locations throughout the area. Please call to verify age requirements & costs. Reservations are required 2 working days in advance. *Please call your local senior center for other dining options*
Dining is provided at the following locations at noon:

Anoka Senior Center, Tues-Fri (need 3-day notice) (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 United Way 2-1-1 or the Emergency Food Shelf Network for further assistance.

See BASIC NEEDS: Food Shelves.

Home Services

For a list of home health care agencies, contact the Public Health Nursing at (763) 324-4240.

ACCAP Chores & More (763) 783-4767

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

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

www.anokacounty.org. 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.anokacounty.us/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 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.

Footworks – Footcare (651) 501-0624

Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

Happy Feet Footcare, Inc. (763) 560-5136

Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.

Home Modification Agencies (763) 783-4707

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

Long Term Services and Supports, 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.

Paintathon (612) 276-1579, for more information call (612) 276-1500

Provides free exterior house painting to low income seniors over 60 & those under 60 with a disability.

Tamarisk, Inc. (763) 572-1950

www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness, or people living with a 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 <http://getasmokealarm.org>

Minnesota Adult Abuse Reporting Line 1-844-880-1574

Crest View Safe Haven Services.....(763) 782-1601
www.crestviewcares.org. Safe haven services are available for any elder who has been abused. We offer a place where elders can come and live either short term or long term at one of the Crest View Senior Community sites. Call to refer someone to the Crest View Safe Haven Program.

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

Lifeline 1-800-372-4103 reference code for service MN622
A personal response service which enables elderly & disabled persons to call for help in an emergency by the use of a home call unit in the form of a button which can be worn at all times. Provides 24 hour emergency response when pushed. All equipment is rented on a monthly basis.

Rebuilding Together Twin Cities.....(651)776-4273
www.rebuildingtogether-twincities.org. Bringing volunteers and communities together to improve 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.afety Choice (facilitated by Comfort Keepers).....(763) 786-1000
www.comfortkeepers.com. Wireless, house-wide monitoring system offers hands-free, two-way voice connection in the event of an emergency. The device can hold multiple pendants and can provide medication reminders. New PERS technologies are now available to individuals who do not have land line phone service. Seven days a week, someone is always available when help is needed.

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 and Implants, Brooklyn Park..... (651) 552-6770 or 1-800-336-8873
www.affordabledentures.com. Mon, Tue, Thur 7:30am – 4:00pm, Wed 7:30am – 6:00pm, Fri 7:30am – 12:00pm. By appointment only. 100 day satisfaction guarantee on dentures; limited craftsmanship warranty on dentures and partials; coupons may be available on website.

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

Alzheimer’s Association, MN & ND Chapter 1-800-272-3900
www.alz.org/mnnd. Care support resources: 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.

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 & resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages designed to empower people with disabilities to reach their full potential in every aspect of life.

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

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

Em-power Wellness Center (651) 257-7957
www.empowerwellnesscenter.com. Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, nutritional counseling, and art programming.

- Epilepsy Foundation of Minnesota**..... (651) 287-2300 or 1-800-779-0777
www.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.
- Footworks – Footcare** (651) 501-0624
 Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.
- Happy Feet Footcare, Inc.** (763) 560-5136
 Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.
- Health Insurance Counseling Program-Senior Linkage Line** 1-800-333-2433
www.mn.gov/senior-linkage-line/ Free service to seniors, persons with disabilities, & caregivers living in Anoka County. Certified staff & volunteers provide confidential help with Medicare questions, supplemental insurance, medical bills, prescription drug programs, long term insurance, & more.
- Long Term Services and Supports, 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.
- Med-Alert Bracelets**.....Ask your local pharmacy
- Medicare Customer Service, www.medicare.gov** 1-800-MEDICARE (1-800-633-4227)
- Medicare Partners Care Program** (952) 767-0665 or 1-888-541-5488
 Helps eligible low income 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**..... 1-866-553-0882
www.asbestos.com. Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.
- Minnesota Care Information Line, State Office**..... (651) 297-3862
Health Care Programs (must be an Anoka County resident)..... (763) 422-7200
Medical Assistance- Health Care coverage for low-income seniors.
Minnesota Care- Seniors not eligible for Medicare may be eligible for very low cost coverage through MN Care. Covers most medical needs, doctors/clinic visits, most prescriptions, some dental work, hospital, etc.
- MN Network of Hospice & Palliative Care** (651) 659-0423 or (651) 917-4616
www.mnhpc.org. Call for info 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 and older 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 help to resolve disputes between consumers and providers of care services.
- Senior Recovery Program..... (651) 773-0473**
www.seniorrecoverycenter.org. 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, prescription medications, or gambling. Insurance assessments available. Also accepting direct access. Senior Recovery Program, 235 Roselawn Ave., Suite 13, Maplewood, MN 55117.
- State Services for the Blind (651) 539-2300**
www.mnssb.org. Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, and computer technology.
- Support Groups for Seniors..... (763) 783-4707**
For information, contact ACCAP's Senior Information Line.
- Tamarisk, Inc. (763) 572-1950**
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness, or people living with a 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/dhs/ted-program. E-mail: dhs.dhhsd@state.mn.us. The TED Program provides telephones on a long-term loan basis at **no cost** to eligible Minnesotans. We serve people of all ages who have difficulty using regular telephone due to any of the following: hearing loss, speech disability or physical disability.
- Unity Chemical Dependency Services..... (763) 236-4500**
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.
- University of MN Dental School (612) 625-2495**
www.dentistry.umn.edu. 515 Delaware St. SE. Minneapolis. Set fees based on work done by students, grad student with faculty members. Accepts cash, check, credit card and insurance.
- Vision Loss Resources.....(612) 871-2222**
St. Paul.....(651) 224-7662
www.visionlossresources.org. Needs assessment for blindness, senior services, & rehabilitation services. DeafBlind Service MN.

Mental Health & Companionship Programs for Seniors

Anoka Metro Regional Treatment Center/Mental Health Facility (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, and parties.

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

www.anokacounty.us/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.

Friendship Line for the Elderly.....1-800-971-0016

This 24-hour “hotline” for seniors is a program of the Institute of Aging. Seven days a week.

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+.

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.

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

www.metropsychologysupport.com. Home-based service to assist individuals on Medical Assistance with basic living and social skills to help with daily functioning. Assists with housing, community intervention, mental health needs, benefits assistance, independent living skills, employment and educational functioning.

MWCAC..... www.mwcac.org

We are a non-profit organization whose mission is to promote increased public awareness, understanding, and acceptance of mental health care. Visit our website or Facebook – 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 Family Life Mental Health Center (763) 427-7964

www.peopleincorporated.org. Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. Mon-Thurs, 9 am – 7 pm; Fridays, Telehealth only.

- Riverwind Mental Health Crisis Services.....(763) 862-7944**
www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others, but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.
- Senior Kinship Program (ACCAP).....(763) 783-4745**
www.accap.org/senior-services/kinship/ Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors.
- Support Groups for Seniors..... (763) 783-4707**
 For information, contact ACCAP's Senior Information Line.
- Tamarisk, Inc. (763) 572-1950**
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness, or people living with a life threatening illness.
- Unity Chemical Dependency Services..... (763) 236-4500**
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016; developing programs geared for seniors.
- Well-Spouse Association..... 732-577-8899**
www.wellspouse.org. Offers emotional support, newsletters, & resource materials for the husbands, wives, & partners of the chronically ill &/or disabled. Advocates for needs. Monthly support meetings.

Adult Day Programs

Angels on Main..... (763) 241-6845

9200 Quantrelle Ave NE, Otsego, MN. Adult day care. Serves a 10+ mile radius, transportation provided, can take 13-14 people per day. Outings & planned activities. Hours: 7 am-5 pm.

Daily Senior Care (651) 653-0660

7979 24th Ave N, Lino Lakes. Adult day care. Serves all ages. Provides transportation. Overnight respite available. Live-in options available.

Mission Today(763) 592-2666

www.northridgehealthandrehab.com. Dementia Care. Care for vulnerable adults in need of supervision, socialization, &/or skilled nursing services during the day. Monday-Friday, 7 am-5 pm.

Park House.....(763) 360-3322

www.parkhousemn.com. 12345 Butternut St. NW, Coon Rapids, MN 55433. Adult day care and overnight respite care provided in a loving home. Space available for no more than 8 clients.

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.

Adult Foster Care, Anoka County (763) 324-1230

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

Emergency Housing

Call this number if it is after 4:30 pm & you are without shelter..... (763) 427-1212

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

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

Metro Shelter Hotline (Automated Line) 1-888-234-1329

Senior Housing Directory for the Metro Area www.seniorhousinginc.org

Senior Housing Directory is Minnesota's original housing and services resource. For a free printed copy, call 1-800-333-2433 or pick one up at the Blaine Human Service Center, 1201 89th Ave. NE, Suite 100, Blaine, MN. Visit www.careoptionsnetwork.org to search the information online; no personal data required and free.

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

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

Legal and/or Advocacy for Seniors

- ACCAP Senior Outreach (763) 783-4741**
www.accap.org/senior-services/outreach/. Senior Outreach Workers help older adults 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, nutritional resources, home services, fuel assistance, provides assistance with paperwork, forms, & applications. No fee.
- Alexandra House, Inc. Shelter Program & 24 Hour Helpline**
24 Hour Domestic and Sexual Violence Crisis Line.....(763) 780-2330
Community Program/Legal Advocacy (763) 576-9999
www.alexandrahouse.org. Shelter, crisis intervention, support groups and legal advocacy for victims of domestic and sexual violence. Also provide elderly care.
- American Association of Retired Persons (AARP) (952) 858-9040**
 A national advocacy & information organization for persons 50 years or older. Tax aides & information. Run AARP driver safety programs. Lists of support groups, insurance information, grief & loss programs, legal services, medical & medication discounts, & many more topics. Located at the Mall of America.
- Estate & Elder Law Services-Volunteers of America-MN (612) 676-6300**
www.voamnwi.org/estate-andelder-law. Offers low income clients that qualify a reduced rate. Legal matters are charged a flat fee or reasonable hourly rate. No asset or income limit for private pay clients. Elder Law services include estate planning, will preparation, establishment of trusts, advance directives for health care & funeral, powers of attorney, disability planning, Medical Assistance advice & planning, special needs trusts, real estate matters, probate, conservatorship & guardianship. Strong advocates for the interests of elders & their families.
- Families in Safe Hands: Raising Relatives Children..... (612) 879-5307 or (612) 879-5351**
 A program of Lutheran Social Service of MN. Offers information & emotional support through support groups, recreation, & free phone consultation.
- Family Caregiver Connection..... (763) 324-1608**
www.anokacounty.us/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 and education, caregiver support groups, group respite, health & spiritual connections, and community educational opportunities. Group respite is provided at multiple locations.
- Foreclosure Prevention, ACCAP..... (763) 783-4880**
www.accap.org. Help for people facing default with their mortgage payments. Call for information.
- Judicare of Anoka County, Inc. (763) 783-4970**
www.anokajudicare.org. Free legal representation for low-income residents of Anoka County. Civil (non-criminal) cases only, including tenant/landlord, employment, debtor/creditor, public assistance (welfare, SNAP/food support, etc.) domestic relations, and other non-criminal matters. No wills.

- MN Network of Hospice & Palliative Care**..... (651) 659-0423 or (651) 917-4616
www.mnhpc.org. Call to find a local program or get more information about hospice, end of life health care options, or education programs.
- Office of the Ombudsman for Long Term Care** (651) 431-2555 or 1-800-657-3591
 Advocate for health care, long-term care, hospital, and nursing home care for older persons and vulnerable adults.
- Representative Payees** **Senior Information Line (763) 783-4707**
 Provides money management for clients receiving government benefits and having trouble managing their finances. Call for a list of Representative Payees.
- Senior Housing Directory**
www.seniorhousing.org. For a free copy of the housing directory call ACCAP's Senior Information Line at (763) 783-4707.
- Twin Cities Metro LGBT Aging Resource Guide** www.lgbtqagingcenter.org
- Upper Midwest Pension Rights Project**.....1-866-783-5021
www.midwestpensions.org. A free, nonprofit legal advocacy agency that assists individuals, of all ages, with pension related issues no matter what your income or value of claim. Serves residents in Minnesota, Wisconsin, Iowa, North Dakota and South Dakota.
- Veterans Service Office – Anoka Count Veterans Service Office – Anoka County**..... (763) 324-4500
Fax Number (763) 324-1040
www.veterans@co.anoka.mn.us. Helps veterans apply for healthcare benefits & disability services.

Educational Opportunities for Seniors

55 Alive Driving / Defensive Driving Class for Seniors

Refresher course for seniors. Earn discount on car insurance. Many senior centers & clubs offer classes. Call Senior Information Line (763) 783-4707 for locations/schedules. Also, the following agencies offer classes:

American Association of Retired Persons (AARP), located in the Mall of America..... (952) 858-9040

Minnesota Safety Council..... (651) 291-9150
www.minnesotasafetycouncil.org. Click on "traffic".

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

Anoka Ramsey Community College..... (763) 433-1100
www.anokaramsey.edu. Seniors can audit classes. The college also welcomes seniors to attend various theatre events, music concerts, art shows and sales at the campus. www.anokaramsey.edu/events.

Community Education Programs for Seniors

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

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

Employment Opportunities for Seniors

Senior Community Service Employment Program, Anoka County (SCSEP)..... (763) 324-2284
A work-site placement program to increase job skills for low-income people 55 & older. Employment counselors assist with job search, job leads, resume' writing, interview skills, training skills, and temporary placement at community host sites. For more information: www.anokacounty.us/jtcappy.

Senior Kinship Program (ACCAP).....(763) 783-4745
www.accap.org/senior-services/kinship/ Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors.

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 th 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
Columbus Senior Center , 16319 Kettle River Blvd NE, Forest Lake 55025.....	(651) 464-3120
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 st Ave NE, East Bethel 55011	(763) 331-1539
Fridley Senior Center , 6085 7 th 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
Oak Grove Senior Center , 19900 Nightingale St NW, Oak Grove 55011.....	second & fourth Wed/mo.
Ramsey Senior Center , 15050 Armstrong Blvd NW, Ramsey 55303	(763) 421-5793

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

Senior Citizen Community & “Drop-in” Centers

Volunteer Opportunities for Seniors

- ACCAP Chores & More** (763) 783-4767
www.accap.org/senior-services/chores-more/ For older adults 60+ in Anoka County. We do various household services including housekeeping, minor home repairs, & seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Metropolitan Area Agency on Aging, Inc. as part of the “Older Americans Act Program.”
- Alexandra House, Inc. Shelter Program & 24 Hour Helpline** (763) 795-5452
www.alexandrahouse.org. Community based nonprofit organization that provided emergency shelter, support services, & community/legal advocacy to victims of domestic and sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator. Also provide elderly care.
- American Red Cross, Minnesota Region** (612) 871-7676
www.redcross.org. Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter’s Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.
- Anoka County Retired & Senior Volunteer Program (R.S.V.P.)** (763) 324-1661
Offers opportunities to persons 55 & older to participate in their communities through volunteer services.
- Family Caregiver Connection**..... (763) 324-1608
www.anokacounty.us/655/Family-Caregiver-Connection. Volunteers needed to provide in-home visits with 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 parish nurse overseeing the program. Training is provided.
- Hands on Twin Cities (formerly Volunteer Resource Center)**..... (612) 379-4900
www.handsontwincities.org. We inspire, equip, and mobilize people to provide hands-on impact to solve the most pressing challenges in our communities. Several thousand volunteer opportunities available listed on our website.
- Head Start, ACCAP** (763) 783-4300
www.accap.org. Programs in Anoka & Washington County. Volunteers needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.
- Health Insurance Counseling Program Senior Linkage Line** 1-800-333-2433
www.mn.gov/senior-linkage-line/ Volunteers are needed to help seniors, persons with disabilities & caregivers with a variety of health insurance & prescription drug topics. Training is required to become a certified counselor.

Senior Kinship Program (ACCAP).....(763) 783-4743
www.accap.org/senior-services/kinship/ Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated and homebound seniors.

Senior Centers, Churches, Hospitals, & Nursing Homes are always looking for volunteers!

VETERAN SERVICES

- Anoka County MedLink..... (763) 324-3255**
www.co.anoka.mn.us/transit. Transportation provided for Veterans of any age to & from the VA Hospitals in Minneapolis, St. Cloud, & Ramsey. Call between 9 am-12 pm Monday-Friday. Donations accepted.
- Anoka Disabled American Veterans (763) 245-2585**
 Veterans helping veterans. Accept donated clothing and small household items. Call for more information.
- Disability Hub MN 1-866-333-2466**
 Information & referral services for persons with disabilities.
- Families in Safe Hands: Raising Relatives children (612) 879-5307 or (612) 879-5351**
 A program of Lutheran Social Services of MN. Offers information & emotional through support groups, recreation, & free phone consultation.
- Military.com.....www.military.com**
- Minnesota Assistance Council for Veterans.....www.mac-v.org**
- Minnesota Department of Veterans Affairs..... www.mdva.state.mn.us**
- Minnesota Military Family Assistance Center (651) 282-4055**
 Providing assistance to military families.
- Minnesota Workforce Center, Veteran Employment Representative..... (763) 324-2328**
Business..... (763) 279-4424
Case Management (763) 279-4342
- Veterans Affairs Medical Center, Minneapolis..... (612) 467-1100**
www.minneapolis.va.gov/services/ars.asp. ADS (Addiction Disorder Section).
- Veteran Caregiver.....www.veterancaregiver.com**
- Veterans Crisis Line.....1-800-273-8255 & (Press 1)**
 Online chat and text are available to all Veterans and their families and friends, even if they are not registered with VA or enrolled in VA health care. Chat at www.veteranscrisisline.net or text to 838255.
- Veteran Employment Representative..... (763) 279-4342 or (763) 279-4424**
- Veterans Lake..... (763) 441-4086**
www.veteranslake.com. Provide events to support Minnesota fallen heroes.
- Veterans Resource Center St Paul (651) 644-4022 or Anoka (763) 503-2220**
 101 5th Street E, #101, St Paul 55101; 700 East Main Street, Anoka 55303. Part of Veterans Affairs. Provides veteran education, referrals, and services for combat/noncombat veterans.

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

Toll free service line for all MN veterans. Provides information and referral.

Veterans Service Office – Anoka County..... (763) 324-4500

Fax Number (763) 324-1040

www.veterans@co.anoka.mn.us. Provides counseling, claims services, referral, and assistance in accessing services in chemical dependency, 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.aoic.org. To provide training, retraining, employment, & economic development opportunities for unemployed & under employed multi-cultured people in a culturally conducive atmosphere that addresses the needs of the whole person & families. Programs & services are open to qualifying persons.

American Red Cross, Minnesota Region (612) 871-7676
1201 W River Parkway, Minneapolis 55454. The American Red Cross Restoring Family Links program helps to locate family members separated internationally by armed conflict and other humanitarian emergencies, including international disasters. Messaging services are provided once a family member is located. There is no charge for these services, however, financial assistance is not provided once a reconnection is made.

Centro Tyrone Guzman. (612) 874-1412
www.centromn.org. 1915 Chicago Ave S, Minneapolis, MN 55404. Senior, preschool, & youth programs. Prenatal classes and family engagement programs.

Comunidades Latinos Unidos En Servicio (CLUES)

Minneapolis, 720 E Lake St, Minneapolis 55407..... (612) 746-3500
St. Paul, 797 E 7th St, St. Paul 55106 (651) 379-4200
www.clues.org. Bilingual & bicultural advocacy. Information & referral services. Individual & family cross-cultural counseling. Employment, education, elder wellness, Latino learning, mental health, family services & chemical health.

Confederation of Somali Community in Minnesota (612) 338-5282
www.cscmn.org.

Department of Indian Work..... (651) 644-2768
www.interfaithaction.org. American Indian Youth Enrichment Program, family education, diabetes series, emergency food, and clothing shelves. Referrals to community resources. Services the American Indian population of the east metro. Hours Mon 1 pm – 5pm; Tues - Thurs. 9:30am-2:30pm; closed Fridays.

English Learning Center (612) 874-9963
Offer ESL, citizenship, math, and computer class (evenings only, Monday-Thursday) serving adult immigrants and refugees. Provides some transportation.

Hispanos En Minnesota (Health, Education, Motoring) HEM (651) 227-0831
www.hispanos.qwestoffice.net. Family, individual, and couples counseling, drug information, aftercare, relapse, anger management/domestic abuse, psychosocial evaluations. DWI classes and Driving with Care classes, levels 1, 2 and 2 with therapy. CDS assessments and ASUDS-R.

International Institute of Minnesota (651) 647-0191
www.iimn.org. 1694 Como Ave, St. Paul 55108. Helping new American's achieve self-sufficiency and full membership in American life.

- Korean Service Center** (612) 342-1344
www.kscmn.org 630 Cedar Ave S, Suite B1, Minneapolis 55454. Welfare benefit assistance, housing, translation and interpretation, individual counseling, assisted living and caregiver support program.
- Metro North Adult Basic Education**..... (763) 433-4200
www.metronorthabe.org. Email: info@metronorthabe.org. Offers free classes for adults including ESL (English as a Second Language), GED preparation, Minnesota State diploma, college entrance preparation, basic reading, writing and math brush up. Classes offered at multiple locations with various schedules including morning and evening classes.
- Minnesota Department of Human Rights**..... (651) 296-5663
TTY (Hearing Impaired)711 or 1-800-627-3529
www.MN.gov/mdhr. Enforces Minnesota Human Rights Act. Investigates charges of discrimination in employment, housing, public accommodation, education, & public services.
- Neighborhood Justice Center** (651) 222-4703
www.njcinc.org. Nonprofit criminal defense expungement for Dakota, Ramsey, and Washington Counties.
Info@njcinc.org
- Russian Orthodox Church of the Resurrection of Christ Monastery**..... (763) 574-1001
 Russian/English interpretation and translation, Russian language classes.
- Southeast Asian Community Council, Inc.- REMOVE.**
- Southern Minnesota Regional Legal Services – Central Office** (651) 222-4731
 Advice & representation in non-criminal civil legal matters that are critical to the clients basic needs.
- Tubman**..... **Crisis Line (612) 825-0000**
www.tubman.org. **Business Line (612) 825-3333**
 1725 Monastery Way, Maplewood 55109. Outpatient center for referrals, phone counseling, support groups, legal services and counseling, chemical dependency, & mental health services. Provides shelter assistance. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Family violence resource agency providing domestic abuse survivors safe passage from abuse.
- United Cambodian Association of Minnesota**..... (651) 222-3299
www.ucamn.info Assists Cambodian refugees, immigrants, and other ethnic groups with employment, immigration services, youth enrichment programs, tobacco programs and more.

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

- Center for Sexual Health, University of Minnesota** (612) 625-1500
www.sexualhealth.umn.edu. Program in Human Sexuality, Department of Family Practice & Community Health Medical School. Sexual attitude reassessment seminars, relationship and sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, HIV counseling.
- Hope 4 Youth**..... (763) 323-2066
www.hope4youthmn.org. A Drop-in Resource Center for young people experiencing homelessness who are under age 25 in Anoka County. Provides a hot meal five 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 and case managers available during open hours. Center is open to youth Monday-Friday 11:00am-7:00pm.
- Northland Therapy Center**.....(651) 641-1009
www.northlandtherapycenter.com. Mental health clinic serving primarily adult individuals, couples & adolescents with expertise in working with chronic illness, sexual orientation issues, and trauma.
- Out Front Minnesota** (612) 822-0127 or 1-800-800-0350
www.outfront.org. 310 E 38th St Room 209, Minneapolis. Legal advocacy, training, education, information, referral, & domestic violence programs on or related to the State LGBTQ community.
- The Family Partnership: Transgender Mental Health Services**..... (612) 728-2061
www.thefamilypartnership.org. The Family Partnerships provides culturally relevant mental health counseling to members of the transgender community and their families. We work with children, adolescents, adults & families who are dealing with gender identity development, and offer therapy in English and Spanish.
- Tubman Chrysalis Center** (612) 871-0118
www.tubman.org. Provides a variety of support groups including LGBTQ groups. Provides legal assistance in family law cases, will provide referrals for other types of legal cases. Offers outpatient center for referral, phone counseling, chemical dependency, & mental health services. Parenting Time Program.
- Twin Cities Metro LGBT Aging Resource Guide** www.lgbtqagingcenter.org

VOLUNTEER OPPORTUNITIES

Volunteer: To enrich your life by helping someone else.

*Listed are some of the places in Anoka County seeking volunteers & a brief description.
You might also wish to check with your local schools, churches, or other organizations
that may be in need of volunteers.*

- ACCAP Chores & More (763) 783-4767**
www.accap.org/senior-services/chores-more/ Program is for older adults 60+ in Anoka County. Volunteers needed to do various household services including housekeeping, minor home repairs, & seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Metropolitan Area Agency on Aging, Inc. as part of the “Older Americans Act Program.”
- Alexandra House, Inc. Shelter Program & 24 Hour Helpline (763) 795-5452**
www.alexandrahouse.org. Community based nonprofit organization that provided emergency shelter, support services, & community/legal advocacy to victims of domestic and sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator. Also provide elderly care.
- American Red Cross, Minnesota Region (612) 871-7676**
www.redcross.org. Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter’s Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.
- Anoka County Brotherhood Council (ACBC)..... (763) 422-0046**
www.acbcfoodshelf.org. Provides emergency food & used clothing to those in need. Variety of volunteer opportunities available.
- Anoka County Community Action Program, Inc. (ACCAP) (763) 783-4717**
www.accap.org. Volunteers needed for a variety of programs.
- Anoka County Library 763-324-1510**
www.anokalibrary.org. A variety of volunteer opportunities maybe 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 persons 55 & older to participate in their communities through volunteer services.
- Anoka County MedLink..... (763) 324-3255**
www.co.anoka.mn.us/transit. Drive senior citizens, veterans, and clients to medical, dental, or social service appointments. Mileage reimbursed.

- Anoka Regional Treatment Center/Mental Health Facility..... (651) 431-5000**
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Facility has an auxiliary and volunteers provide special events and parties.
- Arc Minnesota..... (952) 920-0855**
www.arcminnesota.org. Information, referral, and advocacy for individuals with developmental disabilities & their families. Volunteers needed for special events, mailings, clerical duties, & thrift stores. Serves entire state of Minnesota.
- Bar None (763) 753-2500**
www.voamnwi.org/bar-none. Shelter services for male and female youth between ages 11 and 17 who are in crisis or transition between placements. Variety of volunteer opportunities available.
- 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 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 a long term friendship!
- Camilia Rose Care Center (763) 755-8400**
Provides long & short term skilled nursing care. A variety of volunteer opportunities include outing assistant, craft helper, musical performer, letter writer, pet visitor, bingo assistant, reader, etc.
- Confederation of Somali Community in Minnesota (612) 338-5282**
www.cscmn.org.
- Family Caregiver Connection..... (763) 324-1608**
www.anokacounty.us/655/Family-Caregiver-Connection. Volunteers needed to provide in-home visits with 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 parish nurse overseeing the program. Training is provided.
- Girl Scouts of Minnesota and Wisconsin River Valleys (651) 227-8835 or 1-800-845-0787**
www.girlscoutsrv.org. Girl Scouts offers every girl (K-12) a chance to practice a lifetime of leadership, adventure, and success. Volunteers needed year-round to be troop leaders, activity and special event helpers, and more.
- Hands on Twin Cities (612) 379-4900**
www.handsontwincities.org. We inspire, equip, and mobilize people to provide hands-on impact to solve the most pressing challenges in our communities. Several thousand volunteer opportunities available listed on our website.
- Head Start, ACCAP..... (763) 783-4300**
www.accap.org. Programs in Anoka & Washington County. Volunteers needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

Meals on Wheels (Home Delivered Meals)

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.

Impact Services.....(763) 236-8718

Andover, Anoka, Bethel, Blaine, Centerville, Circle Pines, Columbia Heights, Columbus, Coon Rapids, East Bethel, Fridley, Ham Lake, Hilltop, Lexington, Lino Lakes, Linwood, Nowthen, Oak Grove, Ramsey, St. Francis, Spring Lake Park

“Make A Wish” Minnesota (612) 767-9474

www.wish.org/minnesota. Help grant wishes to children with life-threatening medical conditions.

Mediation Services for Anoka County (763) 422-8878

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

Metro North Adult Basic Education..... (763) 433-4200

www.metronorthabe.org. Email: info@metronorthabe.org. Volunteers needed to tutor adult learners with reading, writing, math, English as a Second Language (ESL), and GED. Volunteers needed at various locations during morning and evening class times.

Second Harvest Heartland (651) 282-0901

www.2harvest.org. Email: volunteer@2harvest.org. Agency supplies food & grocery products to 1000+ member agencies & programs in MN & Western WI. Runs MAC & NAPS programs. Group & individual volunteer opportunities available sorting, packing, delivering food, and also support for special events.

Senior Kinship Program (ACCAP).....(763) 783 4745

www.accap.org/senior-services/kinship/ Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors.

Springbrook Nature Center – City of Fridley (763) 572-3588

www.springbrooknaturecenter.org. Provides environmental interpretive programming, recreation, and entertainment. Volunteers needed for animal care, trail maintenance, desk hosting, and special events.

Stepping Stones Emergency Housing..... (763) 323-7006

www.steppingstonech.org. Provides emergency housing (60+ beds) and support to adults experience homelessness. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator.

Tamarisk, Inc. (763) 572-1950

www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness.

- United Way Volunteer (612) 340-7440**
www.GTCUW.org. Matches people to volunteer projects across the nine-county metro area. Get your friends, family, co-workers, and neighbors involved! We have projects for all size groups, two people and up. You'll be matched by your group's interests and location preferences.
- University of Minnesota Extension, Anoka County (763) 324-3495**
www.local.extension.umn.edu/county/anoka. Outreach arm of the U of M connecting community needs & University resources. Program emphasis includes 4-H Youth development & Master Gardener Program.

CIVIC INFORMATION

When you have questions about how your city or town operates (local ordinances, city owned utilities, etc.) call your city administrative offices. When you have a question or opinion about how your county, state, or federal government operates, or when you are having a problem dealing with government agencies, including social services, Social Security, etc., contact the appropriate person by phone or letter.

City Offices

For Emergencies for Police, Fire, or Medical Call 9-1-1

Andover City Hall , 1685 Crosstown Blvd NW, Andover 55304	(763) 755-5100
www.ci.andover.mn.us .	
Andover Fire Station 1 , 13875 Crosstown Blvd NW, Andover 55304	non-emergency (763) 755-9825
Andover Fire Station 2 , 16603 NW Valley Dr, Andover 55304	
Andover Fire Station 3 , 15929 Crosstown Blvd NW, Andover 55304	
Andover Police, Anoka County Sheriff	non-emergency (763) 427-1212
Anoka City Hall , 2015 First Ave N, Anoka 55303	(763) 576-2700
www.ci.anoka.mn.us .	
Anoka Fire , 275 Harrison St, Anoka 55303	non-emergency (763) 576-2860
Anoka Police	non-emergency (763) 576-2800
City of Anoka Public Services	(763) 576-2980
Bethel City Hall , 23820 Dewey Street, Bethel, MN 55005.....	(763) 434-4366
Bethel Police & Fire	non-emergency (763) 427-1212
Blaine City Offices , 10801 Town Square Dr, Blaine 55449	(763) 784-6700
www.ci.blaine.mn.us .	
Blaine Fire , 1710 NE County Hwy 10, Spring Lake Park 55432	non-emergency (763) 786-4436
Blaine Parks & Recreation , www.blaineparks.com	(763) 785-6164
Blaine Police & Crime Prevention , 10801 Town Square Dr, Blaine 55449. Admin. Offices.....	(763) 785-6168
To report a crime	(763) 427-1212
Centerville City Hall , 1880 Main St, Centerville 55038	(651) 429-3232
Centennial Lakes Police Department	(763) 427-1212
Centennial Fire District (serves Circle Pines and Centerville)	(651) 792-7900
Circle Pines City Hall , 200 Civic Heights Circle, Circle Pines 55014	(763) 784-5898
www.ci.circle-pines.mn.us .	
Centennial Fire District , 7741 Lake Dr, Lino Lakes 55014	non-emergency (651) 792-7900
Serves Circle Pines and Centerville.	
Centennial Lakes Police, Circle Pines, Centerville, Lexington	Admin. Offices (763) 784-2501
Circle Pines Police	non-emergency (763) 784-2501

Columbia Heights City Offices, 590 40th Ave NE, Columbia Heights 55421 (763) 706-3600
www.ci.columbia-heights.mn.us.
Columbia Heights Firenon-emergency (763) 706-8150
Columbia Heights Police.....non-emergency (763) 706-8100

Columbus City Offices, 16319 Kettle River Blvd, Columbus 55025 (651) 464-3120
www.ci.columbus.mn.us
Columbus Police.....non-emergency (763) 427-1212

Coon Rapids City Offices, 11155 Robinson Dr NW, Coon Rapids 55433 (763) 755-2880
www.coonrapidsmn.gov.
Coon Rapids Fire, administrative officenon-emergency (763) 767-6429
Coon Rapids Police, administrative officenon-emergency (763) 767-6481

East Bethel City Hall, 2241 221st Ave NE, East Bethel 55011..... (763) 367-7840
www.ci.east-bethel.mn.us.
East Bethel Firenon-emergency (763) 367-7885
East Bethel Police..... (763) 427-1212

Fridley City Hall, 7071 University Ave, Fridley 55432 (763) 571-3450
www.ci.fridley.mn.us.
Fridley Fire.....Admin. Office/non-emergency (763) 572-3613
Fridley PoliceAdmin. Office/non-emergency (763) 572-3629

Ham Lake City Hall, 15544 Central Ave NE, Ham Lake 55304..... (763) 434-9555
www.ci.ham-lake.mn.us.
Ham Lake Fire and Police.....non-emergency (763) 427-1212

Hilltop City Hall, 4555 Jackson St NE, Hilltop 55421 (763) 571-2023
www.hilltop.govoffice.com.
Hilltop Police & Fire See Columbia Heights

Lexington City Hall, 9180 Lexington Ave, Lexington 55014..... (763) 784-2792
www.ci.lexington.mn.us.
Lexington Police.....Admin. Office/non-emergency (763) 784-2501
Serves Lexington police, Centennial, Circle Pines, & Centerville

Lino Lakes City Offices, 600 Town Center Parkway, Lino Lakes 55014..... (651) 982-2400
www.ci.lino-lakes.mn.us.
Centennial Fire District, 7741 Lake Dr, Lino Lakes 55014.....non-emergency (651) 792-7900
Serves Circle Pines, Centerville, & Lino Lakes.
Lino Lakes PoliceAdmin. Office/ non-emergency (651) 982-2300

Linwood Township Hall, 22817 Typo Creek Dr NE, Stacy 55079 (651) 462-2812
www.linwoodtownship.org.

Nowthen Offices, 8188 199th Ave NW, Elk River 55330..... (763) 441-1347

Oak Grove City Hall, 19900 Nightingale St NW, Oak Grove 55011 (763) 404-7000
www.ci.oak-grove.mn.us.
Oak Grove Fire & Police.....non-emergency (763) 427-1212

Ramsey City Hall, 7550 Sunwood Dr NW, Ramsey 55303 (763) 427-1410
www.ci.ramsey.mn.us.
Ramsey Firenon-emergency (763) 427-4452
Ramsey Police, 7550 Sunwood Dr NW, Ramsey 55303non-emergency (763) 427-6812

St. Francis City Hall, 23340 Cree St NW, St. Francis 55070..... (763) 753-2630
www.stfrancismn.org.
St. Francis Fire.....Admin. Office/non-emergency (763) 753-2334
St. Francis PoliceAdmin. Office/non-emergency (763) 427-1212

Spring Lake Park Administrative Office, 1301 81st Ave NE, Spring Lake Park 55432..... (763) 784-6491
www.SLPMN.org.
Spring Lake Park Fire, 1710 NE County Hwy 10, Spring Lake Park 55432non-emergency (763) 786-4436
Spring Lake Park Police.....non-emergency (763) 427-1212

County, State, & Federal Legislators

For a current list of elected officials, call the Elections office at (763) 323-5275, call the ACCAP Senior Information Line at (763) 783-4707, or visit the websites below.

Anoka County

Anoka County, 2100 3rd Ave, Anoka 55303..... **General Switchboard (763) 324-4000**
www.anokacounty.us.

Anoka County Parks..... **(763) 324-3300**
www.anokacountyparks.com. Activity & park information available online or at park system locations. Call if you would like hardcopy brochures and maps mailed to you.

Anoka County Sheriffs Office, 13301 Hanson Blvd NW, Andover 55304 **(763) 324-5000**

County Commissioners Office **(763) 324-4700**

Elections Office: Property Record & Taxation **(763) 323-5400**
Voter registration, information, & a list of elected officials.

State of Minnesota

Office descriptions taken from the State of Minnesota website: www.state.mn.us.

Attorney General, Minnesota **(651) 296-3353 or 1-800-657-3787**
www.ag.state.mn.us. 445 Minnesota St, Ste. 1400, St. Paul 55101. Consumer protection. Chief legal officer for the state and the legal advisor to the Governor and 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. Room 130 State Capitol, 75 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155. Responsible for the administration of state government, proposal of biennial budgets, appointments, proposal & review of legislation, & preparation of comprehensive long range plans for state growth.

House of Representatives, Minnesota..... **(651) 296-2146**
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 1-866-723-3035 for Greater MN**
www.sos.state.mn.us. Retirement Systems of MN, Bldg 60 Empire Dr Ste 100, St. Paul 55103. 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.leg.state.mn.us. 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

Minnesota Historical Society Information Desk (651) 295-3000 or www.mnhs.org

Tour Desk (651) 296-2881

75 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155.

State Office Building

100 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155.

United States

House of Representatives, United States..... (202) 224-3121

www.house.gov. U.S. House of Representatives, Washington D.C. 20515.

President of the United States (202) 456-1414

www.whitehouse.gov. The White House, 1600 Pennsylvania Ave, Washington D.C. 20500.

Senate, United States (202) 224-3121

www.senate.gov. United States Senate, Washington D.C. 20510.

Libraries

*Many libraries have programs available such as children's story time, activities and 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's 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 available at www.melsa.org.

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

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

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

Books by Mail **(763) 324-1529**

Affiliated Libraries:

Anoka County History Center Library, 2135 3rd Ave N, Anoka **(763) 421-0600**
 Events & displays for people of all ages. Small browsing collection of books for children & adults.
 Genealogical research resources.

C. Heights **Columbia Heights Branch**, 3939 Central Ave NE, Columbia Heights..... **(763) 706-3690**

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NOTES

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