Anoka County Resource Guide
Volume 11, 2010 – 2012

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, TTY in Anoka County is (763) 323-5544. MRS Customer Service: (651) 602-9005.

This directory is only current as of date of publication, August 2010. Criteria for selecting the agencies listed in the directory was 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.

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

Abbreviation Key

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ave = Avenue</td>
<td></td>
</tr>
<tr>
<td>Ext. = Extension</td>
<td></td>
</tr>
<tr>
<td>Ste = Suite</td>
<td></td>
</tr>
<tr>
<td>Blvd = Boulevard</td>
<td></td>
</tr>
<tr>
<td>Rd = Road</td>
<td></td>
</tr>
<tr>
<td>N = North</td>
<td></td>
</tr>
<tr>
<td>NE = Northeast</td>
<td></td>
</tr>
<tr>
<td>MN = Minnesota</td>
<td></td>
</tr>
<tr>
<td>Mon = Monday</td>
<td></td>
</tr>
<tr>
<td>Tues = Tuesday</td>
<td></td>
</tr>
<tr>
<td>Wed = Wednesday</td>
<td></td>
</tr>
<tr>
<td>Thurs = Thursday</td>
<td></td>
</tr>
<tr>
<td>Fri = Friday</td>
<td></td>
</tr>
<tr>
<td>Sat = Saturday</td>
<td></td>
</tr>
<tr>
<td>Sun = Sunday</td>
<td></td>
</tr>
<tr>
<td>TTY = Telephone Typewriter, common name for Telecommunication Device for the Deaf (TDD)</td>
<td></td>
</tr>
<tr>
<td>MA = Medical Assistance</td>
<td></td>
</tr>
<tr>
<td>ESL = English as a Second Language</td>
<td></td>
</tr>
<tr>
<td>ELL = English Language Learner</td>
<td></td>
</tr>
<tr>
<td>Appt = Appointment</td>
<td></td>
</tr>
<tr>
<td>NW = Northwest</td>
<td></td>
</tr>
<tr>
<td>St = Street</td>
<td></td>
</tr>
<tr>
<td>S = South</td>
<td></td>
</tr>
<tr>
<td>SW = Southwest</td>
<td></td>
</tr>
<tr>
<td>SE = Southwest</td>
<td></td>
</tr>
<tr>
<td>&amp; = And</td>
<td></td>
</tr>
<tr>
<td>Etc. = Etcetera</td>
<td></td>
</tr>
<tr>
<td>GED = General Education Development</td>
<td></td>
</tr>
<tr>
<td>ABE = Adult Basic Education</td>
<td></td>
</tr>
<tr>
<td>Section</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td><strong>HELPLINES &amp; CRISIS NUMBERS</strong></td>
<td>5</td>
</tr>
<tr>
<td>Alcohol / Chemical Dependency</td>
<td>8</td>
</tr>
<tr>
<td>Medical</td>
<td>11</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
</tr>
<tr>
<td><strong>BASIC NEEDS</strong></td>
<td>13</td>
</tr>
<tr>
<td>Food</td>
<td>14</td>
</tr>
<tr>
<td>Food Shelves</td>
<td>16</td>
</tr>
<tr>
<td>Housing / Household Management</td>
<td>17</td>
</tr>
<tr>
<td>Recycling / Waste Management</td>
<td>19</td>
</tr>
<tr>
<td>Subsidized Housing</td>
<td>20</td>
</tr>
<tr>
<td>Subsidized Apartments</td>
<td>20</td>
</tr>
<tr>
<td>Transitional Housing</td>
<td>21</td>
</tr>
<tr>
<td>Emergency Shelter</td>
<td>21</td>
</tr>
<tr>
<td>Clothing</td>
<td>22</td>
</tr>
<tr>
<td>Transportation</td>
<td>23</td>
</tr>
<tr>
<td><strong>HEALTH AND WELLNESS</strong></td>
<td>25</td>
</tr>
<tr>
<td>Special Needs Programs</td>
<td>27</td>
</tr>
<tr>
<td>Hospitals</td>
<td>31</td>
</tr>
<tr>
<td>Low Cost Clinics</td>
<td>32</td>
</tr>
<tr>
<td>Dental</td>
<td>33</td>
</tr>
<tr>
<td>Chemical Health</td>
<td>33</td>
</tr>
<tr>
<td>Mental Health</td>
<td>35</td>
</tr>
<tr>
<td><strong>EMPLOYMENT</strong></td>
<td>39</td>
</tr>
<tr>
<td>Metro Civil Service Job Information</td>
<td>41</td>
</tr>
<tr>
<td>National Service</td>
<td>41</td>
</tr>
<tr>
<td><strong>FINANCIAL</strong></td>
<td>43</td>
</tr>
<tr>
<td>Financial Assistance</td>
<td>43</td>
</tr>
<tr>
<td>Financial Counseling &amp; Education</td>
<td>44</td>
</tr>
<tr>
<td><strong>LEGAL</strong></td>
<td>46</td>
</tr>
<tr>
<td>Section</td>
<td>Page</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>EDUCATION</td>
<td>49</td>
</tr>
<tr>
<td>School District Offices</td>
<td>51</td>
</tr>
<tr>
<td>Community Education Departments</td>
<td>52</td>
</tr>
<tr>
<td>Community Education Departments Special Needs</td>
<td>52</td>
</tr>
<tr>
<td>Parenting / Child Development</td>
<td>52</td>
</tr>
<tr>
<td>EARLY CHILDHOOD CARE / EDUCATION</td>
<td>56</td>
</tr>
<tr>
<td>Child Care &amp; Education</td>
<td>56</td>
</tr>
<tr>
<td>Child Care Subsidy</td>
<td>58</td>
</tr>
<tr>
<td>Equipment</td>
<td>58</td>
</tr>
<tr>
<td>FAMILY SERVICES</td>
<td>59</td>
</tr>
<tr>
<td>Safety</td>
<td>60</td>
</tr>
<tr>
<td>Pregnancy / Infants</td>
<td>61</td>
</tr>
<tr>
<td>COMMUNITY INVOLVEMENT</td>
<td>63</td>
</tr>
<tr>
<td>YOUTH SERVICES</td>
<td>65</td>
</tr>
<tr>
<td>Hotlines</td>
<td>65</td>
</tr>
<tr>
<td>Shelter / Housing / Transitional Housing</td>
<td>66</td>
</tr>
<tr>
<td>Drop-in Centers</td>
<td>66</td>
</tr>
<tr>
<td>Health &amp; Wellness: Health Care</td>
<td>67</td>
</tr>
<tr>
<td>Mental Health &amp; Counseling</td>
<td>68</td>
</tr>
<tr>
<td>Other Resources</td>
<td>69</td>
</tr>
<tr>
<td>Education</td>
<td>72</td>
</tr>
<tr>
<td>FOR SENIORS ONLY</td>
<td>72</td>
</tr>
<tr>
<td>Outreach &amp; Referral</td>
<td>73</td>
</tr>
<tr>
<td>Local Senior Transportation Services</td>
<td>73</td>
</tr>
<tr>
<td>Food</td>
<td>74</td>
</tr>
<tr>
<td>Anoka County Food Shelves</td>
<td>75</td>
</tr>
<tr>
<td>Home Services</td>
<td>75</td>
</tr>
<tr>
<td>Safety &amp; Security Checks</td>
<td>76</td>
</tr>
<tr>
<td>Health &amp; Wellness: Seniors</td>
<td>77</td>
</tr>
<tr>
<td>Mental Health &amp; Companionship Programs for Seniors</td>
<td>79</td>
</tr>
<tr>
<td>Adult Day Programs</td>
<td>80</td>
</tr>
<tr>
<td>Supportive Housing</td>
<td>81</td>
</tr>
<tr>
<td>Legal and/or Advocacy for Seniors</td>
<td>82</td>
</tr>
</tbody>
</table>

Anoka County Community Resource Guide
Page 3

TABLE OF CONTENTS
Educational Opportunities for Seniors ................................................................. 84
Employment Opportunities for Seniors ................................................................ 85
Social Opportunities for Seniors ........................................................................... 85
Volunteer Opportunities for Seniors ..................................................................... 86

VETERAN SERVICES ......................................................................................... 88

MULTICULTURAL RESOURCES ......................................................................... 89

GAY, LESBIAN, BISEXUAL, TRANSGENDER, & QUESTIONING (GLBTQ) RESOURCES .............................................................. 94

VOLUNTEER OPPORTUNITIES .......................................................................... 95

CIVIC INFORMATION .......................................................................................... 99
   City Offices ....................................................................................................... 99
   County, State, & Federal Legislators ................................................................. 101
   Libraries .......................................................................................................... 103

INDEX .................................................................................................................. 104
HELPLINES & CRISIS NUMBERS

Ambulance, Fire, Police Emergency ................................................................. 9-1-1

Assessment & Referral (Mercy Hospital) ................................................................. (763) 236-7911
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.

Crisis Connection ................................................................................................. (612) 379-6363
TTY (Hearing Impaired) ...................................................................................... (612) 379-6377
Toll Free number ................................................................................................. 1-866-379-6363

Girls & Boys Town National Hotline ................................................................. 1-800-448-3000
TTY (Hearing Impaired) ...................................................................................... 1-800-448-1833
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.

Jacob Wetterling Resource Center ..................................................................... (651) 714-4673
Missing & exploited children 24 hour helpline .............................................. 1-800-325-HOPE (1-800-325-4673)

Men’s Line ........................................................................................................... (612) 379-6367
24 hour counseling & referral service for anybody concerned about hurtful, controlling, or violent behavior. Free & confidential.

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.

Metro Shelter Hotline ....................................................................................... 1-888-234-1329
24 hour hotline for information on emergency shelter & housing.

Minnesota Domestic Violence Crisis Line .................................................... 1-866-223-1111
www.dayoneservices.org. 24 hour crisis line for women experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area.

Poison Control Center ...................................................................................... 1-800-222-1222
Riverwind Mental Health Crisis Services for Anoka County .................................................. (651) 774-0011

Stop It Now! Minnesota .......................................................... Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org/mn. 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.

United Way 2-1-1 .......................................................... 2-1-1 or (651) 291-0211 or 1-800-543-7709
www.unitedwaytwincities.org/communityinfo/211.CFM. 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained volunteers can direct callers to resources for seniors, families, & children throughout the Greater Minnesota area.

Abuse – Physical &/or Sexual

Alexandra House, Inc. Community Program .......................................................... (763) 576-9999
www.alexandrahouse.org. Services for victims of domestic violence that include: assistance in filing protection orders & accompaniment to subsequent hearings; limited legal representation in OFP proceedings; crime victim advocacy following a domestic assault & throughout the criminal court process; Legal Clinics & Family Law Information sessions; community support groups; safety plan workshops; & support, information, & referral services.

Alexandra House, Inc. Shelter Program & 24 hour Crisis Line .................................. (763) 780-2330
www.alexandrahouse.org. Emergency shelter for battered women & their children. Services for all Anoka County including: crisis intervention, advocacy, support, safety planning, housing resources, referrals, support groups, & children’s programs. Services are free & confidential.

Anger/Domestic Abuse Project .......................................................... (612) 874-7063
www.domesticabuseproject.org. Treatment for abusive men, therapy for women, adolescents, & children. Office hours Monday-Thursday, 9 am-7 pm and Friday, 9 am-4 pm. 24 hour answering machine.

Anoka County Attorney’s Office, Victim / Witness Services .................................. (763) 323-5559 or (763)323-5624
Crisis counseling, referrals, resources, community education, & victim advocacy. Office hours are 8 am to 4:30 pm.

Anoka County Vulnerable Adult/Adult Protection .......................................................... (763) 422-7168
Responds to & investigates reports of maltreatment (abuse & neglect, financial exploitation) for vulnerable adults. Also offers protective services to prevent maltreatment.

Children’s Home Society & Family Services .......................................................... (763) 785-9222
Child Abuse Prevention Services for residents of Anoka County
www.chsfs.org, 1321 Andover Blvd Ste 108, Ham Lake 55304. Provides support to families experiencing stress or crisis. Provides short & long term support in meeting goals for moving forward. Services include advocacy, face to face support meetings, adoption services, pregnancy counseling, resource & referral. Available to families with children ages newborn to 12 years. Free, voluntary, & confidential.

Community Work Services ................................................................. (763) 323-5830
Allows offenders an opportunity to meet their responsibility to society in a positive way by performing community service work.

Council on Crime & Justice, General Victims Service ................................................. (612) 340-5400

Domestic Abuse Hotline, National Hotline ............................................................... 1-800-799-7233
TTY (Hearing Impaired) ......................................................................................... 1-800-787-3224
24 hours/7 days a week. Provides crisis assistance & shelter referrals for all languages.

GLBT-KIDS Abuse Intervention Program ................................................................. 1-877-GLBT-KIDS (1-877-452-8543)
Offers support, referrals, resources, training and connections for GLBT (gay, lesbian, bisexual, transgender) youth who are experiencing abuse, bullying or mistreatment. The program also supports their families, youth-serving professionals, and others who care about the well-being of youth.

HCMC Domestic Violence Intervention Program ...................................................... (612) 873-2636
A Hennepin County Medical Center (HCMC) Program offering help with legal & medical problems incurred by women who have been battered in a domestic situation. 8 am-11 pm, 365 days a year.

Lee Carlson Center for Domestic Abuse Program ..................................................... (763) 783-4914
Women’s Line ....................................................................................................... (763) 783-4990
Men’s Line ............................................................................................................. (763) 783-4991
Women’s Anger Management ............................................................................. (763) 783-4945
Women’s Group for Sexual Assault ..................................................................... (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. Office hours: Mon-Thurs, 9 am-6 pm. Answering machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

Men’s Line ............................................................................................................ (612) 379-MENS (612-379-6367)
By men, for men, the Men’s Line of Family & Children’s Service is available to all Twin Cities area men—and the people who care about them. It helps callers find solutions for problems related to stress and anger, parenting concerns, and marriage/relationship concerns.

Minnesota Domestic Violence Crisis Line .............................................................. 1-866-223-1111
www.dayoneservices.org. 24 hour crisis line for women experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area.

Out Front Minnesota ............................................................................................... (612) 822-0127 or 1-800-800-0350
Anoka County Community Resource Guide

HELPLINES & CRISIS NUMBERS

Anoka County Community Resource Guide
Page 8

www.outfront.org. 310 E 38th St Room 204, Minneapolis. Legal advocacy, training, education, information, referral, & domestic violence programs on or related to the GLBT community.

Rape & Sexual Abuse Center / 24 hour Hotline................................................................. (612) 825-4357
TTY (Hearing Impaired) ........................................................................................................ (612) 377-4163
www.rsap-nip.org. 2431 Hennepin Ave S, Minneapolis 55405. Short term counseling & referrals; available Mon-Fri for walk-ins 9 am-5 pm. Support group therapy (long term). Concerned persons support group.

Resource Center for Fathers & Families........................................................................... (763) 783-4938
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Anger management/domestic violence course & aftercare: designed to help men struggling to understand & deal effectively with anger & other issues, as well as to help manage anger & stop abusive behaviors. Relationship course: teaches both men & women how to create healthy relationships. Fathers’ Support Groups.

Sexual Violence Center ........................................................................................................ (612) 871-5111
TTY (Hearing Impaired) ........................................................................................................ (612) 871-1550
24 hour crisis line for immediate support, information, & referral. Counseling available.

Stop It Now! Minnesota........................................................................................................ Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org/mn. 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.

Tubman................................................................................................................................. Crisis Line (612) 825-0000
Business Line (612) 825-3333
www.tubman.org
3111 1st Ave S, Minneapolis 55408. Outpatient center for referrals, phone counseling, support groups, legal services, chemical dependency, & mental health services. 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 / Dysfunctional Families......................................................... (763) 574-0903

Al-Anon / Al Teen Resource Service

Minneapolis......................................................................................................................... (952) 920-3961
St. Paul ................................................................................................................................. (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. 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. Call for directions & meeting times .................. (763) 753-1586

**Anoka Today Alano**, 2700 N Ferry St. Call for directions & meeting times .................. (763) 421-9923

**Blaine Central Alano**, 13536 Hwy 65, Room 207. Call for meeting times .......................... (763) 757-9917

**Our Friends Place (Columbia Heights Area)**, 3825 Central Ave. Call for meeting times ...... (763) 788-4858

**Coon Rapids Alano**, 1557 NW Coon Rapids Blvd. Call for meeting times ...................... (763) 754-8606

**Fridley Alano**, 5925 University Ave NE. Call for more meeting times ......................... (763) 571-5910

**Drug Abuse Hotline** ........................................................................................................ 1-800-276-6818


**Drug Abuse Hotline / 24 hours, Habilitat** ........................................................................ 1-800-872-2525

www.habilitat.com

**Narcotics Anonymous** .................................................................................................... Referrals (612) 822-9472

www.naminnesota.org 24 hour Helpline (952) 939-3939

**Transformation House Spirituality / AA** ......................................................................... (763) 427-7155


## Children

**Alexandra House, Inc. Violence Prevention Program** .............................................. (763) 780-2330

www.alexandrahouse.org. Services for youth that include one-on-one advocacy, support groups, & violence prevention education in designated schools within Anoka County.

**Anoka County Child Care Resource & Referral (CCR&R)** ......................................... (763) 783-4881

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

**Anoka County Child Protection Agency** ...................................................................... (763) 422-7125

www.anokacounty.us. 8 am-4:30 pm. Report child abuse & neglect. Calls referred after hours.

**Anoka County Mental Health Crisis Response by Riverwind Crisis Services** ............... (763) 755 3801


**Assessment & Referral (Mercy Hospital)** ...................................................................... (763) 236-7911
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.

**Big Brothers Big Sisters of the Greater Twin Cities** ................................................................. (651) 789-2400  
www.bigtwincities.org. Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 7-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long term friendship!

**Children’s Home Society & Family Services** ................................................................. (763) 785-9222  
**Child Abuse Prevention Services for residents of Anoka County**  
www.chsfs.org. 1321 Andover Blvd Ste 108, Ham Lake 55304. Provides support to families experiencing stress or crisis. Provides short & long term support in meeting goals for moving forward. Services include advocacy, face to face support meetings, adoption services, pregnancy counseling, resource & referral. Available to families with children ages newborn to 12 years. Free, voluntary & confidential.

**Crisis Connection** ................................................................................................................. (612) 379-6363  
TTY (Hearing Impaired) ........................................................................................................ (612) 379-6377  

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

**Girls & Boys Town National Hotline** .................................................................................. 1-800-448-3000  
TTY (Hearing Impaired) ........................................................................................................ 1-800-448-1833  
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.

**Jacob Wetterling Resource Center** ..................................................................................... (651) 714-4673  
Missing and exploited children 24 hour helpline ............................................. 1-800-325-HOPE (1-800-325-4673)  

**Lee Carlson Center for Domestic Abuse Program** ............................................................... (763) 783-4914  
Women’s Line ......................................................................................................................... (763) 783-4990  
Men’s Line ............................................................................................................................. (763) 783-4991  
Women’s Anger Management ......................................................................................... (763) 783-4945  
Women’s Group for Sexual Assault ................................................................................... (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. Office hours: Mon-Thurs, 9 am-6 pm. Answering Machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

**Minnesota Child Abuse Hotline** ................................................................. (651) 220-6750
Midwest Children’s Resource Center.

**Missing & Exploited Children, 24 hour National Hotline** ........................................ 1-800-843-5678

**Missing Children Minnesota / 24 hours** ........................................................................ (612) 334-9449
[www.missingchildrenmn.org](http://www.missingchildrenmn.org). 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 hours** ..........1-800-4-A-CHILD (1-800-422-4453) or 1-800-790-2445

**National Runaway Switchboard** ................................................................................. 1-800-RUNAWAY (1-800-786-2929)

**Prevent Child Abuse Minnesota** ................................................................. (651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)

**Project Pathfinder, Inc., Child and Adolescent Services** ............................................. (651) 644-8515
[www.projectpathfinder.org](http://www.projectpathfinder.org). 1821 University Ave W Ste N385, St. Paul 55104. Assessment & treatment 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.

**Resource Center for Fathers & Families** .................................................................... (763) 783-4938
[www.resourcesforfathers.org](http://www.resourcesforfathers.org). 1201 89th Ave NE Ste 224, Blaine 55434. Parenting classes in Blaine, Mpls, St. Paul: 4 different courses; 6 week, 4 week, or 12 hour lengths. Step-parenting classes, 10 session course. Fathers’ Support Group. 24/7 DAD Program. Legal services for men & women, marriage counseling & domestic anger classes.

**Stop It Now! Minnesota** ......................................................................................... Helpline 1-888-PREVENT (1-888-773-8368)
[www.stopitnow.org/mn](http://www.stopitnow.org/mn). 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.

### Medical

**Assessment & Referral (Mercy Hospital)** .................................................................. (763) 236-7911
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 and New Life Family Services.......................................................... (763) 323-3435

Fridley Children’s & Teenager’s Medical Center P.A. ................................................................. (763) 236-2700
www.fctmc.com. 500 NE Osborne Rd Ste 310, Fridley 55432. Pediatric and teenage practice that deals with the health and wellbeing of children, teenagers, and their families. Special interest include, ADD/ADHD, asthma, nutrition. Please call for more information.

MAP AIDS Line / Minnesota AIDS Project................................................................. (612) 373-2437 or 1-800-248-2437
TTY (Hearing Impaired) ................................................................. (612) 373-2465 or 1-888-820-2437

Minnesota Family Planning & Sexually Transmitted Diseases Hotline ........................................ 1-800-783-2287
www.stdhotline.state.mn.us. Information & referral regarding birth control & sexually transmitted diseases. Monday-Friday 9 am-8 pm, Saturday 9 am-2 pm, closed Sundays.

Nucleus Clinic ......................................................................................................................... (763) 755-5300
1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Planned Parenthood of Minnesota ................................................................. Minneapolis (612) 823-6300
www.ppmns.org
St. Paul (651) 489-1328
Reproductive health care, education programs, & programs for teens.

Other

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

Anoka County Social Services.................................................................................................... (763) 422-7000
www.anokacounty.us. After 4:30 pm, call (763) 427-1212 for emergency only.

Emergency Housing
8 am-4:30 pm, Monday-Friday ................................................................................................ (763) 422-7304
Call this number if it is after 4:30 pm & you are without shelter........................................... (763) 427-1212

Emotions Anonymous............................................................................................................. (651) 647-9712
www.emotionsanonymous.org, e-mail: info@emotionsanonymous.org. fax number: (651) 647-1593.
Gambling Treatment Provider ................................................................. (763) 754-2917
Uses individual therapy, assessment, & 12 step programs.

Minnesota Problem Gambling Helpline .............................................. 1-800-333-HOPE (4673)

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) 728-2062 or 1-888-774-3399
PRIDE (Prostitution to Independence, Dignity, & Equality) is a nationally recognized & highly successful program of Family & Children’s Service to help women get out, & stay out of prostitution. PRIDE is based on self-help, advocacy & support for women. We also offer outreach & assistance to the children of prostitution victims.

Spenders Anonymous ................................................................. (651) 649-4573

Transformation House .............................................................. (763) 427-7155

United Way 2-1-1 ................................................................. 2-1-1 or (651) 291-0211 or 1-800-543-7709
www.unitedwaytwincitites.org. 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained volunteers can direct callers to resources for seniors, families, & children throughout the Twin Cities metro area.

---

BASIC NEEDS

Food, Housing, Shelter, Clothing, & Transportation

Anoka County Government Center .................................................. Adult Intake (763) 422-7246
2100 3rd Ave, Anoka 55303. Multiple services available.

Eastern Anoka County Human Service Center .................................. (763) 795-5720
4175 Lovell Rd Ste 128, Lexington 55014. Services include child care licensing, children’s mental health, community corrections, community health, developmental disability services, employment services, & income maintenance.

**Human Services Center of Anoka County** .......................................................... Family Intake (763) 717-7730
1201 89th Ave NE, Blaine 55434. Multiple services available. This is an Income Maintenance program.

**Southern Anoka County Neighborhood Center** .................................................. (763) 789-4326
3980 Central Ave NE, Columbia Heights 55421. Services include adult protection, community corrections department, community health, community mental health, community social services, income maintenance, & license center.

## Food

**Anoka County Income Maintenance Department (Food Support)**
Call for information on Food Support. Also cash assistance & healthcare services.

- **Adults Only**, Monday-Friday, 8 am-4:30 pm......................................................... (763) 422-7200
- **Families With Children**, Monday-Friday, 7:30 am-4:30 pm................................. (763) 717-7700
- **Eastern Service Center, Lexington**, Mon-Fri, 8 am-4:30 pm............................... (763) 795-5720
- **Southern Anoka County, Columbia Heights**, Mon-Fri 8am- 4:30pm..................... (763) 789-4326

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

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

<table>
<thead>
<tr>
<th>Anoka</th>
<th>Zion Lutheran Church, 1601 4th Ave S ......................................................... (763) 421-4656</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>First Saturday, 5:00-6:30 pm</td>
</tr>
<tr>
<td></td>
<td>Advent Lutheran Church, 540 E River Rd .................................................. (763) 421-8990</td>
</tr>
<tr>
<td></td>
<td>Second Saturday, 5:30-6:30 pm</td>
</tr>
<tr>
<td></td>
<td>St. Stephens Catholic Church, 525 Jackson St ........................................... (763) 421-2471</td>
</tr>
<tr>
<td></td>
<td>Third Saturday, 5:30-7:00 pm</td>
</tr>
<tr>
<td></td>
<td>Trinity Episcopal Church (TEC), 1415 6th Ave S, 5:30-7 pm ...................... (763) 421-1196</td>
</tr>
<tr>
<td></td>
<td>Last Saturday of the month (fourth or fifth Saturday)</td>
</tr>
<tr>
<td></td>
<td>United Methodist Church (UMC), 850 South St, 5:30-7 pm ......................... (763) 421-2378</td>
</tr>
<tr>
<td></td>
<td>Fourth Saturday if the month has five Saturdays in it, 5:30-7 pm *(In a month with 5 Saturdays, UMC serves on the 4th Sat, &amp; TEC serves on the 5th Sat).</td>
</tr>
</tbody>
</table>

(Family Table Cont.)

<table>
<thead>
<tr>
<th>Andover</th>
<th>Grace Lutheran Church, 13655 Round Lake Blvd ........................................... (763) 421-6520</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Third Sunday, 5:30-6:30 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Blaine</th>
<th>Blaine United Methodist Lutheran Church, 621 115th Ave NE ................................ (763) 757-2170</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Third Saturday, 5:30-7 pm. Gift of Plenty.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Columbia Heights</th>
<th>Oak Hill Baptist Church, 4141 University Ave NE ....................................................................... (763) 789-4337</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Wednesday, 5:45-6:30 pm. September-May.</td>
</tr>
</tbody>
</table>
Coon Rapids

Faith Lutheran Church, 11115 Hanson Blvd NW ........................................ (763) 755-3530
First Thursday, 5:30-6:30 pm.

Redeemer West, Coon Rapids, 2135 Northdale Blvd NW ...................... (763) 574-7445
Third Thursday, 5:45-6:30 pm.

Peace Lutheran Church, 20 Northdale Blvd NW .................................... (763) 757-4459
Fourth Saturday, 5-6 pm.

Epiphany Catholic Church, 1900 111th Ave NW............................... (763) 755-1020
Second Tuesday, 5:30-7:00 pm (beginning September 2010).

Unity North Church, 11499 Martin St NW ....................................... (763) 754-6489
Fourth Thursday (Jan.- Oct.; no meals Nov.-Dec.)

Fare For All .............................................................................................. (763) 450-3880 or 1-800-582-4291
A non-profit volunteer based cooperative food buying program. Monthly food packages available for about $17 & 2 hours of volunteer service in some capacity. For all locations, contact Fare For All number.

Greater Lakes Country Food Bank ....................................................... (612) 340-9694
554 8th Ave N, Minneapolis 55411. Low cost groceries for agencies & the general public. Walk-in or call ahead. Hours: Tuesday, Wednesday, & Thursday, 9 am-4 pm. Friday, 9 am-7 pm. Saturday, 10 am-2 pm. Closed Sunday & Monday. No proof of income required.

Grocery Delivery & Services (call for specifics):

Coborn’s Superstore ................................................................................... (866) 586-2530
www.cobornsdelivers.com. Online shopping available. Call for more information on delivery areas in Anoka County, and delivery days, times, & fees based on where you live.

Gopher Groceries ..................................................................................... (612) 379-1007
www.gophergrocery.com. Home delivery 7 days a week. Call for delivery areas and cost.

Jensen’s Foods, Coon Rapids ................................................................. (763) 754-7197
Thursday delivery only; must order by 10 am. $8 fee, $20 minimum order. Must be in a 5 mile radius.

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

Minnesota Food Helpline ........................................................................ 1-888-711-1151
A program of Hunger Solutions Minnesota. Monday- Friday, 8:30am-4:30pm. Multilingual phone assistance available.

St. Francis Foods ..................................................................................... (763)753-2610
www.st.francisfoods@hotmail.com, 3210 Bridge St NW, St. Francis 55070. Grocery delivery to your home. Call for more information & delivery charge.

Store-to-Door ......................................................................................................................... (651) 642-1892
www.storetodoor.org. Grocery shopping with home delivery. Serves elderly seniors or disabled adults in Hennepin, Ramsey, Washington, Dakota, or Anoka Counties. Not an emergency food shelf. Deliveries from Cub every two weeks. 10 am- 3pm. Will deliver prescriptions from Cub Pharmacy.

Home Delivered Meals (Meals on Wheels)
Low-cost, hot noon meals delivered Monday through Friday to homebound persons who are 60 & older or who have a disability. Cost varies. Call the location serving your area:

AC Meals on Wheels............................................................................................................... (763) 236-8718

Meals on Wheels, Fridley, Spring Lake Park, Columbia Heights, & Hilltop....................... (763) 236-3636
Meals on Wheels, Coon Rapids and Blaine................................................................................. (763) 489-3608

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) 755-1280
AnswerLine................................................................................................................................. 1-800-854-1678
www.extension.umn.edu/county/anoka. The Simply Good Eating program offers low income residents education on nutrition, stretching your food dollar, & food safety. U of M Extension also has an AnswerLine, where household experts answer questions about safely cooking, canning, & freezing foods, cleaning stains & mildew, & other household questions.

Women, Infants, & Children (WIC) ..................................................................................... (763) 422-7055
Supplemental food program & nutritional education for pregnant women, nursing mothers, & children at risk up to age 5. Eligibility based on income. Monday-Friday, 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 Emergency Food Shelf Network for further assistance.

ACBC (Anoka County Brotherhood Council).......................................................................... (763) 422-0046
2615 9th Ave N, Anoka. Serves Andover, Nowthen, Coon Rapids, Oak Grove, Ramsey, & Anoka. Mon & Wed 12 pm-3 pm, Tues & Thurs 6:30 pm-8:30 pm. Donations accepted: Mon & Wed 9 am-11 am or by appointment.

CEAP (Community Emergency Assistance Program)....................................................... (763) 783-4930
www.ceap.org. 1201 89th Ave NE Ste 130, Blaine. Serves all of Anoka County. Monday-Friday, 8 am-4:30 pm. Call for appointment.
Anoka County Community Resource Guide
Page 17

BASIC NEEDS

Centennial Community Food Shelf ................................................................................. (763) 784-1971

Community Helping Hand ............................................................................................... (651) 464-6831
Thrift Store ....................................................................................................................... (651) 464-8150
Financial Assistance ......................................................................................................... (651) 464-0061
408 SW 15th St, Forest Lake. Food shelf serving Forest Lake residents only. Monday, Wednesday, & Friday, 12-4 pm by appointment only.

Cross of Christ Lutheran .................................................................................................. (763) 786-0637
2nd Wednesday, 5:30-6:30 pm. Donations accepted Mon-Fri 8 am-3 pm.

Emergency Food Shelf Network ....................................................................................... (763) 450-3860
www.emergencyfoodshelf.org. Can provide resources or locations of food shelves.

Kingswood Church ............................................................................................................. (763) 757-4266
www.kingswoodchurch.org. 1264 109th Ave NE, Blaine 55434. “Hope for the City” free food distribution. Each Thursday, 4pm-6pm. Everyone is welcome.

Mt. Olive Lutheran ............................................................................................................ (763) 421-7156 ext. 106
700 Western St, Anoka. Open to the community on the last Tuesday of every month, 6:30-7:30 pm, & to church members anytime.

NACE (North Anoka County Emergency), Inc. ................................................................ (763) 434-7685
East Bethel- 18511 Hwy 65 Ne Ste 200, East Bethel Linwood- 22817 Typo Creek Dr. NE, Stacy
Food shelf hours: Wed, 1-4:30 pm. Clothing closet called “The Closet”. Clothing & linens available at no cost to families in need. Hours: Monday 9 am-12 pm, Tuesday 6 pm-8 pm, Wednesday 1 pm-4:30 pm, Thursday-Friday 7:30 am-10:30 am.

SACA (Southern Anoka Community Assistance) ............................................................. (763) 789-2444
627 38th Ave NE, Columbia Heights. Serves Fridley, Spring Lake Park, Hilltop, Columbia Heights. Monday-Thursday, 7 am-3 pm. Call for appointment. Two proofs of current address required.

---

Housing / Household Management

Adult Foster Care, Anoka County ....................................................................................... (763) 422-7070
Adult foster care is a 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 delay, mental illness, physical disability, or aging.

All Parks Alliance for Change (APAC) ............................................................................. (651) 644-5525
www.allparksallianceforchange.org. 970 Raymond Ave Ste 105, St. Paul 55114. Metro-wide community organization (comprised of manufactured home park neighborhood groups & members living in the area) whose purpose is to work together to improve the quality of life in their neighborhoods.
Affordable Rental Housing, ACCAP ................................................................. Housing Hotline (763) 783-4710
www.accap.org. Provides a broad variety of low to moderate cost housing alternatives including
apartments, town homes, & single family homes. Serving individuals and families. Programs are spread
throughout Anoka County.

Anoka County Housing Lists .................................................................................... (763) 422-7304
Subsidized housing lists. Rental housing information available by city, rent cost, number of bedrooms,
building type, etc (from HousingLink.org).

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

Energy Assistance, ACCAP ....................................................................................... (763) 783-4712

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
Call for information about subsidized rent. Press “0” to speak with an operator.

Foreclosure Prevention, ACCAP ............................................................................... (763) 783-4800
www.accap.org. Help for people facing default/foreclosure with mortgage payments. Call foreclosure
prevention hotline for more information.

Furniture Warehouse, ACCAP Home-to-Home ....................................................... (763) 783-4735
www.accap.org. Provides used furniture to income eligible Anoka County residents in need. Can be used
once in a lifetime. Also, accepts donations of “good” used furniture.

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.

Home Ownership Program, ACCAP ......................................................................... (763) 783-4747
www.accap.org. Educational Home Ownership Workshops, Family Assets for Independence in Minnesota
(FAIM), Financial Fitness, Down Payment Assistance Program, 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.

Housing Programs Coordinator, Anoka County ....................................................... (763) 422-7304
Information & referral to resources that are available to assist with housing needs, including mortgage foreclosure prevention, homeless assistance, transitional housing, tenant rights, financial assistance, and subsidized housing in Anoka County. The Coordinator often works collaboratively with other agencies to help resolve individual housing issues.

**Housing Rehabilitation, ACCAP** .......................................................... (763) 783-4721
www.accap.org. ACCAP Housing Program Department administers the housing rehabilitation programs to all of Anoka County. Call for an application for house rehabilitation grants & loans.

**Minnesota Housing Finance Agency (MHFA)** ........................................... (651) 296-8215
www.mnhousing.org. Information about first time home buyer program & home improvement loan program.

**Mobile Home Services, ACCAP** ............................................................. (763) 783-4738

**Twice Nice Thrift Store, ACCAP** .............................................................. (763) 754-0935
www.accap.org. 9201 South Highway Dr. Lexington, MN  55014. Offers household items, clothing, toys, books, shoes, & bedding. All gently used & reasonably priced. Volunteer opportunities: sorting incoming donations, creating displays, pricing, & cleaning.

**Twin Cities Free Market** ............................................................................. www.twincitiesfreemarket.org
An internet forum for people to give & get free household, yard, & family items. If you do not have access to the web call (651) 222-7678. Free access to the web is available at your local library. A program of Eureka Recycling.

**Habitat houses are sold to low-income families needing a decent, affordable place to live & are willing to work with others to build or renovate their own house & somebody else’s house. No down-payment required. Mortgage payments will be calculated according to the buyer’s income.**

**United Way 2-1-1, HousingLink** ................................................................. 2-1-1 or (651) 291-0211 or 1-800-543-7709
www.thebeehive.org, www.housinglink.org. A Minnesota non-profit corporation whose purpose is to give individuals & families better information regarding selection of affordable housing choices throughout the seven county metro area. Housing vacancy lists available.

**Weatherization, ACCAP** ............................................................................ (763) 783-4719
www.accap.org. 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 Guardian** ....................................................................................... www.greenguardian.com
Environmental health site. Find household hazardous waste sites, what to throw, what to buy, etc.

**Green Lights Recycling, Inc.** .................................................................... (763) 785-0456
10040 Davenport St NE, Blaine 55449. Provides recycling services for fluorescent lamps, ballast, computers, electronics, batteries, & mercury containing devices. Drop off hours: Mon-Fri, 8 am-4 pm.

**Recycling & Disposal Options**

![Image](https://anokacounty.us/recycle) Call Anoka County Integrated Waste Management for information on recycling, storage, & disposal of hazardous household products, reducing mail, yard waste management, Shop Used First Guide, etc.

**Twin Cities Free Market**

An internet forum for people to give & get free household, yard, and family items. If you do not have access to the web call (651) 222-7678. Free access to the web is available at your local library. A program of Eureka Recycling.

### Subsidized Housing

**HUD (Housing & Urban Development)**

U.S. Department of Housing & Urban Development, Minnesota State Office, 920 2nd Ave Ste 1300, Minneapolis 55402. 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)**

390 Robert St N, St. Paul 55101. Section 8 offered though HRA. Hours: Monday-Friday, 8 am-4:30 pm. HRA serves the suburban areas.

**Metro Information Line**

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

### Subsidized Apartments

**Abbeyfield Townhouses**, Family. 3911 233rd Ave NW, St. Francis

**Bridge Square**, Seniors. Disabled. 2 Bridge Square, Anoka

**Columbia Village**, Seniors. Crestview Senior Communities, 1675 44th Ave NE Columbia Heights

**St. Francis Apartments**, Family. Degardner Circle, St. Francis

**Drake Apartments**, Family. Handicapped. 10021 NW Drake St, Coon Rapids

**Dublin Park Senior Apartments**, Seniors. Disabled. 10020 Drake St, Coon Rapids

**Franklin Lane**, Disabled. Seniors 62+. 1827 S Ferry St, Anoka

**Galway Place**, Family. 11240 Osage St NW, Coon Rapids

**Grasslands**, Handicapped, Barrier-free. 11740 Xeon Blvd, Coon Rapids

**Heights Manor**, Seniors. 3850 Stinson Blvd NE, Columbia Heights.
Mississippi View, Family. 11020 Mississippi Blvd, Coon Rapids................................................. (763) 427-4700
Waiting List.

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

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

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

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

Oxbow Bend, Handicapped accessible. 3101 111th Ave NW, Coon Rapids .................................. (763) 427-2022

Parkview Villa, Seniors. Handicapped/Disabled. 965 40th Ave NE, Columbia Heights .................. (763) 760-3800

Rum River Square Apartments, Seniors 62+. Handicapped. 3040 Bridge St NW, St. Francis ....... (763) 753-2013
Mailing address: PO Box 456, Hopkins 55343. Onsite manager (763) 753-5294.

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.

### Transitional Housing

**Transitional Housing provides time limited, safe, & affordable housing with supportive services.**

**Elim Transitional Housing, Inc.** ................................................................. Main Office (763) 788-1546
Elim Blaine ................................................................................................................. (763) 785-9114
3989 Central Ave NE Ste 565, Columbia Heights 55421. Single women, or women with 1 or 2 children age 22 or younger, who are homeless or about to be homeless. Also rental subsidy & permanent supportive housing.

**Rise, Inc.** ...................................................................................................................... (763) 786-8334
www.rise.org. Provides transitional housing for individuals & families with mental health disabilities. Also has rental subsidies & provides housing support services.

**Transformation House** ....................................................................................................... (763) 427-7155

**Transitional Housing, ACCAP** ............................................................................................... (763) 783-4730
www.accap.org. ACCAP has a limited number of transitional housing units for homeless families (with children). There are program requirements to qualify for this housing.

### Emergency Shelter

**Alexandra House, Inc. Shelter Program & 24 hour Crisis Line** ............................................... (763) 780-2330
www.alexandrahouse.org. PO Box 49039, Blaine 55449. Emergency shelter for battered women & their children. Services for all Anoka County include crisis intervention, advocacy, support, safety planning, housing resources, referrals, support groups, & children’s program. Services are free & confidential.
**Home Free Shelter**

www.homefreeprograms.org. 3405 E Medicine Lake Blvd, Plymouth 55441. Food, shelter, & clothing provided for battered women with or without children. Support groups & counseling. Call 24 hours a day.

**Metro Shelter Hotline (Automated Line)**

1-888-234-1329

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

**Rise Homeless Outreach Program**

(763) 786-8334

www.rise.org. Emergency shelter & assistance with access to needed programs & resources for individuals and families with mental health disabilities.

**Stepping Stone Shelter**

(763) 323-7006

Emergency shelter for single adult men & women. This is emergency housing.

**Tubman Family Alliance**

Crisis Line (612) 825-0000

www.stopfamilyviolence.com

3111 1st Ave S, Minneapolis 55408. Family violence resource agency providing domestic abuse survivors safe passage from abuse. Education & resources to promote violence free families & communities.

---

**Clothing**

**Anoka County Brotherhood Council (ACBC)**

(763) 422-0046

Monday & Wednesday, 12 pm-3 pm. Tuesday & Thursday, scheduled appointments from 2pm-4pm, walk-ins 6:30 pm-8:30 pm. Free food & clothing. Donations accepted Monday & Wednesday, 9 am-11 am.

**CEAP (Community Emergency Assistance Program)**

Blaine, 1201 89th Ave NE Ste 130. (612) 783-4930

Brooklyn Park, 6840 78th Ave N. (612) 566-9600

www.ceap.org. Brooklyn Park has clothing for the whole family. Call for hours.

**Community Helping Hand**

(651) 464-8150

Thrift Store (651) 464-8150

Financial Assistance (651) 464-0061

408 15th St, Forest Lake. Mon-Fri, 10 am-4 pm. Sat, 10 am-2 pm. Thrift store with men’s & women’s clothing, housewares, furniture, & children’s things. Volunteers & donations are greatly appreciated.

**Everyday Miracles**

(612) 353-6293


**Goodwill Store, Coon Rapids**

(763) 712-3468

www.ges.convio.net. 11000 Crooked Lake Blvd, Coon Rapids 55344. Mon-Fri, 9 am-9 pm. Sat, 9 am-6 pm. Sun, 11 am-6 pm. Donations accepted Mon-Fri, 9 am-8 pm. Sat, 9 am-5 pm. Sun, 11 am-5 pm.

**Joseph’s Coat**

(651) 291-2472
1107 W 7th St, St. Paul. Free clothing closet. Mon & Wed, 9 am-4:30 pm. 2nd Sat of the month 9 am-1 pm. Photo ID required. Shop once a week. Donations accepted Tues & Thurs, 9 am-2 pm. 2nd Sat of the month 9 am-1 pm.

Lydia’s Closet (Oak Hill Baptist Church) .......................................................... (763) 789-4337
4141 University Ave NE, Columbia Heights 55421. Clothing & household items. Wednesdays, 6:30-8:30 pm.

SACA (Southern Anoka Community Assistance) ............................................... (763) 789-2444
Monday-Thursday, 7 am-3 pm. Provides food shelf, clothing, & household goods.

Salvation Army .................................................................................................. (763) 755-6873
www.thesalarmy.com. Provides clothing vouchers to eligible Anoka County residents. Call for appointment. One time emergency assistance with diapers & hygiene packs.

The Closet/ North Anoka County Emergency Food Shelf and Clothing (NACE) .......... (763) 434-7685
18511 Hwy 65 NE Ste 200, East Bethel 55011. Clothing & food available at no cost to families in need.
Open Monday 9 am-12 pm, Tuesday 6 pm-8 pm, Wednesday 1 pm-4:30 pm.

Twice Nice Thrift Store, ACCAP ........................................................................... (763) 754-0935
www.accap.org 9201 South Highway Dr. Lexington, MN 55014. Offers household items, clothing, toys, books, shoes, & bedding. All gently used & reasonably priced. Volunteer opportunities: sorting incoming donations, creating displays, pricing, & cleaning. Call for hours.

Transportation

Allina Medical Transportation .............................................................................. (651) 222-0555
Door-through-door transportation to & from medical appointments for people with disabilities. Accepts MA. Emergency & non-emergency service. Stretcher/wheelchair to & from Allina clinics.

American Cancer Society ....................................................................................... (651) 255-8100
Anoka County. Transportation provided for cancer patients who are able to get into & out of an automobile, & need transportation for radiation &/or chemo-therapy treatments. Monday-Friday, 8 am-4:30 pm. Ask for the “Navigator Road to Recovery Program”.

Anoka County Traveler ............................................................................................ General Information (763) 422-7075
www.anokacounty.us/transit. Anoka County only. Accessible to the disabled & wheelchairs.
Fixed route schedule information from Metro Transit .............................................. (612) 373-3333
Reservations – Transit Link, 7 am-3 pm every day ............................................... (612) 602-5465
Cancellation ........................................................................................................... (651) 602-5465

Anoka County Volunteer Transportation .............................................................. (763) 422-7087
www.anokacounty.us. Transportation service for seniors 60+ & clients receiving services from Anoka County Social Services. For medical or social service appointments only. Transportation provided for Veterans of any age to & from the VA Hospitals in Minneapolis & St. Cloud. Call between 9 am-12 pm Mon-Fri. Donations accepted.
CEAP Transportation Solutions ................................................................. (763) 566-9600
www.ceap.org, 6840 78th Ave N, Brooklyn Park 55445. Provides no interest loans for car purchase or repair. Applicant must be involved parent of a dependent child, employed for a minimum of 6 months at an average of 30 hours per week, current on rent/mortgage & all utilities, have valid MN driver’s license, & have household income no greater than 80% of area median income. Call for appointment.

Free To Be, Inc. .......................................................................................... (763) 717-7755
www.freetobeinc.org, Anoka County. Assists people by helping them with transportation through vehicle repair & donation. Monday-Friday, 8 am-4:30 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. Monday-Friday, 7:30 am-4:00 pm.

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. Call for information.

Minnesota Safety Council ........................................................................ (651) 291-9150
www.mnsafetycouncil.org, Traffic & injury prevention programs & resources.

MNET (Minnesota Non-Emergency Transportation) 1-866-467-1724
Call your income maintenance worker. Transportation provided to clients on Medical Assistance. Arranged through your income maintenance worker.

Ride Share, Metro Transit ......................................................................... (612) 373-3333
8 am-4 pm. To register car pools & rides.

Salvation Army ......................................................................................... (763) 755-6873
Provides one time bus tokens & cards for people who have just started a new job & are waiting on their first check. Must bring verification. Call for an appointment.

Town Taxi & Airport Taxi ........................................................................ (612) 331-8294
Persons who receive MA may use this service for medical appointments after approval by a financial worker. Also accept payment from Medica, Blue Cross, Ucare, & Metro Mobility. Town Taxi will bill directly.

Twin City Transportation ......................................................................... (952) 884-6824
Available 24 hours/7 days a week. Non-emergency service only. On-call & scheduled appointments. Serving wheelchair & ambulatory people in most of the Twin Cities area. Accepts several insurance plans & private pay. Call for rates.
HEALTH AND WELLNESS

Anoka County Community Health & Environmental Services Department ............................. (763) 422-7030

Child & Teen Check-ups (C&TC) .......................................................................................... (763) 422-6932
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) 422-6965
Provides information on infectious disease, refugee health, immunizations, & emergency preparedness & response.

Environmental Services ................................................................................................. (763) 422-7063
Conducts food & lodging inspections, water testing, regulates environmental hazards, & provides education on various environmental issues. Hazardous & solid waste management.

Family Health Services ................................................................................................. (763) 422-6970
2100 3rd Ave Ste 600, Anoka 55303. Promotes healthy pregnancy, offers services for pregnant teenagers, children with special needs, & provides parenting education through public health nurse visits.

Health Education – Public Health ................................................................................ (763) 422-7282
Provides health promotion activities related to promoting wellness and preventing chronic diseases, violence prevention, and mental wellness.

Home & Community Health Care Services .................................................................... (763) 422-6970
Long Term Care Consultation (LTCC) services & waiver program which assists aging & dependent residents to maintain independent living in the community.

Immunization Clinics for children & adults ................................................................. Hotline (763) 323-6100
Refugee Health ............................................................................................................... (763) 422-6965
Assists with accessing health care & services.

Women, Infants, & Children (WIC) .............................................................................. (763) 422-7055
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. 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 & where to apply, print applications, and learn more.

Care Connections ......................................................................................................... 1-877-405-3463 or (218) 347-FIND
www.careconnectionsmn.org. Call to find out if you qualify for medical programs. Interpreters are available.

Epiphany Caring For Life ............................................................................................. (612) 803-2225
24 hour confidential support to women & families who are pregnant & after birth. Companion program offers long-term support. Maternal support & resources. Miscarriage support.

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.
First Care Pregnancy Center and New Life Family Services ............................................................... (763) 323-3435
1902 5th Ave Ste 3, Anoka 55303. 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.

ICM Al-Shifa Clinic, Islamic Center .................................................................................................... (763) 567-9605
1401 Gardena Ave NE, Fridley 55432. Free consultation & prescription services to those in need. Other services may have minimal fee. Sunday, 10:30 am- 1:30 pm. Call one day in advance. No urgent/emergency care.

Medical Assistance (MA) and Minnesota Care
Adults Only, Anoka ................................................................. (763) 422-7246
Families With Children, Blaine ....................................................... (763) 717-7730
Columbia Heights Office .......................................................... (763) 789-4326
Eastern Service Center, Lexington ........................................... (763) 795-5720


Metro Psychology Support Services, Inc ........................................ (651) 645-7971
2550 University Ave W Ste 163 South, St. Paul 55114. Email: metropsychologyservices@msn.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, & educational functioning.

Minnesota Care Information Line, State Office ................................................................. (651) 297-3862
Medical Assistance (must be Anoka County resident) ....................... (763) 422-7246
Minnesota residents who do not have & cannot afford health insurance may be eligible for very low cost coverage through Minnesota care. This program is available for adults & children who meet certain specific guidelines. It covers most medical needs, including visits to doctors or clinics, most prescriptions, some dental work, hospitalization, etc. Cannot be on Medicare.

NACo Prescription Discount Card ................................................................. (763) 323-5700
Residents of Anoka County may receive discounts on some prescriptions if insurance won’t cover the cost at participating pharmacies in the county. Ask pharmacy if prescriptions are eligible.

North Metro Pediatrics ............................................................................. (763) 783-3722
www.northmetropeds.org, 10081 Dogwood St NW Ste 100, Coon Rapids 55448. Non-profit pediatric primary care clinic with sliding fee scale, providing comprehensive medical services to children & young adults from birth to 21 years. Services include but are not limited to: physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, & sick visits. Accepts most insurance and medical assistance.

Nucleus Clinic ............................................................................. (763) 755-5300
1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning
Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Raising Relatives................................................................................................................................. (612) 879-5307
A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives’ kids through support groups, recreation, & free phone consultation. Referrals made.

Special Needs Programs

ACHIEVE Services, Inc. ....................................................................................................................... (763) 783-4909
Day training, employment, & rehabilitation for adults with developmental disabilities.

Alliance for a Violence-Free Anoka County ....................................................................................... (763) 422-7047

Alternatives for People with Autism ............................................................................................... (763) 560-5330
www.afpwa.org. Provides residential services for adults who are severely disabled by autism & mental retardation.

Alzheimer’s Association, MN & ND Chapter ..................................................................................... 1-800-272-3900

American Cancer Society .................................................................................................................. (651) 255-8100

American Diabetes Association............................................................................................................ (763) 593-5333
www.diabetes.org. 5100 Gamble Dr Ste 394, St. Louis Park 55416. Fax number (952) 582-9000.

American Red Cross, Twin Cities Area Chapter ............................................................................... (612) 871-7676
1201 W River Parkway, Minneapolis 55454. Health & safety services: first-aid, CPR, child safety, disaster response, & multicultural programs.

Anoka Regional Treatment Center/Community Addiction Recovery Enterprise ....................... (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Arc-Greater Twin Cities....................................................................................................................... (952) 920-0855

Arthritis Foundation – North Central Chapter..................................................................................... (651) 644-4108 or 1-800-333-1380
Information & supportive services.
BirthRight

24 hour hotline. Free pregnancy testing, confidential counseling, baby clothes. Monday, 6 pm- 8 pm. Thursday 7 pm- 9 pm.

Brain Injury Association of Minnesota


Cancer Information Line (U of M)

1-888-226-2376

Center for Sexual Health, University of Minnesota

www.med.umn.edu/fp/phs/phsindex.htm. Program in Human Sexuality, Department of Family Practice & Community Health Medical School. Sexual attitude reassessment seminars, relationship & sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, sexual offender treatment, HIV counseling.

Children’s Home Society & Family Services

(763) 785-9222

Learning Disabilities Program

www.chsfs.org. 1321 Andover Blvd, Ham Lake 55304. 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. Assistance is provided by phone or in person & can include attending school meetings with the parent. Services free of charge & confidential.

Children’s Hospital & Clinics of Minnesota Family Resource Center

1-866-916-4316

Resource library for consumer health information.

Courage Center

Burnsville, 100 Cobblestone Ln ................................................................. (952) 898-5700
Forest Lake, 146 N Lake St (Hwy 61). Pediatric & adult therapies (OT, PT, speech). .............. (651) 464-5235
Golden Valley, 3915 Golden Valley Rd .................................................... (651) 439-8283
Stillwater, 1460 Curve Crest Blvd ............................................................ (651) 464-5235
www.courage.org. 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.

Crippled Child Relief, Inc. ................................................................. (612) 325-4889


Dignity by Design

(612) 325-4889

TTY (Hearing Impaired) ................................................................. 1-888-206-6513

Disability Linkage Line

1-866-333-2466

Information & referral services for persons with disabilities.
Division of Rehabilitation Services (DRS) ................................................................. (763) 785-3360
If you have disabilities that prevent you from obtaining or maintaining appropriate employment, DRS is a
statewide agency offering services to assist you. State office: (651) 649-5712.

Epilepsy Foundation of Minnesota ................................................................. (651) 287-2300
www.efmn.org. 1600 University Ave W Ste 300, St. Paul 55104. Pick up used clothing.

Faith Community Nurse Program of Mercy & Unity Hospitals ................................ (763) 236-4342
Open to all faiths. Collaborative between the hospitals & participating area churches. The parish nurse is a
part of the church staff, helps with health issues, connects to services, makes home & hospital visits, works
with a health & wellness team providing educational materials, workshops, events, & support groups.

Footworks – Footcare .............................................................................................. (651) 501-0624
Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

Fridley Children’s & Teenager’s Medical Center P.A. ........................................... (763) 236-2700
www.fctmc.com. 500 NE Osborne Rd Ste 310, Fridley 55432. Pediatric and teenage practice that deals with
the health & wellbeing of children, teenagers, & their families. Special interest include, ADD/ADHD,
asthma, nutrition. Please call for more information.

Fraser ....................................................................................................................... (763) 231-2590
Fraser Intake Coordinator ..................................................................................... (612) 331-9413
Provides mental health services for children who have emotional and behavioral disorders as well as
treatment services for infants through young adults with autism spectrum disorders and their parents or
caregivers. Offers diagnostic intake, evaluation, therapy, individual, family & group skills training & other
specialized related services.

Goodwill Easter Seals, Medical Equipment Loan Program ................................. (651) 379-5922
www.goodwilleasterseals.org. 553 Fairview Ave N, St. Paul 55104. Wheelchairs, walkers, commodes,
duramedical equipment, ambulatory devices, & many other items.

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 Society & Lymphoma Society ............................................................ (763) 852-3012
Support groups, financial resources, peer support, & information.

Lifetrack Resources .............................................................................................. (651) 265-2335
Adult & children services including physical, occupational, & speech therapy.

Anoka County Community Resource Guide
Page 29

HEALTH AND WELLNESS
Med-Alert Bracelets .................................................................................. Ask your local pharmacy

Metropolitan Center for Independent Living (MCIL) ................................................................. (651) 646-8342
1600 University Ave W Ste 16, St. Paul. 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 AIDS Project .......................................................................................... (612) 373-2437 or 1-800-248-2437
TTY (Hearing Impaired) ....................................................................................... (612) 373-2465
www.mnaidsproject.org. 1400 Park Ave S, Minneapolis 55404. Works to enhance the lives of people living with HIV, educate those at risk, & advocates for the rights of those affected by HIV & AIDS.

Minnesota Department of Human Services, www.dhs.state.mn.us .................................. (651) 431-2000

Minnesota State Council on Disability, www.mscod.state.mn.us ......................................... (651) 361-7800

Opportunity Partners, Inc ......................................................................................... (763) 450-4400
www.opportunitypartners.org. 3351 Coon Rapids Blvd, Coon Rapids 55433. 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 & In-Home Waiver.

Opportunity Services ............................................................................................... (763) 755-7866
Work rehabilitation for handicapped adults, day-living for medically fragile adults, & independent placement for capable handicapped adults.

REM Minnesota Community Services, Inc ........................................................................ (651) 644-7680
Provides outreach, intervention, & support to families & individuals with disabilities & mental health issues through in-home support, family foster care, independent living services, & supportive child protection services.

Resource Center for Fathers & Families ........................................................................ (763) 783-4938
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Educates dads & moms on parenting, family law clinics, & sharing parenting. Offers support groups, marriage counseling, relationship course, anger management classes, & domestic violence classes for fathers. Call for more information and referrals.

Rise, Inc .................................................................................................................... (763) 786-8334
www.rise.org. Provides vocational evaluation, employment training, & placement services, homeless outreach, transitional housing, & independent living skills; training geared to adults with disabilities.

Senior Caregiver Network ......................................................................................... (763) 422-6960
www.anokacounty.us/caregivers. Volunteers provide a break to caregivers of older adults. Care receivers must be 55+ & unable to be left alone for more then 2 hours. Companionship care only. Support groups for caregivers & their families throughout Anoka County. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections & educational opportunities.

Sight & Hearing Association ....................................................................................... (651) 645-2546

Anoka County Community Resource Guide
Page 30

HEALTH AND WELLNESS
Sight conservation program including adult home eye screening (nominal fee), informational literature, preschool screening for hearing & vision. Adult hearing & vision testing at malls & fairs. Preschool & school age screening.

State Services for the Blind ................................................................................................................................. (651) 642-0500
Educational information, 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 coping with life threatening illnesses.

Telephone Equipment Distribution Program ............................. 1-800-657-3663 (toll free) or (651) 431-5945
TTY (Hearing Impaired) ................................................................. 1-888-206-6555
Provides specialized telephone equipment to eligible deaf, hard of hearing, deaf blind, speech impaired, or mobility impaired persons. No fee, must be eligible.

Vision Loss Resources .............................................................................................................................................. (612) 871-2222
Needs assessment for blindness, senior services, & rehabilitation services. Hearing assessment & evaluation also available.

### 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 28th St, Minneapolis 55407 ......................................................... (612) 863-4000

Anoka Regional Treatment Center, 3301 7th Ave N, Anoka 55303 ....................................................... (612) 431-5000
Mental Health & Chemical Dependency.

Children’s Hospital and Clinics of Minnesota ................................................................................................. (651) 220-6000
345 N Smith Ave, St. Paul 55102. 2525 Chicago Ave S, Minneapolis 55404. 1-866-916-4316

Fairview Lakes Regional Medical Center, 5200 Fairview Blvd, Wyoming 55092 ................................. (612) 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 ................................................................. (612) 291-2848

Health East St. John’s Hospital, 1575 Beam Ave, Maplewood 55109 ...................................................... (612) 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 10th St, St. Paul 55102 .................................................. (651)232-3000
United Hospital, 333 Smith Ave N, St. Paul 55102 ................................................. (651) 241-8000
Unity Hospital, 550 Osborne Rd, Fridley 55432 .................................................. (763) 236-5000
Woodwinds Campus Hospital, 1925 Woodwinds Dr, Woodbury 55125 ......................... (651) 232-0100

Low Cost Clinics

Central Avenue Clinic ........................................................................................................... (612) 781-6816
2610 Central Ave NE, Minneapolis. Medical & health care coverage for all ages who are uninsured. Call for appointment. New patient wait is about 2 weeks. Not urgent care. Walk-ins accepted.

Fremont Community Health Services ............................................................................. (612) 588-9411
3300 Fremont Ave N, Minneapolis. Medical & health care for all ages. Walk-ins accepted.

NIP (Neighborhood Involvement Program) Community Clinic ....................................... (612) 374-3125

North Metro Pediatrics .................................................................................................... (763) 783-3722
www.northmetropeds.org. 10081 Dogwood St NW Ste 100, Coon Rapids 55448. Non-profit pediatric primary care clinic with sliding fee scale, providing comprehensive medical services to children & young adults from birth to 21 years. Services include but are not limited to: physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, & sick visits. Accepts most insurances and medical assistance.

Nucleus Clinic .................................................................................................................. (763) 755-5300
1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Sheridan Clinic ............................................................................................................... (612) 362-4111
342 13th Ave NE, Minneapolis 55413. Medical and health care coverage for all ages, women & children only. Call for an appointment. Walk-ins accepted.

St. Mary’s Health Clinic ................................................................................................. (651) 287-7777
www.stmaryshealthclinic.org. Free medical care for low income uninsured people. There are fifteen clinic sessions each week at clinic sites located throughout the Twin Cities metro area. Clinic open Monday-Thursday 8:30 am- 3:30 pm. Please call for more information and eligibility determination. Appointments are required. Se habla espanol.
Dental

Apple Tree Dental........................................................................................................ (763) 784-7570
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.

Affordable Dentures, Brooklyn Park.............................................................................. (763) 315-1875

Children’s Dental Services, Minneapolis........................................................................ (612) 746-1530
Dental care for children (1-18 & pregnant women) from low income families. Sliding scale for birth to 18. Will see young adults aged 18-21, but they must have insurance. Clinics in St. Paul and mobile care for Washington County and Shakopee. Interpreters available for Spanish, Hmong, & Somali. Call for appointments & clinic locations.

Community University Health Care Center, Minneapolis.............................................. (612) 638-0720
Call for information on acceptance process.

Dental Referral Service.................................................................................................... (651) 631-9845
Provides referrals for those who have no insurance, are low income, or pay cash for dental care.

Donated Dental Services.................................................................................................. (651) 454-6290
Provides dental services for persons who are low income, elderly, disabled, chronically ill, or children.

Helping Hand Dental Clinic............................................................................................. (612) 224-7561
506 W 7th St, St. Paul. Sliding fee with current check stub.

NIP (Neighborhood Involvement Program) Community Clinic...................................... (612) 374-4089
www.neighborhoodinvolve.org. 2431 Hennepin Ave, Minneapolis. Sliding Fee. Limited dental services: only cleanings, fillings, & x-rays. Also medical clinic for the uninsured.

Southside Community Dental Clinic, Minneapolis....................................................... (612) 822-9030
Sliding fee for those who are eligible. Accept all state plan insurances. Walk-ins before 4 pm.

West Side Community Health Services.......................................................................... (651) 602-7575
www.westsidechs.org. 153 Cesar Chavez St, St. Paul 55107. Sliding fee. Accept all MA’s. 8:15 am, first 6-8 for the day. Mon, Tue, Fri, 8 am-5 pm. Wed, 8:30 am-8 pm. Thurs, 8 am-7 pm.

Chemical Health

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

3-R’s Counseling Center................................................................................................ (612) 789-8030
2220 Central Ave NE, Minneapolis 55418. Day & evening programs. Hours: Monday-Friday, 9 am-6 pm. Offers DWI programs on Saturdays.
Anoka County Chemical Dependency Assessment ................................................................. (763) 422-7078
You may be eligible for financial assistance through Rule 25. Eligibility is determined through assessment.

Anthony Louis Center ........................................................................................................ (763) 757-2906
Residential programs for adolescents with chemical dependency. Assessment, outpatient, inpatient, &
counseling programs available.

Community Addiction Recovery Enterprise ..................................................................... (651) 431-5250
3301 7th Ave N, Anoka 55303. Provides multi-disciplined treatment program for mentally ill & chemically
dependent adults.

Fairview University Medical Center, Minneapolis....................................................... (612) 672-6000

Hazelden Institute .............................................................................................................. 1-800-257-7800 or (651) 213-4200
Center City, adults 18 & up. Plymouth, for youth only.

Minnesota Prevention Resource Center ........................................................................ (763) 427-5310
www.emprc.org. 2720 Hwy 10 NE, Mounds View 55112. Monday-Friday, 8 am-4:30 pm. State clearing
house for information regarding preventions of abuse of alcohol, tobacco, other drugs, & related violence.
Printed materials, audio/visual library, & website.

Moving Forward & Assessment Service ........................................................................ (763) 355-5092
950 Cty Hwy 10, Spring Lake Park 55432. Offers chemical health assessment & drug & alcohol awareness
education. Free transportation provided.

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

New Connection Programs (Regions Hospital) ............................................................... (763) 784-2454
199 Coon Rapids Blvd Ste 110, Coon Rapids 55433. Structured all day chemical health outpatient
treatment for adolescents ages 12-18. 12-step cognitive, family centered, abstinence based program with
an onsite educational program.

Nystrom & Associates, Ltd. Intensive Outpatient Chemical Dependency Program
New Brighton ..................................................................................................................... (651) 628-9566
Elk River ............................................................................................................................ (763) 746-9492
Education sessions, aftercare, & follow up provided.

Riverplace Counseling Center ......................................................................................... (763) 421-5590
1814 S Ferry St, Anoka 55303.

RS Eden ............................................................................................................................. Men (612) 338-0723 Women (612) 338-2158
Structured programming for men & women with a history of addiction. Fees based on a sliding fee scale &
vary with service provided. Assistance is available to eligible clients through General Assistance or the
State Consolidated Fund.

Salvation Army: Beacon Program ................................................................................... (612) 767-3110
A chemical dependency support program for families with a parent dealing with substance abuse. Financial & emotional support to the family allowing the one parent to focus on healing, thereby keeping the family intact. Treatment only for men 18 & up. Phase 1 and Phase 2 Residential treatment and outpatient treatment.

Thunder Spirit Center ........................................................................................................................................... (612) 870-2415
www.tubman.org. Provides programming, support, case management, advocacy, & supports people in obtaining diagnosis. For families and children preschool to high school who were exposed prenatally to drugs & alcohol.

Transformation House – Chemical Dependency .......................................................... (763) 427-7155

Unity Chemical Dependency Services .................................................................................... (763) 236-4500
Inpatient & outpatient services. Fee does apply.

Veterans Affairs Medical Center, Minneapolis................................................................................................. (612) 467-2228
ADS (Addiction Disorder Section).

### Mental Health

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

ABC Family Counseling......................................................................................................................... (763) 786-9822
Anoka Professional Building, 403 Jackson St Ste 308, Anoka 55303. Individual, couple, & family counseling.

Affiliated Counseling Center ..................................................................................................................... (763) 572-2605

Anoka County Mental Health Services (Intake).................................................................................... (612) 422-3283
Anoka County Adult Mental Health Unit offers case management services for individuals with chronic mental illness. Adult mental health case management services unit (763) 712-2911.

Anoka Regional Treatment Center .................................................................................................................. (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Assessment & Referral (Mercy Hospital) ............................................................................................................ (763) 236-7911
4050 Coon Rapids Blvd, Coon Rapids. 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.

Bar-None Residential Treatment Services for Children .............................................................................. (763) 753-2500
www.voamn.org. 22426 St. Francis Blvd, Anoka, MN. Inpatient treatment for youth ages 12-18. Programs include shelter care for males, residential treatment for males with severe emotional/behavioral problems (including programs for males with developmental delays), & residential treatment for females.

Bridgeview Community Support Program ..................................................................................................... (763) 783-7440
www.leecarlsoncenter.org, 1121 80th Ave NE, Spring Lake Park 55432. Drop in center for adults 18 & older, activities & support programs for adults in Anoka County with mental illness.

Chrysalis Mental Health Clinic................................................................. (612) 871-0118
TTY (Hearing Impaired) ................................................................................. (612) 824-2780
www.tubman.org, 4432 Chicago Ave S, Minneapolis. Counseling & psychiatry services. Outpatient mental health services. MA accepted. Monday-Thursday, 9 am-8:30 pm. Friday 9 am-3 pm.

Community Options Program .................................................................. (763) 572-0009
5384 5th St NE, Fridley 55421. Intensive Residential Treatment Services (IRTS) for persons with serious & persistent mental health illness or Chemical Dependency. Open 24 hours.

Coon Rapids Counseling........................................................................... (763) 786-9755
551 Coon Rapids Blvd Ste 150, Coon Rapids, 55433. Individual, teen, children, psychological assessment, couple, & family counseling. Minnesota Care & MA accepted.

Information & resource website for people with disabilities.

Domestic Abuse Project............................................................................. (612) 874-7063
www.domesticabuseproject.org, 204 W Franklin Ave, Minneapolis 55404. Domestic abuse therapy, groups, education, and advocacy for men, women, children, and adolescents.

Family-Based Therapy Associates............................................................ (763) 780-1520
www.fhta.biz, 199 Coon Rapids Blvd Ste 306, Coon Rapids 55433. Local, comprehensive mental health resource with multi-disciplined staff of mental health professionals. Work with individuals, couples, families, groups, children, adolescents, and adults. Most insurance accepted.

Family & Children’s Service, Mental Health Counseling............................ (763) 560-4412
For new appointments: (612) 728-2061 or (612) 728-2061 for Spanish Line
www.everyfamilymatters.org. Counseling for children, teens, couples, families, & individuals is offered on a sliding-fee scale based on your family’s income and ability to pay. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider.

Family Innovations, Inc............................................................ (763) 421-5535
1833 3rd Ave, Anoka 55303. Provides counseling for couples, families, & individuals.

Family Life Mental Health Center............................................................... (763) 746-9588

Family Strengths Counseling Group, LLC................................................. (651) 214-2575
199 Coon Rapids Blvd Ste 210, Coon Rapids 55433. Serves children ages 0-18 with mental health issues (anxiety, depression, & behavioral). Works with Anoka County Social Work units. Uses play therapy & family play therapy techniques. Serves adults with health and mental health issues, eating disorders, substance abuse issues, parenting issues, & with adults coping with loss. Also serves those serving and/or returning from military deployment & their families.
Family Support Services, Inc............................................................................................................................................ (651) 628-4993
www.nystromcounseling.com. In-home service to help keep mental health patients on Medical Assistance (MA) functioning in the community. Assists with basic living & social skills, community intervention, & medicine education services. Monday-Friday, 8 am- 5:30 pm.

Fraser ........................................................................................................................................................................ (763) 231-2590
Fraser Intake Coordinator ................................................................................................................................................ (612) 331-9413
Provides mental health services for children who have emotional and behavioral disorders as well as treatment services for infants through young adults with autism spectrum disorders and their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual & group family skills training, & other specialized related services.

Grief Support – Mercy Hospital................................................................................................................................. (763) 236-8050
Ongoing grief support meets once a week. Special groups for children & teens. Call for more information.

Grief Support – North Metro Coalition ....................................................................................................................... (763) 413-2985
Coalition of faith communities & 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, & suicide. No cost.

International Center for the Attainment of Love and Joy............................................................................................ (763) 572-2326
622 86th Ln NW, Coon Rapids 55433. Out of Network benefits cover services. Sliding fee.

Lee Carlson Center for Mental Health & Wellbeing..................................................................................................... (763) 783-4991
Women’s Line ......................................................................................................................................................... (763) 783-4914
Men’s Line ......................................................................................................................................................... (763) 783-4991
Women’s Anger Management ........................................................................................................................................ (763) 783-4914
Women’s Group for Sexual Assault .................................................................................................................. (763) 780-3036
www.leecarlsoncenter.org. 7954 University Ave, Fridley 55432. Play therapy for children & individuals & group therapy for youth who have witnessed domestic violence. Domestic abuse therapy for women who are victims/survivors & for men who are abusive. Anger management groups for adolescents. Restorative Parenting Program for adults who have exposed their children to violence. Office hours: Monday-Thursday 9 am- 6 pm. Confidential answering machine 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

Mercy Hospital Adult Psychiatry ............................................................................................................................... (763) 236-8500
Inpatient mental health services. MA & most insurance plans accepted. For inpatient care, call 24 hour crisis line, (763) 236-7911, before coming in.

North Suburban Counseling Center .......................................................................................................................... (763) 784-3008

Northland Therapy Center ........................................................................................................................................ (651) 641-1009
A mental health clinic serving primarily adult individuals & couples with expertise in working with sexual orientation issues.

Nystrom & Associates, Ltd. Children’s Therapeutic Services & Supports (In-Home Therapy)
HEALTH AND WELLNESS

Nystrom & Associates, Ltd. Outpatient Clinic
New Brighton.................................................................(651) 628-9566
Elk River.................................................................(763) 746-9492

Project Pathfinder, Inc., Child and Adolescent Services .............................................(651) 644-8515
www.projectpathfinder.org. 1821 University Ave W Ste N 385, St. Paul 55104. Assessment & treatment 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.

Psychology Office .............................................................(763) 717-4979
277 NW Coon Rapids Blvd Ste 308, Coon Rapids 55433. Provides services to children, adolescents, families, adults, & couples.

Resource Center for Fathers & Families..............................................................................(763) 783-4938

Rise, Inc..............................................................................(763) 786-8334

Riverwind Mental Health Crisis services ..............................................................................(651) 774-0011

Senior Caregiver Network ........................................................................................................(763) 422-6960
www.anokacounty.us/caregivers. Offers support, newsletter, & resource materials for caregivers of an older adult. Support groups available throughout Anoka County.

Shiloh House ...........................................................................(763) 427-7155

Stop It Now! Minnesota.................................................................Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org/mn. 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.

Anoka County Community Resource Guide
Page 38
Supportive Living Services ................................................................. (763) 537-6612
Community support program providing case management & psychiatric rehabilitation in the community for individuals with severe & persistent mental illness.

Thunder Spirit Center ................................................................. (612) 870-2415
www.tubman.org. Provides programming, support, case management, advocacy, & supports people in obtaining diagnosis. For families & children preschool to high school who were exposed prenatally to drugs & alcohol.

Tough Love ................................................................. (763) 391-2630
Recorded message. A self-help program for parents troubled by teen behavior. Parent support groups.

Veterans Resource Center ................................................................. (651) 644-4022
550 Cty Rd D W Ste 10, New Brighton 55112. 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 Monday-Friday 8 am-4:30 pm and extended hours available.

Veterans Service Office – Anoka County ................................................................. (763) 323-5290
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.

Volunteers of America Mental Health Clinics ................................................................. (763) 753-7310
www.voamn.org. 22426 St. Francis Blvd, Anoka, MN. Mental health services for children & adults, including individual, group, family, & marital therapy, support groups, school based groups, parent education, psychological testing & assessment, psychiatric evaluation & medication management. Also, Mental health services for deaf & hard of hearing.

Well-Spouse Association ................................................................. 1-800-838-0879

EMPLOYMENT

Anoka County Job Line ................................................................. (763) 422-7498
www.anokacounty.us. Hours: 8 am-4:30 pm.

Anoka Technical College ................................................................. (763) 576-4783

Career Solutions ................................................................. (651) 647-9961
www.careersolutionsinc.org. Helps with job entry, re-entry, career change, job advancement, & management skills. New Careers Program for displaced homemakers is offered at different times throughout the year.
Catholic Charities............................................................................................................. (612) 664-8500

East Side Employment Network, Minneapolis........................................................................... (612) 787-4000
www.esns.org. Assistance with vocational training, job search, & resumes. Job clubs, job search
workshops. Works with residents of Minneapolis only. No fee.

Educational Opportunity Center – TRiO......................................................................................... (763) 783-4893
Counselors located at numerous sites in the metro area including the Anoka County WorkForce Center.
Academic & career assessment. Information on educational funding. Help in choosing college programs.
Provides help rehabilitating defaulted student loans. Information & referral.

International Institute of Minnesota ............................................................................................. (651) 647-0191
www.iimn.org. 1694 Como Ave, St. Paul 55108. A statewide service organized to help foreign born
residents & their families with the adjustments to American life.

Minnesota Careers ......................................................................................................................... www.iseek.org
Annual career exploration publication for career explorers. Includes most of the information found on the
website: i.e. Minnesota specific occupational details & assistance with making career decisions & future
choices. Prepared by iSeek solutions. Sample copies can be found at WorkForce centers or local libraries.

Minnesota Workforce Center – Anoka County ............................................................................... (763) 783-4800
www.mnnwfc.org/anoka. 1201 89th Ave NE Ste 235, Blaine. A partnership of state, county, & non-profit
organizations that provides seamless & accessible services to meet the career, employment, & training
needs of the community. Services available at no cost include: a resource room with personal computers,
internet access, job leads & referrals, labor market information, & phone center. Workshops held regularly
to assist individuals in career planning, job search, interviewing skills, networking, & resume writing.
Eligibility requirements may apply to services such as MFIP, dislocated workers, food support, employment
& training, older workers, youth employment programs, rehabilitation services, & veterans’ services.

Opportunity Partners, Inc............................................................................................................. (763) 450-4400
www.opportunitypartners.org. 3351 Coon Rapids Blvd, Coon Rapids 55433. We provide a wide variety of
community-based training and vocational options for adults with developmental disabilities (18 years and
older). Services range from employment as part of a team with an on-site supervisor to independent
employment with the support of a job coach.

Rise, Inc.............................................................................................................................................. (763) 786-8334
www.rise.org. Provides special need students & adults with disabilities with vocational evaluation, career
planning, training, supported & competitive employment, job placement, & follow-up support services. No
fee to program participants (paid by referring agencies).

Unemployment compensation benefits.

Veterans Resource Center..............................................................................................................New Brighton (651) 644-4022 or Brooklyn Park (763) 503-2220
550 Cty Rd D W Ste 10, New Brighton 55112. 7001 78th Ave N Ste 300, Brooklyn Park, 55445. Employment
services and readjustment counseling for combat veterans. No Fees.

Anoka County Community Resource Guide
Page 40

EMPLOYMENT
Vocational Rehabilitation Services (VRS) ................................................................. (763) 785-3360
1201 89th Ave NE Ste 220, Blaine 55434. If you have disabilities that prevent you from obtaining or maintaining appropriate employment, the DRS is a statewide agency offering a wide variety of services to assist you in overcoming these problems. There may be a cost for some services, which will be outlined by agency counselors.

Women Achieving New Directions Employment Action Center .................................. (612) 752-8500
www.eac-mn.org. 2143 Lowry Ave N, Minneapolis 55411. Career services for single mothers looking to upgrade or change their employment & who are currently working 30+ hours.

Women Venture ........................................................................................................... (651) 646-3808
www.womenventure.org. Job search, support groups, career exploration classes, individual consulting, business classes, financial literacy, loan fund, & training for trade jobs.

Working Family Resource Center ............................................................................. (651) 293-5330
www.workingfamilyresourcecenter.org. 325 Cedar St Ste 250, St. Paul 55101. A business/educational partnership. Provides educational workshops & seminars at business sites to assist (employees) with work & home life issues.

Metro Civil Service Job Information

Anoka County Human Resources Office .................................................Job Line (763)422-7498 or (763) 323-5525
www.anokacounty.us. 2100 3rd Ave N Ste 261, Anoka. Hours: 8 am-4:30 pm. Fax number (763) 323-5545. TTY number (763) 323-5544. AA/EOE (Affirmative Action/Equal Opportunity Employer)

Anoka County Job Line, www.anokacounty.us. Hours: 8 am-4:30 pm................................. (763) 422-7498

Hennepin County Government Center .......................................................................... (612) 348-3000

Hennepin County Job Line, www.hennepin.jobs ................................................................ (612) 348-2163


Ramsey County Human Resources, www.co.ramsey.mn.us ........................................... (651) 266-2700

Ramsey County Job Hotline .......................................................................................... (651) 266-2666


University of Minnesota Job Information ............................................................................ employment.umn.edu

National Service

AmeriCorps ....................................................................................................................... 1-800-942-2677
www.americorps.gov. AmeriCorps is your chance to put your ideas into action while learning new skills, making new connections, & earning money to pay for college, grad school, or qualified student loans. Some members may earn a modest living allowance during their term of service. AmeriCorps is a program
of the Corporation for National & Community Service, an independent federal agency whose mission is to improve lives, strengthen communities, & foster civic engagement through service & volunteering.
FINANCIAL

Assistance & Counseling

Financial Assistance

Anoka County Child Support .............................................................................................................. (763) 422-7320
8 am-4:30 pm. Services include: locating non-custodial parents, establishing parentage, & establishing & enforcing support orders, including child support, medical support, child care contributions, & collecting current & past-due support payments.

Anoka County Income Maintenance Department
Services Include Food Support, cash assistance, & healthcare programs.

Adults Only, Monday-Friday, 8 am-4:30 pm .............................................................................. (763) 422-7246
Families With Children, Monday-Friday, 7:30 am-4:30 pm ......................................................... (763) 717-7700
Southern Anoka County Service Center, Monday-Friday, 8 am-4:30 pm ................................. (763) 789-4326
Eastern Service Center, Lexington, Monday-Friday, 8 am-4:30 pm ........................................... (763) 795-5720

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

CEAP (Community Emergency Assistance Program) ................................................................. (763) 783-4930
www.ceap.org. Limited financial assistance to eligible residents of Anoka County. 8 am-4:30 pm.

CEAP Transportation Solutions .................................................................................................... (763) 566-9600
www.ceap.org. 6840 78th Ave N, Brooklyn Park 55445. For one & two parent families with dependent children. Must be current with monthly bills when applying for program. Must be employed six months or in school (post GED or post high school) six months or more.

Crisis Assistance / Intake, ACCAP ............................................................................................... (763) 783-4747
www.accap.org. Utility shut-off, eviction/foreclosure assistance for income eligible Anoka County residents, as funds are available.

DWP (Diversionary Work Program) ............................................................................................... (763) 717-7730
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

Energy Cents Coalition .................................................................................................................. (651) 774-9010
www.energycents.org. Gas Affordability Program (GAP) assists with energy bills. Must first apply and meet guidelines for Energy Assistance. Energy Conservation Program assists Xcel customers who meet Energy Assistance guidelines may qualify for help with energy audits, improvements, etc.

MFIP (Minnesota Family Investment Program) ............................................................ (763) 717-7730
MFIP benefits provide cash and food benefits to eligible applicants. Contact your county of residence for more information and possible benefits.

Minnesota Link-up Plan .................................................................................................. (651) 296-0406
121 7th Place East Suite 350, St. Paul 55101. Provides assistance for eligible individuals towards phone connection & installation charges. Contact your local phone company for further details & other possible benefits.

Raising Relatives ........................................................................................................... (612) 879-5307
A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives’ kids through support groups, recreation, & free phone consultation. Referrals made & scholarships given.

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 ext. 123 or ext. 124
Discretionary funds available in small amounts, on a one-time basis, 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 ext. 123 or ext. 124
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) 422-6941

Telephone Assistance Plan ............................................................................................. (651) 296-0406
121 7th Place E Ste 350, St. Paul 55101. Monthly discounts. Financial eligibility guidelines may apply. Contact your phone company for details.

Financial Counseling & Education

Children’s Home Society & Family Services ................................................................. (651) 641-1300
Financial & Home Ownership Education
www.chsfs.org. 1321 Andover Blvd NE, Ham Lake 55304. Free individual and family debt management counseling helps you create a financial plan & address consumer debt. Home Ownership Educators can meet with you to identify financing options that best meet your household’s needs. If you are not quite ready to purchase a home or have encountered barriers, your educator will work with you to create and implement a step by step plan to become a successful homeowner.

**Consumer Credit Counseling Service** ................................................................. (651) 789-4014
www.familymeans.org. Offers financial management workshop, credit counseling, & credit education (budget & credit counseling, pre-filing bankruptcy counseling, & pre-discharge bankruptcy education).
Hours: Mon-Fri 8 am-5 pm. Evening appointments.

**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.

**Financial Fitness, ACCAP** ................................................................................ (763) 783-4747 ext 8791 or 7845
www.accap.org. Financial Fitness is an opportunity to 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

**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

**University of Minnesota Extension, Anoka County** ...................................... (763) 755-1280
www.extension.umn.edu/county/anoka. Dollars Into Sense class offered on a monthly basis that covers basic budgeting.

**Village Financial Resource Center** ................................................................. 1-800-450-4019
www.helpwithmoney.org. Monday-Friday, 8 am-5 pm. Call for appointments & fees.
**LEGAL**

**Alexandra House, Inc., Community Program** ................................................................. (763) 576-9999  
[www.alexandrahouse.org](http://www.alexandrahouse.org). Family Law Clinic occurs every 3rd Tuesday of the month from 5:45 pm – 9 pm. This clinic is facilitated by family law attorneys and provides free information/legal advice to victims/survivors of domestic or sexual violence. Topics covered include divorce, custody, parenting time, child support, paternity, and protective orders. Legal Advocacy Services provides free legal advocacy service to victims/survivors of domestic and sexual violence. Services available include assistance in filing protective orders, criminal and civil court advocacy, safety planning, information, and referrals.

**Anoka County Attorney’s Office** ......................................................................................... (763) 323-5550  
2100 3rd Ave Ste 720, Anoka 55303.

**Anoka County Attorney’s Office, Victim / Witness Program** .......................................... (763) 323-5624  
[www.anokacounty.us/victimwitness](http://www.anokacounty.us/victimwitness). This program offers advocacy, referrals, resources, & community education.

**Anoka County Child Protection Agency** ........................................................................... (763) 422-7125  

**Anoka County Child Support** ......................................................................................... (763) 422-7320  

**Anoka County Public Defender** ....................................................................................... (763) 422-3350  
[www.pubdef.state.mn.us](http://www.pubdef.state.mn.us). 433 Jackson St Ste 120, Anoka 55303. Fax (763) 422-3592. Deals only with criminal defense cases. Court appointed criminal defense.

**Better Business Bureau of Minnesota** ............................................................................. (651) 699-1111  
[www.bbb.org](http://www.bbb.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, 9 am-4 pm.

**Central Minnesota Legal Services** ...................................................................................(612) 332-8151  
[www.centralmnlegal.org](http://www.centralmnlegal.org). 430 First Ave N Ste 359, Minneapolis 55401. Offering free legal representation to low income residence of Anoka County in civil (non-criminal) cases. The matters we handle include family law, consumer law, unemployment compensation appeals, tenant/landlord, public assistance (welfare, emergency assistance, food stamps, daycare assistance, etc.) & other non-criminal matters.

**Council on Crime & Justice, General Victims Service** ....................................................... (612) 340-5400  

**Crime Watch, Operation I.D.** ................................................................................................. Crime Prevention Coordinator (763) 767-4664  
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.
Disability Law Center Mental Health Law Project, Minnesota Disability Law Center .................. (612) 332-1441
www.mndlc.org. Protection & advocacy of individual rights & client assistance project.

Hennepin County Bar Association Lawyer Referral & Information Service ......................... (612) 752-6666
www.hcba.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. Low Fee Family Project: reduced fees might be available for working clients. Family court matters only. $55/hr with a $500 retainer. Must meet eligibility guidelines.

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.

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, food support, etc.) domestic relations, & other non-criminal matters. No wills.

Law Help MN ................................................................................................................................ (612) 334-5970
Helping low income Minnesotans solve civil legal problems.

Legal Aid Society of Minneapolis ................................................................................................. (612) 332-4668
TTY (Hearing Impaired) ................................................................................................................. (612) 332-4668
www.mnlegalservices.org.

Legal Services for Senior Citizens of Anoka County .................................................. (320) 253-0121 or (888) 360-2889
This service provides no cost representation &/or advice in civil legal matters, primarily in the area of Public Entitlements (Social Security, SSI, Medicare, Medical Assistance), consumer problems, insurance problems, landlord/tenant disputes, & family law matters. No wills.

M.A.D. Legal Services ......................................................................................................................... (612) 676-6300
Elder law includes wills, trust, estate planning, probate, conservatorships/guardianships, healthcare directives/funerals, power of attorney, Medical Assistance, and real estate.

Mediation Services for Anoka County .................................................................................. (763) 422-8878
www.mediationservice.org. Trained volunteers help Anoka County residents settle disputes such as neighborhood, landlord/tenant, employer/employee, & family problems. Free. Post divorce visitation problems are handled under the Shared Parenting & Expediting Program, there is a small fee for this service. Also offers workshops on conflict resolution.

Minnesota Department of Human Rights ........................................................................... (651) 296-5663
TTY (Hearing Impaired) ................................................................................................................ (651) 296-1283

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
Minnesota State Bar Association ......................................................................................................................... www.mnfindalawyer.com
Attorney referral service.

Resource Center for Fathers & Families ............................................................................................................. (763) 783-4938
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Informational Family Law Clinics are hosted by a facilitator & conducted by a family law attorney who advises fathers & mothers about their concerns regarding divorce, paternity, custody, child support, & related issues. Classes offered include parenting, relationship, couples counseling, anger/domestic violence, & step-parenting. Referral services.

Social Security Administration (To apply) ........................................................................................................... 1-800-772-1213
Social Security (Assists Anoka County clients with forms & questions) ......................................................... (763) 422-6941

Southern Minnesota Regional Legal Services – Central Office ..................................................................... (651) 222-4731
Alliance Bank Building 55 E 5th St Ste 400, St. Paul 55101 Advice & representation in non-criminal civil legal matters that are critical to the clients basic needs.

Tax Assistance ..................................................................................................................................................... (763) 422-6923
Service provided by the American Association of Retired Persons (AARP) & Anoka County Retired & Senior Volunteer Program (RSVP). Volunteers trained & tested by the IRS & the MN Department of Revenue assist senior citizens, low income families, & disabled persons with filing forms (income tax, property tax, & rent refunds). Volunteers are scheduled at various sites. No charge.

Taxpayer Advocate Service ................................................................................................................................. (651) 312-7999

Tubman (Chrysalis Branch) ................................................................................................................................. (612) 871-0118
TTY (Hearing Impaired) ................................................................................................................................. (612) 824-2780
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
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

**Anoka County Library Books by Mail** ................................................... (763) 576-4695 ext. 4
[www.anoka.lib.mn.us](http://www.anoka.lib.mn.us). 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) 433-1300
[www.anokaramsey.edu](http://www.anokaramsey.edu). For general information.

**Anoka Technical College** ................................................................. (763) 576-4700

**Children’s Home Society & Family Services** ........................................ (763) 785-9222
Learning Disabilities Program
[www.chsfs.org](http://www.chsfs.org). 1321 Andover Blvd NW, Ham Lake 55304. 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. Assistance is provided by phone or in person & can include attending school meetings with the parent. Services free of charge & confidential.

**English Learning Center** ............................................................... (612) 874-9963
2315 Chicago Ave S, Minneapolis 55404. Offers ESL, citizenship, math, & computer class (in evenings only, Monday-Thursday) serving adult immigrants & refugees. Provides some transportation.

**Family & Children’s Service: Family School Coordinator Program** ............... (763) 560-4412
[www.everyfamilymatters.org](http://www.everyfamilymatters.org). 6900 78th Ave N, Brooklyn Park 55445. Initiated & funded by the Northwest Hennepin Family Service Collaborative in partnership with Family & Children’s Service and the school districts of the Northwest Metropolitan region. The program is offered free of charge & is voluntary. Students who are referred meet with a Family School Coordinator who involves parents and school staff with developing goals and carrying out a plan for improved success in and out of school.

**Family & Children’s Service: Youth on the Move** .................................. (612) 728-2086
[www.everyfamilymatters.org](http://www.everyfamilymatters.org). 6900 78th Ave N, Brooklyn Park 55445. A program helping middle-school students strengthen personal connections and competency through various activities in and after school, on release days, during vacations, & in the summer.
Home Safety .................................................................................................................. (763) 767-4003
www sbmfire.com. 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) 783-4731
www metronorthabe org. 1201 89th Ave NE Ste 335, Blaine 55434. Offers citizenship & English-as-a-
Second-Language (ESL) classes for adults, GED, issues adult high school diplomas, basic reading, writing, &
math brush up skills, Adult Basic Education (ABE), & family literacy classes.

Minneapolis Community & Technical College (MCTC) ........................................... (612) 659-6200
www minneapolis edu. Our Power of YOU program offers recent graduates of Minneapolis or St. Paul
public schools who are also residents of either city the chance to attend MCTC tuition free. Students who
complete career programs at MCTC go on to find employment in a wide variety of professional & technical
occupations.

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

North Hennepin Community College (Brooklyn Park) ............................................. (763) 424-0702
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. 8161 Normandale Blvd, Bloomington 55437. 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.

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.

Professional Learning Alternatives, Inc. ................................................................... (651) 464-8777
www pla-inc org. Nonprofit training and advocacy resource for caregivers, parents, and those interested in
supporting the development and education of young children. Offers in-service seminars, conferences,
phone and on-site consulting, mentoring, and referrals.

Resource Center for Fathers & Families .................................................................... (763) 783-4938
www resourcesforfathers org. 1201 89th Ave NE Ste 224, Blaine 55434. Educates dads & moms on
parenting, family law clinics (open to males & females), shared parenting, support groups, marriage
counseling, relationship course, & anger management classes for fathers.
Senior Caregiver Network ........................................................................... (763) 422-6960
www.anokacounty.us/caregivers. Provides educational opportunities to caregivers of Anoka County through support groups. Topics include: estate planning, self-care, medication management, depression, coping with grief & loss, Alzheimer’s, Parkinson’s, etc.

St. Paul College .............................................................................................. (651) 846-1666
www.saintpaul.edu.

University of Minnesota Extension, Anoka County ........................................ (763) 755-1280
AnswerLine ................................................................................................. 1-800-854-1678
www.extension.umn.edu/county/anoka. Provides a variety of educational opportunities to county residents through 4-H Youth Development, the Master Gardener program, Family Nutrition Education, Dollars Into Sense (family financial management), Youth Teaching Youth (offered through participating high schools), homeowner education for septic systems, & 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.anoka.k12.mn.us. 11299 NW Hanson Blvd, Coon Rapids 55433.

District 12, Centennial .................................................................................. (763) 792-6000

District 13, Columbia Heights ...................................................................... (763) 528-4500
www.colheights.k12.mn.us. 1440 49th 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.stfrancis.k12.mn.us. 4115 Ambassador Blvd, St. Francis 55070.

District 16, Spring Lake Park ........................................................................ (763) 786-5570
www.springlakeparkschools.org. 1415 81st Ave NE, Spring Lake Park 55432.

District 831, Forest Lake .............................................................................. (651) 982-8104
www.forestlake.k12.mn.us. 6100 N 210th St, Forest Lake 55025.
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.anoka.k12.mn.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.stfrancis.k12.mn.us ................................................................. (763) 753-7034
District 16, Spring Lake Park, www.springlakeparkschools.org ......................................................... (763) 786-1338
District 831, Forest Lake, www.forestlake.k12.mn.us ................................................................. (651) 982-8110

Community Education Departments Special Needs

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

District 11, Anoka-Hennepin, www.anoka.k12.mn.us ................................................................. (763) 506-1279
District 12, Centennial, www.isd12.org .................................................................................. (763) 792-5231
District 13, Columbia Heights, www.colheights.k12.mn.us ....................................................... (763) 528-4414
District 14, Fridley, www.fridley.k12.mn.us ................................................................................ (763) 502-5100
District 15, St. Francis, www.stfrancis.k12.mn.us. Monday-Thursday, 8 am-4 pm. .................. (763) 753-7041
District 16, Spring Lake Park, www.springlakeparkschools.org ......................................................... (763) 786-1338
District 831, Forest Lake ............................................................................................................ (651) 982-8326

Project Power / Special Needs for Adults .................................................................................. (763) 506-1279
Anoka Hennepin District 11 Community Education Department, 2727 Ferry St N, Anoka 55303. Community education for people with special needs, including access to existing community education programs for persons of all ages & specialized programs for adults with disabilities.

Parenting / Child Development

Anoka County Children & Family Council .................................................................................. (763) 323-6159
CAFE (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 & parenting classes.

Children’s Home Society & Family Services .............................................. (763) 785-9222
Child Abuse Prevention Services for residents of Anoka County
www.chsfs.org. 1400 131st Ave NE, Blaine 55434. Provides support to families experiencing stress or crisis.
Provides short & long term support in meeting goals in moving forward. Services include 24 hour parent
support, advocacy, face to face support meetings, adoption services, pregnancy counseling, resource &
referral. Available to families with children ages newborn to 12 years. Free, voluntary & confidential.
Can assist families facing financial challenges. Able to help with basic budgets. Will work with parents of
children with learning disabilities.

Circle of Parents ................................................................. (651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)
www.circleofparents.org. A program of Prevent Child Abuse Minnesota. These parent support groups help
parents to improve their parenting skills & strengthen their family relationships. During meetings, parents
share the challenges & successes of child rearing. Group meetings provide opportunities for parents to
exchange ideas, meet other parents, & talk about their feelings in a safe, supportive environment. Visit
www.pcamin.org for meeting locations throughout the metro area.

Early Childhood Family Education (ECFE)
Each school district has an ECFE program in the Community Education Department which 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) 502-5123
District 15, St. Francis ECFE ...................................................................... (763) 753-7170
District 16, Spring Lake Park ECFE ............................................................ (763) 785-5560
District 831, Forest Lake ECFE ................................................................. (651) 982-8300

Jacob Wetterling Resource Center .............................................................. (651) 714-4673
Missing and exploited children helpline................................................... 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. 2324 University Ave W. Suite 105, St. Paul 55114. 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 for families of missing and exploited
children.

Kinship ................................................................................................. (763) 862-6755
www.kinship.org. Faith based mentoring program providing adult friendship to children ages 5-15. Serves
single parents & children from refugee or immigrant families. No fee for service.

Minnesota Careers .................................................................................. www.iseek.org/mncareers
Annual career exploration publication for career explorers. 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. Prepared by iSeek solutions. Sample copies can be found at WorkForce centers or local libraries.

Parents as Teachers – new home of MELD ..........................................................1-866-728-4968

Prevent Child Abuse Minnesota ............................................(651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)

Professional Learning Alternatives, Inc.......................................................... (651) 464-8777
www.pla-inc.org. Nonprofit training and advocacy resource for caregivers, parents, and those interested in supporting the development and education of young children. Offers in-service seminars, conferences, phone and on-site consulting, mentoring, and referrals.

Raising Relatives ...................................................................................(612) 879-5307
A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives’ kids through support groups, recreation, & free phone consultation. Referrals made & scholarships given.

Resource Center for Fathers & Families ..................................................... (763) 783-4938
www.resourcesforfathers.org. 1201 89th Ave NE Ste 224, Blaine 55434. Parenting classes in Blaine, Minneapolis, St. Paul: 4 different courses, 6 week, 4 week, or 12 hour lengths. Step-Parenting classes, 10 session course. Fathers’ Support Groups. 24/7 DAD Program. Call for more information.

Safe Kids Anoka County .................................................................(763) 754-4558 ext. 5100

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.

Stop It Now! Minnesota .................................................................Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org/mn. 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.

Teen Pregnancy Program .................................................................(763) 506-1572
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).

Anoka County Community Resource Guide
Page 54

EDUCATION
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 child care.

Child Care & Education

Anoka Area Interagency Early Intervention ................................................................. (763) 323-KIDS (5437)  
www.anokaareahelpmegrow.org. County 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.

Anoka County Child Care Resource & Referral (CCR&R) ........................................... (763) 783-4881  
www.accap.org. Assists parents in locating child care & early education programs that best meet their individual family needs. Referral counselors provide general child care information about the area where care is needed, answer specific questions parents may have, & mail parents an individualized listing which meets the family’s specific child care needs. Also serves child care professionals, employers, & other community members who need child care information.

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

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 & parenting classes.

Early Childhood Family Education (ECFE)  
Each school district has an ECFE program in the Community Education Department which 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) 502-5123  
District 15, St. Francis ECFE .................................................................................... (763) 753-7170  
District 16, Spring Lake Park ECFE ........................................................................... (763) 786-5560  
District 831, Forest Lake ECFE ................................................................................ (651) 982-8300
Head Start, ACCAP ................................................................. (763) 783-4300

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.

Prevent Child Abuse Minnesota ...........................................(651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)

Professional Learning Alternatives, Inc......................................................... (651) 464-8777
www.pla-inc.org. Nonprofit training and advocacy resource for caregivers, parents, and those interested in supporting the development and education of young children. Offers in-service seminars, conferences, phone and on-site consulting, mentoring, and referrals. Call for more information.

Raising Relatives....................................................................... (612) 879-5307
A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives’ kids through support groups, recreation, & free phone consultation. Referrals made.

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 Preschool 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.

Specialized Child Care Services............................................ Contact your school district
Some school districts offer child care services for teen parents who are attending High School. See the EDUCATION section for School District numbers.

University of Minnesota Extension, Anoka County .................... www.extension.umn.edu/county/anoka
Child Care Subsidy

Anoka County Child Care Assistance ................................................................................ (763) 717-7711
www.accap.org. Helps families pay for child care expenses. If you are low income, unemployed, or on MFIP & going to school or looking for work, we may be able to help you with child care payments.

Equipment

Assisted Living Store ........................................................................................................ (651) 769-1574 or 1-888-388-5862

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.

United Way 2-1-1 ............................................................................................................ 2-1-1 or (651) 291-8404 or 1-800-543-7709
www.thebeehive.org. Provides information & referral assistance to callers.
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 & parenting classes.

Children’s Home Society & Family Services ........................................................... (763) 785-9222
Child Abuse Prevention Services for residents of Anoka County
www.chsfs.org. 1321 Andover Blvd NW, Ham Lake 55304. Provides support to families experiencing stress
or crisis. Provides short & long term support in meeting goals in moving forward. Services include 24 hour
parent support, advocacy, face to face support meetings, adoption services, pregnancy counseling,
resource & referral. Available to families with children ages newborn to 12 years. Free, voluntary &
confidential. Can assist families facing financial challenges. Able to help with basic budgets. Will work with
parents of children with learning disabilities.

Children’s Home Society & Family Services ........................................................... (763) 785-9222
Helping Moms, Helping Children
www.chsfs.org. 1321 Andover Blvd NW, Ham Lake 55304. Educational & support groups for mothers &
children.

Children’s Home Society & Family Services ........................................................... (763) 785-9222
Parent Support Services
www.chsfs.org. 1321 Andover Blvd NW, Ham Lake 55304. Parents experiencing stress or crisis can utilize
parent support to strengthen & empower themselves and their families. Support to build the skills
necessary to succeed in daily life and build self-sufficiency.

Circle of Parents ................................................................. (651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)
www.circleofparents.org. A program of Prevent Child Abuse Minnesota. These parent support groups help
parents to improve their parenting skills & strengthen their family relationships. During meetings, parents
share the challenges & successes of child rearing. Group meetings provide opportunities for parents to
exchange ideas, meet other parents, & talk about their feelings in a safe, supportive environment. Visit
www.pcamn.org for meeting locations throughout the metro area.

Family & Children’s Service: The Family Project.................................................................(612) 728-2068
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. A strength-based initiative that
engages disadvantaged parents in coming together to promote the health, safety, & success of their
children. The Family Project builds positive peer support networks among low-income families facing
challenges & helps parents build stronger families and parenting skills through these social support
networks. For more information visit our website.

Family & Children’s Service: Family Strengths Activity Booklets............................................(763) 560-4412
www.sharingfamilystrengths.org. 6900 78th Ave N, Brooklyn Park 55445. The booklets contain the nine strengths that help make families strong. Check out the website to download a copy as well as the full-size versions of the activities for families and children to do. If you would like copies of the booklet in English or Spanish, you can pick them up at our Brooklyn Park office, call in advance to let us know how many FREE copies you would like.

Family & Children’s Service: Family Counseling..................................................................................(763) 560-4412
For new appointments.................................................(612) 728-2061 or (612) 728-2089 for Spanish Line
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Counseling for families, children, and teens is offered on a sliding-fee scale based on your family’s income and ability to pay. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider.

Jacob Wetterling Resource Center .......................................................... (651) 714-4673
Missing and exploited children helpline............................................... 1-800-325-HOPE (1-800-325-4673)

Partnership for Family Success.......................................................... (763) 717-7741
1201 89th Ave NE, Blaine 55434. 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.

Prevent Child Abuse Minnesota .................................................(651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)

Project Pathfinder, Inc., Adolescent Services.................................................. (651) 644-8515
www.projectpathfinder.org. 1821 University Ave Ste N 385, St. Paul 55104. Assessment & treatment 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/mn. 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.

Safety

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

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

Safe Kids Anoka County .............................................................. (763) 754-4558 ext. 5100
www.usa.safekids.org. c/o SBM Fire, 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. Brochure at www.anokacounty.us/crimewatch.

Pregnancy / Infants
Resources for you and your baby including testing, support, clothing, supplies, and equipment.

Baby Blanket ................................................................. (651) 257-2474
www.stbridgetofsweden.org. 13060 Lake Blvd Box 754, Lindstrom 55045. Resource center for mothers in
need that provides free infant and maternity clothing, baby furniture, toys, supplies, referrals, and
support. Thursday, 9:30 am-12:30 pm. Saturday, 10 am-2 pm. Hannah’s Arms mothers support group, 3rd
Saturday, 11 am-1:30 pm.

BirthRight ................................................................. (763) 757-0715
24 hour hotline. Free pregnancy testing, confidential counseling, baby clothes. Tuesday & Thursday, 11
am-1 pm. Mon, Wed, & Fri, 7-9 pm.

Cradle of Hope Motherhood Fund............. Contact an area social service agency or crisis pregnancy center
www.cradleofhope.org. Financial aid for pregnancy related expenses such as medical, housing, food,
clothing, & cribs. Safe Slumber Crib Program. Contact an agency & ask to fill out an application. Agencies
include Birthright, North Side Life Care Center, First Care Pregnancy Center, & more.

Epiphany Caring For Life ................................................................. (612) 803-2225
24 hour confidential support to women & families who are pregnant & after birth. Companion program
offers long-term support. Material support & resources. Miscarriage support. Call for information &
assistance.

Everyday Miracles ................................................................. (612) 353-6293
groups, doula services (labor support), post-partum care, swap closets for maternity clothing & baby items.

First Care Pregnancy Center and New Life Family Services........................................... (763) 323-3435
counseling by licensed social worker, adoption services, decision making counseling, resource referral, post
abortion counseling, and Parenting Plus Program offering maternity & infant clothing & equipment.
North Side Life Care Center ................................................................. (612) 522-6589
www.northsidelifecare.org. 4367 Thomas Ave N, Minneapolis 55412. Serves pregnant women of north Minneapolis and the northern suburbs. Offers pregnancy tests, ultra sounds, options counseling, prenatal care, social services, baby equipment through the Small Steps Incentive Program, referrals for a variety of needs, and limited clothes, diapers and formula. Monday & Thursday 8:30 am – 3 pm. Tuesday 10 am - 4:30 pm. Wednesday prenatal patients only. First and third Friday prenatal patients only (all other Fridays closed).

Nucleus Clinic ................................................................................ (763) 755-5300
1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

Teen Pregnancy Program ................................................................ (763) 506-1572
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 for residents of Anoka-Hennepin School District 11. Also accepts teens from other school districts. (Also see CAPE).
COMMUNITY INVOLVEMENT

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

Alliance for a Violence-Free Anoka County .......................................................... (763) 422-7047

AmeriCorps ............................................................................................................. 1-800-942-2677
www.americorps.gov. AmeriCorps is your chance to put your 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 Corporation for National & Community Service, an independent federal agency whose mission is to improve lives, strengthen communities, & foster civic engagement through service & volunteering.

Anoka County Child Abuse Prevention Council (CAPC) ........................................ (763) 422-6990
Mission: Educate the Anoka County community in order to prevent the mistreatment of children. New members always welcome.

Anoka County Children & Family Council ................................................................ (763) 323-6159

Anoka County Domestic Violence Council (ACDVC) ........................................... (763) 422-7047
An action team of the Alliance for a Violence-Free Anoka County. Mission: To work as a community wide collaboration towards eliminating domestic violence. Organizes & collaborates on projects to raise awareness & educate the community on domestic violence. Membership consists of private & public agencies, & community residents. The ACDVC meets on the 1st Thursday of every month at 3 pm.

Coon Rapids Youth First ....................................................................................... (763) 767-6565 ext. 278
Mission: Support youth & the community in Coon Rapids. Monthly meetings with guest speakers open to the public. Provides youth scholarships & community grants, teen events, & activities throughout the year.

Creating Community .......................................................................................... (763) 717-2727
An organization of businesses, churches, policy makers, & citizens working in partnership to build healthy & safe communities for everyone, especially children, living harmoniously.

Family & Children’s Service: Community Building & Civic Engagement ...............(612) 728-2061
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. We provide assistance to youth in schools, residents in neighborhoods, & to apartment communities, bringing people together to prevent & solve problems & to take action to create system changes.
Family & Children’s Service: MOVE (Mobilizing and Organizing for Victory & Empowerment)...(612) 728-2061
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park, 55445. MOVE is a multicultural coalition to build leadership and power around issues of racial and economic justice, uniting communities to achieve social change. Members, including youth and adults, join together on action committees to change community conditions and push for system changes for the well-being of families.
YOUTH SERVICES

The following resources are intended for youth and their families. For more resources & information, please see other sections of this guide.

Hotlines

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

Boy's Town National Hotline .......................................................... 1-800-448-3000
TTY (Hearing Impaired) .......................................................... 1-800-448-1833

Crisis Connection .......................................................... (612) 379-6363
TTY (Hearing Impaired) .......................................................... (612) 379-6377
Toll Free number .......................................................... 1-866-379-6363

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

National Runaway Switchboard .......................................................... 1-800-RUNAWAY

Riverwind Mental Health Crisis Services for Anoka County .......................................................... (651) 774-0011

United Way 2-1-1 .......................................................... 2-1-1 or (651) 291-0211 or 1-800-543-7709
www.unitedwaytwincities.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 Twin Cities metro area. Services provided in English, Spanish, and Hmong.
Shelter / Housing / Transitional Housing

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

Elim Transitional Housing, Inc. ................................................................. (763) 785-9114
Transitional housing for single women, or women with 1 or 2 children age 22 or younger, who are homeless or about to be homeless. Also rental subsidy & permanent supportive housing.

Housing Programs Coordinator, Anoka County ........................................ (763) 422-7304
Information & referral to resources that are available to assist with housing needs, including information and referral to resources that are available to assist with housing needs., including mortgage foreclosure prevention, homeless assistance, transitional housing, tenant rights, financial assistance, and subsidized housing in Anoka County. The coordinator often works collaboratively with other agencies to help resolve individual housing issues.

Metro Shelter Hotline (Automated Line) ...................................................... 1-888-234-1329
Find out about metro area emergency shelters & transitional housing for individuals, families, & youth. Gives locations, eligibility rules, & contact numbers. A collaboration of MESH & TCCVM (www.tccvm.org).

The Bridge for Youth .................................................................................. (612) 377-8800
www.bridgeforyouth.org. 1111 W 22nd St, Minneapolis 55405. Individual, group, & family counseling. Case management, referral to services, crisis intervention, street outreach, short term emergency shelter (ages 10-17), & transitional living (ages 16-20). Offer independent living in scattered site apartments for youth ages 17-20. Family reunification is the main goal. Call for more information. Fees may apply to non-Hennepin County residents for shelter stays.

Drop-in Centers

Coon Rapids Youth First Teen Center: The Element ........................................... (763) 755-7790
2710 Northdale Blvd, Riverwind Park. The Element Teen Center is open to youth ages 11-18. It is fully staffed and offers a variety of activities, video games, board games, pool table, snacks, and popcorn. Call for times.

LGBT Youth Services District 202 .................................................................. (651) 340-6167
www.dist202.org. PO Box 8139, St. Paul 55108. Non-profit youth community center committed to providing social, cultural, & educational opportunities for LGBT youth.

Project Offstreets ......................................................................................... (612) 252-1200
www.youthlinkmn.org. 41 N 12th St, Minneapolis 55403. Drop in center for homeless youth 16 to 20 years old. Youth case management services available.
**Health & Wellness: Health Care**

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

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

**Fridley Children’s & Teenager’s Medical Center P.A.** .......................................................... (763) 236-2700  
www.fctmc.com. 500 NE Osborne Rd Ste 310, Fridley 55432. Pediatric and teenage practice that deals with the health and wellbeing of children, teenagers, and their families. Special interest include, ADD/ADHD, asthma, nutrition.

**Immediate Sexual Assault and Domestic Violence Nursing Care** ……… Mercy & Unity Emergency Departments  
Non-urgent health care information................................................................................................. (763) 236-4172  
www.allina.com/sane. Provides for the immediate health care needs of sexual assault and domestic violence victims within 120 hours of the assault. This includes, but is not limited to, pregnancy & STD risk assessment & prevention, & an evidentiary exam if desired. Program accessed through the emergency department at Mercy & Unity Hospitals.

**North Metro Pediatrics** ............................................................................................................. (763) 783-3722  
www.northmetropeds.org. 10081 Dogwood St NW Ste 100, Coon Rapids 55448. Non-profit pediatric primary care clinic with sliding fee scale, providing comprehensive medical services to children & young adults from birth to 21 years. Services include but are not limited to: physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breast feeding consultations, & sick visits.

**Nucleus Clinic** ............................................................................................................................ (763) 755-5300  
1323 Coon Rapids Blvd, Coon Rapids 55433. Low cost and no cost birth control and reproductive health care. Annual check ups, pregnancy test, urinary tract infection treatment, etc. Verifications for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Mondays, Wednesdays, and Fridays. Call for appointment.

**Planned Parenthood of Minnesota** .............................................................................................. Minneapolis (612) 823-6300 or  
St. Paul (651) 489-1328 or (800) 230- PLAN  
www.ppmns.org. Programs for teens: healthy relationships, peer pressure, body image & self esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, & decision making skills.

**Public Health Nursing Intake, Anoka County** ............................................................................. (763) 422-6970  
Anoka County Community Health & Environmental Services. Provides health promotion classes for special health related topics such as tobacco & violence prevention. Offers a variety of programs. Services for pregnant teenagers. Contact public health nursing with questions. Offers information on public health nursing, nursing programs, & is the initial contact for accepting referrals.
Mental Health & Counseling

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

Anoka County Children’s Mental Health ............................................................................. (763) 712-2703
Provides information, community referrals, & assesses requests for children’s mental health services & case management.

Bar-None Residential Treatment Services for Children .................................................. (763) 753-2500
www.voamn.org. 22426 St. Francis Blvd, Anoka, MN. Inpatient treatment for youth, ages 12-18. Programs include shelter care for females & males, residential treatment for males with severe emotional/behavioral problems, including programs for males with developmental delays.

Family Life Mental Health Center ................................................................................. (763) 427-7964
www.flmhc.org. 1930 Coon Rapids Blvd, Coon Rapids 55433. Mon-Thurs, 8 am-9 pm. Fri, 8 am-5 pm. Individual, group, family, & marital therapy. Anger management & DBT groups. Most insurance accepted. Sliding fee.

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

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

Lee Carlson Center, Domestic Abuse Program ................................................................. (763) 783-4914
Women’s Line ................................................................................................................ (763) 783-4990
Men’s Line ....................................................................................................................... (763) 783-4991
Women’s Anger Management ....................................................................................... (763) 783-4945
Women’s Group for Sexual Assault ............................................................................. (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. Office hours: Mon-Thurs, 9 am-6 pm. Answering Machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

New Connection Programs (Regions Hospital) ................................................................. (763) 784-2454
199 Coon Rapids Blvd Ste 110, Coon Rapids 55433. A structured all day chemical health outpatient treatment for adolescents ages 12-18. A 12-step cognitive, family centered, abstinence based program with onsite educational program.

North Suburban Counseling Center ................................................................................ (763) 784-3008
Prevent Child Abuse Minnesota .............................................. (651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)  

Professional Family Based Division ........................................ (651) 628-9253  
Provides home based mental health services to families whose members are under the age of 21 & are eligible for mental health case management services through their local county.

Psychology Office ........................................................................ (763) 717-4979  
277 NW Coon Rapids Blvd Ste 308, Coon Rapids 55433. Provides services to children, adolescents, families, adults, & couples.

Raising Relatives ............................................................................. (612) 879-5307  
A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives’ kids through support groups, recreation, & free phone consultation. Referrals made.

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

The Bridge for Youth ....................................................................... (612) 377-8800  
www.bridgeforyouth.org. 1111 W 22nd St, Minneapolis 55405. Individual, group, & family counseling. Case management, referral to services, crisis intervention, street outreach, short term emergency shelter (ages 10-17), & transitional living (ages 16-20). Offer independent living in scattered site apartments for youth ages 17-20. Family reunification is the main goal. Call for more information. Fees may apply to non-Hennepin County residents for shelter stays.

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

Volunteers of America Mental Health Clinics ................................... (763) 753-7310  
www.voamn.org. 22426 St. Francis Blvd, Anoka, MN. Mental health services for children & adults, including individual, group, & family, therapy, support groups, parent education, psychological testing & assessment, psychiatric evaluation & medication management. Mental health services for deaf & hard of hearing. Immigrant and refugee program. Infant and early childhood mental health services.

Youth Service Bureau ..................................................................... (651) 464-3685  

Other Resources

Alexandra House, Inc. Violence Prevention Program .......................... (763) 780-2330  
www.alexandraphouse.org. Individual & group support, crisis intervention, safety planning, & referrals to youth who have experienced violence in their homes, among peers, or in dating relationships. Services are
offered at select schools within the Anoka-Hennepin & Spring Lake Park school districts. Contact the Violence Prevention Coordinator for more information.

**Alliance for a Violence-Free Anoka County** .............................................................. (763) 422-7047  

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

**Anoka County Child Care Resource & Referral (CCR&R)** .................................................. (763) 783-4881  
[www.accap.org](http://www.accap.org). Assists parents in locating child care & early education programs that best meet their individual family needs. Referral counselors provide general child care information about the area where care is needed; answer specific questions parents may have; & mail parents an individualized listing which meets the family’s specific child care needs. Also serves child care professionals, employers, & other community members who need child care information.

**Anoka County Children & Family Council** .............................................................. (763) 323-6159  

**Anoka County Income Maintenance Department**  
*Adults Only*, Monday-Friday, 8 am-4:30 pm .............................................................. (763) 422-7246  
*Families With Children*, Monday-Friday, 8:00 am-4:30 pm ........................................... (763) 717-7730  
Services Include Food Support, Cash Assistance, & healthcare programs.  
[www.anokacounty.us](http://www.anokacounty.us)

**Anoka County Job Training Center (Youth Employment Programs)** ........................................ (763) 783-4827  
[www.positivelyminnesotacom](http://www.positivelyminnesotacom). Services are designed to provide youth employment opportunities, education, & training support for at risk youth 14-21 years of age. Call to be added to the waiting list.

**Big Brothers Big Sisters of the Greater Twin Cities** ......................................................... (651) 789-2400  
[www.bigstwincities.org](http://www.bigstwincities.org). Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 7-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long term friendship!

**Coon Rapids Youth First** ................................................................... (763) 767-6565 ext. 278  
Mission: Connect the community to benefit youth and their families. Monthly meetings with guest speakers open to the public. Provides youth scholarships & community grants, teen events, & activities throughout the year.

**Coon Rapids Youth First Teen Center: The Element** ............................................... (763) 755-7790  
2710 Northdale Blvd, Riverwind Park. The Element Teen Center is open to youth ages 11-18, is fully staffed and offers a variety of activities, video games, board games, pool table, snacks, and popcorn. Call for times.
An organization of businesses, churches, policy makers, & citizens working in partnership to build healthy & safe communities for everyone, especially children, living harmoniously.

Epiphany Caring For Life................................................................................. (612) 803-2225
www.epiphanycaerigforlife.org. Provides support to women & families who are pregnant, before & after birth support. Companion program offers long term support. Material support & resources. Maternity closet & baby items available. Miscarriage support. Call for information, assistance, & to schedule an appointment.

Everyday Miracles............................................................................................ (612) 353-6293
www.everyday-miracles.org. Provides pregnancy support for low income families. Support groups, doula services (labor support), post-partum care.

Family & Children’s Service: Family School Coordinator Program................... (763) 560-4412
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Initiated & funded by the Northwest Hennepin Family Service Collaborative in partnership with Family & Children’s Service and the school districts of the Northwest Metropolitan region. The program is offered free of charge & is voluntary. Students who are referred meet with a Family School Coordinator who involves parents and school staff developing goals and carrying out a plan for improved success in and out of school.

Family & Children’s Service: Teen Outreach Program........................................ (612) 728-2086
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Helps teens to develop critical skills to make healthy, informed decisions and increase their sense of connection & purpose in the community. It is a nationally acclaimed, evidence-based program that has been shown to decrease adolescent pregnancy & help youth succeed in school. Activities include small group discussion, community service and service learning projects, values auction & much more.

Family & Children’s Service: Teen Pride............................................................ (612) 728-2080
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park 55445. Teen PRIDE is support for young women who are or are at-risk of being sexually exploited or are victims of survival sex or prostitution. It’s a place where you can be safe, get help with your basic needs and discover that you have choices. TeenPRIDE is free and confidential.

Kinship ............................................................................................................... (763) 862-6755
www.kinship.org. Faith based mentoring program providing adult friendship to children ages 5-15. Serves children from single parent homes, children from refugee or immigrant families and children with one or both parents incarcerated. Call for more information.

Lee Carlson Center for Domestic Abuse.............................................................. (763) 783-4914
Women’s Line ................................................................................................ (763) 783-4990
Men’s Line ........................................................................................................ (763) 783-4991
Women’s Anger Management ......................................................................... (763) 783-4945
Women’s Group for Sexual Assault ................................................................. (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. Office hours: Mon-Thurs, 9 am-6 pm. Answering Machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.
LGBT Youth Services District 202 ................................. (651) 340-6167  
www.dist202.org. PO Box 8139, St. Paul 55108. Non-profit youth community center committed to providing social, cultural, & educational opportunities by & for LGBT youth.

Mediation Services for Anoka County .......................................... (763) 422-8878  

Paladin Academy Charter School .............................................. (763) 786-4799  
www.paladinacademy.us. Our mission is to provide high school (9-12 grade) students and their families a tuition free public school choice option. Staff provide a caring and safe learning environment where respect and relationship building are paramount.

Tough Love ......................................................................................... (763) 391-2630  
Recorded message. A self-help program for parents troubled by teen behavior. Parent support groups.

Values First Initiative ................................................................. (763) 502-5105  
www.fridley.k12.mn.us. A community initiative in Columbia Heights, Fridley, & Hilltop that promotes the concept of building assets of support to prevent health compromising behavior of youth, encourage control, structured time use, education commitment, pro-social behavior, & social competence. Goal is to coordinate & mobilize all aspects of the community & encourage positive values & youth development.

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

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

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.

Community Resources Directory ................................................. www.MinnesotaHelp.info
Extended Care Providers .......................................................... www.extendedcare.com
Senior Programs, ACCAP .......................................................... www.accap.org  
Click on ACCAP Programs, scroll down to the Senior Service you are looking for, then click.
Social Security Administration (To apply) ............................................. 1-800-772-1213
Outreach & Referral

Senior Information Line of Anoka County ................................................................. (763) 783-4707
www.accap.org. 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, 9 am-4 pm. Call the Senior Linkage Line at 1-800-333-2433 for senior information outside Anoka County.

Senior Outreach, ACCAP ......................................................................................... (763) 783-4741
www.accap.org. Senior Outreach Workers help seniors 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) 422-7070
www.anokacounty.us/seniors. Provides assessment, information, and assistance to seniors age 65 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.unitedwaytwincity.org. 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained Information and Referrals Specialists can direct callers to resources for seniors, families, & children throughout the Twin Cities metro area.

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 .............................................................................................................................. (763) 576-4661
Transportation in the City of Anoka only. Senior dining Monday-Friday. Shopping trips to Cub on Tuesday, Wednesday & Thursday.

Anoka County Traveler .............................................................................................. General Information (763) 422-7075
www.anokacounty.us/transit. Anoka County only. Accessible to the disabled & wheelchairs.
Fixed route schedule information from Metro Transit ............................................... (612) 373-3333
Dial-A-Ride reservations, 7:00 am-3:30 pm every day ................................................... (763) 323-5222
Cancellation .................................................................................................................. (763) 323-5234

Anoka County Volunteer Transportation ................................................................... (763) 422-7087
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. 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 & senior dining Monday-Friday. Transportation for groceries is available the 1st & 3rd Tuesday of the month.

Linwood Senior Transportation Services .......................................................... (651) 462-5565
Linwood seniors only. Handicapped accessible transportation for Linwood residents. Providing rides for grocery shopping, personal care, medical appointments, hospital & nursing home visits, etc on availability basis. Will go out of the county. Hours: Monday-Friday, 8 am-4:30 pm. Donations accepted.

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. Monday-Friday, 8 am-4:30 pm.

MNET (Minnesota Non-Emergency Transportation) .......................................................... 1-866-467-1724
Call your income maintenance worker. Transportation provided to clients on Medical Assistance. Arranged though your income maintenance worker.

R & D Transportation, Inc. (medical, non-medical) .......................................................... (763) 767-1804
Medical Assistance & private pay. Wheelchair accessible. Fax (763) 767-6209.

Food

Family Table .......................................................... See BASIC NEEDS: Food

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

Greater Lake Country Food Bank .......................................................... See BASIC NEEDS: Food

Grocery Delivery & Services (call for specifics):

Coborn’s Superstore .......................................................... (763) 441-1400
www.cobornsdelivers.com. Online shopping available. Delivery from Elk River store only. Call for more information on delivery areas in Anoka County and delivery days, times, & fees based on where you live.

Gopher Grocery .......................................................... (612) 379-1007
www.gophergrocery.com. $2.00 grocery delivery charge, orders over $100 have free delivery. Delivers over 10,000 products at grocery store prices, 7 days a week. Serves Anoka, Hennepin, Ramsey, Washington, and Dakota counties. Must order online.

Jensen’s Foods, Coon Rapids .......................................................... (763) 754-7197
Thursday delivery only; must order by 10 am. $8 fee, $20 minimum order. Must be in a 10-15 mile radius.

Kemp’s Home Delivery .......................................................... (612) 627-8709
Delivers dairy products & frozen foods in the Twin Cities Area. Wholesale & retail.
St. Francis Foods ............................................................................................................................................... (763) 753-2610
www.st.francisfoods@hotmail.com. 3210 Bridge St NW, St. Francis 55070. Grocery delivery to your home. Call for more information & delivery charge.

Store-to-Door ................................................................................................................................................ (651) 642-1892
www.storetodoor.org. Grocery shopping with home delivery. Serves elderly seniors or disabled adults in Hennepin, Ramsey, Washington, Dakota, or Anoka Counties. Not an emergency food shelf. Deliveries from Cub every two weeks. 10 am- 3 pm. Will deliver prescriptions from Cub Pharmacy.

Home Delivered Meals (Meals on Wheels)
Low-cost, hot noon meals delivered Monday through Friday to homebound persons who are 60 & older or who have a disability. Cost varies. Call the location serving your area:
AC Meals on Wheels ............................................................................................................................................... (763) 236-8718
Meals on Wheels, Fridley, Spring Lake Park, Columbia Heights, & Hilltop...........................................(763) 236-3636
Meals on Wheels, Coon Rapids and Blaine............................................................................................(763) 489-3608

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. Dining is provided at the following locations at noon:
Anoka Senior Center, Monday-Friday ............................................................... (763) 427-6646
Coon Rapids Senior Services, Monday-Friday .......................................................... (763) 767-6524
Fridley Community Education Center, Monday-Friday ..............................................(763) 502-5199
Ham Lake Senior Center, Monday & Wednesday .....................................................(763) 434-0455
Mary Ann Young Senior Center, Blaine, Monday-Friday ..............................................(763) 780-4318
Parkview Villa, Columbia Heights, Monday-Friday ..................................................... (763) 789-7018

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 Senior Information Line at (763) 783-4707 or Public Health Nursing at (763) 422-6970.

Anoka County Library Books by Mail ................................................................................................................. (763) 576-4695 ext. 4
www.anoka.lib.mn.us. Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.
Chores & More
For persons 60+. Various household services including housekeeping, minor home repairs, & seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Paintathon applications available.

Fridley, Columbia Heights, & Hilltop ................................................................. (763) 502-5151
All other areas in Anoka County (ACCAP) ................................................................. (763) 767-6521

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 & Community Health Care Services, Anoka County ....................... (763) 422-6970
Anoka County Community Health & Environmental Services. Long Term Care Consultation (LTCC) services & waiver program which assist aging & dependent residents to maintain independent living in the community. Offers waiver programs to eligible participants that is: Alternative Care, Elderly Waiver, Community Alternatives for Disabled Individuals, Community Alternatives for Care.

Moving Services ............................................................................................ (763) 783-4707
For a list of moving services, please contact the Senior Information Line.

Paintathon ........................................................................................................ (612) 721-8687 ext. 321
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.

Senior Caregiver Network ............................................................................. (763) 422-6960
www.anokacounty.us/caregivers. 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. Companionship care only. Support groups available for caregivers & their families throughout Anoka County. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections, educational opportunities.

Safety & Security Checks

Alexandra House, Inc. Community Program
24 hour Domestic and Sexual Violence Crisis Line.............................................(763) 780-2330
Legal Advocacy ......................................................................................... (763) 576-9999
www.alexandrahouse.org. Services for victims of domestic and sexual violence that include: assistance in filing protection orders and accompaniment to subsequent hearings, limited legal representation in OFP proceedings, crime victim advocacy following a domestic or sexual assault & throughout the criminal court process, Family Law Clinics, community support groups, safety plan workshops, support information & referral services.

Anoka County Vulnerable Adult/Adult Protection ............................................. (763) 422-7168
Responds to & investigates reports of maltreatment (abuse & neglect, financial exploitation) for vulnerable adults. Also offers protective services to prevent maltreatment. Calls referred after hours.
Home Safety Check .............................................................................................................. (763) 767-4003
www.sbmfire.com. 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 (Facilitated by Home Instead Senior Care) .............................................................. (763) 792-0041
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.

Safety Choice (facilitated by Comfort Keepers) ................................................................. (763) 786-1000
www.comfortkeepers.com. Console, wrist band, or pendant response system will dispatch appropriate
help. Can also provide reminder messages to help manage medications. Fees apply.

### 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, Brooklyn Park ....................................................................................... (763) 315-1875

Allina Home and Community Service ..................................................................................... (651) 635-9173 or 1-800-261-0879
Provides coordinated care & services for patients & 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. 24 hour a day telephone support & information about memory loss. Information &
referrals regarding support groups & care for persons with Alzheimer’s disease & their families. Safe return
program & dementia screening.

Assisted Living Store ............................................................................................................... (651) 769-1574 or 1-888-388-5862
products, garments, & textiles. Monday-Friday, 8:30 am-4 pm.

Courage Center
Burnsville, 100 Cobblestone Ln ............................................................................................. (952) 898-5700
Forest Lake, 146 N Lake St (Hwy 61). Pediatric & adult therapies (OT, PT, speech).............. (651) 464-5235
Golden Valley, 3915 Golden Valley Rd .................................................................................. (763) 588-0811 or (763) 520-0520
Stillwater, 1460 Curve Crest Blvd ......................................................................................... (651) 439-8283
www.courage.org. 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.

Dental Referral Service .......................................................................................................... (651) 631-9845
Provides referrals for those who have no insurance, are low income, or pay cash for dental care.
Donated Dental Services ................................................................................................................. (651) 454-6290
Provides dental services for persons who are low income, elderly, disabled, chronically ill, or children.

Footworks – Footcare ...................................................................................................................... (651) 501-0624
Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

Goodwill Easter Seals, Medical Equipment Loan Program .............................................. (651) 379-5922 or (651) 379-5800 Ext. 6

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
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. Call Senior Linkage Line at 1-800-333-2433 if you live outside of Anoka County.

Home & Community Health Care Services, Anoka County ...................................................... (763) 422-6970
Anoka County Community Health & Environmental Services. Long Term Care Consultation (LTCC) services & waiver program which assist aging & dependent residents to maintain independent living in the community. Offers waiver programs to eligible participants that is: Alternative Care, Elderly Waiver, Community Alternatives for Disabled Individuals, Community Alternatives for Care.

Med-Alert Bracelets......................................................................................................................... Ask your local pharmacy


Minnesota Care Information Line, State Office ................................................................. (651) 297-3862
Medical Assistance (must be Anoka County resident) ......................................................... (763) 422-7246
Minnesota residents who do not have & cannot afford health insurance may be eligible for very low cost coverage through Minnesota care. This program is available for adults & children who meet certain specific guidelines. It covers most medical needs, including visits to doctors or clinics, most prescriptions, some dental work, hospitalization, etc. Cannot be on Medicare.

MN Network of Hospice and Day Care ......................................................................................... (651) 659-0423 or 1-800-214-9597
www.hospicemn.org. Call to find a local program or get more information about hospice, end of life health care options, or education programs.

Ombudsman for Older Minnesotans ........................................................................................... (651) 431-2555 or 1-800-657-3591
A state program that works to ensure the health, safety, welfare and rights of adults ages 18 & older living in nursing homes or receiving home care services in assisted living settings or their own homes & Medicare beneficiaries with concerns regarding hospital access, denial of services or premature discharge. Ombudsmen provides consumer education, investigates complaints and help to resolve disputes between consumers and providers of long-term care services.

Ombudsman Senior Services .......................................................................................................... (612) 673-3004
Information, help with taxes, referral & advocacy to senior citizens & persons who are disabled.
Senior Partners Care Program ................................................................. (612) 617-7817
Helps low income Minnesotans, who are on Medicare obtain treatment from participating healthcare providers. Through a special partnership with SPC, these healthcare providers have agreed to consider a waiver of the Medicare co-payments and deductibles. To qualify for the program, participants must meet the criteria. Participants cannot be enrolled in an Advantage Plan nor receive Medical Assistance benefits. SPC is not a form of insurance and there are no premiums, however, there is a required $29.95 application processing fee. Call for more information.

Support Groups for Seniors ........................................................................ (763) 783-4707
For information contact the 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 coping with life threatening illnesses.

Transformation House .................................................................................. (763) 427-7155

Vision Loss Resources ................................................................................. (612) 871-2222
Needs assessment for blindness, senior services, & rehabilitation services. Hearing assessment & evaluation also available.

Vitalize Wellness Center of Parmly LifePointes ........................................... (651) 257-0575
www.parmly.org. 10720 282nd St, Chisago City 55013. Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, massage therapy, and vitality coaching.

Mental Health & Companionship Programs for Seniors

Anoka Regional Treatment Center .............................................................. (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Family Life Mental Health Center ............................................................... (763) 427-7964
Senior Transitions Group to help transition from midlife to later years. Addresses midlife grief, loss, stress, changing roles, etc.

Geriatric Mental Health Programs
Unity Hospital Fridley .................................................................................... (763) 236-4464
United Hospital St. Paul ................................................................................ (651) 241-8860
Provides inpatient comprehensive psychiatric, cognitive, medical, and functional assessments in a safe & secure setting for persons 65+. Call to make a referral.

Grief Support – Mercy Hospital .................................................................... (763) 236-8050
Ongoing grief support meets once a week. Special groups for children & teens. Call for more information.

Grief Support – North Metro Coalition ........................................................ (763) 413-2985
Coalition of faith communities & 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.

**Metro Psychology Support Services, Inc.**
(651) 645-7971
2550 University Ave W Ste 163 South, St. Paul 55114. Email: metropsychologyservice@msn.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, & educational functioning.

**Riverwind Mental Health Crisis Services for Anoka County**
(651) 774-0011

**Senior Caregiver Network**
(763) 422-6960
www.anokacounty.us/caregivers. 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. Companionship care only. Support groups available for caregivers & their families throughout Anoka County. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections, educational opportunities.

**Senior Companion Program**
Coon Rapids
(763) 767-6521
All other areas in Anoka County (ACCAP)
(763) 783-4717
Seniors make weekly one-on-one visits to other seniors. They take seniors shopping, to medical appointments, etc.

**Support Groups for Seniors**
(763) 783-4707
For information contact the 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 coping with life threatening illnesses.

**Volunteers of America Senior Mental Health Services**
(763) 225-4054
www.voamn.org. Provides psychotherapy to adults ages 55 and older in their homes. Clients must have a diagnosable mental illness and are willing to participate in treatment. Services covered by Medicare, Minnesota Healthcare Programs, & most major insurance plans. Program serves portions of Anoka County.

## Adult Day Programs

**Angels on Main**
(763) 241-6845
922 Main St, Elk River 55330. 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.

**Camilia Club**
Coon Rapids (651) 489-3637 or Fridley (651) 502-0660
11800 Xeon Blvd, Coon Rapids 55448. Offers an alternative to instructional living through an adult day program designed to promote mental & physical well being for seniors & those with disabilities. Transportation provided. Additional locations available.

**Carebreak Adult Day Program**

www.mnmasonichomes.org. Care for vulnerable adults in need of supervision, socialization, &/or skilled nursing services during the day. Monday-Friday, 6:30 am-5 pm.

**Daily Senior Care**


**Friendship Center**

1717 2nd St NE, Minneapolis. Adult day program, transportation, nurse onsite, & separate dementia group. Hours: Monday-Friday, 9 am-3 pm.

**Minnesota Adult Day Services Association**

Networking & referrals. Represents adult day programs in Minnesota.

**Park House**

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.

**Parmly LifePointes**

www.parmly.org. 28210 Old Towne Rd, Chisago City 55013. Adult day care. Also offers home delivered meals, board & care, skilled nursing care, respite care (24 hours), housing, and Vitalize Wellness Center.

**Renaissance Adult Day Care**

2996 111th Ave NW, Coon Rapids 55433. Designed for the Russian speaking population.

---

**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**

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 delay, mental illness, physical disability, or aging.

**Anoka County Housing Lists**

Housing information organized by number of bedrooms. Recent vacancies listed. Updated once a week on Wednesdays.

**Emergency Housing**

8 am-4:30 pm, Monday-Friday

Call this number if it is after 4:30 pm & you are without shelter
Housing Programs Coordinator, Anoka County .......................................................... (763) 422-7304
Information and referral to resources that are available to assist with housing needs, including mortgage foreclosure prevention, homeless assistance, transitional housing, tenant rights, financial assistance, and subsidized housing in Anoka County. The coordinator often works collaboratively with other agencies to help resolve individual housing issues.

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

Nursing Home & Assisted Living Center Directory ........................................ www.adultcareproviders.com
Nationwide. Information on nursing homes, assisted living facilities, & home health providers.

Senior Housing Directory for the Metro Area ........................................ www.seniorhousinginc.org
For a free copy call the Anoka County Senior Information Line at (763) 783-4707.

Senior Housing Guide for the Metro Area .................................................... (651) 690-3141
www.seniorhousingguide.us.

Legal and/or Advocacy for Seniors

Alexandra House, Inc.
24 Hour Domestic and Sexual Violence Crisis Line ....................................... (763) 780-2330
Legal Advocacy ..................................................................................... (763) 576-9999
www.alexandrahouse.org. Services for victims of domestic & sexual violence that include: assistance in filing protection orders & accompaniment to subsequent hearings, limited legal representation in OFP proceedings, crime victim advocacy following a domestic or sexual assault & throughout the criminal court process, Family Law Clinics, community support groups, safety plan workshops, & support information and referral services.

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.

Council on Crime & Justice, General Victims Service ..................................... (612) 340-5400

Eldercare Rights Alliance ........................................................................... (952) 854-7304
www.eldercarerights.org. An independent, nonprofit organization that promotes consumer rights & safety in long-term care through individual advocacy & consumer education.
Faith Community Nurse Program of Mercy & Unity Hospitals ........................................... (763) 236-4342
Sponsored by Mercy & Unity Hospitals. Open to all faiths. A collaborative between the hospitals &
participating area churches. The parish nurse is a part of the church staff, helps with health issues,
connects to services, makes home & hospital visits, works with a health & wellness team providing
educational materials, workshops, events, & support groups.

Foreclosure Prevention, ACCAP ................................................................. (763) 783-4747
Foreclosure hotline ....................................................................................... (763) 783-4880

Gray Panthers ................................................................................................. (612) 822-1011
People who are concerned with ageism at any age. Support universal healthcare.

Judicare of Anoka County, Inc ........................................................................ (763) 783-4970
Free legal representation for low income residents of Anoka County. Civil (non-criminal) cases only,
including tenant/landlord, employment, debtor/creditor, public assistance (welfare, food support, etc.)
domestic relations, & other non-criminal matters. No wills.

MN Network of Hospice and Day Care .......................................................... (651) 659-0423 or 1-800-214-9597
www.hospicemn.org. Call to find a local program or get more information about hospice, end of life health
care options, or education programs.

Ombudsman for Older Minnesotans .............................................................. (651) 431-2555 or 1-800-657-3591
Advocate for health care, long term care, hospital, & nursing home care for older persons & vulnerable
adults.

Ombudsman Senior Services .......................................................................... (612) 673-3004
Information, help with taxes, referral & advocacy to senior citizens & persons who are disabled in
Minneapolis & suburbs.

Raising Relatives ............................................................................................ (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.

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.

Reverse Mortgage Counseling, ACCAP ......................................................... (763) 783-4747
Hotline ........................................................................................................... (763) 783-4880
www.accap.org. Help for seniors who own their own homes & need more income to make ends meet.

Senior Caregiver Network .............................................................................. (763) 422-6960
www.anokacounty.us/caregivers. Volunteers provide a break to caregivers of older adults. Care receivers
must be 55 or older & unable to be left alone for more then 2 hours. Companionship care only. Support
groups available for caregivers & their families throughout Anoka County. Caregiver education, in-home
respite support, caregiver support groups, group respite, health & spiritual connections, educational
opportunities.
Senior Housing, Inc. ................................................................. (952) 945-4022
www.seniorhousinginc.org. 7625 Metro Blvd, Minneapolis 55439. For a free copy of the housing directory call the Anoka County Senior Information Line at (763) 783-4707.

Senior Law Project ................................................................. 1-888-360-2889
Provides legal advice and representation FREE of charge for civil legal issues to individuals 60 years of age or older who live in Anoka, Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties. Help with a variety of issues such as completing Power of Attorney and Health Care Directive forms; problems with Medicare, Social Security, public benefits, housing issues (evictions & poor living conditions), family law issues (divorce, debt and consumer collections), & a variety of other matters. Many issues can be resolved with a phone appointment. Home appointments available when necessary.

Senior Outreach, ACCAP .......................................................... (763) 783-4741
www.accap.org. Senior Outreach Workers help seniors 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, home services, fuel assistance, assistance with paperwork, forms, & applications. No fee.

Veterans Service Office – Anoka County ........................................ (763) 323-5290
Helps veterans apply for healthcare benefits & disability services.

Volunteers of America Legal Services ................................................. (612) 676-6300
www.voamn.org. Offers low income clients 60+ that qualify a reduced rate. Legal matters are charged a flat fee or reasonable hourly rate. No asset, income, or age limit for private pay clients. Elder Law services include estate planning, will preparation, establishment of trusts, advance directives for heath care & funeral, powers of attorney, disability planning, Medical Assistance advice & planning, real estate matters, probate, conservatorship & guardianship. Strong advocates for the interests of elders & their families.

Educational Opportunities for Seniors

55 Alive Driving / Defensive Driving Class for Seniors
55+ driver’s refresher course for seniors. Earn a discount on car insurance. Many senior centers & clubs offer the classes throughout the year. Call the Senior Information Line at (763) 783-4707 for locations & schedules. Also, call the following agencies that 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.

Community Education Programs for Seniors
Community education programs operate in conjunction with local school districts to improve & provide lifelong educational opportunities for senior citizens in their communities, such as Adult/Basic/Continuing Education programs (GED or refresher programs). For further information, call your school district. See EDUCATION: Community Education.

Anoka County Community Resource Guide
Page 84

FOR SENIORS ONLY
Senior Caregiver Network ........................................................................................................... (763) 422-6960
www.anokacounty.us/caregivers. Provides educational opportunities to caregivers of Anoka County through support groups. Topics include: estate planning, self-care, medication management, depression, coping with grief & loss, Alzheimer’s, Parkinson’s, etc. Call for more information.

Employment Opportunities for Seniors

Foster Grandparent Program ........................................................................................................ (651) 310-9448
Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.

Senior Community Service Employment Program, Anoka County ........................................ (763) 783-4800
A work-site placement program to increase job skills for low income people 55 & older.

Senior Companion Program ........................................................................................................ (763) 783-4717
Make weekly one on one visits to other seniors. Receives meal allowance & mileage. If income eligible, may also receive hourly stipend.

Social Opportunities for Seniors

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

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) 767-5163
Anoka Senior Center, 1500 6th Ave S, Anoka 55303 ....................................................... (763) 576-4661
Blaine/Mary Ann Young Senior 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, Columbus 55025 ....................... (651) 464-8463
Coon Lake Senior Center, 182 Forest Rd, East Bethel 55092 ........................................ (651) 982-4628
Fridley Senior Center, 6085 7th St NE, Fridley 55432 .................................................... (763) 502-5150
Ham Lake Senior Center, 15544 Central Ave NE, Ham Lake 55304 ........................... (763) 434-0455
Linwood Senior Center, 22817 Typo Creek Dr, Stacy 55079 .......................................... (651) 462-5565
Oak Grove Senior Center, 19900 Nightingale St NW, Oak Grove 55011 .................... (763) 753-1920
Ramsey Senior Center, 15050 Armstrong Blvd NW, Ramsey 55303 ......................... (763) 441-7841

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 the Senior Information Line. Many area churches also have their own Senior Clubs & activities.

- Andover Senior Citizens Club
- Columbia Heights Golden Age Club
- Coon Rapids Super Seniors
- Columbus Senior Citizens
- East Bethel Senior Club
- Friendly Fridley Folks
- Kraus-Hartig Senior Club
- Linwood Golden Club
- Nowthen Senior Club
- Oak Grove Senior Club
- Ramsey Senior Citizen Club
- Spring Lake Park Senior Club-Club 55
- St. Francis Senior Citizens

Trips & Tours
Contact your local Community Education Department or Senior Center for scheduled trips & tours.

Volunteer Opportunities for Seniors

Alexandra House, Inc. .......................................................... Business Line (763) 780-2332
www.alexandrahouse.org. Community based organization providing emergency shelter, support services, & community advocacy to victims of domestic and sexual violence.

Anoka County Retired & Senior Volunteer Program (R.S.V.P.) .................. (763) 422-7090
Offers opportunities to persons 55 & older to participate in their communities through volunteer services.

Chores & More
Housekeeping, minor home repairs, & seasonal chores. Groups welcome.
Fridley, Columbia Heights, & Hilltop ...................................................... (763) 502-5151
All other areas in Anoka County (ACCAP)............................................. (763) 767-6521

Foster Grandparent Program ............................................................... (651) 310-9448
Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.

Hands On Twin Cities (formerly Volunteer Resource Center) ....................... (612) 379-4900
www.handsontwincities.org. 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
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 Caregiver Network ..................................................................... (763) 422-6960
www.anokacounty.us/caregivers. Volunteers 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 & a parish nurse overseeing the program. Training is provided.

Senior Companion Program ................................................................................................................. (763) 783-4717
Provides companionship/friendship to homebound or isolated seniors. Receives mileage & meal allowance. May also receive a stipend if income guideline criteria are met.

Senior Information Line, ACCAP .............................................................................................................. (763) 783-4707
www.accap.org. Volunteers needed to answer phones, refer clients to resources, & work on clerical projects. Training provided.

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

Anoka County Volunteer Transportation ................................................................. (763) 422-7087
Transportation provided for Veterans of any age to & from the VA Hospitals in Minneapolis & St. Cloud.
Call between 9 am-12 pm Monday-Friday. Donations accepted.

Anoka Disabled Veterans ...................................................................................... (763) 245-2585
Veterans helping veterans. Call for more information.

Disability Linkage Line ...................................................................................... 1-866-333-2466
Information & referral services for persons with disabilities.

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
Carl.madson@us.army.mil. Providing assistance to military families.

Minnesota Veteran .............................................................................................. www.minnesotaveteran.org

Minnesota Workforce Center, Veteran Employment Representative ............... (763) 785-6488

Operation Military Kids ...................................................................................... (612) 624-8198
Provides support for military kids through Hero Packs, Speak Out for Military Kids (SOMK), Mobile
Technology Lab (MTL), youth activities, Ready, Set Go! (Hidden Heros) Training, Kissing Hand kits.

Raising Relatives ............................................................................................... (612) 879-5307
A program of Lutheran Social Services of MN. Offers information & emotional support in raising relatives’
kids through support groups, recreation, & free phone consultation. Referrals made.

Resource: Jobs for Veterans ............................................................................. (612) 752-8400
Helps veterans find the job that best utilizes your skills. Employment services, education and skills training
funds, one-on-one counseling support & career development.

Veterans Affairs Medical Center, Minneapolis .................................................. (612) 467-2228
ADS (Addiction Disorder Section).

Veterans Resource Center ............................................................New Brighton (651) 644-4022 or Brooklyn Park (763) 503-2220
550 Cty Rd D W Ste 10, New Brighton 55112. 7001 78th Ave N Ste 300, Brooklyn Park, 55445. Provides
readjustment counseling and community resources for veterans & their families.

Veterans Linkage Line ....................................................................................... 1-888-LinkVet (1-888-546-5838)
www.minnesotaveteran.org. Toll free service line for all MN veterans. Provides information and referral,
immediate crisis intervention and psychological counseling 24 hours a day, 7 days a week.
Veterans Service Office – Anoka County........................................................................ (763) 323-5290

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.aioic.org. 1845 E Franklin Ave, Minneapolis 55404. Fax (612) 341-3766. 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, Twin Cities Area Chapter ......................................................... (612) 871-7676
1201 W River Parkway, Minneapolis 55454. Health & safety services: first-aid, CPR, child safety, AIDS education, disaster response, & multicultural programs.

Centro ........................................................................................................... (612) 874-1412

Citizenship classes, free and online ........................................................................... www.uscitizenship.org

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

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

Department of Indian Work ................................................................................. (651) 644-2768

English Learning Center ......................................................................................... (612) 874-9963
2315 Chicago Ave S, Minneapolis 55404. Offer ESL, citizenship, math, & computer class in evenings only, Monday-Thursday, serving adult immigrants & refugees. Provides some transportation.

Family & Children’s Service: MOVE (Mobilizing and Organizing for Victory & Empowerment) ......................................................... (612) 728-2061
www.everyfamilymatters.org. 6900 78th Ave N, Brooklyn Park, 55445. MOVE is a multicultural coalition to build leadership and power around issues of racial and economic justice, uniting communities to achieve social change. Members, including youth and adults, join together on action committees to change community conditions and push for systems changes for the well-being of families.

Hispanos En Minnesota (Health, Education, Motoring) HEM ................................... (651) 227-0831
www.hispanos.qwestoffice.net. 1074 S Robert St, St. Paul 55107. Family, individual, and couples counseling, drug information, aftercare, relapse, anger management/domestic abuse, psychosocial evaluations, youth probation program. DWI classes & Driving with Care classes, levels 1,2,3.

International Institute of Minnesota ................................................................. (651) 647-0191
www.iimn.org. 1694 Como Ave, St. Paul 55108. A statewide service organized to help foreign born residents & their families with adjustments to American life.

Korean Service Center ................................................................. (612) 342-1344
www.koreanservicemn.org. 630 Cedar Ave S Ste B1, Minneapolis 55454. Welfare benefit assistance, housing, translation & interpretation, individual counseling, domestic abuse, & assisted living & caregiver support program.

Lao Family Community – LFC................................................................. (651) 221-0069

Metro North Adult Basic Education................................................................. (763) 783-4731
Free online citizenship classes ................................................................. www.uscitizenship.org
www.metronorthabe.org. 1201 89th Ave NE Ste 335, Blaine 55434. Offers citizenship & English-as-a-Second-Language (ESL) classes for adults, GED, adult high school diploma, basic reading, writing, & math brush up skills, Adult Basic Education (ABE), & family literacy classes. US citizenship study available.

Minneapolis American Indian Center ................................................................. (612) 879-1700

Minneapolis Urban League ............................................................................. (612) 302-3100
www.mul.org. 2100 Plymouth Ave N, Minneapolis 55411. Employment programs, education services, youth programs, community resources, counseling, school program, etc.

Minnesota Department of Human Rights ................................................................. (651) 296-5663
TTY (Hearing Impaired) ............................................................................. (651) 296-1283

Neighborhood Justice Center ....................................................................... (651) 222-4703

Resource Center of the Americas ................................................................. (612) 276-0788
www.americas.org. 3019 Minnehaha Ave Ste 20, Minneapolis 55406. Promotes human rights and cross-cultural understanding with a unique focus on the interconnectedness of the United States and Latin-America. Serves the general public often including educators, students, and social service providers. Offers weekly events such as Coffee Hours, Intercambios Culturales, & movie nights. Top provider of Spanish language education to individuals and groups. Latino Voices discussions, highlighting the personal stories of Latino immigrants in the context of systems and policies that lead to human migration.

Resource Fair for People with Limited English ............................................................... (763) 717-7700

Russian Orthodox Church of the Resurrection of Christ Monastery............................... (763) 574-1001
1201 Hathaway Ln NE, Fridley 55432. Russian/English interpretation & translation, Russian language classes.

Southeast Asian Community Council, Inc. ...................................................................... (612) 521-4859
www.seacc-mn.org. 1847 44th Ave N, Minneapolis 55412. Non-profit organization. Social services help with completing forms, translation, & transportation services. Individual & family counseling, mediation, & referral to available resources in the community.

Southeast Asian Ministry ............................................................................................... (651) 293-1261
www.seam-stpaul.org. 105 University Ave, St. Paul 55103. English classes, elder program, health nurse program, consignment store, employment services, quilt distribution, & Christmas program.

Southeast Asian Refugee Community Home (SEARCH) .................................................... (612) 673-9388
www.asian-search.org. 1113 E Franklin Ave Ste 212, Minneapolis 55404. Serves Asian & East African refugee community with child care training for license, employment, youth programs, & computer technology programs.

Southern Minnesota Regional Legal Services – Central Office ........................................ (651) 222-4731
55 E 5th St Ste 400, St. Paul 55101. Advice & representation in non-criminal civil legal matters that are critical to the clients basic needs.

St. Paul Area Council of Churches.................................................................................. (651) 646-8805
www.spacc.org. 1671 Summit Ave, St. Paul 55105. Connects over 600 St. Paul area congregations from 22 denominations to help make a life giving, just, & anti-racist community.

State Council on Black Minnesotans.............................................................................. (651) 642-0811
www.cbm.state.mn.us. 2233 W University Ave Ste 426, St. Paul 55114. Advise the Governor & State Legislature on issues confronting African Americans & Native Africans.
Tubman Family Alliance................................................................. Crisis Line (612) 825-0000
Business Line ..............................................................................................................(612) 825-3333
www.tubman.org. 3111 1st Ave S, Minneapolis 55408. Family violence resource agency providing domestic abuse survivors safe passage from abuse. Education & resources to promote violence free families & communities.

United Cambodian Association of Minnesota............................................................... (651) 222-3299
www.ucaminc.org. 1101 Snelling Ave N, South St. Paul 55108. Social adjustment to Cambodian refugees, immigrants, & other ethnic groups. Employment, immigration services, youth enrichment program, tobacco program, ORR program, & more.
GAY, LESBIAN, BISEXUAL, TRANSGENDER, & QUESTIONING (GLBTQ) RESOURCES

Center for Sexual Health, University of Minnesota .................................................. (612) 625-1500
www.med.umn.edu/fp/phs/phsindex.htm. Program in Human Sexuality, Department of Family Practice & Community Health Medical School. Sexual attitude reassessment seminars, relationship & sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, sexual offender treatment, HIV counseling.

Chrysalis .............................................................................................................................. (612) 871-0118
TTY (Hearing Impaired) ................................................................................................... (612) 824-2780
www.tubman.org. 4432 Chicago Ave S, Minneapolis. Provides a variety of support groups including groups for lesbians. 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.

GLBT KIDS: Abuse Intervention Program: ........................................Toll Free 1-877-GLBT-KIDS (1-877-452-8543)
Offers support, referrals, resources, training and connections for GLBT (gay, lesbian, bisexual, transgender) youth who are experiencing abuse, bullying or mistreatment. The program also supports their families, youth-serving professionals, and others who care about the well-being of youth.

LGBT Youth Services District 202 .................................................................................. (651) 340-6167
www.dist202.org. PO Box 8139, St. Paul 55108. Non-profit youth community center committed to providing social, cultural, & educational opportunities by & for LGBT youth.

Northland Therapy Center .................................................................................................. (651) 641-1009
Mental health clinic serving primarily adult individuals, couples, & adolescents with expertise in working with chronic illness & sexual orientation issues.

Out Front Minnesota ........................................................................................................ (612) 822-0127 or 1-800-800-0350
www.outfront.org. 310 E 38th St Room 204, Minneapolis. Legal advocacy, training, education, information, referral, & domestic violence programs on or related to the GLBT community.

Parents & Friends of Lesbians & Gays of Minnesota (P-FLAG) ......................................... (612) 825-1660
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.

Alexandra House, Inc. ................................................................. (763) 780-2332
www.alexandrahouse.org. Community based organization providing emergency shelter, support services, & community advocacy to battered women, children, & victims of sexual violence. Volunteer opportunities exist in all programs.

Alliance for a Violence-Free Anoka County ........................................ (763) 422-7047

American Red Cross, Twin Cities Area Chapter ...................................... (612) 871-7676

Anoka County Domestic Violence Council (ACDVC) ..........................(763) 422-7047
An action team of the Alliance for a Violence-Free Anoka County. Mission: To work as a community wide collaboration towards eliminating domestic violence. Volunteer opportunities include serving on the council and/or helping with special projects.

Anoka County Brotherhood Council (ACBC) ......................................... (763) 422-0046
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 ........................................................................... See library list on page 104
www.anoka.lib.mn.us. A variety of volunteer opportunities are available for both young people & adults. Contact your local library for more information.

Anoka County Retired & Senior Volunteer Program (R.S.V.P.) ................... (763) 422-7090
Offers opportunities to persons 55 & older to participate in their communities through volunteer services.

Anoka Regional Treatment Center ....................................................... (651) 431-5002
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Need volunteers to help during visiting hours or to help in the library. Psychiatric hospital has an auxiliary.

Anoka County Volunteer Transportation .............................................. (763) 422-7075
www.co.anoka.mn.us/transit. Drive senior citizens & clients to medical, dental, or social service appointments. Mileage reimbursed.
Volunteer Opportunities

Arc-Greater Twin Cities
www.arcgreatertwincities.org. Information, referral, advocacy & support for individuals with developmental disabilities & their families. Volunteers needed for special events, mailings, clerical duties, & thrift stores.

Bar-None Residential Treatment Services for Children

Big Brothers Big Sisters of the Greater Twin Cities
www.bigtwincities.org. Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 7-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building a long term friendship!

Camilia Rose Care Center
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.

CEAP (Community Emergency Assistance Program)
www.ceap.org. Volunteers needed to sort & pack food at the food shelf, bread pick-up, receptionist, clerical duties, & data processing.

Chores & More
Fridley, Columbia Heights, Hilltop
All other areas in Anoka County (ACCAP)
Housekeeping, minor home repairs, & seasonal chores. Groups welcome.

Confederation of Somali Community in Minnesota

Family & Children’s Service
www.everyfamilymatters.org. Help your community by volunteering with Family & Children’s service. If you want to help a child succeed in school, work for social justice, or simply gain some experience, call our volunteer coordinator or visit our website.

Foster Grandparent Program
www.lssmn.org. Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.

Girl Scouts of Minnesota and Wisconsin River Valleys
www.girlscoutsrv.org. Helps girls in grades k-12 build courage, confidence, & character to make the world a better place. Volunteers needed year round to be troop leaders, activity & special event helpers, & more.

Hands On Twin Cities (formerly Volunteer Resource Center)
www.handsontwincities.org. 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

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.

Home Delivered Meals (Meals on Wheels)

Low-cost, hot noon meals delivered Monday through Friday to homebound persons who are 60 & older or who have a disability. Cost varies. Call the location serving your area:

AC Meals on Wheels..................................................................................(763) 236-8718


Meals on Wheels, Fridley, Spring Lake Park, Columbia Heights, & Hilltop..............................(763) 236-3636

Meals on Wheels, Coon Rapids and Blaine ..............................................................................(763) 489-3608

Kinship ........................................................................................................(763) 862-6755

www.kinship.org. Individuals, couples, & families mentor children from single parent homes, children of immigrants & refugees, & children of prisoners. Meet weekly doing low cost/no cost activities. Adults of all ages needed.

Linwood Senior Transportation Services ............................................................................. (651) 462-5565

Volunteer drivers using their own vehicles to transport able bodied seniors living in Linwood.

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


Mediation Services for Anoka County ................................................................................. (763) 422-8878

www.mediationservice.org. Trained volunteers help Anoka County residents settle disputes such as neighborhood, landlord/tenant, employer/employee, & family problems. Become a volunteer mediator. Training provided.

Metro North Adult Basic Education ....................................................................................... (763) 783-4731

www.metronorthabe.org. Volunteers needed to tutor adult learners with reading, English as a Second Language, & GED. Volunteers needed at various locations.

Second Harvest Heartland ................................................................................................. (651) 209-7939

www.2harvest.org. Email: volunteer@2harvest.org. Agency supplies food & grocery products to 1000+ member agencies & programs in Minnesota & Western Wisconsin. Runs MAC & NAPS programs. Group & individual volunteer opportunities available sorting, packing, & delivering food, & also support for special events.
Senior Caregiver Network ................................................................................................................. (763) 422-6960
www.anokacounty.us/caregivers. Volunteers provide in-home visits with older adults living with chronic health issues. Respite volunteers provide safety & companionship with the 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 & a parish nurse overseeing the program. Training is provided.

Senior Companion Program ............................................................................................................. (763) 783-4717
Provide companion/friendship to homebound or isolated seniors. Training provided. Receives mileage & meal allowance. May also receive a stipend if income guideline criteria are met.

Senior Information Line, ACCAP ................................................................................................. (763) 783-4707
www.accap.org. Volunteers needed to answer phones, refer clients to resources, & work on clerical projects. Training provided.

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

Tamarisk, Inc. ..................................................................................................................................... (763) 572-1950
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.

Twice Nice Thrift Store, ACCAP ..................................................................................................... (763) 754-0935

United Way Caring Connection ....................................................................................................... (612) 340-7440
www.unitedwaytwincities.org. Matches people to volunteer projects across the nine-county metro area. Get your friends, family, co-workers, & neighbors involved! We have projects for all size groups, two people & up. You’ll be matched by your group’s interests & location preferences.

University of Minnesota Extension, Anoka County ........................................................................... (763) 755-1280
www.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.
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
   Crime Prevention Coordinator ................................................................. (763) 767-4664

Anoka City Hall, 2015 First Ave N, Anoka ........................................................................ (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, PO Box 64, Bethel 55005 ........................................................................ (763) 434-4366
   Bethel Police & Fire ...............................................................non-emergency (763) 427-1212
   Crime Prevention Coordinator ................................................................. (763) 767-4664

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 55308 .................................................. (651) 429-3232
   Centennial Lakes Police Department ........................................................................ (763) 427-1212
   Centennial Fire District (serves Circle Pines, Centerville, & Lino Lakes) .................................. (651) 784-7472

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) 784-7472
   Serves Circle Pines, Centerville, & Lino Lakes.
   Centennial Lakes Police, Circle Pines, Centerville, Lexington...............Admin. Offices (763) 784-2501
   Circle Pines Police ...............................................................non-emergency (763) 427-1212
Columbia Heights City Offices, 590 40th Ave NE, Columbia Heights 55421 ........................................... (763) 706-3600
www.ci.columbia-heights.mn.us.
Columbia Heights Fire .................................................................................................................. non-emergency (763) 706-8150
Columbia Heights Police ............................................................................................................ non-emergency (763) 706-8100

Columbus City Offices, 16319 Kettle River Blvd, Columbus 55025 ............................................. (651) 464-3120
Columbus Police .......................................................................................................................... non-emergency (763) 427-1212
Crime Prevention Coordinator ......................................................................................................... (763) 767-4664

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

East Bethel City Hall, 2241 221st Ave NE, East Bethel 55011 .................................................... (763) 367-7840
www.ci.east.bethel.mn.us.
Crime Prevention Coordinator ........................................................................................................ (763) 767-4664
East Bethel Fire .............................................................................................................................. non-emergency (763) 367-7885
East Bethel Police .......................................................................................................................... (763) 427-1212

Fridley City Offices, 6431 University Ave, Fridley 55432 ............................................................... (763) 571-3450
www.ci.fridley.mn.us.
Fridley Fire ...................................................................................................................................... Admin. Office/non-emergency (763) 572-3613
Fridley Police ..................................................................................................................................... Admin. 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.
Crime Prevention Coordinator ........................................................................................................ (763) 767-4664
Ham Lake Fire and Police .............................................................................................................. non-emergency (763) 427-1212

Hilltop City Hall, 4555 NE Jackson St, Hilltop 55421 ................................................................. (763) 571-2023
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) 784-7472
Serves Circle Pines, Centerville, & Lino Lakes.
Lino Lakes Police .......................................................................................................................... Admin. Office/ non-emergency (651) 982-2300
Linwood Township Hall, 22817 Typo Creek Dr NE, Stacy 55079 ................................................. (651) 462-2812
Crime Prevention Coordinator.............................................................................................. (763)767-4664

Nowthen Offices, 8188 199th Ave NW, Elk River 55330 ......................................................... (763) 441-1347
Crime Prevention Coordinator.............................................................................................. (763) 767-4664

Oak Grove City Hall, 19900 Nightingale St NW, Oak Grove 55011 ........................................... (763) 404-7000
   www.ci.oak-grove.mn.us.
Crime Prevention Coordinator.............................................................................................. (763) 767-4664
Oak Grove Fire & Police ........................................................................................................... (763) 427-1212
   Fire Station 1.......................................................... Admin. Office (763) 404-7000 ext. 1006
   Fire Station 2.......................................................... Admin. Office (763) 753-1248

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

St. Francis City Hall, 23340 Cree St NW, St. Francis 55070 ..................................................... (763) 753-2630
St. Francis Fire .......................................................................................................................... (763) 753-2334
St. Francis Police ..................................................................................................................... (763) 753-1264

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

County, State, & Federal Legislators

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

Anoka County

   Anoka County, 2100 3rd Ave, Anoka 55303................................................................. General Switchboard (763) 421-4760
   www.anokacounty.us.

   Anoka County Parks .............................................................................................................. (763) 757-3920
   24 hour automated information line ................................................................................... (763) 767-2820
   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. Fax (763) 422-7503...... (763) 323-5000

   County Commissioners Office .............................................................................................. (763) 323-5700

   Elections Office, Governmental Services Division ............................................................... (763) 323-5275
   Voter registration, information, & a list of elected officials.

Anoka County Community Resource Guide
Page 101
CIVIC INFORMATION
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. 1400 Bremer Tower, 445 Minnesota St, St. Paul 55101. Consumer protection. Chief legal officer for the state & the legal advisor to the Governor & all constitutional officers. Represents & advocates for consumer protection, antitrust enforcement, & utilities regulation.

Governor, Minnesota .............................................................................. (651) 296-3391 or 1-800-657-3717 www.governor.state.mn.us. Room 130 State Capitol Bldg, 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 or 1-800-657-3550 www.house.leg.state.mn.us. 100 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155. Members are your elected officials who create and decide legislation in collaboration with the Senate and the Governor.

Secretary of State, Minnesota .............................................................. (651) 296-2803 or 1-877-551-6767 for Greater MN www.sos.state.mn.us. 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, & 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) 296-3962 or 2739
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.

State of Minnesota
www.state.mn.us.

United States


 Libraries

Many libraries have programs available such as children’s story time, activities & classes, books by mail, & 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 Hwy 10 NE, Blaine 55434........................................................................ (763) 785-3695
Books by Mail........................................................................................................................................ (763) 576-4695 ext. 4
www.anoka.lib.mn.us.
Anoka
Rum River Library, 4201 6th Ave, Anoka.................................................. (763) 576-4695
Anoka County History Center Library, 2135 3rd Ave N, Anoka................... (763) 421-0600

Blaine
Northtown Library, 711 County Rd 10 NE, Blaine...................................... (763) 717-3267
Johnsville Branch, 12461 Oak Park Blvd, Blaine........................................... (763) 767-3853

Circle Pines
Centennial Branch, 100 Civic Heights Circle.................................................. (763) 717-3294

C. Heights
Columbia Heights Branch, 820 40th Ave NE, Columbia Heights............... (763) 706-3690
TDD (Hearing Impaired)............................................................................... (763) 706-3692

Coon Rapids
Crooked Lake Branch, 11440 Crooked Lake Blvd, Coon Rapids.............. (763) 576-5972

Fridley
Mississippi Branch, 410 Mississippi St NE, Fridley..................................... (763) 571-1934

Ham Lake
North Central Branch, 17565 Central Ave NE, Ham Lake......................... (763) 434-6542

St. Francis
St. Francis Branch, 3519 Bridge St NW, St. Francis.................................... (763) 753-2131

Anoka County Community Resource Guide
Page 103
INDEX
INDEX

3-R’s Counseling Center .................................................. 35
55 Alive Driving/Defensive Driving Class for Seniors ...85
Abbott Northwestern Hospitals ........................................ 32
Abbreviation Key ................................................................. 1
ABC Family Counseling ................................................... 36
Abuse – Physical &/or Sexual ............................................. 6
Abuse Intervention .... See Helplines & Crisis Numbers
ACCAP ............................................................................ 17, 22, 96
ACHIEVE Services, Inc. ................................................... 96
Affordable Dental Services ................................................ 36
Affordable Dentures ........................................................... 96
Affordable Rental Housing ............................................... 18
Crisis Assistance/Intake ..................................................... 44
Energy Assistance ............................................................. 18, 44
FAIM (Family Assets for Independence in MN). 18, 46
Financial Fitness .............................................................. 46
Foreclosure Prevention ..................................................... 18, 46, 84
Furniture Warehouse, Home-to-Home ............................. 18
Head Start ........................................................................ 58, 88, 98
Home Ownership Program ............................................. 19
Housing Rehabilitation ..................................................... 19
Mobile Home Services ..................................................... 19
Reverse Mortgage Counseling .......................................... 85
Senior Information Line ................................................... 74, 88, 99
Senior Outreach ............................................................... 74, 85
Senior Programs .............................................................. 74
Transitional Housing ......................................................... 22
Twice Nice Thrift Store ..................................................... 19, 23, 99
Weatherization ................................................................. 20
ACHIEVE Services, Inc.................................................... 28
Adult Basic Education (ABE) ............................................. See EDUCATION
Adult Children of Alcoholics/Dysfunctional Families ....... 8
Adult Day Programs .......................................................... 82
Adult Foster Care, Anoka County ..................................... 18, 83
Adult Literacy Hotline ....................................................... 50
Adult Psychiatry ............................................................... See Mercy Hospital
Adults Recovering from Incest, Anonymous ..................... 6
Advocacy for Seniors ......................................................... See FOR SENIORS ONLY
Affiliated Counseling Center .......................................... 36
Affordable Dentures ........................................................ 34, 78
Alano ............................................................................. See Alcoholics Anonymous
Al-Anon/Al Teen Resource Service ................................. 8
Alcohol Abuse ................................................................. See Chemical Health, See
Alcohol/Chemical Dependency ................................. 8
Alcohol/Chemical Dependency .......................................... 8
Alcoholics Anonymous ..................................................... 9
Alexandra House, Inc. ....................................................... 87, 96
Community Program ....................................................... 6, 47, 78, 83
Shelter Program & 24 hour Crisis Line ......................... 6, 22, 83
Violence Prevention Program ......................................... 9, 71
All Parks Alliance for Change (APAC) ........................... 18
Alliance for a Violence-Free Anoka County 28, 64, 71, 96
Allina Home and Community Service ............................. 78
Allina Medical Transportation .......................................... 23
Al-Shifa Clinic ................................................................. 27
Alternatives for People with Autism ................................. 28
Alzheimer’s Association, MN & ND Chapter ................... 28, 78
Ambulance, Fire, Police Emergency ................................ 5
American Association of Retired Persons (AARP) ....... 84, 86
American Cancer Society ................................................ 23, 28
American Diabetes Association ........................................ 28
American Indian OIC, Inc ................................................... 91
American Red Cross ......................................................... 28, 91, 96
AmeriCorps ..................................................................... 43, 64
Andover Alano ................................................................ 9
Andover, Anoka, Ramsey Youth First Community of
Promise ........................................................................... 71
Angels on Main ............................................................... 82
Anger Management .... See Abuse - Physical &/or Sexual
Anger/Domestic Abuse Project ....................................... 6
Animal Humane Society ................................................... 12
Anoka Area Interagency Early Intervention ................. 57
Anoka County ................................................................. 102
Adult Foster Care ............................................................. 18, 83
Attorney’s Office ............................................................. 6, 47
Attorney’s Office, Victim/Witness Services .................. 6, 47
Chemical Dependency Assessment ............................... 35
Child & Teen Check-ups (C&TC) ................................... 26
Child Abuse Prevention Council (CAPC) ...................... 64
Child Care Assistance ..................................................... 59
Child Care Resource & Referral ..................................... 9, 57, 71
Child Protection Agency .................................................. 9, 47
Child Support ................................................................. 44, 47
Children & Family Council ............................................. 53, 64, 71
Children’s Mental Health ................................................ 69
Commissioners Office ..................................................... 102
Community Action Program, Inc........ See ACCAP
Community Health & Environmental Services ........... 26
Disease Prevention & Control ........................................ 26
Domestic Violence & Sexual Abuse Hotline,
Alexandra House ............................................................ 66
Domestic Violence Council (ACDVC) ............................ 64, 96
Eastern AC Human Service Center ............................... 14
Elections Office, Governmental Services Division ....... 102
Emergency Housing ......................................................... 13, 83
Environmental Services .................................................. 26
Family Health Services .................................................... 26
Food Shelves ................................................................. 16
Food Support........................See Income Maintenance
Government Center ........................14
Health Education–Public Health ................26
History Center Library ........................104
Home & Community Health Care Services .26, 77, 79
Housing for Seniors ..........................83
Housing Lists ..................................18, 83
Housing Programs Coordinator ............19, 67, 83
Human Resources Office ......................42
Human Services Center, Blaine ..............14
Immunization Clinics for children & adults ....26
Income Maintenance Department ............44, 71
Income Maintenance Department (Food Support) 14
Job Line ....................................41, 42
Job Training Center (Youth Employment Programs)71
Judicare .....................................48, 84
Library ......................................96, 104
Library Books by Mail .........................50, 77, 104
Mediation Services ............................48, 73, 98
Medical Assistance (MA) .....................27
Mental Health Crisis Response ..............9
Mental Health Services (Intake) ..........36
Minnesota Workforce Center ...............41
Parks ........................................102
Public Defender ................................47
Public Health .................................See Health Education
Public Health Nursing Intake ...............68
Refugee Health ..............................26
Retired & Senior Volunteer Program (R.S.V.P.) .87, 96
Safe Kids .................................55, 62
Senior Citizens’ Clubs .........................87
Senior Community Service Employment Program...86
Senior Services ................................74
Sheriffs Office ................................102
Social Services ................................13
Southern AC Neighborhood Center ........14
Traveler ......................................24, 75
Veterans Service Office ......................85
Volunteer Transportation ...................24, 75, 89, 96
Vulnerable Adult/Adult Protection ..........6, 78
Women, Infants, & Children (WIC) ........26
Anoka County Brotherhood Council ........17, 22, 96
Anoka County Community Action Program, Inc..........................96, See ACCAP

Anoka County Community Health & Environmental Services
Child & Teen Check-ups (C&TC) ..............26
Disease Prevention & Control ................26
Environmental Services ......................26
Family Health Services ......................26
Health Education–Public Health .............26, 68
Home & Community Health Care Services .26, 77, 79
Immunization Clinics for children & adults ....26
Refugee Health ..............................26
Women, Infants, & Children (WIC) ........26
Anoka County History Center Library ........104
Anoka County Library .........................96, 104
Books by Mail ................................50, 77, 104
Anoka Disabled Veterans ....................89
Anoka Ramsey Community College ..........50, 86
Anoka County Health Services ...............26, 92, 96
Anoka Regional Treatment Center .........28, 32, 36, 80, 96
Anoka Technical College ....................41, 50
Anoka Today Alano ............................9
Anoka County Meals on Wheels .............16, 76, 98
Anoka Senior Transportation ................74
Anthony Louis Center ........................35
Apple Tree Dental .............................34
Arc-Greater Twin Cities ......................28, 97
Arthritis Foundation–North Central Chapter ..28
Assessment & Referral (Mercy Hospital) ....5, 10, 12, 36
Assisted Living Store .........................59, 79
Attorney .....................................See LEGAL
Attorney General, Minnesota ...............103
Baby Blanket ..................................62
Baby Clothes and Equipment .............See Pregnancy/Infants
Bankruptcy ..................................See FINANCIAL
Bar–None Residential Treatment Services for Children ........................................37, 69, 97

BASIC NEEDS ..................................14
Clothing ......................................22
Emergency Shelter .........................22
Food ..........................................14
Food Shelves ................................16
Housing/Household Management ........18
Recycling/Waste Management ..............20
Subsidized Apartments ......................20
Subsidized Housing ..........................20
Transitional Housing .........................21
Transportation ................................23

Battered Women’s Shelter .............See Abuse – Physical &/or Sexual
Better Business Bureau of Minnesota ........47
Big Brothers Big Sisters .....................10, 71, 97
BirthRight ....................................29, 62
Blaine Central Alano .........................9
Blaine–Senior Transportation ................75
Booster Seat ..................See FAMILY SERVICES
Boys Town National Hotline .................5, 10, 66
Brain Injury Association of Minnesota ....29
Bridge to Benefits ..........................14, 18, 26, 44, 57
Bridgeview Community Support Program ...37
Budgeting ..........................See FINANCIAL
Bus ..................................See Transportation
C.S.D. (Communication Services for Deaf) ....29

Anoka County Community Resource Guide
Page 105
INDEX
Anoka County Community Resource Guide

INDEX
CRISIS NUMBERS .............................................................. 5
Crooked Lake Branch Library ............................................. 104
Cross of Christ Lutheran .................................................. 17
Daily Senior Care .......................................................... 82
Deaf & Hard of Hearing Services Metro ............................. 29
Dental .............................................................................. 34
Dental Referral Service .................................................... 34, 79
Dental-Senior See Health and Wellness, Seniors ............... 48
Department of Human Rights, Minnesota ........................ 31
Department of Human Services, Minnesota ...................... 91
Dignity by Design ......................................................... 30
Disability See Special Needs Programs .............................. 37
Disability.gov ................................................................... 37
Disability Law Center Mental Health Law Project ............. 48
Disability Linkage Line .................................................... 30, 89
Disease Prevention & Control .......................................... 26
Districts, School ............................................................ 52
Division of Rehabilitation Services (DRS) ......................... 30
Domestic Abuse See Abuse – Physical &/or Sexual .......... 7
Domestic Abuse Project .................................................... 37
Domestic Violence See Abuse - Physical &/or Sexual ....... 37
Domestic Violence Council (ACDVC) See Anoka County Donated Dental Services ............................................. 34, 79
Drop-in Centers ............................................................. 67
Drug Abuse Hotline ........................................................ 9
Drug Abuse Hotline/24 hours, Habilitation ................. 79, 79
Drug Problem See Chemical Health, See Alcohol/Chemical Dependency .............................................. 9
DWP (Diversionary Work Program) ..................................... 44
EARLY CHILDHOOD CARE/EDUCATION
Child Care & Education ................................................ 57
Child Care Subsidy ...................................................... 59
EARLY CHILDHOOD CARE/EDUCATION ........................ 57
EARLY CHILDHOOD CARE/EDUCATION
Equipment ........................................................................ 59
Early Childhood Family Education (ECFE) 54, 57, 59
Early Intervention-Children See EARLY CHILDHOOD CARE/EDUCATION
East Side Employment Network ..................................... 41
Eastern Anoka County Human Service Center .................. 14
Easy Rider ....................................................................... 24, 75
ECFE See Early Childhood Family Education
EDUCATION ..................................................................... 50
Community Education Departments ............................. 53
Community Education Departments Special Needs Needs 53
Parenting/Child Development ...................................... 53
School District Offices .................................................. 52
Educational Opportunities for Seniors ............................. 85
Educational Opportunity Center (TRiO) ......................... 41
Eldercare Rights Alliance .............................................. 84
Elected Officials See CIVIC INFORMATION
Elections Office, Governmental Services Division .......... 102
Elim Blaine ...................................................................... 21
Elim Transitional Housing, Inc. 21, 67
ELL/ESL See EDUCATION
Emergency Assistance See FINANCIAL
Emergency Food Shelf Network ................................... 17
Emergency Housing ..................................................... 13, 83
Emergency Shelter ....................................................... 22
Emotions Anonymous .................................................. 13
EMPLOYMENT .......................................................... 41
Metro Civil Service Job Information ............................... 42
National Service .......................................................... 43
Employment Opportunities for Seniors .......................... 86
Energy Assistance, ACCAP ......................................... 18, 44
Energy Cents Coalition ................................................ 44
English as a Second Language See EDUCATION
English Language Learner See EDUCATION
English Learning Center .............................................. 50, 91
Environmental Services ................................................. 26
Epilepsy Foundation of MN ........................................... 30
Epiphany Caring For Life ............................................. 26, 62
Equipment Loan Program See Goodwill Easter Seals
Equipment-Early Childhood ......................................... 59
Equipment-Senior See Health & Wellness, Senior
ESL/ELL See EDUCATION
Everyday Miracles ....................................................... 23, 62
Extended Care Providers .............................................. 74
FAIM (Family Assets for Independence in MN) 18, 46
Fairview Lakes Regional Medical Center ....................... 32
Fairview Ridges Hospital .............................................. 32
Fairview Riverside Campus ........................................... 32
Fairview University Campus ......................................... 32
Fairview University Medical Center ............................... 32
Faith Community Nurse Program of Mercy & Unity
Hospitals ......................................................................... 30, 84
Family & Children’s Service ......................................... 97
Community Building and Civic Engagement .................. 64
Family Counseling ....................................................... 61
Family Project ............................................................. 60
Family School Coordinator Program .......................... 50, 72
Family Strength Activity Booklet ................................. 61
GLBT-KIDS Abuse Intervention Program 7, 10, 66, 95
Mental Health Counseling ........................................... 37
MOVE .............................................................................. 65, 91
Teen Outreach Program ............................................... 72
Teen Pride ....................................................................... 72
Youth on the Move ....................................................... 50
Family-Based Therapy Associates .................................. 37
Family Innovations, Inc ............................................... 37
Family Life Mental Health Center 37, 69, 81
FAMILY SERVICES .................................................. 60
Anoka County Community Resource Guide
Page 107
INDEX
Anoka County Community Resource Guide
Page 109

INDEX
INDEX

Anoka County Community Resource Guide
Page 110

Missing & exploited children helpline ........ 5, 10, 54, 61
Missing & Exploited Children, 24 hour National Hotline .............................................. 11
Missing Children Minnesota/24 hours ........ 11
Mississippi Branch Library ......................... 104
MNET (MN Non-Emergency Transportation) .... 24, 75
Mobile Home Services, ACCAP ..................... 19
Money ............................................. See FINANCIAL
Moving Forward & Assessment Services........ 35
Moving Services-Senior ......................... 77
Mt. Olive Lutheran .............................. 17
MULTICULTURAL RESOURCES ................. 91
NACE, Inc. ........................................ 17
NACo Prescription Discount Card ............... 27
Narcotics Anonymous ......................... 9
Narcotics Anonymous/24 hours ............... 35
National Child Abuse Hotline/24 hours ....... 11
National Runaway Switchboard ................. 11, 66
National Service ................................ 43
Neighborhood Involvement Program Community Clinic ............................................. See NIP Community Clinic
Neighborhood Justice Center .................... 92
New Connection Programs (Regions Hospital) .... 35, 70
New Life Family Services ...................... See First Care Pregnancy
NIP Community Clinic ......................... 33, 34
North Anoka County Emergency ............. See NACE, Inc.
North Central Branch Library ................. 104
North Hennepin Community College .......... 51
North Memorial Hospital ......................... 33
North Metro Coalition .......................... See Grief Support
North Metro Pediatrics ....................... 27, 33, 68
North Side Life Care Center ................... 63
North Suburban Counseling Center .......... 39, 70
Northland Therapy Center .................... 39, 95
Northtown Library ............................ 104
Nucleus Clinic ................................ 12, 28, 33, 63, 68
Nystrom & Associates, Ltd. ....................
  Children’s Therapeutic Services & Supports .... 39
  Intensive Outpatient Chemical Dependency Prog ... 35
  Outpatient Clinic ................................ 39
Office of Consumer Services, Attorney General’s Office, Minnesota ......................... 48
Ombudsman for Older Minnesotans .......... 80, 84
Ombudsman Senior Services ................. 80, 84
Operation Military Kids ......................... 89
Opportunity Partners .......................... 31, 42
Opportunity Services .......................... 31
Other Resources-Youth Services ............. 71
Other, Helplines & Crisis Numbers .......... 12
Our Friends Place (Columbia Heights Area) .... 9
Out Front Minnesota ......................... 8, 95

Minnesota Workforce Center
Minnesota Vision
Minnesota Veteran
Minnesota State Bar Association
Minnesota Problem Gambling Helpline

Metro North Adult Basic Education ........ 51, 92, 98
Metro Psychology Support Services ........ 27, 81
Metro Shelter Hotline .......................... 5, 22, 67, 83
Metro Transit .................................. 24
Ride Share ........................................ 24
Metropolitan Center for Independent Living (MCIL) .... 31
MFINE (Minnesota Family Investment Program) .... 45
MHFA ......................................... See Minnesota Housing Finance Agency
Military.com .................................... 89
Minneapolis American Indian Center ......... 92
Minneapolis Community & Technical College (MCTC) .... 51
Minneapolis Urban League .................... 92
Minnesota Adult Day Services Association .... 82
Minnesota AIDS Project ...................... 31, See MAP AIDS Line
Minnesota Assistance Council for Veterans . 89
Minnesota Care .................................. 27, 80
Minnesota Careers ......................... 41, 55
Minnesota Child Abuse Hotline ............... 11
Minnesota Domestic Violence Crisis Line .... 5, 7
Minnesota Domestic Violence Crisis Line .... 5, 7
Minnesota Family Planning & Sexually Transmitted Diseases Hotline ................. 12
Minnesota Highway Safety & Research Center- St. Cloud University .................... 86
Minnesota Housing Finance Agency (MHFA) .... 19
Minnesota Link-up Plan ........................ 45
Minnesota Military Family Assistance Center .... 89
Minnesota Prevention Resource Center ....... 35
Minnesota Problem Gambling Helpline ....... 13
Minnesota Safety Council ..................... 24, 51, 62, 86
Minnesota State Bar Association ............. 49
Minnesota Veteran ................................ 89
Minnesota Vision Project ...................... 31
Minnesota Workforce Center ................. 41
  Veteran Employment Representative ....... 89
Minnesota, State of
  Attorney General ................................ 103
  Council on Black Minnesotans .............. 93
  Department of Human Rights ............... 48, 92
  Department of Human Services ............. 31
  Department of Veterans Affairs ............ 89
  Disability Law Center ....................... 48
  Division of Rehabilitation Services (DRS) .... 30
  Governor ...................................... 103
  House of Representatives .................. 103
  Office of Consumer Services, Attorney General’s Office ............... 48
  Secretary of State ......................... 103
  Senate ........................................ 103
  State Capitol Building ...................... 103
  State Council on Disability ................ 31
  State Office Building ...................... 103
  State Services for the Blind ............... 32

Anoka County Community Resource Guide
Page 110

INDEX
Senior Information See FOR SENIORS ONLY
Senior Information Line, ACCAP 74, 88, 99
Senior Law Project 85
Senior Outreach, ACCAP 74, 85
Senior Partners Care Program 80
Senior Programs, ACCAP 74
Senior Services See FOR SENIORS ONLY
Senior Services in Anoka County 74
Senior Transportation Services See FOR SENIORS ONLY
Senior Resource 74
Sexual Abuse See Abuse – Physical &/or Sexual
Sexual Abuse towards children See Helplines & Crisis Numbers-Children
Sexual Assault Hotline See Anoka County
Sexual Behavior in children See Family Services, See Helplines & Crisis Numbers-Children, See Project
Pathfinder
Sexual Violence Center 8
Shelter See Emergency Shelter, See Basic Needs
Shelter/Housing/Transitional Housing-Youth Services 67
Sheridan Womens & Childrens Clinic 33
Sheriffs Office See Anoka County
Shiloh House 40
Shriners Hospitals for Children 33
Sight & Hearing Association 32
Sliding Fee Counseling See Mental Health
Sliding Fee Dental Clinic See Dental
Sliding Fee Legal See LEGAL
Sliding Fee Medical Clinics See Low Cost Clinics
Small Talk 55, 58
Social Opportunities for Seniors 86
Social Security 45, 49, 74
Social Services See Anoka County
Southeast Asian Community Council, Inc 93
Southeast Asian Ministry 93
Southeast Asian Refugee Community Home (SEARCH) 93
Southern Anoka Community Assistance (SACA) 17, 23
Southern Anoka County Neighborhood Center 14
Southern MN Regional Legal Services 49, 93
Southside Community Dental Clinic 34
Special Needs See Community Education Departments
Special Needs Programs 28
Specialized Child Care Services 58
Spenders Anonymous 13
Springbrook Nature Center 99
St. Cloud Area Legal Services 49
St. Francis Branch Library 104
St. Joseph’s Hospital 33
St. Mary’s Health Clinic 34
St. Paul Area Council of Churches 93
St. Paul College 52
State Capitol Building 103

State Council on Black Minnesotans 93
State Council on Disability, Minnesota 31
State Legislators See CIVIC INFORMATION
State Office Building 103
State Services for the Blind 32
Stepping Stone Shelter 22
Stop It Now! Minnesota 6, 8, 12, 40, 55, 61, 70
Store-to-Door 16, 76
Subsidized Apartments 20
Subsidized Housing 20
Substance Abuse See Chemical Health, See Alcohol/Chemical Dependency
Support Groups for Parenting See Parenting/Child Development
Support Groups for seniors 80, 81
Supportive Housing-Senior 82
Supportive Living Services 40
Tamarisk, Inc 32, 80, 81, 99
Tax Assistance 49
Taxi See Transportation
Taxpayer Advocate Office of IRS 49
Technical College See EDUCATION
Teen Pregnancy Program 56, 63
Teen Services See YOUTH SERVICES
Telephone Assistance Plan 45
Telephone Equipment Distribution Program 32
The Bridge for Youth 67, 70
The Closet 23
The Counseling Clinic, Inc 40
Therapy See Mental Health
Thunder Spirit Center 36, 40
Tough Love 40, 73
Town Hall See CIVIC INFORMATION
Town Taxi & Airport Taxi 25
Transformation House 13, 22, 36, 80
Transformation House Spirituality / AA 9
Transitional Housing 21
Transitional Housing, ACCAP 22
Transitional Housing-Youth Services 67
Transportation 23
Transportation Services-Senior 74
Traveler 24, 75
Trips & Tours-Seniors 87
Tubman 8, 22, 49, 70, 94
Twice Nice Thrift Store, ACCAP 19, 23, 99
Twin Cities Christian Legal Aid (TCCLA) 49
Twin Cities Free Market 19, 20
Twin Cities Habitat for Humanity 19
Twin City Transportation 25
Unemployment Insurance 42
United Cambodian Association of Minnesota 94
United Hospital 33, 81

Anoka County Community Resource Guide
Page 112
INDEX
United States Government ................................................. 103
United Way 2-1-1 .............................................. 6, 13, 19, 59, 66, 74
United Way Caring Connection ............................... 99
Unity Chemical Dependency Services ......................... 36
Unity Hospital ................................................................. 33
Chemical Dependency Services ................................. 36
Faith Community Nurse Program .......................... 30, 84
Geriatric Mental Health Programs ............................. 81
Immediate Sexual Assault Nursing Care .................. 30, 68
Universities .................................................. See EDUCATION
University of Minnesota
  Cancer Information Line ............................................. 29
  Center for Sexual Health ......................................... 29, 95
  Extension, Anoka County ......... 16, 46, 52, 59, 99
  Human Resources .................................................. 43
  Information Line .................................................... 52
  Job Information ..................................................... 43
VA ........................................ See Veterans Affairs Medical Center
Values First Initiative ...................................................... 73
Vehicle .......................................................... See Transportation
Veterans Resource Center .......................... 40, 42, 89
VETERAN SERVICES .................................................. 89
Veterans Affairs Medical Center, Minneapolis .......... 36, 89
Veterans Linkage Line ................................................. 90
Veterans Service Office-Anoka County ..................... 40, 85, 90
Victim/Witness Services ........................................... See Anoka County
Victims Service, General ............................................. See Council on Crime & Justice
Village Financial Resource Center ............................ 46
Violence, Help with .................................... See Abuse - Physical &/or Sexual
Vision Loss Resources ............................................... 32, 80
Vitalize Wellness Center of Parmly LifePointes ............. 80
Vocational Rehabilitation Services .................................. 42
VOLUNTEER OPPORTUNITIES .................................. 96
Volunteer Opportunities for Seniors ............................ 87
Volunteer Transportation .............................. See Anoka County
Volunteers of America
  Legal Services ................................................................. 85
  Mental Health Clinics ................................................... 40, 70
  Senior Mental Health Services .................................. 82
Voter Registration ........................................ See Elections Office
Vulnerable Adult/Adult Protection .................................. See Anoka County
Waste Management .................................... See Recycling/Waste Management
Weatherization, ACCAP .............................................. 20
Well-Spouse Association ........................................... 40
West Side Community Health Services ....................... 34
WIC ........................................ See Women, Infants, & Children
Women Achieving New Directions Employment Action Center .......... 42
Women Venture .................................................. 42
Women, Infants, & Children (WIC) ...................... 16, 26
Woodwinds Campus Hospital .................................... 33
Workers Compensation .................................................. 49
Working Family Resource Center .............................. 42
YMCA ............................................................. 73, 86
Youth Employment Programs ..................................... See Anoka County
Youth First
  Andover, Anoka, Ramsey, Community of Promise .......... 71
  Coon Rapids ................................................................. 64, 72
  Coon Rapids Teen Center-The Element ..................... 67, 72
Youth Service Bureau ................................................... 70
YOUTH SERVICES ....................................................... 66
Drop-in Centers .......................................................... 67
Health & Wellness-Health Care .................................. 68
Hotlines ................................................................. 66
Mental Health & Counseling ...................................... 69
Other Resources ......................................................... 71
Shelter/Housing/Transitional Housing ......................... 67