

## Family and Community Resources for 2009-10

### Emergency Numbers

Poison Emergency Information 1-800-222-1222  
United Way 2-1-1 651-291-0211

### Nutrition Programs for Women & Children

MAC (*Mothers and Children*) 651-484-8241  
WIC (*Women, Infants, and Children*) 651-266-1300

### Food Programs

Food Shelf Info and Locations (*United Way 2-1-1*) 651-291-0211  
Food Stamps, Application Request 651-266-4444

### Health Insurance

Medical Assistance 651-266-4444  
MinnesotaCare 651-297-3862  
Neighborhood Healthcare Network 651-489-2273  
Portico Healthnet 651-603-5100

### Medical and Health Care

Children's Hospital Clinic, St. Paul 651-220-6700  
Gillette Children's Specialty Healthcare 651-291-2848  
Ramsey County Mental Health Center 651-266-7890  
Ramsey County Refugee and Immigrant Health 651-266-1244  
Regions Hospital 651-254-3456  
St. Paul-Ramsey County Public Health 651-266-2400  
    Immunizations 651-266-1234  
    Lead Poisoning 651-266-1292  
    Nursing 651-266-1555

### Dental Care (*Low Cost/Sliding Fee*)

Century College Dental Hygiene Clinic 651-779-5787  
Children's Dental Services 612-746-1530  
Community Dental Care 651-774-2959  
Eastside Family Clinic, 860 Arcade St. 651-772-9757  
Helping Hand Dental Clinic 651-224-7561  
Indian Health Board Dental Clinic, Minneapolis 612-721-9800  
La Clinica Bright Smiles Dental Clinic 651-389-2510  
North End Medical Center, 135 Manitoba Ave. 651-489-8021  
Open Cities Dental Clinic, 409 N. Dunlap St. 651-290-9200  
Union Gospel Mission 651-292-1721  
West Side Dental Clinic, 478 Robert St. S. 651-602-7575

### Community Health Clinics (*Low Cost/Sliding Fee*)

Eastside Family Clinic, 860 Arcade St. 651-772-9757  
Indian Health Board, Minneapolis 612-721-9800  
McDonough Homes, 1541 Timberlake Rd. 651-558-2191  
New Americans Community Health Clinic 651-287-5223  
    (*Primarily serves African immigrants & refugees*)  
North End Medical Center, 135 Manitoba Ave. 651-489-8021  
Open Cities Health Center, 409 N. Dunlap St. 651-290-9200  
St. Mary's Health Clinic 651-690-7029  
United Family Health Center, 545 W. - 7<sup>th</sup> St. #3 651-241-1000  
West Side Community Health Center, 478 Robert St. S. 651-222-6421

### Ramsey County

Birth and Death Records 651-266-1333  
Community Human Services 651-266-4444  
Emergency Social Services, After 5:00 PM 651-291-6795

### Housing

Housing Link (*United Way 2-1-1*) For Cell Phones: 651-291-0211  
St. Paul Public Housing Rental Assistance 651-298-5158

### Community Services Centers

(*Programs include Counseling, Daycare, Emergency Assistance, and Food & Clothing Shelves*)  
Baker Community Center, 209 W. Page St. 651-292-7244  
Eastside Community Center, 1526 E. - 6<sup>th</sup> St. 651-771-8821  
Hallie Q. Brown/Martin Luther King Center, 270 Kent St. 651-224-4601  
Joseph's Coat, 1107 W. - 7<sup>th</sup> St. 651-291-2472  
McDonough Community Center, 1544 Timberlake Rd. 651-558-2172  
Merriam Park Community Center, 2000 St. Anthony Ave. 651-645-0349  
Merrick Community Services, 715 Edgerton St. 651-771-9339  
Mt. Airy Community Center, 91 E. Arch St. 651-228-3192  
Neighborhood House, 179 E. Robie St. 651-227-9291  
Roosevelt Community Center, 1575 Ames Ave. 651-793-3853  
Salvation Army Social Services 651-746-3400  
West 7<sup>th</sup> Community Center, 265 Oneida St. 651-298-5493

### Culture-Specific Support Services

#### African

Ethiopian Community in MN 651-645-9668  
Oromo Community of MN 612-340-0282  
Somali Community of MN 612-871-4268

#### African American

African American Family Services 651-642-0021  
St. Paul Urban League 651-224-5771

#### American Indian

American Indian Family and Children's Services 651-223-8526  
American Indian Family Center 651-793-3803  
Indian Health Board, Minneapolis 612-721-9800  
MN Indian Woman's Resource Center 612-728-2000  
Women of Nation/Eagle's Nest Shelter 651-222-5830

#### Asian

Asian Women United 612-646-2118  
Hmong American Partnership, www.hmong.com 651-495-1565  
Hmong Cultural Center 651-917-9937  
Hmong MN Pacific Association 651-778-8937  
Karen Community of MN 651-487-3390  
Lao Family Community English Education Program 651-771-3891  
Lao Family Community of MN, Inc. 651-221-0069  
United Cambodian Association of MN 651-222-3299  
Vietnamese Minnesotans Association 651-290-4791  
Vietnamese Social Services of MN 651-641-8907  
Wilder Programs for Southeast Asians 651-647-9676

## Hispanic

Casa de Esperanza, *Emergency Shelter for Battered Women* 651-646-5553  
CLUES (*Chicanos Latinos Unidos en Servicio*) 651-379-4200  
Hispanos en MN 651-227-0831  
Mexican Consulate 651-771-5494  
West Side Community Health Center, La Clinica 651-222-6421

## Transportation

Metro Transit 612-373-3333

## Parent Help Lines

Parent Warmline, Children's Hospital 612-813-6336

## Counseling and Support Services

Alcoholics Anonymous, St. Paul Area 651-227-5502  
Child Protection, Intake 651-266-4500  
Children's Crisis Response 651-774-7000  
Children's Home Society, Parent Support Services 651-641-1300  
La Familia Guidance Center 651-221-0913  
MN Coalition for Battered Women's Crisis Line 1-866-223-1111  
Ramsey County Mental Health Center 651-266-7890  
Sexual Offense Services 651-643-3006  
Sexual Violence Center Crisis Line 612-871-5111  
St. Paul Domestic Abuse Intervention Project 651-645-2824  
Tubman Family Alliance 24 Hour Crisis Line 651-770-0777  
Wilder Foundation Family Services 651-280-2310  
Women's Advocates 651-227-8284

## Family Resource Centers

Working Family Resource Center, Downtown St. Paul 651-293-5330

## Family Centers

American Indian Family Center 651-793-3803  
Eastside Family Center 651-793-7340  
West 7<sup>th</sup> Family Center/Partners for Violence Prevention 651-298-4566

## Parenting Education & Assistance

Catholic Charities 651-222-3001  
Children's Home Society and Family Service 651-222-0311  
Early Childhood Family Education, St. Paul Public Schools (SPPS) 651-793-5410  
Family and Community Partnership 651-266-7767  
Healthy Families Intake, Nursing, Ramsey County 651-266-1568  
Jewish Family Services 651-698-0767  
Lutheran Social Service 612-871-0221

## Parent Support Groups

MELD, Parenting Groups 612-435-0293  
Parents without Partners 952-953-7100  
Prevent Child Abuse MN 651-523-0099

## Legal Advice

Immigrant Law Center of MN 651-641-1011  
Legal Aid Society 612-332-1441  
Linea Legal Latina 651-379-4223  
MN Advocates for Human Rights 612-341-3302  
Refugee, Immigrant, and Migrant Services 651-291-2837

## Adult Literacy Programs (SPPS)

Adult Literacy/Hubbs Lifelong Learning Center 651-290-4822

## Kindergarten & Pre-Kindergarten Programs (SPPS)

General Information 651-767-8100  
Student Placement Center, General Info and Appointments 651-632-3701  
Elementary Placement Office, Pre-K – 6<sup>th</sup> Grade 651-632-3760  
Secondary Placement Office, 7<sup>th</sup> – 12<sup>th</sup> Grade 651-632-3761

ECS-35

## Child Care & Preschool Assistance

Childcare Assistance Program 651-266-4019  
Early Childhood Allowance/Scholarship Program 651-641-6604

## Child Care Information

Discovery Club, School-Age Child Care (SPPS) 651-632-3792  
Resources for Child Care, Childcare Resources and Referral 651-641-0305  
Working Family Resource Center, Downtown St. Paul 651-293-5330

## Pre-Kindergarten & Preschool Programs

Community Action Programs Head Start 651-603-5977  
Elementary Placement Office (SPPS) 651-632-3760  
Parks and Recreation Centers 651-266-6400  
Pre-Kindergarten Program (SPPS) 651-793-5430

## Developmental Screening

Early Childhood Screening, Required Before Kindergarten 651-632-3746

## Children with Special Needs

Early Childhood Information and Referral of Ramsey County 651-604-3700  
Early Childhood Special Education Evaluation Team (SPPS) 651-696-9650  
Jewish Family Services 651-698-0767  
Lifetrack Resources 651-227-8471  
Pacer Center, Inc. 952-838-9000  
Special Needs Child Care Providers 651-641-6644  
Wilder Child Guidance Clinic 651-280-2310

## Having Fun with Other Children

Community Education Programs (SPPS) 651-767-8179  
Como Park Zoo 651-487-8200  
MN Children's Museum 651-225-6000  
Parks and Recreation Centers 651-266-6400  
Science Museum of MN 651-221-9444  
St. Paul Public Libraries 651-266-7000