

HSPHD-CHILDREN, YOUTH, AND FAMILIES YELLOW PAGES

Twin Cities Metro Area

Hennepin County Front Door 612-348-4111 Intake and referrals for Human Services & Public Health

Minnesota Relay Service – 711 Hearing Impaired **La Conexión** –708-9162 Helps connect Latinos to needed resources

HEALTH/SALUD/CAAFIMAADKA

HEALTH CARE/ EL CUIDADO MEDICO/DARYELKA CAAFIMAADKA		
Medical Assistance	Hennepin County Economic Assistance	596-1300
Minnesota Care	Healthcare coverage on a sliding fee	651-297-3862
Child and Teen Checkups		348-5131
Call for assistance in scheduling an appointment	Spanish	348-9994
Assured Access		348-6141
Sliding fee for access to health care	Spanish	596-6639
Hennepin County Public Health Clinic		543-5555
(Formerly Red Door Clinic & HAP Clinic)		
STD testing - TB testing – Refugee screening		
Health Care for the Homeless Project		348-5553
Immunizations Service Unit	For uninsured/underinsured	348-2741
CDC Immunization Info Hotline		1-800-232-4636
MN Dept of Health	Lead poisoning / screen -Asbestos info	651-201-4620
489-CARE		651-489-2273
Referrals to affordable, low-cost clinics and help in applying for MN-CARE		
Portico	Help to find affordable health care coverage	651-603-5100
St. Mary's Health Clinic	Donations for services appreciated	651-690-7029
Phillips Neighborhood Clinic		724-1690
Affordable, culturally appropriate health care (6-9 PM)		
Clinicas donde se habla Espanol		
East Lake Clinic	873-8100	Green Clinic 827-7181
Centro de Salud	874-1420	Family Medical Center 545-9000
Su Familia National Hispanic Family Health Helpline		1-866-783-2645
Connects Hispanic families with basic health information free		
Al-Shifa Clinic	(open to anyone)	763-567-9605
Free culture/religion-specific medical care for Islamic immigrants		
HCMC – Information numbers	Interpreter Services –	873-5663
Shriner's Hospital for Children		596-6100
Free evaluation for burns, bones, joints & muscles		
Walk-In Counseling Center	(9:00 a.m. to 12 noon)	870-0565
For Anxiety, depression, & relationship problems		
Emily Program	Outpatient eating disorder services	952-746-5774
MN Family Planning & STD Hotline		1-800-783-2287
Takes confidential calls about birth control & sexually transmitted disease. Referrals for treatment and support.		
Planned Parenthood	Family Planning Assistance	823-6300
Midwest Health Center for Women		332-2311
T.C. Healthy Start Program	Culturally sensitive support for pregnant women who are African or Native American	673-3448
MN African Women's Association (MAWA)		588-7666
Promotes health and well-being of African families		
Multi-Cultural Service Delivery		348-2193
Help with forms, housing, job search, immigration status, and other services.		
Women's Cancer Option		822-4846
Information, support, and resources		
Go Local	Health services & resources for MN	www.hsl.lib.umn.edu/golocal

NUTRITION/LA NUTRICION/NAFAQO	
Food Support Program (Easy Info Line)	596-1300
Hennepin County Economic Assistance; for food purchases (sliding fee scale)	
WIC Program	348-6100
Nutrition assessment, supplemental foods & referrals. No cost.	
WIC Vendor Concerns – Erin White	651-201-4415
APRIA	800-520-7785
May get help for medically prescribed formula in addition to WIC formula	
MAC	651-484-8241
Commodity Supplemental Food Program for women & children up to age 6	
Simply Good Eating (EFNEP)	596-2110 EXT-5
Offers food buying tips, nutrition education, & food preparation methods	
Emergency Food Shelf Network	763-450-3860
Call for nearest site	
Islamic Center of Minnesota	763-571-5604
Halal food shelf	
Pastor Paul's Mission	521-4665
Free Groceries (monthly) – no boundaries	
Greater Lake Country Food Bank	340-9694
Reduced cost meat, fish, vegetables, and other items	
Fare For All	763-450-3880
Reduced food price for 2 hrs/mo. volunteer service	
Sharing & Caring Hands	338-4640
Free meals on certain days and times	
House of Charity – Food Center	333-8968
Free mid-day meals	
Loaves and Fishes	377-9810
Free hot meals served weeknights by church & community groups.	
Centro	874-1412
Food shelf and clothing	
Food Allergy Support	www.foodallergysupportmn.org

BREASTFEEDING: INFANT HEALTH/LA LACTANCIA: LA SALUD INFANTIL/NAAS NUJINTA CARRURTA

LaLeche League	922-4996
Breastfeeding support and information	
WIC Breastfeeding Support	348-6100
Support and information	
Unity Breastfeeding Warmline	763-236-3405
24 hour service	

DENTAL HEALTH/LA SALUD DENTAL/CAAFIMAADKA ILKAHA EE QIIMAH JABAN

U of MN – Pediatric Dentistry	Ages 0-16 625-7171
	Ages 17-21 624-8400
Children's Dental Services	NE Minneapolis 746-1530
North Point Health and Wellness Center	302-4600
Donated Dental Services	651-454-6290
For those permanently disabled or handicapped	

FAMILY/LA FAMILIA/QOOYS AMA REER

<p>PARENTING AND EARLY CHILDHOOD EDUCATION/LA CRIANZA Y LA EDUCACION TEMPRANA DE LA NINEZ/WAALIDAYNTA IYO WAXBARASHADA HORE EE CARRURNIMADA</p> <p><u>Follow Along Program</u> 348-5624 Track your child's development through periodic questionnaires. Serves children birth to age 3 years.</p> <p><u>Helping Us Grow (HUG)</u> 763-504-4983 Support of families during pregnancy or with newborn. Serving the North and West suburbs of Hennepin County. No cost.</p> <p><u>PICA Head Start</u> Early Childhood Education & Family Development Program English 374-0701 Oromo 374-0703 Spanish 374-0705 Hmong 374-0709 Somali 374-0707</p> <p><u>Early Childhood Family Education (ECFE)</u> 668-3927 Education, support, and social experiences for families with children between the ages of birth to kindergarten entrance</p> <p><u>Way to Grow (Minneapolis)</u> 874-4740 Family support and school readiness program</p> <p><u>Parent Warmline</u> Children's Hospitals & Clinics 813-6336 Questions about child development and behavior</p> <p><u>HIPPY</u> Home instruction for parents of 3-4 yr olds 871-0662</p> <p><u>Circle of Parents</u> 1-800-244-5373 Help for developing positive parenting strategies</p> <p><u>The Storefront Group</u> 861-1675 Human service and mental health provider for school age kids and their families</p> <p><u>MN Parent Center (PACER)</u> 952-838-9000 Helps parents when there are concerns with their child's education</p> <p><u>YMCA Single Parent Family Retreats</u> 821-2966 Fall – Single Parents Spring – Families</p> <p><u>Resource Center for Fathers & Families</u> 763-783-4938 Offers many services for fathers & families</p> <p><u>African American Men's Project</u> 302-4694 Counseling and support programs</p> <p><u>Center for Families</u> 276-1571 Help for immigrant families, especially from West Africa</p> <p><u>Centre for Asians and Pacific Islanders (CAPI)</u> 721-0122 Assists refugees (<2yr.) to become sufficient. Includes Africans</p> <p><u>New Family Center</u> Families with English as a second language Main # - 668-3700 Spanish – 668-3702 Hmong - 668-1836 Somali - 668-3704</p> <p><u>Child Protection Reporting Line</u> 348-3552 Call to report abuse. Open 24 hours/day - 7 days/week</p> <p><u>Family & Children's Service</u> 339-9101 Counseling service for families experiencing emotional or physical difficulties</p> <p><u>Prevent Child Abuse Minnesota</u> 651-523-0099 Self help and ideas on how to be a better parent</p> <p><u>Paternity Verification - Volunteer Lawyers Network</u> 752-6677 Guidance for establishing legal fatherhood.</p> <p><u>Multiple Connections</u> 952-953-7365 Support for multiple births-twins or higher order multiples, expected or born</p> <p>www.parentsknow.state.mn.us Parenting information and resources</p>	<p style="text-align: center;">CHILDREN WITH SPECIAL NEEDS/ NINOS CON NECESIDADES ESPECIALES/CARRURTA LEH BAHI GAR AH</p> <p><u>348-TOTS</u> 348-8687 Serves children birth to age 3 years. Screenings for child development and behavior concerns.</p> <p><u>MN Children with Special Health Needs (MCSHN)</u> 1-800-728-5420 <u>Early Intervention Information and Assistance</u> Metro Area 651-201-3650 Services needed by children with special needs Developmental concerns or information for any MN child</p> <p><u>Hennepin County Developmental Disabilities</u> 348-4111 Children & Adult Mental Health Front Door</p> <p><u>Hennepin Developmental Pediatrics/HCMC Peds Clinic</u> 873-2435 Services for children who have complex learning and behavior problems</p> <p><u>Hennepin County Aging & Disability Services</u> 348-4500</p> <p><u>ARC of Greater Twin Cities</u> 952-920-0855 Resource centers for parents who have children with disabilities</p> <p><u>MN State Council on Disability</u> 651-361-7800 Information and referral regarding all services to persons with disabilities</p> <p><u>Learning Disabilities of MN</u> 952-922-8374 Information, education, and advocacy regarding learning disabilities.</p> <p><u>PACER (Parent Advocacy Coalition for Educational Rights)</u> 952-838-9000 Information, support and advocacy for parents of children with disabilities</p> <p><u>Disability MN</u> Disability information in Minnesota www.mndisability.gov</p> <p><u>Washburn Child Guidance Center</u> 871-1454 Mental Health Services for children and families.</p> <p><u>Fraser</u> 5 key programs for individuals with special needs 861-1688</p> <p><u>Southside Family Nurturing Center</u> 721-2762 Therapeutic preschool (from 16 mos) and home visits for families in need of parenting help.</p> <p><u>American Lung Assoc Help Line</u> Asthma Info Center 1-800-548-8252</p> <p><u>Feeding Clinic</u> HCMC 873-2415 Children's Hospital 651-220-6446</p> <p><u>St David's Child Development & Family Services</u> www.stdavids.net</p>
<p>DAY CARE/CUIDADO DE NINOS/LOS SERVICIOS DE GUARDERIA INFANTIL/XANNAANAYNTA AMA HAYNTA CARRURTA</p>	
<p><u>Resources for Child Care</u> 651-641-0332</p> <p><u>Hennepin County Daycare</u> 348-5937 Help in finding child care</p> <p><u>MPLS Kids Community Education</u> 668-3890 School age child care (Latch Key)</p> <p><u>YMCA School-Age Care</u> Before & after school child care 371-8701</p> <p><u>Salvation Army</u> After school program 522-4871 Ext 114</p> <p><u>Recreation Plus</u> Low cost after school & summer programs 230-6475</p>	

FINANCES/FINANCIAL/LA CAG/DHAQAAL

FINANCIAL CONCERNS/ PREOCUPACIONES FINANCIERAS/DHAQAAL

<u>Northside LifeCare Center, Inc.</u>	522-6589
<u>Southside LifeCare Center, Inc.</u>	823-0301
<u>University Life Care Center, Inc.</u>	623-3211
Free pregnancy test, ultrasound, pre-natal care, and baby items	
<u>Easy Info Line</u>	596-1300
Human Services 24 Hour Phone System - Economic Assistance and MFIP	
<u>Social Security</u>	1-800-772-1213
<u>Family and Children's Service</u>	339-9101
Help in planning the best way to make ends meet	
<u>Clothing - Furniture - Kitchen - Misc. Items</u>	
Sharing & Caring Hands - Diapers	338-4640
Sabathani - Clarissa's Clothing Closet	821-2347
Basic Needs Program	377-7000
Salvation Army	522-6581
<u>Financial Counseling</u>	
Lutheran Social Services Financial Counseling Service	1-888-577-2227
<u>Community Action - Minneapolis</u>	
Community Action - Suburban Hennepin County	335-5837
Home Electric Savings, Weatherization, and Energy Assistance	
<u>Child Support</u>	348-3600
Help: child support payments and establishing paternity	
<u>Office of Multi-Cultural Services</u>	348-2193
Links immigrants with H.C. and community services	
<u>The Family Advocate</u>	Brooklyn Center 763-503-2982
Food, clothing, transportation, and support	Champlin 763-433-4559
<u>People Responding in Social Ministry (PRISM)</u>	763-529-1350
Loans/grants for residents in parts of Crystal, Robbinsdale, New Hope, Golden Valley and Plymouth	
<u>Volunteers Enlisted to Assist People (VEAP)</u>	952-888-9616
For people in need in Bloomington, Edina, Richfield, and far SW Minneapolis	
<u>St. Louis Park Emergency Program (STEP)</u> (St Louis Park)	952-925-4899
<u>Start-Up Family Loan</u> (North Mpls residents)	377-7000
<u>Telephone Discount Programs (QWEST)</u>	1-800-244-1111
For people on MFIP, MA, MNCare, SSI & Food Support	
Link-up – Up to \$30 off installation Lifeline – Discount on phone bill	
<u>MN Telephone Equipment Distribution Program</u>	1-800-657-3663
Special equipment for people with a disability	

TRANSPORTATION / EL TRANSPORTACI3N / GAADIID

<u>Bus Information (Metro Transit)</u>	373-3333
<u>Blue and White Taxi</u>	333-3333
<u>Yellow Cab</u>	824-4444
<u>Green & White Taxi</u>	522-2222

HOMELESS/SHELTERS/SIN HOGAR/REFUGIOS/HOOY LALAANTA DUGSI/MECL DHAXANTA LAGA GALO

<u>People Serving People</u>	332-4500
<u>Youth Link - Project Off Streets</u>	252-1200
Referrals to shelters for youth 16-19. Hot meals/ general assist.	
<u>Sharing and Caring Hands</u>	338-4640
<u>Metro Shelter Hotline</u>	1-888-234-1329
Emergency and Transitional housing	

HOUSING/VIVIENDAS/GURYEYN DEJIN

<u>Homeline</u>	728-5770
Resolving rental issues (no cost)	
<u>Housing Complaints/Inspections</u>	311
For rental properties	
<u>Landlord and Tenant Services</u>	Minneapolis - 673-3003
Problem resolution	Suburbs – 728-5767
<u>Minneapolis Public Housing Authority</u>	342-1400
Low income housing for Mpls	
<u>AEON</u>	341-3148
Low income housing for Metro Area	
<u>Housing Link</u>	www.housinglink.org
Listings of affordable housing	
<u>Housing Resource Center (at Lutheran Social Services)</u>	879-5266
Assistance with finding housing in Hennepin County	
<u>HUD Subsidized Housing</u>	370-3000
<u>Rapid Exit Housing (St. Stephen's)</u>	874-9292
Help for moving from a shelter	
<u>Women's Community Housing</u>	870-7781
Single parent women and their children	
<u>Jeremiah Program</u>	692-8711 Ext 3006
Assists single moms in school with affordable housing, childcare and more	
<u>Accessible Space (Disability Housing)</u>	651-645-7271
<u>Homebuyer Workshops</u>	
Minneapolis: 521-3581	Suburbs: 952-933-9639
<u>Rent / Deposit / Mortgage Assistance</u>	
• City Life Center (Housing Crises Caused by Pregnancy)	874-1808
• Community Emergency Service (South Mpls)	870-1125
• Elim Transitional House	763-788-1546
• CEAP (Brooklyn Park – Brooklyn Center)	763-566-9600
• ICA (Minnetonka - Hopkins)	952-938-0729
• PRISM (Golden Valley – Crystal - Plymouth)	763-529-1350
• STEP (St. Louis Park)	952-925-4899
• Community Action-Foreclosure Prevention (Suburbs)	952-933-9639

EDUCATION AND TRAINING/LA EDUCACION Y ENTRENAMIENTO/WAXBARASHO TABABARKA

<u>CLUES</u>	871-0200
Comunicadas Latinas Unidas En Servicio	
A variety of programs serving primarily the Hispanic community	
<u>Hennepin County Job Resources</u>	348-8953
<u>Adult Basic Education (ABE) - English as a Second Language (ESL) - GED</u>	
West Sub: 952-988-5343	South Minneapolis: 668-3800
North Sub: 763-504-8300	North Minneapolis: 668-1863
South Sub: 952-681-6170	
<u>Educational Opportunity Center</u>	659-6543
Academic career counseling and financial aid information	
<u>American Indian - OIC</u>	341-3358
ABE and GED programs; job training and placement	

OTHER PROGRAMS/OTRAS PROGRAMAS/BARNAAMIJKA

United Way 651-291-0211- English/Spanish—211 ~ Somali—721-4852 ~ Russian – 651-698-9167 ~ Hmong/Lao – 721-4852

24 Hr Info/Referral Service for Health, Recreation, Education & Social Service

www.bridgetobenefits.org Find out if you may qualify for public programs that can help stretch your family budget

EMERGENCY NUMBERS/NUMEROS DE EMERGENCIA/NAAMBARKA EMAJANSIGA ANSWERED 24 HOURS A DAY, 7 DAYS A WEEK	
Poison Control Medical information. What to do if someone is poisoned or over-medicated.	1-800-222-1222 or 911
Hennepin County Child Crisis Service Program Crisis services for youth to age 18 (24 hour service)	348-2233
Child Protective Services Abuse/neglect reporting line	348-3552
Crisis Nursery, Greater Minneapolis Emergency overnight care for children up to age 6 to prevent abuse and neglect	763-591-0100
Crisis Line Domestic Violence & Native American Youth Crisis Line	651- 646-0994
COPE Community Outreach for Psychiatric Emergencies 24/7	596-1223
Cornerstone Domestic Violence	952-884-0330
Crisis Connection Counseling for mental health related problems or any crisis situation	379-6363
Suicide Prevention	873-2222
Minnesota Coalition for Battered Women Referral Service for emergency shelter	651-646-6177
Rape and Sexual Abuse Center Counseling/advocacy line	825-4357
Casa de Esperanza Domestic abuse counseling for Latinas	651-772-1611
The Men's Line Help for men & those who care for them	379-6367
PICTURE ID/IDENTIFICACION CON FOTO/KARKA AQOONSIGA	
Hennepin County Service Center Information for acquiring a MN driver's license, state ID card, and US passport. Also, license tabs and birth, death, and marriage records/license.	348-8240
Money Express Check Cashing Center For Non-government ID Need Birth Certificate & \$20.00	824-2274
LEGAL SERVICES/LOS SERVICIOS LEGALES/SHARCI U ADEEGA SHARCIGA SAXDA	
MN Legal Services Coalition Spanish- www.lawhelpmn.org/espanol	www.lawhelpmn.org
Child Support/Collection Service Assistance with collecting child support	348-3600
Volunteer Lawyers Network Legal assistance to low income persons	752-6677
Legal Aid Society Legal help	334-5970
Hennepin County Court Information in Spanish	596-9275
Centro Legal Legal assistance for Hispanics	651-642-1890
U.S. Citizenship & Immigration Services	1-800-375-5283
Minnesota Department of Human Rights	651-296-5663

CHEMICAL SUBSTANCE/RECOVERY PROGRAMS/ LA SUBSTANCIA QUIMICA/PROGRAMAS DE RECUPERACION/ KIIMIKO/BARNAAMIJYADA DIS U LOOBAYRIA	
Alcoholics Anonymous	952-922-0880
Al-Anon For those affected by someone else's alcoholism St. Paul	952-920-3961 651-771-2208
Focus on Recovery Helpline 24 hours - nationwide	1-800-888-9383
Recovery Resource Center	752-8050
Hennepin County Chemical Health Services Referrals for treatment	879-3501
African-American Family Services Assistant for treating substance abuse	871-7878
RS Eden Chemical health services; outpatient & extended care treatment	338-2158
Minneapolis American Indian Center	871-4555
Chrysalis (for Women & their families) Services include mental health, chemical dependency, divorce and support services	871-0118
A Circle of Women Helps pregnant/parenting women with a history of drug or alcohol use	874-4747
To Quit Smoking - American Cancer Society American Lung Association	1-800-227-2345 1-800-586-4872
Gamblers Anonymous	1-888-424-3577
Minnesota AIDS Hotline	373-2437
Minnesota Sudden Infant Death (SIDS) Center Counseling for grieving families	813-6285
Council on Crime & Justice Services for families of inmates	353-3000
TEEN PROGRAMS/PROGRAMAS PARA ADOLESCENTES/BARNAAMIJYADA DHALLINYARADA	
Bright Beginnings Mentoring program for pregnant or newly-parenting teens 18 years old or less.	617-0191 Ext 1224
TAMS (Teen Age Medical Services) Ages 11-23 years Comprehensive health care clinic	813-6125
Lutheran Social Services Thinking of Adoption?	879-5230
West Suburban Teen Clinic Pregnancy testing, family planning, and health care for minors/adolescents without health insurance.	952-474-3251
Annex (North Suburban Teen Clinic) Free pregnancy testing and childbirth classes for those 20 years or younger.	763-533-1316
Parent support Advocate (Lutheran Social Services) Transportation available—Southside only	879-5290
School-Based Teen Parent Programs Mpls School-based Programs - TAPPP South Suburban – 866-9780 (ext 11 or 22) North Suburban--763-550-7302	668-1881
Legal Aid Legal advocacy and representation for youth	827-3774