

Family and Community Resources for 2021-2022

Emergency Numbers

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

Enrollment in Saint Paul Public Schools (SPPS)

Student Placement Center (General info and appointments) 651-632-3701

Pre-Kindergarten & Preschool Programs

Community Action Programs Head Start 651-603-5977
Student Placement Center (Pre-K enrollment/acceptance, SPPS) 651-632-3760
Saint Paul Parks and Recreation Centers 651-266-6400
Pre-Kindergarten Program (Office of Early Learning, SPPS) 651-793-5430
Early Childhood Family Education (SPPS) 651-793-5410
Neighborhood House Early Childhood Education 651-789-2543

Developmental Screening (3-5)

Early Childhood Screening (*Required before school entrance, SPPS*) 651-632-3746

Children with Special Needs

Help Me Grow, www.helpmegrowmn.org 1-866-693-4769
Early Childhood Special Education Evaluation Team (SPPS) 651-744-8094
Early Childhood Special Education Birth to 3 Team (SPPS) 651-744-5661
Early Childhood Family Education (SPPS) 651-793-5410
Jewish Family Services 651-698-0767
Lifetrack Resources 651-227-8471
Pacer Center, Inc. 952-838-9000
Special Needs Child Care (*Center for Inclusive Child Care*) 651-641-8339

Health Insurance

Medical Assistance (MA), Ramsey Co. Health and Wellness 651-266-4444
MinnesotaCare 651-297-3862
Portico Healthnet 651-489-2273

Dental Care (*Low Cost/Sliding Fee*)

Century College Dental Hygiene Clinic 651-779-5787
Children's Dental Services 612-746-1530
Community Dental Care, 828 Hawthorne Ave. E. 651-774-2959
Community Dental Care, 1670 Beam Ave., Maplewood 651-925-8400
Dental Associates of St. Paul, 1790 E. 7th St. 651-735-0595
Eastside Family Clinic, 895 E. 7th St. (*MN Community Care*) 651-602-7500
Helping Hand Dental Clinic, 895 E. 7th St. (*MN Community Care*) 651-224-7561
Hope Dental Clinic, 800 Minnehaha Ave. (*Union Gospel Mission*) 651-789-7605
Indian Health Board Dental Clinic, Minneapolis 612-721-9800
La Clinica Bright Smiles Dental Clinic 651-602-7500
Open Cities Dental Clinic, 409 Dunlap St. N. 651-290-9200
United Family Dental, 1026 W. 7th St. 651-241-1000
University of MN Dental Clinics (*General #: 612-625-2495*) 612-625-7171
West Side Dental Clinic, 478 Robert St. S. 651-602-7575

Vision – Pediatric

Associated Eye Care 651-275-3000
City Place Medical Building, 237 Radio Dr, Suite 100, Woodbury
Health Partners Specialty Clinic 952-967-7611
MN Lions Children's Eye Clinic (*University of MN*) 612-365-8350
Park Plaza, 701 25th Ave. S (building fl. 3), Minneapolis
Open Cities Health Center 651-290-9202
409 Dunlap St. N.
916 Rice St.
St. Paul Eye Clinic, <https://stpauleye.com> 651-738-6500
1093 Grand Ave., St. Paul
100 Beam Professional Bldg., 1675 Beam Ave., Maplewood
230 Midwest Eye and Ear Institute, 2080 Woodwinds Dr., Woodbury
1215 Town Centre Dr., Suite 100, Eagan

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

*Eastside Family Clinic, 895 7th St. E. (*MN Community Care*) 651-772-9757
Indian Health Board, Minneapolis 612-721-9800
*McDonough Homes, 1541 Timberlake Rd. #235 651-602-7500
*Open Cities Health Center, <https://opencitieshealth.org/contact/> 651-290-9200
Dunlap Clinic, 409 Dunlap St. N.
North End Clinic, 916 Rice St.
*Phalen Village, 1414 Maryland Ave. E. 651-772-3461
*St. Mary's Health Clinic 651-287-7777
*United Family Medicine
1026 W. 7th St. 651-241-1000
Sibley Plaza, 2423 W. 7th St. 651-699-2093
*University of MN Physicians, 580 Rice St. 651-227-6551
(*Bethesda Family Medicine*)
*MN Community Care (formerly WSCHS), 153 Cesar Chavez St. 651-222-1816
Health Start Clinics
Central, 275 Lexington Pkwy. N. 651-632-2194
Como Sr., 740 Rose Ave. 651-487-8539
Gordon Parks, 1212 University Ave. E. 651-412-8445
Harding, 1540 Sixth St. E. 651-778-2884
Highland Park, 1015 Snelling Ave. S. 651-690-7667
Humboldt, 30 Baker St. E. 651-312-1996
Johnson Sr., 1349 Arcade St. 651-778-2889
Washington, 1495 Rice St. 651-487-8531

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
Regions Hospital 651-254-3456
Shriners Hospital 612-596-6100
St. Paul-Ramsey County Public Health 651-266-2400
Immunizations 651-266-1234
Child & Teen Checkup 651-266-2420
Home Visiting for Pregnant Women/Newborns (main #) 651-266-1555
Intake Line 651-266-1568

Mental Health Services for Children and Youth (**Crisis Line*)

Children's Crisis Response* 651-266-7878
Canvas Health (**B-5**) 651-777-5222
Cardinal Kids (**B-8**) 651-447-3605
Face to Face (11 - 24 years), 1165 Arcade St. 651-772-5555
Family Circle (**B-5**) 651-646-1488
Family Innovations, Maplewood (**B-5**) 651-748-5019
FamilyMeans 651-439-4840
Fraser 612-767-7222
Jewish Family Service of St Paul 651-698-0767
Metro Social Service 651-289-5130
Minnesota's LGBTQA Mental Health Providers' Network www.lgbttherapists.org
MN CarePartner 612-289-5656
MN Community Care (formerly WSCHS) 651-602-7500
MN Crisis Text Line* 741 741
MN Teen Mental Health Directory www.mnteenmentalhealth.org/resources
National Suicide Prevention Lifeline* 1-800-273-8255
Natalis Counseling & Psychology Solutions 651-379-5157
Nystrom & Associates, Ltd. 651-419-3200
People Incorporated 651-774-0011
Prairie Care 952-826-8475
True Thao Counseling Services 651-771-2155
Walk-In Counseling Center 612-870-0565
Wilder Community Mental Health & Wellness (**B-5**) 651-280-2310

Child Care

Child Care Assistance Program (<i>Ramsey Co. Human Services</i>)	651-266-4444
Discovery Club, School-Age Child Care (<i>SPPS</i>)	651-632-3793
Think Small, Community Pre-K Scholarships	651-641-0305
Child Care Aware MN, www.childcareawaremn.org	888-291-9811
YMCA	www.ymcamn.org/choose-your-child-care

Having Fun with Other Children

Community Education Programs (<i>SPPS</i>)	651-767-8179
Como Park Zoo	651-487-8201
Early Childhood Family Education (<i>SPPS</i>)	651-793-5410
MN Children's Museum	651-225-6000
Saint Paul Parks and Recreation Centers	651-266-6400
Science Museum of MN	651-221-9444
St. Paul Public Libraries	651-266-7000

Adult Literacy Programs (*SPPS*)

Adult Literacy/Hubbs Lifelong Learning Center	651-290-4822
MN Literacy Council, https://mnliteracy.org	651-645-2277

Parenting Education & Assistance

Catholic Charities	612-204-8500
Early Childhood Family Education (<i>SPPS</i>)	651-793-5410
Family Home Visiting, Ramsey County	651-266-1555
Jewish Family Services	651-698-0767
Lutheran Social Service	651-642-5990 or 612-871-0221
MN Department of Education, www.mnparentsknow.info	651-582-8200

Parent Support Groups

Parents without Partners	1-800-637-7974
MN Community Caring for Children/Prevent Child Abuse MN	651-523-0099

Family Resource Centers

Bridge to Benefits	www.bridgetobenefits.org
Neighborhood House (6 locations on Eastside and Westside)	651-793-7340

Housing

Housing Link (<i>United Way 2-1-1</i>)	For Cell Phones: 651-291-0211
Model Cities	651-632-8350
St. Paul Public Housing Rental Assistance	651-298-5158

Food Programs

Fare for All, https://fareforall.org	763-450-3880
Food Shelf Info and Locations (<i>United Way 2-1-1</i>)	651-291-0211
SNAP (<i>Food Stamps</i>), Application Request	651-266-4444
Neighborhood House	651-789-3630
Merrick Community Services	651-771-9339

Nutrition Programs for Women & Children

MAC (<i>Mothers and Children</i>)	651-484-8241
WIC (<i>Women, Infants, and Children</i>)	651-266-1300

Clothing

Joseph's Coat	651-291-2472
Dayton Avenue Presbyterian Church Clothing Center	651-227-7389

Legal Advice

Immigrant Law Center of MN	651-641-1011
Legal Aid Society/MN Disability Law Center	612-332-1441
MN Advocates for Human Rights	612-341-3302
Southern MN Legal Services (<i>Serves Ramsey Co.</i>)	651-222-4731

Transportation

Metro Transit	612-373-3333
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Ramsey County

Birth and Death Records	651-266-1333
Health and Wellness	651-266-4444

Support Services (**Crisis Line*)

Ramsey County Urgent Care for Adult Mental Health*	651-266-7900
180 Degrees, www.180degrees.org	651-968-8908
Alcoholics Anonymous, St. Paul Area	651-227-5502
Bridges to Safety (<i>Domestic Abuse</i>)	651-266-9901
Center for Victims of Torture	612-436-4800
Child Protection, Children's Services Intake	651-266-4500
Day One MN Crisis Line	1-866-223-1111
MN Coalition for Battered Women's Crisis Line	651-646-6177
Parent Support Resources* (<i>Crisis Nursery</i>)	651-641-1300
Sexual Violence Center Crisis Line	612-871-5111
SOS Sexual Violence Services	651-266-1000
St. Paul Domestic Abuse Intervention Project	651-645-2824
Tubman 24 Hour Crisis Line	612-825-0000
Women's Advocates	651-227-8284
Pathways Counseling Center, Inc. (<i>Refugee/Immigrant Mental Health Services</i>)	651-641-1555

Culture-Specific Support Services

African American

Abdur Razzaq Counseling (East African)	612-564-0433
Early Childhood Family Education (<i>SPPS</i>)	651-793-5410
Oromo Community of MN, www.oromomn.org	651-217-4446
Progressive Individual Resources	612-749-3309
Somali American Parent Association (SAPA)	612-359-4949
Eritrean Community Center of Minnesota	651-209-8895
Voices of East African Women (<i>Mothers and children of East African and Muslim immigrant communities</i>)	651-528-6040
Farhio House (<i>Emergency Family Shelter</i>)	651-528-6040

American Indian

American Indian Family Center, www.aifc.net	651-793-3803
Ain Dah Yung Center	651-227-4184
Early Childhood Family Education (<i>SPPS</i>)	651-793-5410
Indian Health Board, Minneapolis, www.indianhealthboard.com	612-721-9800
MN Indian Women's Resource Center, www.miwrcc.org	612-728-2000
Women of Nation/Eagle's Nest Shelter, women-of-nations.org (<i>Crisis Line, Domestic Violence</i>)	651-251-1609

Asian

Asian Women United, www.asianwomenunited.org	612-724-0756
Early Childhood Family Education (<i>SPPS</i>)	651-793-5410
Hmong American Partnership, www.hmong.org	651-495-9160
Hmong Cultural Center, www.hmongcc.org	651-917-9937
Karen Organization of MN, www.mnkaren.org	651-788-7593 ext. 301
Lao Family Community of MN, Inc., www.laofamily.org	651-209-6807
TOH MOO Karen Resources	http://tohmoo.org
Vietnamese Minnesotans Association	651-290-4791
Vietnamese Social Services of MN, www.vssmn.org	651-632-8927
Wilder Programs for Southeast Asians	651-280-2310

Hispanic

Casa de Esperanza (<i>Emergency Shelter for Battered Women</i>)	651-772-1611
CLUES (<i>Chicanos Latinos Unidos en Servicio</i>)	651-379-4200
Early Childhood Family Education (<i>SPPS</i>)	651-793-5410
Mexican Consulate	651-771-5494
West Side Community Health Center, La Clinica	651-602-7500