Family and Community Resources for 2024-2025

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 Ed (Service Connect) 651-789-3602

Developmental Screening (3-5)
Early Childhood Screening (Required before school entrance, SPPS) 651-632-3746

Children with Special Needs
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, 985 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 651-792-0100
Health Partners Specialty Clinic 952-967-7611
MN Lions Children’s Eye Clinic (University of MN) Park Plaza, 701 25th Ave. S (building fl. 3), Minneapolis 612-365-8350
Open Cities Health Center 612-290-9202
409 Dunlap St. N. 916 Rice St.
St. Paul Eye Clinic, https://stpaulleye.com 651-738-6500
1093 Grand Ave., St. Paul
100 Beam Professional Blvd., 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, 1441 Timberlake Rd. #235 651-602-7500
*Open Cities Health Center, https://opencitieshealth.org/contact/ 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. (Bethesda Family Medicine) 651-227-6551
*MN Community Care (formerly WSCS), 153 Cesar Chavez St. 651-602-7500

Health Start Clinics
Children’s Hospital Clinic, St. Paul 651-220-6700
Gillette Children’s Speciality Healthcare 651-291-2648
Ramsey County Mental Health Center 651-266-7890
Regions Hospital 651-254-3456
Shriners Hospital 612-566-6100
St. Paul-Ramsey County Public Health 651-266-2400
Immunizations 651-266-1234
Child & Teen Checkup
Home Visiting for Pregnant Women/Newborns (main #) 651-266-1555
Intake Line 651-266-1568

Medical and Health Care
Children’s Hospital Clinic, St. Paul 651-220-6700
Gillette Children’s Speciality Healthcare 651-291-2648
Ramsey County Mental Health Center 651-266-7890
Regions Hospital 651-254-3456
Shriners Hospital 612-566-6100
St. Paul-Ramsey County Public Health 651-266-2400
Immunizations 651-266-1234
Child & Teen Checkup
Home Visiting for Pregnant Women/Newborns (main #) 651-266-1555
Intake Line 651-266-1568

Mental Health Services for Children and Youth (*Crisis Line)
988 Suicide & Crisis Lifeline 988 (call or text) 651-266-7878
Children’s Crisis Response* 651-266-7878
Canvas Health (B-5) 651-777-5222
Cardinal Kids (B-4) 651-447-3605
Face to Face (11-24 years), 1165 Arcade St. 651-772-5555
Family Circle (B-5) 651-666-5019
FamilyMeans 651-439-4840
Fraser 612-767-7222
Jewish Family Service of St Paul 612-698-0767
Metro Social Service 651-289-5130
Minnesota’s LGBT Mental Health Providers’ Network www.lgbttherapists.org
MN CarePartner 612-289-5656
MN Community Care (formerly WSCS) 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
Wildern Community Mental Health & Wellness (B-5) 651-280-2310

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**Medication**
GoodRx (reduced cost and available supplies)  [https://www.goodrx.com](https://www.goodrx.com)

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

**Having Fun with Other Children**
Community Education Programs (SPPS)  651-767-8179
Como Zoo Park  651-487-8201
Early Childhood Family Education (SPPS)  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/Hubs Lifelong Learning Center  651-290-4822
MN Literacy Council, [https://minliteracy.org](http://www.minliteracy.org)  651-645-2277

**Parenting Education & Assistance**
Catholic Charities  612-204-8500
Early Childhood Family Education (SPPS)  651-793-5410
Family Home Visiting, Ramsey County  651-266-1555
Jewish Family Services  651-698-0767
Lutheran Social Service  651-642-5990 or 651-871-0221
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  651-227-6121
Neighborhood House (11 locations on Eastside and Westside)  651-793-7340

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

**Nutrition Programs for Women & Children**
MAC (Mothers and Children)  651-484-8241
WIC (Women, Infants, and Children)  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 (Serves Ramsey Co.)  651-222-4731

**Transportation**
Metro Transit  612-373-3333

**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 (Domestic Abuse)  651-266-9901
Center for Victims of Violence  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* (Crisis Nursery)  651-641-1300
Sexual Violence Center Crisis Line  651-871-5111
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
CAPI USA (Refugees and Immigrants)  651-721-0122
Pathways Counseling Center, Inc. (Refugee/Immigrant Mental Health Services)  651-641-1555

**Culture-Specific Support Services**

**African American**
Abdur Razzaq Counseling (East African)  612-564-0433
Early Childhood Family Education (SPPS)  651-793-5410
Progressive Individual Resources  612-749-3309
Somali American Parent Association (SAPA)  651-359-4949
Entreat Community Center of Minnesota  651-646-2993
Voices of East African Women (Mothers and children of East African and Muslim immigrants)  651-200-4193
Farhiio House (Emergency Family Shelter)  651-528-6040

**American Indian**
American Indian Family Center, [www.aifc.net](http://www.aifc.net)  651-793-3803
Ain Dah Yung Center  651-227-4184
Early Childhood Family Education (SPPS)  651-793-5410
Indian Health Board, Minneapolis, www.indianhealthboard.com  612-721-9800
Women of Nation/Eagle’s Nest Shelter, women-of-nations.org  651-251-1609

**Asian**
Early Childhood Family Education (SPPS)  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  651-788-7935 ext. 301
Lao Family Community of MN, Inc., www.laofamily.org  651-209-6807
TOH MOO Karen Resources  [http://tohmoo.org](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 (Emergency Shelter for Battered Women)  651-772-1611
CLUES (Chicanos Latino/a Unidos en Servicio)  651-379-4200
Early Childhood Family Education (SPPS)  651-793-5410
Mexican Consulate  651-771-5494
MN Community Care (formerly WSCHS), La Clinica  651-602-7500

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