

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

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, 1441 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
*Riverland Community Health (formerly United Family Medicine) 1026 W. 7th St. 651-758-9500
*University of MN Physicians, 580 Rice St. 651-227-6551
(Bethesda Family Medicine)
*MN Community Care (formerly WSCHS), 153 Cesar Chavez St. 651-602-7500

Health Start Clinics

Central, 275 Lexington Pkwy. N. 651-632-2194
Como St., 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)

988 Suicide & Crisis Lifeline 988 (call or text)
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

Medication

GoodRx (reduced cost and available supplies) <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.ymcamn.org/choose-your-child-care

Having Fun with Other Children

Community Education Programs (*SPPS*) 651-767-8179
Como Park Zoo 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/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 (*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 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 651-227-6121
Neighborhood House (6 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> 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

ECS-22

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 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* (Crisis Nursery) 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
CAPI USA (Refugees and Immigrants) 612-721-0122
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
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 651-646-2993
Voices of East African Women (Mothers and children of East African and Muslim immigrant communities) 651-200-4193
Farhio House (Emergency Family Shelter) 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 (*SPPS*) 651-793-5410
Indian Health Board, Minneapolis, www.indianhealthboard.com 612-721-9800
MN Indian Women's Resource Center, www.miwrc.org 612-728-2000
Women of Nation/Eagle's Nest Shelter, women-of-nations.org 651-251-1609
(*Crisis Line, Domestic Violence*)

Asian

Asian Women United, www.asianwomenunited.org 612-724-0756
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 651-788-7593 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 (Emergency Shelter for Battered Women) 651-772-1611
CLUES (*Chicanos Latinos 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