

Family and Community Resources for 2025-2026

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

Student Placement Center (Pre-K enrollment/acceptance, SPPS) 651-632-3760
Pre-Kindergarten Program (Office of Teaching and Learning, SPPS) 651-793-5430
Early Childhood Family Education (SPPS) 651-793-5410
Community Action Programs, Head Start 651-603-5977
Neighborhood House Early Childhood Ed (Service Connect) 651-789-3602
Saint Paul Parks and Recreation Centers 651-266-6400

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
Health Partners Specialty Clinic 952-967-7611
MN Lions Children's Eye Clinic (University of MN) 612-365-8350
Open Cities Health Center 651-290-9202
St. Paul Eye Clinic, <https://stpauleye.com> 651-738-6500

Community Health Clinics (*Low Cost/Sliding Fee)

*MN Community Care 651-602-7500
*Eastside Family Clinic, 895 7th St. E.
*McDonough Homes, 1441 Timberlake Rd. #235
*La Clinica, 153 Cesar Chavez St.
Indian Health Board, Minneapolis 612-721-9800
*M Health Fairview – Bethesda, 580 Rice St. 651-227-6551
*Open Cities Health Center, <https://opencitieshealth.org/contact/> 651-290-9200
*Phalen Village, 1414 Maryland Ave. E. 651-772-3461
*Riverland Community Health (formerly United Family Medicine) 651-758-9500
*St. Mary's Health Clinic 651-287-7777
School-Based Health Clinics – Health Start
AGAPE, 1037 University Ave. 651-632-2189
Central, 275 Lexington Pkwy. N. 651-632-2194
Como Sr., 740 Rose Ave. 651-487-8539
Creative Arts (Mental Health & Health Ed), 65 E. Kellogg Blvd. 651-292-3480
Gordon Parks (public for ages 12-22), 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)
Canvas Health (B-5) 651-777-5222
Cardinal Kids (B-8) 651-447-3605
Crestpoint Wellness (16+) 612-800-9000
Face to Face (11 - 24 years), 1165 Arcade St. 651-772-5555
Family Circle (B-5) 651-646-1488
FamilyMeans 651-439-4840
Fraser 612-767-7222
Jewish Family Service of St Paul 651-698-0767
LifeStance Health, (B-5) (formerly Family Innovations) 651-748-5019
*Mental Health Urgent Care (Children's Crisis Response) 651-266-7878
Metro Social Service 651-289-5130
Minnesota's LGBTQ+ Mental Health Providers' Network www.lgbttherapists.org
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
Roots Wellness Center (formerly MN CarePartner) 612-289-5656
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
Child Care Aware MN, www.childcareawaremn.org 888-291-9811
Discovery Club, School-Age Child Care (*SPPS*) 651-632-3793
Think Small, Community Pre-K Scholarships 651-641-0305
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

Adult Basic Education (*SPPS*)
Hubbs Center, 1030 University Ave. W. 651-290-4822
Hub @ Harding, 1526 E. 6th St. 651-744-7850
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) 651-789-2500

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
Merrick Community Services 651-771-9339
Neighborhood House 651-789-3630
SNAP (*Food Stamps*), Application Request 651-266-4444

Nutrition Programs for Women & Children

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

Clothing

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

Transportation

Metro Transit 612-373-3333

ECS-22

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

Ramsey County

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

Support Services (*Crisis Line)

180 Degrees, www.180degrees.org 651-968-8908
Alcoholics Anonymous, St. Paul Area 651-227-5502
Bridges to Safety (Domestic Abuse) 651-266-9901
CAPI USA (Refugees and Immigrants) 612-721-0122
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
Midwest Children's Resource Center (MCRC) 651-220-6750
MN Coalition for Battered Women's Crisis Line 651-646-6177
Parent Support Resources* (Crisis Nursery) 651-641-1300
Pathways Counseling Center, Inc. 651-641-1555
(Refugee/Immigrant Mental Health Services)
Ramsey County Urgent Care for Adult Mental Health* 651-266-7900
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

Culture-Specific Support Services

African American

Abdur Razzaq Counseling (East African) 612-564-0433
Eritrean Community Center of Minnesota 651-646-2993
Farhio House (Emergency Family Shelter) 651-528-6040
Oromo Community of MN, www.oromomn.org 651-217-2165
Progressive Individual Resources 612-749-3309
Somali American Parent Association (SAPA) 612-359-4949
Voices of East African Women 651-200-4193
(Mothers and children of East African and Muslim immigrant communities)

American Indian

American Indian Family Center, www.aifc.net 651-793-3803
Ain Dah Yung Center 651-227-4184
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
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

Esperanza United (Emergency Shelter for Battered Women) 651-772-1611
CLUES (*Chicanos Latinos Unidos en Servicio*) 651-379-4200
Mexican Consulate 651-771-5494