

HENNEPIN COUNTY HSPHD - EARLY INTERVENTION SERVICES YELLOW PAGES - Twin Cities Metro Area

Hennepin County Offices Information www.co.hennepin.mn.us

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

Office of Multicultural Services 348-2193 Help with forms, housing, job search, immigration status & other services

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
Public Health Clinic		543-5555
(Formerly Red Door & HAP Clinics) STD & 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
Portico	Affordable health care coverage	651-603-5100
Shriner's Hospital for Children		596-6100
Free evaluation for bones, joints, muscles & bones		
489-CARE	Referrals to affordable, low-cost clinics	651-489-2273
St. Mary's Health Clinic	Donations for services appreciated	651-287-7777
Phillips Neighborhood Clinic		724-1690
Affordable, culturally appropriate health care (6-9 PM)		
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
MN Family Planning & STD Hotline		1-800-783-2287
Confidential calls about birth control & sexually transmitted disease		
Planned Parenthood	Family planning assistance	823-6300
Midwest Health Center for Women	Family planning assistance	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		
Women's Cancer Action	www.womenscanceraction.org	821-0607
American Lung Assoc Help Line	Asthma Info Center	1- 800-548-8252
Go Local	MN Health services & resources www.hsl.lib.umn.edu/golocal	
Adult Mental Health / Front Door		348-4111
Cornerstone	Combines health & mental health services	866-601-8962
Hennepin County Mental Health Center		596-9438
Walk-In Counseling Center	(9:00 a.m. to 12 noon) For Anxiety, depression, & relationship problems	870-0565
Emily Program	Outpatient eating disorder services	952-746-5774

NUTRITION / LA NUTRICION/NAFAQO		
Minnesota Food Helpline	Food resource info & referral	1-888-711-1151
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 Kelsey		651-201-4415
APRIA		800-520-7785
Pediatric Home Services		651-642-1825
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	Call for nearest site	763-450-3860
Islamic Center of Minnesota	Halal food shelf	763-571-5604
Pastor Paul's Mission	Free groceries (monthly) – no boundaries	521-4665
Greater Lake Country Food Bank	Reduced cost food	340-9694
Fare For All	Reduced food price - 2 hrs/mo volunteer service	763-450-3880
Sharing & Caring Hands	Free meals on certain days & times	338-4640
House of Charity – Food Center	Free mid-day meals	594-2000
Loaves and Fishes		377-9810
Free hot meals served weeknights by church & community groups.		
Centro	Food shelf and clothing	874-1412
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	Support and information	348-6100
Unity Breastfeeding Warmline	24 hour service	763-236-3400
DENTAL HEALTH / LA SALUD DENTAL / CAAFIMAADKA ILKAHA EE QIIMAHABAN		
University of MN	Pediatric Dentistry	Ages 0-16 625-7171
	Adult Dentistry	Ages 17 + 624-8400
Children's Dental Services	NE Minneapolis	746-1530
North Point Health and Wellness Center		543-2511
Donated Dental Services		651-454-6290
For those permanently disabled or handicapped		
IHB (Indian Health Board)	Free for uninsured	721-9827

FAMILY/LA FAMILIA/QOOYS AMA REER

EARLY CHILDHOOD & FAMILY SERVICES / SERVICIOS DE LA PRIMERA INFANCIA Y DE LA FAMILIA / HAWLAHA CARUTA YAR YAR IYO QOYSKA	
www.parentsknow.state.mn.us	Information on how young children develop plus ideas to help your child learn and grow.
<u>Follow Along Program</u>	348-5624
Track your child's development through periodic questionnaires. Serves children birth to age 3 years.	
<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.	
<u>Community Initiatives for Children</u>	871-0662
Help with basic needs & more HIPPY - Home instruction for parents of 3-4 year olds	
<u>CLUES</u>	746-3500
Wide range of family services	
<u>PICA Head Start</u>	Early Childhood Education & Family Development Program
English 374-0701	Oromo 374-0703
Hmong 374-0709	Spanish 374-0705
Somali 374-0707	
<u>Early Childhood Family Education (ECFE)</u>	668-2127
Education, support & social experiences – families of children birth to age 5 yrs	
<u>Way to Grow (Minneapolis)</u>	874-4740
Family support & school readiness	
<u>Parent Warmline</u>	813-6336
Questions about child development & behavior	
<u>Circle of Parents</u>	1-800-244-5373
Help for developing positive parenting strategies	
<u>The Storefront Group</u>	861-1675
Human service and mental health provider for children, adults, couples, and families	
<u>MN Parent Center (PACER)</u>	952-838-9000
Helps parents when there are concerns with their child's education	
<u>Minnesota Indian Women's Resource Center</u>	728-2000
An array of culturally based and gender focused resources	
<u>YMCA Single Parent Family Retreats</u>	821-2966
<u>Resource Center for Fathers & Families</u>	763-783-4938
Offers many services for fathers & families	
<u>African American Men's Project</u>	543-2899
(call in evening) Counseling and support programs	
<u>Center for Families</u>	276-1571
Help for immigrant families, especially from West Africa	
<u>Centre for Asians and Pacific Islanders (CAPI)</u>	721-0122
Assists refugees (<2yr.) to become sufficient. Includes Africans	
<u>New Family Center</u>	Families with English as a second language
Main # - 668-3700	Spanish - 668-3702
Hmong - 668-1836	Somali - 668-3704
<u>Child Protection Reporting Line</u>	348-3552
Call to report abuse 24/7	
<u>Family & Children's Service</u>	339-9101
Counseling service for families experiencing emotional or physical difficulties	
<u>Prevent Child Abuse Minnesota</u>	651-523-0099
Self help and ideas on how to be a better parent	
<u>Multiple Connections</u>	952-953-7365
Support for multiple births-twins or higher order multiples, expected or born	

CHILDREN WITH SPECIAL NEEDS / NINOS CON NECESIDADES ESPECIALES / CARRURTA LEH BAH GAR AH	
<u>Early Childhood Intervention / 348-TOTS</u>	348-8687
Questions or concerns about your child's development. Screening for Minneapolis children birth to 3 years for early intervention services. Info, resources & referrals for Hennepin County children ages birth through 5 years.	
<u>Help Me Grow</u>	1-866-693-4769
Information & questions about early childhood development. Referrals for early intervention services throughout Minnesota.	
<u>Developmental Disabilities Services / Front Door</u>	348-4500
<u>Aging & Disability Services / Front Door</u>	348-4500
<u>Children's Mental Health / Front Door</u>	348-4111
<u>MN Children with Special Health Needs (MCSHN)</u>	1-800-728-5420
Services needed for children with special health needs	Metro 651-201-3650
<u>Learning Disabilities of MN</u>	952-922-8374
Information, education, and advocacy regarding learning disabilities	
<u>MN State Council on Disability</u>	651-361-7800
Information and referral regarding all services to persons with disabilities	
<u>Disability MN</u>	Disability information in Minnesota www.mndisability.gov
<u>Autism Society of Minnesota</u>	www.ausm.org 651-647-1083
<u>ARC of Greater Twin Cities</u>	952-920-0855
Resource centers for parents who have children with disabilities	
<u>PACER (Parent Advocacy Coalition for Educational Rights)</u>	952-838-9000
Information, support and advocacy for parents of children with disabilities	
<u>Fraser</u>	5 key programs for individuals with special needs 861-1688
<u>Reubin Lindh</u>	Therapeutic preschool & family support services 721-5551
<u>Southside Family Nurturing Center</u>	721-2762
Therapeutic preschool (from 16 mos) and home visits for families in need of parenting help.	
<u>St David's Child Development & Family Services</u>	www.stdavid.net
<u>Washburn Child Guidance Center</u>	871-1454
Mental Health Services for children and families	
<u>Hennepin Developmental Pediatrics/HCMC Peds Clinic</u>	873-2435
Services for children who have complex learning and behavior problems	
<u>Feeding Clinic</u>	Children's Hospital 651-220-6446
<u>Peds Clinic / Feeding Clinic</u>	HCMC 873-2435
DAY CARE / CUIDADO DE NINOS / LOS SERVICIOS DE GUARDERIA INFANTIL/XANNAANAYNTA AMA HAYNTA CARRURTA	
<u>Resources for Child Care</u>	Help in finding child care 651-641-0332
<u>Hennepin County Daycare</u>	Help in paying for child care 348-5937
<u>MPLS Kids Community Ed</u>	School age child care (Latch Key) 668-3890
<u>YMCA School-Age Care</u>	Before & after school child care 371-8701
<u>Salvation Army</u>	After school program 522-4871 Ext 114
<u>Recreation Plus</u>	Low cost after school & summer programs 230-6475

FINANCES/FINANCIAL/LA CAG/DHAQAAL

FINANCIAL CONCERNS / PREOCUPACIONES FINANCIERAS / DHAQAAL

www.bridgetobenefits.org

Find out if you qualify for public programs to help stretch your family budget

Northside LifeCare Center, Inc. 522-6589
Southside LifeCare Center, Inc. 823-0301
University Life Care Center, Inc. 623-3211

Free pregnancy test, ultrasound, pre-natal care, and baby items

Easy Info Line Human Services – Economic Assistance - MFIP 596-1300

Minnesota Supplemental Aid SSI eligible individuals/couples 596-1300

Social Security 1-800-772-1213

Family Partnership 339-9101

Help in planning the best way to make ends meet

Clothing - Furniture - Kitchen - Misc. Items

Sharing & Caring Hands - Diapers 338-4640

Sabathani - Clarissa's Clothing Closet 821-2347

Basic Needs Program 377-7000

Salvation Army North: 522-6581 South: 767-2700

Financial Counseling Service Lutheran Social Services 1-888-577-2227

Community Action - Minneapolis 335-5837

Community Action - Suburban Hennepin County 952-933-9639

Home Electric Savings, Weatherization, and Energy Assistance

Child Support Help with child support & establishing paternity 348-3600

Office of Multi-Cultural Services 348-2193

Links immigrants with H.C. and community services

The Family Advocate Brooklyn Center 763-503-2982

Food, clothing, transportation, and support Champlin 763-433-4559

People Responding in Social Ministry (PRISM) 763-529-1350

Loans/grants for residents in parts of Crystal, Robbinsdale, New Hope, Golden Valley and Plymouth

Volunteers Enlisted to Assist People (VEAP) 952-888-9616

For people in need in Bloomington, Edina, Richfield, and far SW Minneapolis

St. Louis Park Emergency Program (STEP) (St Louis Park) 952-925-4899

Telephone Discount Programs (QWEST) 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

MN Telephone Equipment Distribution Program 1-800-657-3663

Special equipment for people with hearing loss, speech/mobility impairment

STARS denise@thestarsproject.com

Teaches self-sufficiency to get people off of social services

TRANSPORTATION / EL TRANSPORTACI3N / GAADIID

Bus Information (Metro Transit) 373-3333

Blue and White Taxi 333-3333

Yellow Cab 824-4444

Green & White Taxi 522-2222

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

Twin Cities Metro Shelter Hotline 1-888-234-1329
 Emergency and Transitional housing

People Serving People 332-4500

Sharing and Caring Hands (Mary's Place) 338-4640

Avenues Call 24/7 – Shelter for youth ages 15-20 years 522-1690

HOUSING / VIVIENDAS / GURYEYN DEJIN

Housing Link www.housinglink.org

Listings of affordable housing

Housing Information Line (Lutheran Social Services) 879-5266

Assistance with finding housing in Hennepin County

HUD Subsidized Housing www.HUD.gov 370-3000

Rapid Exit Housing (St. Stephen's) 874-9292

Help for moving from a shelter

Accessible Space (Disability & Senior Housing) 651-645-7271

Jeremiah Program 692-8711 Ext 3006

Assists single moms in school with affordable housing, childcare and more

Minneapolis Public Housing Authority 342-1400

Low income housing for Mpls

Homeline 728-5770

Resolving rental issues (no cost) – Minneapolis area

Landlord and Tenant Services Minneapolis - 673-3003

Problem resolution Hennepin Suburbs – 728-5767

Minnesota Attorney General's Office 651-296-3353

Information about housing law & tenants rights

Homebuyer Workshops

Minneapolis: 521-3581 Suburbs: 952-933-9639

Minneapolis Advantage Program

www.ci.minneapolis.mn.us/cped/minneapolisadvantage_home.asp

Helps potential buyers purchase a home in areas challenged by foreclosures

Rent / Deposit / Foreclosure / Mortgage Assistance

- **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
- Also fixes cars for cheap (no labor costs)
- **STEP (St. Louis Park)** 952-925-4899
- **Community Action-Foreclosure Prevention (Suburbs)** 952-933-9639
- **St. Stephen's Human Services (Minneapolis)** 870-2298

Twin Cities Community Voice Mail (TCCVM) www.tccvm.org

Helping the phoneless better compete for housing.

Provides free voice mail service for low-income Minnesotans.

www.makinghomesaffordable.gov

Programs & self assessment tools to help homeowners determine if they are eligible in reducing mortgage payments to a more affordable level

EDUCATION AND TRAINING / LA EDUCACION Y ENTRENAMIENTO / WAXBARASHO TABABARKA

Hennepin County Work Support 348-8953

ABE – Adult Basic Education (ESL & GED)

Robbinsdale (No. Sub) 763-504-8300 **South Minneapolis** 612-668-3800

Osseo (North Suburb) 763- 566-5452 **North Minneapolis** 612-668-1863

SHAPE (South Suburb) 952-681-6170 **West Suburb** 952-988-5343

Educational Opportunity Center 659-6543

Academic career counseling and financial aid information

American Indian Opportunities Industrialization Center 341-3358

Adult Basic Education – GED – Job Training & Placement

OTHER PROGRAMS/OTRAS PROGRAMAS/BARNAAMIJKA

First Call For Help 651-291-0211 United Way 24 Hr Info/Referral Service for Health, Recreation, Education & Social Service
English/Spanish - 211 ~ Somali - 721-4852 ~ Russian – 651-698-9167 ~ Hmong/Lao – 721-4852
www.MinnesotaHelp.Info Directory of statewide services www.govbenefits.gov Federally funded programs
Minnesota Relay Service – 711 Hearing Impaired **La Conexion –708-9162** Helps connect Latinos to needed resources
Twin Cities Community Voice Mail www.tccvm.org Free voicemail for low-income Minnesotans

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	
Child Crisis Services Crises services youth to age 18 (24 hours)	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 Help for battered women & their children	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 Help collecting child support	348-3600
Volunteer Lawyers Network Legal assistance / low income	752-6677
Legal Aid Society Legal help	334-5970
Hennepin County Court Information in Spanish (voice mail)	596-9275
U.S. Citizenship & Immigration Services	1-800-375-5283
Minnesota Department of Human Rights	651-296-5663
Paternity Verification (Hennepin County Child Support)	348-3593

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 Co Chemical Health Services Referrals for treatment	879-3501
African-American Family Services Assistance for treating substance abuse	871-7878
RS Eden Chemical health services - outpatient & extended care	338-2158
Minneapolis American Indian Center	871-4555
Chrysalis (for Women & their families) Mental health, chemical dependency, divorce & 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 Minnesota Quit Plan	1-800-227-2345 1-800-586-4872 1-888-354-7526
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
TAMS (Teen Age Medical Services) Clinic / Ages 11 - 23	813-6125
Lutheran Social Services Thinking of Adoption? Parent Support Advocate Transportation available—Southside only	879-5230 879-5245
West Suburban Teen Clinic Minors without health insurance Pregnancy testing, family planning, & health care	952-474-3251
Annex (North Suburban Teen Clinic) Free pregnancy testing and childbirth classes for those 20 years or younger.	763-533-1316
Teen Parent Programs – School Based North Suburban	763-550-7302
Legal Aid Legal advocacy and representation for youth	827-3774