

Anoka County Resource Guide

Volume 15, 2022-2024

Resource Guide was current as of September 2022, telephone numbers and information are subject to change. Please contact the Senior Information Line (763) 783-4707 or www.accap.org for updated agency and program information.

The Anoka County Community Resource Guide was developed to help promote self-sufficiency for residents of Anoka County. Self-sufficiency is being able to provide for yourself and your family without undue hardship. The resources in this book are available to you and your family, but **YOU** must take the first step.

Call! Ask for what you need!

The Anoka County Community Resource Guide was compiled by volunteers and staff of Anoka County Community Action Program, Inc. (ACCAP).

This guide was made possible with financial support from ACCAP and Anoka County. If you have comments on the Anoka County Community Resources Guide, please write to:

ACCAP

Anoka County Community Resource Guide

1201 – 89th Ave NE, Suite 345

Blaine, MN 55434

(763) 783-4747

This resource guide is available online at: www.accap.org

Minnesota Relay Service (MRS) • MRS provides a link between voice and TTY telephone systems. A voice operator/TTY generator will transmit your message. There is no charge for this confidential service. To access the relay service call 7-1-1. MRS Customer Service: (651) 602-9005.

This directory is only current as of date of publication, September 2022. Criteria for selecting the agencies listed in the directory were based on recommendations from an advisory committee. Information regarding services was provided by the agencies themselves. Inclusion of the agencies and services listed in the Resource Guide is not a recommendation. No verification or evaluation of the services offered by the listed agencies was conducted by ACCAP.

Telephone numbers and information are subject to change. Please refer to www.accap.org
Upon request, this document will be available in alternative formats per the requirement of the American Disabilities Act.

Abbreviation Key

Ave = Avenue
Ext. = Extension
Ste = Suite
Blvd = Boulevard
Rd = Road
N = North
NE = Northeast
MN = Minnesota
Mon = Monday
Tues = Tuesday

Wed = Wednesday
Thurs = Thursday
Fri = Friday
Sat = Saturday
Sun = Sunday
TTY = Telephone Typewriter, common name for
Telecommunication Device for the Deaf (TDD)
MA = Medical Assistance
ESL = English as a Second Language
ELL = English Language Learner

Appt = Appointment
NW = Northwest
St = Street
S = South
SW = Southwest
SE = Southwest
& = And
Etc. = Etcetera
GED = General Education Development
ABE = Adult Basic Education

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HELPLINES & CRISIS NUMBERS

988 Suicide & Crisis Lifeline.....9-8-8 or (800) 273-8255 (TALK)
24-Hour telephone crisis counseling, information, and referral line.

Ambulance, Fire, Police Emergency..... 9-1-1

Anoka County Mobile Crisis Response..... (763) 755-3801
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

Boys Town National Hotline..... 1-800-448-3000
www.yourlifeyourvoice.org. or www.boystown.org. 24-hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish-speaking operators. Counseling & referrals. Website offers text to #20121.

Jacob Wetterling Resource Center (651) 714-4673
Missing & Exploited Children Hotline 9:00am – 5:00pm 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith-based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.

Mercy Hospital, Crisis Intervention Assessment (763) 236-7144
4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24-hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

Metro Crisis Coordination Program..... (612) 869-6811
www.metrocrisis.org. 18986 Lake Dr. E., Chanhassen, MN 55317. Provide behavioral crisis support for individuals with developmental disabilities within the seven-county metro area. For a list of residential openings for the State of Minnesota, please visit www.mnopenings.org.

Metro Shelter Hotline..... 1-888-234-1329

Minnesota Domestic Violence Crisis Line 1-866-223-1111
www.dayoneservices.org. 24-hour crisis line for anyone experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area. Domestic abuse, sexual abuse, and human trafficking resources available.

Minnesota Poison Control Center 1-800-222-1222
www.mnpoison.org. 24 hours a day, 7 days a week, free of charge. Provides emergency and non-emergency poison management, poison prevention information, and medication information.

Riverwind Mental Health Crisis Services..... (763)862-7944
www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

Stop It Now!Helpline 1-888-PREVENT (1-888-773-8368)
www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

United Way, 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709
www.211unitedway.org. 24-hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained staff can direct callers to resources for seniors, families, & children throughout the State of Minnesota. Anoka County families can text their zip code to 898211 to receive information.

Abuse – Physical &/or Sexual

Alexandra House, Inc., Community Program (763) 576-9999
www.alexandrahouse.org. Free and confidential services for victims of domestic and sexual violence that include: support groups, assistance in filing protection orders and legal representation at hearings, crime victim advocacy following a domestic or sexual assault, safety planning, information & referral.

Alexandra House, Inc., Shelter Program & 24-hour Helpline (763) 780-2330
www.alexandrahouse.org. Emergency shelter for victims of domestic and sexual violence and their children. Free and confidential services include: crisis intervention, advocacy, safety planning, support groups, info and referral, housing and supportive services. Also provides elderly care.

Anoka County Attorney’s Office, Victim / Witness Services (763) 324-5540
www.anokacountymn.gov/victimwitness. Help with referrals, resources, victim advocacy, and support services. Office open M-F, 8:00 am- 4:30 pm.

Anoka County Community Work Services (763) 324-4830
Allows offenders an opportunity to meet their responsibility to society in a positive way by performing community service work.

Domestic Abuse Project..... (612) 874-7063 Ext 232

www.mndap.org. Email: dap@mndap.org or firstcall@mndap.org Call or email for services. First Call Line helps you take the first steps to getting therapy, advocacy, and case management. Treatment and therapy for abusive men and adolescents. Therapy, case management for all clients, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Office hours Monday-Thursday, 9:00 am-5:00 pm and Friday, 9:00 am-3:00 pm, 24-hour answering machine.

Hennepin Health Care Program..... (612) 873-5832

Hennepin Health Care Program is available to Hennepin Health Care patients. It offers help with legal and medical problems encountered by patients who have been battered in a domestic situation.

Lee Carlson Center, Mental Health and Wellbeing (763) 780-3036

www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers housing stabilization support, foster care therapy, and Adult Rehabilitative Mental Health Services (ARMHS). Office hours M - TH 8:00 am – 8:00 pm.

Minnesota Adult Abuse Reporting Center, 24-hour.....1-844-880-1574

www.mn.gov/dhs/reportadultabuse. Toll-Free number that allows the general public to report suspected maltreatment of vulnerable adults confidentially and in good faith. Reports will be submitted promptly to the appropriate investigative agency.

Minnesota Domestic Violence Crisis Line 1-866-223-1111

www.dayoneservices.org. 24-hour crisis line for anyone experiencing domestic abuse. Wherever you are in Minnesota, you will be automatically connected with the closest safe place in your area. Domestic abuse, sexual abuse, and human trafficking resources available.

National Domestic Violence Hotline.....1-800-799-7233

TTY (Hearing Impaired) 1-800-787-3224

www.thehotline.org. 24 hours/7 days a week. Provides crisis assistance & shelter referrals for all languages. Interpreter services are available.

Sexual Violence Center..... (612) 871-5111

www.sexualviolencecenter.org. 24-hour crisis line for immediate support, information, & referral. Counseling available. Support groups available. Legal advocacy and hospital advocacy. Community education and trainings available.

Stop It Now!Helpline 1-888-PREVENT (1-888-773-8368)

www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

The Family Partnership, Mental Health Counseling (612) 728-2061
www.thefamilypartnership.org. Counseling for children, teens, couples, families, & individuals. DSWAP services are offered free of charge from Fall to Spring for underrepresented communities, including low or no-cost therapy services. Provides speech, physical, play, and occupational therapies. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider. Located in North and South Minneapolis but serves all of Hennepin County.

Tubman..... **Crisis Line (612) 825-0000**
Business Line..... **(612) 825-3333**
www.tubman.org. 1725 Monastery Way, Maplewood 55109. 24-hour resource line and shelter services. East Metro Legal Services focusing on Order for Protections. Youth housing and programs also available.

Alcohol / Chemical Dependency

Adult Children of Alcoholics (ACA) / Dysfunctional Families (763) 574-0903
www.adultchildrenmn.com. minnesotacaa@gmail.com Offers a Twelve Step, Twelve Tradition program to those who grew up in dysfunctional homes. Attendees meet to share their experiences of growing up in an environment of abuse, neglect, and trauma as children, and to actively recover from these effects as adults.

Al-Anon / Alateen Resource Service

Minneapolis: 7204 27th St. W, St. Louis Park 55426 (952) 920-3961
St. Paul: 253 S. State St. St. Paul 55107 (651) 771-2208
www.Al-Anon-Alateen-msp.org. 12-step support service for anyone who is now, or has been, trying to cope with living or associating with an alcoholic, support group services are available to children of alcoholics, children must be between the ages of 9 and 19. Offers Al-Anon literature & support.

Alcoholics Anonymous of Minneapolis – 24-hour Hotline (952) 922-0880
www.aaminneapolis.org. Email info@aa.minneapolis.org. Call for information on other local groups (central office for Minneapolis & suburban area). Anoka County AA groups listed below.

Andover Alano, 3556 181st Ave NW. (763) 753-1586
Anoka Today Alano, 2700 N Ferry St. (763) 421-9923
Blaine Central Alano, 13536 Hwy 65, Room 207. (763) 757-9917
Our Friends Place (Columbia Heights Area), 3837 Central Ave. (763) 788-4858
Fridley Alano, 6279 University Ave NE. (763) 571-5910

Narcotics Anonymous.....**24-hour Helpline (877) 767-7676**
www.naminnesota.org.

Transformation House (763) 452-7005
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living. Chemical dependency and mental illness treatment.

Children & Youth, Helplines & Crisis Lines

Alexandra House, Inc., Youth Services..... (763) 780-2330
www.alexandrahouse.org. Individual and group support for youth experiencing dating or sexual violence, violence within their homes or among peers. Services are offered at select Anoka County schools. Contact the Violence Prevention/Intervention Coordinator for more information.

Anoka County Children & Family Services (763) 324-1440
After Hours Call..... (612)852-0935
www.anokacountymn.gov/childprotection. 8:00 am- 4:30 pm. Report child abuse & neglect.

Anoka County Mobile Crisis Response..... (763) 755-3801
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

Big Brothers Big Sisters of the Greater Twin Cities (651) 789-2400
www.bigstwincities.org. Help children realize their full potential through a long term, 1-on-1 relationship with a caring adult. Children ages 8-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long-term friendship.

Boys Town National Hotline..... 1-800-448-3000
www.yourlifeyourvoice.org. or www.boystown.org. 24-hour free hotline services. Children & adults may call with any problem or if they simply need someone to listen. Hotline operators are highly trained professionals, includes Spanish-speaking operators. Counseling & referrals. Website offers text to #20121.

Hope 4 Youth..... (763) 323-2066
www.hope4youthmn.org. A drop-in resource center for 16 – 24-year-olds experiencing homelessness in Anoka County. Provides a hot meal five days a week. Programming also includes no cost clothing closet, food pantry, laundry & shower facilities, a computer lab for job & housing search support. Caring adult mentors and case managers available during open hours. Center is open to youth Monday, Wednesday, Thursday 11:00 am - 7:00 pm, Tuesday 1:00 pm – 7:00 pm, Friday 11:00 am – 5:00 pm.

Jacob Wetterling Resource Center (651) 714-4673
Missing & Exploited Children Hotline 9:00 am – 5:00 pm 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith-based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.

Lee Carlson Center, Mental Health and Wellbeing (763) 780-3036
www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers housing stabilization support, foster care therapy, and Adult Rehabilitative Mental Health Services (ARMHS). Office hours M - TH 8:00 am – 8:00 pm.

Mercy Hospital, Crisis Intervention Assessment (763) 236-7144

4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24-hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

Midwest Children’s Resource Center..... (651) 220-6750

Staff available Monday – Friday, 8:30 am – 4:30 pm for routine child maltreatment. For acute sexual assault or physical abuse, on call providers available after hours.

Missing Children Minnesota (612) 334-9449

www.missingchildrenmn.com. Search assistance, advocacy, support service for families of missing children (regardless of why they are missing), safety education programs & publications. No charge for search assistance, minimal cost for other services. Always start looking for a missing child by making a police report. There is no waiting time to make a report of a missing person.

National Center for Missing & Exploited Children Hotline.....1-800-THE-LOST (1-800-843-5678)

To report information about a missing or exploited child, call the 24-hour call center.

National Child Abuse Hotline1-800-4-A-CHILD (1-800-422-4453)

www.childhelp.org. 24-Hour counseling, information line, family support network, and Parents Anonymous resources. Text and Chat options are also available. We can translate in over 170 languages.

National Runaway Safeline1-800-RUNAWAY (1-800-786-2929)

www.1800runaway.org. 24 hours every day. Crisis intervention, transportation home for runaway youth, message relay service, information & referral service. Conflict resolution & mediation. On-line chat available on website.

Project Pathfinder, Inc. (651) 644-8515

www.projectpathfinder.org. Assessment of adults & children ages ranging from 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for anyone who has been sexually abused or has sexually abused another child, & their families.

Stop It Now!Helpline 1-888-PREVENT (1-888-773-8368)

www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

Medical Helplines & Crisis Lines

- Child & Teen Medical Center** (763) 333-7733
<https://www.childandteenmedicalcenter.com/>. Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interest includes ADD/ADHD, asthma, nutrition. Two locations: 7225 University Ave NE, Fridley 55432, and 11107 Ulysses St NE, Blaine 55434. Call for more info.
- First Care Pregnancy Center** (612) 866-7643
www.firstcaremn.org. Free confidential pregnancy testing, counseling, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity, infant clothing, and equipment. Free limited ultrasounds, STD testing and treatment available.
- Mercy Hospital, Crisis Intervention Assessment** (763) 236-7144
4050 Coon Rapids Blvd, Coon Rapids. Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours/day. No age restriction, walk-in or call, 24-hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.
- Nucleus Clinic** (763) 755-5300
www.nucleusclinic.org. 1323 Coon Rapids Blvd NW, Coon Rapids 55433. A reproductive and sexual health clinic providing comprehensive, confidential, affordable health care and counseling. We provide annual exams, birth control, pregnancy testing, cancer screening, STI/HIV/UTI testing and treatment, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Clinic hours Monday 11:00 am - 4:00 pm, Wednesday 1:00 – 6:00 pm, and Thursday 11:00 am - 4:00 pm. Call for appointment.
- Planned Parenthood of Minnesota** (612) 823-630
www.plannedparenthood.org/planned-parenthood-north-central-states. Reproductive health care & education programs for teens. Topics include: healthy relationships, peer pressure, body image & self-esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, and decision-making skills.
- Rainbow Health** (612) 341-2060
Aids line..... (612) 373-2437 or 1-800-248-2437
www.rainbowhealth.org HIV information & referral. Interpreter services available. Online chat service available, syringe services, and Narcan available.

Other Helplines & Crisis Numbers

Animal Humane Society, Coon Rapids Adoption Center..... (763) 862-4030
www.animalhumanesociety.org. 1411 NW Main St, Coon Rapids. Call for directions & hours.

Anoka County Social Services..... (763) 324-1400
After hours, Shelter line..... (763) 427-1212
www.anokacountymn.gov. Available 8:00 am – 4:30pm. After 4:30 pm, call after hours line if you are without shelter.

Emotions Anonymous..... (651) 647-9712
www.emotionsanonymous.org. Tues – Thurs 12:00 pm - 5:00 pm. Also 24-hour answering machine. People who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties.

First Care Pregnancy Center (612) 866-7643
www.firstcaremn.org. If you are a birth parent considering an adoption plan, our licensed Expectant Parent Worker is available to assist you in this process. Adoption plans may be made at any point during your pregnancy or even after your baby is born. Our Expectant Parent Worker is also available to provide support to families of birth parents who are in the decision-making process. Call to make an appointment.

Over-eaters Anonymous..... (612) 377-1600
www overeaters.org. Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.

Spenders Anonymous..... www.spenders.org
For meeting information, please visit website.

The Family Partnership, PRIDE Program (612) 728-2061
www.thefamilypartnership.org. PRIDE (Promoting Recovery, Independence, Dignity, and Equality) is a nationally recognized and highly successful program that provides support services to sexually exploited women, teens, and their families. It is the first program in Minnesota to deliver services across a lifespan on behalf of women and teens reclaiming their lives after commercial sexual exploitation.

Transformation House (763) 452-7005
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living. Chemical dependency and mental illness treatment.

BASIC NEEDS

Food, Housing, Shelter, Clothing, & Transportation

Human Services Center of Anoka County Intake (763) 422-7200
1201 89th Ave NE, Blaine 55434. Multiple services available. This is an Economic Assistance Program.

Sharing & Caring Hands (612) 338-4640
www.sharingandcaringhands.org. 525 North 7th Street, Minneapolis 55405. Provide shelter, meals, food, dental, beds, eyeglass vouchers and many other services that help low-income families. Photo IDs required. Open Mon-Thurs 10:00 am – 11:00 am and 12:00 pm-1:15 pm.

Food

Anoka County Economic Assistance (SNAP/Food Support).....(763) 422-7200
Call for information on SNAP (Food Support), cash assistance & healthcare services. M-F, 8:00 am-4:30 pm. All services by appointment only. 1201 89th Ave NE, Blaine 55434

Bridge To Benefits www.bridgetobenefits.org
Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, printable applications, and more available online.

Family Table: Free dinner open to **everyone** at the following Anoka County churches:

Anoka	Mount Olive Lutheran Church , 700 Western St.....(763) 421-3223 Every Wednesday, 5:30 pm-6:15 pm.
Andover	Grace Lutheran Church , 13655 Round Lake Blvd (763) 421-6520 Third Sunday, 12:30 pm – 1:30 pm – Drive-thru.
Blaine	Blaine United Methodist Church , 621 115 th Ave NE (763) 757-2170 Call for days and times. Gift of Plenty.
Coon Rapids	Faith Lutheran Church , 11115 Hanson Blvd NW..... (763) 755-3530 First Thursday, 5:00 pm - 6:00 pm. Dine in /Drive up. Unity North Spiritual Center , 11499 Martin St NW..... (763) 754-6489 Fourth Thursday, 5:00 pm, January through October. www.unitynorthmn.org
Fridley	Fridley United Methodist Church , 680 Mississippi St NE.....(763) 571-1526 Fourth Saturday, 11:30 am -12:30 pm – Drive Through Only. www.fridleyumc.org Redeemer Church , 61 Mississippi Way NE(763) 574-7445 Third Monday, 5:45 pm – 6:30 pm

Fare For All..... (763) 450-3880
www.fareforall.org. A non-profit distribution program open to everyone, regardless of income. No registration required. Food packages of frozen meat, fruits and vegetables are offered at a savings of 40% off retail. For all locations and times, visit website or call.

- Grace Evangelical Free Church, Grocery Distribution**.....(763)784-7199
www.gracefree.org; Second Harvest grocery distribution at Grace Evangelical Free Church, 755 73rd Ave NE, Fridley; second Friday of every month 5:00 pm - 7:00 pm. This is a drive-thru grocery distribution and will continue until further notice.
- Help at Your Door**... (651) 642-1892
www.helpatyourdoor.org. Provides grocery shopping with delivery, transportation, and homemaker services to seniors and individuals with disabilities so that they can remain independent, safe, and in their own homes. Call for more information or to request services.
- Local Farms and Markets** (651) 201-6140
 Visit Minnesota Department of Agriculture’s (MDA) Minnesota Grown Program & Directory at www.minnesotagrown.com. To find farms and farmers markets near you, search by city or zip code.
- Meals on Wheels/Impact Services** (763)236-8718
 Provides hot noon meals delivered Monday through Friday to homebound persons who are nutritionally at risk, have a disability, or recovering from a recent hospital stay. Weekend meals may also be available. Serves individuals on County waiver and Alternative Care programs, as well as those paying privately. Serving all of Anoka County and the city of Champlin.
- Minnesota Food Helpline**..... (888) 711-1151
 A program of Hunger Solutions Minnesota. Mon-Fri, 10:00 am - 5:00 pm. Assists in connecting residents with food resources in their area. Screenings for food assistance programs & multilingual phone assistance available.
- Optage Senior Dining Choices**..... (651) 746-8280
www.optage.com Division of Presbyterian Homes. Locally prepared fresh, fully cooked meals delivered to your home weekly. 60+ fresh/frozen entrees to choose from that can quickly be re-heated in microwave or oven. Friendly, local drivers deliver, help put meals away, and answer questions. Must order a minimum of 5 meals; no delivery charge. Accepts waivers, insurance, title 3 funding, & private pay. Can order by phone or email: orders@optagedining.org.
- School Lunch Program for Students****See EDUCATION: School District Offices**
 Free or reduced lunch programs available. Call your child’s school district for more information.
- University of Minnesota Extension, Anoka County** (763) 324-3495
Answer Line (for household questions)..... 1-800-854-1678
www.local.extension.umn.edu/county/anoka. U of M Extension Answer Line has household experts available to answer questions about safely cooking, canning, & freezing foods; cleaning stains & mildew, and other household questions.
- Women, Infants, & Children (WIC)** (763) 324-4230
 Supplemental food program and nutritional education for pregnant women, nursing mothers, & children at risk up to age 5. Breastfeeding peer counselors and lactation consultants available. Eligibility based on income. Mon-Fri 8:00 am – 4:00 pm.

Food Shelves

*Food shelves are available to provide EMERGENCY food supplies at no cost for families experiencing temporary, short-term inability to buy groceries. Some food shelves serve only limited areas, so call to find the one nearest you. Call **United Way 2-1-1** or the **Minnesota Food Helpline** for further assistance.*

- Anoka County Brotherhood Council (ACBC)..... (763) 422-0046**
2615 9th Ave N, Anoka. Serves Andover, Nowthen, Coon Rapids, Ramsey, Anoka, & parts of Champlin.
Mon & Wed 10:00 am – 3:00 pm, Tues 12:00 pm – 5:00 pm, Thurs 12:00 pm – 7:00 pm. Donations accepted:
Mon - Thurs 9:00 am – 3:00 pm.
- Centennial Community Food Shelf (763) 784-2013**
www.centennialfoodshelf.org. Circle Pines City Hall, Lower Level, 200 Civic Heights Circle, Circle Pines 55014.
Serves everyone. Mon & Thurs 4:00 pm – 6:00 pm. Closed on holidays.
- Community Helping Hand (651) 464-0061**
408 SW 15th St, Forest Lake. Food Shelf, thrift store, financial assistance. Food shelf serves Forest Lake/Chisago school district area only, by appointment only.
- Hope Church.....(763) 757-4266**
1264 109th Ave NE, Blaine 55434. Hope for the Community free food distribution, Thurs 9:30 am – 5:00 pm.
- Mount Olive Lutheran Church..... (763) 421-3223**
700 Western St, Anoka. Offering free meals via drive-thru on Wednesday evenings 5:30 pm – 6:15 pm.
- North Anoka County Emergency (NACE), Inc. (763) 434-7685**
NACE serves families in crisis for Northern Anoka County. Assisting the communities of Bethel, East Bethel, Cedar, Ham Lake, Linwood, Oak Grove, St. Francis, Northern Andover, Stacy, and Wyoming addresses that are within Anoka County. Food shelf and clothing hours are Mon 9:00 am – 1:00 pm, Tues 5:00 – 8:00 pm, Wed 1:00 – 5:00 pm, and Thurs 9:00 am – 12:00 pm.
- Southern Anoka Community Assistance (SACA)..... (763) 789-2444**
627 38th Ave NE, Columbia Heights. Serves Fridley, Spring Lake Park, Hilltop, Columbia Heights. Monday, Tuesday and Thursday 8:00 am - 4:00 pm and Wednesday 10:00 am – 6:00 pm. Call for appointment.
- Salvation Army (763) 755-6873**
www.salvationarmynorth.org. 1201 89th Ave NE, Blaine. Serves all of Anoka County. Families can use this resource once every 30 days.
- Way of the Lord Food Shelf..... (763) 755-4800**
804 131st Ave, Blaine 55434. Second and Fourth Tuesday 2:30 pm – 5:30 pm.

Housing / Household Management

ACCAP, Affordable Rental Housing.....Housing Hotline (763) 783-4730
www.accap.org. Provides variety of low to moderate-cost housing alternatives including apartments, town homes, & single-family homes spread throughout Anoka County. Serving individuals and families.

ACCAP, Energy Assistance..... (763) 783-4712
www.accap.org. Financial assistance with heating bills for income qualified households.

ACCAP, Family Assets for Independence in Minnesota (FAIM) (763) 783-4747
www.accap.org. Matches \$3 for every \$1 you save for 2 years with a maximum of \$2000 of your savings. The total match of \$6000 can be used toward a down payment of your first home, to continue your education, to purchase a car, or to start up a small business. Call for eligibility and program requirements.

ACCAP, Foreclosure Prevention (763) 783-4880
www.accap.org. For people who are facing default/foreclosure. We work with your lender to help find you resources.

ACCAP, Home Ownership Program (763) 783-4747
www.accap.org. Educational Home Ownership Workshops, Family Assets for Independence in Minnesota (FAIM), Financial Fitness, One to One Counseling, & the Foreclosure Prevention Program. Full cycle service including pre-purchase education & counseling, personal finance, an asset accumulation program, post-purchase follow-up, & foreclosure prevention.

All Parks Alliance for Change (APAC) (651) 644-5525
www.allparksallianceforchange.org. Metro-wide community organization of manufactured home park neighborhood groups & members living in the area working together to improve their neighborhoods.

Anoka County Adult Foster Care (763) 324-1230
Adult foster care is a licensed living arrangement in a private home that provides food, lodging, supervision, and household services for qualified individuals who need assistance with everyday personal care due to developmental disability, mental illness, physical disability, or aging.

Bridge To Benefits www.bridgetobenefits.org
Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, printable applications, and more available online.

HOME Line (866) 866-3546 or (612) 728-5767
www.homelinemn.org. Provides free and low-cost legal, organizing, education & advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. For renters only. Free and confidential legal hotline for legal advice.

Housing & Urban Development (HUD) (612) 370-3000
www.hud.gov. Call for information about subsidized rent. Press "0" to speak with an operator.

HousingLink..... (612) 522-2500
www.housinglink.org. A non-profit organization focused on providing information about affordable rental housing options in the Twin Cities seven county metro area. Listings available on Mondays.

Minnesota Housing Finance Agency (MHFA) (651) 296-8215
www.mnhousing.gov Information about first time homebuyer program & home improvement loan program.

Twin Cities Habitat for Humanity (612) 540-5660
Habitat houses are sold to low-income families needing a decent, affordable place to live and are willing to work with others to build or renovate their own house and/or another's house. There are two options for down payments: Traditional model of no down payment, and Market model of down payment required. Mortgage payments will be calculated according to the buyer's income. Email: intake@tchabitat.org.

Weatherization..... (651) 482-8260
Provides no cost assistance to income eligible homeowners to improve the energy efficiency of their dwellings. Works with Energy Assistance Program to promote conservation efforts.

Recycling / Waste Management

Recycle Technologies..... (763) 785-0456
Provides recycling services for fluorescent lamps, ballast, computers, electronics, batteries, & mercury containing devices. Drop off hours: Mon-Fri 8:00 am - 3:00 pm.

Recycling & Disposal Options..... (763) 324-3400
www.anokacountymn.gov/recycle. Call for info on recycling, storage, & disposal of hazardous household products, reducing mail, yard waste management, etc. Also offer recycling education and assist businesses with commercial recycling.

Subsidized Housing

Housing & Urban Development (HUD) (612) 370-3000
U.S. Department of Housing & Urban Development, Minnesota Field Office, 212 3rd Ave S., #150, Minneapolis 55401. Listed on the following pages are some of the subsidized housing units located in Anoka County. For further information and/or listings, call the HUD office.

Metropolitan Housing Redevelopment Authority (HRA)..... (651) 602-1428
Information Line..... (651) 602-1880
Application Line..... (651) 602-1553
390 Robert St N, St. Paul 55101. Section 8 offered though HRA. Hours: Monday-Friday 8:00 am - 4:30 pm. HRA serves the suburban areas.

Subsidized Apartments

Abbeyfield Townhouses , Family. 3911 233 rd Ave NW, St. Francis.....	(763) 753-1724
Bridge Square , Seniors. Disabled. 2 Bridge Square, Anoka.....	(763) 421-6772
Columbia Village , Seniors. Crest View Senior Communities, 1675 44 th Ave NE Columbia Heights	(763) 782-1601
Drake Apartments , Family. Handicapped. 10021 NW Drake St, Coon Rapids	(763) 862-7148
Dublin Park Senior Apartments , Seniors. Disabled. 10020 Drake St, Coon Rapids.....	(763) 755-7270
Franklin Lane , Disabled. Seniors 62+. 1827 S Ferry St, Anoka	(763) 427-7650
Galway Place , Family. 11240 Osage St NW, Coon Rapids	(763) 755-0322
Grasslands , Handicapped, Barrier-free. 11740 Xeon Blvd, Coon Rapids	(763) 783-4730
Heights Manor , Seniors. 3850 Stinson Blvd NE, Columbia Heights.	(763) 781-6518
Mississippi View , Family. 11020 Mississippi Blvd, Coon Rapids.....	(763) 427-4700
North Gables , Seniors 62+ community. 654 90 th Lane NE, Blaine.....	(763) 786-0232
Northgate Woods , Seniors. Handicapped. Family. 1530 NE 123 rd Lane, Blaine	(763) 757-9031
Norwood Square , Seniors 62+. Handicapped. 6200 5 th St, Fridley.....	(763) 574-2187
Osborne Apartments , Seniors 62+. Handicapped. 659 Osborne Rd, Spring Lake Park.....	(763) 780- 2169 Also 18+ with wheelchair assistance.
Oxbow Bend , Senior housing and handicapped accessible. 3101 111 th Ave NW, Coon Rapids.....	(763) 427-2022
Parkview Villa , Seniors. Handicapped/Disabled. 965 40 th Ave NE, Columbia Heights	(612) 746-0521
Rum River Square Apartments , Seniors 62+. Disabled. 3040 Bridge St NW, St. Francis.....	(844) 442-6000
Sunny Acres , Family. 2701 11 th Ave N, Anoka	(763) 421-7702
Village Green Apartments , Seniors. Family. 460 Mississippi St NE, Fridley	(763) 574-0674
Walker on the River , Seniors 62+. Handicapped accessible. 1906 S Ferry St, Anoka	(763) 421-0434 www.walkermethodist.org .

Emergency Shelter/Homelessness

Homeless or At Risk of Becoming Homeless

Anoka County's Coordinated Entry is a HUD initiative to those who may be at-risk of losing their housing, or who are homeless. The Coordinated Entry initiative supports people in matching their housing needs with the appropriate resources. Persons currently receiving case management services, of any kind, should start by contacting their County Case Manager. The following persons in need, who don't have County Case Management should contact: Single Adults and Families: The Salvation Army 763-755-6873; Youth 24 and under: YMCA 763-493-3052. This is for people who are at-risk of losing their housing or who are homeless. It is meant to provide support by matching housing needs with the appropriate resources, as they are available. Immediate resources may not always be available. www.anokacountymn.gov/basicneeds.

Adult Shelter Connect..... (612) 248-2350

Single adults seeking shelter for the night. All shelters are in Minneapolis. It is first come, first serve basis. Hours of phone operation/assistance M-F 10:00 am - 5:30 pm, Sat & Sun 1:00 pm - 5:30 pm. If it is after 10:00 pm, call 2-1-1.

Alexandra House, Inc., Shelter Program & 24-hour Helpline (763) 780-2330

www.alexandrahouse.org. Emergency shelter for victims of domestic and sexual violence and their children. Free and confidential services include: crisis intervention, advocacy, safety planning, support groups, info and referral, housing and supportive services. Also provides elderly care.

Avenues for Homeless Youth (612) 522-1690

www.avenuesforyouth.org. Short-term housing and supportive services for homeless youth.

Catholic Charities..... (612) 204-8500

www.cctwincities.org. Our charity works to try to prevent poverty, meet basic needs in times of crisis, and creates paths out of poverty. Our shelter services are for men, women, children, and families.

Family Promise of Anoka (763) 568-7365

www.familypromiseanoka.org. Temporary shelter serving families with minor dependent children. A non-emergency family shelter program.

Home Free ShelterCrisis Line (763) 559-4945

Business Line..... (763) 559-9008

Fax(763) 559-6315

Food, shelter, & clothing provided for battered women with or without children, residents only. Offers support groups. Call 24 hours a day. 'Home Free Community Program' serves the NW Hennepin County suburbs and helps women with legal intervention services (763) 545-7080.

Metro Shelter Hotline..... 1-888-234-1329

Stepping Stones Emergency Housing..... (763) 323-7006

www.steppingstonech.org. Provides emergency housing (60+ beds) and support to adults experiencing homelessness

The Bridge for Runaway Youth..... (612) 377-8800

<https://bridgeforyouth.org> Safe, short-term shelter at no cost. Semi-private rooms for up to fourteen youth, ages 10-17. Shared community living room and kitchen. All meals are healthy and prepared by staff and youth in the program. Program also offers crisis counseling, transitional living, drop-in health clinic, and support groups. Also offers pregnant and parenting youth program for teens and young adults.

Tubman..... Crisis Line (612) 825-0000

Business Line..... (612) 825-3333

www.tubman.org. 1725 Monastery Way, Maplewood 55109. 24-hour resource line and shelter services. East Metro Legal Services focusing on Order for Protections. Youth housing and programs also available.

Youthlink MN (612) 252-1200

www.youthlinkmn.org. Youthlink is the host site of the Youth Opportunity Center, specifically for youth experiencing homelessness ages 16 to 24.

Clothing

- Anoka County Brotherhood Council (ACBC)..... (763) 422-0046**
2615 9th Ave N, Anoka. Serves Andover, Nowthen, Coon Rapids, Ramsey, Anoka, & parts of Champlin.
Mon & Wed 10:00 am – 3:00 pm, Tues 12:00 pm – 5:00 pm, Thurs 12:00 pm – 7:00 pm. Donations accepted:
Mon - Thurs 9:00 am – 3:00 pm.
- BirthRight.....24-hour hotline 1(800) 550-4900 or 763-757-0715**
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, and referrals. Call for updated hours.
- Community Helping Hand (651) 464-0061**
408 SW 15th St, Forest Lake. T, TH, F 10:00 am – 4:00 pm, Wed 10:00 am – 6:00 pm, Sat 10:00 am – 2:00 pm.
Food shelf, thrift store, and financial assistance. Thrift store with men’s & women’s clothing, housewares, furniture, & children’s things. Volunteers & donations are greatly appreciated. Apply online at
www.communityhelpinghand.org.
- Everyday Miracles (612) 323-6293**
www.everyday-miracles.org. Provides pregnancy support for teens, single parents, & low-income families.
Clothing for infants & maternity.
- Goodwill Store, Coon Rapids..... (763) 712-3468**
3071 Coon Rapids Blvd. NW, Coon Rapids 55433. Mon-Fri, 10:00 am – 8:00 pm. Sat 10:00 am – 7:00 pm.
Sun 11:00 am – 6:00 pm. Donations accepted during store hours.
- Joseph’s Coat..... (651) 291-2472**
www.josephscoatmn.org 1107 W 7th St, St. Paul. Shopping hours Monday - Thursday 9:00 am – 3:00 pm by appointment only.
- North Anoka County Emergency (NACE), Inc.....(763) 434-7685**
18511 Hwy 65 NE, East Bethel 55011. Clothing available at no cost to families in need. Hours: Monday
9:00 am – 1:00 pm, Wednesday 1:00 pm – 5:00 pm, Thursday 9:00 am - 12:00 pm.
- Salvation Army (763) 755-6873**
www.salvationarmynorth.org. Provides clothing vouchers to eligible Anoka County residents. Call for appointment. One time emergency assistance with diapers.
- Southern Anoka Community Assistance (SACA)..... (763) 789-2444**
627 38th Ave NE, Columbia Heights. Serves Fridley, Spring Lake Park, Hilltop, Columbia Heights. Monday,
Tuesday, Thursday 8:00 am - 4:00 pm and Wednesdays 10:00 am – 6:00 pm. Call for appointment.

Transportation

- ACCAP, Transportation Solutions** (763) 324-2318
www.accap.org/transportation-solutions. Provides car repair, insurance, and licensing grants up to \$700 to low-income Anoka County residents that meet the program’s requirements. Application and additional verification must be complete before eligibility can be determined. Call or email for more details.
Irina.Astashinsk@co.anoka.mn.gov.
- Allina Medical Transportation**..... (651) 222-0555
Bed-to-bed transportation to & from medical appointments for people with disabilities. Accepts MA. Emergency & non-emergency service. Stretcher availability to and from Allina clinics to those with a medical need.
- Anoka County MedLink**..... (763) 324-3255
www.co.anoka.mn.gov/transit. MedLink is a volunteer program providing transportation in personal vehicles. Transportation service for Anoka County seniors 60+. For medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8:00 am - 4:30 pm. Fare donations accepted.
- Anoka County Transit** (763) 324-3250
Fixed route schedule information from Metro Transit (612) 373-3333
Transit Link reservations & cancellations, Mon- Fri 7:00 am-3:30 pm..... (651) 602-5465
Metro Mobility East Reservations & cancellations, 6 am – 5 pm with holiday availability(651) 602-1120
Metro Mobility Service Center (651)-602-1111
www.anokacountymn.gov/transit. Transit Link is a service available in the seven-county metro area. All vehicles are lift equipped. A fare is required.
- Cars for Neighbors** (763) 717-7755
www.carsforneighbors.org. Anoka County. Assists people by helping them with transportation through vehicle repair. Mon-Fri 8:00 am – 4:00 pm.
- Metro Mobility** (651) 602-1111
Anoka County residents, East Zone.....(651) 602-1120
www.metromobility.org. Subsidized, door-to-door transportation service for eligible persons who are disabled. Requires 4-day advance notice for each trip. Call for certification information. All vehicles are wheelchair accessible. Consult website for hours.
- Metro Transit** (612) 373-3333
www.metrotransit.org. All fares full price at peak hours of 6:00 am – 9:00 am & 3:00 pm - 6:30 pm. Seniors 65+ (with proper identification), youth 6-12, & Medicare cardholders pay reduced fare except during peak hours. Persons with disabilities pay reduced fare any trip. Must show proof of age. Ride Share program offers carpools and rides 8:00-4:00, must register. Call for information.
- Minnesota Non-Emergency Transportation (MNET)** 1-866-467-1724
Public transportation provided to clients on Medical Assistance, try to schedule trips three days in advance. Can request ride on www.medicaltrip.net.

Minnesota Safety Council (651) 291-9150
www.minnesotasafetycouncil.org. Traffic & injury prevention programs & resources.

Salvation Army (763) 755-6873
www.salvationarmynorth.org. Provides bus tokens and cards for people who have just started a new job and are waiting on their first check. Must bring verification. Call for an appointment.

Town Taxi & Airport Taxi (612) 331-8294
www.tplusride.com. Please contact for more information.

HEALTH AND WELLNESS

- American Red Cross, Minnesota Region** (612) 871-7676
Health & safety services: first-aid, CPR, and babysitting training; Nurse Assistant Training program; services to the Armed Forces; International Services (Restoring Family Links); disaster response and recovery, including home fires; and preparedness programs, including installation of free smoke alarms (call the smoke alarm hotline (612) 460-3674, text “Alarm” to (844) 811-0100 or visit www.getasmokealarm.org).
- Anoka County Public Health & Environmental Services (PHES)** (763) 324-4200
- Child & Teen Check-ups (C&TC)** (763) 324-4280
Promote health care check-ups for children from birth to 21 years of age who qualify for Medical Assistance, help families find health care providers and community resources.
- Disease Prevention & Control**..... (763) 324-4240
Provides information on infectious disease, refugee health, immunizations, & emergency preparedness & response.
- Environmental Services**..... (763) 324-4260
Conducts food and lodging inspections, water testing, regulates environmental hazards, and provides education on various environmental issues. Hazardous and solid waste management.
- Public Health Nursing**..... (763) 324-4240
Promotes healthy pregnancy, offers services for postpartum women and newborns, pregnant teenagers, children with special needs, and provides parenting education through public health nurse visits.
- Health Education – Public Health**..... (763) 324-4200
Provides health promotion activities related to promoting wellness and preventing chronic diseases, violence prevention, mental wellness, and chemical health.
- Immunization Clinics** Hotline (763) 324-4210
- Refugee Health** (763) 324-4240
Assists with accessing health care, immunizations, and services.
- Women, Infants, & Children (WIC)** (763) 324-4230
Provides nutrition education & supplemental foods, which promote good health for pregnant, breastfeeding & postpartum women, infants, & children up to 5 years of age. Breastfeeding peer counselors and lactation consultants available. Mon-Fri 8:00 am – 4:00 pm.
- Bridge To Benefits** www.bridgetobenefits.org
Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, printable applications, and more available online.
- Epiphany Caring for Life** (612) 803-2225
www.epiphanycaringforlife.org. 24-hour confidential before and after birth support to women and their families. Companion program offers long term support to women & their families, as well as maternal support & resources, miscarriage support, food, and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families with child(ren) age birth to 2 years.
- Everyday Miracles** (612) 353-6293
www.everyday-miracles.org. Provides pregnancy support for low-income families. Support groups, doula services (labor support), childbirth education, & post-partum care.

First Care Pregnancy Center (612) 866-7643

www.firstcaremn.org. Free confidential pregnancy testing, counseling, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity and infant clothing and equipment. Free limited ultrasounds and STD testing and treatment available.

Fuller Living & Associates, LLC..... (763) 647-8188

www.fullerlivingandassociates.com. Offers counseling for individuals of all ages, couples, and families. They journey with clients through: difficulty adjusting to transitions & hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children’s behavioral issues, parenting support, anger, severe & persistent mental illness, women’s issues, men’s issues, and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week 6:00 am – 10:00 pm.

Long Term Services & Supports (LTSS), Anoka County (763) 324-1450

Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home and Community-Based Waivers.

Medical Assistance (MA) and Minnesota Care, Blaine (763) 422-7200

Columbia Heights..... (763) 324-2220

Eastern Service Center, Lexington (763) 324-2210

Medicare Customer Service, www.medicare.gov 1-800-MEDICARE (1-800-633-4227)

Metro Psychology Support Services, Inc...... (651) 645-7971

www.metropsychologysupport.com. Home-based service for people on Medical Assistance who have previously been diagnosed with a mental illness but can provide a diagnostic assessment; helps with basic living and social skills to help with daily functioning, housing, community intervention, mental health needs, benefits assistance, independent living skills, employment, and educational functioning.

Minnesota Care Information Line..... (651) 297-3862

MN residents who do not have and cannot afford health insurance may be eligible for very low-cost coverage through MN Care. Available to adults and children who meet specific guidelines. Covers most medical needs, including visits to doctors, most prescriptions, some dental, hospitalization, etc. Cannot be on Medicare.

Neighborhood Health Source, North Metro Clinic (763) 783-3722

www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers available that hold pop-up clinics in the community and in schools.

Riverwind Mental Health Crisis Services..... (763) 862-7944

www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We serve individuals who may be at a moderate risk of harm to self or others but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

Special Needs Programs

ACHIEVE Services, Inc. (763) 783-4909
www.achieveservices.org. Day training, employment, & rehabilitation for adults with developmental disabilities.

Alternatives for People with Autism (763) 560-5330
www.afpwa.org. Provides residential services for adults who are severely disabled by autism & developmental disabilities.

Alzheimer's Association, MN & ND Chapter 1-800-272-3900
www.alz.org/mnnd. Care support resources: 24-hour telephone support, information on memory loss and on referrals regarding support groups for persons with Alzheimer's disease and their families; safe return program.

American Cancer Society 1-800-227-2345
www.cancer.org.

American Diabetes Association (763) 593-5333
www.diabetes.org. Serving Minnesota and North Dakota. Call for information.

Anoka Metro Regional Treatment Center (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Arc Minnesota (952) 920-0855
www.arcminnesota.org. Information, referral, and advocacy for individuals with developmental disabilities & their families. Volunteers needed for special events, mailings, clerical duties, & thrift stores. Serves entire state of Minnesota.

Arthritis Foundation, North Central Chapter 1-800-283-7800
www.arthritis.org. Information, supportive services, advocacy, and research.

BirthRight 24-hour hotline 1(800) 550-4900 or 763-757-0715
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, and referrals. Call for updated hours.

Child & Teen Medical Center (763) 333-7733
www.childandteenmedicalcenter.com. Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interest includes ADD/ADHD, asthma, nutrition. Two locations: 7225 University Ave NE, Fridley 55432, and 11107 Ulysses St NE, Blaine 55434. Call for more info.

Children's Minnesota Hospital & Clinics

Minneapolis (612) 813-6000

St. Paul (651) 220-6000

Family Resource Center in St. Paul (651) 220-6368

Courage Kenny

Rehabilitation & resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages designed to empower people with disabilities to reach their full potential in every aspect of life.

Burnsville, 12400 Portland Ave S, #140 (952) 428-0400

Forest Lake, 1467 N Lake St So., Suite 300 (Hwy 61)..... (651) 241-3840
Pediatric & adult therapies (OT, PT, speech)

Golden Valley, 3915 Golden Valley Rd..... (612) 775-2499

Stillwater, 1460 Curve Crest Blvd (651) 241-3820

Deaf & Hard of Hearing Services- Metro Office.....(651) 431-5945 or (800) 657-3663

Video Phone (651) 964-1514

dhs.dhhsd@state.mn.us. Deaf and Hard of Hearing Services provides information, resources, and empowerment opportunities to assist Minnesotans who are deaf, deaf blind and hard of hearing and their family to effectively access service in their communities. There are six regional offices throughout the state. The Metro office serves Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties.

Dignity by Design..... (612) 325-4889

www.dignitybydesign.com. Fashion clothing and adaptive clothing for the disabled and physically challenged.

Disability.gov.....www.disability.gov.

Information and resource website for people with disabilities.

Disability Hub MN 1-866-333-2466

Information & referral services for persons with disabilities.

Epilepsy Foundation of Minnesota..... (651) 287-2300 or 1-800-779-0777

www.efmn.org. The Epilepsy Foundation of Minnesota leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures and save lives. The EFMN has programs and services for those affected by epilepsy including picking up used clothing; serves all MN and the eastern part of North Dakota.

Family Caregiver Connection..... (763) 324-1608

www.anokacountymn.gov/655/Family-Caregiver-Connection. Group Respite services provided at multiple locations. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Support groups for caregivers & their families throughout Anoka County. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

Footworks..... (651) 501-0624

Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

Fraser.....(763) 231-2590 & (612) 767-7222

www.fraser.org. Provides mental health services for children who have emotional and behavioral disorders, treatment services for infants through adults with autism spectrum disorders & their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual, family & group skills training, and other services.

- Happy Feet Footcare, Inc.** (763) 560-5136
www.happyfeetfootcare.com Call for appointment & fee scale. Serves southern Anoka County.
- Leukemia & Lymphoma Society** (612) 259-4600
www.lls.org. Support groups, financial resources, peer support, & information. Information Resource Center
 Hotline: 1-800-955-4572. Fax: 612-259-4601.
- Lifetrack** (651) 227-8471
www.lssmn.org/lifetrack. Children services including occupational & speech therapy.
- Med-Alert Bracelets**.....**Ask your local pharmacy**
- Mercy Hospital, Immediate Sexual Assault Nursing Care** (763) 236-7371
 Provides immediate health care needs of sexual assault & domestic violence victims within 10 days of the assault. This includes, but is not limited to: pregnancy, STD risk assessment & prevention, and an evidentiary exam if desired. Walk-in services at Mercy & Unity emergency departments with advocate services provided. For non-urgent health care information call (763) 236-4172.
- Mesothelioma/Asbestos**..... 1-855-457-2851
www.asbestos.com. Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.
- Metropolitan Center for Independent Living (MCIL)** (651) 646-8342
www.mcil-mn.org. Services for persons with disabilities including: information & referral, transition program, assessing & problem solving, personal care assistants, peer support, pre-employment skills, independent living skills, advocacy, deaf independent living skills, nursing home program, and ramp project.
- Minnesota Brain Injury Alliance** (612) 378-2742
www.braininjurymn.org. Resource facilitation offers free resources and brain injury & stroke information. Open M-F 8:00 am – 4:00 pm. Call or email info@braininjury.org.
- Minnesota Department of Human Services** (651) 431-2000
www.mn.gov/dhs.
- Minnesota State Council on Disability** (651) 361-7800
www.disability.state.mn.us.
- Opportunity Partners, Inc.** (763) 540-9343
www.opportunities.org. Support for adults with developmental disabilities (18 years and older) in residential and community settings so they can live more independently. Programs include Semi-Independent Living Services and apartment programs.
- Opportunity Services** (763) 755-7866
www.oppserv.org. Work rehabilitation for handicapped adults, day living for medically fragile adults, and independent placement for capable handicapped adults. Positive support living.
- People Incorporated** (651) 774-0011
www.peopleincorporated.org. Offers mental health therapy for individuals, groups, and family. Day treatment for 2nd - 12th grade children with trauma, depression, and anxiety or severe emotional disturbances. Referrals required.

- Rainbow Health**..... (612) 341-2060
Aids line..... (612) 373-2437 or 1-800-248-2437
www.rainbowhealth.org. Offers individual therapy, group therapy, relationship and family therapy, and support groups. Interpreter services are available as well as online chat services.
- Rebuilding Together Twin Cities**..... (651)776-4273
www.RtMN.org.Brings volunteers & communities together to improve homes & lives of low-income homeowners. Provides no-cost home repairs for homeowners particularly older adults, individuals living with disabilities, families with children, and veterans.
- REM Minnesota Community Services, Inc.**..... (651) 644-7680
www.thementornetwork.com. Provides outreach, intervention, and support to families & individuals with disabilities & mental health issues through in-home support, family foster care, and independent living.
- Rise, Inc.**..... (763) 786-8334
www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer Adult Rehabilitative Mental Health Services (ARMHS).
- Sharing & Caring Hands** (612) 338-4640
www.sharingandcaringhands.org. 525 N. 7th St, Minneapolis 55405. Open Mon-Thurs 10:00 am – 11:00 am and 12:00 pm – 1:15 pm. Provides free eye care; you must have your social security card & Photo ID with you.
- State Services for the Blind, Minnesota**..... (651) 539-2300
www.mnssb.org. Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, and computer technology.
- Tamarisk, Inc.** (763) 572-1950
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families dealing with an end stage terminal or life-threatening illness.
- Telephone Equipment Distribution Program**1-800-657-3663 (toll free) or (651) 431-5945
Video Phone (651) 964-1514
www.mn.gov/deaf-hard-of-hearing. E-mail: dhs.dhhsd@state.mn.us. The TED Program provides telephones on a long-term loan basis at no cost to eligible Minnesotans. We serve people of all ages who have difficulty using regular telephone due to any of the following: hearing loss, speech disability or physical disability.
- University of Minnesota, Cancer Information Line**..... www.cancer.umn.edu or (612) 624-2620
- University of Minnesota, Center for Sexual Health** (612) 625-1500
www.sexualhealth.umn.edu. Relationship and sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, compulsive sexual behavior, and child/adolescent gender exploration.
- Vision Loss Resources**..... (612) 871-2222
www.visionlossresources.org. Provides needs assessment for blindness, senior services, and rehabilitation services. Deaf/Blind Services MN.

Hospitals

Some hospitals offer financial assistance to low-income families through Hill Burton funds. Aid varies & there are guidelines. Please call hospital for details or call the Hill Burton Health Care Assistance Hotline at 1-800-638-0742. If the hospital you choose does not have Hill Burton funds available, contact their business office. They may know of other supportive funding to help you.

- Abbott Northwestern Hospitals, 800 E 28th St, Minneapolis 55407 (612) 863-4000**
- Anoka Metro Regional Treatment Center, 3301 7th Ave N, Anoka 55303 (651) 431-5000**
Mental Health & Chemical Dependency.
- Children’s Minnesota Hospital and Clinics (651) 220-6000**
345 N Smith Ave, St. Paul 55102 & 2525 Chicago Ave S, Minneapolis 55404
- Fairview Lakes Medical Center, 5200 Fairview Blvd, Wyoming 55092 (651) 982-7000**
- Fairview Ridges Hospital, 201 Nicollet Blvd E, Burnsville 55337 (952) 892-2000**
- U of M Medical Center, Fairview (612) 273-3000**
Riverside Campus, 2450 Riverside Ave, Minneapolis 55454..... (612) 273-3000
University Campus, 500 Harvard St, Minneapolis 55455 (612) 273-3000
- Gillette Children’s Hospital, 200 E University Ave, St. Paul 55101 (651) 291-2848**
- Health East St. John’s Hospital, 1575 Beam Ave, Maplewood 55109..... (651) 232-7000**
- Hennepin Health Care, 730 S 8th St, Minneapolis 55415..... (612) 873-3000**
- Mercy Hospital, 4050 Coon Rapids Blvd, Coon Rapids 55433 (763) 236-6000**
Unity Campus, 550 Osborne Rd, Fridley 55432 (763) 236-5000
- North Memorial Hospital, 3300 Oakdale Ave N, Robbinsdale 55422 (763) 520-5200**
- Phillips Eye Institute, Allina, 913 E. 26th St, Piper Building, Minneapolis 55404..... (612) 863-9900**
- Regions Hospital, 640 Jackson St, St. Paul 55101 (651) 254-3456**
- Shriners Hospitals for Children, 2025 E River Pkwy, Minneapolis 55414 (612) 596-6100**
- St. Joseph’s Hospital, 69 W Exchange St, St. Paul 55102 (651)232-3000**
- United Hospital, 333 Smith Ave N, St. Paul 55102..... (651) 241-8000**
- Woodwinds Health Campus, 1825 Woodwinds Dr., Woodbury 55125 (651) 232-0100**

Low Cost Clinics

- Neighborhood Health Source, North Metro Clinic** (763) 783-3722
www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage & family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers available that hold pop-up clinics in the community and in schools.
- Nucleus Clinic** (763) 755-5300
www.nucleusclinic.org. 1323 Coon Rapids Blvd NW, Coon Rapids 55433. A reproductive and sexual health clinic providing comprehensive, confidential, and affordable health care and counseling. We provide annual exams, birth control, pregnancy testing, cancer screening, STI/HIV/UTI testing & treatment, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Clinic hours Monday 11:00 am – 4:00 pm, Wednesday 1:00 pm – 6:00 pm, and Thursday 11:00 am – 4:00 pm. Call for appointment.
- St. Mary's Health Clinics** (651) 287-7777
www.stmaryshealthclinics.org. Free medical care for those with no access to health insurance. 15 clinic sessions each week at clinic sites located throughout the Twin Cities. Clinic open M - F 8:00 am - 4:00 pm. Please call for more information & eligibility determination. Appointments are required. Se habla espanol.
- Southside Community Health Services** (612) 822-9030
www.southsidechs.org. Community clinic providing affordable access to health care: medical, dental, vision and behavioral health. Sliding fee. No one is turned away for lack of insurance. Sliding fee for those who are eligible, but no one is turned away for lack of insurance. Accept all state plan insurances. Walk-in care is provided as staffing permits.

Dental

- Affordable Dentures & Implants, Brooklyn Park**..... (651) 552-6770 or 1-800-336-8873
www.affordabledentures.com. Mon – Fri 7:30 am – 4:00 pm. By appointment only. 100-day satisfaction guarantee on dentures; limited craftsmanship warranty on dentures and partials; coupons may be available on website.
- Apple Tree Dental**..... (763) 784-7570
www.appletreedental.org. Provides preventative care and comprehensive dental services for children, adults, seniors, & disabled. Accepts most insurances, Minnesota Care, & M.A. Affordable plan options for uninsured who cannot afford the full cost of dental care. Handicap Accessible.
- Children's Dental Services** (612) 746-1530
www.childrensdentalservices.org. Dental care for people from age 1 to 100 for low-income families. Sliding scale for birth to 18. We treat young adults between 18 - 21 and pregnant women. Clinics in St. Paul and mobile care for Coon Rapids. Interpreters available for Spanish, Hmong, and Somali. Call for appointment.

- Donated Dental Services**..... (651) 454-6290
www.dentallifeline.org. Non-profit program dedicated to assisting people who are disabled, elderly or medically at-risk and have no other way to obtain dental care. Volunteers offer their services. No emergency treatment. Patients must lack adequate income to pay, have a permanent disability, are 65+, and are medically fragile.
- Southside Community Health Services** (612) 822-9030
www.southsidechs.org. Community clinic providing affordable access to health care: medical, dental, vision and behavioral health. Sliding fee. No one is turned away for lack of insurance. Sliding fee for those who are eligible, but no one is turned away for lack of insurance. Accept all state plan insurances. Walk-in care is provided as staffing permits.
- University of Minnesota, Dental School** (612) 625-2495
www.dentistry.umn.edu. 515 Delaware St. SE. Minneapolis. Set fees based on work done by students, grad student with faculty members. Accepts cash, check, credit card and insurance.
- West Side Community Health Services** (651) 602-7575
www.mncare.org. Sliding fee, accepts all MA's. Open Monday, Tuesday, Friday 8:00 am – 5:00 pm, Wednesday & Thursday 8:00 am – 8:00 pm, Saturday 8:00 am – 12:00 pm.

Chemical Health

For Emergency Medical Help, please call 9-1-1.

- 3-R's Nuway, Inc.** (612) 789-8030
www.nuway.org. Morning and early afternoon programs M-F. Offers supplemental subsidized sober housing.
- Anoka County Chemical Dependency & Substance Use Disorder Line** (763) 324-1270
www.anokacountymn.gov/rule25. Rule 25 Funding. You may be eligible for financial assistance through Rule 25. Eligibility is determined through assessment. Provides financial assistance for chemical dependency services.
- Anthony Louis Center** (763) 757-2906
Fax Number (763) 546-7674
www.anthonylouiscenter.com. Residential programs for adolescents with chemical dependency. Provides assessment, outpatient, inpatient, counseling, mental health programs and aftercare. Gender specific programming.
- Community Addiction Recovery Enterprise** (651) 431-5250
www.mn.gov/dhs. Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Civilly committed individuals only.
- Fairview Recovery Services**..... (612) 672-2736
 Behavioral Health outpatient services.

- Hazelden Betty Ford Foundation**..... (800) 257-7810
www.hazeldenbettyford.org. Substance abuse assessments, prevention, treatment, education, and continuing care for ages 12+. It is the nation’s largest non-profit treatment provider with five locations in MN offering Mental Health/Chemical Dependency outpatient treatment. Accepts most insurance, assistance available. It now provides virtual services (virtual intensive outpatient) for those who have accessibility issues.
- Narcotics Anonymous**.....24-hour Helpline (877) 767-7676
www.naminnnesota.org.
- Nystrom & Associates, Ltd.**
Coon Rapids..... (763) 767-3350
New Brighton..... (651) 628-9253
Elk River..... (763) 746-9492
www.nystromcounseling.com. Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment, Adult Rehabilitative Mental Health Services (ARMHS), and nutritional counseling.
- Riverplace Counseling Center**..... (763) 421-5590
www.riverplacecenter.com. Substance abuse treatment center offering outpatient, intensive outpatient with lodging, relapse prevention, continuum of care and chemical use assessments. Ages 18+. Contracted with most insurance companies. PMAPS, CCDTF (Rule 25). Email: referrals@riverplacecenter.com.
- RS Eden** Men (612) 361-8543 Women (612) 361-8368
www.rseden.org. Structured programming for men and women with a history of addiction. Fees based on a sliding fee scale and vary with service provided. Assistance is available to eligible clients through General Assistance or the State Consolidated Fund.
- Transformation House** (763) 452-7005
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. High and medium intensity CDMI treatment. Offers sober living. Chemical dependency and mental illness treatment.
- Unity Chemical Dependency Services**..... (763) 236-4500
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.
- Veterans Affairs Medical Center, Minneapolis**..... (612) 467-1100
www.minneapolis.va.gov/services/ars.asp. ADS (Addiction Disorder Section).

Mental Health

For Emergency Mental Health Help, please call 9-1-1.

988 Suicide & Crisis Lifeline.....9-8-8 or (800) 273-8255 (TALK)
24-Hour telephone crisis counseling, information, and referral line.

ABC Family Counseling..... (763) 227-8076
Anoka Professional Building, 229 Jackson St, Ste 136, Anoka 55303. Individual and family counseling.

Affiliated Counseling Center (763) 572-2605
www.mncounseling.com. 7260 University Ave NE, Fridley. Outpatient mental health clinic; provides counseling services to individuals, couples, families, elders, and children; psych testing and assessments. Fax: (763) 572-2606.

Anoka County Adult Mental Health..... (763) 324-1420
www.anokacountymn.gov. Anoka County Adult Mental Health assists adults with mental illness by providing information and referral, adult mental health targeted case management eligibility determination, case management, mental health homeless outreach, and health care navigation. Civil Commitment (prepetition screening) referrals will also be received through this centralized access point. Housing Line: (763) 324-1215.

Anoka County Children’s Mental Health..... (763) 324-1430
Provides information, community referrals, and assesses requests for children’s mental health services & case management.

Anoka Metro Regional Treatment Center (651) 431-5000
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Bar None Omegon (763) 753-2500
www.voamnwi.org/bar-none. Bar None Omegon provides mental health and chemical health programs in residential setting for males ages 12- 17.

Bridgeview Club..... (763) 783-7440
www.leecarlsoncenter.org. Drop-in center for adults 18+, activities and support programs for adults in Anoka County with mental illness.

Community Options Program (763) 572-0009
Intensive Residential Treatment Services (IRTS) for persons with serious & persistent mental health illness or Chemical Dependency. Open 24 hours. 90-day program at 7 sites in the Twin Cities. Call for information.

Domestic Abuse Project..... (612) 874-7063 Ext 232
www.mndap.org. Email: dap@mndap.org or firstcall@mndap.org Call or email for services. First Call Line helps you take the first steps to getting therapy, advocacy, and case management. Treatment and therapy for abusive men and adolescents. Therapy, case management for all clients, and advocacy services for survivors of domestic violence. Therapy services for children who have witnessed domestic violence. Office hours Monday-Thursday 9:00 am – 5:00 pm and Friday 9:00 am – 3:00 pm, 24-hour answering machine.

- Family Based Therapy Associates** (763) 780-1520
www.fbta.biz. Local, comprehensive mental health resource with multi-disciplined staff of mental health professionals. Work with individuals, couples, families, children, adolescents, and adults. Most insurance accepted.
- Family Caregiver Connection**..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection. Offers support & resource materials for caregivers of an older adult. Support groups available throughout Anoka County.
- Fraser** (763) 231-2590 & (612) 767-7222
www.fraser.org. Provides mental health services for children who have emotional & behavioral disorders, treatment services for infants to adults with autism spectrum disorders and their parents or caregivers. Offers diagnostic intake, evaluation, therapy, individual & family skills training, and other services.
- Fuller Living & Associates, LLC**..... (763) 647-8188
www.fullerlivingandassociates.com. Offers counseling for individuals of all ages, couples, and families. They journey with clients through: difficulty adjusting to transitions & hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children’s behavioral issues, parenting support, anger, severe & persistent mental illness, women’s issues, men’s issues, and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week 6:00 am – 10:00 pm.
- Laurie Grengs Counseling** (763) 572-2326
www.lauriegrens.com. Licensed psychologists work with couples, individuals, families, children, and teens; treats post-traumatic stress, depression, and anxiety; do evaluations. Insurance accepted, sliding fee. Licensed clinical social worker and life coach available for all ages.
- Lee Carlson Center, Mental Health and Wellbeing** (763) 780-3036
www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers housing stabilization support, foster care therapy, and Adult Rehabilitative Mental Health Services (ARMHS). Office hours M - TH 8:00 am – 8:00 pm.
- LifeStance Health**..... (763) 421-5535
www.familyinnovations.com. www.lifestance.com. Provides counseling for couples, families, & individuals.
- Mercy Hospital, Adult Psychiatry** (763) 236-8700
Adult Mental Health Outpatient Program (AMHOP)..... (763) 236-8700
Adult Partial Hospital Program (PHP) (763) 236-8700
www.allinahealth.org. Inpatient mental health services. MA & most insurance plans accepted. For inpatient care, call Mental Health and Addiction Line (866) 603-0016.
- Mercy Hospital, Crisis Intervention Assessment** (763) 236-7144
 Assess mental health needs & referrals in the emergency room at Mercy Hospital 24 hours a day. No age restriction, walk-in or call, 24-hour immediate attention to urgent mental or emotional health problems. There will be an emergency room charge for this service.

- Mental Wellness Campaign Anoka County (MWCAC)** www.mwcac.org
www.mwcac.org. We are a non-profit organization. Our mission is to erase the stigma surrounding mental health through awareness, education, and engagement. Our purpose is to reach out to the entire community with the message: “Mental health is as important as physical health.” Visit our website or Facebook page: Mental Wellness Campaign.
- Northland Therapy Center** **(651) 641-1009**
www.northlandtherapycneter.com. A mental health clinic serving primarily adult individuals & couples with expertise in working with sexual orientation issues and trauma.
- North Suburban Counseling Center** **(763) 784-3008**
www.northsuburbancounselingcenter.com. Sliding fee. Individual, family, & adolescents aged 16+. Psychiatric medication evaluations. MA accepted. Some insurance accepted.
- North Suburban Grief Support Coalition, Growing Through Loss**..... **(763) 755-5335**
 Coalition of faith communities and other agencies that provide 2 series of 6-week sessions per year in various parts of Anoka County. Education is provided around various aspects of grief & loss. Small group support is offered for the death of a spouse, parent, child, sibling, friend, pregnancy loss, or suicide. No cost.
- Nystrom & Associates, Ltd.**
Coon Rapids..... **(763) 767-3350**
New Brighton..... **(651) 628-9253**
Elk River..... **(763) 746-9492**
www.nystromcounseling.com. Provides services for children, adolescents, and adults. Services available: psychiatry, therapy, psychological testing, Dialectical Behavior Therapy (DBT), adult mental health day treatment, Adult Rehabilitative Mental Health Services (ARMHS), and nutritional counseling.
- People Incorporated** **(651) 774-0011**
www.peopleincorporated.org. Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. M-Th 9:00 am – 7:00 pm, Friday 9:00 am – 1:00 pm.
- Project Pathfinder, Inc.** **(651) 644-8515**
www.projectpathfinder.org. Assessment of adults & children ages ranging from 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for anyone who has been sexually abused or has sexually abused another child. Services are also available for their families.
- REM Minnesota Community Services, Inc.**..... **(651) 644-7680**
www.thementornetwork.com. Provides outreach, intervention, and support to families & individuals with disabilities & mental health issues through in-home support, family foster care, and independent living services.
- Rise, Inc.**..... **(763) 786-8334**
www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer Adult Rehabilitative Mental Health Services (ARMHS).

- Riverwind Mental Health Crisis Services..... (763) 862-7944**
www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We serve individuals who may be at a moderate risk of harm to self or others but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive & group intervention (IMR, IDDT) centered around developing a crisis response action plan.
- Shiloh House (763) 427-7155**
www.transformationhouse.com. 1410 S Ferry Rd, Anoka 55303. Services are at 10:00 am on Sundays. Court ordered assessments, gambling assessments and outpatient treatment available. Call for intake and assessment.
- Spring Path Mental Health Services (763) 537-6612**
www.springpathmentalhealth.com. Community support program providing case management and psychiatric rehabilitation in the community for individuals with severe and persistent mental illness.
- Stop It Now!Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referrals. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.
What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has Text and chat available.
- The Family Partnership, School-Linked Mental Health (SLMH)..... (612) 314-5576**
www.thefamilypartnership.org. Accepts referrals from parents, school staff, and clients themselves who are looking for help in addressing possible mental health concerns in the school setting, such as depression, anxiety, trauma, difficulty adjusting to change, difficulties with motivation & grades, and social difficulties. Our staff work directly in the school to help improve access to students and to make scheduling easier. Serves Pre-K and 0–5-year-olds. Located in Hennepin County.
- Tubman, Chrysalis Center (612) 871-0118**
www.tubman.org. Counseling & outpatient mental health services. MA accepted. M-Th 8:00 am – 5:00 pm. Fri 8:00 am – 3:00 pm.
- Unity Chemical Dependency Services..... (763) 236-4500**
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.
- Veterans Resource Center St Paul (651) 644-4022 or Anoka (763) 503-2220**
 Readjustment counseling for all combat veterans (individuals, couples, & families). Bereavement for individuals who have lost a family member in combat. Outreach services for local, regional, & state counseling for Military Sexual Trauma (MST). Referrals as appropriate. Mon-Fri 8:00 am - 4:30 pm, extended hours available.

Veterans Service Office, Anoka County (763) 324-4500
Fax Number (763) 324-1040
www.anokacountymn.gov/veterans. Counseling, claims services, and referrals. Also offers assistance in accessing services in burial benefits, discharge reviews, death benefits, employment, financial assistance, education training, health benefits, disability services, etc.

Well-Spouse Association..... 732-577-8899
www.wellspouse.org. Offers emotional support, newsletters, and resource materials for the husbands, wives & partners of the chronically ill and/or disabled. Advocates for needs. Monthly support meetings.

Nutrition Education, Counseling and Support

Anoka County Public Health Nursing..... (763) 324-4240
www.anokacountymn.gov. Provides a variety of services to support individuals and families. Services include: parenting information and Public Health Nurse home visiting for pregnant teens, postpartum, newborns & children with special health care needs.

Centro Tyrone Guzman..... (612) 874-1412
www.centromn.org. 1915 Chicago Ave S, Minneapolis, MN 55404. Senior, preschool, and youth programs available. Also offers prenatal classes and family engagement programs.

La Leche League Breastfeeding Helpline (877) 452-5324
www.llli.org. Lactation counselors are available in English and Spanish.

National Breastfeeding Helpline (800) 994-9662
www.womenshealth.gov.

Nutritional Weight and Wellness..... (651) 699-3438
www.weightandwellness.com. With six offices across the Twin Cities, we offer life-changing nutrition education to anyone wanting a healthier life. Through our 1-on-1 nutrition consultations, classes, and weekly radio show 'Dishing Up Nutrition' (listen on MyTalk 107.1 Saturdays at 8:00 am), our nutritionists are dedicated to helping you achieve your health goals, whatever they are. Visit our website for more helpful information and new blog posts.

Over-eaters Anonymous (612) 377-1600
www overeaters.org. Taped message providing information regarding over-eaters anonymous. To obtain information, leave a message.

University of Minnesota Extension, Anoka County (763) 324-3495
Answer Line (for household questions)..... 1-800-854-1678
www.local.extension.umn.edu/county/anoka. U of M Extension Answer Line has household experts available to answer questions about safely cooking, canning, & freezing foods; cleaning stains & mildew, and other household questions.

Physical Activity Resources

Anoka County Parks and Recreation..... (763) 324-3300
www.anokacountyparks.com, 550 Bunker Lake Blvd NW, Andover 55304.

Go Anoka County.....www.goanokacounty.org

Minnesota Department of Natural Resources..... (651) 296-6157
www.dnr.state.mn.us.

Minnesota Recreation and Park Association..... (763) 571-1305
www.mnrpa.org.

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 (763) 230-9622
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 (763) 785-7882
www.ymcatwincities.org. Provides youth/adult health & wellness programs and activities such as aquatics, recreation, youth development, and sports. Day & sleepover camps are also available.

See EDUCATION: Community Education Departments for fitness classes & athletics for residents of all ages.
See FOR SENIORS ONLY: Social Opportunities for Seniors.

Contact your local hospital for community exercise programs.
Many malls have walking programs. Please contact your local mall for information.

Tobacco Prevention and Cessation

QuitPartner..... (800) 784-8669
www.quitpartnermn.com.

Also, check out: www.minnesotahelp.info and www.211.org

EMPLOYMENT

Anoka Technical College, Career Services (763) 576-7780
www.anokatech.edu. Job placement coordinators are available. Provides resumes assistance, employment services and referrals. Assisting current Anoka Tech students.

CareerForce in Blaine..... (763) 324-2300
www.careerforcemn.com/blaine Provides services to meet career, employment, and training needs. Services include career lab with personal computers, internet access, job leads & referrals, labor market information, and phone center. Workshops assist in career planning, job search, networking, interviewing skills, and resume writing. Workshops are currently online and virtual.

Veteran Employment Representative (763) 257-4077

Catholic Charities..... (612) 204-8500
www.cctwincities.org. Our charity works to try to prevent poverty, meet basic needs in times of crisis, and create paths out of poverty. Our shelter services are for men, women, children, and families.

Educational Opportunity Center (763) 324-2328
www.minneapolis.edu/eoc. Counselors throughout the metro area. Provides school and career information. Apply for school admission and financial aid (including FAFSA). Assists with resolving defaulted student loans for returning students. Free information and referrals.

International Institute of Minnesota (651) 647-0191
www.iimn.org. A statewide service organized to help foreign born residents and their families adjust to American life.

Minnesota State CAREERwise www.careerwise.minnstate.edu
Annual career exploration publications. Includes MN specific occupational details, assistance with making current and future career decisions. Sample copies can be found at CareerForce centers or local libraries.

Opportunity Partners, Inc. (763) 540-9343
www.opportunities.org. Provides training, vocational, enrichment options for adults 18+ with disabilities. Provides opportunities for employment as part of a team with an on-site supervisor or independent employment with the support of a job coach.

Opportunity Services (763) 755-7866
www.oppserv.org. Work rehabilitation for handicapped adults, day-living for medically fragile adults, and independent placement for capable handicapped adults. Positive support living.

Rise, Inc...... (763) 786-8334
www.rise.org. Offers employment exploration, vocational evaluation, career planning, and job placement services for people with a variety of barriers to employment including people with disabilities, mental illness, and brain injuries. For adults with disabilities, we also offer day support services focused on life enrichment activities and community exploration. For people with mental illness who need additional support, we also offer Adult Rehabilitative Mental Health Services (ARMHS).

Senior Community Service Employment Program, Anoka County (SCSEP)..... (763) 324-2284
A work-site placement program to increase job skills for low-income people 55 & older. Employment counselors assist with job search, job leads, resume writing, interview & training skills, and temporary placement at community host sites. For more information: <https://www.anokacountymn.gov/1284/Senior-Employment>

Unemployment Insurance..... www.uimn.org
Unemployment compensation benefits.

Veterans Resource Center St Paul (651) 644-4022 or Anoka (763) 503-2220
Part of Veterans Affairs. Provides veteran education, referrals, & services for combat/noncombat veterans.

Vocational Rehabilitation Services (VRS)..... (763) 279-4350
Provides variety of services to assist with obtaining and maintaining appropriate employment. There may be a cost for some services, which will be outlined by agency counselors.

Women Venture..... (612) 224-9540
www.womenventure.org.

Metro Civil Service Job Information

Anoka County Employment Relations (763) 324-4300
FAX (763) 324-1060
www.anokacountymn.gov. 8:00 am - 4:30 pm. 2100 3rd Ave, Suite #261, Anoka, MN 55303.

Hennepin County Government Center (612) 348-3000
Hennepin County Jobs (612) 348-7855
www.hennepin.jobs.

Post Office Jobline..... www.usps.com/employment

Ramsey County Human Resources (651) 266-2700
Ramsey County Job Opportunities www.co.ramsey.mn.us/Jobopportunities
www.co.ramsey.mn.us.

University of Minnesota, Human Resources..... (612) 624-8647
University of Minnesota Job Information employment.umn.edu
www.umn.edu/ohr/employment.

National Service

AmeriCorps 1-800-942-2677
www.americorps.gov. Put ideas into action while learning new skills, making new connections, and earning money to pay for college, graduate school, or qualified student loans. Some may be eligible to earn a modest living allowance during their term of service. Mission is to improve lives, strengthen communities, and foster civic engagement through service & volunteering.

FINANCIAL

Assistance & Counseling

Financial Assistance

ACCAP, Crisis Assistance (763) 783-4747
www.accap.org. Limited financial assistance to eligible residents of Anoka County, as funds are available.

ACCAP, Transportation Solutions (763) 324-2318
www.accap.org/transportation-solutions. Provides car repair, insurance, and licensing grants up to \$700 to low-income Anoka County residents that meet the program's requirements. Application and additional verification must be completed before eligibility can be determined. Call or email for more details. Email: Irina.astashinsky@co.anoka.mn.gov.

ACCAP, Energy Assistance..... (763) 783-4712
www.accap.org. Financial assistance with heating bills for income qualified households.

Anoka County Child Support (763) 324-2420
www.anokacountymn.gov Services include: locating non-custodial parents, establishing parentage, establishing & enforcing support order (child support, medical support, childcare contributions) and collections. M-F 8:00 am - 4:30 pm.

Anoka County Economic Assistance (SNAP/Food Support).....(763) 422-7200
1201 89th Ave NE, Blaine 55434. Call for information on SNAP (Food Support), cash assistance, and healthcare services. Monday – Friday 8:00 am - 4:30 pm. All services by appointment only.

Bridge To Benefits www.bridgetobenefits.org
Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, printable applications, and more available online.

Diversionsary Work Program (DWP)..... (763) 422-7200
DWP is a short-term, work focused program for families applying for cash benefits. Contact your county of residence for more information and possible benefits.

Medicare Customer Service 1-800-MEDICARE (1-800-633-4227)
www.medicare.gov

Minnesota Family Investment Program (MFIP) (763) 422-7200
MFIP benefits provide cash and food benefits to eligible applicants. Contact your county of residence for more information and possible benefits.

Representative Payees (763) 783-4707
Provides money management for clients receiving government benefits and having trouble managing their finances. Call Senior Information Line for a list of Representative Payees.

- Salvation Army, HeatShare** (763) 755-6873
Emergency program serving Anoka County residents to assist with heating emergencies. You must exhaust all other programs first.
- Social Security Administration**Apply 1-800-772-1213
Forms Assistance & Questions..... (763) 324-2424
- Telephone Assistance Plan**..... (651) 296-0406
Monthly discounts for landlines available. Financial eligibility guidelines may apply. Contact your phone company for details.

Financial Counseling & Education

- ACCAP, Family Assets for Independence in Minnesota (FAIM)** (763) 783-4747
www.accap.org. Matches \$3 for every \$1 you save for 2 years with a maximum of \$2000 of your savings. The total match of \$6000 can be used toward a down payment of your first home, to continue your education, to purchase a car, or to start up a small business. Call for eligibility and program requirements.
- ACCAP, Financial Fitness** (763) 783-4851
www.accap.org. Gain personal finance knowledge in budgeting, debt reduction, asset building, credit usage, building a good credit rating, consumer protection, and financial institutions.
- ACCAP, Foreclosure Prevention** (763) 783-4880
www.accap.org. For people who are facing default/foreclosure. We work with your lender to help find you resources.
- FamilyMeans, Financial Solutions** (651) 789-4014
www.familymeans.org/financial-solutions. Offers education, financial counseling, and debt management. Monday – Friday 8:00 am – 4:30 pm with evening appointments available.
- Lutheran Social Services, Financial Counseling** 1-888-577-2227
www.lssmn.org/financialcounseling. Free financial counseling. Call for an appointment. Debt management program available, fees may apply.
- Taxpayer Advocate Service of IRS** (651) 312-7999
www.IRS.gov/taxpayer-advocate. Free assistance for unresolved IRS problems.
- Village Financial Resource Center**..... 1-800-450-4019
www.helpwithmoney.org. Provides budget counseling and credit counseling. Mon-Fri 8:00 am – 5:00 pm. Call for appointments & fees.

LEGAL

Anoka County Attorney's Office (763) 324-5550

Anoka County Attorney's Office, Victim / Witness Program (763) 324-5540
www.anokacountymn.gov/victimwitness. Help with referrals, resources, victim advocacy, and support services. Office open M-F 8:00 am – 4:30 pm.

Anoka County Children & Family Services (763) 324-1440
www.anokacountymn.gov/childprotection. Report child abuse & neglect. 24 hours/day, 7 days/week.

Anoka County Child Support (763) 324-2420
www.anokacountymn.gov Services include: locating non-custodial parents, establishing parentage, establishing & enforcing support order (child support, medical support, childcare contributions) and collections. M-F 8:00 am - 4:30 pm.

Anoka County Public Defender (763) 422-3350
www.pubdef.state.mn.us. Court appointed criminal defense. Deals only with criminal defense cases.

Attorney General's Office, Minnesota Office of Consumer Services (651) 296-3353 or 1-800-657-3787
TTY (Hearing Impaired) (651) 297-7206 or 1-800-366-4812
www.ag.state.mn.us. Distributes consumer information and enforces fraud statutes. Mediation services to consumers having problems with businesses.

Better Business Bureau of Minnesota (651) 699-1111
www.thefirstbbb.org. If you have difficulty regarding any consumer problem, you may want to file a complaint with the Better Business Bureau. Provides reliability reports. Call before you do business with any company. Monday-Friday 8:00 am – 5:00 pm.

Central Minnesota Legal Services (612) 332-8151
www.lawhelpmn.org. / www.centralmnlegal.org. Offers free legal representation to low-income residents of Anoka County in civil (non-criminal) cases. Includes family law, consumer law, unemployment compensation appeals, public assistance (welfare, emergency & daycare assistance, SNAP), tenant/landlord, other non-criminal matters.

Crime Watch, Operation I.D. (763) 324-5179
These programs operate in conjunction with the Anoka County Sheriff's office & your local police department to protect your property & your neighborhood. See CIVIC INFORMATION section.

Estate & Elder Law Services at Volunteers of America MN (612) 676-6300
www.voamnwi.org/estate-elder-law-services. Email: estateandelderlaw@voamn.org. Elder law includes wills, trust, estate planning, probate, conservatorships/guardianships, healthcare directives, power of attorney, Medical Assistance, special needs trust, and real estate services. Please visit website.

HOME Line (612) 728-5767
www.homelinemn.org. Provides free legal education & advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. For renters only. Free and confidential legal hotline for legal advice.

- Judicare of Anoka County, Inc.** (763) 783-4970
www.anokajudicare.org. Free legal representation for low-income residents of Anoka County, who meet eligibility guidelines. Civil (non-criminal) cases only, including tenant/landlord, employment, debtor/creditor, public assistance (welfare, SNAP/food support, etc.), domestic relations, and other non-criminal matters. No wills.
- Law Help MN** www.LawHelpMN.org
 Helping low-income Minnesotans solve civil legal problems.
- Legal Aid Society of Minneapolis** (612) 334-5970
www.mylegalaid.org.
- Mediation Services for Anoka County** (763) 422-8878
www.mediationservice.org. Since 1987, Mediation services for Anoka County (MSAC), a 501(c)(3) agency, has been helping families, neighbors, schools, landlords, tenants, and consumers to resolve conflict through education, mediation, and restoration services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching and restorative practices.
- Minnesota Department of Human Rights** (651) 539-1100
TTY (Hearing Impaired) 711 or 1-800-627-3529
www.MN.gov/mdhr. Enforces MN Human Rights Act. Investigates charges of discrimination in employment, housing, public accommodation, education, and public services.
- Minnesota State Bar Association** www.mnfindalawyer.com
 Attorney referral service.
- MN Lawyer Referral & Information Service** (612) 752-6699
www.mnlawyerreferral.org. Callers are provided legal information & may be able to schedule an appointment with an experienced attorney for a \$30 administrative fee. \$30 administrative fee may be waived for injury cases & SSI appeals. Reduced Fee Program might be available for working clients. \$90/hr with a \$750 retainer. Must meet eligibility guidelines.
- Prepare & Prosper** (651) 287-0187
www.prepareandprosper.org. 2610 University Ave W., St. Paul, MN 55114. Providing free tax assistance for low-income working taxpayers.
- Social Security Administration** **Apply 1-800-772-1213**
Forms Assistance & Questions (763) 324-2424
- Southern Minnesota Regional Legal Services, Central Office** (651) 222-4731
TollFree 1-888-575-2954
www.smrls.org. Advice and representation in non-criminal civil legal matters that are critical to the clients' basic needs.

- Tax Assistance** **(763) 324-1480**
 Service provided by the American Association of Retired Persons (AARP) and Anoka County Retired & Senior Volunteer Program (RSVP). Trained and certified volunteers assist senior citizens, low-income families, and disabled persons with filing forms (income taxes February through April, and property/rent rebates). Volunteers are scheduled at various sites. No charge.
- Taxpayer Advocate Service of IRS** **(651) 312-7999**
www.irs.gov/taxpayer-advocate. Free assistance for unresolved IRS problems.
- Trellis Pension & Retirement Rights**.....**1-866-783-5021**
www.midwestpensions.org. A free, nonprofit legal advocacy agency that assists individuals, of all ages, with pension related issues no matter your income or value of claim. Serves residents in Minnesota, Wisconsin, Iowa, North Dakota, and South Dakota.
- Tubman, Chrysalis Center** **(612) 871-0118**
www.tubman.org. 4432 Chicago Ave S, Minneapolis. Provides legal assistance in family law cases. Also offers outpatient center for referral, support groups, chemical dependency, and mental health services.
- Workers Compensation** **(651) 284-5032**
www.dli.mn.gov. Information line.

EDUCATION

When applying for education programs, ask about services you may need in order to participate (i.e., transportation or childcare). Many of these programs have funds to cover such costs, so it can pay to ask for what you need!

Adult Literacy Hotline **1-800-222-1990**
www.MNliteracy.org/hotline. For referrals to basic reading & math skills, Adult Basic Education, GED prep testing sites, ESL Classes, and computer classes. Refer for citizenship. Spanish speakers available.

Affordable Colleges Online www.affordablecollegesonline.org
An online guide that focuses on various on-campus, off-campus, and online resources that students can utilize to help make college affordable for them.

American Red Cross, Minnesota Region **(612) 871-7676**
www.redcross.org. Nurse Assistant Training Program: CNA classes can help prepare you for a career in the medical industry. With an emphasis on academics and hands-on skills training, our CNA classes can help you gain the information you need to pass your state CNA exam and achieve a position working in healthcare. Students can expect to complete all in-class and clinical training, and be ready to take their state certification exams within 3-7 weeks of beginning the program.

Anoka County Library, Books by Mail **(763) 324-1529**
www.anokacountymn.gov. Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.

Anoka Ramsey Community College **(763) 433-1100**
www.anokaramsey.edu. For general information.

Anoka Technical College **(763) 576-7710**
www.anokatech.edu. Develop the skills you need to get started on a career path in a supportive community. Anoka Tech offers low-cost tuition and a small campus with comfortable atmospheres, faculty experts & credentialed instructors that teach courses in more than 70 program areas. Please contact enrollment services for more information or email enrollmentservices@anokatech.edu.

English Learning Center **(612) 874-9963**
Offers ESL, citizenship, math, and computer class. Serves adult immigrants and refugees. Provides some transportation. Monday-Thursday mornings and evenings.

Family Caregiver Connection **(763) 324-1608**
www.anokacountymn.gov/655/Family-Caregive-Connection. Provides educational opportunities to caregivers through support groups & community education events. Topics include: estate planning, self-care, medication management, positive aging, depression, coping with grief/loss & understanding memory loss.

Home Safety Check **(763) 767-4003**
www.sbmfire.org Provided to residents of Spring Lake Park, Mounds View, & Blaine by their fire departments. Includes free child safety seat checks by appointment, home safety surveys, fire extinguisher training, injury prevention program, and juvenile fire setting program. Provide CPR training for small fee.

Metro North Adult Basic Education..... (763) 433-4200

www.metronorthabe.org. Email: info@metronorthabe.org. Offers free classes for adults including English as a Second Language (ESL), GED preparation, Minnesota State diploma, college entrance preparation, and basic reading, writing & math brush up. Classes offered at multiple locations with various schedules including morning and evening classes.

Minneapolis Community & Technical College (MCTC)..... (612) 659-6000

www.minneapolis.edu. Power of YOU program offers recent graduates of Minneapolis or St. Paul public schools who are also residents of either city the chance to attend MCTC tuition free. Students who complete career programs at MCTC go on to find employment in a wide variety of professional & technical areas.

Minnesota Safety Council (651) 291-9150

www.minnesotasafetycouncil.org. Workplace safety training.

North Hennepin Community College..... (763) 488-0391

www.nhcc.edu.

Pacer Center, Inc. (Parent Advocacy Coalition for Educational Rights) 1-800-537-2237

General Number (952) 838-9000

www.pacer.org. Serves the information & training needs of parents in Minnesota who have children & young adults with disabilities. No fee.

Parent Involvement **Contact your local school**

Each school district has funds designated to assist parents in helping their children be ready to learn, improve communication between home & school, expand parent volunteer opportunities, support parents as they help their children learn, and help parents share in the decision making at the school district & state level. Contact your local school’s parent involvement coordinator or parent involvement committee.

People Incorporated (651) 774-0011

www.peopleincorporated.org. Offers mental health therapy for individuals, groups, and families. Day treatment for 2nd - 12th Grade children with trauma, depression, anxiety, or severe emotional disturbances. Referrals required.

Preschool Screening..... **Contact your local school district**

All children are required to have a preschool screening after they are 3 years old and before entering kindergarten. Contact your local school district to find out how to have your child screened.

St. Paul College..... (651) 846-1600

www.saintpaul.edu.

University of Minnesota Extension, Anoka County (763) 324-3495

Answer Line (for household questions)..... 1-800-854-1678

www.local.extension.umn.edu/county/anoka. Provides a variety of educational opportunities to county residents through 4-H Youth Development, the Master Gardener program, Youth Teaching Youth (offered through participating high schools), & the Natural Resources Field Trip (offered to elementary schools).

University of Minnesota Information Line (612) 625-5000

School District Offices

School Boards are made up of elected officials. Vote in school board elections!

- District 11, Anoka-Hennepin (763) 506-1000
www.ahschools.us. 2727 North Ferry Street, Anoka 55303.
- District 12, Centennial (763) 792-6000
www.isd12.org. 4707 North Rd, Circle Pines 55014.
- District 13, Columbia Heights (763) 528-4500
www.colheights.k12.mn.us. 1440 49th Ave NE, Columbia Heights 55421.
- District 14, Fridley (763) 502-5000
www.fridley.k12.mn.us. 6000 W Moore Lake Dr, Fridley 55432.
- District 15, St. Francis (763) 753-7040
www.isd15.org. 4115 Ambassador Blvd, St. Francis 55070.
- District 16, Spring Lake Park (763) 600-5000
www.springlakeparkschools.org. 1415 81st Ave NE, Spring Lake Park 55432.
- District 831, Forest Lake (651) 982-8100
www.flaschools.org. 6100 N 210th St, Forest Lake 55025.
- District 4049 (Charter School), Coon Rapids (763) 862-9223
www.nwphs.org. 11345 Robinson Drive NW, Coon Rapids 55433.

Community Education Departments

The Community Education Departments offer informative classes on all kinds of topics for adults, youth, early childhood education, and more. Most classes are very inexpensive, and scholarships may be available. Call your school district to get a catalog.

- District 11, Anoka-Hennepin, www.ahschools.us. (763) 506-1260
- District 12, Centennial, www.isd12.org. (763) 792-6100
- District 13, Columbia Heights, www.colheights.k12.mn.us. (763) 528-4517
- District 14, Fridley, www.fridley.k12.mn.us. (763) 502-5100
- District 15, St. Francis, www.isd15.org. (763) 753-7048
- District 16, Spring Lake Park, www.springlakeparkschools.org. (763) 600-5050
- District 831, Forest Lake, www.flaschools.org. (651) 982-8100

Community Education Departments Special Needs

The State Department assures the provision of mandatory Special Education Services.

- District 11, Anoka-Hennepin, www.ahschools.us. (763) 506-1350
- District 12, Centennial, www.isd12.org. (763) 792-6123
- District 13, Columbia Heights, www.colheights.k12.mn.us. (763) 528-4414
- District 14, Fridley, www.fridley.k12.mn.us. (763) 502-5024
- District 15, St. Francis, www.isd15.org. (763) 753-7170
- District 16, Spring Lake Park, www.springlakeparkschools.org. (763) 600-5000 or (763) 600-5900
- District 831, Forest Lake, www.flaschools.org (651) 982-8129
- Project Power / Special Needs for Adults** (763) 506-1279
Anoka-Hennepin District 11 Community Education Department. Community education for people with special needs, including access to existing community education programs for persons of 18+, and specialized programs for adults with disabilities.

Parenting / Child Development

- Anoka County Children & Family Council** (763) 324-1289
www.anokacountychildrenfamilycouncil.org. Nurtures collaborative efforts by building bridges & networks between people and agencies who share a vision of a healthier community for children & families.
- CAPE (Child & Parent Education) Centers** (763) 506-1561
Provides childcare while student parents attend classes at their own schools. Transportation for child & parent is provided free for residents of Anoka-Hennepin School District 11. Students out of district may be eligible but would need to provide own transportation. Must attend school within District 11 to qualify. Serving young parents up to age 21. Programs include ECFE, Early Head Start, and parenting classes.
- Early Childhood Family Education (ECFE)**
Each school district offers many different fun & educational experiences for children ages birth to 5 & their families. Many programs also have “drop-in & play” opportunities for children & parents. Sliding fees.
- District 11, Anoka-Hennepin ECFE** (763) 506-1275
- District 12, Centennial ECFE** (763) 792-6120
- District 13, Columbia Heights ECFE** (763) 528-4515
- District 14, Fridley ECFE** (763) 502-5124
- District 15, St. Francis ECFE** (763) 753-7170
- District 16, Spring Lake Park ECFE** (763) 600-5900
- District 831, Forest Lake ECFE** (651) 982-8300

Early Childhood Special Education (ECSE)

- District 11, Anoka-Hennepin ECSE (763) 433-4800
- District 12, Centennial ECSE..... (763) 792-6120
- District 13, Columbia Heights ECSE (763) 528-4540
- District 14, Fridley ECSE..... (763) 502-5024
- District 15, St. Francis ECSE..... (763) 753-7170
- District 16, Spring Lake Park ECSE (763) 600-5900
- District 831, Forest Lake ECSE (651) 982-8131

Jacob Wetterling Resource Center (651) 714-4673

Missing & Exploited Children Hotline 9:00am – 5:00pm 1-800-325-HOPE (1-800-325-4673)
www.jwrc.org. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith-based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.

Minnesota State CAREERwise www.careerwise.minnstate.edu

Annual career exploration publications. Includes MN specific occupational details, assistance with making current and future career decisions. Sample copies can be found at CareerForce centers or local libraries.

Safe Kids Anoka County www.acsafekids.org

C/o Fire Departments, 11920 Ulysses St NE, Blaine 55434. Comprised of Anoka County Law Enforcement Agencies, Anoka Human Services, and Unity & Mercy Hospital personnel. Mission is to reduce unintentional injuries among children through education of children and families. Provides free car seat inspections for Anoka County residents by appointment.

Small Talk..... (612) 889-0780

www.signlanguageforbaby.com. Sign language for you and your hearing baby. Babies hear and understand language before they are able to speak. Use baby sign language as a method to communicate with your baby. Using baby signs will enhance interaction with baby & help adults to understand what baby wants, as well as what baby is thinking. Email: smalltalksign@aol.com

Stop It Now! Helpline 1-888-PREVENT (1-888-773-8368)

www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

Teen Pregnancy Program (763) 506-1572

www.anoka.k12.mn.us. A school-based program for pregnant girls offering regular scheduled classes plus extra classes to meet the needs of the teen-aged pregnant student. Transportation is provided for free to residents of Anoka-Hennepin School District 11. Also accepts teens from other school districts. (Also, see CAPE).

EARLY CHILDHOOD CARE / EDUCATION

Parents are their child's first & most important teacher & caregiver. Families need quality early childhood programs while parents are at school, work, or to enhance the work of a stay-at-home parent/guardian. Included in this section are programs & services, which support young children & families by providing information, education, and/or direct childcare.

Child Care & Education

ACCAP, Head Start (763) 783-4300

www.accap.org. A free preschool program for children ages birth to 5 of income eligible families. High quality early learning programs serving income-eligible children birth to five years old and pregnant women who are residents of Anoka and Washington County. This program concentrates on child development and parental involvement. Home Based, Center Based and Early Child Care Partnership programs available. Call for an application.

Anoka County Child Care Licensing..... (763) 324-1235

www.anokacountymn.gov/660/Family-Child-Care-Licensing. Licenses in-home family childcare providers, responds to community inquiries and concerns, and provides support and resources to providers and parents.

Bridge To Benefits www.bridgetobenefits.org

Find out if you qualify for public programs that can help stretch your family budget. Information on how and where to apply, printable applications, and more available online.

Parent Aware (888) 291-9811

www.parentaware.org. Provides families, childcare providers, and communities with information & support for quality childcare. We provide professional growth and development with educational programs, grants, training, consultation.

CAPE (Child & Parent Education) Centers (763) 506-1561

Provides childcare while student parents attend classes at their own schools. Transportation for child & parent is provided free for residents of Anoka-Hennepin School District 11. Students out of district may be eligible but would need to provide own transportation. Must attend school within District 11 to qualify. Serving young parents up to age 21. Programs include ECFE, Early Head Start, and parenting classes.

Early Childhood Family Education (ECFE)

Each school district offers many different fun & educational experiences for children ages birth to 5 & their families. Many ECFE programs also have “drop-in & play” opportunities for children & parents. Sliding fees.

District 11, Anoka-Hennepin ECFE (763) 506-1275

District 12, Centennial ECFE..... (763) 792-6120

District 13, Columbia Heights ECFE (763) 528-4515

District 14, Fridley ECFE..... (763) 502-5124

District 15, St. Francis ECFE..... (763) 753-7170

District 16, Spring Lake Park ECFE (763) 600-5900

District 831, Forest Lake ECFE (651) 982-8300

Early Learning Scholarships Pathway I..... (763) 783-4711

www.accap.org. Scholarships increase access to high quality early childhood programs for three and four-year old children with the highest needs, in order to improve school readiness for all young children. Priority for scholarships will be given based on family income, child poverty, and geographic region. Up to \$12,000 per scholarship will be awarded.

Help Me Grow: Early Intervention..... 1-866-693-4769

www.helpmegrowMN.org. Statewide referral for children birth to 3 years old with known or suspected delays in development such as walking, talking, playing, or behavior. Help with your child’s development available, including screening & evaluation, home-based services from teachers, speech/language clinicians, & occupational or physical therapists, and referral to community resources.

Preschool Screening..... Contact your local school district

All children are required to have a preschool screening after they are 3 years old and before entering kindergarten. Contact your local school district to find out how to have your child screened. See EDUCATION section for School District numbers.

School Age Child Care Contact your school district

Area school districts offer programs for before & after school care. For more information check with your child’s school or call Child Care Resource & Referral at (763) 783-4884. See EDUCATION section for School District numbers.

School Readiness Programming Contact your school district

Each school district has School Readiness funds, which offer opportunities for all eligible children to participate in programs that enable children to enter kindergarten with the necessary skills, behavior, and support they need. Children must be at least 3 years old and have not yet started kindergarten yet to be eligible for these programs. Your school district may offer transportation and free or reduced tuition based on a sliding fee scale. See EDUCATION section for Community Education phone numbers.

Small Talk..... (612) 889-0780

www.signlanguageforbaby.com. Sign language for you and your hearing baby. Babies hear and understand language before they are able to speak. Use baby sign language as a method to communicate with your baby. Using baby signs will enhance interaction with baby & help adults to understand what baby wants, as well as what baby is thinking. Email: smalltalksign@aol.com

Specialized Child Care Services..... Contact your school district

Some school districts offer childcare services for teen parents who are attending High School. See EDUCATION section for School District numbers.

University of Minnesota Extension, Anoka County (763) 324-3495

www.local.extension.umn.edu/county/anoka. Provides a variety of educational opportunities.

Child Care Subsidy

Anoka County Child Care Assistance (763) 324-2350
Call for eligibility (763)-324-2360
www.accap.org. DHS Child Care Assistance Program provides low-income, working families with access to quality, affordable childcare that allows them to continue working and contributes to the healthy, emotional & social development of the child. Families are required to cost share on a sliding scale based on family size, income, and number of children in care.

Equipment

Early Childhood Family Education (ECFE)..... Contact your school district
Some ECFE's have resources & toy lending libraries available to their local residents. Call your ECFE for more information. See EDUCATION section for ECFE phone numbers.

FAMILY SERVICES

CAPE (Child & Parent Education) Centers (763) 506-1561

Provides childcare while student parents attend classes at their own schools. Transportation for child & parent is provided free for residents of Anoka-Hennepin School District 11. Students out of district may be eligible but would need to provide own transportation. Must attend school within District 11 to qualify. Serving young parents up to age 21. Programs include ECFE, Early Head Start, and parenting classes.

Fuller Living & Associates, LLC..... (763) 647-8188

www.fullerlivingandassociates.com. Offers counseling for individuals of all ages, couples, and families. They journey with clients through: difficulty adjusting to transitions & hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children’s behavioral issues, parenting support, anger, severe & persistent mental illness, women’s issues, men’s issues, and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week 6:00 am – 10:00 pm.

Jacob Wetterling Resource Center (651) 714-4673

Missing & Exploited Children Hotline 9:00am – 5:00pm 1-800-325-HOPE (1-800-325-4673)

www.jwrc.org. Educates families and communities to prevent the exploitation of children. Presents to parent groups, schools, faith-based communities, and other groups on the topics of internet safety, personal body safety for children, and the importance of coming together to advocate for children. Provides helpline assistance and support for families of missing and/or exploited children and adults. Program of Zero Abuse Project www.zeroabuseproject.org.

Partnership for Family Success..... (763) 324-2463

Assists with a wide range of family issues such as children’s mental health, parenting, parent’s mental health, etc. Families must be on MFIP and/or have their case open in 2 or more county agencies (i.e., corrections or human services), and be referred by a county agency.

Project Pathfinder, Inc. (651) 644-8515

www.projectpathfinder.org. Assessment of adults & children ranging from ages 13-18 who have sexual behavior problems including inappropriate sexual behavior in school or home. Services are for anyone who has been sexually abused or has sexually abused another child, and their families.

Stop It Now! Helpline 1-888-PREVENT (1-888-773-8368)

www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00-6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

The Family Partnership, Mental Health Counseling (612) 728-2061

www.thefamilypartnership.org. Counseling for children, teens, couples, families, & individuals. DSWAP services are offered free of charge from Fall to Spring for underrepresented communities, including low or no-cost therapy services. Provides speech, physical, play, and occupational therapies. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider. Located in North and South Minneapolis but serves all of Hennepin County.

University of Minnesota Extension, Anoka County (763) 324-3495
Answer Line (for household questions)..... 1-800-854-1678
www.local.extension.umn.edu/county/anoka. U of M Extension Answer Line has household experts available to answer questions about safely cooking, canning, & freezing foods; cleaning stains & mildew, and other household questions.

Safety

American Red Cross, Minnesota Region (612) 871-7676
Schedules installation of free smoke alarms. Call the smoke alarm hotline (612) 460-3674, text “Alarm” to (844) 811-0100 or visit <http://getasmokealarm.org>

Car Seats Made Simple www.carseatsmadesimple.org
Website with information and resources on safely choosing and installing car seats provided by the Minnesota Safety Council, AAA Clubs of Minnesota, Minnesota Department of Public Safety, and the Office of Traffic Safety. Information available in English, Hmong, Somali, and Spanish.

Home Safety Check..... (763) 767-4003
www.sbmfire.org Provided to residents of Spring Lake Park, Mounds View, and Blaine by their Fire Department. Includes free child safety seat checks by appointment, home safety surveys, fire extinguisher training, injury prevention program, and juvenile fire setting program. Provides CPR training for small fee.

Minnesota Safety Council (651) 291-9150
www.minnesotasafetycouncil.org. Workplace safety training.

Safe Kids Anoka County www.acsafekids.org
C/o Fire Departments, 11920 Ulysses St NE, Blaine 55434. Comprised of Anoka County Law Enforcement Agencies, Anoka Human Services, and Unity & Mercy Hospital personnel. Mission is to reduce unintentional injuries among children through education of children and families. Provides free car seat inspections for Anoka County residents by appointment.

Pregnancy / Infants

Abria Pregnancy Services (612) 522-6589
Northside Clinic 2232 West Broadway Ave, Minneapolis 55411, M-F 8am–4:30pm.....(612)-522-6589
St. Paul Clinic 2200 University W, Ste 160, St. Paul 55114, M-F 8am–4:30pm, Sat 8am–1pm... (651)-383-9157
www.abria.org. Serves pregnant women. Provides pregnancy tests, limited ultrasounds, options counseling, social services, baby equipment, referrals for a variety of needs, limited clothes, diapers, and formula. Call for more information.

Baby Blanket (651) 257-2474
www.stbridgetofsweden.org. Resource center for mothers in need that provides free infant & maternity clothing, supplies, referrals, and support.

- BirthRight**.....**763-757-0715 or 24-hour hotline 1(800) 550-4900**
www.birthright.org/coonrapids. Free pregnancy testing, confidential counseling, baby clothes, diapers, and referrals. Call for updated hours.
- Cradle of Hope Motherhood Fund**..... **(651)636-0637**
www.cradleofhope.org. Financial aid for pregnancy related expenses such as medical, rental assistance, food, clothing, and cribs. Safe Slumber Crib Program. Contact an agency and ask to fill out an application. Agencies include Birthright, First Care Pregnancy Center, & more. Services offered statewide.
- Epiphany Caring for Life**..... **(612) 803-2225**
www.epiphanycaringforlife.org. 24-hour confidential before and after birth support to women and their families. Companion program offers long term support to women & their families, as well as maternal support & resources, miscarriage support, food, and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families with child(ren) age birth to 2 years.
- Everyday Miracles** **(612) 353-6293**
www.everyday-miracles.org. Provides pregnancy support for low-income families. Support groups, doula services (labor support), childbirth education, and postpartum care.
- First Care Pregnancy Center** **(612) 866-7643**
www.firstcaremn.org. Free confidential pregnancy testing, counseling, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity and infant clothing and equipment. Free limited ultrasounds and STD testing and treatment available.
- Nucleus Clinic** **(763) 755-5300**
www.nucleusclinic.org. 1323 Coon Rapids Blvd NW, Coon Rapids 55433. A reproductive and sexual health clinic providing comprehensive, confidential, and affordable health care & counseling. We provide annual exams, birth control, pregnancy testing, cancer screening, STI/HIV/UTI testing, and treatment, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Clinic hours Monday 11:00 am – 4:00 pm, Wednesday 1:00 pm – 6:00 pm, and Thursday 11:00 am – 4:00 pm. Call for appointment.
- Teen Pregnancy Program** **(763) 506-1560**
www.anoka.k12.mn.us. A school-based program for pregnant girls offering regular scheduled classes plus extra classes to meet the needs of the teen-aged pregnant student. Transportation is provided for free to residents of Anoka-Hennepin School District 11. Also accepts teens from other school districts. (Also, see CAPE).

COMMUNITY INVOLVEMENT

Community members are encouraged to serve on collaborations and partnerships within their community, such as the ones listed below.

American Red Cross, Minnesota Region (612) 871-7676

www.redcross.org. Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter’s Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.

AmeriCorps 1-800-942-2677

www.americorps.gov. AmeriCorps is your chance to put ideas into action while learning new skills, making new connections, earning money to pay for college/grad school, or pay back qualified student loans. Some members may earn a modest living allowance during their term of service. AmeriCorps is a program of the Corp. for National & Community Service, whose mission is to improve lives, strengthen communities, and foster civic engagement through service & volunteering.

Anoka County Child Abuse Prevention Council (CAPC)..... (763) 324-1260

Mission: Educate the Anoka County community in order to prevent the mistreatment of children. New members always welcome.

Anoka County Children & Family Council (763) 324-1289

www.anokacountychildrenfamilycouncil.org. To nurture collaborative efforts by building bridges & Networks between people & agencies who share a vision of a healthier community for children & families.

The Family Partnership, Mental Health Counseling (612) 728-2061

www.thefamilypartnership.org. Counseling for children, teens, couples, families, & individuals. DSWAP services are offered free of charge from Fall to Spring for underrepresented communities, including low or no-cost therapy services. Provides speech, physical, play, and occupational therapies. Insurance is accepted. We are state-certified (Rule 29), licensed mental health care provider. Located in North and South Minneapolis but serves all of Hennepin County.

YOUTH SERVICES

The following resources are intended for youth and their families. For more resources & information, please see other sections of this guide.

Hotlines

Anoka County Children’s Mental Health (763) 324-1430
Provides information, community referrals, and assesses requests for children’s mental health services & case management.

Anoka County Mobile Crisis Response..... (763) 755-3801
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

Alexandra House, Inc., Shelter Program & 24-hour Helpline (763) 780-2330
www.alexandrahouse.org. Emergency shelter for victims of domestic and sexual violence and their children. Free and confidential services include: crisis intervention, advocacy, safety planning, support groups, elderly care, info & referrals, and housing & supportive services.

Boys Town National Hotline..... 1-800-448-3000
www.yourlifeyourvoice.org or www.boystown.org. Hotline available for children and parents to help with everyday family issues. Website offers text to 20121.

National Runaway Safeline1-800-RUNAWAY (1-800-786-2929)
www.1800runaway.org. 24 hours every day. Crisis intervention, transportation home for runaway youth, message relay service, information & referral service. Conflict resolution & mediation. On-line chat available on website.

United Way, 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709
www.211unitedway.org. 24-hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained staff can direct callers to resources for seniors, families, and children throughout the State of Minnesota. Anoka County families can text their zip code to 898211 to receive information.

YMCA, Youth Intervention Services Resource Line..... (763) 493-3052
First point of contact for a youth in need or someone concerned about a youth to get connected to YMCA Intervention Services and other community resources to meet needs varying from basic needs to longer term housing assistance and other services specifically for youth up to age 24. Open 8:00 am – 8:00 pm daily.

Shelter / Housing / Transitional Housing

For additional information on housing, please see the Housing section under BASIC NEEDS.

Avenues for Homeless Youth (612) 522-1690
www.avenuesforyouth.org. Short-term housing and supportive services for homeless youth.

The Bridge for Runaway Youth..... (612) 377-8800
<https://bridgeforyouth.org> Safe, short-term shelter at no cost. Semi-private rooms for up to fourteen youth, ages 10-17. Shared community living room and kitchen. All meals are healthy and prepared by staff and youth in the program. Program also offers crisis counseling, transitional living, drop-in health clinic, and support groups. Also offers pregnant and parenting youth program for teens and young adults.

Drop-in Centers

Hope 4 Youth..... (763) 323-2066
www.hope4youthmn.org. A drop-in resource center for 16 – 24-year-olds experiencing homelessness in Anoka County. Provides a hot meal five days a week. Programming also includes no cost clothing closet, food pantry, laundry & shower facilities, a computer lab for job & housing search support. Caring adult mentors and case managers available during open hours. Center is open to youth Monday, Wednesday, Thursday 11:00 am - 7:00 pm, Tuesday 1:00 pm – 7:00 pm, Friday 11:00 am – 5:00 pm.

Youthlink MN (612) 252-1200
www.youthlinkmn.org. Drop-in center for homeless (or at risk of being homeless) youth ages 16 to 24. Youth case management services available.

Health & Wellness: Health Care

For additional information on health care, please see the HEALTH & WELLNESS section.

Anoka County Public Health Nursing..... (763) 324-4240
www.co.anoka.mn.gov Provides a variety of services to support individuals and families. Services include: parenting information and Public Health Nurse home visiting for pregnant teens, postpartum, newborns & children with special health care needs.

Child & Teen Medical Center (763) 333-7733
www.childandteenmedicalcenter.com. Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interest includes ADD/ADHD, asthma, and nutrition. Two locations: 7225 University Ave NE, Fridley 55432 and 11107 Ulysses St NE, Blaine 55434. Call for more information.

First Care Pregnancy Center (612) 866-7643
www.firstcaremn.org. Free confidential pregnancy testing, counseling, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity & infant clothing and equipment. Free limited ultrasounds, STD testing, and treatment available.

Mercy Hospital, Immediate Sexual Assault Nursing Care (763) 236-7371
Provides immediate health care needs of sexual assault & domestic violence victims within 10 days of the assault. This includes, but is not limited to: pregnancy, STD risk assessment & prevention, and an evidentiary exam if desired. Walk-in services at Mercy & Unity emergency departments with advocate services provided. For non-urgent health care information call (763) 236-4172.

Neighborhood Health Source, North Metro Clinic (763) 783-3722
www.neighborhoodhealthsource.org. Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage & family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite. Outreach providers available that hold pop-up clinics in the community and in schools.

Nucleus Clinic (763) 755-5300
www.nucleusclinic.org. 1323 Coon Rapids Blvd NW, Coon Rapids 55433. A reproductive and sexual health clinic providing comprehensive, confidential, and affordable health care & counseling. We provide annual exams, birth control, pregnancy testing, cancer screening, STI/HIV/UTI testing, and treatment, etc. Low-cost sliding fee scale based on income. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Clinic hours Monday 11:00 am – 4:00 pm, Wednesday 1:00 pm – 6:00 pm, and Thursday 11:00 am – 4:00 pm. Call for appointment.

Planned Parenthood of Minnesota (612) 823-6300
www.plannedparenthood.org/planned-parenthood-north-central-states. Reproductive health care & education programs for teens. Topics include: healthy relationships, peer pressure, body image & self-esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, and decision-making skills.

Mental Health & Counseling

For additional information, please see the Mental Health section under HEALTH & WELLNESS.

Anoka County Children’s Mental Health..... (763) 324-1430
Provides information, community referrals, and assesses requests for children’s mental health services & case management.

Anoka County Mobile Crisis Response..... (763) 755-3801
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

Bar None Omegon (763) 753-2500
www.voamnwi.org/bar-none. Omegon provides mental health and chemical health programs in residential setting for males ages 12- 17.

Fuller Living & Associates, LLC..... (763) 647-8188

www.fullerlivingandassociates.com. Offers counseling for individuals of all ages, couples, and families. They journey with clients through: difficulty adjusting to transitions & hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children’s behavioral issues, parenting support, anger, severe & persistent mental illness, women’s issues, men’s issues, and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week 6:00 am – 10:00 pm.

Lakes Center for Youth & Families..... (651) 464-3685

www.lc4yf.org. Provides counseling, intervention, and enrichment services to local youth and families. Counseling is offered to all ages, onsite and via telehealth. Insurance is accepted and a sliding scale fee is available. Intervention services help teens develop positive decision making. Enrichment services provide opportunities for children outside of the school day.

Lee Carlson Center, Mental Health and Wellbeing (763) 780-3036

www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Provides adult, child, and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, and group therapy for adults, adolescents, and children. Offers housing stabilization support, foster care therapy, and Adult Rehabilitative Mental Health Services (ARMHS). Office hours M - TH 8:00 am – 8:00 pm.

Mental Wellness Campaign Anoka County (MWCAC) www.mwcac.org

www.mwcac.org. We are a non-profit organization. Our mission is to erase the stigma surrounding mental health through awareness, education, and engagement. Our purpose is to reach out to the entire community with the message: “Mental health is as important as physical health.” Visit our website or Facebook page: Mental Wellness Campaign.

Northland Therapy Center..... (651) 641-1009

www.northlandtherapycenter.com. Mental health clinic serving primarily adult individuals, couples & adolescents with expertise in working with chronic illness, sexual orientation issues, and trauma.

North Suburban Counseling Center (763) 784-3008

www.northsuburbancounselingcenter.org. Sliding fee. Services for individuals, families, and adolescents ages 16+. Psychiatric medication evaluations available. MA accepted. Most insurance accepted.

People Incorporated (651) 774-0011

www.peopleincorporated.org. Offers individual, group, family, and marital therapy. Anger management and domestic abuse groups for perpetrators also available. Most insurance is accepted. Sliding fee. Monday - Thursday 9:00 am – 7:00 pm, Friday 9:00 am – 1:00 pm.

Stop It Now! Helpline 1-888-PREVENT (1-888-773-8368)

www.stopitnow.org. Confidential resource for anyone concerned about their own or another’s sexualized thoughts or behaviors towards children. Call for support, resources, and referral. Call to learn what you can do to keep children safe or how to help a child who may have been harmed. Open M-F, 12:00 pm – 6:00 pm eastern time. Online chats available from 12:15 pm - 5:30 pm.

What’s OK? www.whatsok.org. For youth and young adults between the ages of 14-23 who have questions about sexual behaviors toward other people. This is an online resource that also has text and chat available.

The Bridge for Runaway Youth..... (612) 377-8800
<https://bridgeforyouth.org> Safe, short-term shelter at no cost. Semi-private rooms for up to fourteen youth, ages 10-17. Shared community living room and kitchen. All meals are healthy and prepared by staff and youth in the program. Program also offers crisis counseling, transitional living, drop-in health clinic, and support groups. Also offers pregnant and parenting youth program for teens and young adults.

The Family Partnership, School-Linked Mental Health (SLMH) (612) 314-5576
www.thefamilypartnership.org. Accepts referrals from parents, school staff, and clients themselves who are looking for help in addressing possible mental health concerns in the school setting, such as depression, anxiety, trauma, difficulty adjusting to change, difficulties with motivation & grades, and social difficulties. Our staff work directly in the school to help improve access to students and to make scheduling easier. Serves Pre-K and 0–5-year-olds. Located in Hennepin County.

Tubman, Chrysalis Center (612) 871-0118
www.tubman.org. Provides programming, support, therapy, advocacy. For families of children preschool to high school age.

Other Resources

Alexandra House, Inc., Youth Services..... 24-hour hotline (763) 780-2330
www.alexandrahouse.org. Provides housing services, supportive services, and community/legal advocacy to victims of domestic and/or sexual violence.

Anoka County Children & Family Council (763) 324-1289
www.anokacountychildrenfamilycouncil.org. Nurtures collaborative efforts by building bridges & networks between people and agencies who share a vision of a healthier community for children & families.

Anoka County Economic Assistance (SNAP/Food Support).....(763) 422-7200
1201 89th Ave NE, Blaine 55434. Call for information on SNAP (Food Support), cash assistance and healthcare services. Monday - Friday 8:00 am - 4:30 pm. All services by appointment only.

Big Brothers Big Sisters of the Greater Twin Cities (651) 789-2400
www.bigstwincities.org. Help children realize their full potential through a long term, 1-on-1 relationship with a caring adult. Children ages 8-12 years old in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long term friendships.

CareerForce in Blaine, Empowers Youth Program..... (763) 324-2284
www.anokacountymn.gov/1293/Empowers-Through-Program. Anoka County Empowers receives state and federal funds to provide employment and training opportunities to out-of-school residents of Anoka County ages 16 - 24 and in-school residents ages 14 - 24. Anoka County Empowers program emphasize services to out-of-school & disconnected young adults, high school dropout recovery, and attainment of recognized postsecondary credentials. It prepares vulnerable young job seekers for successful employment. Contact us for questions or to have an application mailed. Applications are also available on our website.

Community Partners with Youth (CPY)..... (651) 633-6464
www.cpyymn.org. 1900 7th Street NW, New Brighton 55112. After school and summer program for youth in grades K – 8.

- Epiphany Caring for Life** (612) 803-2225
www.epiphanycaringforlife.org. 24-hour confidential before and after birth support to women and their families. Companion program offers long term support to women & their families, as well as maternal support & resources, miscarriage support, food, and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families with child(ren) age birth to 2 years.
- Everyday Miracles** (612) 353-6293
www.everyday-miracles.org. Provides pregnancy support for low-income families. Support groups, doula services (labor support), childbirth education, and postpartum care.
- Mediation Services for Anoka County** (763) 422-8878
www.mediationservice.org. Since 1987, Mediation Services for Anoka County (MSAC), a 501(c) (3) agency, has been helping families, neighborhoods, schools, landlords, tenants, businesses, and consumers to resolve conflict through education, mediation, and restorative services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching, and restorative practices.
- Tough Love** (763) 391-2630
 Recorded message. A self-help program for parents troubled by teen behavior. Offers parent support groups.
- YMCA**
- Andover**, 15200 Hanson Blvd, Andover 55304 (763) 230-9622
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 (763) 785-7882
www.ymcatwincities.org. Provides youth/adult health & wellness programs and activities such as aquatics, recreation, youth development, and sports. Day & sleepover camps are also available.
- Youth First, Community of Promise** (763) 421-8530
www.youthfirst.net. Serving Andover, Anoka, Coon Rapids, and Ramsey youth. Aims to actively engage youth, their families, and the community to ensure youth have the 5 fundamental promises they need to succeed: Caring adults, Safe places, A healthy start, Effective education, Opportunities to help others.

FOR SENIORS ONLY

Many services for seniors & others are listed in other places in this directory. Those listed in this section, however, are strictly for senior citizens & their family members.

ACCAP, Senior Programs www.accap.org

Visit our website. Click on ACCAP Programs and scroll down to the Senior Service you are looking for to obtain the number for the appropriate program.

Extended Care Providers..... www.extendedcare.com

Social Security AdministrationApply 1-800-772-1213

Forms Assistance & Questions..... (763) 324-2424

Outreach & Referral

ACCAP, Senior Information Line (763) 783-4707

www.accap.org/senior-services/sil. This Anoka County information & assistance line can link older adults & their families to services & opportunities. Trained staff & volunteers run this free service and follow up with callers. Office hours: Monday-Friday 8:00 am – 4:00 pm. Residents outside of Anoka County call the Senior Linkage Line at 1-800-333-2433.

ACCAP, Senior Outreach (763) 783-4741

www.accap.org/senior-services/outreach. Senior Outreach Workers help older adults age 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, home services, fuel assistance, etc. Assistance with paperwork, forms, & applications available. No fee.

Anoka County, Senior Services (763) 324-1410

www.anokacountymn.gov/seniors. Provides assessments, information, and assistance to seniors aged 60+. Also helps families with resources and education regarding aging parents and services available.

SeniorResourcewww.seniorresource.com

“E-cyclopedia” of housing options, information for retirement, finance, insurance, and care.

United Way, 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709

www.211unitedway.org. 24-hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained staff can direct callers to resources for seniors, families, & children throughout the State of Minnesota. Anoka County families can text their zip code to 898211 to receive information.

Local Senior Transportation Services

Please call the service in your area for more information. In most cases, a small fee may be charged. For additional information on transportation, please see the BASIC NEEDS section.

- Anoka County MedLink**..... (763) 324-3255
www.co.anoka.mn.gov/transit. MedLink is a volunteer program providing transportation in personal vehicles. Transportation service for Anoka County seniors 60+. For medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8:00 am - 4:30 pm. Fare donations accepted.
- Anoka County Transit** (763) 324-3250
Fixed Route Schedule information from Metro Transit (612) 373-3333
Transit Link reservations & cancellations, Mon – Fri 7:00 am - 3:30 pm.....(651) 602-5465
Metro Mobility East reservations & cancellations, 6am - 5pm with holiday availability(651) 602-1120
Metro Mobility Service Center (651)-602-1111
www.anokacountymn.gov/transit. Transit Link is a service available in the seven-county metro area. All vehicles are lift equipped. A fare is required.
- Anoka Senior Center**..... (763) 576-4661
Transportation to and from Anoka Senior Center ONLY. Senior dining Tuesday-Friday. Shopping trips to Cub on Tuesday, Wednesday & Thursday when bus is available.
- Coon Rapids Senior Services** (763) 767-6473
Transportation provided to seniors within Coon Rapids city limits to Senior Center activities. Transportation for groceries is available.
- Driving Miss Daisy, Inc.** (763) 253-4400 or (763) 253-4402
www.drivingmissdaisy.com. We provide non-emergency transportation services for elderly, disabled or those who require a wheelchair with attachments. We take you where you need to go.
- Mary Ann Young Center**..... (763) 786-9375
Transportation to and from Mary Ann Young Center in Blaine. Only for activities, dining, and special events. Call for a reservation.
- Metro Mobility** (651) 602-1111
www.metromobility.org. Subsidized, door-to-door transportation service for eligible persons who are disabled. Requires 4-day advance notice for each trip. Call for certification information. All vehicles are wheelchair accessible. Consult website for hours. For Anoka County residents call (651)602-1120 Anoka County East Zone.
- Minnesota Non-Emergency Transportation (MNET)** 1-866-467-1724
Public transportation provided to clients on Medical Assistance. Try to schedule trips three days in advance. Can request rides on www.medicaltrip.net.

Food

Family TableSee **BASIC NEEDS: Food**

Fare For All (763) 450-3880
www.fareforall.org. A non-profit distribution program open to everyone, regardless of income. No registration required. Food packages of frozen meat, fruits and vegetables are offered at a savings of 40% off retail. For all locations and times, visit website or call.

Help at Your Door (651) 642-1892
www.helpatyourdoor.org. Provides grocery shopping with delivery, transportation, and homemaker services to seniors and individuals with disabilities so that they can remain independent, safe, and in their own homes. Call for more information or to request services.

Meals on Wheels/Impact Services..... (763)236-8718
Provides hot noon meals delivered Monday through Friday to homebound persons who are nutritionally at risk, have a disability, or recovering from a recent hospital stay. Weekend meals may also be available. Serves individuals on County waiver and Alternative Care programs, as well as those paying privately. Serving all of Anoka County and the city of Champlin.

Mom’s Meals.....1-866-204-6111
www.momsmeals.com. 3210 Corporate Woods Drive, Ankeny, IA 50021. An independent company that offers fresh meals to meet the needs of individuals who are 60+, that have disabilities. Meals are prepared, packaged, and shipped to customers in ready to heat & eat containers (will remain fresh in your refrigerator for two full weeks). Serves individuals on county waiver and alternative care programs, as well as those paying privately.

Optage Senior Dining Choices..... (651) 746-8280
www.optage.com Division of Presbyterian Homes. Locally prepared fresh, fully cooked meals delivered to your home weekly. 60+ fresh/frozen entrees to choose from that can quickly be re-heated in microwave or oven. Friendly, local drivers deliver, help put meals away, and answer questions. Must order a minimum of 5 meals: no delivery charge. Accepts waivers, insurance, Title 3 funding, and private pay. Can order by phone or email: orders@optagedining.org.

Senior Dining

The Volunteers of America offer a hot, balanced meal and social activities at various locations throughout the area. Please call to verify age requirements and costs. Reservations are required 4 working days in advance. Please call your local senior center for other dining options. Dining is provided at these locations:

- Anoka Senior Center, Tues-Fri 11:00 am** (763) 427-6646
- Mary Ann Young Center, Blaine, Mon-Fri**..... (763) 780-4318

Anoka County Food Shelves

Food shelves are available to provide EMERGENCY food supplies at no cost for families experiencing temporary, short-term inability to buy groceries. Some food shelves only serve limited areas, so call to find the one nearest you. Call United Way 2-1-1 or the Emergency Food Shelf Network for further assistance.

See BASIC NEEDS: Food Shelves.

Home Services

For a list of home health care agencies, contact the Public Health Nursing at (763) 324-4240.

ACCAP, Chores & More (763) 783-4767
www.accap.org/senior-services/chores-more For older adults 60+ in Anoka County. We do various household services including housekeeping, minor home repairs, and seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Trellis as part of the 'Older Americans Act Program'.

Anoka County Library, Books by Mail..... (763) 324-1529
www.anokacountymn.gov. Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.

Family Caregiver Connection..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection. Group respite services provided at multiple locations. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Support groups are available for caregivers & their families throughout Anoka County. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

Footworks (651) 501-0624
Serves southern Anoka County only. Foot care in the home including foot soaks, nail trimming, etc.

Happy Feet Footcare, Inc. (763) 560-5136
www.happyfeetfootcare.com Call for appointment & fee scale. Serves southern Anoka County.

Home Modification Agencies (763) 783-4707
For a list of home modification agencies, please contact ACCAP's Senior Information Line.

Long Term Services & Supports (LTSS), Anoka County (763) 324-1450
Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home and Community-Based Waivers.

Moving Services (763) 783-4707
For a list of moving services, please contact ACCAP's Senior Information Line.

Tamarisk, Inc. (763) 572-1950
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families dealing with an end stage terminal or life-threatening illness.

Safety & Security Checks

- American Red Cross, Minnesota Region** (612) 871-7676
Schedules installation of free smoke alarms. Call the smoke alarm hotline (612) 460-3674, text “Alarm” to (844) 811-0100 or visit www.getasmokealarm.org
- Minnesota Adult Abuse Reporting Center, 24-hour**.....1-844-880-1574
www.mn.gov/dhs/reportadultabuse. Toll-Free number that allows the general public to report suspected maltreatment of vulnerable adults confidentially and in good faith. Reports will be submitted promptly to the appropriate investigative agency.
- Crest View Safe Haven Services**..... (763) 782-1601
www.crestviewcares.org. Safe Haven services are available for any elder who has been abused. We offer a place where elders can come and live either short term or long term at one of the Crest View Senior Community sites. Call to refer someone to the Crest View Safe Haven Program.
- Home Safety Check**..... (763) 767-4003
www.sbmfire.org Provided to residents of Spring Lake Park, Mounds View, & Blaine by their fire departments. Includes free child safety seat checks by appointment, home safety surveys, fire extinguisher training, injury prevention program, and juvenile fire setting program. Provides CPR training for small fee.
- Life Alert Systems** (763) 783-4707
For a list of Life Alert Systems, contact ACCAP’s Senior Information Line.
- Rebuilding Together Twin Cities**..... (651)776-4273
www.RtMN.org. Bringing volunteers and communities together to improve the homes & lives of low-income homeowners. Providing no-cost home repairs for homeowners particularly older adults, individuals living with disabilities, families with children, and veterans

Health & Wellness: Seniors

For additional resources on services for health & wellness, medical equipment, supplies, etc., call the Senior Information Line at (763) 783-4707.

- Affordable Dentures & Implants, Brooklyn Park**..... (651) 552-6770 or 1-800-336-8873
www.affordabledentures.com. Monday – Friday 7:30 am – 4:00 pm. By appointment only. 100-day satisfaction guarantee on dentures and limited craftsmanship warranty on dentures & partials. Coupons may be available on our website.
- Allina Home Health & Community Services** (651) 635-9173
Provides coordinated care and services for patients and families across care settings. Services include home care, advanced illness care, or end of life care.
- Alzheimer’s Association, MN & ND Chapter** 1-800-272-3900
www.alz.org/mnnd. Care support resources available including: 24-hour telephone support, information on memory loss, referrals regarding support groups for persons with Alzheimer’s disease & their families, and safe return program.

- Centro Tyrone Guzman**..... (612) 874-1412
www.centromn.org. 1915 Chicago Ave S, Minneapolis, MN 55404. Works with Seniors with Alzheimer’s Disease and their families.
- Courage Kenny**
Burnsville, 12400 Portland Ave S, #140 (952) 428-0400
Forest Lake, 1467 N Lake St (Hwy 61). Pediatric & adult therapies (OT, PT, speech)..... (651) 464-5235
Golden Valley, 3915 Golden Valley Rd..... (612) 775-2499
Stillwater, 1460 Curve Crest Blvd (651) 241-3820
 Rehabilitation and resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages. Designed to empower people with disabilities to reach their full potential in every aspect of life.
- Deaf & Hard of Hearing Services- Metro Office**.....(651) 431-5945 or (800) 657-3663
Video Phone..... (651) 964-1514
dhs.dhhsd@state.mn.us. Deaf and Hard of Hearing Services provides information, resources, and empowerment opportunities to assist Minnesotans who are deaf, deaf blind and hard of hearing and their family to effectively access service in their communities. There are six regional offices throughout the state. The Metro office serves Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties.
- Donated Dental Services**..... (651) 454-6290
www.dentallifeline.org. Non-profit program dedicated to assisting people who are disabled, elderly or medically at risk and have no other way to obtain dental care. Volunteers offer their services. No emergency treatment. Patients must lack adequate income to pay, have a permanent disability, are 65+, and are medically fragile.
- Em-power Wellness Center** (651) 257-7957
www.empowerwellnesscenter.com. Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, nutritional counseling, and art programming.
- Epilepsy Foundation of Minnesota**..... (651) 287-2300 or 1-800-779-0777
www.efmn.org. The Epilepsy Foundation of Minnesota leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures and save lives. The EFMN has programs and services for those affected by epilepsy including picking up used clothing. Serves all of MN and the eastern part of North Dakota.
- Footworks** (651) 501-0624
 Serves southern Anoka County only. Foot care in the home including foot soaks, nail trimming, etc.
- Happy Feet Footcare, Inc.** (763) 560-5136
www.happyfeetfootcare.com Call for appointment & fee scale. Serves southern Anoka County.
- Health Insurance Counseling Program** 1-800-333-2433
www.mn.gov/senior-linkage-line/ Free service to seniors, persons with disabilities, and caregivers living in Anoka County. Certified staff & volunteers provide confidential help with Medicare questions, supplemental insurance, medical bills, prescription drug programs, long term insurance, and more.

Long Term Services & Supports (LTSS), Anoka County (763) 324-1450

Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home & Community-Based Waivers.

Med-Alert Bracelets.....Ask your local pharmacy

Medicare Customer Service 1-800-MEDICARE (1-800-633-4227)

www.medicare.gov

Medicare Partners Care Program (952) 767-0665 or 1-888-541-5488

Helps eligible low-income patients on Medicare obtain treatment from participating healthcare providers. These healthcare providers have agreed to consider a waiver of the Medicare co-payments and deductibles. Participants cannot be enrolled in an Advantage Plan nor receive MA benefits. It is not a form of insurance and there are no premiums, however, there is a required \$45 application processing fee.

Mesothelioma/Asbestos..... 1-855-457-2851

www.asbestos.com. Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.

Minnesota Care Information Line..... (651) 297-3862

MN residents who do not have and cannot afford health insurance may be eligible for very low-cost coverage through MN Care. Available to adults and children who meet specific guidelines. Covers most medical needs, including visits to doctors, most prescriptions, some dental, hospitalization, etc. Cannot be on Medicare.

Minnesota Network of Hospice & Palliative Care (651) 659-0423 or (651) 917-4616

www.mnhpc.org. Call to find a local program or get more information about hospice, end of life health care options, or education programs.

Office of the Ombudsman for Long Term Care..... (651) 431-2555 or 1-800-657-3591

Works to ensure the health, safety, welfare, and rights of adults ages 18+ living in nursing homes, or receiving home care services in assisted living settings or their own homes, and Medicare beneficiaries with concerns regarding hospital access, denial of services, or premature discharge. Provides consumer education, investigates complaints, and helps to resolve disputes between consumers and providers of care services.

Senior Recovery Program..... (651) 773-0473

www.seniorrecoverycenter.org. 235 Roselawn Ave, Suite 13, Maplewood, MN 55117. A nonprofit organization dedicated to providing both treatment and ongoing support for men and women, age 50+, who are abusing or have become dependent on alcohol, street drugs, prescription medications, or gambling. Insurance assessments available.

State Services for the Blind, Minnesota..... (651) 539-2300

www.mnssb.org. Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, and computer technology.

Support Groups for Seniors..... (763) 783-4707

For information, contact ACCAP's Senior Information Line.

- Tamarisk, Inc.** (763) 572-1950
www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families dealing with an end stage terminal or life-threatening illness.
- Telephone Equipment Distribution Program** 1-800-657-3663 (toll free) or (651) 431-5945
Video Phone (651) 964-1514
www.mn.gov/deaf-hard-of-hearing. E-mail: dhs.dhhsd@state.mn.us. The TED Program provides telephones on a long-term loan basis at no cost to eligible Minnesotans. We serve people of all ages who have difficulty using regular telephones due to any of the following: hearing loss, speech disability, or physical disability.
- Unity Chemical Dependency Services** (763) 236-4500
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.
- University of Minnesota, Dental School** (612) 625-2495
www.dentistry.umn.edu. 515 Delaware St. SE. Minneapolis. Set fees based on work done by students, grad student with faculty members. Accepts cash, check, credit card and insurance.
- Vision Loss Resources**..... (612) 871-2222
www.visionlossresources.org. Needs assessment for blindness, senior services, & rehabilitation services. Deaf/Blind Service MN.

Mental Health & Companionship Programs for Seniors

- ACCAP, Senior Kinship Program**..... (763) 783-4745
www.accap.org/senior-services/kinship/ Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors.
- Anoka County Mobile Crisis Response**..... (763) 755-3801
 24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.
- Anoka Metro Regional Treatment Center**..... (651) 431-5000
 Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Facility has an auxiliary and the volunteers staff the snack bar and general store, provide special events.
- Family Caregiver Connection**..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection. Group respite is provided at multiple locations. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Support groups available for caregivers & their families throughout Anoka County. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

Friendship Line for the Elderly.....1-800-971-0016

This 24-hour “hotline” for seniors is a program of the Institute of Aging. Seven days a week.

Geriatric Mental Health Programs

Unity Hospital Fridley..... (763) 236-4464

United Hospital St. Paul (651) 241-8000

Provides inpatient comprehensive psychiatric, cognitive, medical, and functional assessments in a safe & secure setting for persons 65+.

Metro Psychology Support Services, Inc..... (651) 645-7971

www.metropsychologysupport.com. Home-based service to assist individuals on Medical Assistance with basic living and social skills to help with daily functioning. Assists with housing, community intervention, mental health needs, benefits assistance, independent living skills, employment, and educational functioning.

Mental Wellness Campaign Anoka County (MWCAC) www.mwcac.org

www.mwcac.org. We are a non-profit organization. Our mission is to erase the stigma surrounding mental health through awareness, education, and engagement. Our purpose is to reach out to the entire community with the message: “Mental health is as important as physical health.” Visit our website or Facebook Page: Mental Wellness Campaign.

North Suburban Grief Support Coalition – Growing Through Loss..... (763) 755-5335

Coalition of faith communities and other agencies that provide 2 series of 6-week sessions per year in various parts of Anoka County. Education is provided around various aspects of grief & loss. Small group support is offered for death of a spouse, parent, child, sibling, friend, pregnancy loss, or suicide. No cost.

People Incorporated (651) 774-0011

www.peopleincorporated.org. Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. M - Th 9:00 am – 7:00 pm, Fridays 9:00 am – 1:00 pm.

Riverwind Mental Health Crisis Services..... (763) 862-7944

www.peopleincorporated.org. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

Support Groups for Seniors..... (763) 783-4707

For information, contact ACCAP’s Senior Information Line.

Tamarisk, Inc. (763) 572-1950

www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families dealing with an end stage terminal or life-threatening illness.

Unity Chemical Dependency Services (763) 236-4500
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, in-patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016. Developing programs geared for seniors.

Well-Spouse Association..... 732-577-8899
www.wellspouse.org. Offers emotional support, newsletters, and resource materials for the husbands, wives & partners of the chronically ill and/or disabled. Advocates for needs. Monthly support meetings.

Adult Day Programs

Angels on Main..... (763) 241-6845
9200 Quantrelle Ave NE, Otsego, 55330. Adult daycare, outings & planned activities. Serves a 10+ mile radius, can take 13-14 people per day. Monday - Friday 7:00 am – 5:00 pm.

Daily Senior Care (651) 653-0660
7933 24th Ave N, Lino Lakes 55038. Adult day care. Serves all ages. Provides transportation. Overnight respite and live-in options available.

Mission Today (763) 592-2666
www.northridgehealthandrehab.com. Dementia Care for vulnerable adults in need of supervision, socialization, and/or skilled nursing services during the day in a secure environment. Services are available Monday - Friday 7:00 am – 5:00 pm.

Park House..... (763) 360-3322
www.parkhousemn.com. 12345 Butternut St. NW, Coon Rapids 55448. Adult day care provided in a loving home. Can serve up to 8 clients. Monday - Friday 6:00 am – 6:00 pm.

Supportive Housing

For subsidized housing see the Subsidized Housing section under BASIC NEEDS. For assisted living & nursing home lists, please contact the Anoka County Senior Information Line at (763) 783-4707.

Anoka County Adult Foster Care (763) 324-1230
Licensed living arrangement in a private home that provides food, lodging, supervision, and household services for qualified individuals who need assistance with everyday personal care due to developmental disability, mental illness, physical disability, or aging.

Emergency Housing..... (763) 427-1212
Call this number if it is after 4:30 pm & you are without shelter.

Housing for Seniors..... **Senior Information Line (763) 783-4707**
Information on subsidized, market rate, housing with services, and other housing options.

Metro Shelter Hotline..... 1-888-234-1329

Senior Housing Directory www.seniorhousinginc.org

Senior Housing Directory is Minnesota’s original housing and services resource. For a free printed copy, call the Senior LinkAge Line at 1-800-333-2433 or the ACCAP Senior Information Line at (763) 783-4707. Copies are also available for pick up at the Blaine Human Service Center, 1201 89th Ave NE, Suite 100, Blaine, MN. Visit www.careoptionsnetwork.org to search the information online; no personal data required. Free.

Twin Cities Housing Guide & Resources..... (651) 690-3141

www.seniorhousingguide.us. Email: contact@seniorhousingguide.us

Legal and/or Advocacy for Seniors

ACCAP, Foreclosure Prevention (763) 783-4880

www.accap.org. For people who are facing default/foreclosure. We work with your lender to help find you resources.

ACCAP, Senior Outreach (763) 783-4741

www.accap.org/senior-services/outreach. Senior Outreach Workers help older adults age 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, nutritional resources, home services, and fuel assistance, etc. Assistance with paperwork, forms, & applications available. No fee.

Alexandra House, Inc., Community Program (763) 576-9999

www.alexandrahouse.org. Shelter, crisis intervention, support groups and legal advocacy for victims of domestic and sexual violence. Also provides elderly care. Elder abuse can occur in many forms, such as physical, verbal, mental, emotional, financial, sexual and health care.

American Association of Retired Persons (AARP) (952) 883-8800 or (952) 858-9040

www.aarp.org. A national advocacy & information organization for persons 50 years or older. Tax aides & information available. Information on support groups, insurance information, grief & loss programs, legal services, medical & medication discounts, and many more topics available. Located at the Mall of America.

Estate & Elder Law Services at Volunteers of America MN..... (612) 676-6300

www.voamnwi.org/estate-elder-law-services. Email: estateandelderlaw@voamn.org. Elder law services include estate planning, will preparation, establishment of trusts, advance care directives for health care, powers of attorney, disability planning, Medical Assistance advice & planning, special needs trusts, real estate matters, probate, conservatorships, and guardianships. Strong advocates for the interests of elders and their families.

Family Caregiver Connection..... (763) 324-1608

www.anokacountymn.gov/655/Family-Caregiver/Connection. Volunteers provide a break to caregivers of older adults. Care receivers must be 55+ years old & unable to be left alone for more than 2 hours. Support groups available for caregivers & their families. Individualized caregiver coaching, counseling & education, caregiver support groups, group respite, health & spiritual connections, and community educational opportunities. Group respite is provided at multiple locations.

- Judicare of Anoka County, Inc.** (763) 783-4970
www.anokajudicare.org. Free legal representation for low-income residents of Anoka County. Civil (non-criminal) cases only, including tenant/landlord, employment, debtor/creditor, public assistance (welfare, SNAP/food support, etc.) domestic relations, and other non-criminal matters. No wills.
- Minnesota Network of Hospice & Palliative Care**..... (651) 659-0423 or (651) 917-4616
www.mnhpc.org. Call to find a local program or get more information about hospice, end of life health care options, or education programs.
- Office of the Ombudsman for Long Term Care** (651) 431-2555 or 1-800-657-3591
 Advocate for health care, long-term care, hospital, and nursing home care for older persons and vulnerable adults.
- Representative Payees** **Senior Information Line (763) 783-4707**
 Provides money management for clients receiving government benefits and having trouble managing their finances. Call for a list of Representative Payees.
- Twin Cities Metro LGBTQ Aging Resource Guide**..... www.lgbtqagingcenter.org
- Veterans Service Office, Anoka County** (763) 324-4500
Fax Number (763) 324-1040
www.anokacountymn.gov/veterans. Helps veterans apply for healthcare benefits and disability services.

Educational Opportunities for Seniors

- 55 Alive Driving / Defensive Driving Class for Seniors****Senior Information Line & (763) 783-4707**
 Refresher course for seniors. Earn discount on car insurance. Many senior centers & clubs offer classes. Call Senior Information Line for locations and schedules.
- American Association of Retired Persons (AARP)**, (952) 883-8800 or (952) 858-9040
www.aarp.org. Driver safety classes available.
- Anoka County Library, Books by Mail**..... (763) 324-1529
www.anokacountymn.gov Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.
- Anoka Ramsey Community College**..... (763) 433-1100
www.anokaramsey.edu/events. Seniors can audit classes. The college also welcomes seniors to attend various theatre events, music concerts, art shows and sales at the campus. Visit www.anokaramsey.edu/campus-life/art-creative-writing-music-theatre for more information.
- Community Education Programs for Seniors**.....**See EDUCATION: Community Education**
 Provides educational opportunities for seniors, such as Adult/Basic Continuing Education programs (GED or refresher programs). For further information, call your school district.

Family Caregiver Connection..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection. Provides educational opportunities to caregivers through support groups and community education events. Topics include estate planning, self-care, medication management, positive aging, depression, coping with grief & loss, understanding memory loss, etc.

Minnesota Highway Safety & Research Center: St. Cloud University.....1-888-234-1294
www.mnsafetycenter.org.

Minnesota Safety Council (651) 291-9150
www.minnesotasafetycouncil.org. Senior Driver classes available. Click on “drive safe”.

Employment Opportunities for Seniors

ACCAP, Senior Kinship Program..... (763) 783-4745
www.accap.org/senior-services/kinship. Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors.

Senior Community Service Employment Program, Anoka County (SCSEP)..... (763) 324-2284
A work-site placement program to increase job skills for low-income individuals 55 & older. Employment counselors assist with job search, job leads, resume’ writing, interview skills, training skills, and temporary placement at community host sites. For more information, please visit our website at www.anokacountymn.gov/1284/Senior-Employment.

Social Opportunities for Seniors

Senior Citizen Community & “Drop-in” Centers

These facilities are used for activities such as cards, dances, community education for seniors, & regularly planned activities. Several Senior Centers provide support groups for seniors.

Andover Senior Center, 1685 Crosstown Blvd NW, Andover 55304 (763) 767-5159
Anoka Senior Center, 1500 6th Ave S, Anoka 55303..... (763) 576-4661
Mary Ann Young Center, 9150 Central Ave NE, Blaine 55434 (763) 786-9375
Columbia Heights Senior Center, 530 Mill St, Columbia Heights 55421 (763) 706-3735
Columbus Senior Center, 16319 Kettle River Blvd NE, Columbus 55025 (651) 464-3120
Coon Lake Senior Center, 182 Forest Rd, East Bethel 55092 (651) 464-6711
Coon Rapids Senior Services, 11155 Robinson Dr NW, Coon Rapids 55433 (763) 767-6473
East Bethel Senior Center, 2241 221st Ave NE, East Bethel 55011 (763) 367-7868
Fridley Senior Center, 6085 7th St NE, Fridley 55432..... (763) 502-5150
Ham Lake Senior Center, 15544 Central Ave NE, Ham Lake 55304..... (763) 434-0455
Lino Lakes Senior Center, 1189 Main St, Lino Lakes 55014 (651) 982-2440
Linwood Senior Center, 22817 Typo Creek Dr, Stacy 55079..... (651) 462-5565
Oak Grove Senior Center, 19900 Nightingale St NW, Oak Grove 55011..... (763) 404-7000
Ramsey Senior Center, 15050 Armstrong Blvd NW, Ramsey 55303 (763) 421-5793

Senior Citizens' Clubs in Anoka County..... Senior Information Line (763) 783-4707

In addition to the Senior Centers listed, many local senior clubs provide opportunities for friendship, support, & local activities. For further information on any of the following organizations, call ACCAP's Senior Information Line. Many area churches also have their own Senior Clubs & activities

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|----------------------------------|--------------------------------------|
| Andover Senior Citizens Club | Linwood Golden Club |
| Columbia Heights Golden Age Club | Nowthen Senior Club |
| Columbus Senior Citizens | Oak Grove Senior Club |
| Coon Rapids Super Seniors | Ramsey Senior Citizen Club |
| East Bethel Senior Club | Spring Lake Park Senior Club-Club 55 |
| Kraus-Hartig Senior Club | St. Francis Senior Citizens |

Trips & Tours

Contact your local Community Education Department or Senior Center for scheduled trips & tours.

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 **(763) 230-9622**
Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 **(763) 785-7882**
www.ymcatwincities.org. Offers several group fitness programs for seniors in a safe, climate-controlled environment. Arthritic swim sessions.

Volunteer Opportunities for Seniors

ACCAP, Chores & More **(763) 783-4767**
www.accap.org/senior-services/chores-more. For older adults 60+ in Anoka County. We do various household services including housekeeping, minor home repairs, and seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Trellis as part of the 'Older Americans Act Program'.

ACCAP, Head Start **(763) 783-4300**
www.accap.org. Early childhood programs in Anoka & Washington County. Volunteers needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

ACCAP, Senior Kinship Program..... **(763) 783-4743**
www.accap.org/senior-services/kinship. Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated and homebound seniors.

Alexandra House, Inc. Shelter Program & 24-Hour Helpline..... **(763) 780-2330**
www.alexandrahouse.org. Community based nonprofit organization that provides housing & supportive services and community/legal advocacy to victims of domestic & sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator. Also provides elderly care.

- American Red Cross, Minnesota Region** (612) 871-7676
www.redcross.org. Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter’s Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.
- Anoka County Retired & Senior Volunteer Program (R.S.V.P.)** (763) 324-1661
 Offers opportunities to individuals 55+ to participate in their communities through volunteer services.
- Family Caregiver Connection**..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection. Volunteers needed to provide in-home visits to older adults living with chronic health issues. Respite volunteers provide safety & companionship with older adult while the family caregiver gets a break. Volunteers are also needed to oversee older adults with chronic illness in a group setting with other volunteers and a site coordinator as well as FCC Staff overseeing the program. Training is provided.
- Hands on Twin Cities** (612) 379-4900
www.handsontwincities.org. We inspire, equip, and mobilize people to provide hands-on impact to solve the most pressing challenges in our communities. Several thousand volunteer opportunities available listed on our website.
- Health Insurance Counseling Program**..... 1-800-333-2433
www.mn.gov/senior-linkage-line. Volunteers are needed to help seniors, persons with disabilities & caregivers with a variety of health insurance & prescription drug topics. Training is required to become a certified counselor.

Senior Centers, Churches, Hospitals, & Nursing Homes are always looking for volunteers!

VETERAN SERVICES

988 Suicide & Crisis Lifeline.....9-8-8 or (800) 273-8255 (TALK)
24-Hour telephone crisis counseling, information, and referral line.

Anoka County MedLink..... (763) 324-3255
www.co.anoka.mn.gov/transit. MedLink is a volunteer program providing transportation in personal vehicles. Transportation service available for Anoka County seniors ages 60+. For medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to and from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8:00 am - 4:30 pm. Fare donations accepted.

Anoka Disabled American Veterans (763) 245-2585
Veterans helping veterans. Accepts donated clothing & small household items. Call for more information.

Disability Hub MN 1-866-333-2466
Information and referral services for persons with disabilities.

Military.com.....www.military.com

Minnesota Assistance Council for Veterans.....www.mac-v.org

CareerForce in Blaine..... (763) 324-2300
www.careerforcemn.com/blaine Provides services to meet the career, employment, and training needs. Services include career lab with personal computers, internet access, job leads and referrals, labor market information, and phone center. Workshops assist in career planning, job search, networking, interviewing skills, and resume writing. Workshops are currently online and virtual.

Veteran Employment Representative (763) 257-4077

Minnesota Department of Veterans Affairs..... www.mdva.state.mn.us

Minnesota Military Family Assistance Center (651) 282-4055
Provides assistance to military families.

Veterans Affairs Medical Center, Minneapolis..... (612) 467-1100
www.minneapolis.va.gov/services/ars.asp.

Veteran Caregiver.....www.veteran-caregiver.com

Veterans Crisis Line.....1-800-273-8255 & (Press 1)
Online chat & text are available to all Veterans, their families, and friends, even if they are not registered with VA or enrolled in VA health care. Chat at www.veteranscrisisline.net or text to 838255.

Veterans Lake..... (763) 441-4086
www.veteranslake.com. Provides events to support Minnesota’s fallen heroes.

Veterans Resource Center St Paul (651) 644-4022 or Anoka (763) 503-2220
101 5th Street E, #101, St Paul 55101; 700 East Main Street, Anoka 55303. Part of Veterans Affairs. Provides veteran education, referrals, and services for combat/noncombat veterans.

Veterans Linkage Line1-888-LinkVet (1-888-546-5838)

Toll free service line for all Minnesota veterans. Provides information and referrals.

Veterans Service Office, Anoka County (763) 324-4500

Fax Number (763) 324-1040

www.anokacountymn.gov/veterans. Provides counseling, claims services, referral, and assistance in accessing services in burial benefits, discharge reviews, death benefits, employment, financial assistance, education training, health benefits, disability services, etc.

MULTICULTURAL RESOURCES

For more Adult Basic Education (ABE) & English as a Second Language (ESL) classes, see EDUCATION.

American Indian OIC, Inc...... (612) 341-3358
www.aioic.org. Provides training, retraining, employment, and economic development opportunities for unemployed & underemployed multi-cultured people in a culturally conducive atmosphere that addresses the needs of the whole person & families. Programs and services are open to qualifying persons.

American Red Cross, Minnesota Region (612) 871-7676
1201 W River Parkway, Minneapolis 55454. The American Red Cross Restoring Family Links program helps to locate family members separated internationally by armed conflict and other humanitarian emergencies, including international disasters. Messaging services are provided once a family member is located. There is no charge for these services, however, financial assistance is not provided once a reconnection is made.

Centro Tyrone Guzman..... (612) 874-1412
www.centromn.org. 1915 Chicago Ave S, Minneapolis 55404. Senior, preschool, and youth programs available. Also offers prenatal classes and family engagement programs.

Comunidades Latinos Unidos En Servicio (CLUES)

Minneapolis, 777 E Lake St, Minneapolis 55407..... (612) 746-3500

St. Paul, 797 E 7th St, St. Paul 55106 (651) 379-4200

www.clues.org. Offers information and referral services for bilingual & bicultural advocacy, individual & family cross-cultural counseling, employment, education, elder wellness, Latino learning, mental health, family services, and chemical health.

Confederation of Somali Community in Minnesota (612) 338-5282
www.csc-mn.org.

Department of Indian Work..... (651) 789-3849
www.interfaithaction.org. Offers American Indian Youth Enrichment Program, family education, diabetes series, emergency food, clothing shelves, and referrals to community resources. Services the American Indian population of the east metro. Monday 1:00 pm – 5:00 pm, Tues - Thurs 9:30 am - 2:30 pm.

English Learning Center (612) 874-9963
Offers ESL, citizenship, math, and computer class. Serves adult immigrants and refugees. Provides some transportation. Monday-Thursday mornings and evenings.

International Institute of Minnesota (651) 647-0191
www.iimn.org. 1694 Como Ave, St. Paul 55108. Helping new American's achieve self-sufficiency and successful adjustment to American life.

Korean Service Center (612) 342-1345
www.kscmn.org 630 Cedar Ave S, Suite B1, Minneapolis 55454. Offers welfare benefit assistance, housing, translation, interpretation, individual counseling, assisted living, and caregiver support program.

- Metro North Adult Basic Education**..... (763) 433-4200
www.metronorthabe.org. Email: info@metronorthabe.org. Offers free classes for adults including ESL (English as a Second Language), GED preparation, Minnesota State diploma, college entrance preparation, basic reading, writing, and math brush up. Classes offered at multiple locations with various schedules including morning and evening classes.
- Minnesota Department of Human Rights**..... (651) 539-1100
TTY (Hearing Impaired)711 or 1-800-627-3529
www.MN.gov/mdhr. Enforces MN Human Rights Act. Investigates charges of discrimination in employment, housing, public accommodation, education, and public services.
- Neighborhood Justice Center** (651) 222-4703
www.njcinc.org. Email: info@njcinc.org. Nonprofit criminal defense expungement for Dakota, Ramsey, and Washington Counties.
- Russian Orthodox Church of the Resurrection of Christ Monastery**..... (763) 574-1001
 Offers Russian & English interpretation and translation services. Also offers Russian language classes.
- Southern Minnesota Regional Legal Services, Central Office**..... (651) 222-4731
TollFree.....1-888-575-2954
www.smrls.org. Advice and representation in non-criminal civil legal matters that are critical to the clients' basic needs.
- Tubman**..... **Crisis Line (612) 825-0000**
Business Line..... (612) 825-3333
www.tubman.org. 1725 Monastery Way, Maplewood 55109. 24-hour resource line and shelter services. East Metro Legal Services focusing on Order for Protections. Youth housing and programs also available.

LESBIAN, GAY, BISEXUAL, TRANSGENDER, & QUESTIONING (LGBTQ) RESOURCES

- Northland Therapy Center**..... (651) 641-1009
www.northlandtherapycenter.com. Mental health clinic serving primarily adult individuals, couples, and adolescents. Expertise in working with individuals navigating chronic illnesses, sexual orientation issues, and trauma.
- The Family Partnership, Mental Health Counseling** (612) 728-2061
www.thefamilypartnership.org. Counseling for children, teens, couples, families, and individuals. DSWAP services are offered free of charge from Fall to Spring to underrepresented communities, including low or no-cost therapy services. Provides speech, physical, play, and occupational therapies. Insurance is accepted. We are a state-certified (Rule 29) licensed mental health care provider. Located in North and South Minneapolis but serves all of Hennepin County.
- Twin Cities Metro LGBT Aging Resource Guide** www.lgbtqagingcenter.org
- University of Minnesota, Center for Sexual Health** (612) 625-1500
www.sexualhealth.umn.edu. Program in Human Sexuality, Department of Family Practice & Community Health Medical School. Topics and services include sexual attitude, relationship & sexual therapy, sexual medicine clinic, abuse recovery, sexual orientation, transgender services, and compulsive sexual behavior.

VOLUNTEER OPPORTUNITIES

Volunteer: To enrich your life by helping someone else.

Listed are some of the places in Anoka County seeking volunteers & a brief description. You might also wish to check with your local schools, churches, or other organizations that may be in need of volunteers.

ACCAP, Chores & More (763) 783-4767
www.accap.org/senior-services/chores-more. Program is for older adults 60+ in Anoka County. Volunteers needed to do various household services including housekeeping, minor home repairs, and seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Trellis as part of the 'Older Americans Act Program'.

ACCAP, Head Start (763) 783-4300
www.accap.org. Programs in Anoka & Washington County. Volunteers needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

ACCAP, Senior Kinship Program..... (763) 783 4745
www.accap.org/senior-services/kinship. Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors.

Alexandra House, Inc., Shelter Program & 24-Hour Helpline..... (763) 780-2330
www.alexandrahouse.org. Community based nonprofit organization that provides housing and supportive services and community/legal advocacy to victims of domestic & sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator. Also provides elderly care.

American Red Cross, Minnesota Region (612) 871-7676
www.redcross.org. Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter's Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.

Anoka County Brotherhood Council (ACBC)..... (763) 422-0046
www.acbcfoodshelf.org. Provides emergency food & used clothing to those in need. Variety of volunteer opportunities available. Donations are accepted Monday - Thursday 9:00 am – 3:00 pm.

Anoka County Library 763-324-1510
www.anokalibrary.org. A variety of volunteer opportunities may be available for both young people and adults. Contact your local library for more information.

Anoka County Retired & Senior Volunteer Program (R.S.V.P.) (763) 324-1661
Offers opportunities to individuals 55+ to participate in their communities through volunteer services.

- Anoka County MedLink..... (763) 324-3255**
www.co.anoka.mn.gov/transit. MedLink is a volunteer program providing transportation in personal vehicles. Transportation service for Anoka County seniors 60+. For medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8:00 am - 4:30 pm. Fare donations accepted.
- Anoka Metro Regional Treatment Center (651) 431-5000**
 Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Facility has an auxiliary and volunteers provide special events.
- Arc Minnesota (952) 920-0855**
www.arcminnesota.org. Information, referral, and advocacy for individuals with developmental disabilities and their families. Volunteers needed for special events, mailings, clerical duties, and thrift stores. Serves entire state of Minnesota.
- Bar None Omegon (763) 753-2500**
www.voamnwi.org/bar-none. Omegon provides mental health and chemical health programs in residential setting for males ages 12- 17.
- Big Brothers Big Sisters of the Greater Twin Cities (651) 789-2400**
www.bigstwincities.org. Help children realize their full potential through a long term, 1-on-1 relationship with a caring adult. Children ages 8-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities and building a long-term friendship.
- Confederation of Somali Community in Minnesota (612) 338-5282**
www.csc-mn.org.
- Family Caregiver Connection..... (763) 324-1608**
www.anokacountymn.gov/655/Family-Caregiver-Connection. Volunteers needed to provide in-home visits to older adults living with chronic health issues. Respite volunteers provide safety and companionship to older adult while the family caregiver gets a break. Volunteers are also needed to oversee older adults with chronic illnesses in a group setting with other volunteers and a site coordinator as well as FCC Staff overseeing the program. Training is provided.
- Girl Scouts of Minnesota and Wisconsin River Valleys (651) 227-8835 or 1-800-845-0787**
www.girlscoutsvr.org. Girl Scouts offers every girl grades K-12 a chance to practice a lifetime of leadership, adventure, and success. Volunteers needed year-round to be troop leaders, activity & special event helpers, and more.
- Hands on Twin Cities (612) 379-4900**
www.handsontwincities.org. We inspire, equip, and mobilize people to provide hands-on impact to solve the most pressing challenges in our communities. Several thousand volunteer opportunities available listed on our website.
- Make-A-Wish Minnesota (612) 767-9474**
www.mn.wish.org. Help grant wishes to children with critical illnesses and medical conditions.

Meals on Wheels/Impact Services..... (763)236-8718

Looking for volunteer opportunities in the Anoka County area that make a big difference in the lives of your neighbors? Deliver meals over the lunch hour and know you are doing your part to bring nutritious food and social connection to your neighbors. Please call if you are interested in this opportunity.

Mediation Services for Anoka County (763) 422-8878

www.mediationservice.org. Since 1987, Mediation Services for Anoka County (MSAC), a 501(c) (3) agency, has been helping families, neighborhoods, schools, landlords, tenants, businesses, and consumers to resolve conflict through education, mediation, and restorative services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching and restorative practices.

Metro North Adult Basic Education..... (763) 433-4200

www.metronorthabe.org. Email: info@metronorthabe.org. Volunteers needed to tutor adult learners in topics such as reading, writing, math, English as a Second Language (ESL), and GED prep. Volunteers needed at various locations during morning and evening class times.

Second Harvest Heartland (651) 282-0901

www.2harvest.org. Email: volunteer@2harvest.org. Agency supplies food and grocery products to 1000+ member agencies and programs in MN and Western WI. Runs MAC and NAPS programs. Group and individual volunteer opportunities available for sorting, packing, delivering food, and also support for special events.

Springbrook Nature Center – City of Fridley (763) 572-3588

www.springbrooknaturecenter.org. Provides environmental interpretive programming, recreation, and entertainment. Volunteers needed for animal care, trail maintenance, desk hosting, and special events.

Stepping Stones Emergency Housing..... (763) 323-7006

www.stepsingstonech.org. Provides emergency housing (60+ beds) and support to adults experiencing homelessness. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator.

Tamarisk, Inc. (763) 572-1950

www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families dealing with an end stage terminal or life-threatening illness.

United Way, Volunteer (612) 340-7440

www.GTCUW.org. Matches people to volunteer projects across the nine-county metro area. Get your friends, family, co-workers, and neighbors involved! We have projects for all size groups, two people and up. You'll be matched by your group's interests and location preferences.

University of Minnesota Extension, Anoka County (763) 324-3495

www.local.extension.umn.edu/county/anoka. Outreach arm of the U of M connecting community needs & University resources. Program emphasis includes 4-H Youth development and Master Gardener Program.

CIVIC INFORMATION

When you have questions about how your city or town operates (local ordinances, city owned utilities, etc.) call your city administrative offices. When you have a question or opinion about how your county, state, or federal government operates, or when you are having a problem dealing with government agencies, including social services, Social Security, etc., contact the appropriate person by phone or letter.

City Offices

For Emergencies for Police, Fire, or Medical Call 9-1-1

- Andover City Hall**, 1685 Crosstown Blvd NW, Andover 55304 (763) 755-5100
www.andovermn.gov.
Andover Fire Station 1, 13875 Crosstown Blvd NW, Andover 55304non-emergency (763) 755-9825
Andover Fire Station 2, 16603 Valley Dr NW, Andover 55304.....non-emergency (763) 421-9426
Andover Fire Station 3, 15929 Crosstown Blvd NW, Andover 55304.....non-emergency (763) 755-9825
Andover Police, Anoka County Sheriffnon-emergency (763) 427-1212
- Anoka City Hall**, 2015 First Ave N, Anoka 55303 (763) 576-2700
www.anokaminnesota.com.
Anoka Fire, 275 Harrison St, Anoka 55303non-emergency (763) 576-2860
Anoka Policenon-emergency (763) 576-2800
City of Anoka Public Services..... (763) 576-2980
- Bethel City Hall**, 23820 Dewey Street NW, Bethel, MN 55005 (763) 434-4366
Bethel Police & Fire.....non-emergency (763) 427-1212
- Blaine City Offices**, 10801 Town Square Dr NE, Blaine 55449 (763) 784-6700
www.blainemn.gov.
Blaine Fire, 1710 NE County Hwy 10, Spring Lake Park 55432non-emergency (763) 786-4436
Blaine Parks & Recreation, www.blaineparks.com (763) 785-6164
Blaine Police & Crime Prevention, 10801 Town Square Dr NE, Blaine 55449..... (763) 785-6168
To report a crime (763) 427-1212
- Centerville City Hall**, 1880 Main St, Centerville 55038 (651) 429-3232
Centennial Lakes Police Department (763) 427-1212
Centennial Fire District (serves Circle Pines and Centerville) (651) 792-7900
- Circle Pines City Hall**, 200 Civic Heights Circle, Circle Pines 55014 (763) 784-5898
www.ci.circle-pines.mn.us.
Centennial Fire District, 7741 Lake Dr, Lino Lakes 55014.....non-emergency (651) 792-7900
Serves Circle Pines and Centerville.
Centennial Lakes Police, Circle Pines, Centerville, Lexington.....(763) 784-2501
Circle Pines Policenon-emergency (763) 784-2501

- Columbia Heights City Offices**, 590 40th Ave NE, Columbia Heights 55421 (763) 706-3600
www.ci.columbia-heights.mn.us
Columbia Heights Fire non-emergency (763) 706-8150
Columbia Heights Police..... non-emergency (763) 706-8100
- Columbus City Offices**, 16319 Kettle River Blvd, Columbus 55025 (651) 464-3120
www.ci.columbus.mn.us
Columbus Police..... non-emergency (763) 427-1212
- Coon Rapids City Offices**, 11155 Robinson Dr NW, Coon Rapids 55433 (763) 755-2880
www.coonrapidsmn.gov
Coon Rapids Fire, administrative office non-emergency (763) 767-6429
Coon Rapids Police, administrative office non-emergency (763) 767-6481
- East Bethel City Hall**, 2241 221st Ave NE, East Bethel 55011..... (763) 367-7840
www.ci.east-bethel.mn.us
East Bethel Fire non-emergency (763) 367-7885
East Bethel Police..... (763) 427-1212
- Fridley City Hall**, 7071 University Ave, Fridley 55432 (763) 571-3450
www.ci.fridley.mn.us
Fridley Fire..... non-emergency (763) 572-3613
Fridley Police non-emergency (763) 572-3629
- Ham Lake City Hall**, 15544 Central Ave NE, Ham Lake 55304..... (763) 434-9555
www.ci.ham-lake.mn.us
Ham Lake Fire and Police..... non-emergency (763) 427-1212
- Hilltop City Hall**, 4555 Jackson St NE, Hilltop 55421 (763) 571-2023
www.hilltop.govoffice.com
Hilltop Police & Fire See Columbia Heights
- Lexington City Hall**, 9180 Lexington Ave, Lexington 55014..... (763) 784-2792
www.ci.lexington.mn.us
Lexington Police..... non-emergency (763) 784-2501
Serves Lexington police, Centennial, Circle Pines, & Centerville
- Lino Lakes City Offices**, 600 Town Center Parkway, Lino Lakes 55014..... (651) 982-2400
www.ci.lino-lakes.mn.us
Centennial Fire District, 7741 Lake Dr, Lino Lakes 55014 non-emergency (651) 792-7900
Serves Circle Pines, Centerville, & Lino Lakes.
Lino Lakes Police non-emergency (651) 982-2300
- Linwood Township Hall**, 22817 Typo Creek Dr NE, Stacy 55079 (651) 462-2812
www.linwoodtownship.org
- Nowthen Offices**, 8188 199th Ave NW, Elk River 55330..... (763) 441-1347

- Oak Grove City Hall**, 19900 Nightingale St NW, Oak Grove 55011 **(763) 404-7000**
www.ci.oak-grove.mn.us.
Oak Grove Fire & Police.....non-emergency **(763) 427-1212**
- Ramsey City Hall**, 7550 Sunwood Dr NW, Ramsey 55303 **(763) 427-1410**
www.ci.ramsey.mn.us.
Ramsey Firenon-emergency **(763) 427-4452**
Ramsey Police, 7550 Sunwood Dr NW, Ramsey 55303non-emergency **(763) 427-6812**
- St. Francis City Hall**, 23340 Cree St NW, St. Francis 55070..... **(763) 753-2630**
www.stfrancismn.org.
St. Francis Fire.....non-emergency **(763) 753-2334**
St. Francis Policenon-emergency **(763) 427-1212**
- Spring Lake Park Administrative Office**, 1301 81st Ave NE, Spring Lake Park 55432..... **(763) 784-6491**
www.SLPMN.org.
Spring Lake Park Fire, 1710 NE County Hwy 10, Spring Lake Park 55432non-emergency **(763) 786-4436**
Spring Lake Park Police.....non-emergency **(763) 427-1212**

County, State, & Federal Offices

For a current list of elected officials, call the Elections office at (763) 324-1300, or visit the websites below.

Anoka County

Anoka County Government Center, 2100 3rd Ave, Anoka 55303 **General Switchboard (763) 324-4000**
www.anokacountymn.gov.

Anoka County Parks and Recreation **(763) 324-3300**
www.anokacountyparks.com. Activity & park information available online or at park system locations. Call if you would like hardcopy brochures and maps mailed to you.

Anoka County Sheriff's Office, 13301 Hanson Blvd NW, Andover 55304 **(763) 324-5000**

County Commissioners Office **(763) 324-4700**

Elections Office.....**(763)-324-1300**
Voter registration, information, and lists of elected officials.

Property Record & Taxation..... **(763) 323-5400**

State of Minnesota

Office descriptions taken from the State of Minnesota website: www.state.mn.us.

Attorney General, Minnesota **(651) 296-3353 or 1-800-657-3787**
www.ag.state.mn.us. 445 Minnesota St, Ste. 1400, St. Paul 55101. Chief legal officer for the state and the legal advisor to the Governor & all constitutional officers. Represents and advocates for consumer protection, antitrust enforcement, and utilities regulation.

Governor, Minnesota **(651) 201-3400 or 1-800-657-3717**
www.governor.state.mn.us. State Capitol, 75 Rev. Dr. Martin Luther King, Jr. Blvd, Room 130, St. Paul 55155. Responsible for the administration of state government, proposal of biennial budgets, appointments, proposal & review of legislation, and preparation of comprehensive long-range plans for state growth.

House of Representatives, Minnesota..... **(651) 296-2146**
www.house.leg.state.mn.us. 100 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155. Members are your elected officials who create and decide legislation in collaboration with the Senate and the Governor.

Secretary of State, Minnesota.....**(651) 296-2803 or 1-877-551-6767 for Greater MN**
www.sos.state.mn.us. 332 Minnesota St, Suite N201, St. Paul 55101. Some responsibilities are to certify the authenticity of a wide variety of official documents, register a variety of business organizations, and chief election official of the state.

Senate, Minnesota **(651) 296-0504 or 1-888-234-1112**
www.senate.leg.state.mn.us. Capitol Building, 75 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155. Members are your elected officials who create and decide legislation in collaboration with the House of Representatives and the Governor.

State Capitol Building, 75 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155.

Minnesota Historical Society Information Desk (651) 259-3000 or www.mnhs.org

Tour Desk (651) 296-2881

State Office Building, 100 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul 55155

General information for House..... (651)296-2146

General information for Senate..... (651)296-0504

United States

House of Representatives, United States..... (202) 224-3121

www.house.gov. U.S. House of Representatives, Washington D.C. 20515.

President of the United States (202) 456-1414

www.whitehouse.gov. The White House, 1600 Pennsylvania Ave, Washington D.C. 20500.

Senate, United States (202) 224-3121

www.senate.gov. United States Senate, Washington D.C. 20510.

Libraries

Many libraries have programs available such as children's story time, activities & classes, books by mail, and much more. Libraries not only have books, but also access to the internet, CDs, videos, DVDs, books on tape & CD, & more! And most of it is FREE. It's a great economical way to promote literacy & learning for yourself & your family. Also, your Anoka County Library card is good at any of the MELSA (Twin Cities area) libraries. More information available at www.melsa.org.

Call your local library for exact locations, hours, & programs available.

Anoka County Library, Main Office, 707 County Rd 10 NE, Blaine 55434 (763) 324-1510
Books by Mail (763) 324-1529
www.anoka.lib.mn.us.

Anoka	Rum River Library, 4201 6th Ave (763) 324-1520
Blaine	Northtown Library, 711 County Rd 10 NE (763) 324-1510
	Johnsville Branch, 12461 Oak Park Blvd (763) 324-1550
Circle Pines	Centennial Branch, 100 Civic Heights Circle..... (763) 324-1540
C. Heights	Columbia Heights Branch, 3939 Central Ave NE (763) 706-3690
Coon Rapids	Crooked Lake Branch, 11440 Crooked Lake Blvd (763) 324-1530
Fridley	Mississippi Branch, 410 Mississippi St NE (763) 324-1560
Ham Lake	North Central Branch, 17565 Central Ave NE (763) 324-1570
St. Francis	St. Francis Branch, 3519 Bridge St NW (763) 324-1580

Affiliated Libraries:

Anoka County History Center Library, 2135 3rd Ave N, Anoka (763) 421-0600
Offers events & displays for people of all ages, small browsing collection of books for children & adults, and genealogical research resources.

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