

Family and Community Resources for 2023-2024

Emergency Numbers

Poison Control Emergency Information 1-800-222-1222
United Way 2-1-1 651-291-0211

Enrollment in Saint Paul Public Schools (SPPS)

Student Placement Center (General info and appointments) 651-632-3701

Pre-Kindergarten & Preschool Programs

Community Action Programs Head Start 651-603-5977
Student Placement Center (Pre-K enrollment/acceptance, SPPS) 651-632-3760
Saint Paul Parks and Recreation Centers 651-266-6400
Pre-Kindergarten Program (Office of Early Learning, SPPS) 651-793-5430
Early Childhood Family Education (SPPS) 651-793-5410
Neighborhood House Early Childhood Education 651-789-2543

Developmental Screening (3-5)

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

Children with Special Needs

Help Me Grow, www.helpmegrowmn.org 1-866-693-4769
Early Childhood Special Education Evaluation Team (SPPS) 651-744-8094
Early Childhood Special Education Birth to 3 Team (SPPS) 651-744-5661
Early Childhood Family Education (SPPS) 651-793-5410
Jewish Family Services 651-698-0767
Lifetrack Resources 651-227-8471
Pacer Center, Inc. 952-838-9000
Special Needs Child Care (Center for Inclusive Child Care) 651-641-8339

Health Insurance

Medical Assistance (MA), Ramsey Co. Health and Wellness 651-266-4444
MinnesotaCare 651-297-3862
Portico Healthnet 651-489-2273

Dental Care (Low Cost/Sliding Fee)

Century College Dental Hygiene Clinic 651-779-5787
Children's Dental Services 612-746-1530
Community Dental Care, 828 Hawthorne Ave. E. 651-774-2959
Community Dental Care, 1670 Beam Ave., Maplewood 651-925-8400
Dental Associates of St. Paul, 1790 E. 7th St. 651-735-0595
Eastside Family Clinic, 895 E. 7th St. (MN Community Care) 651-602-7500
Helping Hand Dental Clinic, 895 E. 7th St. (MN Community Care) 651-224-7561
Hope Dental Clinic, 800 Minnehaha Ave. (Union Gospel Mission) 651-789-7605
Indian Health Board Dental Clinic, Minneapolis 612-721-9800
La Clinica Bright Smiles Dental Clinic 651-602-7500
Open Cities Dental Clinic, 409 Dunlap St. N. 651-290-9200
United Family Dental, 1026 W. 7th St. 651-241-1000
University of MN Dental Clinics (General #: 612-625-2495) 612-625-7171
West Side Dental Clinic, 478 Robert St. S. 651-602-7575

Vision - Pediatric

Associated Eye Care 651-275-3000
City Place Medical Building, 237 Radio Dr, Suite 100, Woodbury
Health Partners Specialty Clinic 952-967-7611
MN Lions Children's Eye Clinic (University of MN) 612-365-8350
Park Plaza, 701 25th Ave. S (building fl. 3), Minneapolis
Open Cities Health Center 651-290-9202
409 Dunlap St. N.
916 Rice St.
St. Paul Eye Clinic, <https://stpauleye.com> 651-738-6500
1093 Grand Ave., St. Paul
100 Beam Professional Bldg., 1675 Beam Ave., Maplewood
230 Midwest Eye and Ear Institute, 2080 Woodwinds Dr., Woodbury
1215 Town Centre Dr., Suite 100, Eagan

Community Health Clinics (*Low Cost/Sliding Fee)

*Eastside Family Clinic, 895 7th St. E. (MN Community Care) 651-772-9757
Indian Health Board, Minneapolis 612-721-9800
*McDonough Homes, 1441 Timberlake Rd. #235 651-602-7500
*Open Cities Health Center, <https://opencitieshealth.org/contact/> 651-290-9200
Dunlap Clinic, 409 Dunlap St. N.
North End Clinic, 916 Rice St.
*Phalen Village, 1414 Maryland Ave. E. 651-772-3461
*St. Mary's Health Clinic 651-287-7777
*United Family Medicine 651-241-1000
1026 W. 7th St.
Sibley Plaza, 2423 W. 7th St. 651-699-2093
*University of MN Physicians, 580 Rice St. 651-227-6551
(Bethesda Family Medicine)
*MN Community Care (formerly WSCHS), 153 Cesar Chavez St. 651-222-1816

Health Start Clinics

Central, 275 Lexington Pkwy. N. 651-632-2194
Como Sr., 740 Rose Ave. 651-487-8539
Gordon Parks, 1212 University Ave. E. 651-412-8445
Harding, 1540 Sixth St. E. 651-778-2884
Highland Park, 1015 Snelling Ave. S. 651-690-7667
Humboldt, 30 Baker St. E. 651-312-1996
Johnson Sr., 1349 Arcade St. 651-778-2889
Washington, 1495 Rice St. 651-487-8531

Medical and Health Care

Children's Hospital Clinic, St. Paul 651-220-6700
Gillette Children's Specialty Healthcare 651-291-2848
Ramsey County Mental Health Center 651-266-7890
Regions Hospital 651-254-3456
Shriners Hospital 612-596-6100
St. Paul-Ramsey County Public Health 651-266-2400
Immunizations 651-266-1234
Child & Teen Checkup 651-266-2420
Home Visiting for Pregnant Women/Newborns (main #) 651-266-1555
Intake Line 651-266-1568

Mental Health Services for Children and Youth (*Crisis Line)

Children's Crisis Response* 651-266-7878
Canvas Health (B-5) 651-777-5222
Cardinal Kids (B-8) 651-447-3605
Face to Face (11 - 24 years), 1165 Arcade St. 651-772-5555
Family Circle (B-5) 651-646-1488
Family Innovations, Maplewood (B-5) 651-748-5019
FamilyMeans 651-439-4840
Fraser 612-767-7222
Jewish Family Service of St Paul 651-698-0767
Metro Social Service 651-289-5130
Minnesota's LGBTQIA Mental Health Providers' Network www.lgbttherapists.org
MN CarePartner 612-289-5656
MN Community Care (formerly WSCHS) 651-602-7500
MN Crisis Text Line* 741 741
MN Teen Mental Health Directory www.mnteenmentalhealth.org/resources
National Suicide Prevention Lifeline* 1-800-273-8255
Natalis Counseling & Psychology Solutions 651-379-5157
Nystrom & Associates, Ltd. 651-419-3200
People Incorporated 651-774-0011
Prairie Care 952-826-8475
True Thao Counseling Services 651-771-2155
Walk-In Counseling Center 612-870-0565
Wilder Community Mental Health & Wellness (B-5) 651-280-2310

Child Care

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

Having Fun with Other Children

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| Community Education Programs (<i>SPPS</i>) | 651-767-8179 |
| Como Park Zoo | 651-487-8201 |
| Early Childhood Family Education (<i>SPPS</i>) | 651-793-5410 |
| MN Children's Museum | 651-225-6000 |
| Saint Paul Parks and Recreation Centers | 651-266-6400 |
| Science Museum of MN | 651-221-9444 |
| St. Paul Public Libraries | 651-266-7000 |

Adult Literacy Programs (*SPPS*)

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| Adult Literacy/Hubbs Lifelong Learning Center | 651-290-4822 |
| MN Literacy Council, https://mnliteracy.org | 651-645-2277 |

Parenting Education & Assistance

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| Catholic Charities | 612-204-8500 |
| Early Childhood Family Education (<i>SPPS</i>) | 651-793-5410 |
| Family Home Visiting, Ramsey County | 651-266-1555 |
| Jewish Family Services | 651-698-0767 |
| Lutheran Social Service | 651-642-5990 or 612-871-0221 |
| MN Department of Education, www.mnparentsknow.info | 651-582-8200 |

Parent Support Groups

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| Parents without Partners | 1-800-637-7974 |
| MN Community Caring for Children/Prevent Child Abuse MN | 651-523-0099 |

Family Resource Centers

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| Bridge to Benefits | www.bridgetobenefits.org |
| Neighborhood House (6 locations on Eastside and Westside) | 651-793-7340 |

Housing

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| Housing Link (<i>United Way 2-1-1</i>) | For Cell Phones: 651-291-0211 |
| Model Cities | 651-632-8350 |
| St. Paul Public Housing Rental Assistance | 651-298-5158 |

Food Programs

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| Fare for All, https://fareforall.org | 763-450-3880 |
| Food Shelf Info and Locations (<i>United Way 2-1-1</i>) | 651-291-0211 |
| SNAP (<i>Food Stamps</i>), Application Request | 651-266-4444 |
| Neighborhood House | 651-789-3630 |
| Merrick Community Services | 651-771-9339 |

Nutrition Programs for Women & Children

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| MAC (<i>Mothers and Children</i>) | 651-484-8241 |
| WIC (<i>Women, Infants, and Children</i>) | 651-266-1300 |

Clothing

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

Legal Advice

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| Immigrant Law Center of MN | 651-641-1011 |
| Legal Aid Society/MN Disability Law Center | 612-332-1441 |
| MN Advocates for Human Rights | 612-341-3302 |
| Southern MN Legal Services (<i>Serves Ramsey Co.</i>) | 651-222-4731 |

Transportation

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| Metro Transit | 612-373-3333 |
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Ramsey County

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

Support Services (**Crisis Line*)

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| Ramsey County Urgent Care for Adult Mental Health* | 651-266-7900 |
| 180 Degrees, www.180degrees.org | 651-968-8908 |
| Alcoholics Anonymous, St. Paul Area | 651-227-5502 |
| Bridges to Safety (<i>Domestic Abuse</i>) | 651-266-9901 |
| Center for Victims of Torture | 612-436-4800 |
| Child Protection, Children's Services Intake | 651-266-4500 |
| Day One MN Crisis Line | 1-866-223-1111 |
| MN Coalition for Battered Women's Crisis Line | 651-646-6177 |
| Parent Support Resources* (<i>Crisis Nursery</i>) | 651-641-1300 |
| Sexual Violence Center Crisis Line | 612-871-5111 |
| SOS Sexual Violence Services | 651-266-1000 |
| St. Paul Domestic Abuse Intervention Project | 651-645-2824 |
| Tubman 24 Hour Crisis Line | 612-825-0000 |
| Women's Advocates | 651-227-8284 |
| Pathways Counseling Center, Inc. (<i>Refugee/Immigrant Mental Health Services</i>) | 651-641-1555 |

Culture-Specific Support Services

African American

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| Abdur Razzaq Counseling (East African) | 612-564-0433 |
| Early Childhood Family Education (<i>SPPS</i>) | 651-793-5410 |
| Oromo Community of MN, www.oromomn.org | 651-217-4446 |
| Progressive Individual Resources | 612-749-3309 |
| Somali American Parent Association (SAPA) | 612-359-4949 |
| Eritrean Community Center of Minnesota | 651-209-8895 |
| Voices of East African Women (<i>Mothers and children of East African and Muslim immigrant communities</i>) | 651-528-6040 |
| Farhio House (<i>Emergency Family Shelter</i>) | 651-200-4193 |

American Indian

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| American Indian Family Center, www.aifc.net | 651-793-3803 |
| Ain Dah Yung Center | 651-227-4184 |
| Early Childhood Family Education (<i>SPPS</i>) | 651-793-5410 |
| Indian Health Board, Minneapolis, www.indianhealthboard.com | 612-721-9800 |
| MN Indian Women's Resource Center, www.miwrc.org | 612-728-2000 |
| Women of Nation/Eagle's Nest Shelter; women-of-nations.org (<i>Crisis Line, Domestic Violence</i>) | 651-251-1609 |

Asian

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| Asian Women United, www.asianwomenunited.org | 612-724-0756 |
| Early Childhood Family Education (<i>SPPS</i>) | 651-793-5410 |
| Hmong American Partnership, www.hmong.org | 651-495-9160 |
| Hmong Cultural Center, www.hmongcc.org | 651-917-9937 |
| Karen Organization of MN, www.mnkaren.org | 651-788-7593 ext. 301 |
| Lao Family Community of MN, Inc., www.laofamily.org | 651-209-6807 |
| TOH MOO Karen Resources | http://tohmoo.org |
| Vietnamese Minnesotans Association | 651-290-4791 |
| Vietnamese Social Services of MN, www.vssmn.org | 651-632-8927 |
| Wilder Programs for Southeast Asians | 651-280-2310 |

Hispanic

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| Casa de Esperanza (<i>Emergency Shelter for Battered Women</i>) | 651-772-1611 |
| CLUES (<i>Chicanos Latinos Unidos en Servicio</i>) | 651-379-4200 |
| Early Childhood Family Education (<i>SPPS</i>) | 651-793-5410 |
| Mexican Consulate | 651-771-5494 |
| West Side Community Health Center, La Clinica | 651-602-7500 |