

First Call for help 211
Minnesota Help info website: minnesotahelp.info
Online public information



Chisago County Community Resource Directory

EMPLOYMENT

Central MN Job and Training.....	320-679-6484
Employment & Training Center.....	651-328-6243
HHH Job Corp Center.....	651-642-1133
Job Service East Central /Work Force Center.....	763-279-4492
Private Industry Council 5.....	1-800-284-7425
Statewide MFIP.....	651-213-5600 or 888-234-1246

Referral for educational and training programs, career planning leading to self-sufficiency, job seeking and placement assistance.

HOUSING

Chisago County Health and Human Services.....651-213-5200
Low income housing list are available upon request.

Handy Angels Organization.....612-718-4235
Helping those in need make necessary home repairs. For more information, visit handyangels.org

Habitat for Humanity.....763-689-0288
Serving Chisago, Isanti, Kanabec, Mille Lacs, and Pine counties. Call for housing application or to be a volunteer.

ENERGY

Lakes & Pines Community Action.....320-679-1800 or 1-800-832-6082

Weatherization, energy assistance, Minnesota Housing Finance Agency and programs, head start, energy-related repairs, crisis fuel assistance, clothing center, homeless project, emergency food and shelter projects. Loans available to families needing a vehicle or vehicle repair. Eligibility criteria exists.

Salvation Army-Heat Share Program1-800-456-4483

Energy and fuel assistance, electricity assistance considered on an individual basis only if a medical necessity (i.e., medical equipment that could be life-threatening without electricity), with verification.

Chisago County contact.....651-739-6288

Telephone Assistance Plan.....651-296-2765 or 1-800-296-7124

Monthly discount on local basic telephone service. Income eligibility requirements and over age 65 or disabled.

TRANSPORTATION

Chisago/Isanti County Heartland Express.....763-689-8131 or 1-888-234-7840

Public transportation and volunteer driver program for people who need transportation for medical purposes.

Both services are available for anyone in Chisago County.

County Chauffeurs.....651-257-8294

Public Transportation

MNet-Transportation.....1-866-467-1724

This is for people who receive Medical Assistance (MA) or General Assistance Medical Care (GAMC), and some people on Minnesota Care. If you receive Minnesota Care, transportation is covered only for pregnant women and children.

CHILD CARE

Child Care Aware.....1-800-890-5399

Childcare resource and referral for Region 7E. Information on child care options and referral to licensed providers in the county. Sliding fee.

Chisago County Human Services.....651-213-5600 or 651-213-5200

Income support for families in need of child care, who meet income eligibility guidelines.

Chisago County Licensing.....651-213-5200

Get information about licensed family child care at our website @ www.chisagocounty.us

School-age Care

Care for school-age children before and after school hours.

Chisago Lakes Primary School/Lakeside Elementary/Taylor's Falls Elementary (Kids Club).....651-213-2276 or 612-964-8063

Rush City School (Tiger Club).....320-358-1348

North Branch Schools (Youth Connections).....651-674-0294

Wyoming Elementary/Forest Lake Schools (Kids' Club).....651-982-8365

Youth First Club.....651-674-4085

Provides 4th – 7th graders a safe, structured place to hang out after school until mom/dad return home from work. The program is offered at no cost to youth in Chisago County.

USED CLOTHING AND EQUIPMENT STORES

ARC Thrift (Chisago City).....651-257-9999
11515 Lake Lane, Chisago City, MN 55013

Birth and Beyond (Lindstrom).....651-257-9966
12755 Lake Blvd., Lindstrom, MN 55045
Hours: (Mon-Sat) 10am-6pm

Family Pathways Thrift Store (Cambridge).....763-552-3003
City Center Mall, 130 Buchanan St. N., Cambridge, MN 55008
Shopping and Donation Hours: 9:00a.m.-7:00p.m. (Mon-Sat)

Family Pathways Thrift Stores (Forest Lake).....651-464-4713
Northland Mall, 1432 S Lake St (Hwy 61 S)
Shopping & Donation Hours: (Mon-Fri) 9:00 a.m.-8:00 p.m., (Sat) 9:00 a.m.- 6:00 p.m., (Sun) 11:00 a.m. – 5:00 p.m.

Family Pathways Thrift Store (Isanti).....763-444-9551
Hwy 65 to County Rd 5, west 3 blocks to 1st St- South 1 block to 16 Main St
Shopping and Donation Hours: (Mon-Sat) 8:30a.m.-6:30p.m.

Family Pathways Thrift Store (Pine City).....320-629-3878
I-35 Exit#169, East ½ mile to Hwy 61, North 1 block
Shopping and Donation Hours: (Mon-Fri) 8:00a.m.-7:00p.m., (Sat) 8:00a.m.-5:00p.m., (Sun) 10:00a.m. – 5:00p.m.

Family Pathways Thrift Store (Rush City).....320-358-4415
I-35 to Rush City Exit, East ½ mile inside the Kinger's Mall
Shopping and Donation Hours: (Mon-Fri) 8:00a.m.-7:00p.m., (Sat) 8:00a.m.-5:00p.m.

Family Pathways Thrift Store (Wyoming).....651-462-6632
I-35 Exit #135 (next to Village Inn Restaurant Wyoming, MN 55092)
Shopping and Donation Hours (Mon-Fri) 8:00 a.m. - 9:00 p.m., (Sat) 8:00 a.m. – 6:00 p.m., (Sun) 10:00 a.m. – 5:00 p.m.

Goodwill.....651-464-4003
197 19th Street SW, Forest Lake, MN 55025
Shopping and Donation Hours (Mon-Fri) 9:00 a.m. - 9:00 p.m., (Sat) 9:00 a.m. – 6:00 p.m., (Sun) 11:00 a.m. – 6:00 p.m.

Handy Angels Thrift Shop.....612-718-4235
38880 Oakview Avenue, Suite 3, North Branch, MN 55056
Shopping and Donation Hours (Mon-Fri) 9:00 a.m. - 5:00 pm, (Sat) 10:00 a.m. – 3:00 p.m., (Sun) Closed.

Lakes Free Church.....651-257-2677
Sharing Shop 29620 Olinda Trail, PO BOX 777, Lindstrom, MN 55045
*Call to schedule appointment time and get dates for spring and fall give a ways

Mother Goose.....651-257-6991
12765 Lake Blvd, Lindstrom, MN 55045
Closed Sunday and Monday, Tuesday and Wednesday 10a.m.-5p.m., Thursday 12-6p.m.,
Friday and Saturday 10a.m.-5p.m. buy outright by appointment and walk-in.

Rachel's Save & Rave Thrift Shop.....651-226-6523
29320 Old Town Road, Chisago City, MN 55013

Recycled Wardrobes
Lindstrom.....612-212-8235
North Branch.....651-674-7700
30365 Neal Ave, Lindstrom, MN 55045 or 6419 Main Street, North Branch, MN 55056 Open Monday-Friday:
9am-7pm Sat: 9am-4pm

Songbird Shoppes.....651-257-6709 Ext. 46
Chisago Lakes Achievement Center - 10985 Lake Blvd., Chisago City, MN 55013

The Baby Blanket & Hannah's Arms (Lindstrom).....651-257-2474

St. Bridget's of Sweden Catholic Church, 13060 Lake Blvd, Lindstrom, MN 55045
Hours: 9:30a.m.-12:30p.m. (Thurs), 10:00a.m.-2:00p.m. (Sat) or call for an appt

Tusen Tack (Braham).....320-396-2633
208 W. Central Drive, Braham, MN 55006
Store Hours (M-F) 9:00a.m.-4:00p.m. and (Sat) 9:00a.m.-3:00p.m.

FINANCIAL

Child Support Collection Information and Assistance.....651-213-5647 or 1-888-234-1246
Contact Chisago County Human Services Child Support Unit.

Chisago County Human Services/ Income Maintenance.....651-213-5600 or 1-888-234-1246
Food stamps program for income-eligible families. Financial assistance, MFIP, medical assistance,
transportation, work readiness, and Minnesota Supplemental Aid.
Chisago County Human Services/MNSURE.....651-213-5705

First Call For Help.....211 or 1-800-543-7709
For referrals to any type of financial assistance in need.

Lakes & Pines Community Action.....320-679-1800 or 1-800-832-6082
Weatherization, energy assistance, energy-related repairs, crisis fuel assistance, MHGA loan programs,
homeless project, emergency food and shelter projects, Family Loan, and Head Start

Lutheran Social Services Financial counseling www.conquyourdebt.org1-800-577-2227

Minnesota Care and Medical Assistance.....651-213-5600 or 1-888-234-1229
State subsidized insurance coverage for income-eligible families with children who are not currently covered by
insurance. Contact Chisago County Health and Human Services for application, or call 1-800-657-3672.

Portico.....651-603-5100
Helps connect with health care programs and helps you complete the application.

Project Care.....320-253-0121
Provides information about Health reform, the affordable Care Act and MNSure (Minnesota's new healthcare
Exchange.) Helps people who are uninsured or underinsured to enroll in a public healthcare program.

MN Sure – Affordable Health Care.....651-213-5705
Apply on-line at www.mnsure.org

Second Harvest Heartland.....651-387-1606

Assists with income screening and assistance with applying for state supplemental nutrition program (SNAP).

Statewide MN Invest In Family Program (MFIP).....651-213-5600
Help with job seeking, job placement, education, transportation, and daycare. Must be MFIP eligible.

NUTRITION

Child Care Food Program.....1-800-366-8922 or 651-582-8526
Benefits for licensed child care providers. Food purchase information and cash reimbursements for providing nutritious meals to daycare children.

Fare For All Express www.fareforall.org.....763-450-3880 or 1-800-582-4291
Fare for All Express, a program of the Emergency Food shelf Network, works with community partners to offer quality affordable grocery packages each month. It is open to everyone! Trinity Lutheran Church, 38460 Lincoln Trail, North Branch, MN 55056 and VFW, 556 SW 12th Street, Forest Lake, MN 55025.

Feed the Need Program (The Old Fire Station in Almelund-Behind the Wild River Bar)
Bread Distribution-2nd Friday of the month from 3:30 to 5pm. \$3 for about 5 loaves of bread plus English muffins, bagels, or other “extras” Food Distribution-2nd Saturday of the month from 10am to 12pm. \$5 donation for produce/perishables, canned foods, occasional meats. Free clothing is occasionally available too.

Food Shelf- Emergency food supply to families in need.

Cambridge Family Pathways (Cambridge).....763-552-3663
Community Helping Hand (Forest Lake).....651-464-8150
Family Pathways (North Branch).....651-674-8313
Forest Lake Food Pantry (Forest Lake).....651-464-2098
Lindstrom Family Pathways (Lindstrom).....651-257-1308
Ruby’s Pantry (North Branch or Forest Lake).....651-674-2537 or 651-464-5249
Rush City Cares (Rush City).....320-358-0903 or 320-358-4575 or 320-358-3179
Rush City Open Tuesdays from 2-5p.m. and 1st and 3rd Thursday from 5-7p.m.

Lakes & Pines.....320-679-1800 or 1-800-832-6082
Head Start, homeless project, emergency food and shelter projects, food shelf referral case management.

Women Infant Child (WIC).....651-213-5206
A Supplemental food program for women, infants and children. You must live in Chisago County and be certified as eligible by a WIC staff member.

EMERGENCY / HOTLINE NUMBERS / INFO & REFERRAL

Police/Fire/Ambulance.....Dial 911

LOCAL NON EMERGENCY POLICE NUMBERS

Center City - Chisago County Sheriff’s Dept.....651-257-4100
Chisago City Police Department.....651-257-4163
Chisago County Sheriff’s Department.....651-257-4100
Lakes Area Police Department.....651-257-0622
North Branch Police Department.....651-674-8848
Rush City Police Department.....320-358-4741
Taylors Falls Police Department.....651-257-4100
Shafer - Chisago County Sheriff’s Dept651-257-4100

Wyoming Police Department.....651-462-0577
State Patrol Dial 0 ask for an Operator and ask for Zenith 7000

Abuse & Neglect

National Child Abuse Hotline.....1-800-4-ACHILD, 1-800-422-4453
Prevent Child Abuse Minnesota.....651-253-0099 or 1-800-244-5373 or 1-800-621-6322
Youth Crisis Hotline.....1-800-448-4663

Alcohol & Drug Abuse

Alcoholics Anonymous Call First Call for Help for referrals.....1-800-543-7709
Alcohol & Drug Abuse Hotline.....1-800-252-6465
Drug Abuse Info & Hotline.....1-800-662-4357
Drug Talk, Drug Info.....1-800-642-6408
Narcotics Anonymous.....952-939-3939

Chisago County Health and Human Services.....651-213-5600 or 1-888-234-1246

Chisago County Public Health (See Health Care Tab).....651-213-5231

First Call for Help /United Way.....211 or 1-800-543-7709
Information and referral for over 5,000 state and local resources serving individual and family needs.

Gambling Hotline

Minnesota Compulsive Gambling Hotline.....1-800-437-3641

LEGAL SERVICES

East Central Legal Services.....1-800-622-7772 or 763-689-2849

For non-criminal cases for income eligible families Family law housing law government benefits (medical assistance social security food stamps, and unemployment compensation), education law, and employment rights.

Minnesota Disability Law Center (MDLC).....612-332-1441 or 1-800-292-4150

MDLC is a statewide project of the Legal Aid Society of Minneapolis. It addresses the unique needs of people with disabilities in MN and provides legal assistance and advocacy on disability-related matters.

Address: 430 First Ave North, Minneapolis, MN 55401.

Website: <http://www.lawhelp.org/Program/2393/index.cfm>

St. Cloud Legal Services including Chisago County.....1-888-360-2889 or 320-253-0121
Family Law, divorces, custody changes, for income eligible families.

Poison Control Center.....1-800-222-1222

Region 7E Crisis Services.....1-888-396-2015

Open 7 days a week from 9 am-9 pm.

Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties Adult and Child Crisis Services.

24 Hr. Hotline – Mental Health.....1-800-523-3333

Sexual Assault

Chisago County Sheriff Department911

Sexual Assault Services.....651-777-1117

Suicide Prevention

Listening Ear.....1-800-854-9001

Teen Talk (noon-midnight 7 days a week).....1-800-522-8336

National Suicide Prevention Lifeline.....1-800-273-TALK (8255)

Regions 7E Crises Services.....1-888-396-2015

Shelters for homeless, domestic abuse and safe housing:

Anna Marie's.....1-800-950-2203
(24 hour crisis line) Shelter for women and children, orders for protection, support groups. (St. Cloud, MN)
A Place for you (Pine City)
Homeless shelter for adults only, no children.....1-320-438-7071
New Beginnings (St. Cloud).....1-320-255-1252
New Pathways (Cambridge) Shelter for women and children.....1-763-691-0121
The Refuge East.....651-257-2890 or 1-800-338-7233
24-hour crisis telephone line, network of safe homes providing temporary emergency housing, advocacy services to help women identify their needs, feelings, and goals, support groups, children's advocacy program, transportation services for women who have no means of getting to necessary appointments, community education for the public at-large, intervention, information, and referral for the abuser.

Women's AdvocatesCrisis Line 651-227-8284 Business 651-227-9966
24-hour crisis line. Safe home for women and children. Support groups provided for residents of safe home and women in the community. Support groups for children. Weekly health clinics and weekly chemical health education.

SCHOOL AND COMMUNITY CLASSES / CHILDREN PROGRAMS

Alternative Education Programs

GED, Adult Basic Education (Chisago Lakes).....651-213-2061
651-213-6865
GED Program SCRED.....320-358-3616
Wolf Creek Distance Learning Center (Chisago Lakes).....651-213-2095
FL Area Learning Center, GED program (Forest Lake).....651-982-302
Teen Parent Program (North Branch).....651-674-1220
English as a second language, GED, Adult Basic Education, Laubach tutoring
North Branch.....651-674-1025
GED, (Rush City).....320-358-3635

Central MN Jobs and Training.....1-800-284-7425
Classroom training, on-the-job training job search and job clubs, youth programs.

Chisago County Parks Department.....651-674-2345
Information on county parks and trails; Picnic shelter reservations.

Community Education

Classes from birth to adult. Programs vary by districts but can range from trips, arts and crafts, and computers to driver's training. Call your local district office.

Chisago Lakes/Taylors Falls.....651-213-2600
Forest Lake.....651-982-8110
North Branch.....651-674-1025
Rush City.....320-358-4795

Community Partnership with Youth & Families.....651-674-4085
Provide resources, support and inspiration to young people, their families and their communities.

Community Preschools Open to any preschooler—tuition charged.

All God's Children Preschool.....651-462-6832
Children's Connection-Child Care Learning Center.....651-674-0044

Children of Peace Learning Center (Stacy).....	651-408-7144
Community Preschool (North Branch).....	651-674-1220
Family Pathways Childcare Center.....	651-462-4398
Kid’s World Preschool (Rush City).....	320-358-3635
Little Angels Academy (Stacy).....	651-408-8696
Little Wildcats Preschool (Chisago City).....	651-213-2600
North Branch Area Public Schools.....	651-674-1220
Peter Pan Nursery School (Forest Lake).....	651-464-4376
Room For Growing Childcare Learning Center Chisago City, Forest Lake	651-257-2441, 464-1601 or 464-2330
St. Peter Catholic Church (Forest Lake).....	651-982-2208
Stepping Stones Christian Preschool (Lindstrom).....	651-257-3553
Sunshine Preschool (Forest Lake).....	651-464-5502
Leap od Faith Preschool (North branch)	651-344-0600
Toddler Town, Community Preschool.....	651-462-1407
Wee Learners Preschool & Daycare (Forest Lake).....	651-464-3131
Wonderland Child Care Learning Center (Wyoming).....	651-462-8772
Zion Kinder Village (Chisago City).....	651-257-2713

Early Childhood Family Education (ECFE)

Classes for parents and their children age birth to kindergarten. Schedule of classes printed quarterly. Special family events, home visits, parent library, and toy lending library available through the school year; Family literacy & learning readiness; contact your local school district or family center.

Chisago Lakes.....	651-213-2600
Forest Lake.....	651-982-8300
North Branch.....	651-674-1050
Rush City.....	320-358-3635

Early Childhood Screening—Age 3 through 5 register at your local ECFE

Contact your local school district office. All children are required to have early childhood screening prior to kindergarten. Screening consists of a health check and a look at the child’s early learning skills.

Early Childhood Special Education/St. Croix River Ed. District 320-358-3616, 651-674-2436, 1-800-452-6944

Contact us if you have questions or concerns about your child’s development. Free help is available for eligible Minnesota children from birth to five years old.

Forest Lake Area Partnership for Families.....651-982-8391

Community based partnership that promotes community awareness and provides cooperative efforts that support positive lifestyles in youth and families in the Forest Lake School District.

Head Start-Lakes & Pines.....320-679-1800 or 1-800-832-6082

A comprehensive preschool program for children with disabilities or income-eligible families. Program includes classes, home visits, health and developmental screenings, medical/dental care and family social services. No charge.

Love & Logic – Positive Parenting Solutions Classes

For parents with children from birth through teenage years

Cambridge 763-689-8164 Forest Lake 651-982-3200 or 651-464-2183

Parents Forever (University of Minnesota Extension) www.parentsforever.umn.edu612-626-3958

Education for parents in divorce transition and persons seeking to strengthen family relationships. On line learning programs.

Playgrounds; Call your local community’s city office for a list of playgrounds in your area.

PUBLIC LIBRARY

Chisago Lakes Public Library.....651-257-2817

East Central Regional Library.....	763-689-7390
Forest Lake Public Library.....	651-464-4088
Rush City Public Library.....	320-358-3948
North Branch Area Library.....	651-674-8443
Wyoming Area Library.....	651-462-9001

SCHOOL READINESS - Sliding Fee Scale - no one turned away due to inability to pay

Kids & Company (North Branch Schools).....	651-674-1220
On My Own (Chisago Lakes).....	651-213-6865

Young Parent Classes.....651-674-1225
 FREE class for young mom, dads and children which is a great opportunity to connect with other young parents.

Youth Service Bureau (Chisago County).....651-464-3685
 Self-esteem programs parenting programs, and support groups for ages 18 and under; truancy and curfew program; prevention programs.

HEALTH CARE / MEDICAL CLINICS / DENTAL / IMMUNIZATIONS

Area Medical Clinics

Cambridge Medical Center.....	763-689-7700
Fairview Lakes Health Services.....	651-982-7600
Forest Lake Clinic.....	651-464-7100
Fairview Lakes-Chisago Lakes Clinic.....	651-257-8499
North Branch Medical Center.....	651-674-0055
Fairview Lakes-Lino Lakes Clinic.....	651-717-3400
Pine City Area Clinic.....	320-629-6721
Fairview Lakes-North Branch.....	651-674-8351
Ramsey Clinic-Osceola.....	1-715-294-2116
Fairview Lakes-Rush City.....	320-358-4784
St. Croix Regional.....	1-715-483-3221
Fairview Lakes Regional-Wyoming.....	651-982-7200 or 1-715-483-3261
Fairview Lakes Clinic-Hugo.....	651-466-1900

Child and Teen Checkups.....651-213-5228

Call your area clinic for Child & Teen Checkups which include vision and hearing checks, laboratory tests as needed, immunizations, complete physical exam, health education and counseling, nutrition check, dental check, and developmental checks ages 0-21. This program is for children on Medical Assistance and MN Care.

Get C&TC health checks/well child check at: 2, 4, 6, 9, 12, 15 and 18 months of age.
 Also at: 2, 3, 4, 5 and 6 years. Then every two years after the age of 6.

Minnesota Care and Medical Assistance – See financial section.

MN Sure – Affordable Health Care – See financial section.

Chisago County Public Health.....651-213-5231
 Immunization clinics, maternal child health, health education, WIC program, well-water testing, pregnancy testing, car seat education with resources and dental varnishing. Information on low cost medical and dental clinics is available.

Immunization – By Appointment Only
 Child & Teen Checkups – See Health Tab
 Dental Varnishing – See Dental Tab

Long Term Care Consultation

Personal Care Attendant Assessments

Disease Prevention and Control

Children With Special Needs – Staff work with families that have children with special needs. Refer to other programs as needed.

Emergency Preparedness Information

Follow-Along Program – Free program about development. Birth to 36 months.

Wellness Resource guide-resources to encourage physical activity and good nutrition in Chisago County.

Chisago County Public Health Nurse – A nurse is available to answer any questions regarding your health or to assist you with health related issues. Referral source available to assist parents in finding the appropriate help for their concerns such as food security, parenting, Breastfeeding, child development, prenatal, family planning, safety, concerns of special needs children, discipline, parent support.

Underinsured/Uninsured Health Checkups/Dental Clinics.....651-213-5239 or 651-213-5228

To learn more about Chisago County Public Health Programs please visit: www.chisagocounty.us then go to Government, then Public Health, then to the Program listed that you are interested in.

DENTAL-Children’s Dental Services612-746-1530

Provides dental care to pregnant women and children 0-18 years old whose families cannot pay for dental care, or have no insurance. Care is either billed to insurance, paid for on a sliding scale, or provided for free. Call for locations, more information, and to make appointments.

Website:

www.childrensdentalservices.org

DENTAL-Chisago County Public Health - Dental Varnishing.....651-213-5231

Chisago County Public Health Dental Varnishing, free to MA and MN Care participants and based on sliding fee scale for others (\$0-\$15 based on family size and gross income), Available to children from the time the first tooth erupts (6 months) to 18 years of age.

DENTAL-Minnesota Dental Association Website www.mndental.org612-767-8400

Give Kids a Smile Program where local dentist offer free service to children certain times of the year. Call for more information.

Dental Services per Health Plans Information

Blue Cross Blue Shield Blue Plus.....651-406-5907 or 1-800-774-9049

Health Partners.....952-967-7998 or 1-866-885-8880

Medica.....651-406-5919 or 1-800-459-8574

Ucare.....1-800-235-0564

FAMILY PLANNING/PREGNANCY & STD’S

Chisago County Life Care Center.....651-257-2550 or 651-674-2121

Pregnancy testing, counseling, assistance in finding financial aid, housing, and medical care education for prenatal and infant care

Minnesota Aids Line.....1-800-248-2437

Minnesota Family Planning Hotline.....1-800-783-2287

National STD Hotline.....1-800-227-8922

Outlook Family Planning Clinic.....651-257-8802 or 651 -674-4570

Pregnancy testing, well woman care (breast and pelvic exam, pap smear routine lab tests, treatment of vaginal infections and other gynecological concerns) sexually transmitted diseases (diagnosis and treatment) birth control (supplies and education)

Pregnancy Resource Center

Chisago County Lifecare Center 6448Main Street, Suite 13, North Branch

Counseling Hotline.....651-257-2550, 651-674-2121

Lakes Life Care Center 840 W. Bradway Ave., Suite 100, Forest Lake.....651-464-4340

The Pregnancy Resource Center of Cambridge.....763-689-4319

Free confidential counseling regarding available options, personal problems, and planning for parenting; support groups; decision-making for pregnant women; sexual abuse; and post-abortion. FREE maternity clothing, baby clothing, and equipment. Adoption services, housing arrangements, assistance in arranging educational and vocational needs; free pregnancy tests.

Total Life Care Center.....651-291-9473 or 1-715-755-2229

Free pregnancy testing, support, and counseling on pregnancy alternatives; maternity clothing; transportation if needed; referrals to lawyers and adoption agencies; shelter for girls over 18, if needed; refers minors to social service if housing if needed. Baby furniture & equipment is available.

Minnesota Children Youth with Special Health Needs (MCYSHN).....1-800-728-5420 or 651-201-3650

Special diagnostic clinics, equipment help, financial benefits and referrals

Prescription

Prescription discount card- www.mytwrxcare.com www.needymeds.org

Smoking- Quit plan Services to quit smoking.....1-888-354-7526

Helpline offers telephone counseling and free nicotine patches, lozenges or gum to eligible callers.

Quitplan.com offers a free lifetime membership, helpful quitting tools and can connect online with others

COUNSELING/SUPPORT

Adoption Services.....651-213-5600 or 1-888-234-1246

For information about adoption and placement agencies, contact Chisago County Social Services.

Anna Marie's Central Minnesota Task Force on Battered Women.....1-320-253-6900 or 1-800-950-2203

Shelter for women and children, orders for protection, support groups. (St. Cloud, MN)

Anna Maries Alliance.....1-320-251-7203

Shelter and Advocacy, PO Box 367, St Cloud, MN 56302-0367

Arc Central Minnesota (St. Cloud).....1-800-775-3196 or 320-240-9550

Advocacy, resources and connection to community for children and adults with developmental disabilities and their families www.thearcofminnesota.org

Autism Society of Minnesota.....651-647-1083

MN Autism Center.....952-767-4200

Bridges and Pathways Counseling Services.....651-982-4792

Psychological services, assessments, therapy for adults and children.

Cambridge Christian Counseling Center763-689-3723

Biblically based counseling for individuals, families, marriage issues including depression, anxiety, relationship issues, eating disorders, sexual abuse, etc. Sliding fee scale options available.

Canvas Health Counseling Services.....651-251-5138

Including domestic abuse and anger management.

Child Safety Centers.....651-774-4990

Supervised visitation, visitation pick-up and drop-off, support sessions, intermediary services, supervised phone calls, visitation expediting.

Peoples Incorporated: North Branch.....651-674-8569

Parent Support Services is a voluntary early intervention program that provides short term help to families with children under the age of 10. Services to families are designed to reduce or remove barriers to child safety,

family and child well-being. Service options include case management, support education and activities that enhance parent/child interaction. Services are confidential and free.

Chisago County Adult Mental Health.....651-213-5600
This is a voluntary service provided by Chisago County to adults who have a serious, persistent mental illness and who meet certain qualifications for services.

Chisago County Children's Mental Health.....651-213-5600 or 651-213-5612
This is a voluntary service provided by the County to children 0 to 18 years of age who have an emotional disturbance and who meet certain qualifications for service.

Chisago County Health and Human Services/Developmental Disabilities.....651-213-5200
Serves children and adults that have been diagnosed with mental retardation or a related condition.

Chisago County Human Services.....651-213-5600 or 1-888-234-1246
Child protection: assessment of abuse and neglect; adult protection; services to minor parents; CD.
Assessments, counseling, and referral; sliding fee daycare; pre-admission screenings and alternative care for the elderly and handicapped; daycare and foster home licensing; foster care for residential treatment according to court orders; home-delivered meals; step-parent adoption; special needs adoption; and family social services.

Churches

Your local church can offer a variety of assistance and counseling on spiritual needs. Call the church of your choice.

Dellwood Recovery Center.....763-689-7723
Adult inpatient and outpatient treatment program,-adolescent outpatient and inpatient treatment program.
Family-education program, aftercare, consulting Ph.D. and psychologists, insight program, morning outpatient-adult, and evening outpatient-adult

East Central Counseling Center651-674-8822
Individual, family, marriage counseling treatment of anxiety and depression; adult development; crisis intervention; divorce mediation; career assessments; psychological testing; MMPI, and psychotherapy.

Fairview Behavioral Services.....612-982-2066
Fairview Counseling.....612-672-6999
Outpatient treatment for adults and adolescents, aftercare, intervention referrals, assessments, family program, relapse program, anger awareness program, smoking cessation and domestic abuse counseling.

Family Based Therapy Associates.....651-257-2733 or 1-800-822-2786
Individual and group psychotherapy, marriage and family counseling, psychological assessment, community consultation, mental retardation services and employee assistance program.

Family Innovations.....612-746-7329
Provides home based mental health services through Medical Assistance for children and adolescents. Also provides outpatient therapy for children age's birth through 18, families, couples and adults.

Family Pathways Children & Family Services.....763-552-7284 or 1-877-321-7100

Grief Support Group/Hospice and Home Care.....651-257-8850
A self-help support group for persons who have experienced the death of a loved one. Provides participants with opportunities to share frustrations and challenges, and learn helpful methods to deal with grief.

Hannah's Arm- St Bridget's Church (Lindstrom).....651257-2474 Ext. 34
A monthly parents support group and education. 3rd Saturday from 11am to 1:30pm

Haven Center.....651-277-4283
Provides individual, couple, family, domestic abuse, anger management and group counseling services to East Central Minnesota and the surrounding community.

Hazelden.....651-213-4200
Recovery and education services in chemical dependency and related areas for adults1-800-257-7800
Hazelden Center for Youth & Families.....1-800-833-4497
Adolescents and young adult rehab program for chemical dependency; educational materials; parent support program.

Lakes Area Human Services.....651-464-2194
Assessment; training; consultation; custody/mediation services; employee assistance program; C.D. assessment; M.R. evaluation and counseling; individual, family, couple, domestic abuse, anger management and group counseling; child therapists; psychiatrists on staff

Minnesota Fathers & Families Network www.mnfathers.org763-473-7432
Provides a list of agencies and programs that work with fathers promoting positive father-child and family relationships.

Naomi Center.....651-228-1800
Transitional housing for women, mothers and their children.

New Beginnings (St. Cloud, Safe and secure housing).....1-877-974-7174
Provide housing, counseling for pregnant women over 14; help connect client with agencies to teach job skills, health-related education

Nystroms and Associates.....651-628-9566
Children and Adult counseling, medicine management, testing and referral.

Parents Support - A self-help parent support group aided by a trained professional
Prevent Child Abuse MN.....1-800-244-5373
Circle of Parents/St Paul, MN.....1-800-244-5373 or 1-800-CHILDREN

Provide Care.....651-674-8312
Support for developmental disabilities, traumatic brain injuries, physical disabilities, mental health, elderly care, and diagnosis.

Rural Mediation Services (RMS).....1-877-289-2960
Non-profit organization dedicated to offering resolution to disputes. They provide mediation services for family, workplace, and community issues. Website www.ruralmediationservices.homestead.com

Rush City Teen Focus Recovery Center.....320-358-4065

Sidelines.....1-888-447-4754
Education and support for women with complicated pregnancies that require bed rest. Information via the phone and through the mail.

SIDS Grief Support Counseling.....Metro 612-813-6285, Greater MN 1-800-732-3812

St. Croix Regional Medical Center.....1-715-483-3221 or 1-800-828-3627
St. Croix Regional Medical Center’s Behavioral Health Services offer a wide range of clinical assessment, treatment planning, and referral services for children, adolescents, and adults. Also offers several chemical dependency treatment options.

Teen Challenge.....612-373-3366

Outpatient and inpatient adolescent and young adult chemical dependency treatment.

Therapeutic Services Agency.....320-629-7600

Outpatient and In home family services and assessment, respite care, shelter care, supervised visitations, school based services and school consultation for children and their families.

Youth Service Bureau (Chisago County).....651-464-3685

Individual, family, and group counseling for youth up to age 18 and their families. Offices in Forest Lake and North Branch