***Park Nicollet Health Services (PNHS) does not gain financial incentive from the resources, providers, and/or agencies outside of the PNHS clinic and hospital network. PNHS is not responsible for the services provided outside of the PNHS clinic and hospital network.***

**Adult Mental Health**

**Outpatient & Inpatient**

**Abbot Northwestern Hospital**

800 E. 28th Street, Minneapolis, MN 55407

612-863-8633

Website: <http://www.allinahealth.org>

Programs: Partial hospitalization; adults and adolescents, Inpatient Hospitalization; adult and adolescents, various support groups

**University of MN Medical Center Fairview Riverside**

2450 Riverside Ave, Minneapolis MN 55454

Lodging and Outpatient Day Programs: 612-672-2736

Provider Referrals: 612-672-7575

Inpatient Programs/Behavioral Emergency Center: 612-672-6600

Website: <http://www.uofmmedicalcenter.org>

Programs: Partial Hospitalization, Inpatient Hospitalization, Day Treatment Program; adults, Inpatient and Outpatient Chemical Dependency Programs; adults

**HCMC**

Blue Building, Level 5

900 South 8th Street, Minneapolis MN 55415

Day Treatment Program: 612-873-4304

Partial Hospitalization Program: 612-873-2212 or 612-873-5766

Inpatient Units: 612-873-3233

Chemical Health: 612-873-9043

Website: <http://www.hcmc.org>

Programs: Adult Inpatient Hospitalization, Acute Psychiatric Services, Day Treatment Program, Chemical Health Support Group for Individuals with HIV

**Regions Hospital**

640 Jackson Street, St. Paul, MN 55101

General Information: 641-254-3456

Inpatient Mental Health Services: 651-254-9520

Chemical Health: 651-254-4804

Programs: Inpatient and Outpatient Hospitalization Programs, Chemical Dependency Programs, adults and adolescents (4 locations for children adolescents), various support groups

**Unity Hospital**

550 Osborne Road NE, Fridley MN 55432

Mental Health: 763-236-5949

Chemical Health: 763-236-4500

Website: <http://www.allinahealth.org>

Programs: Adult Inpatient Hospitalization, Adult Partial Hospitalization, Adult Day Treatment Program, Inpatient and Outpatient Chemical Dependency Program

**North Memorial Hospital**

3300 Oakdale Ave N, Robbinsdale MN 55422

Inpatient Program: 763-520 5385

Partial Program: 763-581-6400

Website: <http://www.northmemorial.com>

Programs: Adult Partial Hospitalization Program (adults), Inpatient Hospitalization (adults)

**Prairie Care St. John**

6545 France Avenue South, Suite 302, Edina MN 55435

General number: 1-888-9-Prairie

Edina: 952-230-9100

Woodbury: 651-259-9700

Maple Grove: 763-383-5800

Website: [www.prairie-care.com](http://www.prairie-care.com)

Programs at Edina Location: Partial Hospitalization (children, adolescents, and adults), Intensive Outpatient Programs (children, adolescents, and adults), Clinic Services (children and adults)

Programs at Woodbury Location: Partial Hospitalization (children, adolescents, and adults), Intensive Outpatient Treatment (children, adolescents, and adults), Clinic Services (children and adults)

Programs at Maple Grove Location: Partial Hospitalization (children and adolescents), Inpatient Hospitalization (children and adolescents)

**MN Mental Health Clinics**

3450 O’Leary Lane, Eagan MN 55123

651-454-0114

Website: <http://mnmentalhealthclinics.com/>

Programs: Adult Day Treatment, Adolescent Day Treatment, Adult DBT Group, Anger Management Group, Women’s Group, Men’s Group, Living with Schizophrenia Group, Clinic Services (adult and children)

* Locations in Eagan, Lakeville, SW Minneapolis, Woodbury and Maplewood

**Nystrom and Associates**

1900 Silver Lake Road, Suite 100, New Brighton MN 55112

651-835-2002

Website: <http://www.nystromcounseling.com>

Programs: Counseling Services, Psychological Testing, In-Home Program for Children and Adults (ARMHS), Psychiatrist Services, Drug and Alcohol Assessments and Outpatient Treatment, Nutrition Counseling, Adult Day Treatment, DBT Group for Adults and Co-Occurring Behaviors, Women’s Depression and Anxiety Groups, DWI/DUI Education Classes, Chemical Dependency After Care Programs, Sexual Addiction Recovery Programs, Adult Day Treatment, Social Skills Group

\*Locations in New Brighton, Woodbury, Otsego, Baxter, Apple Valley, Duluth, and Eden Prairie, and Maple Grove. (Programming varies at each location call or visit their website for location specific programming.)

**Mental Health Systems, PC**
6600 France Ave South, Suite 230, Edina MN 55435

952-835-2002

Website: <http://www.mhs-pc.com>

Programs: DBT Groups (adults and adolescents), FUSION program for MICD Treatment, VISION Program for Schizophrenia, and Psychological and Behavioral Mental Health Assessment and Testing.

\*Locations in Edina, Woodbury, and Maple Grove

**Body Image**

**Breastfeeding**

**Methodist Breastfeeding Center**

Meadowbrook Building of Methodist Hospital

6500 Excelsior Blvd, St. Louis Park, MN 55426

952-993-5124

Website: www.parknicollet.com/info/Breastfeeding\_Center

Services: The Breastfeeding Center offers easy access to products, education and support and guidance to enrich the breastfeeding experience for mothers and their babies. They offer personal consultations in a comfortable outpatient room and retail store setting which includes: initial feeding assessments to assure success with breastfeeding, return-to-work, school and travel consultations, expert fitting for maternity bras, nursing tanks, compression stocking; breast pumps and accessories; individualized product and service recommendations.

**North Memorial Breastfeeding Boutique**

North Memorial Hospital, Robbinsdale MN

3300 Oak Ave North

763-581-8340

www.northmemorial.com/breastfeeding

Services: Provide inpatient visits, phone consultation and outpatient visits to answer questions or provide support support through women’s journey through breastfeeding.

**La Leche League International**

Office Address: 957 N. Plum Grove Road

Schaumburg, IL 60173

847-519-7730

Website: www.llli.org

Services: Helping mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. The website offers answers to breastfeeding questions, forums, frequently asked questions, podcasts and help via online help form.

**The Boob Geek**

Tiffany Gallagher: 612-559-6840

Website: [www.tiffany@theboobgeek.com](http://www.tiffany@theboobgeek.com)

Services: Breastfeeding classes, Lactation counseling, prenatal support, postpartum support. Classes are at Flutterby Birth Services at 190 River Ridge Circle South, #310 Burnsville MN 55337

**Mercy Hospital Breastfeeding Warmline & Appts.**

763-236-7430

Services: In-person consultations available at Mercy Hospital, Coon Rapids; most insurance accepted.

**Fairview Breastfeeding Support Groups**

Fairview Children’s Clinic

2535 University Ave SE, Mpls 55414

612-672-2350

Services: Groups for English-speaking and Somali-speaking moms. Drop-in, no cost.

**Child Care**

**Child Development**

**Children’s Mental Health**

**Outpatient & Inpatient**

**University of Minnesota Amplatz Children’s Hospital**

2450 Riverside Ave, Minneapolis MN 55454

Inpatient Programs: 612-672-6600

Outpatient, Day, Partial and Residential Programs: 612-672-2736

Website: <http://www.uofmchildrenshospital.org>

Programs: Adolescent Partial and Day Treatment Program, Adolescent Dual Diagnosis Day Program, Children’s Day Therapy Program, Adolescent Outpatient Chemical Dependency Program, Inpatient Chemical Dependency and Dual Diagnosis Program for Adolescents, Inpatient Program (adolescents and children), Short-term stabilization adolescent crisis lodging

**Nystrom & Associates**

Locations: Apple Valley, Brainerd, Duluth, Eden Praire, Elk River/Otsego, Maple Grove, New Brighton, Woodbury

1900 Silver Lake Road, Suite 110

New Brighton, MN 55112

651-628-9566 (New Patient Line)

Services Offered: Psychiatry & Medication Services; Counseling & Psychotherapy Services; In-Home Therapy for Adults and Kids; Psychological Evaluations; Drug & Alcohol Treatment; Dialectical Behavior Therapy; Adult Day Treatment; School Based Mental. & Chemical Health; Sex Addiction Counseling; and Nutrition Counseling

**Community Classes for Mothers and Fathers**

**Crisis**

**Crisis Connection**

1550 East 78th St., Richfield MN 55423

612-852-2200

Website: www.crisis.org

Services: Mental Health counseling agency providing telephone counseling services, specializing in crisis counseling, intervention and referral. Can call 24hours/day, 365 days a year. Calls are free of charge.

**Metro Area Mental Health Crisis Response (Crisis Teams)**

Anoka: 763-755-3801, Carver/Scott: 952-442-7601

Dakota: 952-891-7171, Washington: 651-777-5222

Ramsey: adults – 651-266-7900, children – 651-774-7000

Hennepin: adults – 612-596-1223, children – 612-348-2233

**Urgent Care for Adult Mental Health (Ramsey, Dakota and Washington counties)**

402 University Ave E., St.Paul

651-266-7900

Walk-in welcome, also a 24/7 mobile crisis team and crisis phone line

Monday – Friday 8:00 to 9:00 p.m.

Saturday – Sunday 11:00 a.m. to 3:00 p.m.

**National Suicide Prevention Lifeline**

1-800-273-8255

**Community Outreach for Psychiatric Emergencies (COPE)**

651-596-1223

Provides emergency intervention services 24-hours a day, 7 days per week, when someone is experiencing an emotional crisis that threatens their personal safety. COPE professionals will go to the person in crisis, handle the immediate crisis, and provide a clinical assessment. COPE can arrange for inpatient psychiatric services if necessary or admission to a crisis shelter. Servcies are available to adults whose crisis occurs in Hennepin County; clients do not need to reside in Hennepin County.

**Hennepin County Acute Psychiatric Services**

612-873-3161

24-hours a day, 7 days a week; assessment and possible hospitalization for psychiatric emergencies. Emergency entrance at Hennepin County Medical Center, 8th and Chicago Ave., Minneapolis.

**Ramsey County Adult Mental Health Urgent Care**

651-266-7900

The Adult Mental Health unit provides a 24-hour phone, mobile outreach and limited walk-in for assess and services for psychiatric emergencies. Can refer to mobile crisis services in surrounding counties.

**Regions Hospital Crisis Program**

651-254-1000

24 hours a day, 7 days a week; assessment for psychiatric emergencies and possible hospitalization. Main hospital/Emergency entrance is at 640 Jackson St. in St. Paul

**Suburban County Adult Mental Health Crisis Intervention**

Every county in Minnesota has a mental health crisis intervention outreach resource for adults.

Anoka: 763-755-3801

Carver/Scott: 952-442-7601

Dakota: 952-891-1271

Washington: 651-777-5222

**Domestic Abuse/Intimate Partner Abuse**

**(Emotional, Mental, Physical, and/or Sexual)**

**Minnesota Domestic Violence Crisis Line**

866-223-1111

Services: Referrals information; Crisis Intervention; Shelter Information

**National Domestic Violence Hotline**

800-799-SAFE (24 hour hotline)

800-787-3224 (TDD)

Website: www.ndvh.org

Services: Referral information; Crisis Intervention

**Asian Women United**

612-724-8823 (24 hour crisis line)

651-646-2118

Website: www.awum.org

Services for women victims of domestic advocacy; Hmong, Cambodian, Vietnamese, Hindu & Japanese speaking advocates. Court advocacy; Help with Orders for Protection

**Aurora Center for Advocacy & Education**

612-626-9111 (24 hour crisis line)

Website: [www.umn.edu/aurora](http://www.umn.edu/aurora)

Services: Free and confidential advocacy; referral services regarding sexual assault, relationship violence and stalking for students, staff, and faculty of the University of Minnesota; Legal advocacy involving Harassment Restraining Orders and Orders for Protection

**Casa de Esperanaza**

651-772-1723 (24 hour crisis line)

651-772-1611 (St. Paul)

Website: www.casadeesperanza.org

Services: Shelter; advocacy; education; Referrals for Hispanic women and children.

**C.U.H.C.C.**

612-638-0700

Website: [www.ahc.umn.edu/cuhcc/](http://www.ahc.umn.edu/cuhcc/)

Services: Services for Hmong, Laotian, Cambodian, Somalian, and Vietnamese battered women; Bilingual workers.

**ESS Emergency Social Services**

651-291-6795 (after 5pm and weekend)

Website: http://stpaulredcross.org/services/socialservices.html
Services: Shelter, transport for abuse victims.

**Outfront Minnesota**

612-822-0127 (24 hour helpline)

800-800-0350

Website: [www.outfront.org](http://www.outfront.org)

Services: Advocacy; Support; Counseling; Safe house referrals for GLBT victims of domestic abuse and harassment.

**International Institute**

651-647-2824 (St. Paul)

Website: [www.iimn.org](http://www.iimn.org)

Services: Refugee resettlement; Family reunification; Sponsorship; Referrals; Education program.

**Minnesota Coalition for Battered Women Crisis Line**

651-646-0994 (24 hour crisis line)

651-646-6177

Website: [www.mcwb.org](http://www.mcwb.org)

Services: Referrals; Shelter information; Services for victims of sexual assault; Domestic violence; Prostitution.

**St. Paul Intervention Project**

651-645-2824 (24 hour crisis hotline)

Website: [www.stpaulintervention.org](http://www.stpaulintervention.org)

Services: Information; Referrals; Support groups; Legal advocacy in criminal and civil court matters; Includes Hmong and Spanish advocates.

**S.O.S. (Sexual Offense Services)**

651-643-3006 (St. Paul 24 hour crisis intervention)

Website: [www.stpaulintervention.org](http://www.stpaulintervention.org)

Services: No Charge; Referrals; Counseling; Support groups for both men and women victims of sexual assault; Support groups for parents of victims.

**Sholom Outreach Service/Jewish Domestic Abuse Collaborative**

651-698-2562

Website: <http://www.jfcsmpls.org/Services/services.html#JDAC>

Services: Advocacy; support.

**Tubman Family Alliance**

651-770-8544 (East Metro Area)/ 651-770-0777 (E. Metro 24 hour crisis line)

612-825-3333 (West Metro Area/ 612-825-0000 (West Metro 24 hour crisis line)

Website: [www.tubmanfamilyalliance.org](http://www.tubmanfamilyalliance.org) or [www.stopfamilyviolence.com](http://www.stopfamilyviolence.com)

Services: Criminal and civil court legal advocacy; Support groups; Serves Ramsey County, Washington County, and Hennepin County.

**Women of Nations**

651-251-1619

Website: [www.women-of-nations.org](http://www.women-of-nations.org)

Services: Provides culturally competent services for all women; Culturally specific services for Native American Women; Shelter; Community and legal advocates.

**Legal Services for Domestic/Emotional/Mental/Sexual Abuse Victims**

**Chrysalis**

612-871-0118

612-871-3652 (TDD)

Website: [www.chyrsaliswomen.org](http://www.chyrsaliswomen.org)

Services: Law Clinic; 30-minute consultations; Legal referrals; Divorce information classes; Mental health and chemical abuse treatment and assessment; $20 fee

**Civil Society**

651-291-0713

Website: [www.civilsociety.org](http://www.civilsociety.org)

Services: Crime victim services including legal services to under reporting victims including trafficking victims.

**Southern MN Regional Legal Services**

651-222-4731 (St. Paul)

651-222-5863 (TDD)

Website: [www.smrls.org](http://www.smrls.org)

Services: Legal assistance for low income victims of domestic abuse in civil and family court.

**Lawyers Referral of Ramsey County**

651-224-1775 (St. Paul)

Website: [www.ramseybar.org/refer.html](http://www.ramseybar.org/refer.html)

Services: All private attorneys; Consultation fee; Referrals; Initial apt. $25.

**Centro Legal**

651-642-1890

Website: <http://www.centro-legal.org>

Services: Legal services; Representation for battered Hispanic women and men; Bilingual speakers.

[**www.LawHelpMN.org**](http://www.LawHelpMN.org) - is a free website with legal information for low-income people in Minnesota; Information covers civil legal problems.

**Counseling Services for Domestic//Emotional/Mental/Sexual Abuse Victims**

**African American Family Services**

2616 Nicollet Ave, Minneapolis MN 55408

651-642-0021 (St. Paul)

612-813-0782 (St. Anthony)

Website: [www.aafs.net](http://www.aafs.net)

Services: Focus on black community Advocacy; Family counseling

**C.L.U.E.S. (Chicano-Latino United in Services)**

720 E Lake St, Minneapolis MN 55407

651-379-4200 (St. Paul)

Website: <http://www.clues.org>

Services: Bicultural counseling for Hispanics

**Children’s Home Society and Family Services**

1605 Eustis St, St. Paul MN 55108

651-222-0311 (St. Paul)

651-451-1434 (South St. Paul)

651-636-0477 (Roseville)

Website: [www.chsfs.org](http://www.chsfs.org)

Services: Groups for women and men in violent relationships; Individual counseling for children.

**Face to Face**

1165 Arcade Street, St. Paul MN 55106

651-772-5555

Website: [www.face2face.org](http://www.face2face.org)

Services: Adolescent incest and sexual assault victims; Support groups; Individual counseling; Prenatal and Medical clinic.

**Men’s Center**

3249 Hennepin Ave, Minneapolis MN 55408

612-822-5892 (Minneapolis)

[www.tcmc.org](http://www.tcmc.org)

Services: Daily support groups and workshops for men.

**Midwest Children’s Resource Center**

347 N Smith Ave, St. Paul MN 55102

651-220-6750

Website: [www.childrenmn.org](http://www.childrenmn.org)

Services: Medical and psychological assessment for children up to 16 years old.

**Prevent Child Abuse Minnesota**

709 University Ave West, Suite 234, St. Paul MN 55104

651-523-0099

Website: [www.familysupport.org](http://www.familysupport.org)

Services: Self-help support groups for parents who want to improve their relationships with their children; Parents Anonymous Support Group.

**Ramsey County Mental Health Clinic**

1919 University Ave W, St. Paul, MN 55104

651-266-7900 (24 hour crisis line)

651-266-7890 (St. Paul) for appointments

Website: [www.co.ramsey.mn.us/hs/mhc/adultmentalhealth.htm](http://www.co.ramsey.mn.us/hs/mhc/adultmentalhealth.htm)

Services: Psychologists and psychiatrists available; Counseling; Case Management; Day Treatment for adults and children age 12 and older; Sliding scale fee.

**St. Paul Youth Services Bureau**

2100 Wilson Ave, St. Paul MN 55119

651-771-1301

Website: [www.spys.org](http://www.spys.org)

Services: Advocacy; Individual, family, and group counseling; Mobile crisis response team 651-774-7000; In home response for family crisis problems regarding children.

**Wilder Community Assistance Program**

451 Lexington Parkway N, St. Paul MN 55104

651-287-2400 (St. Paul)

Website: [www.wilder.org](http://www.wilder.org)

Services: Groups for women, men and children in violent relationships; Parenting groups; Anger management; Domestic abuse counseling; Adolescents’ & children’s groups; support groups for victims; witnesses and perpetrators.

**Wilder Child Guidance Clinic**

451 Lexington Parkway N, St. Paul MN 55104

651-64204001 (St. Paul)

Website: [www.wilder.org](http://www.wilder.org)

Services: Individual and family counseling for children up to 18 years old; Psychologists and psychiatrists available; Early intervention for at risk 5 years old and younger; Outpatient treatment; Home visits; Sliding scale fee.

**Domestic Abuse Project**

612-874-7063

204 West Franklin Ave

Minneapolis MN 55404

[www.domesticabuseproject.com](http://www.domesticabuseproject.com)

Services Offered: DAP offers individual and group counseling for every member of a family that have encountered domestic abuse. DAP offers partnership programs in the community that allow DAP to reach people where they’re at.

**Early Child and Family Education**

**(ECFE)**

**Financial**

**Food**

**Local Food Shelves:**

Aliveness Project Food Shelf Catholic Charities Branch II Food Shelf

730 East 38th Street 1000 Currie Avenue

Minneapolis, MN 55407 Minneapolis, MN 55403

(612) 822-7946 (612) 204-8420

Brian Coyle Food Shelf Centro Food Shelf

420 15th Ave South 1915 Chicago Avenue South

Minneapolis, MN 55454 Minneapolis, MN 55404

(612) 876-9324 (612) 874-1412

Calvary Lutheran Church Food Shelf Community Emergency Service Food Shelf

3901 Chicago Avenue South 1900 11th Avenue South

Minneapolis, MN 55407 Minneapolis, MN 55404

(612) 827-2504 (612) 870-1125

CAPI Food Shelf Food For Life (Greater Lake County Food

310 38th Street, Suite 29 Shelf) 554 8th Avenue North

Minneapolis, MN 55409 Minneapolis, MN 55411

(612) 721-0122 (612) 340-9694

Catholic Charities Branch I Food Shelf Glendale Food Shelf

1308 East Franklin Avenue 92 St. Mary’s Ave SE

Minneapolis, MN 55404 Minneapolis, MN 55414

(612) 871-9442 (612) 342-1954

Groveland Emergency Food Shelf Minnehaha United Methodist Food

1900 Nicollet Avenue Shelf

Minneapolis, MN 55403 3701 East 50th Street

(612) 342-1954 Minneapolis, MN 55417

 (612) 501-7078

Horizons Unlimited Northpoint Health and Wellness

1001 East Lake Street Center Inc

Minneapolis, MN 55407 1315 Pen Ave North

(612) 722-8722 x343 Minneapolis MN, 55411

 (612) 348-4716

Incarnation Church Food Shelf Pastor Paul’s Mission

3817 Pleasant Ave South 1000 Oliver Ave North

Minneapolis, MN 55409 Minneapolis, MN 55411

(612) 822-2101 (612) 521-4665

Joyce Uptown Food Shelf Sabathani Food Shelf

3041 Fremont Ave South 310 East 38th Street LL20

Minneapolis, MN 55409 Minneapolis, MN 55409

(612) 825-4431 (612) 821-2302

Little Earth Food Shelf Salvation Army Center City

2051 Cedar Ave South 53 Glenwood Ave

Minneapolis, MN 55404 Minneapolis, MN 55403

(612) 455-2813 (612) 659-0711 x130

Masjid An-Nur Food Shelf Salvation Army Food Shelf Central

1729 Lyndale Ave North Need

Minneapolis, MN 55411 2727 Central Ave NE

(612) 521-1749 Minneapolis, MN 55418

 (612) 789-1512 x210

Salvation Army Food Shelf North Senior Food Shelf

2024 Lyndale Ave North 1801 Central Ave NE

Minneapolis, MN 55411 Minneapolis, MN 55418

(612) 522-6581 x107 (612) 767-2700

Salvation Army Food Shelf South Simpson United Methodist Church

1604 East Lake Street Food Shelf

Minneapolis, MN 55407 2740 First Ave South

(612) 767-2700 Minneapolis, MN 55408

 (612) 874-7741

Two Fish and Five Loaves Food Shelf Waite House Food Shelf

Redeemer Missionary Baptist Church Pillsbury United Communities

116 East 32nd Street 2529 13th Ave South

Minneapolis, MN 55408 Minneapolis, MN 55404

 (612) 721-1681

**Food Assistance Programs in MN**

WIC:

WIC is a nutrition education program that provides vouchers for free, nutritious foods for pregnant, breastfeeding, and postpartum women, and for infants and children up to the fifth birthday. Participants in the WIC Program also receive a health assessment, strong support for breastfeeding, and referrals to services in their neighborhood. WIC has bilingual staff and access to telephone translation services. Call for eligibility (651) 266-1300

SNAP:

The Supplemental Nutrition Assistance Program (SNAP) provides financial assistance in purchasing healthy foods. Visit this website to find out how to apply for food stamps.

[www.fns.usda.gov/snap/eligibility](http://www.fns.usda.gov/snap/eligibility)

Saint Paul Public Schools Nutrition Services:

Programs are available for Saint Paul residents to help pay for school lunches. Ask your school district if your family qualifies and how to apply for the Free and Reduced-Priced Meal programs. The program provides up to two healthy meals and one snack daily for each child. Applications for Saint Paul residents are available in Enlighs, Hmong, Karen, Somali and Spanish.

Go to [www.http://ns.spss.org](http://www.http://ns.spss.org)

Hunger Solutions:

A resource to locate food support, food shelves, meals on wheels, WIC locations and summer food service programs. Call and get help from the Minnesota Food HELPLINE

1-888-711-1151

Emergency Food Network:

Helps you locate food assistance and shelters.

<http://www.emergencyfoodshelf.org>

Fare For All:

Use this website to find out where to purchase reduced groceries.

[www.fareforall.org](http://www.fareforall.org)

**Holistic Health**

**Housing and Homelessness**

Catholic Charities

1200 2nd Ave S

Minneapolis MN 55403

http:www.cctwincities.org

612-204-8500

Locations throughout Twin Cities and Metro area

Services: Group and individual counseling; Advocacy; Immigration help; Housing and Homeless support; Food shelf.

Center for Families

3333 North 4th Street

Minneapolis MN 55412

612-276-1571

<http://centerforfamilies.gmcc.org>

Services: Employment; Housing; Counseling

Charaka: Blooming Community Support Program

7888 12th Ave S

Bloomington MN 55425

612-752-8350

<http://www.resource-mn.org/spectrum>

Services: Dual diagnosis; Housing Support and Employment Services; Case management; Advocacy; wellness and recovery; social and recreational

\*Restrictions: Must be 18 years or older and have a diagnosis of serious and persistent mental illness.

Community Involvement Program (CIP)

612-362-4400

<http://www.cipmn.org>

Services: Counseling; Supportive housing; Medication management; Employment; Case management services.

Cornerstone

1000 East 80th Street

Bloomington MN

952-884-0376

<http://www,cornerstonemn.org>

Services offered: Legal issues; Counseling; Transitional housing; Emergency Shelter.

Dakota County Social Services

24 hour crisis response unit: 952-891-7171

Adult mental health services: 651-554-6424

Children’s mental health services: 952-891-7459

Community services division: 651-554-5742

Employment and Economic assistance: 651-554-5611

Social Services: 952-891-7400

<http://www.co.dakota.mn.us>

Services: 24-Hour Crisis Line; Housing Assistance; Childcare Assistance; Medical Assistance; Food Programs.

Dorothy Day Center

183 Old 6th Street

St. Paul MN 55102

651-647-2350

Services: Employment and housing; Chemical Dependency; Shelter; Counseling for Adults.

Minneapolis Vail Place

1412 W 36th Street

Minneapolis MN

612-824-8061

Hopkins: 952-938-9622

<http://www.vailplace.org>

\*\*Hennepin County Only: Must have a diagnosis of severe and persistent mental illness

Services: Employment and Housing; Case Management; Social and Recreation opportunities; Clubhouse Model environment.

Minnesota Africa Women’s Association

763-561-2224

<http://www.mawanet.org>

Contact program to determine program eligibility

Services: Employment services; College Preparation program; Affordable Housing; Social Services; CNA classes.

Minnesota Assistance Council for Veterans

651-291-8756

<http://www.mac-v.org>

Locations: Duluth, Mankato, Twin Cities

\*\*This organizations main focus is on veterans who are homeless or at risk of becoming homeless.

Services offered: Housing assistance; Mortgage assistance; Job training and employment placement; Money management skills; Referrals for legal and civil concerns.

**Parenting**

**Infants and Toddlers**

**Blooma**

Minneapolis: 5315 Lyndale Ave South, Suite A

612-223-8064 (Yoga, Education, Wellness)

St Paul: 493 Selby Ave

651-340-8538 (Yoga, Education, Wellness)

Shakopee (within St. Francis Hospital)

612-508-2557 (Yoga)

Services: Childbirth Education Classes, Yoga + Parenting Workshops, Wellness Services (Massage, Chiropractic, Counseling, etc.), Resources for Pregnancy + Postpartum

**AMMA Parenting Center**

3511 Hazelton Road, Edina MN 55435

952-926-2229

Website: http://ammaparentingcenter.com

Services: Offers a variety of prenatal classes, new parent classes, infant sleep programs, playgroups and breastfeeding help, events and workshops, and a circle for moms group.

**Catholic Charities**

 1200 2nd Ave South
Minneapolis, MN 55403

612-204-8500

Services: Offers a Dad’s Connection Program and Mom’s Connection Program. Dad’s Connection provides counseling and supportive services such as parenting classes, peer groups, mentoring and home visits. Mom’s Connection provides parent education for single mothers and fathers, support services such as case management, counseling, parent support groups, resource referral, crisis intervention, and childcare food and transportation for groups.

**The Childbirth Collective**

Website: www/childbirthcollective.org

Services: Doula support, Parent Topic Nights: pregnancy, birth, postpartum

Locations in Minneapolis, St. Paul, St. Croix Valley, Duluth, Fargo/Moorhead

**Multiples**

**Sibling Adjustment**

**Special Needs**

**Fraser: Locations in Anoka, Bloomington & Minneapolis**

General questions: 612-861-1688

Schedule Clinical Appointment: 612-767-7222

Services: Fraser offers evaluations, autism services for children, teens and adults, therapy/rehabilitation for children, housing, home and community supports, case management, childcare and pre-school, and workshops.

**Pacer Center**

8161 Normandale Blvd.

Bloomington, MN 55437

952-838-9000

Services: Pacer offers a wide variety of services for children with disabilities, parents, and professionals. For parents they offer early childhood information and resources, assistance on education, social services and mental health issues for parents of youth with EBD (emotional behavior disorders) bullying prevention, and training and information on how parents can work with the public school system if their child is in special education.

For children with disabilities they offer resources on bullying prevention, social inclusion, assistive technology and transition for students with disabilities.

**Alliance for the Mentally Ill of Minnesota – NAMI**

800 Transfer Road, Suite 31, St. Paul MN 55114

651-645-2948

Website: [www.namimn.org](http://www.namimn.org)

Services: Support, information, and advocacy for persons with mental illness.

**The Arc of Minnesota**

770 Transfer Road, Suite 26, St. Paul, MN 55114

651-523-0823

Website: www.arcgreatertwincities.org

Services: Advocacy and support for people with intellectually and developmental disabilities and their families.

**Mental Health Association of Minnesota**

475 Cleveland Ave N, Suite 222, St. Paul MN 55104

651-493-6634

Website: www.mentalhealthmn.org

Services: Support and information regarding adults and transition services for youth with mental health needs. Depression and Bipolar Support

**Mid-Minnesota Legal Assistance – MMLA**

1st Ave N, Suite 300, Minneapolis MN 55401

612-332-1441

Website: www.midmnlegal.org

Services: Legal advice, referrals and representation to low-income families or people with disabilities.

**Autism Society of Minnesota**

2380 Wycliff Street, Suite 102

St. Paul, MN 55114

651-647-1083

Website: www.ausm.org

Services: Advocacy and education for individuals with autism and their families.

**Behavioral Institute for Children and Adolescents**

3585 Lexington Ave N, Suite 163, Arden Hills MN 55126

651-484-5510

Website: www.behavioral institute.org

Services: Trainings and resource information for working with children and adolescents with emotional and adolescents with emotional and behavioral challenges.

**Children and Adults with Attention Deficit Disorders of MN - CHADD**

Twin Cities: 952-922-5716

Website: [www.chadd.org](http://www.chadd.org)

Services: Support groups and resources for children and adults with AD/HD

**Minnesota Organization of Fetal Alcohol Syndrome – MOFAS**

1885 University Ave, Suite 395, St. Paul MN 55104

651-917-2370

Website: [www.mofas.org](http://www.mofas.org)

Services: Works collaboratively with communities to provide resources and support for families living with Fetal Alcohol Spectrum Disorders (FASD)

**State of Minnesota: Minnesota Children with Special Health Needs**

85 E 7th Place, Suite 500, St. Paul, MN 55101

Website: [www.health.state.mn.us/mcshn](http://www.health.state.mn.us/mcshn)

Services: Information and referral resources for children with special needs and their families.

**Ombudsman for Mental Health and Development Disabilities**

121 7th Place E, Suite 420, Metro Square Building St. Paul, MN 55101

651-757-1800

Website: [www.ombudhdd.state.mn.us](http://www.ombudhdd.state.mn.us)

Services: Designated to assist you to overcome the delay, injustice or impersonal delivery of services. Ensures that children and their families are guaranteed fair treatment by all agencies that provide child welfare services.

**Minnesota Department of Education – MDE**
Division of Special Education

1500 W Highway 36, Roseville MN 55113

Website: [www.education.state.mn.us/MDE/Learning\_Support](http://www.education.state.mn.us/MDE/Learning_Support)

Services: Regulates special education services and programing in Minnesota.

**Tourette Syndrome Association of Minnesota - TSA**

2233 University Ave, Suite 338, St. Paul MN 55114

651-646-0099

Website: [www.tsa-mn.org](http://www.tsa-mn.org)

Services: Education, support and public awareness programs for individuals and their families affected by Tourette Syndrome.

**Children’s Home Society and Family Services – CHSFS**

1605 Eustis Street, St. Paul MN 55108

651-646-7771

Website: [www.chsfs.org](http://www.chsfs.org)

Services: Provides education advocacy for people with learning disabilities and attention deficit disorders, adoption, and post-adoption support

**Minnesota Kinship Caregivers Association – MKCA**

161 St. Anthony Ave, Suite 940, St. Paul MN 55103

651-917-4640

Website: [www.mkca.org](http://www.mkca.org)

Services: Advice, advocacy and support for grandparents and other kinship caregivers.

Institute for Minority Development – IMD

100 Medicine Lake Road, New Hope, MN 55427

763-544-2019

Website: [www.minoritydevelopment.org](http://www.minoritydevelopment.org)

Services: Offers in-home and community-based family support services for children and adults with developmental disabilities.

**Support and Education Regarding PPMDs**

**Community-Based**

**Abott Northwest Hospital: Postpartum Support Group**

612-863-4770

Postpartum Depression Support Group for women who are at risk for PPD or having PPD symptoms. Groups include support, education and referral if needed. Babies are welcome. No cost. Tuesdays at 1:30-3pm, Abbott Northwestern Hospital, Minneapolis Wednesdays 1:30-3pm, Dakota City Northern Service Center, West St. Paul

**Circle of Mom’s: Amma Parenting Center**

Woodbury and Edina

See Schedule: http://clients.mindbodyonline.com/ASP/home.asp?studioid=6463

Circle of Moms is a safe, welcoming space for women to gather together to discuss the not-so-easy parts of motherhood. Share stories, build relationships with other moms, discuss realistic expectations, learn when to seek help and develop strategies for self-care.

**Lisa Cross, MA, LMFT: Postpartum Depression Group**

5407 Excelsior Blvd

Suite B, St. Louis Park MN 55416

952-920-9332

This is a one time group that uses CBT skills and interpersonal psychotherapy to help women work to prevent PPD. Offered Saturday’s from 9-11am. Also includes creating a birth plan. Cost: $30

Email: [www.lisacross@comcast.net](http://www.lisacross@comcast.net)

Website: <http://www.lisacrosslmft.com>

**Fairview Counseling Center Therapy Groups for Depression and Anxiety – During and After Pregnancy**

Phone: 612-672-6999

On-going groups for women experiencing depression and anxiety associated with their pregnancies and following. Babies welcome. Minneapolis and Maple Grove Sites.

**Postpartum Depression Support Group**

Sponsored by United & Allina Hospitals. FREE. Jennifer Johnson, MA, LP & Bev Lamb, RN Tuesday: 1:30-3 p.m., Abbott Northwestern Hospital, Minneapolis Wednesday: 1:30-3 p.m., Dakota City Northern Service Center, West St. Paul

Phone: 612-863-4770

**Empowering Mothers Group**

Minnesota Center for Psychology

2383 University Ave W, St. Paul

651-644-4100 ext 14

Dr. Maren McMillan

Services: 10-week Education/support group for women with postpartum &/ or anxiety symptoms.

**Seeds of Mindfulness**

Judith Lies, LMFT

3706 East 34th Street, Mpls mn 55406

612-343-1623

Services: Mindful Parenting & Mindfulness Stress Reduction Classes

**Postpartum Support International (PSI)**

1-800-944-4PPD

Website: [www.postpartum.net](http://www.postpartum.net)

Services: Non-profit organization providing information, local and national resources and advocacy regarding emotional changes during pregnancy and postpartum. MN Co-Cordinators:

Suzanne Swanson, PhD, LP 651-221-9709

Krista Post, MA, LP 612-296-3800

**Internet-Based**

[**www.pregnancypostpartumsupport.mn.com**](http://www.pregnancypostpartumsupport.mn.com)

[**www.postpartum.net**](http://www.postpartum.net)

[**www.ppdsupportpage.com**](http://www.ppdsupportpage.com)

[**www.aafp.org**](http://www.aafp.org)

[**www.acog.com**](http://www.acog.com)

[**www.apa.org**](http://www.apa.org)

**www.depression afterdelivery.com**

[**www.4women.gov/faq/postpartum.htm**](http://www.4women.gov/faq/postpartum.htm)

[**www.healthieryou.com/postpart.html**](http://www.healthieryou.com/postpart.html)

[**www.KidsHealth.org**](http://www.KidsHealth.org)

[**www.nimh.nih.gov**](http://www.nimh.nih.gov)

[**www.nmha.org**](http://www.nmha.org)

[**www.postpartumassistance.com**](http://www.postpartumassistance.com)

[**www.wellmother.com**](http://www.wellmother.com)

**www.womensmentalhealth.org**

[**www.mededppd.org**](http://www.mededppd.org)

**Telephone-Based**

**PPSM HelpLine: 612-787-7776**