

# ANOKA COUNTY WIC PROGRAM (763) 324-4230

## “WHO TO CALL” RESOURCE LIST

### CHILD CARE AND EDUCATION

Adult Basic Education(Metro North)( <a href="http://metronorthabe.org">metronorthabe.org</a> )	763-433-4200
Anoka County Child Care Assistance (apply)	763-324-2360
Anoka County Child Care Resource & Referral	763-324-1235
Anoka-Hennepin Teen Pregnancy Program	763-506-1572
CAPE (Child & Parent Education) Centers	763-506-1561

### *Early Childhood Family Education (ECFE):*

District 11- Anoka Hennepin	763-506-2400
District 12 – Centennial	763-792-6120
District 13 - Columbia Heights	763-528-4517
District 831 - Forest Lake	651-982-8300
District 14 – Fridley	763-502-5123
District 16 - Spring Lake Park	763-600-5900
District 15 – St. Francis	763-753-7170
Help Me Grow	1-866-693-4769
Head Start Program ( <a href="http://accap.org">accap.org</a> )	763-783-4314

### FINANCE, FOOD, HOUSING & Other

Child Support	763-324-2420
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### *FINANCIAL COUNSELING:*

Anoka County University of Minnesota Extension Service	763-324-3495
Economic Assistance EZ Info Line (MFIP/Medical Assistance/SNAP—Food Support)	763-422-7200
Applymn.dhs.mn.gov --apply for cash, SNAP, child care emergency help School & Summer Meal Programs ( <a href="http://www.education.state.mn.us">www.education.state.mn.us</a> )	
Family Means - Consumer Credit Counseling	651-789-4014

### *FOOD SHELVES/CLOTHING:*

Anoka County Brotherhood Council (ACBC)	763-422-0046
Salvation Army (food shelf & social service)	763-783-4930
Cross of Christ Lutheran Church, Coon Rapids	763-786-0637
Community Helping Hand (Forest Lake)	651-464-0061
Hope Church	763-757-4266
N.A.C.E (North Anoka County Emergency) Centennial Community (Circle Pines, Centennial Area) at Circle Pines City Hall	763-434-7685 763-784-2013
SACA (Southern Anoka Community Assistance)	763-789-2444
Way of the Lord Food Shelf (Andover, Blaine, Ham Lake)	763-755-4800
Bridge to Benefits (Children’s Defense Fund) ( <a href="http://MN.bridgetobenefits.org">MN.bridgetobenefits.org</a> )	
Diaper Bank of MN ( <a href="http://Diaperbankmn.org">Diaperbankmn.org</a> ) by appt only	651-505-3597
Fare For All (Emergency Food Network)	763-450-3880
NAPS (Nutrition Assistant Program Seniors)	651-484-8241
WIC (Women, Infants & Children)	763-324-4230
Minnesota Food HelpLine ( <a href="http://hungersolutions.org">hungersolutions.org</a> )	651-486-9860
Monthly Community Food Calendar ( <a href="http://communityfoodcalendar.weebly.com">communityfoodcalendar.weebly.com</a> )	
Health & Nutrition Programs, SNAP	763-324-4000
Minnesota WIC Website ( <a href="http://health.state.mn.us/divs/fh/wic/">health.state.mn.us/divs/fh/wic/</a> )	

Anoka County Human Services Website  
([anokacounty.us/1059/Human-Service](http://anokacounty.us/1059/Human-Service))

## ***FUEL/ENERGY ASSISTANCE***

ACCAP (energy assistance/home insulation) 763-783-4747  
Salvation Army Heat Share (Xcel/Center Point) 651-224-6946

## ***HOUSING***

ACCAP (housing hotline) 763-783-4730  
Federal Government Subsidy Program (HUD) 612-370-3000  
Metro Housing Redevelopment Authority (HRA) 651-602-1880  
HousingLink ([housinglink.org](http://housinglink.org))

## ***OTHER***

Judicare 763-783-4970  
LaLeche League Breastfeeding Helpline 1-877-452-5324  
American Lung Association ([lung.org](http://lung.org))  
ClearWay Minnesota ([clearwaymn.org](http://clearwaymn.org)) 952-767-1400  
Quit Plan Services ([quitplan.com](http://quitplan.com)) 1-888-354-7526  
MN Fathers & Families Network ([mnfathers.org](http://mnfathers.org))  
Safe Kids Anoka County ([safekidsanoka.org](http://safekidsanoka.org)) ([usa.safekids.org](http://usa.safekids.org))  
763-767-4664  
CareerForce (Jobs & Training, Stride, FSET, MFIP) 763-324-2300

## **TRANSPORTATION**

Cars for Neighbors ([carsforneighbors.org](http://carsforneighbors.org)) 763-717-7755  
Metro Mobility Ride 651-602-1170  
Metro Area Transitlink 651-602-5465  
Anoka County Traveler Fixed Routes 612-373-3333  
Volunteer (To request ride call between 9 am - 12 pm M-F) 763-324-3255

## **HOT LINE AND CRISIS**

Alcoholics Anonymous of Minnesota ([aaminneapolis.org](http://aaminneapolis.org)) 952-922-0880  
Alexandra House for Battered Women & Children 763-780-2330  
Anoka County Child Protection Agency 763-324-1440  
Anoka County Adult Protection Service 1-844-880-1574  
Canvas Health ([canvashealth.org](http://canvashealth.org)) 24hrs/d (Crisis Line) 763-755-3801  
Crisis Nursery (Children's Home Society) 763-785-9222  
Council on Crime & Justice for Victim Services 612-340-5400  
**First Call for Help 2-1-1 or 651-291-0211**  
Youth Link (Homeless Youth Shelter) 612-252-1200  
Mediation Services for Anoka County 763-422-8878  
Metro Shelter Hotline 24 hrs/day 1-888-234-1329  
Minnesota Domestic Violence Crisis Line ([dayoneservices.org](http://dayoneservices.org))  
1-866-223-1111  
Narcotics Anonymous of Minnesota 612-822-9472  
**POISON Control** ([mnpoison.org](http://mnpoison.org)) 1-800-222-1222  
Riverwind Crisis Services ([peopleincorporated.org](http://peopleincorporated.org)) 763-862-7944  
Rape and Sexual Assault (24 Hours) 612-825-4357  
Sexual Assault Victim Advocate/RAINN (24 Hour HELPLINE)  
1-800-656-HOPE  
Suicide Prevention & Crisis Intervention Center, Mercy Hospital  
763-236-7911

Unity Hospital Substance Abuse Services 763-236-4500

## **MEDICAL AND HEALTH CARE SERVICES**

Anoka County Public Health Immunization Clinics Hotline 763-324-4210  
Anoka County Public Health Nursing 763-324-4200  
Birth Certificates 763-324-1360

Lee Carlson Center for Mental Health & Well Being	763-780-3036
Anoka County Children's Mental Health	763-324-1430
Anoka County Adult Mental Health	763-324-1420
Child & Teen Checkups Information	763-324-4280

#### ***LOW COST DENTAL CLINICS***

Apple Tree Dental Clinic	763-784-7570
Ronald McDonald mobile Dental Unit	612-767-2790
UCare Mobile Dental Clinic	1-866-451-1555
Sharing and Caring Hands	612-338-4640

#### ***LOW COST MEDICAL CLINICS***

Central Clinic Neighborhood HealthSource	612-588-9411
Sheridan Clinic Neighborhood HealthSource	612-588-9411
Neighborhood HealthSource	612-588-9411
St. Mary's Health Clinic (Free Clinic)	651-287-7777
Nucleus Clinic - Coon Rapids	763-755-5300
Seton Clinic (Catholic Charities) prenatal & midwifery	651-647-3153
Planned Parenthood – Minneapolis 1-800-230-PLAN	612-823-6300
Minnesota AIDS Line	1-800-248-2437
Portico Healthnet (porticohealth.net.org)	651-489-2273
North Suburban Counseling Center	763-784-3008
American Academy of Pediatrics website:	( <a href="http://aap.org">aap.org</a> )
Immunization Action Coalition Website	( <a href="http://immunize.org">immunize.org</a> )

#### **PREGNANCY/INFANT RESOURCES**

New Life Family Services—Anoka	763-323-3435
Birthingright 1-800-550-4900 24hr help line	763-757-0715
Everyday Miracles ( <a href="http://everyday-miracles.org">everyday-miracles.org</a> )	612-353-6293
Epiphany Caring for Life pregnancy care center	612-803-2225

#### **PHYSICAL ACTIVITY & NUTRITION RESOURCES**

Anoka County Parks and Recreation	( <a href="http://anokacountyparks.com">anokacountyparks.com</a> )
763-757-3920 or 763-767-2820	

#### ***YMCA*** ([ymcatwincities.org](http://ymcatwincities.org))

Andover	763-230-9622
Chain of Lakes (Lino Lakes)	651-795-9622
Emma B. Howe (Coon Rapids)	763-785-7882
My Plate®	( <a href="http://choosemyplate.gov">choosemyplate.gov</a> )
The Academy of Nutrition and Dietetics	( <a href="http://eatright.org">eatright.org</a> )

#### **MINNESOTA RELAY SERVICE** (Hearing impaired)

7-1-1 or 1-800-627-3529

TTY Telephone Equipment & Distribution	651-431-5945
Crisis Connection TTY	1-800-799-4889
TTY (Anoka County)	763-780-2330

#### **NON-ENGLISH SPEAKING RESOURCES**

Hmong-Hmong Cultural & Resource Center	651-917-9937
Russian-Slavic Community Center ( <a href="http://rusculturemn.com">rusculturemn.com</a> )	612-465-9309
Somali- Brian Coyle Center (Pillsbury United Community)	612-338-5282
Somali-Confederation of Somali Community	612-605-3222
ECHO (Emergency and Community Health Outreach)	651-789-4342
ESL (English as Second Language): 2 <sup>nd</sup> Thursday each month at 10am BHSC	

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