

Surviving the Tough Times

Community Resource Listing compiled by United Way of Central MN
Services addressing basic needs for:
Benton, Sherburne, Stearns, and Wright Counties



The first step to finding help is knowing who to call!
United Way 2-1-1 is a free and confidential community helpline available 24 hours/7 days a week, helping people get connected to local and statewide health and human service resources.

Dial 2-1-1 or 1-800-543-7709
or
Go online at: www.211unitedway.org

Give. Advocate. Volunteer. LIVE UNITED

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Child Care/Daycare/Pre-School Programs

Boys & Girls Clubs of Central Minnesota

320-252-7616 or go to their website at **www.bgcmn.org** - Provides a safe haven for children ages 5 – 18 to go after school and during the summer months. Clubs offer diverse program activities in five areas: Character & Leadership Development, Education & Career Development, Health & Life Skills, the Arts and Sports, Fitness & Recreation. Annual membership to the Boys & Girls Club is \$10. Boys and Girls Clubs of Central Minnesota has three club locations:

- East Side Unit, 320 Raymond Avenue NE, St. Cloud MN

320-253-5159

- Roosevelt Unit, 345 30th Avenue N, St. Cloud MN

320-257-5124

- Southside Unit, 1205 6th Avenue S, St. Cloud MN

320-251-4314

Boys & Girls Club of Central Minnesota also provides KIDSTOP - At 13 elementary schools in the St. Cloud, Sauk Rapids-Rice, Sartell-St. Stephen and ROCOR school districts. KIDSTOP is school-age child care for K-6 graders and is available from school dismissal until 6 pm Monday – Friday and from 6:30 am – 6 pm in the summer for a fee. Scholarships and county assistance are available.

Boys and Girls Club of 10,000 Lakes, 905 6th Street NW, Elk River

763-241-5000 - Provides a safe place to learn and grow ongoing relationships with caring, adult professionals, life-enhancing programs and character development experiences.

- Elk River, 905 6th Street NW, Elk River MN

763-241-5000

- Zimmerman, 12976 Fremont Avenue, Zimmerman MN 55398

763-856-5000

- Little Falls, 303 E Broadway, Little Falls MN 56345

320- 414-0322

Child Care Assistance Program

Assists families in paying child care costs for children to age 12, and for children with special needs to age 14. Child care costs may be paid for qualifying families while they go to work, look for work or attend school.

To learn more about this program or to apply, contact your local county human services office.

Child Care Choices, 2901 Clearwater Road, St. Cloud

320-251-5081 or 800-288-8549 - Provides information and referrals for child care and support services for parents.

County Daycare Services – They can help find an opening at a day care provider in your area as well as help obtain public information on a provider.

- Benton County Human Services, 531 Dewey Street, Foley MN

320-968-5087

- Sherburne County Human Services, Sherburne County Government Center, 13880 Business Center Drive NW, Elk River MN

763-765-4000

Child Care/Daycare/Pre-School Programs continued

- **Stearns County Human Services**, 705 Courthouse Square, 2nd Floor St. Cloud MN
 320-656-6000
- **Wright County Human Services- Social Services Unit**, 1004 Commercial Drive, Buffalo MN
 55313
 763-682-7400

Crisis Nursery - Crisis Nursery offers parents who are experiencing a stressful situation resources and referrals. A temporary, voluntary, safe place for children, age infant to 12, for a few hours or up to 72 continuous hours of care may be available as a last resort.

- **Sherburne County Crisis Nursery**, 763-241-4000 or 800-433-5239
- **St. Cloud Area Crisis Nursery**, 1205 6th Ave S, St Cloud MN 56301 (320-654-1090)
- **Wright County Crisis Nursery** (provided by Kindred Family Focus), 412 Great oak Dr. Waite Park, MN 56387 (763-271-1681)

Parent Aware of Minnesota

Toll free at 1-888-291-9811 - Provides free individual assistance from a child care referral specialist who will search for child care/ learning programs that meet specific needs.

Reach-Up Inc., 350 Hwy 10 S, Suite 100, St. Cloud MN 56304
 320-253-8110 - provides Early Head Start and Head Start programs for Pregnant woman and children ages birth to 5 years, available to eligible households in Benton, Sherburne and Stearns counties.

Wright County Community Action, Inc. (WCCA), 130 W Division Street, Maple Lake
 320-963-6500 - Community based child and family development programming through the Head Start program is available to eligible households throughout Wright and Western Hennepin County

Clothing and Household Resources

Catholic Charities Emergency Services, 157 Roosevelt Road, Suite 100, St. Cloud MN 56301
 320-229-4560 – Free clothing, household items and back to school supplies available in August.

Community Aid Elk River (CAER), 19279 Watson Street NW, Elk River MN 55330
 763-441-1020 –Clothing available for eligible residents in Sherburne County and in Elk River school district 728.

CROSS Center, 150 4th Avenue, Foley MN 56329, P. O. Box 205
 320-968-7012 – Free clothing, food, and household items available.

LOVE INC Heartland, 318 Railroad Avenue, Delano MN 55328, P. O. Box 143
 763-972-6547 – Helps with clothing, back to school supplies, baby supplies, bedding and furniture.

Paynesville Community Service Center, 110 Lake Avenue S, Paynesville
 320-243-4953 - Helps with clothing, household items and school supplies.

Clothing and Household Resources continued

Promise Neighborhood, 1114 9th Ave SE, St. Cloud MN 56304
320-251-0571 – Offers various support programs when available that includes clothing, food, some household items, youth nights during the school year, and school supplies.

Wee Care We Share – The Free Store, 99 Cherry Ave. S, Annandale
320-274-8881 – Free clothing and household items available; Open 3 pm – 5 pm Tuesdays; 4 pm – 6 pm Wednesdays; 9 am – 12 noon Fridays.

Wright County Community Action (WCCA), Family Services Center, 411 Elm Avenue, Waverly
320-963-6500 or 763-658-4414 - Clothing Center provides essential clothing and household items to Wright County residents.

Dental Care

St. Cloud Technical College Dental Clinic, 1540 Northway Drive, St. Cloud
320-308-5919 - Offers dental exams, cleanings, radiographs, fluoride treatment and many other preventive services. Services are available during school year. All services are provided by students under the direct supervision of licensed dental hygienists and dentists.

Disability Assistance

Disability Linkage Line

1-866-333-2466 – A free, statewide information and referral resource that provides Minnesotans with disabilities and chronic illnesses a single access point for all disability related questions.

Independence Center, Inc., 51 1st Avenue S, Waite Park MN 56387
320-252-4146 – Job development and employment services, day training and habilitation program, and therapy support for persons with disabilities.

Independent Lifestyles

Independent living skills training, representative payee service, Supplemental Security Income advocacy, peer mentors, information and referral, transition skills, accessibility program, socialization, and support groups for persons with disabilities.

- **Little Falls**, 107 2nd Street Southeast Suite 104, Little Falls, MN 56345
 320-631-0713
- **Sauk Rapids**, 215 North Benton Drive, Sauk Rapids, MN 56379
 320-529-9000 or 1-888-529-0743

Functional Industries, Inc., 1801 Highway 25 N, Buffalo MN 55313
763-682-4336 – Employment services, day training and habilitation program, community housing services and mental health services. Branches located in Buffalo and Cokato.

Opportunity Services, 1717 W Saint Germain St, Saint Cloud

Disability Assistance continued

320-203-7750 - *Opportunity Services provides job placement, job coaching and community involvement for adults with a broad range of physical or developmental disabilities.*

Options Inc – Big Lake, 16820 197th Avenue NW, Big Lake MN 55309
763-263-3684 – *Job placement and training services for adults with developmental disabilities. Options, Inc. is also licensed as an Adult Day Service.*

Rise, Inc. – Central MN Works - *Supports people who have disabilities and other barriers to employment in attaining their personal measure of safe and affordable housing, vocational achievement, self-sufficiency, and belonging in their communities. Serves residents of Benton, Sherburne, Stearns, and Wright Counties.*

- **320-656-5608** , 3400 First Street N, Midtown Square, Suite 105, St. Cloud
- **763-441-5888**, 19050 Industrial Blvd., Suite 3, Elk River

WACOSA, 320 Sundial Drive, Waite Park

320-251-0087 – *Services include assessment and training, employment services through individual placement, employment service crews, in-center work, school to work transition services and additional services for seniors. Other program locations include Sauk Centre and St. Cloud Whitney Senior Center.*

Domestic Violence/Sexual Assault

Anna Marie's Alliance 500 11th Ave N St Cloud MN 56302

320-253-6900 or 1-800-950-2203 – *Provides safe shelter, support, and referral services for women experiencing domestic abuse and their children. Also works with the community on systems change and violence prevention.*

Central MN Sexual Assault Center, 15 Riverside Drive NE, St. Cloud MN 56304

320-251-4357 or 1-800-237-5090 - *24-hour crisis intervention agency providing direct services to people affected by any form of sexual violence.*

Rivers of Hope P.O. Box 511 Monticello MN 55362

763-295-3433 or 1-800-439-2642 - **24 Hour Crisis and Information Line**

Offering advocacy, support and referral services for victims of family violence. Advocates assist with finding safe housing-including emergency shelter, applying for economic assistance, filing a police report or obtaining an Order for Protection. Serves in and around Sherburne and Wright counties.

Emergency Shelter

Church of the Week/Place of Hope Ministries, 511 9th Avenue N, St. Cloud

320-203-7881 – *The Church of the Week sheltering program, runs from October through May each year as needed. They provide shelter for those in need if the local shelters are full or families and individuals are unable to get into the shelters. Check-in is at 5pm.*

Emergency Shelter continued

Salvation Army Emergency Shelter, 400 Highway 10 S, St. Cloud MN 56304
320-252-4552 – *Safe and sober emergency temporary housing for men, women and families. Shelter services include case management, connecting residents with community resources and teaching skills to help obtain employment and stable housing.*

Employment Services

Action Plus Temporary Services, 141 E Broadway, Suite #3 Monticello MN 55362
763- 295-4005 – *Temporary employment agency specializing in clerical, light industrial and general labor staffing.*

Central Minnesota Job Transitions

Job club for networking and education including job search and preparation skills training. Meets every Wednesday from 11:45 am – 12:45 pm at St. John's Episcopal Church, 1111 Cooper Avenue South, St. Cloud.

Doherty Staffing Solutions, 2301 Division Street Ste. 500, St. Cloud MN 56301
320-253-4473 – *Temporary employment agency specializing in managed staffing, light industrial and administrative work.*

Kelly Services, 4150 2nd Street S, Suite 425, Saint Cloud MN
320-253-7430 – *Temporary employment specializing in administrative/office, customer service, finance, healthcare, IT, law, light industrial, direct hire, tempt hire, and marketing.*

Labor Ready, 1708 W St. Germain Street, St. Cloud
1-800-245-2267 – *Temporary employment specializing in construction, manufacturing, logistics/warehousing, retail support, auto services, waste and recycling, hospitality, events, and restoration.*

Manpower, 125 33rd Ave South St Cloud, MN 56301
320-251-1924 – *Temporary employment in the following areas: administrative/office, contact center/call center, hospitality, industrial, and skilled trades.*

Minnesota Resource Center - MRC St. Cloud, 3400 1st Street North, Suite 404, St. Cloud
320-227-1305 - *Provides customized career services for people with disabilities, dislocated workers, people who are economically disadvantaged, and others who face special training or employment barriers.*

Minnesota Workforce Centers- www.mn.gov/deed/

Provides help for jobseekers by providing staff assistance, computer and internet access, access to office equipment to aid in the job search, reference library, assistive technology, workshops and training, networking and job clubs, and job/career fairs.

- **St. Cloud** - 320-308-5320, 1542 Northway Drive, Door 2, St. Cloud MN 56303
- **Monticello** - 763-271-3700, 406 E 7th Street, Monticello MN 55362

Employment Services

Tri-CAP, 1210 23rd Avenue S., Waite Park MN 56387- P.O. Box 683
320-251-1612 or 1-888-765-5597 - WINGS – Wo/Men Investigating New Goals and Solutions
Pre-employment program for women and men who lack income due to death, divorce, separation, or the disability of a partner. Provides a series of workshops, displaced homemakers, one-to-one counseling and group support.

Financial Assistance and Counseling

Bridge to Benefits

www.bridgetobenefits.org - *Offers an eligibility screening tool based on entered income, and household size, etc. Can generally determine eligibility for various programs, like food support, medical assistance and child care assistance. Also provides contact information for county agencies and links to the forms needed to apply for the programs.*

Catholic Charities, 157 Roosevelt Road Suite 100, St. Cloud
320-229-4560 or 1-800-830-8254 – *Services include Financial and Housing Counseling and Emergency Services to help with gas cards, bus card, prescription/medical co-pays, birth certificates/state identification and apartment application fees.*

Catholic Charities Support and Advocacy for Independent Living (SAIL), 1730 7th Ave S, St. Cloud, **320-229-6035** – *Community-based service designed to provide a safe, confidential environment for youth, ages 16 to 21, to learn and practice essential life skills.*

Community Aid Elk River (CAER), 19279 Watson Street NW, Elk River
763-441-1020 - *Limited financial assistance for shelter, utilities and miscellaneous emergency needs for eligible residents in Sherburne and bordering Wright and Anoka counties if in Elk River school district 728.*

County Financial Assistance

County financial units determine initial and ongoing eligibility for the Health Care, Cash Assistance, Food Support and Emergency Assistance Programs.

- **Benton County Human Services**, 531 Dewey Street, Foley MN 56329
320-968-5087 or 1-800-530-6254
- **Sherburne County Health and Human Services**, 13880 Business Center dr. Elk River MN 55330
763-765-4000 or 1-800-433-5239
- **Stearns County Human Services**, 705 Courthouse Square, 2nd Floor, St. Cloud MN
320-656-6000
- **Wright County Human Services Financial Services/Child Support Unit**, 1004 commercial dr. Buffalo MN 55313
763-682-7414 or 1-800-362-3667 Ext. 7414

Financial Assistance and Counseling continued

Minnesota Family Investment Program

This program provides services and supports for low income families (families who have one or more children under age 19) and pregnant women.

To learn more about this program or to apply, contact your local county office.

Salvation Army – St. Cloud, 400 Hwy 10 S, St. Cloud MN 55304

320-252-4552 – Offers HeatShare utility assistance and some financial assistance when available (limited, small amounts).

Salvation Army – Sherburne County

763-755-6873 – Offers some financial assistance and seasonal social services for residents of Sherburne County.

Salvation Army – Wright County 10904 57th St NE Albertville, MN 55301

763-497-3867 – Offers HeatShare utility assistance and emergency financial assistance with medical bills and care repairs.

The Village Financial Resource Center, 4140 Thielman Lane, Suite 303, St. Cloud

320-253-5930 or 1-866-304-2697- Mental Health, Assessments for Anger management, and Domestic abuse.

Tri-CAP, 1210 23rd Avenue S, Waite Park MN 56387

320-251-1612 or 1-888-765-5597 – Offers budget counseling, some assistance with damage deposit/first month's rent, income tax clinics, Family Assets for Independence in Minnesota program, Family Self Sufficiency Program, and energy assistance (dependent upon eligibility requirements and availability of funds.)

Wright County Community Action (WCCA), 130 W Division Street, Maple Lake

320-963-6500 – Provides assistance through the following: family budgeting plan, tax preparation, energy assistance, mortgage and rent assistance, home rehabilitation loans, home buyer training, and home weatherization.

Food Resources

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

651-484-8241 or 1-800-365-0270

Provides Nutrition Assistance Program for Seniors (NAPS). Through this program low income seniors 60 years and over receive a box of nutritious food each month.

www.health.state.mn.us/divs/fh/csf/mplwood.html

CONGREGATE DINING/MEALS ON WHEELS:

Catholic Charities Senior Dining and Meals on Wheels, 157 Roosevelt Road, Ste. 200, St. Cloud

Food Resources continued

320-229-4584 - *Nutritious meals provided at congregate sites or delivered to the homes of seniors. Also includes information on additional community services and nutrition education.*

www.ccstcloud.org/services/senior-health-wellness/senior-dining/meals-on-wheels

St. Cloud Hospital Home Delivered Meals, 1406 6th Avenue North, St. Cloud

320-255-5646 - *Nutritious meals provided to people who are homebound, ill, elderly or persons with disabilities.*

www.centracare.com/services/home-delivered-meals

DISCOUNTED AND SPECIALITY MEALS:

Fare for All, Resurrection Lutheran Church 610 County Rd 2, St. Joseph

763-450-3880 or visit website: **www.fareforall.org**

Food packages contain a variety of healthy, fresh, quality food items, including fruit, vegetables, frozen meats and staple items at below-retail prices. Fare For All is open to everyone. There are no income-based requirements for participation. Open 3:30pm-5:30pm on 3rd Monday of each month

www.fareforall.org or email **info@fareforall**

FOOD PANTRIES:

Albany Food Shelf, 741 Lake Avenue, Albany

320-291-6623 - *Open 9 am - 10 am on the 1st Thursday of each month; 5:30 pm - 6:30 pm on the 3rd Thursday of each month; Emergency by appointment.*

Annandale Food Shelf, 390 Annandale Blvd, Annandale

320-274-3663 - *Open 4 pm - 6 pm Monday; 5 pm - 7 pm Wednesday; 8:30 am - 11 am Friday; Emergency by appointment.*

www.annandalefoodshelf.org

Avon Food Shelf, 438 1st Street SE, Suite 2, Avon

320-557-5202 or **320-356-7210** - *Open 6 pm - 7 pm Thursdays; 6 pm - 7 pm 1st and 3rd Tuesdays; 10 am - 11 am 2nd and 4th Wednesdays; Food Rescue Friday at 4pm for seniors & clients; Emergency by appointment.*

Becker Food Shelf, City Hall, 12060 Sherburne Avenue, Becker

763-261-4612 - *Open 9 am - 11 am Tuesday; 4 pm - 6 pm Thursday. Closed Holidays*

Belgrade, Brooten, Elrosa Area Food Shelf, 111 Pleasant Avenue S, Brooten

320-346-2450 or **320-295-8169** or **320-346-4193** *during open hours- Open 1 pm - 5 pm Wednesday.*

Big Lake Community Food Shelf, 160 Lake St. N., Big Lake

763-263-2432 - *Open 5:30 pm - 7:30 pm Monday and Thursday; 9 am - 11 am Wednesday; 9 am - 11am 2nd and 4th Saturday of the month.*

www.biglakefoodshelf.org

Food Resources continued

Buffalo Food Shelf, 301 12th Avenue S, Buffalo
 763-684-1699 - Open 5:30 pm - 8 pm Tuesday; 6:30 pm - 8:30 pm Thursday; 10:30 am - 12:30 pm Friday; 10:30 am - 12:30 pm - 1st Monday of the month is Senior Day.
www.buffalofoodshelf.com

CAER – Community Aid Elk River – Food Shelf, 19279 Watson Street NW, Elk River
 763-441-1020 - Open 10 am - 3 pm Monday, Wednesday and Friday; 6 pm – 8 pm Mondays and Thursdays.
www.caerfoodshelf.org

Catholic Charities Emergency Services, 157 Roosevelt Road, St. Cloud
 320-229-4560 - Open 9 am - 6 pm Monday; 9 am - 7 pm Wednesday; 9 am – 12 noon Friday; 1 pm - 3 pm on the 2nd and 4th Tuesday of each month for seniors ONLY (over 60). Serving St. Cloud, Sauk Rapids, Sartell, St. Augusta and Waite Park
www.ccstcloud.org/services/emergency/food-shelf

Cokato Area Food Shelf, 395 Broadway Avenue S, Cokato (Elim Mission Church)
 (320)286-2662 - Register by calling Elim Mission Church at 320-286-2662 from 9 am - noon Monday - Thursday. Pick up is from 9:00-9:30 am on Fridays.
www.co.wright.mn.us/DocumentCenter/View/419

Cold Spring ROCORI Area Food Shelf (Salvation Army) 401 Main Street, Cold Spring
 320-685-8785 - Open 10 am - 2:30 pm Monday; 6 pm - 8 pm first Monday of the month.

Clearwater – Clear Lake Food Shelf, Clearwater Lions' Community Bldg., East Hwy 75, Clearwater
 320-558-2954 - Open 5:30 pm - 7 pm Monday, 9 am - 11 am and 6 pm - 8 pm on Tuesday, 3 pm - 5 pm Wednesday.
www.clearwatercity.com/index.asp?SEC=4432FC24-BCB5-474D-94C2-E147C4BB4652

CROSS Center Food Shelf, 150 4th Avenue, Foley - Serves Benton County
 320-968-7012 or 763-441-6175; Open 1 pm - 4 pm and 6 pm - 8 pm Monday, 10 am - 3 pm Thursday.
www.foleycrosscenter.org

Delano - Helping Hands, 140 Elm Avenue, Delano (Community Education Building)
 763-972-3723 or 763-420-2836 - Open 2 pm – 4 pm Thursdays and 5 pm – 7 pm every third Thursday.
www.delano.mn.us/community/misc/delano-helping-hands-food-shelf

Eden Valley Area Food Shelf 556 Brooks St N, Eden Valley, MN
 320-453-2853 Open 1pm-4pm the 1st and 3rd Wednesday of the month

Elk River Community Aid Food Shelf (CAER) , 19279 Watson Street NW, Elk River
 763-441-1020 - Open 10 am - 3 pm Monday, Wednesday and Friday; 6 pm – 8 pm Mondays and Thursdays. www.caerfoodshelf.org

Food Resources continued

Elk River from the Heart Bread Program: Central Lutheran Church, 1103 School St NW, Elk River
 763-441-6175 *Open 8am-9am Wednesday for free breakfast and food distribution until gone.*

Foley (CROSS Center) Food Shelf, 150 4th Avenue, Foley *Serves Benton County*
 320-968-7012 or 763-441-6175; *Open 1 pm - 4 pm and 6 pm - 8 pm Monday, 10 am - 3 pm Thursday.*
www.foleycrosscenter.org

Hanover Food Shelf, 11024 Church Street NE, Hanover (St Paul Lutheran Church)
 763-498-8311 *Open 5 pm – 7 pm on the 1st and 3rd Monday's of the month; 12 pm – 2 pm Tuesdays and Fridays; 10 am – 2 pm on Wednesdays.*
www.stpaulsinhanover.org/evangelism/food-shelf

Helping Hands – Delano, 140 Elm Avenue, Delano (Community Education Building)
 763-972-3723 or 763-420-2836 - *Open 2 pm – 4 pm Thursdays and 5 pm – 7 pm every third Thursday.*
www.delano.mn.us/community/misc/delano-helping-hands-food-shelf

Holdingford Area Food Shelf, City Center, 420 Main St , Holdingford
 320-746-2637 - *Open 8 am - 9:30 am on the 2nd and 4th Saturday of the month.*

Kimball Food Shelf (St. Anne's Church), 441 Hazel Avenue E, Kimball
 320-398-3415- *Open 9:30 am - 11 am Tuesday and Thursday, 5:30 pm to 6:30 pm every 2nd Monday of the month.*

Melrose Area Food Shelf, N. Entrance of St. Mary's Rectory, 211 5th Avenue SE, Melrose
 320-256-2555 - *Open 1 pm – 4:45 pm on the first 4 Wednesdays of the month.*

Monticello Food Shelf, 215 Cedar Street, Monticello – Appointment needed
 763-295-4031 - *Open 9:30 am - 11:30 am Monday, Wednesday and Friday; 6:00 pm - 7:30 pm Wednesday evening; 9 am – 11:30 am every 3rd Saturday. Call to set up an appointment.*
www.monticellohelpcenter.org

Paynesville Community Service Center - Food Shelf, 110 Lake Avenue S, Paynesville
 320-243-4953 - *Open 10 am – 2 pm Wednesday and Thursday. Emergency by appointment*

Rice Area Food Shelf, Old Village Hall, Main Street, Rice
 320-393-2915 - *Open 3 pm - 5:30 pm on Thursday of the first full week of the month.*

Rockford RiverWorks Emergency Food Shelf 8230 Cedar Street, Rockford
 763-477-6098; *Open 5:30pm-7:45pm Monday and Thursday; 9am-10:45am Tuesday; serving the Rockford/Greenfield areas*
www.riverworksonline.org/food-shelf.html

Food Resources continued

Ruby's Pantry

320-629-7400 or at; www.rubyspantry.org

Monthly food distributions at many locations throughout the state including Sauk Centre and Little Falls. They ask that you donate \$20 cash to help cover the operational cost and bring two large boxes or laundry baskets to carry your goods.

Salvation Army, 400 Hwy 10 S, St. Cloud

320-252-4552 - Open 9 am – 11 am Tuesday and Thursday; 1 pm – 3 pm Monday – Friday.

www.salvationarmynorth.org

Sauk Centre Food Shelf, 523 Sinclair Lewis Avenue, Sauk Centre

320-351-2287 - Open 2 pm - 4 pm Wednesday; 6 pm - 8 pm Thursday.

St. Joseph Community Food Shelf, Church of St. Joseph, 12 W Minnesota Street, St. Joseph

320-363-7505 ext 130- Open 1 pm - 3 pm Monday and Thursday.

www.stjosephcommunity.org/food_shelf.aspx

Wright County Community Action (WCCA) – Food Shelf, 411 Elm Ave, Waverly

320-963-6500 or 763-658-4414; Open 8am – 11:30am Monday, Wednesday, Friday and 12pm – 3:30pm Tuesday, Thursday.

www.wccaweb.com

Zimmerman from the Heart Bread Program: 12266 255th Ave NW, Zimmerman

763-441-6175; Open 8am-9:00am Thursday for free breakfast and food distribution until gone.

FREE COMMUNITY MEAL SITES

Free community meals are available during lunchtime on the weekends at various churches. Call Place of Hope 320-203-7881, Salvation Army 320-252-4552 or dial 2-1-1 for locations and times

Joe Town Table, American Legion Post 328, 101 Minnesota Street W, St. Joseph

Free community meal served 11:30 am – 1 pm the 4th Sunday of each month.

www.centralmncw.org/event/joetown-table

Place of Hope, Place of Hope Ministries, 511 9th Ave N, St. Cloud

320-203-7881 - Provides an evening meal daily at 5 pm free of charge to anyone in need.

www.placeofhopeministries.org

Salvation Army, 400 Hwy 10 S, St. Cloud

320-252-4552 - Free nutritious meal served Monday-Friday 11:30am-12:45pm.

www.salvationarmynorth.org/community/st-cloud/

FREE OR REDUCED LUNCH PROGRAMS

National School Lunch Program provides nutritious food to students. Provides free and reduced price lunches to students whose families meet income eligibility guidelines. Register through your school district.

Food Resources continued

SNAP (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM) (formerly food stamps)

<https://applymn.dhs.mn.gov/>

The Food Support program is a county-run, federal program that helps low-income households to get the food needed for sound nutrition and well-balanced meals. The program issues electronic benefit transfers (EBTs) that can help stretch a family's food budget when there is not enough money to buy food. Apply in person at county office or Tri-CAP or on line:

SNAP (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM)

- **Benton County Human Services**, 531 Dewey St Foley - 320-968-5087 or 800-530-6254
 Or apply on line at: **applymn.dhs.mn.gov**
- **Sherburne County Social Services**, Sherburne County Government Center 13880 Business Center Dr. NW Elk River - 763-765-4000 or 800-433-5239
 Or apply on line at: **applymn.dhs.mn.gov**
- **Stearns County Human Services**, 320-656-6000 or 1-800-450-3663
 Apply in person at:
 - 705 Courthouse Square 2nd floor St. Cloud
 - OR
 - 114 – 1st Ave SW, Melrose 320-256-3308
 Apply on line at:
www.co.stearns.mn.us/AdultsFamilies/HealthyFamilies/WICProgram
- **Wright County Financial Services/Child Support**, Government Center, 10 2nd St NW (3rd Floor) Buffalo - 763-682-7400
www.co.wright.mn.us/242/SNAP-Food-Support

Tri-CAP, Inc. – SNAP Outreach Program, 1210 23rd Avenue S, Waite Park
 320-257-4505 or 1-888-765-5597, *The SNAP Outreach program provides applications, information and assistance in completing SNAP applications.*
www.tricap.org/foodsupp.html

WIC (WOMEN, INFANT AND CHILDREN)

Program provides health screening, nutrition education and supplemental food for income eligible pregnant and breastfeeding women, infants and children up to age 5.

- **Benton County Public Health**, 320-968-5156
www.co.benton.mn.us/Public_Health/WIC.php
- **Sherburne County Public Health**, 763-765-4116 or 1-800-433-5239
www.co.sherburne.mn.us/hhs/wic.php
- **Stearns County Public Health**, 320-203-6942
www.co.stearns.mn.us/AdultsFamilies/HealthyFamilies
- **Wright County Community Action**, 320-963-6500 **www.wccaweb.com/wic**

Health Care Services

CentraCare Family Health Center, 1555 Northway Drive, Suite 200, St. Cloud MN 56303
320-240-3157 or 1-800-575-2982 - Provides primary care treatment, prevention, and education services. Also offers sliding fee scale, access nurse and advocacy services and free interpreter services.

County Public Health Services

Promotes and protects the health of residents through education, prevention services, regulation and advocacy. They also foster a partnership with many organizations and community groups to address and resolve health issues and concerns.

- **Benton County Public Health**, 320-968-5087, 531 Dewey Street, Foley
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- **Sherburne County Public Health**, 763-765-4000 or 1-800-433-5239, 13880 Business dr. Elk River MN 55330
-
- **Stearns County Public Health**, 320-203-6942, 3301 County Road 138, Waite Park MN 55387
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- **Wright County Human Services Agency – Public Health Unit**, 763-682-7456 or 1-800-362-3667, 1004 Commercial Drive, Buffalo MN 55313

Health Partners Health Station, Located at **Coborn's**, 110 First Street S, Sauk Rapids MN 56379
320-253-5220 (Health Partners Central MN Clinics, Main Line)

Walk-in clinic for people a year of age or older. Hours: 11 am – 7 pm Monday – Friday; 10 am – 4 pm Saturday and Sunday

Mid-Minnesota Legal Aid – Project Care, 110 6th Ave South Suite 200, St. Cloud, MN 56301 PO Box 886,
320-253-0121 – Provides outreach, education and enrollment program working to assist people who are uninsured or underinsured enroll in a public health care program.

MNSure

1-855-366-7873 or visit website: www.mnsure.org - Minnesota's online marketplace where individuals, families and small businesses can get information about and enroll in health insurance plans. Plans will include low-cost and free plans. Find a certified navigator (someone who can help fill out the application) by calling 2-1-1 or 1-800-543-7709.

Pregnancy Resource Center, 305 5th Avenue S, Suite #170, St. Cloud
320-253-1962 – Services include free pregnancy tests, STD/STI screening, HIV screening, pap tests, pelvic exams, resources and community referrals.

Health Care Services continued

Project HEAL - *Free health screenings and basic care at various Central Minnesota locations for those who have little or no insurance.*

St. Cloud:

- **Place of Hope** - 320-203-7881, Clinics 2nd & 4th Wednesdays at 5 pm
- **Catholic Charities** - 320-229-4560, Clinics 1st Wednesday at 9 am
- **Salvation Army Shelter** - 320-252-2229, Clinic 1st & 3rd Thursdays at 5:30 pm

Melrose:

- **St. Mary's Parish Melrose** - 320-256-4207, 3rd Sunday (Sept.-May) at 1 pm

Rural Aids Action Network (RAAN), 300 E St. Germain, Suite 220, St. Cloud
 320-257-3036 or 1-800-966-9735 - *Services provided include: medical case management, free and confidential HIV and HCV testing, medical transportation assistance, health education/risk reduction, support groups and referrals for counseling services.*

Wright County – WOW (Wellness on Wheels) Van

763-682-7717 or 1-800-362-3667, ext. 7717, *Travels through Wright County giving free screenings, mental test and immunizations. Call for dates and times.*

Housing and Foreclosure Services

Catholic Charities Housing Services, 157 Roosevelt Road, St. Cloud
 320-229-4576 or 1-800-830-8254 - *Provides affordable housing at multiple locations throughout the community as well as transitional housing services in St. Cloud to referring social service agencies. Provides counseling in home buying, foreclosure, and reverse mortgages.*

Catholic Charities - Supported Housing for Youth (S.H.Y.), 1730 7th Avenue S, St. Cloud
 320-229-6037 - *Offers housing counseling, case management and financial assistance for young people, ages 16 to 24, experiencing homelessness, near-homelessness, or aging-out of foster care. This specialized program, offered at no cost to youth, helps youth build stability in their lives and maintain affordable housing.*

Central Minnesota Housing Partnership, 37 28th Avenue N, Suite 102, St. Cloud MN 56303
 320-259-0393 - *Assists underserved communities to preserve, improve and increase affordable housing for low and moderate income families and individuals.*

Central Minnesota Habitat for Humanity, 3335 W St. Germain Street, Suite 108, St. Cloud
 320-656-8890 - *Habitat for Humanity works in partnership with low-income families and dedicated community volunteers, donors, and partners to build and renovate houses in Central Minnesota that are then purchased by low income families.*

Housing and Foreclosure Services continued

Homeownership Preservation Foundation

(888)995-HOPE (4673) or www.995hope.org - *National homeowner hotline provides homeowners with a specific, actionable plan that can help avoid foreclosure, or explore alternatives to foreclosure if homeownership cannot be maintained. Assistance is available nationwide, 24 hours a day/7 days a week.*

Housing and Redevelopment Authority (HRA), 1225 W St. Germain Street, St. Cloud

320-252-0880 – *Offers public and subsidized housing, housing choice voucher/section 8, affordable rentals, and home repair and improvement loans to those who qualify (there are waiting lists.)*

Housing and Redevelopment Authority (HRA) – Stearns County, 401 Westwind Court, Cold Spring, MN 56320

320-685-7771 – *Offers public and subsidized housing, housing choice voucher/section 8, affordable rentals, and home repair and improvement loans to those who qualify (there are waiting lists.)*

Place of Hope, 511 9th Ave N, St Cloud MN 56303

320-203-7881 - *Transitional housing for men and women with children and supportive services for all Place of Hope residents with the goal to obtain permanent safe housing.*

Tri-CAP, Inc., 1210 23rd Avenue South, P. O. Box 683, Waite Park MN 56387

320-251-1612 or 1-888-765-5597 – *Offers the following services:*

- **FAIM Program** - *Assists low-income working adults or veterans save money for higher education, home purchase, or to start a small business.*
- **Housing Assistance Program** - *Works with families or singles that are homeless or are at imminent risk of homelessness, or living in shelters to stabilize their lives, by providing services such as budget counseling, assisting with damage deposits, first month's rent or one month past due rent.*
- **Home repair loans** - *Loan funds may be used to make a home more livable, accessible and energy efficient, in Benton, Sherburne and Stearns Counties (excluding the City of St. Cloud). All applicants MUST apply for the Energy Assistance Program (EAP) prior to applying for this Home Repair Loan Program*
- **Lead testing services** - *Tri-CAP Community Development offers a complete line of professional lead services to protect families.*
- **Renting 101** – *Provides classroom training and individual counseling where the participant will learn about the renting process.*

Housing and Foreclosure Services continued

Village Financial Resource Center 1201 25th St. South, Fargo ND 58103
1-800-450-4019 or visit their website: www.HelpWithMoney.org – Offers mortgage foreclosure prevention counseling that is available over the phone.

Wright County Community Action (WCCA), 130 W Division Street, Maple Lake
320-963-6500, Provides assistance through the following: foreclosure prevention counseling, homebuyer training, home repair loans, home weatherization, transitional housing and some limited financial assistance.

Legal Services

Central Minnesota Legal Services, 110 6th Ave S Suite 200 St Cloud MN 56301
320-253-0138 or **1-800-622-7773** - Assistance is provided in areas of family law, housing, government benefits, and consumer law and employment law. Serves Benton, Chisago, Isanti, Mille Lacs, Morrison, Sherburne, Stearns, Todd, Wright counties

LawHelpMN.org - Free website that can help low-income persons in Minnesota with civil legal problems. Provides help understanding legal issues. Resources available include a directory of legal service providers, do-it-yourself legal forms, and the ability to chat with a live person. Materials are also available in other languages.

Mid-Minnesota Legal Aid, 110 6th Ave S Suite 200 P.O. Box 886 St Cloud MN 56301
320-253-0121 or **1-888-360-2889** - Legal assistance for low income people focused on family law related to achieving stable housing, health care, disability assistance, child support, public benefits, support through domestic abuse, immigration and other basic necessities. Serves Benton, Chisago, Isanti, Mille Lacs, Morrison, Sherburne, Stearns, Todd, Wright counties.

Mental Health Services

Caritas Mental Health Clinic, 911 18th Street N, St. Cloud MN 56302
320-650-1660 or **1-800-830-8254 ext. 1660** - Outpatient counseling and behavioral health facility in St. Cloud and satellite sites throughout Central MN. Offers individual, couple, and family counseling services, group therapy and education, diagnostic assessments, and psychiatric services.

CentraCare Health System, 1900 CentraCare Circle, St. Cloud MN 56303
320-252-2422 - Offers a full range of mental health and chemical abuse services for adults, adolescents and children and Adult and children behavioral health.

Central Minnesota Mental Health Center, 1321 13th Street N, St. Cloud MN 56303
320-252-5010 - Offers a full range of mental health and chemical abuse services for adults, adolescents and children.

Mental Health Services continued

Branches:

- **Central MN Mental Health Center, Buffalo** 102 Marty Drive, Buffalo
763-682-4400
- **Central MN Mental Health Center, Elk River**, 253 8th St. NW, Suite A, Elk River
763-441-3770
- **Central MN Mental Health Center, Monticello**, 407 Washington Street, Monticello
763-295-4001

Four County Crisis Response Team, 1321 13th Street N, St. Cloud

24 Hour Mental Health Crisis Line 1-800-635-8008 or 320-253-5555

Crisis Response Team Available 7 days a week (Including holidays) 24/7. Crisis services are available for adults and children in Benton, Sherburne, Stearns and Wright counties. The crisis line provides callers with needs assessments and referrals to appropriate resources. If medically necessary, the Crisis Response Team assists individuals by traveling to their location to provide face-to-face intervention and assessment.

Hope Community Support Program, Catholic Charities, 157 Roosevelt Road #300, St. Cloud MN 56301

320-240-3324 – *Provides support for adults living with mental illness as they cope with the challenges of daily living, assisting each person with achieving and maintaining his or her highest level of self sufficiency.*

Health Partners (Behavioral Health Clinic), 2251 Connecticut Avenue S, Sartell MN 56377

320-253-6952 or 1-800-370-0570 – *Provides mental health services for personal crises, stress, depression, anxiety, or more serious and persistent disorders.*

Lutheran Social Service Children & Family Services, 22 Wilson Avenue NE, St. Cloud MN 56302

320-251-7700 - *In-office and community based mental health counseling for individuals, couples, and families to help develop stability and wellness.*

National Suicide Prevention Lifeline, 1-800-273-8255

The Village Family Service Center, 4140 Thielman Lane, Ste. 303, St. Cloud MN 56303-3897

320-253-5930 or 1-866-304-2697 – *Offers mental health services for adults, children and families.*

Parenting Resources

ABBA Pregnancy Resource Center, 953 4th Street NW, Elk River

763-4410-7777 or 1-877-441-7775 - *All services are free and confidential. Offers free pregnancy tests, ongoing emotional support, education about options, a resource library and a 24 hour helpline. Offers Earn While You Learn program where clients can earn incentives like strollers, diapers and baby clothing while learning parenting skills, prenatal development and other life skills.*

Parenting Resources continued

Birthline, 1411 W St. Germain Street, Suite 5, St. Cloud MN 56301
320-252-4150 - All services are free and confidential. Provides classes, education, support and prenatal medical exams for anyone facing pregnancy. Necessary infant supplies are available.

Birthright of Monticello, 207 3rd Street West, Monticello
763-295-2232 or 24 hour hotline: 1-800-550-4900 – All services are free and confidential. Provides information, referrals, and resources to women who are pregnant or think they may be pregnant.

Central Minnesota Youth for Christ, 203 Cooper Avenue N, #140, St. Cloud MN 56303
320-251-8711- Parent Life program is designed for teen mothers and fathers 18 years and younger. Through this program teens will learn parenting and life skills. Provides Abigail's Closet in which participants are able to earn clothing and baby supplies. Childcare is provided. Group meets 6 pm – 8 pm on Thursdays.

Circle of Parents – Support Group, Great River Regional Library, 1300 W St. Germain, St. Cloud
651-442-8914 - Provides education and support for positive parenting. Children's program is provided for free during parent meetings. Meets 6 pm - 7:30 pm Mondays.

Father Project, 50 2nd Ave S, Waite Park- No longer provides services to the St Cloud area.
320-654-9527 ext 122- A program of Goodwill Easter Seals MN that assists fathers in overcoming the barriers that prevent them from supporting their children economically and emotionally. The program includes parenting groups, employment services, case management, child support services and legal direction for family law issues.

Help Me Grow- 517 2nd St S Sartell, MN 56377 P.O. Box 299
320-252-8427 – Provides a specialist for parents to speak to about their child's development for children birth to three years of age.

Imagination Library, United Way of Central MN, 3001 Clearwater Road, Suite 201, St. Cloud
320-223-7992 or email imaginationlibrary@unitedwayhelps.org - Will mail a new book to every child at their home each month until their 5th birthday at no cost.

Resource Training and Solutions, 137 23rd St S Sartell, MN 56377
320-255-3236 or 844-335-3276 – Offers parenting workshops, resources and support groups.

Prescription Assistance

FamilyWise Prescription Discount Card
www.familywise.org – Website provides additional information about the program, list of participating pharmacies and prescription drug price lookup (see prescription card below).

Prescription Assistance continued

Partnership for Prescription Assistance

1-888-477-2669 or pparx.com— Helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them.

Prescription Drug Advocates

1-800-801-2156 or pda-rx.com— Helps people in need enroll in Patient Assistance Programs to help reduce the cost of prescription medications.

Senior LinkAge Line- Prescription Drug Help

1-800-333-2433 — Provides assistance to people of any age in locating information on and completing applications on prescription drug coverage options/prescription discount programs and pharmaceutical companies' free drug programs.

Familywize Free Prescription Discount Card

- Average Savings – 30% per prescriptions
- For people with no insurance, or for medicine not covered by insurance, Medicaid or Medicare
- Accepted at most pharmacies nationwide
- No enrollment, activation or fees
- No age or income restrictions or citizen restrictions
- Photocopies accepted. May be photocopied for family, friends and co-workers.



Senior Information & Referral

Senior Linkage Line

1-800-333-2433 - Seniors and their caregivers can learn about available resources for health and supportive services. A full spectrum of information is available by telephone or in-person visits enabling people to make informed choices.

Whitney Senior Center, 1527 Northway Drive, St. Cloud

320-255-7245 - Provides a variety of social and educational opportunities for senior citizens, predominantly age 55 and older.

Tax Preparation and Assistance

Free Tax Preparation Clinics - Can help individuals who make 30,000 or less or a family making \$50,000 or less. Taxes are prepared for free by IRS certified volunteers who can check for eligibility of special tax credits such as the Earned Income Tax Credit or Child Tax Credit among others. To find a free tax preparation site in Minnesota, call **United Way 2-1-1** by dialing 2-1-1 or 1-800-543-7709.

www.myfreetaxes.com

1-855-698-9435 or visit website - Provides free state and federal tax preparation and filing assistance online for qualified individuals and connects community members to local in-person tax preparation and filing assistance through local tax help centers.

Tri-CAP, Inc., 1210 23rd Avenue S, Waite Park MN 56387

320-257-4505 or **888-765-5597** – Coordinates free tax preparation clinics. Tax assistance, property tax refund assistance and renter's rebate assistance is available by appointment.

Wright County Community Action (WCCA), 130 W Division Street, Maple Lake

320-963-6500, provides Tax Preparation to elderly and economically disadvantaged residents of Wright County. WCCA provides State and Federal income tax preparation, including the Earned Income Tax Credits (EITC), and property tax preparation.

Transportation

CAER – Community Aid Elk River, 19279 Watson Street NW, Elk River

763-441-1020 – Car care clinic offered monthly on first-come, first-serve basis. Offers assistance with minor car repairs or tires. Must be a resident of Elk River, Otsego or Zimmerman; provide verification of auto insurance, current car tabs and valid driver's license.

Foley Area CARE, 251 4th Ave. N, Foley

320-968-7848 – Serves people ages 60 and over that reside in Benton County within a 10 mile radius of the city of Foley providing transportation to and from medical appointments or shopping.

Transportation continued

Great River Faith in Action, 13074 Edgewood St., Becker MN 55308
763-263-4277 – Provides transportation to medical appointments or shopping for people 60 and over. Serves the greater Sherburne County area.

Metro Bus/Dial-a-Ride/ Travel Training Services, 665 Franklin Avenue NE, St. Cloud MN 56304

- **Metro Bus** provides public transportation to residents within the city limits of St. Cloud, Waite Park, Sauk Rapids and Sartell. Call **320-251-7433**
- **Dial-a-Ride** is available seven days a week for individuals with disabilities who are unable to ride the regular fixed route bus system. Call **320-251-7433**

River Rider Public Transit,
763-263-0101 or 1-800-821-9717 - provides public transit service to Sherburne County residents of Becker, Elk River, Big Lake and St. Cloud. Fare is based on destination.

Rural Stearns Faith in Action, 715 1st Street N, Cold Spring
320-685-3693 – Provides transportation to medical appointments or for running errands.

Transportation Resource Center (TRC), 1200 23rd Avenue S, Waite Park
320-257-4456 or 1-877-717-1515 or www.tricap.org/TRC- Utilizes area transport resources to match the passenger with the most suitable and cost effective transportation for regions of Benton, Morrison, Sherburne and Stearns County. Anyone is eligible to call TRC, although current focus is on assistance to seniors and people with disabilities getting to health related appointments.

Tri-CAP - The Transit Connection
320-202-7824 or 1-800-600-7498 – Provides transportation services for the general public in rural Benton, Morrison and Stearns Counties five days per week. The bus service is available to the general public with no age or income requirements. All buses are handicapped accessible. Bus reservations can be made up to two weeks in advance.

Unemployment/Workers Compensation

File for Unemployment: Apply online at **www.uimn.org** or call **1-877-898-9090**.

Workers Compensation
1-800-342-5354- Provides free workers' compensation information and assistance to all parties to help prevent disputes from developing.

Minnesota Workforce Center
 Provides help for jobseekers by providing staff assistance, computer and internet access, access to office equipment to aid in the job search, reference library, assistive technology, workshops and training, networking and job clubs, and job/career fairs.

- **St. Cloud**, 1542 Northway Drive, Door 2, St. Cloud, **320-308-5320**
 Open 8 am – 4:30 pm Monday - Friday
- **Monticello**, 406 E 7th Street, Monticello, **763-271-3700**
 Open 8 am – 4:30 pm Monday - Friday

Utility Assistance

County Crisis Funds

County Crisis Funds when available can help pay for utility shut-offs. Must meet eligibility guidelines.

- **Benton County Human Services, 320-968-5087**
- **Sherburne County Human Services, 763-765-4000**
- **Stearns County Human Services, 320-656-6000**
- **Wright County Financial Services/Child Support Unit, 763-682-7414**

The Salvation Army

320-252-4552, *HeatShare program through Salvation Army is a last resort energy assistance program for utility bill payment assistance. Must have exhausted all other public funding available in their area.*

Tri-CAP, Inc. , 320-251-1612 or 1-888-765-5597

- **Energy Assistance** helps pay a portion of home heating costs and furnace repairs for income-qualified households.
- **Reach Out For Warmth (ROFW)** is a community based emergency fuel fund established to assist households over income for the Energy Assistance program.
- **Weatherization Program (Energy Conservation Program)** provides services to reduce residential energy consumption for income eligible households.

Wright County Community Action (WCCA)

320-963-6500 – *Low-Income Home Energy program helps pay a portion of home heating energy costs and works with families to help them plan for heating expenses and to resolve heating and utility shutoffs. WCCA also offer a Weatherization Program.*

Financial Tips:

- If you are facing foreclosure, beware of companies offering help that charge fees for their services and make sure they are registered with the Minnesota Department of Commerce as an approved loan modification organization
- Track your spending for a month and look for ways to cut back
- Prepare a complete household budget
- Stop using credit cards, instead pay with cash
- Ask credit card companies to reduce interest rates or to have bills reduced
- Get help from a non-profit credit counselor
- DO NOT ignore your lenders or creditors, communicate with them
- Meet with a financial counselor to help mitigate home loans or work with your creditors
- Utilize your local food shelf
- Ask for free or reduced lunches at child's school
- Downgrade cell phone plan or switch to prepaid phone
- See if you are eligible for Minnesota Health Care Programs, visit www.dhs.state.mn.us or call 1-800-657-3672
- Switch to basic cable or switch to a digital converter box
- Utilize the free tax preparation sites



United Way of Central Minnesota provides the following resource directories available on their website: www.unitedwayhelps.org

SURVIVING THE TOUGH TIMES

An electronic version of this guide can be found on United Way of Central Minnesota's website:
<http://www.unitedwayhelps.org/pages/UnitedWay2-1-1/>

CONNECT UP: BUILD LIFE SKILLS AND HAVE FUN

Resource guide for children and teens to connect them with community organizations that provide positive out-of-school time options.

<http://www.unitedwayhelps.org/pages/ConnectUp-ChildTeenResources/>

BE THE BEST PARENT YOU CAN BE

Resource list for Central MN parents of children- all ages.

<http://www.unitedwayhelps.org/files/1496.pdf>