



Initial Contact and Assessment Services

Front Door	(612) 348-4111	<i>Intake/referrals HSPHD (Human Services and Public Health Department)</i>
311 Minneapolis	(612) 673-3000	Minneapolis311@minneapolismn.gov <i>An online resource for access to City services</i>
Web-site: Hennepin County	www.hennepin.us	<i>For more information about Hennepin County services</i>

HEALTH/SALUD/CAAFIMAADKA

HEALTH CARE / CUIDADO MEDICO / DARYELKA CAAFIMAADKA

HEALTH CARE / CUIDADO MEDICO / DARYELKA CAAFIMAADKA		
<i>Hennepin County services</i>		
Adult Mental Health Clinic	(612) 348-4111	<i>HSPHD Front Door</i>
Assured Access	(612) 348-6141 Spanish:(612) 596-6639	<i>Sliding fee for access to health care</i>
Child & Teen Check-up	(612) 348-5131 Spanish:(612) 348-9994	<i>Call for assistance in scheduling an appointment</i>
Health Care for the Homeless Project	(612) 348-5553	<i>Med clinics at 11 shelter sites</i>
Hennepin County Medical Center	(612) 596-9438	
Immunization Service Unit	(612) 348-2741	<i>For uninsured/underinsured</i>
Medical Assistance	(612) 596-1300	<i>Hennepin County Economic Assistance</i>
MNsure	1-855-3-MNSURE www.mnsure.org	<i>Online marketplace to search and compare insurance plans that fit your budget</i>
Public Health Clinic	(612) 543-5555	<i>STD & TB Testing- Refugee screening</i>
<i>Other agencies/programs</i>		
Al-Shifa Clinic	(763) 567-9605	<i>(Open to anyone) Free culture/religion-specific medical care for Islamic immigrants</i>
American Lung Association Helpline	(800) 548-8252	<i>Asthma Info Center</i>
CDC Immunization Information Hotline	(800) 232-4636	
Whole Woman’s Health	(612) 332-2311	<i>Gynecological services</i>
Minnesota Care	(651) 297-3862	<i>Healthcare coverage on a sliding fee</i>
MN Department of Health	(651) 201-4620	<i>Lead poisoning/screen- Asbestos info</i>
MN Family Planning & STD Hotline	(800) 783-2287	<i>Confidential calls about birth control & sexually transmitted disease</i>
Phillips Neighborhood Clinic	(612) 724-1690	<i>Affordable health care (6-9PM)</i>
Planned Parenthood	(612) 823-6300	<i>Family planning assistance</i>
Portico/489-CARE	(651) 603-5100	<i>Affordable health care coverage/Referrals to affordable, low-cost clinics</i>
Shiner’s Hospital for Children	(612) 596-6100	<i>Free evaluation for bones, joints, muscles</i>
St. Mary’s Health Clinic	(651) 287-7777	<i>Donations for services appreciated</i>
Walk-in Counseling Center	(612) 870-0565	<i>(9:00 a.m. to 12 noon) For Anxiety, depression, & relationship problems</i>

HEALTH/SALUD/CAAFIMAADKA

NUTRITION / NUTRICION /NAFAQO

<i>Hennepin County services</i>		
Food Support Program (EZ Info Line)	(612) 596-1300	<i>Hennepin County Economic Assistance: for food purchases (sliding fee scale)</i>
WIC Program	(612) 348-6100	<i>Nutrition assessment, supplemental foods & referrals. No cost.</i>
<i>Other agencies/programs</i>		
APRIA Pediatric Home Services	(651) 642-1825 (800) 725-7477	<i>May get help for medically prescribed formula in addition to WIC formula</i>
Centro	(612) 874-1412	<i>Food shelf and clothing</i>
Emergency Food Shelf	(763) 450-3860	<i>Call for nearest site</i>
Fare for All	(763) 450-3880	<i>Reduced food price-2 hrs/mo volunteer service</i>
Food Allergy Support	www.foodallergysupportmn.org	
House of Charity – Food Center	(612) 436-2055	<i>Free mid-day meals</i>
Islamic Center of Minnesota	(763) 571-5604	<i>Halal food shelf</i>
Loaves and Fishes	(612) 377-9810	<i>Meals served weeknights by church & comm groups</i>
Minnesota Food Helpline	1-(888) 711-1151	<i>Food resource information and referral</i>
Open Arms of Minnesota	www.openarmsmn.org (612) 872-1152	<i>Free nutritious meal deliveries to those with life-threatening illness</i>
Sharing & Caring Hands	(612) 338-4640	<i>Free meals on certain days and times</i>
Simply Good Eating	(612) 596-2110 EXT 5	<i>Food buying tips, nutrition education & food preparation methods</i>
WIC Program – Vendor Concerns (Erin Kelsey)	(651) 201-4415	<i>Contact for problems at WIC vendor locations</i>

BREASTFEEDING; INFANT HEALTH LACTANCIA; SALUD INFANTIL NAAS NUJINTA CARRURTA

<i>Hennepin County services</i>		
WIC Breastfeeding Support	(612) 348-6100	<i>Breastfeeding Support and information</i>
<i>Other agencies/programs</i>		
La Leche League	(612) 922-4996	<i>Breastfeeding support and information</i>
Unity Breastfeeding Warmline	(763) 236-3427	<i>24 hour service</i>
Medication Info Line	(806) 352-2519	<i>To find out if a medication may cause problems</i>

DENTAL HEALTH SALUD DENTAL CAAFIMAADKA ILKAHA EE QHMAHA JABAN

<i>Other agencies/programs</i>		
Children's Dental Services	(612) 746-1530	<i>Northeast Minneapolis</i>
Donated Dental Services	(651) 454-6290	<i>For those permanently disabled or handicapped</i>
IHB (Indian Health Board)	(612) 721-9827	<i>Free for uninsured</i>
Give Kids A Smile	www.mndental.org	<i>Minnesota Dental Association</i>
North Point Health and Wellness Center	(612) 543-2511	
University of Minnesota	Children (612) 625-7171 Adult (612) 625-2495	<i>Child/Pediatric Dentistry (0-16), Adult (17+)</i>

FAMILY/FAMILIA/QOOYS AMA REER

EARLY CHILDHOOD & FAMILY SERVICES SERVICIOS DE LA PRIMERA INFANCIA Y DE LA FAMILIA HAWLAHA CARUUTA YAR YARIYO QOYSKA		
<i>Hennepin County services</i>		
Child Protection Reporting Line	(612) 348-3552	<i>Call to report abuse 24/7</i>
Follow Along program	(612) 348-5624	<i>Track your child's development through periodic questionnaires. Serves children birth to age 3 years.</i>
<i>Other agencies/programs</i>		
Center for Families	(612) 276-1571	<i>Help for immigrant families, especially from West Africa</i>
Centre for Asians and Pacific Islanders (CAPI)	(612) 721-0122	<i>Assists refugees(<2yr.) to become sufficient (Includes Africans)</i>
Circle of Parents	(800) 244-5373	<i>Help for developing positive parenting strategies</i>
CLUES	(612) 746-3500	<i>Wide range of family services</i>
Community Initiatives for Children	(612) 871-0662	<i>Help with basic needs & more</i>
Early Childhood Family Education (ECFE)	(612) 668-2127	<i>HIPPY- Home instruction for parents of 3-4 year olds Education, support & social experiences-families of children birth to age 5 yrs</i>
Family Partnership	(612) 339-9101	<i>Counseling service for families experiencing emotional or physical difficulties</i>
Headway Emotion Health	(612) 861-1675	<i>Human service and mental health provider for children, adults, couples and families</i>
Helping Us Grow (HUG)	(763) 504-4983	<i>Support of families during pregnancy or with newborn. Serving the North and West suburbs of Hennepin County (No Cost)</i>
MN Indian Women's Resource Center	(612) 728-2000	<i>An array of culturally based and gender focused resources</i>
MN Parent Center (PACER)	(952) 838-9000	<i>PACER (Parent Advocacy Coalition for Educational Rights)</i>
Multiple Connections	(952) 953-7365	<i>Support for multiple births-twins or higher order multiples, expected or born</i>
New Family Center	Main line (612) 668-3700 Hmong (612) 668-1836 Somali (612) 668-3704 Spanish (612) 668-3702	<i>Families with English as a second language</i>
PICA Head Start	English (612) 374-0701 Hmong (612) 374-0709 Oromo (612) 374-0703 Somali (612) 374-0707 Spanish (612) 374-0705	<i>Early Childhood Education & Family Development Program</i>
Prevent Child Abuse Minnesota / Minnesota Communities Caring for Children	(651) 523-0099	<i>Self Help and ideas on how to be a better parent</i>
Way to Grow (Minneapolis)	(612) 874-4740	<i>Family support & school readiness</i>
www.parentsknow.state.mn.us		<i>Information on how young children develop plus ideas to help your child learn and grow</i>

FAMILY/FAMILIA/QOOYS AMA REER

CHILDREN WITH SPECIAL NEEDS NIÑOS CON NECESIDADES ESPECIALES/ CARRURTA LEH BAH GARUH		
<i>Hennepin County services</i>		
Aging & Disability Services	(612) 348-4500	<i>Front Door for initial consultation</i>
Children's Mental Health	(612) 348-4111	<i>Front Door for initial consultation</i>
Developmental Disabilities	(612) 348-4500	<i>Front Door for initial consultation</i>
Early Childhood Intervention/Help Me Grow	(612) 348-8687	<i>Questions or concerns about a child's development.</i>
Hennepin Developmental Pediatrics/HCMC <ul style="list-style-type: none"> • Peds Clinic • Feeding Clinic 	(612) 873-6963	<i>Services at HCMC for children who have complex learning and behavioral problems.</i>
<i>Other agencies/programs</i>		
ARC of Greater Twin Cities	(952) 920-0855	<i>Resource centers for parents who have children with disabilities</i>
Autism Society of Minnesota	(651) 647-1083	www.ausm.org
Disability MN	www.mndisability.gov	<i>Disability information in Minnesota</i>
Feeding Clinic Children's Hospital	(651) 220-6446	<i>Children's Hospital</i>
Fraser	(612) 861-1688	<i>5 key programs for individuals with special needs</i>
Help Me Grow	(866) 693-4769	<i>Information & questions about early childhood development. Referrals</i>
MN Children with Special Health Needs (MCSHN)	Metro(651) 201-3650 (800) 728-5420	<i>Services needed for children with special health needs</i>
MN State Council on Disability	(651) 361-7800	<i>Information and referral regarding all services to person with disabilities</i>
PACER (Parents Advocacy Coalition for Educational Rights)	(952) 838-9000	<i>Information, support and advocacy for parents of children with disabilities</i>
Southside Family Nurturing Center	(612) 721-2762	<i>Therapeutic preschool(from 16 mos.) and home visits of families in need of parenting help</i>
Center for Child & Family Development	www.stdavidscenter.org (952) 548-8700	<i>Early intervention and life-phase services for children with developmental needs and enduring special needs</i>
Washburn Child Guidance Center	(612) 871-1454	<i>Mental Health Services for children and families</i>

DAY CARE /CHILD CARE CUIDADO DE NIÑOS SERVICIOS DE GUARDERIA INFANTIL XANNAANAYNTA AMA HAYNTA CARRURTA		
<i>Hennepin County services</i>		
Hennepin County Daycare	(612) 348-5937	<i>Help for paying for child care</i>
<i>Other agencies/programs</i>		
Minneapolis Kids Community Ed	(612) 668-3890	<i>School age child care (Latch Key)</i>
Recreation Plus	(612) 230-6475	<i>Low cost after-school & summer programs</i>
Think Small	(651) 641-0332	<i>Help in finding child care</i>
Salvation Army	(612) 522-4871 ext. 114	<i>After school program</i>

FINANCES/FINANZAS/DHAQAAL

FINANCIAL CONCERN/ PREOCUPACIONES FINANCIERAS/ DHAQAAL

FINANCIAL CONCERN/ PREOCUPACIONES FINANCIERAS/ DHAQAAL		
<i>Hennepin County services</i>		
Child Support	(612) 348-3600	<i>Help with child support and establishing paternity</i>
Office of Multi-Cultural Services	(612) 348-2193	<i>Links immigrants with H.C. and community services</i>
EZ Info Line	(612) 596-1300	<i>Human Services-Economic Assistance-MFIP</i>
<i>Other agencies/programs</i>		
Bridge to Benefits	www.bridgetobenefits.org	<i>Find out if you qualify for public programs</i>
Clothing-Furniture-Kitchen-Misc. Items Sharing & Caring Hands- Diapers Sabathani-Clarissa Clothing Closet Salvation Army	(612) 338-4640 (612) 821-2347 North: (612) 522-6581 South: (612) 767-2700	
Family Partnership	(612) 339-9101	<i>Help in planning best way to make ends meet</i>
Financial Counseling Service	(888) 577-2227	<i>Lutheran Social Service</i>
Free Pregnancy Test, Ultrasound, Pre-Natal Care, and Baby Items North Side Pregnancy Options Tapestry Pregnancy & Family Resource Center (Southside) University Life Care Center, Inc.	(612) 522-6589 (612) 823-0301 (612) 623-3211	
Home Electric Savings, Weatherization, and Energy Assistance Community Action- Minneapolis Community Action- Suburban Hennepin County	(612) 335-5837 (952) 930-3541	
MN Telephone Equipment Distribution Program	(800) 657-3663	<i>Special equipment for people with hearing loss, speech/mobility impairment</i>
People Responding in Social Ministry (PRISM)	(763) 529-1350	<i>Loans/grants for residents in parts of Crystal, Robbinsdale, New Hope, Golden Valley and Plymouth</i>
Social Security	(800) 772-1213	
STARS	www.thestarsproject.com	<i>Teaches self-sufficiency to get people off of social services</i>
St Louis Park Emergency Programs (STEP)	(952) 925-4899	<i>For St Louis Park residents</i>
Telephone Discount Programs (Centurylink)	(800) 244-1111	<i>For people on MFIP, MA, MNCare, SSI & Food Support</i> Link-up- Up to \$30 off installation Lifeline- Discount on phone bill
The Family Advocate	(763) 503-2982	<i>Serves Brooklyn Center--- Food, clothing, transportation, and support</i>
Volunteers Enlisted to Assist People (VEAP)	(952) 888-9616	<i>For people in need in Bloomington, Edina, Richfield, and far SW Minneapolis</i>

FINANCES/FINANZAS/DHAQAAL

HOUSING/ VIVIENDAS/ GURYEYN DEJIN

HOUSING/ VIVIENDAS/ GURYEYN DEJIN		
Other agencies/programs		
Accessible Space	(651) 645-7271	<i>Disability & Senior Housing</i>
Homebuyer Workshops	Minneapolis: (612) 521-3581 Suburbs: (952) 933-9639	
Homeline	(612) 728-5770	<i>Resolving rental issues (no cost) Minneapolis area</i>
Housing Information Line (Lutheran Social Services)	(612) 879-5266	<i>Assistance with finding housing in Hennepin County</i>
Housing Link	www.housinglink.org	<i>Listing of affordable housing</i>
HUD Subsidized Housing	(612) 370-3000	www.HUD.gov
Jeremiah Program	(612) 692-8711 Ext 3006	<i>Assist single moms in school with affordable housing, childcare and more</i>
Minneapolis Public Housing Authority	(612) 342-1400	<i>Low income housing for Mpls</i>
Minnesota Attorney General's Office	(651) 296-3353	<i>Information about housing law & tenant's rights</i>
<u>Rent/Deposit/Foreclosure/Mortgage Assistance</u>		
<ul style="list-style-type: none"> • CEAP (Brooklyn Park-Brooklyn Center) (763) 566-9600 • City Life Center (612) 874-1808 • Community Action-Foreclosure Prevention (Suburbs) (952) 933-9639 • Community Emergency Service (South Mpls) (612) 870-1125 • ICA (Minnetonka-Hopkins) (952) 938-0729 • PRISM (Golden Valley-Crystal-Plymouth) (763) 529-1350 • STEP (St Louis Park) (952) 925-4899 • St Stephen's Human Services (Minneapolis) (612) 870-2298 		<i>Also fixes cars for a lower price (no labor costs)</i>
Open Access Connections	www.openaccessconnections.org	<i>Helping the phoneless better compete for jobs and housing. Provides free voicemail service for low-income Minnesotans.</i>
www.makinghomesaffordable.gov		<i>Programs & self-assessment tools to help homeowners determine if they are eligible in reducing mortgage payments to a more affordable level</i>

HOMELESS/SHELTERS

SIN HOGAR/REFUGIOS

HOOY LALAANTA DUGSI/MECL DHAXANTA LAGA GALO

Hennepin County services		
Homeless Access Unit	(612) 348-4111	<i>Front Door for initial consultation</i>
Other agencies/programs		
Avenues	(612) 522-1690	<i>Call 24/7- Shelter for youth ages 15-20-years</i>
People Serving People	(612) 332-4500	
Sharing and Caring Hands(Mary's Place)	(612) 338-4640	
Twin Cities Metro Shelter Hotline	(888) 234-1329	

FINANCES/FINANZAS/DHAQAAL

TRANSPORTATION/ MEDIOS DE TRANSPORTE/ GAADIID

Other agencies/programs		
Bus Information (Metro Transit)	(612) 373-3333	
Blue And White Taxi	(612) 333-3333	
Taxi Services	(612) 824-4444	
Green & White Taxi	(612) 522-2222	

EDUCATION AND TRAINING/ EDUCACION Y ENTRENAMIENTO/ WAXBARASHO TABABARKA

Hennepin County services		
Hennepin County Work Support	(612) 348-8953	
Other agencies/programs		
ABE- Adult Basic Education (ESL & GED)		
Robbinsdale (No. Sub)	(763) 504-8300	
South Minneapolis	(612) 668-3800	
Osseo (North Sub)	(763) 566-5452	
North Minneapolis	(612) 668-1863	
SHAPE (South Sub)	(952) 681-6170	
West Suburb	(952) 988-5343	
Educational Opportunity	(612) 659-6543	<i>Academic career counseling and financial aid information</i>
American Indian Opportunities Industrialization Center	(612) 341-3358	<i>Adult Basic Education –GED- Job Training & Placement</i>

OTHER PROGRAMS/OTROS PROGRAMAS/BARNAAMIJKA

REFERRAL AND ASSISTANCE SERVICES

United Way	(800) 543-7709	<i>24 hour Info/Referral for Health, Recreation, Education & Social Services.</i>
Minnesota Help	www.MinnesotaHelp.info	<i>Directory of statewide services.</i>
Government Benefits	www.govbenefits.gov	<i>Federally funded programs.</i>
Minnesota Relay Service	711	<i>For the Hearing Impaired.</i>
La Conexion	(612)708-9162	<i>Connect Latinos to resources.</i>
ApplyMN	HC Internet > Popular Links > Health Care, Food Support & Cash	<i>Online application for Health Care, Cash Assistance, Nutrition Assistance, Child Care Assistance and Emergency Help</i>

EMERGENCY NUMBERS/NUMEROS DE EMERGENCIA/NAAMBARKA EMAJANSIGA ANSWERED 24 HOURS A DAY, 7 DAYS A WEEK

Hennepin County services		
Child Crisis Service	(612) 348-2233	<i>Crisis services youth to age 18 (24 hours)</i>
Child Protective Services	(612) 348-3552	<i>Abuse/Neglect reporting line</i>
COPE	(612) 596-1223	<i>Community Outreach for Psychiatric Emergencies 24/7</i>
Other agencies/programs		
Casa de Esperanza	(651) 772-1611	<i>Domestic abuse counseling for Latinas</i>
Cornerstone	(952) 884-0330	<i>Services for domestic abuse</i>
Crisis Connection	(612) 379-6363	<i>Counseling for mental health related problems or any crisis situation</i>
Crisis Line	(651) 646-0994	<i>Help for battered women & their children</i>
Crisis Nursery, Greater Minneapolis	(763) 591-0100	<i>Emergency overnight care for children up to age 6 to prevent abuse and neglect</i>
Minnesota Coalition for Battered Women	(651) 646-6177	<i>Referral Service for emergency shelter</i>
Rape and Sexual Abuse Center	(612) 825-4357	<i>Counseling/advocacy line</i>
Suicide Prevention	(612) 873-2222	<i>Always answered 24/7</i>

OTHER PROGRAMS/OTROS PROGRAMAS/BARNAAMIJKA

LEGAL SERVICES/LOS SERVICIOS LEGALES/SHARCI U ADEEGA SHARCIGA SAXDA		
Hennepin County services		
Child Support/Collections Services	(612) 348-3600	Help collecting child support
Hennepin County Court Information in Spanish (Voicemail)	(612) 596-9275	
Paternity Verification	(612) 348-3593	Hennepin County Child Support
Other agencies/programs		
Legal Aid Society	(612) 334-5970	Legal Help
Minnesota Department of Human Rights	(651) 296-5663	For discrimination and affirmative action
MN Legal Services Coalition		www.lawhelpmn.org www.lawhelp.mn.org/espanol
U.S Citizenship & Immigration Services	(800) 375-5283	
Volunteer Lawyers Network	(612) 752-6677	Legal assistance/low income
TEEN PROGRAMS/PROGRAMAS PARA ADOLESCENTES/BARNAAMIJYADA DHALLINYARADA		
Other agencies/programs		
Annex (North Suburban Teen Clinic)	(763) 533-1316	Free pregnancy testing and childbirth classes for the 20 years or younger
Family Wise	(612) 617-0191	Mentoring program for pregnant or newly-parenting teens 18 years old or less
Lutheran Social Services	(612) 879-5230 (612) 879-5211	Thinking of adoption? Parenting sessions & classes
My Health	(952) 474-3251	Pregnancy testing, family planning & health care
TAMS (Teen Age Medical Services)		Clinic/Ages 11-23
CHEMICAL SUBSTANCE-RECOVERY PROGRAMS/ABUSO DE SUBSTANCIAS QUIMICAS/KIIMIKO-BARNAAMIJYADA DIS U LOOBAYRIA		
Hennepin County Chemical Health Services	(612) 879-3501	Referrals for treatment
Other agencies/programs		
Chrysalis / Tubman	(612) 870-2425 www.tubman.org	Counseling and therapy services for women and their families. In addition to chemical dependency issues, it also includes mental health and legal issues.
African- American Family Services	(612) 871-7878	Assistance for treating substance abuse
Al-Anon	(952) 920-3961 St Paul: (651) 771-2208	For those affected by someone else's alcoholism
Alcoholics Anonymous	(952) 922-0880	
Minneapolis American Indian Center	(612) 871-4555	
Minnesota AIDS Hotline	(612) 373-2437	
Minnesota Sudden Infant Death (SIDS Center)	(612) 813-6285	Counseling for grieving families
To Quit Smoking	(800) 227-2345	American Cancer Society
	(800) 586-4872	American Lung Association
	(888) 354-7526	Minnesota Quit Plan
Recovery Resource Center	(612) 952-8050	For women with children
RS Eden	(612) 338-2158	Chemical health services-outpatient & extended care
PICTURE ID/ IDENTIFICACION CON FOTO/ KARKA AQOONSIGA		
Hennepin County services		
Hennepin County Service Center	(612) 348-8240	Information for acquiring a MN driver's license, state ID card and US passport. Also, license tabs and birth, death, and marriage records license.
Other agencies/programs		
Money Express Check Cashing Center	(612) 824-2274	For Non-government ID-Need Birth Certificate & 20.00