

# Washington County

## Family Resources

***Emergency – Police – Ambulance - Call 911***

**JANUARY 2006**

**This resource directory was prepared by  
Washington County Department of Public Health & Environment**

***EQUAL EMPLOYMENT OPPORTUNITY / AFFIRMATIVE ACTION***

**Adult Basic Education Learning Centers** (Call your school district listed in this brochure under Education.)

**Adult Literacy Hotline** ..... 1-800-222-1990

Referrals to Adult Basic Education, Literacy, GED, and ESL programs throughout Minnesota, and citizenship classes.

**Century College** ..... 651-779-3341

The consolidation of Lakewood Community College and Northeast Metro Technical College, offers liberal arts and science programs, and technical and occupational programs.

**Family Learning Program**

A program for parents and their young children including Adult Basic Education, GED, English as a Second Language, parenting discussions and activities for children.

**Forest Lake** ..... 651-982-8300

**North St. Paul, Maplewood, Oakdale** ..... 651-748-6200

**South Washington County** ..... 651-458-6600

**Stillwater** ..... 651-351-8476

**Car Seats**

**Car seats for U-Care Members** ..... 651-430-6655

**Car seats for Medica PMAP & Blue Plus PMAP Members** Please call the information number on the back of your card.

**Safe Kids (Minnesota Safety Council)** ..... 651-291-9150

Child passenger safety information.

**Buckle Up Kids** ..... <http://www.buckleupkids.state.mn.us> or 1-800-818-9296

Child passenger safety and car seat inspection information.

**Child Care**

**Adults and Children Alliance** ..... 1-800-433-8108

or ..... 651-481-9320

A free referral service for child and adult care, food programs, and support services.

**FamilyMeans (Child Respite Care Program)** ..... 651-439-4840

Providing informal care for children with disabilities on a limited basis.

**Lakeview Hospital's "Healing Time"** ..... 651-430-3320

Provides child care on short notice to sick children in their homes to enable parents to continue to work or seek employment.

**Mom's Day Out: Contact these churches directly: Trinity Lutheran, Stillwater; New Life, Woodbury; St. Rita's, Cottage Grove.**

**Resources for Child Caring** ..... 651-641-0305

Provides individualized referrals to family child care providers, centers, preschool programs, and school-age programs. Assists parents in evaluating and choosing quality child care.

**School-Age Child Care** The following programs provide child care for children in grades kindergarten through sixth grade, before and after school, all day care during the summer, and most non-school days.

Full- and part-time care available. For more information, call the school district your child attends:

**Forest Lake** ..... 651-982-8365      **South Washington County** ..... 651-458-6602

**Mahtomedi** ..... 651-407-2029      **Maplewood, Oakdale, North St. Paul** ..... 651-748-7432

**Stillwater** ..... 651-351-8458      **White Bear Lake** ..... 651-407-7510

**United Cerebral Palsy of Minnesota** ..... 651-646-7588

**Washington County Community Services (Child Care Assistance)** ..... 651-430-6459

Helps families that meet guidelines pay for child care so they can work.

**Clothing/Furniture/Equipment**

**Community Helping Hands** ..... 651-464-8150

Serving families in the Forest Lake area with clothing. Call for store hours.

**Disabled American Veterans Thrift Store** ..... 651-292-1707

Low cost furniture, clothes, household goods, and other items. University Avenue/Dale St, St. Paul.

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- Goodwill Industries** ..... 651-439-4207  
 Low cost furniture, clothes, household goods, and other items. 14460 N. 60<sup>th</sup> Street, Stillwater.
- Twin Cities Free Market** ..... <http://www.twincitiesfreemarket.org>
- Valley Outreach - Closet** ..... 651-351-0341  
 Information referral for used equipment for children with special needs.
- Check Yellow Pages** in phone book under "Consignment Service" for used clothing stores.

**Counseling and Support Groups**

- ADD/ADHD Parent Support Groups** ..... 651-748-7280  
 District 622 Education Center, North St. Paul; Carver Elementary School, Maplewood.
- Anthony Louis Center** ..... 651-275-0584  
 Adolescent chemical dependency treatment services; drug testing, chemical use evaluations, out-patient, in-patient, and halfway house services.
- ARC - Great Rivers** ..... 763-783-4767  
 Individual advocacy and support for developmentally disabled and their families. ARC works individually with families to help them obtain services or resolve issues. ARC also offers support groups and workshops on key topics and family events. Contact the St.Paul office for advocacy services-651-523-0876; contact the Blaine office for family support-763-783-4767.
- Attention Deficit Disorder (ADD) Warehouse - call for a free catalog** ..... 1-800-233-9273
- Black, Indian, Hispanic, Asian Women in Action (BIHA)** ..... 612-521-2986  
 A state-wide program assisting people with serious problems such as family violence, chemical dependency, or AIDS. The program works at breaking down cultural barriers between communities of color and the community at large.
- Catholic Charities** ..... 651-222-3001  
 Crisis counseling, educational and support groups, information and referral, family, individual, and group therapy.
- Children's Home Society & Family Services** ..... 651-646-6393  
 A variety of services including youth programs, individual and family counseling, and educational programs.
- Chrysalis** ..... 612-871-0118  
 Programs include chemical dependency treatment, mental health clinic, peer support groups, and legal services.
- Domestic Abuse Project** ..... 612-874-7063  
 Treatment for abusive men, therapy for women and children.
- East Suburban Resources** ..... 651-351-0190  
 Provides support for people with disabilities or other special needs in employment and community.
- Fairview Lakes Regional Medical Center (Wyoming)** ..... 651-982-7836  
 Many support groups (Attention Deficit Disorder), community service programs (Stop Smoking, and prenatal classes).
- FamilyMeans (Throughout Twin Cities and Western Wisconsin)** ..... 651-439-4840  
 A wide variety of services for families including mental health counseling, financial counseling, debt repayment program, support for seniors, caregiver support, respite care, and prevention programs with the schools.
- Haven Chemical Health Systems, L.L.C. - Woodbury** ..... 651-734-9633  
 Provides evaluation and treatment for adult men and women who have chemical abuse or chemical dependency issues.
- Human Services, Inc. (HSI)** Comprehensive psychological and psychiatric assessment and treatment of emotional disturbance, mental illness, chemical dependency, physical and sexual abuse, services for seniors, individual and group therapy for children, parents and families.
- Oakdale** ..... 651-777-5222                      **Stillwater** ..... 651-430-2720
- Forest Lake** ..... 651-251-5220                  **Cottage Grove** ..... 651-458-4116
- Jewish Family Services** ..... 651-698-0767  
 Vocational services, family life education, individual and family counseling.
- Lakeview Hospital (Stillwater)** ..... 651-439-5330  
 Programs include health education, childbirth education, support groups, and Community Health Library.
- Rebecca Residence - Scandia** ..... 651-433-5839  
 Treatment for chemical dependency. Ten-bed women's program.
- State Services for the Blind (SSB)** ..... 651-642-0500  
 Provides advocacy counseling and education to families with blind or visually handicapped children.

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<b>Tubman Family Alliance</b> .....	<b>651-770-8544</b>
Provides emergency shelter, legal assistance, and supportive services to women/children who are in abusive environments. Education and advocacy services provided. 24-hour crisis hotline 651-775-0777.	
<b>White Bear Lake area &amp; Mahtomedi Community Counseling Center</b> .....	<b>651-429-8544</b>
Counseling, referral, support for youth and families in the White Bear Lake & Mahtomedi School Districts.	
<b>Wilder Violence Prevention &amp; Intervention Services (VPIS)</b> .....	<b>651-287-2400</b>
Counseling to victims of domestic abuse and anger management for abusers.	
<b>Working Family Resource Center</b> .....	<b>651-293-5330</b>
Seminars on work/life topics throughout lifespan.	
<b>Youth Service Bureau, Forest Lake</b> .....	<b>651-464-3685</b>
<b>Youth Service Bureau, Inc.</b> Prevention, intervention, and counseling services provided to elementary- through high-school aged youth and their families. Services include individual and family counseling and diversion/restorative justice programs.	
<b>Stillwater</b> .....	<b>651-439-8800</b>
<b>Cottage Grove</b> .....	<b>651-458-5224</b>
<b>Woodbury</b> .....	<b>651-735-9534</b>

**Crisis Numbers - Most Answered 24 Hours a Day**

<b>After Hours Crisis Response</b> .....	<b>651-290-8605</b>
5 pm - 8 am; weekends and holidays.	
<b>American Red Cross</b> .....	<b>651-439-0031</b>
Provides assistance after fires and other emergencies. Communication link for military families.	
<b>Battered Women’s Crisis Line</b> .....	<b>651-775-0777 ( 24-hour number) or 651-770-8544</b>
Support, referral, and shelter.	
<b>Children’s Home Society &amp; Family Services</b> .....	<b>651-641-1300</b>
24-hour phone line counseling available for families in crisis. Day care and overnight care for children ages birth – 12.	
<b>Crisis Connection</b> .....	<b>612-379-6363</b>
Confidential phone counseling and referral.	
<b>First Call For Help</b> .....	<b>211</b>
<b>or</b> .....	<b>651-224-1133</b>
<b>HSI Crisis Clinic</b> .....	<b>651-777-5222</b>
Face-to-face emergency counseling. Fees based on sliding fee. No denial of service due to inability to pay.	
<b>Minnesota Relay Service</b> .....	<b>1-800-627-3529</b>
Voice & TDD. Provides 24-hour-a-day telephone linkage between people who are speech or hearing impaired and those who can hear. Callers must prepare all necessary information before calling (name and TDD number of person to be called).	
<b>Missing Children Minnesota</b> .....	<b>612-334-9449</b>
Assistance in searching for missing children and information on search procedures and resources and prevention education. Hours 9 am – 5 pm. (Phones answered 24 hours.)	
<b>National Runaway Switchboard</b> .....	<b>1-800-786-2929</b>
<b>Poison Control</b> .....	<b>1-800-222-1222</b>
Emergency and general information concerning poisoning.	
<b>Sexual Assault Answering Service</b> .....	<b>651-777-1117</b>
Phone counseling, information, & referral, advocacy & accompaniment to hospital, police, and courtroom.	
<b>Tubman Family Alliance</b> .....	<b>651-775-0777 ( 24 hour number) or 651-770-8544</b>
Crisis Intervention and safe homes for women in suburban Washington County and Ramsey County.	

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<b>Washington County Mental Health Crisis Line</b> .....	<b>651-777-4455</b>
Information, referral, and counseling for people living in Washington County.	
<b>Washington County Adult Intake</b> .....	<b>651-430-6484</b>
Call to report adult abuse and neglect.	
<b>Washington County Child Protection</b> .....	<b>651-430-6457</b>
Call to report child abuse and neglect.	
<b>Washington County Community Services – Economic Assistance</b> .....	<b>651-430-6459</b>
Provides services to families in crisis, including counseling referral to other agencies, and coordination of services to assist families in meeting their goals.	
<b>Washington County Emergency Social Services</b> .....	<b>651-291-6795</b>
Evenings 5:00 pm to 8:00 am, weekends and holidays.	

**Development**

**Early Childhood Screening** Required by state law before children start kindergarten. Children are generally screened at 3 ½ - 4 years old. Children are screened for vision, speech, hearing, and development. There is no charge for this service. Parents may also call if they are concerned about their child’s development.

<b>Forest Lake</b> .....	<b>651-982-8300</b>
<b>Mahtomedi</b> .....	<b>651-407-2036</b>
<b>Maplewood, Oakdale, North St. Paul</b> .....	<b>651-748-7289</b>
<b>South Washington County</b> .....	<b>651-458-6658</b>
<b>Stillwater</b> .....	<b>651-351-8352</b>
<b>White Bear Lake</b> .....	<b>651-773-6186</b>

**Early Intervention Network (EIN)** .....

Free service available to families having concerns about their child from birth to three years of age.

**Follow-Along Program** .....

Mailed developmental screening questionnaires for children ages 4 - 48 months.

**Minnesota State Council on Disability** (<http://www.disability.state.mn.us>) ..... **1-800-945-8913** or **651-296-6785**

Voice & TTY. Provides information & referrals regarding resources for equipment, legislation, development of programs, and information on handicapped-accessible buildings.

**Washington County Community Services – Developmental Disabilities Unit (DD)** .....

The Developmental Disabilities (DD) Unit provides services for eligible children with developmental disabilities. Services include case management, assessment of the child, and the development of a service plan to address the child’s needs. Call for further information on other services.

**Education**

**Alternative K-12 School**

<b>Lakes International Language Academy (K-5)</b> .....	<b>651-464-0771</b>
<b>New Heights Charter School</b> .....	<b>651-439-1962</b>
<b>North Lakes Academy Charter School</b> .....	<b>651-982-2773</b>

**CommonHealth Clinic** .....

Peer education programs including Abstinence Education, Dads Make A Difference, Fighting AIDS Through Education, tobacco cessation & prevention.

**Community Education**

<b>Forest Lake</b> .....	<b>651-982-8110</b>
<b>Mahtomedi</b> .....	<b>651-407-2037</b>
<b>North St. Paul, Maplewood, Oakdale</b> .....	<b>651-748-7630</b>
<b>South Washington County</b> .....	<b>651-458-6600</b>
<b>Stillwater</b> .....	<b>651-351-8300</b>
<b>White Bear Lake</b> .....	<b>651-407-7501</b>

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**Early Childhood Special Education (ECSE)** Coordination of all appropriate special education services and related services for special needs children ages birth through school entry.

<b>Forest Lake</b> .....	<b>651-982-8369</b>
<b>Mahtomedi</b> .....	<b>651-407-2017</b>
<b>North St. Paul, Maplewood, Oakdale</b> .....	<b>651-748-7211</b>
<b>South Washington County</b> .....	<b>651-458-6658</b>
<b>Stillwater</b> .....	<b>651-351-8360</b>
<b>White Bear Lake</b> .....	<b>651-653-3100</b>

**Early Intervention Network (EIN)** .....

Free service available to families having concerns about their child from birth to three years of age.

**Head Start** .....

A comprehensive child development program primarily for children ages 3-5 serving families with low incomes. There is no cost. Head Start focuses on the child's physical, intellectual, emotional, and social development while providing advocacy and assistance to parents.

**Homework Help** .....

Located at YMCA of Woodbury, Monday evenings from 6:00 pm to 7:30 pm.

**Parent Advocacy Coalition for Educational Rights (PACER)** .....

**TTY** .....

PACER is a coalition of 28 organizations founded on the concept of parents helping parents. This organization works to improve and expand opportunities that enhance the quality of life for children and young adults with disabilities and their families. Workshops, publications, computer resource center, and one-on-one counseling and training for families and professionals are available. Website: <http://www.pacer.org>

**St. Croix Valley American Red Cross** .....

Classes in CPR, First Aid, lifeguarding, swimming, and HIV – AIDS.

**School Readiness** A program for children ages 3 ½ to 5 which helps children prepare for kindergarten.

<b>Forest Lake</b> .....	<b>651-982-8300</b>
<b>Mahtomedi</b> .....	<b>651-407-2036</b>
<b>N. St. Paul, Maplewood, Oakdale</b> .....	<b>651-748-7290</b>
<b>South Washington County Schools</b> .....	<b>651-458-6632</b>
<b>Stillwater</b> .....	<b>651-351-8350</b>
<b>White Bear Lake</b> .....	<b>651-653-3100</b>

**University of Minnesota Extension – Washington County** .....

Programs and publications available on a variety of home and family topics.

**Washington County Alternative Learning Programs**

<b>Forest Lake Area Junior High and Senior High (6-12)</b> .....	<b>651-982-3171</b>
<b>Mahtomedi</b> .....	<b>651-762-2480</b>
<b>North St. Paul, Maplewood, Oakdale</b> .....	<b>651-748-6200</b>
<b>South Washington County</b> .....	<b>651-458-6660</b>
<b>Stillwater - St. Croix Valley ALC</b> .....	<b>651-351-8464</b>
<b>White Bear Lake Area</b> .....	<b>651-773-6400</b>

**Washington County School Districts**

<b>Forest Lake School District #831</b> .....	<b>651-982-8100</b>
<b>Hastings School District #200</b> .....	<b>651-437-6111</b>
<b>Mahtomedi School District #832</b> .....	<b>651-407-2000</b>
<b>North St. Paul, Maplewood, Oakdale School District #622</b> .....	<b>651-748-7622</b>
<b>South Washington County School District #833</b> .....	<b>651-458-6300</b>
<b>Stillwater School District #834</b> .....	<b>651-351-8340</b>
<b>White Bear Lake School District #624</b> .....	<b>651-407-7500</b>

**Young Life** .....

A nondenominational youth group committed to helping adolescents understand themselves, their relationships to others, and their relationship to the world from faith perspectives.

<b>East Metro Women’s Council</b> .....	651-773-8401
Transitional housing for low income families. Adults must be in school or working.	
<b>Housing Link</b> .....	<a href="http://www.housinglink.org">http://www.housinglink.org</a>
Affordable rental housing information.	
<b>St. Croix Valley American Red Cross</b> .....	651-439-0031
Providing food, clothing, and shelter for families who are victims of disaster.	
<b>Tubman Family Alliance</b> .....	651-770-0777
Emergency shelter and safe homes for women and their children in Hennepin, Ramsey, and Washington County. Support groups and counseling offered.	
<b>United Way</b> .....	221 or 651-291-0211
<b>Washington County Housing and Development Authority</b> .....	651-458-0936
Providing administration of public housing and Section 8 vouchers. Public notification when accepting new applications. Waiting list closed.	

## Employment Assistance/Family Mentoring

<b>Automated Jobs Hotline – Employment Opportunities</b> .....	651-430-6084
A 24-hour Application Request Line provided by the Human Resources Department of Washington County.	
<b>Career Solutions</b> .....	651-647-9961
Career exploration and development, displaced homemakers program. Classes in Washington County.	
<b>Episcopal Community Services Family Resource Center Stillwater</b> .....	651-439-2641
Providing families in transition from welfare to work with the tools necessary to achieve economic self-sufficiency and the skills to use them, including peer support and empowerment activities for the youth.	
<b>Minnesota Workforce Center Washington County</b> .....	651-275-8651
Single point access to employment- and unemployment-related services. No fee, some program eligibility based on resident requirements.	
<b>Project Breakthrough (Salvation Army)</b> .....	651-351-2440
A mentorship program that emphasizes economic self-sufficiency and family stability for low income families.	
<b>Women Venture</b> .....	651-646-3808
Training and assistance with resume preparation, interviewing techniques, and much more.	
Website: <a href="http://www.womenventure.org">http://www.womenventure.org</a>	

## Financial

<b>Child Care Basic Sliding Fee – Washington County</b> .....	651-430-6459
Funds for students or employed parents who are not on MFIP (formerly AFDC).	
<b>Cradle of Hope (formerly Project Life)</b> .....	651-636-0637
A statewide program offering financial assistance to women in crisis due to pregnancy or birth. Available to all women who are pregnant or have a child under three months old. No eligibility requirements other than you are in crisis due to the pregnancy.	
<b>Energy Assistance Program (Ramsey Action Program)</b> .....	651-645-6470
Limited financial assistance to pay utility and fuel bills October to May.	
<b>Life Care Centers</b>	
<b>Women’s Life Care Center (Little Canada)</b> .....	651-777-0350
Free pregnancy test, financial help and other support such as car seats, diapers, layettes, highchairs, cribs, and clothing for up to two years old. A \$10.00 refundable deposit can be waived. Available to anyone in need.	
<b>Life Care Center East (E. St. Paul)</b> .....	651-776-2328
Free pregnancy test, financial help and other support such as car seats, diapers, layettes, highchairs, cribs, and clothing for up to two years old. A \$10.00 refundable deposit can be waived. Available to anyone in need.	
<b>St. Croix Valley Life Care Center (Stillwater)</b> .....	651-439-5964
<b>Fax</b> .....	651-439-4064
Free, confidential pregnancy testing and counseling, ultra sounds, baby layettes and furniture, and financial help.	

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**Life Care Centers (Cont'd)**

- The Lakes Life Care Center (Forest Lake)** ..... 651-464-4340  
Free pregnancy testing, resource, and referral. Infant clothing, furniture, and food when available.
- Wakota Life Care Center (South)** ..... 651-457-1195  
Free pregnancy testing, medical, and financial assistance. 24 hour crisis pregnancy phone line.
- Salvation Army (Washington County Office)** ..... 651-351-2440  
Heatshare for those facing utility crisis/shutoff, emergency assistance including financial, information and referral for emergency situations.
- Supplemental Security Income (SSI)** (<http://www.socialsecurity.org>) ..... 1-800-772-1213  
Call to file claim, general questions and set up appointments. Children may be eligible for SSI if they have a disability or are blind. Eligibility for this assistance may be based on parental income and resources.
- TEFRA – Children’s Home Care Option** ..... 651-430-6459  
This program provides Medical Assistance (MA) eligibility to children with disabilities who live with their family. Services include: supplies and health services ordered by a physician and provided in the home by a nurse, therapist, or personal care attendant. Also included are prescription drugs, medical transportation, and insurance premiums. A monthly parental fee may be required.
- Valley Outreach Emergency Fund** ..... 651-351-3169  
Funding available to help with emergency heating and housing issues. (Stillwater School District only)
- Washington County Community Services – Economic Assistance Intake** ..... 651-430-6459  
Medical Assistance, Food Stamps, MFIP (formerly AFDC), Emergency Assistance, Child Support Enforcement.
- Ways to Work (Community Action)** ..... 651-645-6445  
Interest-free loans for single parents who are working.

**Financial Counseling**

- Consumer Credit Counseling Service of Family Means** ..... 651-439-4840  
Budget and credit counseling, debt repayment program for a fee.  
Information accessible at <http://www.familymeans.org>
- Family Service, Inc.** ..... 651-646-6393  
Located in St. Paul. Sliding fee scale.

**Food Shelves**

- Christian Cupboard (7830 Afton Road, Woodbury)** ..... 651-738-2338  
Hours: 9:00 am - noon Fridays. Serving Woodbury, Landfall, Maplewood south of I-94, Oakdale, and Lake Elmo.
- Community Helping Hands (Forest Lake)** ..... 651-464-2195  
Hours: M-W-F, 8:00 am - 4:00 pm. Emergency only.
- Elim Lutheran Church** ..... 651-433-2723  
Food shelves.
- Friends in Need (255 Third Street, St. Paul Park)** ..... 651-458-0730  
Hours: Tuesdays from 9:00 am - 5:30 pm by appt. Serving Cottage Grove, Newport, St. Paul Park, and Grey Cloud.
- Mahtomedi Area Food Shelf (St. Jude of the Lake Parish, 700 Mahtomedi Ave, Mahtomedi)** ..... 651-426-3245  
Hours: Call for information. Serving Mahtomedi school district area.
- New Life Church (6758 Bailey Road, Woodbury)** ..... 651-459-0444  
Hours: Monday-Friday by appointment ONLY. Serving South Washington County.
- St. Michael’s Food Shelf (611 S. Third Street, Stillwater)** ..... 651-439-4400  
Hours: Monday-Tuesday 9:00 am - 11:00 am. Serving School District 834.
- Scandia Marine Food Shelf (Elim Lutheran Church, 20971 Olinda Trail, Scandia)** ..... 651-433-2723  
Hours: Thursday at 10:30 am by appointment. Serving Scandia, Marine, and North Washington County.
- Valley Outreach (5898 Omaha Avenue, Stillwater)** ..... 651-430-2739  
Hours: M-T-W-F, 10:00 am - noon, Mon. 6:30 pm - 8:00 pm, 3<sup>rd</sup> Saturday of the month 10:00 am - noon. Serving School District 834.
- White Bear Foodshelf** ..... 651-407-5310  
Hours: M-F 10:00 am - noon. Call for appointment. Serving White Bear Lake School District.



**Century Community and Technical College - Dental** ..... 651-779-5787  
 Dental services provided by students: cleaning, sealants, fluoride treatment, x-rays (small fee charged)

**Child and Teen Check-Ups (C&TC) Program** ..... 651-430-6750  
 Provides outreach, resources, health care information, for those covered by MN Health Care Programs (MA/MN CARE).

**Children’s Hospitals and Clinics - St. Paul** ..... 651-220-6000

**CommonHealth Clinic** ..... 651-430-1880  
 Services include general medical, physical exams, well child check-ups, prenatal care, reproductive health care, family planning, STD testing, and HIV testing. Stillwater office.

**Dental Referrals for Children with Special Needs-Dental Society** ..... 651-697-0831

**Fairview Lakes Regional Medical Center** ..... 651-982-7000

**Follow-Along Program (FAP)** ..... 651-430-6728  
 Mailed developmental screening questionnaires for children ages 4 - 48 months.

**Home Care Organizations** ..... 651-430-6655  
 Through Washington County Department of Public Health & Environment, a list is available of agencies that provide nurses, home health aides, and personal care attendants, or in the Yellow Pages under the “Home Health” section.

**Lakeview Hospital (Stillwater)** ..... 651-439-5330

**Neighborhood Health Care Network (<http://www.nhcn.org>)** ..... 651-489-CARE (2273)  
 Information and referral to Twin Cities area community clinics, also low cost clinics.

**Regions Hospital** ..... 651-254-3456

**St. Mary’s Health Clinic** ..... 651-690-7029  
 Provides health care services at no cost to low income uninsured individuals and families in our communities.

**Washington County Public Health and Environment** ..... 651-430-6655  
 Prenatal and breast feeding education, parenting support, immunization clinic, WIC, and long-term care programs. Family Health Nursing provides supportive home visits and health education to pregnant women and families with children in Washington County. Services for health promotion, adolescent health, and disease prevention and control.

**Woodwinds Health Campus** ..... 651-232-0100

**Health Care Coverage**

**American Diabetes Association Minnesota** ..... 763-593-5333  
 Diabetic supplies at reduced or no cost.

**CommonHealth Clinic** ..... 651-430-1880  
 Services include general medical services. Provides sliding fee-based services.

**Health Care System - St. John’s, Special Services & Education** ..... 651-232-5757  
 Diabetic supplies at reduced or no cost.

**Health Care System - Special Services & Education, Diabetes Care** ..... 651-232-5757  
 Diabetic supplies at reduced or no cost.

**MinnesotaCare** ..... 651-297-3862  
 A health insurance program for low-income individuals and families with children who are uninsured. Pays for most prescription drugs, doctors, clinics, dentists, shots, eye-glasses, and other kinds of medical care.

**Neighborhood Health Care Network** ..... 651-489-2273  
 Referral for clinics with sliding fee-based services. Diabetic supplies at reduced or no cost.

**Portico Healthnet** ..... 651-603-5100  
 Information and assistance connecting with health care program that best meets individual needs.

**St. Mary’s Health Clinic** ..... 651-690-7029  
 Provides health care services at no cost to low income uninsured individuals and families in our communities. Diabetic supplies at reduced or no cost.

**United Hospital** ..... 651-697-3333  
 Diabetic supplies at reduced or no cost.

**Washington County Community Services – Economic Assistance Intake** ..... 651-430-6459  
 Economic Support Services help eligible residents with health care coverage information and access services including:  
     **General Assistance Medical Care:** Assists persons who cannot meet the costs of necessary medical care. Must be between the ages of 21-64 and not disabled nor eligible for a federal program.  
     **Medical Assistance:** Assists those who cannot meet the cost of necessary medical care, and who meet eligibility criteria.  
     **TEFRA:** Medical Assistance for children with disabilities. Eligibility requirements.

<b>Lactation/Breast Feeding Resource Center</b> .....	651-241-6250
Registered Nurse lactation consultants provide over the phone consultation.	
<b>Minnesota Family Planning/Sexually Transmitted Disease Hotline</b> .....	1-800-783-2287
Referral and education information. Monday-Friday, 8:00 am - 10:00 pm; Saturday, 9:00 am - 3:00 pm; Sunday, 12:00 - 4:00 pm.	
<b>MNAIDS Line</b> .....	612-373-2437
Education information for the general public as well as resources for people with AIDS. Monday – Friday, 9:00 am - 6:00 pm.	

## Home Page Internet Addresses for Families

<b>Children, Youth and Family Consortium (U of M)</b> .....	<a href="http://www.cyfc.umn.edu">http://www.cyfc.umn.edu</a>
<b>Family Means</b> .....	<a href="http://www.familymeans.org">http://www.familymeans.org</a>
<b>Family Village, The</b> .....	<a href="http://www.familyvillage.wisc.edu">http://www.familyvillage.wisc.edu</a>
<b>Forest Lake Area Schools</b> .....	<a href="http://www.forestlake.k12.mn.us">http://www.forestlake.k12.mn.us</a>
<b>Future of Children, The</b> .....	<a href="http://www.futureofchildren.org">http://www.futureofchildren.org</a>
<b>Human Services, Inc. (HSI)</b> .....	<a href="http://www.hsicares.org">http://www.hsicares.org</a>
<b>Lakeview Hospital</b> .....	<a href="http://www.lakeview.org">http://www.lakeview.org</a>
<b>Mahtomedi Schools</b> .....	<a href="http://www.mahtomedi.k12.mn.us">http://www.mahtomedi.k12.mn.us</a>
<b>Minnesota Department of Children, Families &amp; Learning</b> .....	<a href="http://education.state.mn.us/mde/index.html">http://education.state.mn.us/mde/index.html</a>
<b>North St. Paul, Maplewood, Oakdale Schools</b> .....	<a href="http://www.isd622.org">http://www.isd622.org</a>
<b>South Washington Schools</b> .....	<a href="http://www.sowashco.k12.mn.us">http://www.sowashco.k12.mn.us</a>
<b>Stillwater Area School Community Education</b> .....	<a href="http://www.stillwater.k12.mn.us/csb/ce">http://www.stillwater.k12.mn.us/csb/ce</a>
<b>U of M Extension Service – Washington County</b> .....	<a href="http://www.extension.umn.edu/county/washington">http://www.extension.umn.edu/county/washington</a>
<b>Washington County Community Services &amp; Public Health</b> .....	<a href="http://www.co.washington.mn.us">http://www.co.washington.mn.us</a>
<b>Youth Service Bureau (Forest Lake)</b> .....	<a href="http://www.ytblakesarea.org">http://www.ytblakesarea.org</a>
<b>Youth Service Bureau (Stillwater, Woodbury, Cottage Grove)</b> .....	<a href="http://www.yzb.net">http://www.yzb.net</a>
<i>Your local library carries Internet Directories which are helpful in finding resources for you and your family.</i>	

## Legal Services

<b>Child Support Collection Information and Assistance</b> .....	651-430-6455
<b>Chrysalis Center For Women</b> .....	612-871-0118
Legal assistance for women. Services offered include L.A.W. Clinics, divorce information sessions, and referrals to private attorneys.	
<b>Dial Lawyers</b> .....	612-529-9377
<b>HomeLine (rental advocacy)</b> .....	612-728-5767
Tenant hotline regarding rights and responsibilities.	
<b>Legal Advocacy for Persons with Developmental Disabilities</b> .....	612-332-1441
Free legal services are provided for persons with developmental disabilities.	
<b>Legal Assistance of Washington County</b> .....	651-351-7172
Provides legal representation or advice in civil matters for people who cannot afford private counsel. Civil matters include divorce, child support, visitation, paternity post decree, wills, spousal maintenance, consumer issues, and landlord-tenant. Participants must meet certain financial requirements.	
<b>Resource Center for Fathers &amp; Families</b> .....	763-783-4938
Assists fathers and mothers with legal concerns in the areas of divorce, custody, child support, and visitation. Website: <a href="http://www.resourcesforfathers.org">http://www.resourcesforfathers.org</a>	
<b>Southern Minnesota Regional Legal Services, Inc</b> .....	651-222-4731
Free legal assistance available based on income guidelines and type of assistance needed. Does not handle criminal cases. Interpreters for Hmong, Laotian, and Spanish speaking clients. TDD – call 651-297-6456.	

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**Tubman Family Alliance** ..... 651-770-8544  
 Civil and Criminal orders of protection. Free counseling.  
 Legal assistance from law clerks, assistance with Orders for Protection.

**Victim Witness Program** ..... 651-430-6115  
 Support for victims of crime through the County Attorney’s Office.

**Libraries**

Services include free loan of print and audio visual materials, including paperbacks, newspapers, large print books, videos, CD’s, and books on tape. All libraries offer free access to the Internet. Special programs for children such as “Story Times” and Summer Reading Program. Services to the homebound. Community resources available. Call for hours and services.

<b>Bayport</b> .....	<b>651-275-4416</b>	<b>Oakdale</b> .....	<b>651-730-0504</b>
<b>Forest Lake</b> .....	<b>651-464-4088</b>	<b>Park Grove</b> .....	<b>651-459-2040</b>
<b>Lake Elmo</b> .....	<b>651-775-7415</b>	<b>Stillwater</b> .....	<b>651-275-4338</b>
<b>Lakeland</b> .....	<b>651-436-5882</b>	<b>Wildwood</b> .....	<b>651-426-2042</b>
<b>Marine on St. Croix</b> .....	<b>651-433-2820</b>	<b>Woodbury</b> .....	<b>651-731-1320</b>
<b>Newport</b> .....	<b>651-459-9631</b>		

**Lakeview Hospital Community Health Library** ..... 651-430-4510

**Library catalog web site.** ..... <http://www.washington.lib.mn.us>

**Minnesota Workforce Center Library - Washington County** ..... 651-275-8650

**TeleCirc number (telephone renewals, etc.)** ..... 651-501-6049

**Washington County Law Library** ..... 651-430-6330

**Nutrition and Food Programs**

**Community Volunteer Service and Senior Centers** ..... 651-439-7434  
 Holiday assistance usually available the third week in December; senior dining programs.

**Family Nutrition Program, U of M Extension – Washington County** ..... 651-430-6800  
 A nutrition, food buying, and food safety education program for low-income families.

**FARE For All** ..... 763-450-3880  
 Persons receive food for approximately half the cost in exchange for donating two hours of community service work and \$17.00 - \$20.00 in cash or food stamps in advance. There are no income limitations on who may participate. Several sites in Washington County.

**Food Stamps** ..... 651-430-6459  
 Food stamps are available to individuals who meet eligibility requirements.

**Mothers and Children Program (MAC)** ..... 651-484-8241  
 A supplemental food program for mothers and children up to the age of six. Must meet income eligibility requirements.

**School Lunch Program for Students**  
 Call your child’s school district for more information on free or reduced meals. Phone numbers for each school district are listed in this book under Education.

**Women, Infants and Children (WIC)** ..... 651-430-6657  
 A supplemental food program for pregnant women, breastfeeding women, and children up to age five. Income eligibility required. Health screening and nutrition counseling also available. Call for nearest WIC location.

**Parenting/Family Classes**

**Baby Blanket, The** ..... 651-257-8346  
 Resource center for mothers and infants. Thursday 9:30 am - 12:30 and Saturday 10:00 am - 2:00 pm.

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**Early Childhood Family Education (ECFE)** Classes for parents and their children ages birth to kindergarten. Family events, home visits, toy lending and resource libraries. Call for more information.

**Forest Lake** ..... 651-982-8300      **N. St. Paul, Maplewood, Oakdale** ..... 651-748-7280  
**Mahtomedi** ..... 651-407-2024      **South Washington County** ..... 651-458-6632 or 651-768-5330  
**Stillwater** ..... 651-351-8350      **White Bear Lake** ..... 651-653-3100

**Info-U (touch tone only)** ..... 612-624-2200

A free U of M Extension Service pre-recorded message service with topics on parenting and youth, plus gardening, home maintenance, clothing care, money management, and food safety. Answered 24 hours per day.

**LaLeche League** ..... 612-922-4996

A peer support and education group for breastfeeding women.

**Parents Forever** ..... 651-748-7295

Parent education classes for parents going through divorce or separation. Court approved parent education.

**Promoting Positive Parenting** ..... 651-407-2036

Parenting classes and workshops throughout Washington County.

**Resource Center for Fathers & Families** ..... 763-783-4938

Parent education classes for fathers. Classes located throughout the Twin Cities area.

**Pregnancy**

**Abbott-Northwestern Hospital** ..... 612-863-4370

Pregnancy and Infant Loss Support Group. Parents who experienced the loss of an INFANT through miscarriage, stillbirth, or early neonatal loss. Meets 2nd Tuesday of each month from 7-8:30 pm.

**Children’s Hospitals and Clinics - St. Paul** ..... 651-241-6206

Pregnancy and Infant Loss Support Group. Parents who have experienced a perinatal loss. Meets 2nd and 4th Monday of each month on St. Paul Campus. Registration required. No fee.

**CommonHealth Clinic** ..... 651-430-1880

Services include general medical services, pregnancy-testing, prenatal care, reproductive health care, physical exams, well child check-ups, and confidential HIV testing. All exams on sliding fee/ability-to-pay basis.

**Compassionate Friends** ..... 651-770-2731 or 651-433-2084

St. Paul Chapter meets 2nd Thurs. and 4th Wed. of month at 7 pm.

**Expectant Teen – See Youth Support Page**

**Life Care Centers – see Financial Section.**

**Mercy Hospital** ..... 763-422-4595 or 763-783-6071

Miscarriage and Infant Loss Group. Meets 1st Monday each month from 7-9:00 pm.

General grief group every Monday from 7-9:00 pm. No fees or registration required.

**Sudden Infant Death (SID) Center** ..... 612-813-6285

Monthly support group meets on first Wednesday evening of each month at Children’s Hospital.

**Washington County Department of Public Health and Environment – Family Health** ..... 651-430-6655

- Public health nurses provide supportive home visits and health education to pregnant women and families.
- WIC (Women, Infants and Children). Supplemental food program for pregnant and breastfeeding women, infants, and children up to age five. Income guidelines.

**Recreation**

**Cottage Grove Parks and Recreation** ..... 651-458-3400

**Forest Lake Community Education** ..... 651-982-8110

**Lake Elmo Park Reserve** ..... 651-430-8370

**Mahtomedi Community Education** ..... 651-407-2037

**Maplewood Parks and Recreation** ..... 651-249-2100

**Newport Parks and Recreation** ..... 651-459-5677

**Maplewood Community Center** ..... 651-249-2100

Recreational and educational programs for children, teens, and adults. Swim programs.

**Maplewood Nature Center** ..... 651-249-2170

Wildlife Preserve, interpretive center, and educational programs. No entrance fees, some program fees.

Some trails are wheelchair accessible.

**North St. Paul Parks and Recreation** ... 651-770-4471

**Oakdale Park and Recreation** ..... 651-773-1316

**St. Croix Valley Recreation Center** ..... 651-430-2601

**St. Paul Park, Park and Recreation** .... 651-459-9785

**Stillwater Community Education** ..... 651-351-8300

**White Bear Lake Recreation** ..... 651-407-7506

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- North St. Paul Community Center** ..... 651-770-4471  
 Recreational and educational programs for children, teens, and adults.
- St. Croix Bluffs Regional Park** ..... 651-430-8240
- Woodbury Parks and Recreation** ..... 651-714-3583
- YMCA (Woodbury/Hudson)** ..... 651-731-9507  
 Programs include fitness classes for all ages, parent-child programs, day camp, summer daytime baseball, and youth programs such as Youth in Government and Junior Leaders.

**Senior Services**

- Community Volunteer Service and Senior Centers** ..... 651-439-7434  
 Provides volunteer opportunities throughout Washington County for adults and youth. Inter-generational mentoring opportunities in Forest Lake School District.
- Family Means** ..... 651-439-4840  
 Respite care, caregiver support groups, caregiver coaching/counseling, educational programs.
- Human Services, Inc (HSI)** ..... 651-275-5810  
 Adult day care (Circle of Friends), nutrition services (Meals on Wheels), transportation (HSI transporter), and other senior services.
- Minnesota State Council on Disability** (<http://www.disability.state.mn.us>) ..... 1-800-945-8913 or 651-296-6785  
 Voice & TTY. Provides information & referrals regarding resources for equipment, legislation, development of programs, and information on handicapped-accessible buildings.
- Neighborhood Service Exchange** ..... 651-439-7434  
 A neighbor-helping-neighbor program based on exchanging services.
- Senior Centers**  
 Fitness education, leisure programs, mini health clinics, resource information, tax assistance, defensive driving courses, volunteer opportunities.
- Cottage Grove** ..... 651-458-6650
  - Forest Lake** ..... 651-464-5833
  - Stillwater** ..... 651-439-7434
- Senior Linkage Line** ..... 1-800-333-2433
- Washington County Adult Protection** ..... 651-430-6484
- Washington County Adult Intake** ..... 651-430-6484
- Washington County Housing and Redevelopment Authority** ..... 651-458-0936
- For a more detailed guide to Washington County resources for seniors and persons with disabilities,**  
 call Washington County Department of Public Health and Environment ..... 651-430-6655

**Support Groups**

*The following groups meet at a variety of locations and times throughout Washington County.*

- Alanon/Alateen** ..... 952-920-3961 or 651-771-2208  
 Support for anyone affected by another person's drinking.
- Alcoholics Anonymous** ..... 651-227-5502  
 Support for people dealing with alcohol problems.
- ARC - Coffee Time Groups** ..... 763-783-4767  
 Provides a parent-to-parent network of one-to-one support services to parents of children with special needs. Trained, experienced parents are matched with parents seeking assistance from someone who has experienced similar feelings, issues, or concerns.
- CareGiver Support (FamilyMeans)** ..... 651-439-4840  
 For caregivers of frail adults or children with disabilities or chronic illness. Information accessible at <http://www.familymeans.org>

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**Coordinator-Family Service Director** ..... 763-783-4767

*The following groups support parents with children who have special needs or chronic illness:*

**ARC** ..... 763-783-4958

**Autism Society of Minnesota - Group Autism Support (<http://www.ausm.org>)** ..... 651-647-1083

**MELD Special** ..... 612-332-7563

MELD groups offer information and support to parents of disabled or chronically ill children up to age three. Men and women, couples, or single parents are invited to participate. Child care is provided on-site. No cost involved.

**Emotions Anonymous** ..... 651-647-9712

This group follows a 12-step approach for persons needing emotional support.

**Fathers FIRST!** ..... 612-384-7078

Offers a variety of services to fathers/expectant fathers on free or sliding fee basis. Parenting classes, relationship classes, couples' counseling, family violence counseling, father support group, and parenting time supervision.

**Fibromyalgia Support Group (Courage St. Croix)** ..... 651-439-8283

Provides education and support to individuals with Fibromyalgia and their family members.

*The following Support Groups are available at Lakeview Hospital.*

**Alzheimer's Disease & Dementia Support** ..... 651-430-4510

Provides information, education, and support to family members and caregivers.

**Fibromyalgia Support** ..... 651-430-4510

Provides education and support for individuals with fibromyalgia, and their families.

**Kids in Grief** ..... 651-430-4510

Support and education for children kindergarten – junior high that have experienced the death of a loved one.

**Ostomy Support** ..... 651-430-4510

Support group for information and management for a person with an ostomy.

**Type 2 Diabetes Support** ..... 651-430-8715

Group support, along with informational sessions, for those with Type 2 diabetes.

**Weathering Life's Losses** ..... 651-430-4510

Support group for anyone who has experienced the death of a loved one.

**Gamblers Anonymous** ..... 952-922-3956

Support group - call for date and time of meeting.

**Prevent Child Abuse Minnesota (formerly Family Support Network)** ..... 651-523-0099

A peer support group for parents who want to improve their relationship with their children. Circle of Parents Program.

**Tubman Family Alliance (several support groups)** ..... 651-770-8544

**Support Groups for Children and Teens**

**Alanon/Alateen Information Center** ..... 651-771-2208

For anyone affected by another person's drinking.

**Anthony Louis Center** ..... 651-275-0584

Adolescent chemical dependency treatment services.

**Children & Divorce, Youth Service Bureau & FamilyMeans** offer support and counseling programs for families dealing with divorce issues. Their phone numbers are listed under Counseling & Support Programs in this book.

**FamilyMeans** ..... 651-439-4840

"Children in Transition" support groups for children whose families are experiencing separation or divorce. Groups conducted in area elementary schools during school year.

**Storefront Group** ..... 612-861-1675

Offers weekly seminars for divorcing parents.

**Teens/Kids in Grief (Lakeview Hospital)** ..... 651-430-4586

Provides support and education for children, kindergarten - junior high, who have experienced the death of a loved one.

**Young Life: Young Lives for Teen Moms** ..... 651-430-1873

Christian-based mentoring program for pregnant teens and teen moms.

<b>Love Lines</b> .....	<b>612-379-1199</b>
Crisis phone calls 24 hours a day. Referrals made to Christian therapists and community churches.	
<b>Minnesota Compulsive Gambling Hotline (answered 24 hours a day)</b> .....	<b>1-800-333-4673</b>
<b>Narcotics Anonymous</b> .....	<b>952-939-3939</b>
A 24 hour help line for drug addicts with the desire to stop using.	
<b>Parent Warm Line</b> .....	<b>612-813-6336</b>
A free consultation service providing information and practical advice about child development and behavior.	

## Therapeutic Health Services

<b>Courage St. Croix</b> .....	<b>651-439-8283</b>
Provides rehabilitation, enrichment, vocational, independent living, and education services to empower people with physical disabilities and sensory impairments to achieve their full potential.	
<b>Early Childhood Special Education (ECSE)</b>	
For the center nearest you, call your school district listed in this brochure under Education.	
<b>Family Achievement Center</b> .....	<b>651-738-9888</b>
Provides physical therapy, occupational therapy, speech & language pathology, specialized therapy programs, and occupational therapy life skills groups.	
<b>Functional Integrated Therapy (FIT)</b> .....	<b>651-770-8884</b>
Provides occupational, sensory, and feeding therapy services.	
<b>Lifetrack</b> .....	<b>651-227-8471</b>
Provides physical therapy, occupational therapy, speech therapy, audiology services, and social services on a sliding fee scale. In-center therapy is provided. Homebound therapy is provided when medically necessary.	
<b>Minnesota Children with Special Health Needs (MCSHN)</b> .....	<b>651-215-8956</b>
Resource information for providers and families of children with special health needs.	
<b>Shriners Hospital</b> .....	<b>612-596-6100</b>
Orthopedic services including surgery, therapy, and equipment are available free to children who meet medical and financial eligibility.	
<b>Specialty Clinics</b>	
Specialty clinics provide comprehensive diagnostic, treatment, and consultative teams in specific diagnostic areas, such as Down Syndrome Clinic, Cleft Lip & Palate Clinic, Epilepsy Clinic, Feeding & Swallowing Clinic, and Communication and Interactive Disorders Clinic. Call the major Metro Area hospitals to receive a list of specialty clinics they offer (i.e., Minneapolis Children's, St. Paul Children's, Gillette Specialty Health Care, U of M.)	

## Transportation

<b>Blue Ride -Medical/Dental Appointments</b> <b>651-662-8648</b> <b>OR Rides for Blue Plus Medical Assistance</b> .....	<b>1-866-340-8648</b>
<b>Church of St. Rita – Cottage Grove. 24-hour notice - local only</b> .....	<b>651-459-4596</b>
<b>Community Volunteer Service and Senior Centers</b> .....	<b>651-439-7434</b>
Rides available to medical, therapy, & counseling appointments for persons or families with no other means of transportation.	
<b>Dial-A-Ride</b> .....	<b>651-227-6378</b>
NE Suburban Transit offers mini-bus service for N. St. Paul, Maplewood, Oakdale, Century College, Hillcrest, & Sunray.	
<b>Forest Hill United Methodist Church (Car Care)</b> .....	<b>651-464-2561</b>
Car repairs for those in need of assistance in the Forest Lake area.	
<b>HealthPartners - medical/dental appointments.</b> .....	<b>952-883-7400</b>
<b>HSI Transportation – Transit Line</b> .....	<b>651-275-4300</b>
Provides door-through-door service for clients over 55 and persons with disabilities in Washington County.	
<b>Medica - Provide-A-Ride</b> .....	<b>952-992-2292</b>
Medical or dental appointments with this insurance.	
<b>Metro Mobility</b> .....	<b>651-602-1111</b>
Serving people with disabilities in South Washington County, Oakdale, Maplewood, and parts of Woodbury.	

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**Metro Transit Bus Schedules** ..... 612-373-3333  
 Includes service within Stillwater, Bayport, and Oak Park Heights. Website: <http://www.metrotransit.org>

**NEST and Dial-a-Ride** ..... 651-227-6378  
 Serves Oakdale, Maplewood, and North St. Paul.

**St. Croix Valley Christians In Action** ..... 651-436-3606  
 Help with car repairs and clothing distribution. Stillwater district.

**Volunteer Opportunities**

**Child Abuse Prevention Council in Washington County** ..... 651-430-6643  
 Parents & community agencies involved in advocacy & community awareness working to prevent child abuse & neglect.

**Community Volunteer Service and Senior Centers** ..... 651-439-7434  
 Provides volunteer opportunities throughout Washington County for adults and youth. Inter-generational mentoring opportunities in Forest Lake School District.

**FamilyMeans** ..... 651-439-4840  
 A variety of volunteer opportunities for youth in Washington County.

**Lakeview Hospital (Stillwater)** ..... 651-430-8522  
 Student Volunteer Program provides senior high students with meaningful volunteer experiences. Requirement: To have completed ninth grade.

**Neighborhood Service Exchange** ..... 651-439-7434  
 A neighbor-helping-neighbor program based on exchanging services.

**Youth Service Bureau (Forest Lake)** ..... 651-464-3685

**Youth Activities**

**4-H, University of Minnesota Extension – Washington County** ..... 651-430-6800  
 For children grades K-12. Clubs meet monthly throughout Washington County in urban, suburban, and rural areas. Teaches life skills and stresses positive youth development.

**Big Brothers/Big Sisters** ..... 651-789-2400  
 1-to-1 volunteer services to children ages 7-13 from single parent homes, also group activities and family counseling.

**Boy Scouts** ..... 651-224-1891  
 For boys ages 6 and up. Programs for both girls and boys after age 14.

**Camp Fire USA MN Council** ..... 651-632-9180  
 Providing youth development activities through informal education experiences stressing critical life skills and self-esteem development. Small group activities as well as camping experiences. For girls and boys ages 5-21 years.

**Explorers (Medical Careers)** ..... 651-430-4510

**Girl Scout Council of St. Croix Valley, Inc.** ..... 651-227-8835  
 A program for girls ages 5-17. Promotes citizenship and healthy young development. Call for location nearest you.

**St. Croix Valley Teen Center** ..... 651-439-8847  
 Recreational activities for youth in a safe, supervised environment. For youth in grades 7-12 in School District #834 and western St. Croix County, WI.

**Stillwater Young Life** ..... 651-430-1873

**Woodbury Young Life** ..... 651-739-4820

**WyldLife/YoungLife** ..... 651-430-1873  
 A Christian-based tutoring/mentoring program for junior high students. Fun-time stuff. September – May, 2-3 hours per week.