

## Other Services

Dave Ramsey Online Resources [www.daveramsey.com](http://www.daveramsey.com)  
Resources and education on budgeting, eliminating debt  
and planning for the future

Volunteer Lawyers Network (VLN)

612-752-6677, [www.vlnmn.org](http://www.vlnmn.org)

Statewide civil and criminal expungement legal services.

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

Help for low-income people with non-criminal matters.

The Lift Garage 612-866-5840

[info@theliftgarage.org](mailto:info@theliftgarage.org)

2401 E. Lake St. Mpls, MN 55406

Low cost car repair (\$15/hour labor PLUS parts)

[www.newgateschool.org/our-programs/wheels-for-women](http://www.newgateschool.org/our-programs/wheels-for-women)  
Newgate School offers vehicles to working single moms in  
the Twin Cities area (Anoka, Carver, Dakota, Hennepin,  
Ramsey, Scott, and Washington counties)

Hope Car Care 651-262-3386

Arden Hills, MN 55112 [www.hopecarcare.org](http://www.hopecarcare.org)

The Car Clinic [www.thecarclinic.org](http://www.thecarclinic.org)

Non-profit ministry in Elk River, MN that provides vehicle  
repairs and maintenance to single parents, seniors,  
veterans, homeless or persons in financial need.

Dress for Success 651-646-6000

1549 University Ave. W # 1, St. Paul, MN 55104

[twincities.dressforsuccess.org](http://twincities.dressforsuccess.org)

Joseph's Coat 651-291-2472

1107 West 7th St. St. Paul, MN 55102

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

Provides: provides clothing, household items, personal  
hygiene products, and children's items.

FOCUS Minnesota Clothing Closet 651-222-0712

550 Rice St. 55103 St. Paul, MN 55103

[www.focusnorthamerica.org/centers/minnesota](http://www.focusnorthamerica.org/centers/minnesota)

Emerge Mothers Academy

<https://emergetwincities.org/>

Parenting, mom nights, work preparation & financial  
literacy, personal development, social supports, microloan  
grant, and more.

## Pregnancy Resource Centers

First Care Pregnancy Center - St. Paul

651-730-4342

2109 Hudson Rd

St. Paul, MN 55119

Metro Women's Center

6418 Bass Lake Rd

Crystal, MN 55428

763-533-8642

[www.metro womenscenter.org](http://www.metro womenscenter.org)

## Emergency Services

Oasis of Love Inc (612) 529-6055

<https://www.agapeoasis.com/oasis-of-love>

2304 Emerson Ave N, Minneapolis, MN 55411

Programs support men, women, and children impacted  
by Domestic Violence, Sexual Assault, and/or Human  
Trafficking.

Crisis Nursery Greater Minneapolis 763-541-0400

24/7- 763-591-0100

<https://www.crisisnursery.org/>

Pillsbury 612-302-3500 24/7 Crisis Line

1201 37th Ave N, Minneapolis

Emergency short-term overnight care and daycare  
placements for children ages: 6 weeks-12 years old

<https://pillsburyunited.org/programs/emergency-childcare/>

National Domestic Violence Hotline 24/7

800-799-7233 Text BEGIN to 88788

Day One MN 1-866-223-1111 (24-hours)

<https://dayoneservices.org/>

Help and resources for victims of general crime, domestic  
violence, sexual assault, trafficking.

24/7 Mental health crisis and suicide prevention line

Text 988

National Suicide Prevention line 1-800-273-8255

Warm Line (844) 739-6369

[mnwitm.org/mnwarmline](http://mnwitm.org/mnwarmline)

5pm - 9am (7 days a week/365 days a year)

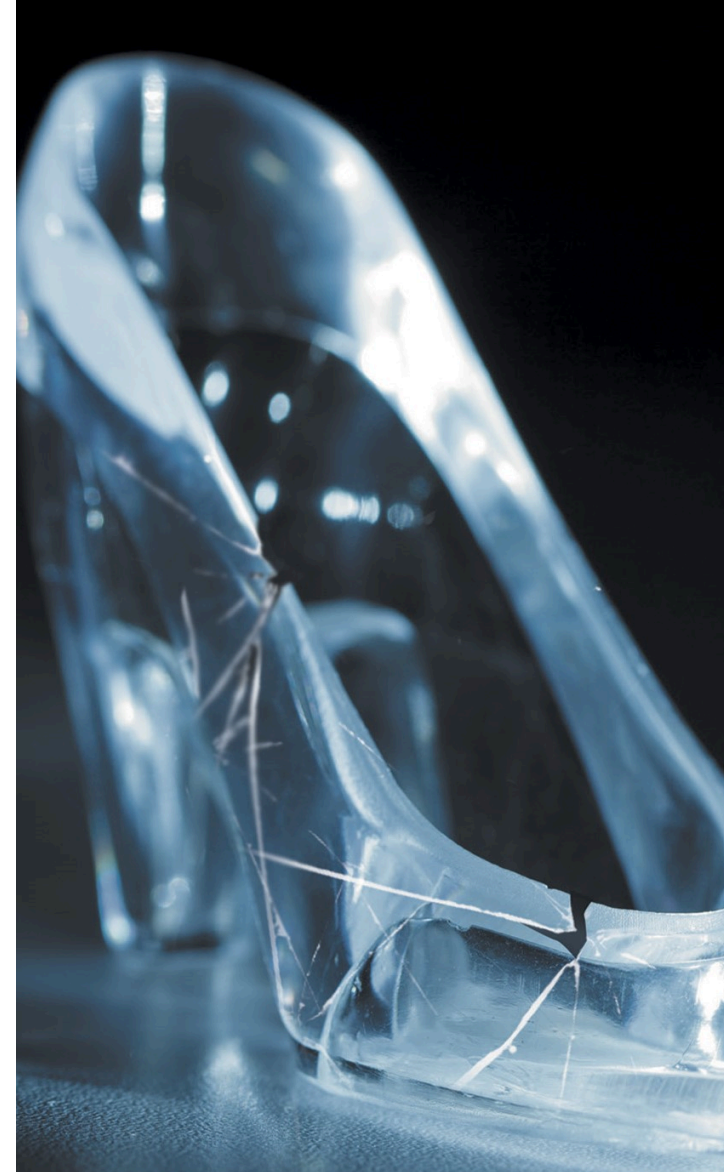
<https://fasttrackermn.org/> Search tool for real time  
information and availability for behavioral/mental health  
services.

MN Adult & Teen Challenge

612-464-2866

Locations in Minneapolis, Alexandria, Brainerd, Duluth and  
Rochester.

For additional resources or  
to find a local Single  
Mom's group contact  
Amanda Jaeger-  
[skoldamanda@yahoo.com](mailto:skoldamanda@yahoo.com)



# Single Mom Resources

Central Twin Cities (CT)

## Housing

HRA by county look up  
<https://www.hud.gov/states/minnesota/renting/hawebsites>

<https://www.mnhousing.gov/>  
links to home ownership programs and rental programs.

<https://www.housinglink.org/>  
Searchable website for subsidized housing

CommonBond Communities  
<https://commonbond.org/>  
Searchable website for affordable or supported housing.

Affordable Housing Online  
[www.affordablehousingonline.com](http://www.affordablehousingonline.com)  
Searchable website for affordable housing, Public Housing, Section 8, also has signup for alerts for wait list openings.

## Energy Assistance

CAP-HC 952-933-9639 or 1-888-577-2227  
<https://caphennepin.org/>  
Foreclosure counseling, legal assistance, taxes, employment counseling, financial counseling, workshops, energy assistance, water assistance, housing stability, vehicle repair, etc.

Community Action Partnership of Ramsey & Washington counties (651) 645-6445  
450 Syndicate St N, St Paul, MN 55104  
<https://caprw.org/> Helps pay home heating costs and furnace repairs for income-qualified households.

## Food

Fare for All  
<https://www.thefoodgroupmn.org/groceries/fare-for-all>

Ruby's Pantry  
<https://www.rubyspantry.org/find-location>

Loaves and Fishes <https://www.loavesandfishesmn.org/>

Community Emergency Service 612-870-1125  
1900 11th Ave S, Minneapolis, MN 55404  
<https://cesmn.org/>  
Food, connections to other resources.

## For Kids

Help Me Connect  
"A navigator connecting expectant families, families with young children (birth-8years old)

<https://www.thinksmall.org/> State Early Learning Scholarships 651.641.6604 Financial support up to \$5000 to help pay for high-quality early care and education

Imagination Library  
<https://imaginationlibrary.com/check-availability/>  
Receive free books for children from birth to age 5, no matter their family income.

\*\*All PMAP and Minnesota Care policies have a car seat program. Call the number on the back of the child's card and ask 😊  
UCare Insurance-[ucare.org/health-wellness/pregnancy-children-teens/seats-program](http://ucare.org/health-wellness/pregnancy-children-teens/seats-program)  
HealthPartners Insurance- [freecarseat.org](http://freecarseat.org)

Toys for Tots  
<https://www.toysfortots.org/find-your-local-chapter/>

## Basic Needs

[www.weareresourceful.org](http://www.weareresourceful.org)  
Helping with health care, legal aid, food pantries, food delivery, housing transportation, counseling, dental care and more.

Bridge to benefits  
<https://www.bridgetobenefits.org/ScreeningTool>  
Website that determines eligibility for state and federal programs. Option to enter contact information and resources will contact you.

<https://minncap.org/local-agencies#interactivemap>  
Community Action Partnerships offer a variety of programs including energy assistance, food support, housing, etc.

United Way 211 or 1-800-543-7709  
Help finding resources, healthcare, legal services, and much more!

CROSS Services (763) 425-1050  
<https://crossservices.org/>  
Address: 12915 Weinand Circle, Rogers, MN 55374  
Provides programs including; food shelf, mobile food shelf, financial,( school supplies, beds and bedding, birthday party supplies, scholarships for extracurricular or enrichment programs-for children),mental health counseling, affordable dental services, budgeting assistance, etc.

Keystone Community Services 651-917-3883  
265 Oneida Street, St. Paul, MN 55102  
[keystoneservices.org](http://keystoneservices.org)  
Emergency funding situations. Family Success Fund, which helps with utility and energy bills, housing costs, medical costs such as medication co-pays, etc.

Salvation Army 651-224-6946  
[salvationarmynorth.org](http://salvationarmynorth.org)  
Citadel Office  
401 7th St. W. St. Paul, MN 55102  
Serves: 55102, 55103, 55104, 55105, 55107, 55116.

Maplewood Office 651-770-4974  
2080 Woodlynn Ave. Maplewood, MN 55109  
Serves: 55109, 55119, 55110.

Union Gospel Mission  
340 Cedar St, St Paul, MN 55101  
(651) 444-5880  
<https://www.ugmtc.org/>

Catholic Charities  
<https://cctwincities.org/>  
1007 East 14th Street  
Minneapolis, MN 55404  
(612) 204-8500

