

## For Kids

Milestones (320) 251-5081

Early learning scholarships to pay for childcare.

### Help Me Connect

"A navigator connecting expectant families, families with young children (birth-8years old) and those working with families to services in their local communities that support healthy child development and family well-being."

### 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 program. Call the number on the back of the child's card and ask 😊

### UCare Insurance

Contact: [ucare.org/health-wellness/pregnancy-children-teens/seats-program](http://ucare.org/health-wellness/pregnancy-children-teens/seats-program)

### HealthPartners Insurance

Contact: [freecarseat.org](http://freecarseat.org)

Catholic Charities Toys for Tots 320-229-4560

### MOPS(Mothers of Preschoolers)

Kaity-413-347-6641 for information about groups  
[stcloudareamops@gmail.com](mailto:stcloudareamops@gmail.com) for used clothing and other items.

## Pregnancy Resource Centers

Pregnancy Resource Center + Medical Clinic  
(320) 253-5333

305 5th Ave S #170, St Cloud, MN 56301 or  
141 Waite Ave N, Waite Park, MN 56387  
<https://www.preghelp.com/>

ELEVATE Pregnancy and Family Resource Center  
(formerly Birthline) (320) 252-4150  
376 3rd St NE, Waite Park, MN 56387  
<https://elevatestcloud.org/>

## Emergency Services

National Domestic Violence Hotline 24/7  
800-799-7233 or 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 [mnwitw.org/mnwarmline](http://mnwitw.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.

Benton & Stearns County Crisis nursery 320-654-1090  
Sherburne County Crisis Nursery 763-765-4000  
Wright County Crisis nursery 320-406-8606

Anna Marie's Alliance Battered Women's  
Shelter 320-253-6900

Salvation Army Emergency Shelter 320-252-2229

Place of Hope(homeless shelter) 320-203-7881

**For more resources or to  
find a local Single Mom's  
group-  
contact Amanda Jaeger-  
skoldamanda@yahoo.com**



# Single Mom Resources

Central Minnesota

## Housing

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

<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.

St. Cloud Public Housing & Redevelopment Authority  
320-252-0880

Catholic Charities 320-650-1550

Habitat for Humanity 320-656-8890

Central Minnesota Housing Partnership, Inc (888) 203-9301  
[www.cmhp.net](http://www.cmhp.net)

## Energy Assistance

Tri-Cap 320-251-1612

\*Energy assistance as well as housing & home ownership, budgeting, low cost vehicles, vehicle repair. Programs change, check website for current programs.

<https://tricap.org/>

Energy Cents 651-774-9010  
(Apply through tri-cap first)

Xcel Homesmart Program 1-866-837-9762 (appliance protection plan)

## Food

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

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

Catholic Charities food shelf 320-229-4560  
[emergencyservices@ccstcloud.org](mailto:emergencyservices@ccstcloud.org)

Celebration Lutheran Church (320) 255-0488  
1500 Pine Cone Rd N, Sartell, MN 56377  
1 free food kit, care & cleaning items available while supplies last. Every 1st & 3rd Tuesday 10am-12pm.

## 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

Health care- MN Project Care  
320-253-0121 help getting medical assistance or MA

Volunteer Lawyers Network (VLN)  
612-752-6677, [www.vlnmn.org](http://www.vlnmn.org)  
Statewide civil and criminal expungement legal services available for low-income people through volunteer attorneys

[www.lawhelpmn.org](http://www.lawhelpmn.org)  
Help for low-income people with a broad range of civil (non-criminal) legal matters.

The Healing Grounds 320-493-8472  
[thehealinggrounds.com](http://thehealinggrounds.com)  
Grief counseling

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.

## 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  
[www.bridgetobenefits.org/ScreeningTool/Start](http://www.bridgetobenefits.org/ScreeningTool/Start)  
Website that takes basic information and 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  
Free, confidential help to find information for housing, food, clothing, tax assistance, family resources, healthcare, legal services, etc.

Salvation Army 320-252-4552  
[centralusa.salvationarmy.org](http://centralusa.salvationarmy.org)  
Backpack/back to school supplies, utility assistance, warm coat program, tax prep, Christmas toy program, food shelf, emergency shelter, etc.

Lutheran Social Services 320-251-7700  
[www.lssmn.org](http://www.lssmn.org)  
Financial, employment, housing, mental health, military & veterans, camps, retreats, and more.

Catholic Charities 800-830-8254  
<https://www.ccstcloud.org/>  
Food shelf, clothing, housing, financial assistance and guidance, behavioral health, etc.

