Other Services

Dave Ramsey Online Resources <u>www.daveramsey.com</u> Resources and education on budgeting, eliminating debt and planning for the future

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

<u>www.lawhelpmn.org</u> Help for low-income people with a broad range of civil (non-criminal) legal matters.

Work Force Center (218) 892-3340

Pregnancy Resource Centers

Lakes Area Pregnancy Support Centers 315 East River Road Brainerd, MN 56401 218-825-0793

> Staples Office 616 4th St NE Staples, MN 56479 (218) 895-5200

Emergency Services

The Crisis Line (800) 462-5525 or (218) 829-HELP (4357)

Crisis Nursery (218) 330-2106

Sexual Assault Services (218) 828-0494 / (888) 458-0494

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.

Women's Shelter (218) 828-1216 Relationship Safety Alliance (218) 828-216 or (888) 777-1248 info@relationshipsafety.org - Brainerd

Advocates Against Domestic Abuse (HOPE) (218) 927-2327 or (888) 276-1720 help@aitkinhope.org Aitkin

24/7 Mental health crisis and suicide prevention line Text 988

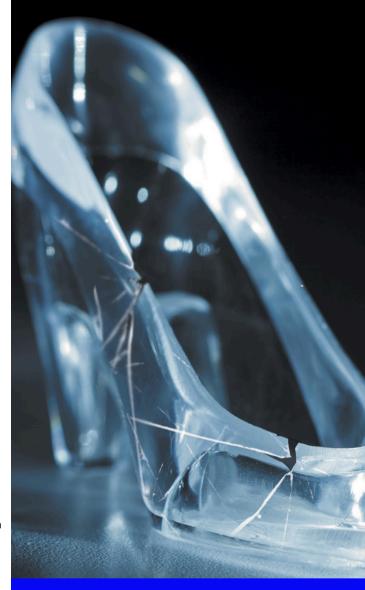
National Suicide Prevention line 1-800-273-8255

Warm Line (844) 739-6369 mnwitw.org/mnwarmline 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 Jaegerskoldamanda@yahoo.com



Single Mom Resources

East Central

Housing

HRA by county look up https://www.hud.gov/states/minnesota/renti ng/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 Searchable website for affordable housing, Public Housing, Section 8, also has signup for alerts for wait list openings.

Rural Housing Repair & Rehabilitation Loans & Grants (218) 829-5965 x 4

Lakes Area Habitat for Humanity (218) 828-8517 <u>info@lakesareahabitat.org</u>

Central Minnesota Housing Partnership, Inc (888) 203-9301 www.cmhp.net



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

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

Operation Sandwich (218)825-7682 www.operationsandwichcwc.org

Sharing Bread Soup Kitchen (Temple Baptist Church) (218) 829-4203 www.sharingbread.com Pop-up Produce secondharvestncfb.com/get-help/findfood/

Food Shelves: Aitkin (218) 927-2028 Brainerd (Salvation Army) (218) 829-1120 Crosslake (218) 692-1004 Cuyuna Range (218) 546-7444 Emily (218) 763-3663 Garrison (320) 692-5399 Lakes Area (Nisswa/Breezy/Pequot/Lakeshore) (218) 568-8474 Pillager (218) 746-4009

> Morrison County Food Shelf https://www.mcfoodshelf.org/ (320) 632-8304 912 1st Ave SW Little Falls, MN 56345

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/pregnancychildren-teens/seats-program

HealthPartners Insurance- freecarseat.org

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

Basic Needs

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 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, and much more!

Mahube-Otwa Community Action Partnership, Inc. 1-888-458-1385 mahube.org Energy assistance, Early Learning Scholarships, housing, tax aid, weatherization, car loans for low income families, and more!

> Tri-CAP (218) 829-2410 2410 Oak St, Brainerd, MN 56401

Lutheran Social Services (218) 829-5000

Heat Share (218) 829-1120 centralusa.salvationarmy.org/northern/heatshareprogram

Oasis Central Minnesota oasiscentralmn.org Emergency housing, case management, some basic necessities, connection to other resources.

