

## 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 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.

Cars for Neighbors

12527 Central Ave NE, Suite 110 Blaine, MN 55434  
Contact: 763-717-7755, [info@carsforneighbors.org](mailto:info@carsforneighbors.org),  
[www.carsforneighbors.org](http://www.carsforneighbors.org)  
Car repair services.

Hope Car Care

Arden Hills, MN 55112

Contact: 651-262-3386, [www.hopecarcare.org](http://www.hopecarcare.org)

Low cost car repair services for low income individuals and families

Newgate School offers vehicles to working single moms in the Twin Cities area.

<https://www.newgateschool.org/our-programs/wheels-for-women>

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.

## Pregnancy Resource Centers

Elevier Women's Center  
763-441-7777

19022 Freeport St. NW, Suite E  
Elk River, MN

Options For Women/Cornerstone  
612-584-9449  
204 Central Ave E  
Saint Michael, MN

## Emergency Services

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  
[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.

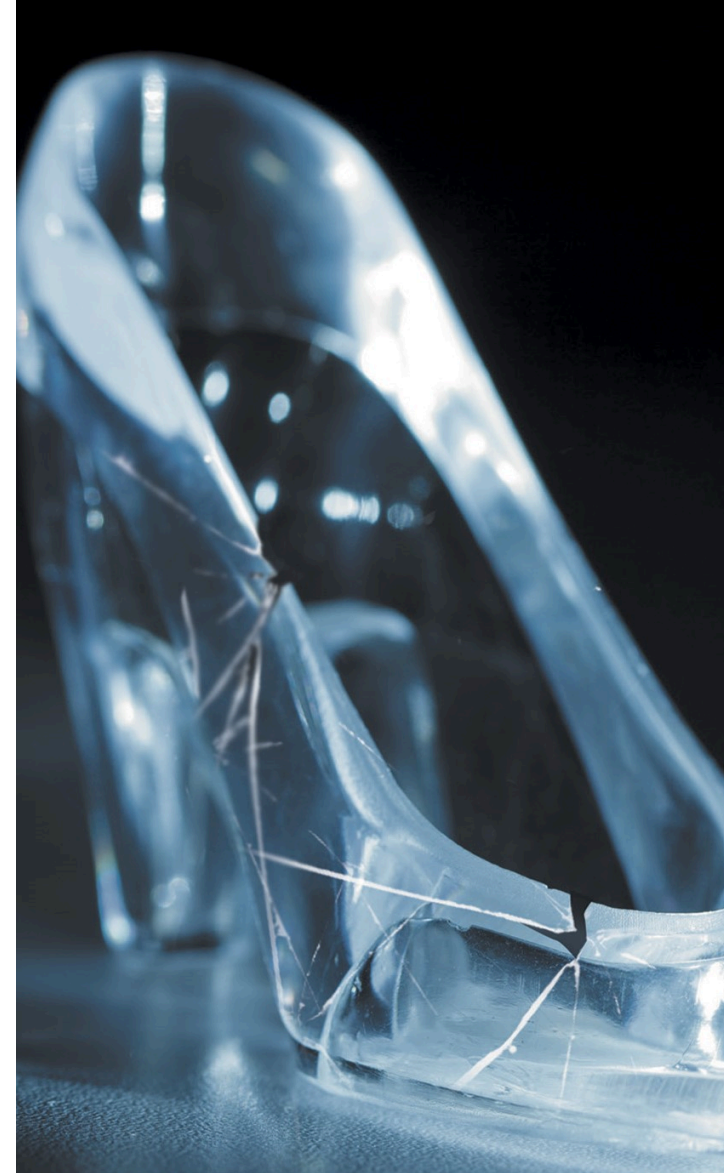
MN Adult & Teen Challenge

612-464-2866

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

Crisis Nursery Greater Minneapolis 763-541-0400; 24/7-763-591-0100  
<https://www.crisisnursery.org/>

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

North Twin Cities

## 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, also has signup for alerts for wait list openings.

Habitat for Humanity  
[www.habitat.org](http://www.habitat.org)

## Energy

\*\*Find your local Community Action Partnership  
[www.minncap.org](http://www.minncap.org)

Energy Cents  
[energycents.org](http://energycents.org)

Xcel Homesmart Program  
Appliance protection program  
1-866-837-9762

## Food

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

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

Loaves and Fishes [www.loavesandfishes.org](http://www.loavesandfishes.org)

## For Kids

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 car seat 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)

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 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!

Union Gospel Mission  
340 Cedar St, St Paul, MN 55101  
(651) 444-5880  
<https://www.ugmtc.org/>  
Hot meals and food  
Safe shelter and clean bedding  
Free clothing and laundry  
Hot showers and hygiene products  
Chapel and Bible study  
Education and life-skills training  
Mental and chemical health services  
Case management  
Support services  
Financial-skills training and savings  
Job-skills training and résumé building  
Access and referrals to partner organizations including medical and dental care

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

