

## 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.

## For Kids

Help Me Connect

<https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/>

"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>  
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

[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)

## Pregnancy Resource Centers

Northwoods Pregnancy Center  
(218)444-3035  
2300 Bemidji Ave. N.  
Bemidji, MN

LifeCare Pregnancy Center of Thief River Falls  
(218)681-1279  
204 LaBree Avenue N  
Thief River Falls, MN

North Region Pregnancy Care Center NW  
(218)463-0580  
1307 3rd St NE  
Roseau, 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, or those concerned about their relationships anywhere in Minnesota and Fargo, ND.

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)

Hope House 218-444-6748

A comprehensive community-based support program for persons with serious and persistent mental illness.

Family Advocacy of Northern MN 218-333-6011  
Child advocacy, Sexual assault Nurse Examiner Program, Inmate Partner Violence Program.

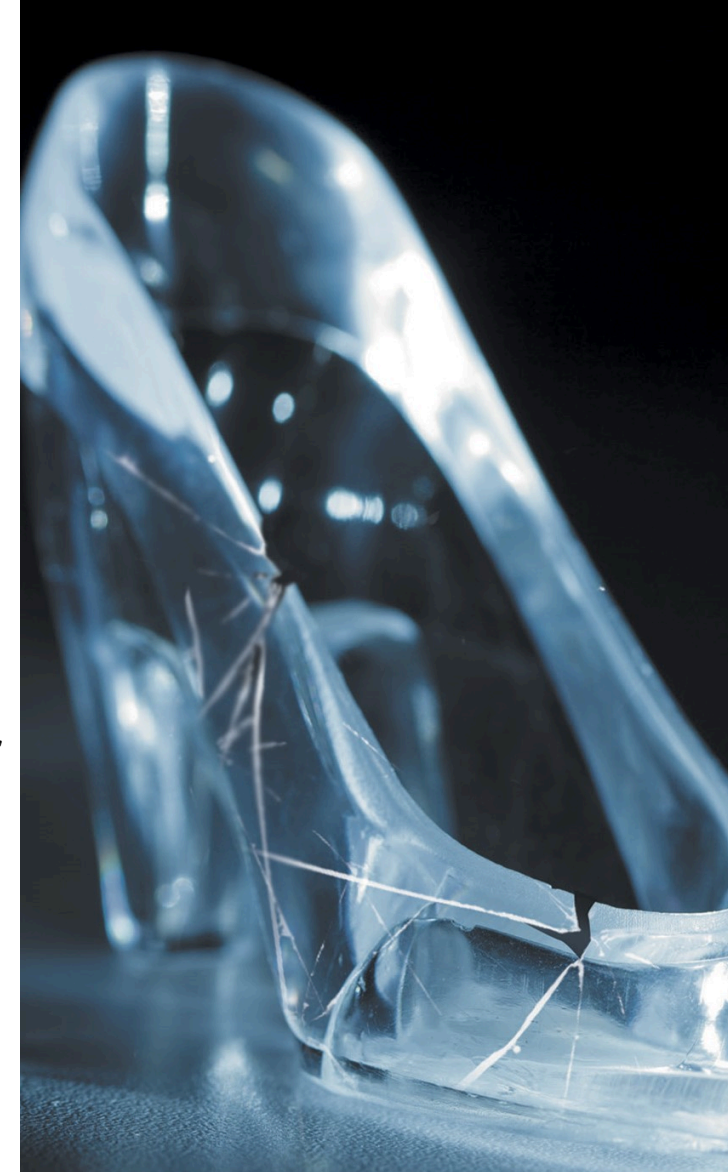
Bemidji Advocates 218-209-7000

<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 @  
[skoldamanda@yahoo.com](mailto:skoldamanda@yahoo.com)



# Single Mom Resources

North West

## 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.

## Food

Fare for All

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

Ruby's Pantry 651-674-0000  
<https://www.rubyspantry.org/find-location>

Bemidji Food Shelf 218-444-6580

Community Table 218-444-7909

Church's United 218-444-1380

Evergreen Drop-in 218-751-8223

Thief River Falls Area Food Shelf (218) 681-4708  
16330 150th Street Northeast  
Thief River Falls, MN 56701

Inter County Community Council 218-796-5144 ext. 1010  
207 Main Street Oklee, MN 56742

## 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, and much more!

Community Resource Connection 218-333-0880  
[Crcinform.org](http://Crcinform.org) searchable database of resources.

St. Phillips Clothing Depot 218-444-3835  
128 1st St W, Bemidji, MN 56601

