

Other Services

Dave Ramsey Online Resources
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

Statewide civil and criminal expungement legal services available for low-income people through volunteer attorneys

www.lawhelpmn.org

Help for low-income people with a broad range of civil (non-criminal) legal matters.

Legal Services of Northwest MN
800-450-2552

Pregnancy Resource Centers

Health Resources Center 218-736-6050
126 E Lincoln Ave. Fergus Falls, MN

Health Resources 218-844-8822
904 Lake Ave. Detroit Lakes, MN

Pregnancy Resource Center of the Park Rapids Area
(218) 732-5212
200 6th St. W. Park Rapids, 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.

Someplace Safe
218-739-2853

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

National Suicide Prevention line 1-800-273-8255

Crisis stabilization unit
218-998-2525

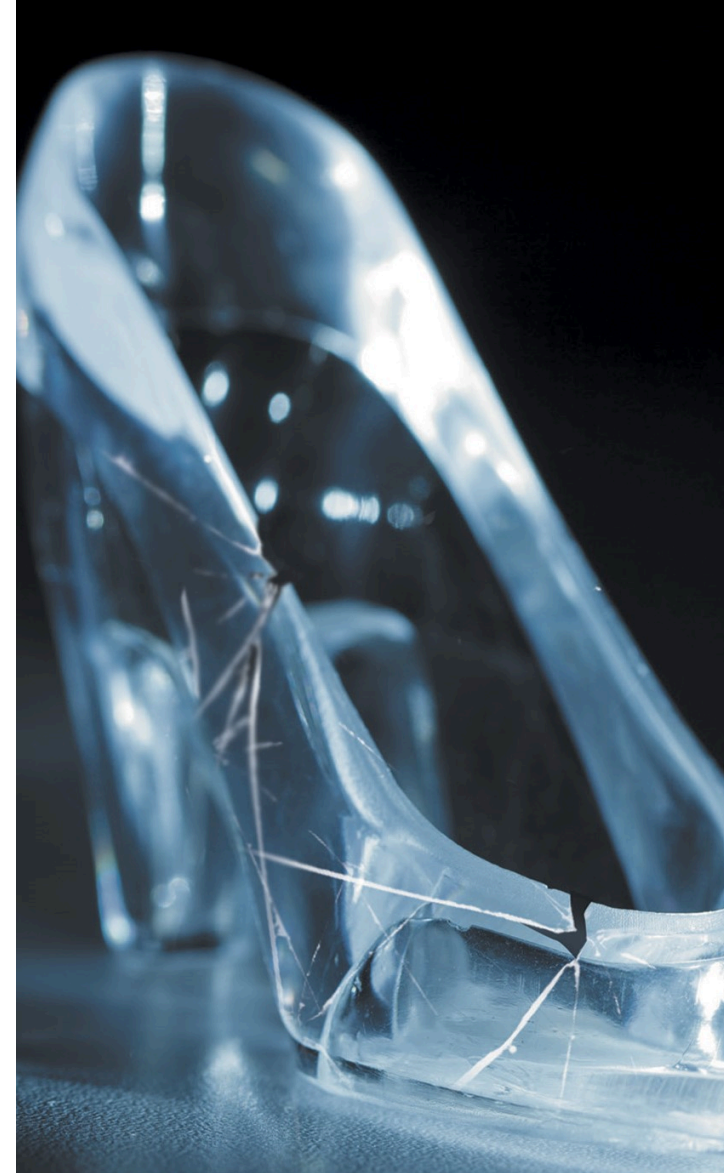
Warm Line (844) 739-6369
mnwitw.org/mnwarmline
5pm - 9am (7 days a week/365 days a year)

<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 Jaeger-
skoldamanda@yahoo.com



Single Mom Resources

West Central

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
Searchable website for affordable housing, Public Housing, Section 8, also has signup for alerts for wait list openings.

Energy

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

Food

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

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

Fergus Falls Community Food Shelf
218-739-2971

For Kids

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

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
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.

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

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!

Salvation army
218-739-9692

Employment

MN Work Force Center 218-739-7560

Rural MN CEP 218-739-7675

