

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.”

Reach-Up www.reachupinc.org

Provides free childhood education and family support. (Income based)

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 😊

Catholic Charities Toys for Tots 320-229-4560

Community Angels (provides clothing and other services) communityangelsmn.org

The Granite City MomCo

GraniteCityMomco@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 5pm - 9am (Daily)

thehopeline.com

Help students & young adults in crisis by offering sound advice & a safe place to connect.

<https://fasttrackermn.org/> Search tool for real time information and availability for behavioral/mental health services.

CMMHC Crisis Response Team 800-635-8008
24/7 phone support or mobile response team

MN Adult & Teen Challenge 612-464-2866.

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 additional resources, to find a
local Single Parent Group, & Events

www.sprs.life

Central Minnesota



Single Parents Resources & Support

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
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

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 www.energycents.org/programs
(Apply through tri-cap first)

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

Food

Fare for All

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

Catholic Charities food shelf 320-229-4560
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.

People to People ministry of Hope Covenant Church
www.hopecovenant.org Monthly free food giveaways

Other Services

Dave Ramsey Online Resources
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
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.

www.freewill.com to complete a free will that after notarization is legal binding

The Healing Grounds 320-493-8472
thehealinggrounds.com
Grief counseling

The Car Clinic 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
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
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
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
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.

