

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.

www.lawhelpmn.org

Help for low-income people with non-criminal matters.

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

The Lift Garage 612-866-5840

info@theliftgarage.org

2401 E. Lake St. Mpls, MN 55406

Low cost car repair (\$15/hour labor PLUS parts)

www.newgateschool.org/our-programs/wheels-for-women

Newgate School offers vehicles to working single moms in
the Twin Cities area (Anoka, Carver, Dakota, Hennepin,
Ramsey, Scott, and Washington counties)

Hope Car Care 651-262-3386

Arden Hills, MN 55112 www.hopecarcare.org

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.

Dress for Success 651-646-6000

1549 University Ave. W # 1, St. Paul, MN 55104

twincities.dressforsuccess.org

Joseph's Coat 651-291-2472

1107 West 7th St. St. Paul, MN 55102

www.josephscoatmn.org

Provides: provides clothing, household items, personal
hygiene products, and children's items.

FOCUS Minnesota Clothing Closet 651-222-0712

550 Rice St. 55103 St. Paul, MN 55103

www.focusnorthamerica.org/centers/minnesota

Emerge Mothers Academy

<https://emerge.twincities.org/>

Parenting, mom nights, work preparation & financial
literacy, and more!

Pregnancy Resource Centers

First Care Pregnancy Center - St. Paul

651-730-4342

2109 Hudson Rd

St. Paul, MN 55119

Metro Women's Center

6418 Bass Lake Rd

Crystal, MN 55428

763-533-8642

www.metrowomenscenter.org

Emergency Services

Oasis of Love Inc (612) 529-6055

<https://www.agapeoasis.com/oasis-of-love>

2304 Emerson Ave N, Minneapolis, MN 55411

Programs support men, women, and children impacted
by Domestic Violence, Sexual Assault, and/or Human
Trafficking.

Crisis Nursery Greater Minneapolis 763-541-0400

24/7- 763-591-0100

<https://www.crisisnursery.org/>

Pillsbury 612-302-3500 24/7 Crisis Line

1201 37th Ave N, Minneapolis

Emergency short-term overnight care and daycare

placements for children ages: 6 weeks-12 years old

<https://pillsburyunited.org/programs/emergency-childcare/>

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

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.

Central Twin Cities (CT)



Single Parents Resources & Support

For additional resources,
to find a local single parent
group, or events
www.spr.slife

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 Assistance

CAP-HC 952-933-9639 or 1-888-577-2227
<https://caphennepin.org/>
Foreclosure counseling, legal assistance, taxes, employment counseling, financial counseling, workshops, energy assistance, water assistance, housing stability, vehicle repair, etc.

Community Action Partnership of Ramsey & Washington counties (651) 645-6445
450 Syndicate St N, St Paul, MN 55104
<https://caprw.org/> Helps pay home heating costs and furnace repairs for income-qualified households.

Energy Cents www.energycents.org/programs
Appliance protection programs

For Dads

The Good Father Program equips fathers with the tools and insights needed to foster strong, healthy relationships with their families and become the role models they aspire to be.
Guiding Star Wakota
1140 S. Robert St. West St. Paul, MN 55118
(651) 457-1195

Food

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

Community Emergency Service 612-870-1125
1900 11th Ave S, Minneapolis, MN 55404
<https://cesmn.org/>
Food, connections to other resources.

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/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 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
Help finding resources, healthcare, legal services, and much more!

CROSS Services (763) 425-1050
<https://crossservices.org/>
Address: 12915 Weinand Circle, Rogers, MN 55374
Provides programs including; food shelf, mobile food shelf, financial,(school supplies, beds and bedding, birthday party supplies, scholarships for extracurricular or enrichment programs-for children),mental health counseling, affordable dental services, budgeting assistance, etc.

Keystone Community Services 651-917-3883
265 Oneida Street, St. Paul, MN 55102
keystoneservices.org
Emergency funding situations. Family Success Fund, which helps with utility and energy bills, housing costs, medical costs such as medication co-pays, etc.

Salvation Army 651-224-6946
salvationarmynorth.org
Citadel Office
401 7th St. W. St. Paul, MN 55102
Serves: 55102, 55103, 55104, 55105, 55107, 55116.

Maplewood Office 651-770-4974
2080 Woodlynn Ave. Maplewood, MN 55109
Serves: 55109, 55119, 55110.

Union Gospel Mission
340 Cedar St, St Paul, MN 55101
(651) 444-5880
<https://www.ugmtc.org/>

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