

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.

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

Work Force Center (218) 892-3340

Emergency Services

The Crisis Line (800) 462-5525 or (218) 829-HELP (4357)

Crisis Nursery (218) 330-2106

Sexual Assault Services (218) 828-0494 / (888) 458-0494

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.

Women's Shelter (218) 828-1216

Relationship Safety Alliance (218) 828-216 or
(888) 777-1248 info@relationshipsafety.org - Brainerd

Advocates Against Domestic Abuse (HOPE)

(218) 927-2327 or (888) 276-1720 help@aitkinhope.org
Aitkin

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.

Pregnancy Resource Centers

Lakes Area Pregnancy Support Centers

315 East River Road

Brainerd, MN 56401

218-825-0793

Staples Office

616 4th St NE Staples, MN 56479

(218) 895-5200

For additional resources, to find a local
single parent group, or events

www.sprs.life

East Central



Single Parents
Resources & Support

Housing

HRA by county look up

<https://www.hud.gov/states/minnesota/renting/hawbsites>

<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 sign up for alerts for wait list openings.

Rural Housing Repair & Rehabilitation Loans & Grants (218) 829-5965 x 4

Lakes Area Habitat for Humanity (218) 828-8517
info@lakesareahabitat.org

Central Minnesota Housing Partnership, Inc
(888) 203-9301
www.cmhp.net

Food

Fare for All

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

Operation Sandwich (218)825-7682
www.operationsandwichcwc.org

Sharing Bread Soup Kitchen (Temple Baptist Church)
(218) 829-4203
www.sharingbread.com
Pop-up Produce secondharvestnfc.com/get-help/find-food/

Food Shelves:

Aitkin (218) 927-2028
Brainerd (Salvation Army) (218) 829-1120
Crosslake (218) 692-1004
Cuyuna Range (218) 546-7444
Emily (218) 763-3663
Garrison (320) 692-5399
Lakes Area (Nisswa/Breezy/Pequot/Lakeshore) (218) 568-8474
Pillager (218) 746-4009

Morrison County Food Shelf
<https://www.mcfoodshelf.org/>
(320) 632-8304
912 1st Ave SW
Little Falls, MN 56345

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 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!

Mahube-Otwa Community Action Partnership, Inc.
1-888-458-1385
mahube.org

Energy assistance, Early Learning Scholarships, housing, tax aid, weatherization, car loans for low income families, and more!

Tri-CAP (218) 829-2410
2410 Oak St, Brainerd, MN 56401

Lutheran Social Services (218) 829-5000

Heat Share (218) 829-1120
centralusa.salvationarmy.org/northern/heatshare-program

Oasis Central Minnesota
oasiscentralmn.org
Emergency housing, case management, some basic necessities, connection to other resources.

