

Housing

HRA by county look up
<https://www.hud.gov/states/minnesota/renting/ha>
websites

<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.

Food

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

Basic Needs Food Market (651) 458-9786
8475 East Point Douglas Road, Ste. 106, Cottage Grove, MN 55016

Open Cupboard (651) 233-1296
8264 4th St N, Oakdale, MN 55128

White Bear Lake Food Shelf 651-407-5310
1884 Whitaker Street, White Bear Lake, MN 55110
<https://whitebearfoodshelf.org/>

Hugo Good Neighbors Food Shelf 651-528-6224
15106 Francesca Ave. N.Hugo, MN 55038
<https://www.hugofoodshelf.org/>

For Kids

State Early Learning Scholarships 651-641-6604
Financial support up to \$5000 to help pay for high-quality early care and education <https://www.thinksmall.org/>

Help Me Connect
www.helpmeconnect.web.health.state.mn.us
"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.

<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 Action Partnership of Ramsey & Washington counties 651-645-6445
450 Syndicate St N, St Paul, MN 55104
<https://caprw.org/>

Union Gospel Mission 651-444-5880
340 Cedar St, St Paul, MN 55101
<https://www.ugmtc.org/>
Hot meals and food, safe shelter and clean bedding, free clothing and laundry, hot showers and hygiene products, Chapel and Bible study, education and life-skills training, mental and chemical health services, case management, support services, financial-skills training and savings, job-skills training and résumé building, access and referrals to partner organizations including medical and dental care

Catholic Charities 651-647-2300
2001 Van Dyke St, Maplewood, MN 55109
<https://cctwincities.org/>

St. Andrews Lutheran Church/Community Resource Center (CRC) 651-762-9124
900 Stillwater Road Mahtomedi, MN 55115
Provides rental assistance, help finding food, clothing, and basic household items, etc

Valley Outreach (651) 430-2739
<https://valleyoutreachmn.org/>
1911 Curve Crest Blvd, Stillwater, MN 55082
Food, clothing, other resources.



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

Newgate School offers vehicles to working single moms in the Twin Cities area through our Wheels for Women program. Must be a current resident of the seven-county Metro area (Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington counties) and have lived in this area for at least one year. *See other eligibility requirements. <https://www.newgateschool.org/our-programs/wheels-for-women>

Hope Car Care 651-262-3386
Arden Hills, MN 55112
www.hopecarcare.org
Low cost car repair services for low income individuals and families

Pregnancy Resource Centers

Women's Life Care Center 651-777-0350
2870 Middle Street Little Canada, MN

Woodbury Options for Women 651-340-9062
1000 Radio Dr, Ste 200 Woodbury, MN

Options for Women St Croix Valley 651-439-7214
14563 60th St N. Oak Park Heights, MN

Emergency Services

Crisis Nursery Greater Minneapolis 763-541-0400
24/7- 763-591-0100
<https://www.crisisnursery.org/>

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.

East Twin Cities (ET)



Single Parents
Resources & Support

For additional resources, to find your
local single parent group, or events
www.sprs.life