

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.

Cars for Neighbors
12527 Central Ave NE, Suite 110 Blaine, MN 55434
Contact: 763-717-7755, info@carsforneighbors.org,
www.carsforneighbors.org
Car repair services.

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

Newgate School offers vehicles to working single moms in the Twin Cities area.
<https://www.newgateschool.org/our-programs/wheels-for-women>

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.

Pregnancy Resource Centers

Elevier Women's Center
763-441-7777
19022 Freeport St. NW, Suite E
Elk River, MN

Options For Women/Cornerstone
612-584-9449
204 Central Ave E
Saint Michael, 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.

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.

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

North Twin Cities



Single Parents
Resources & Support

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

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, also has signup for alerts for wait list openings.

Habitat for Humanity
www.habitat.org

Energy

**

**Find your local Community Action Partnership
www.minncap.org

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

Food

Fare for All

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

Loaves and Fishes www.loavesandfishes.org

Spirit of Matthew 25 Ministries
Food giveaway and distribution
10506 Hanson Blvd. NW Coon Rapids, MN 55433
Tammy@CoonRapidsUMC.org
(763) 755-6990

For Kids

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."

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
Contact: ucare.org/health-wellness/pregnancy-children-teens/seats-program

HealthPartners Insurance
Contact: 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!

Union Gospel Mission
340 Cedar St, St Paul, MN 55101
(651) 444-5880

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

