

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

For Kids

Help Me Connect

<https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/>

"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>
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 😊

UCare Insurance

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

HealthPartners Insurance
Contact: freecarseat.org

Pregnancy Resource Centers

Northwoods Pregnancy Center
(218)444-3035
2300 Bemidji Ave. N.
Bemidji, MN

LifeCare Pregnancy Center of Thief River Falls
(218)681-1279
204 LaBree Avenue N
Thief River Falls, MN

North Region Pregnancy Care Center NW
(218)463-0580
1307 3rd St NE
Roseau, 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, or those concerned about their relationships anywhere in Minnesota and Fargo, ND.

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)

Hope House 218-444-6748

A comprehensive community-based support program for persons with serious and persistent mental illness.

Family Advocacy of Northern MN 218-333-6011
Child advocacy, Sexual assault Nurse Examiner Program, Inmate Partner Violence Program.

Bemidji Advocates 218-209-7000

<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.

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

North West



Single Parents
Resources & Support

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 sign up for alerts for wait list openings.

Food

Fare for All

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

Bemidji Food Shelf 218-444-6580

Community Table 218-444-7909

Church's United 218-444-1380

Evergreen Drop-in 218-751-8223

Thief River Falls Area Food Shelf (218) 681-4708
16330 150th Street Northeast
Thief River Falls, MN 56701

Inter County Community Council 218-796-5144 ext. 1010
207 Main Street Oklee, MN 56742

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, and much more!

Community Resource Connection 218-333-0880
Crcinform.org searchable database of resources.

St. Phillips Clothing Depot 218-444-3835
128 1st St W, Bemidji, MN 56601

