

## Other Services

Dave Ramsey Online Resources  
[www.daveramsey.com](http://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](http://www.vlnmn.org)

Statewide civil and criminal expungement legal services available for low-income people through volunteer attorneys

[www.lawhelpmn.org](http://www.lawhelpmn.org)

Help for low-income people with a broad range of civil (non-criminal) legal matters.

Legal Services of Northwest MN  
800-450-2552

[www.freewill.com](http://www.freewill.com) to complete a free will that after notarization is legal binding

Car Care Program [www.carcareprogram.org](http://www.carcareprogram.org)  
Car repair assistance and education

Serving Douglas, Pope, Stevens counties & Fergus Falls.

## Pregnancy Resource Centers

Health Resources Center 218-736-6050  
126 E Lincoln Ave. Fergus Falls, MN

Health Resources 218-844-8822  
904 Lake Ave. Detroit Lakes, MN

Pregnancy Resource Center of the Park Rapids Area  
(218) 732-5212  
200 6th St. W. Park Rapids, 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.

Someplace Safe  
218-739-2853

24/7 Mental health crisis and suicide prevention line  
Text 988

National Suicide Prevention line 1-800-273-8255

Crisis stabilization unit  
218-998-2525

Warm Line (844) 739-6369  
[mnwitw.org/mnwarmline](http://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.

Safe Families-West Central Minnesota 218-671-3224  
[safefamilies@lifeconnectionsmn.net](mailto:safefamilies@lifeconnectionsmn.net)  
Providing informal family-like support for families experiencing a crisis situation

# West Central



*Single Parents*  
Resources & Support

For additional resources, to find a local  
single parent group or event  
**[www.sprs.life](http://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](http://www.affordablehousingonline.com)  
Searchable website for affordable housing, Public Housing, Section 8, also has signup for alerts for wait list openings.

## Energy

Mahube-Otwa Community Action Partnership,  
Inc. 1-888-458-1385  
[mahube.org](http://mahube.org)  
Energy assistance, Early Learning Scholarships,  
Housing, tax aid, weatherization, and more!  
Car loans for low income families

## Food

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

Fergus Falls Community Food Shelf  
218-739-2971

## For Kids

Help Me Connect  
"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](http://ucare.org/health-wellness/pregnancy-children-teens/seats-program)  
HealthPartners Insurance- [freecarseat.org](http://freecarseat.org)

Toys for Tots  
<https://www.toysfortots.org/find-your-local-chapter/>

## Basic Needs

[www.weareresourceful.org](http://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.

Community Action Partnerships-offer a variety of programs including energy assistance, food support, housing, etc.  
<https://minncap.org/local-agencies#interactivemap>

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!

Salvation army  
218-739-9692

## Employment

MN Work Force Center 218-739-7560

Rural MN CEP 218-739-7675

