

Access, Aging, & Disability Division

Resource List

Updated October 20, 2025



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Programs, services, agencies, and other resources that are not a part of Washington County Community Services or contracted with Washington County Community Services do not constitute endorsement by Washington County. This list is not conclusive of all resources that may be available to support you, your family, or people you are supporting.

General Resources

Websites that offer many different resources and support options.

988 Suicide & Crisis Lifeline:

A U.S.-based suicide prevention network of over 200+ crisis centers that provides 24/7 service via toll-free hotline, available to anyone in suicidal crisis or emotional distress.

9-8-8 <https://988lifeline.org>

Disability Hub MN:

Disability Hub MN is a free, statewide resource network that helps you solve problems, navigate the system, and plan for your future.

1-866-333-2466 | <https://disabilityhubmn.org>

Minnesota Aging Pathways: (fka Senior LinkAge Line)

Minnesota Aging Pathways can be reached Monday through Friday.

1-800-333-2433 | <https://mn.gov/aging-pathways> (live chat option available)

MinnesotaHelp.Info:

A website that offers a variety of resources related to mental health, disabilities, seniors, waiver programs, caregivers, families, and transportation.

1-800-333-2433 | <https://mn.gov/adresources>

United Way 211:

Free and confidential service to explore resources and services surrounding employment, child care, heating assistance, etc.

Dial 2-1-1 or 651-291-0211 (cell phone) or 1-800-543-7709 (toll free)

Children

Children of Incarcerated Caregivers (CIC):

CIC directly supports the development and well-being of children impacted by a parent's incarceration by connecting families with resources, information, and opportunities. CIC raises funds to provide free enrichment opportunities to children that are facilitated by community partners, such as the YMCA.

<https://cicmn.org>

Help Me Connect:

Online service navigator that helps providers connect pregnant and parenting families with young children (birth-8 years old) with services in their communities.

HelpMeConnect@state.mn.us

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

Chore Services

Community Outreach:

Developed to assist older adults and individuals with disabilities living in the Stillwater Area School District (ISD #834). By engaging volunteers, chore services helps fill requests for basic home maintenance assistance, such as window washing, gardening, minor indoor repairs, and cleaning, with the goal of making it a little easier for individuals to remain living at home.

Community Thread cannot guarantee that applicants will be matched with a volunteer to fulfill requests.

651-439-7434 | Email: ChoreServices@CommunityThreadMN.org

Washington County's Sentence to Serve (STS):

Provide lawn care, snow shoveling, and assistance with moving within Washington County.

Capacity is limited!

Must have a referral from a case manager.

Clothing/Adaptive Clothing

Basic Needs:

Thrift store located in Cottage Grove that offers clothes and goods at very low prices. With a referral from a variety of agencies, including Washington County Community Services, you are able to receive a voucher for free goods.

651-458-9786 | Email: storemgr@basicneedsmn.org / www.basicneedsmn.org

BILLY Footwear:

A company that offers adaptive shoes for increased independence. Incorporates zippers that go along the side of the shoes and around the toes allowing the upper of each shoe to open and fold over completely. The wearer can place their foot onto the shoe footbed then tug on the zipper pull to close and secure the shoe to the foot.

<https://billyfootwear.com>

Community Closet (Forest Lake STEP Program):

Students have opened a community closet to provide free, used clothing for families in need. Schedule a visit by reaching out to one of the contacts:

Nicole Flaherty: 651-982-8655 | Email: nflaherty@flaschools.org

Molly Nemec: 651-982-8667 | Email: mnemec@flaschools.org

Valley Outreach Clothing Closet:

Helps you meet your critical clothing needs. The selection of clothing available for all ages gives you the opportunity to ensure that growing children have clothes that fit, adults can dress confidently for the workplace, all individuals are warm and comfortably dressed in the winter months, and that all have access to the basic clothing needs of socks and underwear.

Eligibility:

Valley Outreach primarily serves households in the Stillwater school district area (ISD 834) whose income is at or below 200% of the Federal Poverty Guideline or who are in crisis.

Must bring identification and proof of residency to each visit.

Contact Information:

1911 Curve Crest Blvd. West, Stillwater, Minnesota 55082

651-430-2739 | Email: info@valleyoutreachmn.org

The Prepared Meal Program:

No-cost, no-contract prepared nutritious meal delivery program, focused on serving vulnerable individuals including those with a positive COVID diagnosis or those in quarantine, older adults, persons with disabilities, residents of Washington County's Community Development Agency properties, and those qualified for/receiving free/reduced price lunch. Supplies are limited.

Contact the Food Support Line at 651-430-6688.

Dental

Children's Dental Services (CDS) at Washington County WIC Clinics:

For children (birth to 26 years old) and pregnant women.

Clinics offered in Cottage Grove, Forest Lake, and Stillwater.

Dental care includes: examinations, x-rays, cleanings, fluoride treatments, plastic sealants, fillings, crowns, extractions, and other treatments if needed.

Accept Medical Assistance, MinnesotaCare, Private Insurance, and sliding fee scale applicants.

Call 612-746-1530 or 866-543-6009 to schedule.

Diversity, Equity, and Inclusion

CLUES (Comunidades Latinas Unidas en Servicio):

Works to ensure the advancement of social and economic equity and wellbeing for Latinos in Minnesota. Offers support with health and wellness, children and parenting, economic empowerment, youth, elders, and survivor support, as well as classes, economic empowerment, community engagement, advocacy, and immigration resources. Will help with applying for Medical Assistance (MA) and with legal issues.

<https://clues.org>

ConnectAbility:

Provides inclusive events and a wide range of transportation and home-based services to carry out our mission of empowering individuals with physical and invisible barriers to achieve their potential. ConnectAbility collaborates with new and existing partners in a deliberate effort to avoid the duplication of services and uses existing resources in the community.

<https://connectabilitymn.org>

Diversity Empowerment Virtual Group:

Canvas Health offers a safe space for people to discuss experiences/issues related to racism, prejudice, and conscious and unconscious biases.

Please check website for dates and times.

www.canvashealth.org/event/diversity-empowerment-virtual-group-2/

Email to sign up: diversityempowerment@canvashealth.org

SAGE:

A national advocacy and services organization that's been looking out for LGBTQ+ elders since 1978 by working to ensure they can age with respect and dignity. It's more than an organization, it's also a movement of caring activists dedicated to providing advocacy, services, and support to older members of the LGBTQ+ community.

www.sageusa.org

Domestic Violence

DayOne Crisis Hotline:

Minnesota's statewide hotline for people experiencing violence, 24/7/365.

866-223-1111

Esperanza United:

Bilingual domestic violence hotline.

651-772-1161

LoveisRespect:

Teen dating violence hotline.

866-331-9474 | www.loveisrespect.org

National Deaf Domestic Violence Hotline:

Videophone: 855-812-1001 | Email: deafhelp@thehotline.org

The National Domestic Violence Hotline:

800-799-7233 | 800-787-3224 (TTY)

OutFront Minnesota:

LGBTQ+ Anti-violence crisis line.

800-800-0350

StrongHearts Native Helpline:

Native American domestic violence helpline.

844-762-8483

Employment and Education Support

BUILD Program:

The BUILD Program provides a supportive and comprehensive, educational experience for students with intellectual disabilities.

www.bethel.edu/academics/build

Cell-ED:

Learn English and more for free on your own time!

Access to courses on your phone, such as English, Work Ready, Civics and Citizenship, and Skill Builder, through the Washington County Library.

Search “Cell-Ed” on GooglePlay or Apple AppStore (must have unlimited data/wifi), or call 1-818-423-5533 (must have unlimited texts/minutes) and enter PIN code 6172.

Goodwill Easter Seals:

Goodwill-Easter Seals Minnesota Work Incentives Connection provides specialized answers about the impact of work on government benefits.

1-800-976-6728 (toll-free) or 651-632-5113 (MN Relay – 711)

Metropolitan Center for Independent Living (MCIL):

Able to provide benefits analysis to help you determine how much income you can earn and if/how it would affect your benefits.

651-646-8342

Newgate School:

Through car donations, students pay no tuition to complete a 12–18-month auto repair technician training resulting in very high job placement success rates!

www.newgateschool.org

Vocational Rehabilitation Services:

Can help you prepare for, find and keep a job, and live as independently as possible.

1-800-328-9095 | <https://mn.gov/deed/job-seekers/disabilities>

Washington County CareerForce (formerly known as the Workforce Center):

Washington County CareerForce administers programs targeted to dislocated workers, low-income adults, disadvantaged youth and young adults, welfare-to-work participants and low-income seniors. The goal is to help you become successful in securing and retaining jobs and to enhance marketable skills for the current labor market.

Locations in Woodbury, Cottage Grove, and Forest Lake.

651-430-6455

Financial Support

Includes free/reduced fee phone resources.

Box of Balloons:

Works with community social workers and advocates to identify children in need, children who would not otherwise have a birthday celebration, with the focus to ensure each child feels special and celebrated on their birthday.

Provides birthday parties to children 0-12 years old.

Must have a referral from a social worker!

651-354-2509 | Email: boxofballoons.minneapolismn@gmail.com

Community Action Partnership of Ramsey and Washington Counties (CAPRW):

For children (birth to 26 years old) and pregnant women.

Offering 1-time Car Repair Grants to approved households

<https://caprw.org>

Offers support and resources related to Energy Assistance, Emergency Furnace and Boiler Services, Food Support, Energy Conservation & Weatherization, Taxes and more.

651-645-6445 | <https://caprw.org/welcome.html>

Energy Assistance Program:

Pays up to \$2,000 towards heat, power, and water costs. Free for all eligible households.

<https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/>

Family Support Grant:

Provides cash grants to families of children, under 25 years of age with a certified disability, residing at home. The goal of the program is to prevent or delay the out-of-home placement of children and promote family health and social well-being by enabling access to family-centered services and supports.

Call 651-430-4145 | Email: comsvsfamilysupportgrant@washingtoncountymn.gov |

www.washingtoncountymn.gov/FSG

Free or Reduced Cost Cell Phones/Plans:

Link to all Minnesota programs: <https://minnesota.freegovernmentphone.org>

Economic Support at Washington County:

In partnership with the Minnesota Department of Human Services, the Washington County Community Services Department administers programs that provide support to low-income residents of Washington County, such as cash support, medical programs, food support, and child care assistance.

For more information, call 651-430-6455 or 1-844-711-1907.

Visit the website: www.washingtoncountymn.gov/Economic_Support (applications and required forms can be submitted online!)

Microgrants:

Microgrants are small funds (up to \$1,500) from The Arc Minnesota to support housing or employment goals for people with disabilities in Minnesota. Eligible disabilities include physical (e.g., spinal cord injury), sensory (e.g., blindness, deafness), and developmental (e.g., Autism, Down Syndrome) though others may qualify. Proof of disability, like a doctor's note may be required.

Funded by the Minnesota Department of Human Services, Microgrants are awarded once per year and can be requested by individuals or their supporters. Staff use the funds to purchase items that help achieve housing or job-related goals.

952-234-3883 | Email: Microgrants@ArcMinnesota.org |

<https://arcminnesota.org/ways-we-can-help/scholarships-microgrants/minnesota-microgrant-partnership/>

SOAR (SSI/SSDI Outreach, Access, and Recovery):

Designed to increase access to the disability income benefit programs administered by Social Security for eligible adults and children who are experiencing or at risk of homelessness and have a serious mental illness, medical impairment, and/or co-occurring substance use disorder.

MN Contact: dhs.ssaadvocacy@state.mn.us

Dawn Holmen (651-431-6271) or Tony Reynero (651-431-6271)

Social Security Advocacy:

Applying for or maintaining Federal Social Security disability benefits can be hard. Social Security Advocacy can help!

<https://mn.gov/dhs/partners-and-providers/program-overviews/housing-and-homelessness/social-security-advocacy-directory.jsp>

Note, this resource is also linked to SOAR.

T-Mobile Lifeline Assistance:

Offers reduced cost telecommunications services to qualifying low-income consumers through the Federal Lifeline program. Those who qualify for the program are provided a monthly discount on wireless service.

May qualify for Lifeline based on your income or if you are currently eligible to receive benefits from any of the following assistance programs: Medicaid, SNAP, SSI, Federal Public Housing Assistance, The Veteran's Pension or Survivor's Pension benefit.

Visit www.lifelinesupport.org for application and instructions.

Valley Outreach Emergency Fund:

The Emergency Fund provides financial assistance to individuals and families who are in crisis or transition. The Emergency Fund considers requests for help with rent/mortgage, utilities, transportation, medical and dental emergencies, and other basic needs crises.

Eligibility:

Valley Outreach primarily serves households in the Stillwater school district area (ISD 834) whose income is at or below 200% of the Federal Poverty Guideline or who are in crisis.

Must bring identification and proof of residency to each visit.

Contact Information:

1911 Curve Crest Blvd. West, Stillwater, Minnesota 55082

651-430-2739 | Email: info@valleyoutreachmn.org

Finding Direct Support Workers

Care.com:

Offers of an array of services that enable families to find, manage, and pay for care and provide employment opportunities for caregivers.

www.care.com

Direct Support Connect:

Direct Support Connect is a website that helps people and direct support workers find each other.

<https://directsupportconnect.com>

Home Care Solutions:

Provides live-in caregiver options, primarily in the Minneapolis and St. Paul area. This service is private pay and can be supplemented by long-term care insurance.

763-231-9000 | www.homecaresolutionsmn.com

Joshin:

An app that connects families with caregivers.

<https://joshin.com>

Housing

Bridging:

Bridging, a 501(c)(3) nonprofit organization serving the greater Twin Cities, provides donated furniture and household goods to families and individuals transitioning out of homelessness and poverty.

Bridging provides a basic home setup to those who need most items necessary to create a comfortable and functioning home. The basic home set-up generally includes gently-used upholstered furniture, a kitchen table and chairs, a mattress and box spring, linens, dishes, artwork, and more.

Locations in Roseville and Bloomington. Will deliver for a fee.

Referrals must be done by a human service provider, healthcare agency, or faith community.

If you have a case manager or social worker, ask them to contact Bridging for assistance in setting up an appointment.

If you do not have a case manager or social worker, or they cannot refer you, please email ComSvsHomelessOutreachServicesMailbox@washingtontyminn.gov.

Emergency (Rental) Assistance through MNbenefits:

Emergency Assistance helps with shelter payments, such as past due rent, to stop evictions or foreclosure. It can also be used for utilities when there is a threat of disconnection.

Apply [online with MNbenefits](#) or with a [paper application](#) that can be dropped off at any of our four county offices.

The Washington County Emergency Rental Assistance (ERA) team is accessible via:

Phone: 651-430-6570 (collect calls accepted) | Toll-free: 1-844-711-1907 |

Fax: 651-430-6515 | Email: CSRA@washingtontyminn.gov

Homeless and Housing Resources at Washington County:

Washington County Community Services recognizes that homelessness exists in Washington County, and that those experiencing homelessness deserve access to services to assist them in becoming stably housed, as well as assist them with accessing other resources to meet their basic needs. The Homeless Outreach Services Team (HOST) provides these services to residents of Washington County.

651-430-6488 | www.washingtoncountymn.gov/HomelessResources

In-person meetings are done by appointment only.

HOME Line:

Provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.

<https://homelinemn.org> or

For English, call [612-728-5767](tel:612-728-5767) or [email your question to one of our housing attorneys](#).
Toll-free from Greater Minnesota: [866-866-3546](tel:866-866-3546).

[HOME Line ofrece servicios en español](#). Para Español, llame al [612-255-8870](tel:612-255-8870).

[HOME Line waxay bixisaa adeeg ku baxa Afka-Soomaaliga](#). Af- Soomaali wac
[612-255-8860](tel:612-255-8860).

Peb lub koom haum HOME Line muaj neeg txhais lus Hmoob. Hais lus Hmoob, Hu
[612-255-7104](tel:612-255-7104).

Housing Support: *(formerly The Group Residential Housing [GRH] program)*

Pays a monthly amount for room and board in settings that are contracted with Washington County (or the county they live in) for people with low income and low assets who have disabilities or other condition.

To apply complete the Combined Application Form (CAF, DHS 5223) or apply online at:
<https://mn.gov/dhs/people-we-serve/adults/economic-assistance/housing/programs-and-services/housing-support.jsp>

DHS website offers CAF documents in Hmong, Russian, Somali, Spanish, and Vietnamese.

Housing Benefits 101:

Plan for the person's home, with the services they need. Provides resources for moving out of a facility, changing your home, keeping your home, and homeless services.

<https://mn.hb101.org>

Minnesota Recovery Connection: Housing & Housing Services:

Provides a list of programs and organizations that offer housing options, resources, and services.

<https://minnesotarecovery.org/category/housing/housing-housing-services>

St. Andrew's Lutheran Church:

651-762-9124

Emergency Shelter: Provided to families in Washington County and suburban Ramsey County residents. Provides off-site shelter in two locations with direct and ongoing case management services until stable housing is achieved.

Rental Assistance: Provided to prevent an episode of homelessness for qualified families living in Washington County.

Immigration/Refugee

Arrive Ministries:

This organization is dedicated to the cause of the refugee and immigrant and empowers local churches to welcome and serve displaced refugees who resettle in Minnesota.

612-798-4332 | <https://arriveministries.org>

Hmong American Partnership (HAP):

Offers support and resources with economic and community development, workforce development, children and family services, and health and wellness.

651-495-1699 | <https://hmong.org>

International Institute of Minnesota:

Provides services and resources to empower new Americans (*immigrants and refugees*) to pursue their goals. Includes language learning, job training, immigration assistance, citizenship classes, refugee resettlement, and case management.

651-647-0191 | <https://iimn.org>

Karen Organization of Minnesota (KOM):

KOM offers services to refugees, including employment counseling and job placement, family assistance with housing, childcare, and healthcare. Provide referrals to community resources.

651-202-8581 | <https://mnkaren.org>

Lutheran Social Service of Minnesota:

LSS provides a range of services for refugees, including assistance with housing, medical care, and enrolling children in school. Cultural orientation and transportation training, support with public benefits and health insurance applications. Provide immigration legal services, such as family reunification petitions and citizenship applications.

612-879-5258 | www.lssmn.org

Minnesota Council of Churches:

MCC provides services for individuals with humanitarian status. Including employment assistance, case management for housing, public assistance, and medical needs, orientation classes on various topics, immigration services for application and support. They serve refugees, asylees, SIV holders and others for up to five years.

612-870-3600 | www.mnchurches.org

Minnesota Department of Human Services – Refugee and Immigration Helpline:

This helpline connects individuals to helpful information, resources, and services in their community. They provide support in multiple languages, including English, Russian, Spanish, and Ukrainian

1-800-814-4806

Independent Living Skills (Alternative Resources)

Disability Hub MN:

Disability Hub can assist in setting goals for learning new life skills, connecting people to tools and resources for independent living, and planning next steps.

Call 1-866-333-2466 or do a live chat via the website: <https://disabilityhubmn.org>

Metropolitan Center for Independent Living's (MCIL) Independent Living Skills Program:

Provides free and accessible classes to help those who want to live more independently.

<https://mcil-mn.org>

PLEASE NOTE: RSVP must be made at least 2 days PRIOR to activity. Unless otherwise specified, all activities will be held at MCIL.

If you are interested in learning more about these and other events, please call 651-646-8342.

Natalis Outcomes' Behavioral Health Home Services:

Our goal is to better meet the needs of individuals experiencing serious mental illness and their families by addressing the individual's physical, mental, spiritual, substance abuse, and wellness goals.

Behavioral Health Home Services Include: Referral to community social support, transitional Services (chemical dependency (CD) support, homelessness support, navigating healthcare system, mental health transitional support), health promotion and wellness, care coordination (psychology and psychiatry services, therapy, CD treatment), patient and family support, accessing resources (transportation, supportive employment, housing).

Eligibility:

Actively enrolled in medical assistance or a PMAP.

Have a diagnosed or potential serious mental illness or serious and persistent mental illness.

Have a current diagnostic assessment (within 1 year) and if client does not, Natalis Outcomes can provide services for diagnostic assessment.

Those who are not currently engaged in Targeted Case Management (TCM) of any kind, Assertive Community Treatment (ACT), or health care homes care coordination.

<https://natalisoutcomes.com/behavioral-health-home>

Professional Rehabilitation Consultants (PRC):

PRC is a Medicare certified outpatient rehabilitation agency that specializes in providing individualized occupational therapy to those who struggle with their mental health.

651-603-8774 | www.prcmn.com

Tody:

An app that offers support with managing cleaning and household upkeep by offering tools to prioritize, schedule, and simplify cleaning your home.

<http://todyapp.com>

Intellectual and Developmental Disabilities (IDD)

21 Roots Farm

Offers high-quality nature and agricultural-based programming that people with developmental disabilities cultivate a sense of purpose and community. By fostering inclusive connections that are rooted in real life, we provide opportunities, resources, and support that encourages all people to tend to their gifts and harvest their full potential.

www.21rootsfarm.org

ACT Center for Disability Leadership:

A weekly program of sessions and activities to support you in discovering what you want in life and empowering you to get it.

www.selfadvocacy.org/self-advocacy-academy

The Arc Minnesota:

Promotes and protects the human rights of people with intellectual and developmental disabilities. People with disabilities and their families trust The Arc for information, assistance, education, and public policy leadership.

833-450-1494 | www.arcminnesota.org

Autism Resource Portal:

Provides information and tools about Autism Spectrum Disorder (ASD) or related disorders and its impact on family life, education, and work in Minnesota.

<https://mn.gov/autism>

AA&D Connect Newsletter: A newsletter for the Access, Aging, and Disability (AA&D) community in Washington County.

A quarterly web-based newsletter that includes a variety of information, resources, programs, services, and community-based supports available to adults and children with intellectual and developmental disabilities. This is created and managed by Washington County AA&D staff.

To view the most recent and archived AA&D Connect newsletters:

www.washingtoncountymn.gov/Archive.aspx?AMID=87

To subscribe to monthly newsletters:

Go to [Notify Me • AA&D Connect Newsletter](#)

Enter your email address

Click on the button "Notify Me Sign In"

Down Syndrome Association of Minnesota (DSAMN):

Mission is to empower individuals and families, to create community, and to celebrate the abilities of people with Down Syndrome.

<https://dsamn.org>

PROOF Alliance (Formerly known as MOFAS: Minnesota Organization on Fetal Alcohol Syndrome):

Proof Alliance is a national leader in promoting awareness about the effects of prenatal alcohol exposure and advocacy for individuals and families impacted by fetal alcohol spectrum disorders (FASD). Provides people with FASD, families, and caregivers a wide variety of supports, activities, and resources to help guide and support.

1-866-90-MOFAS (66327) or 651-917-2370 | www.proofalliance.org

South Washington County Community Education:

Offers customized classes, recreational and social opportunities for adults with developmental cognitive disabilities.

To register, please call 651-748-7232 or go to www.isd622.thatscommunityed.com and click on "Courses for Adults with Disabilities".

Upstream Arts Self-Advocacy Classes:

Offer a fun, creative, and experiential learning environment for participants to strengthen self-advocacy skills with and alongside Upstream Arts artists and peers.

www.upstreamarts.org

Videos on the Autism Spectrum Disorder:

Families Find Help and Hope: Learn about ways families find the help they need with autism through videos of families from different communities finding person-centered support.

<https://mn.gov/autism/videos>

Washington County Intellectual and Developmental Disabilities:

Website provides information on eligibility, how to apply for Rule 185 case management services, as well as links to the Autism Resource Guide and the AA&D Connect (formerly known as Community Links) newsletter.

www.washingtoncountymn.gov/IDD

Woodbury Lutheran:

The Disability Ministry strives to be inclusive and welcoming of individuals with a variety of needs. They also have many ways for people with disabilities and their families to get connected. These include:

Sunday School Buddies: One-to-one pairings for children with learning disabilities, physical limitations, or behavioral struggles.

Faith and Friends is a Bible study for adults with disabilities which meets Sunday mornings.

Hearts and Hands is a fellowship group for adults with disabilities which meets on the 2nd Sunday of each month at the Valley Creek Campus.

For more information on WLC's Disability Ministry, please contact Jeanne Dicke at wlcdisabilitymin@outlook.com or call 651-704-9464 for more information.

Young Life Capernaum:

Gives young people with intellectual and developmental disabilities the chance to experience fun and adventure, to develop fulfilling friendships, and to challenge their limits while building self-esteem through club, camp, and other exciting activities.

<https://capernaum.younglife.org>

Legal Resources

Minnesota Disability Law Center:

Addresses the unique legal needs of persons with disabilities. A statewide project, MDLC provides free civil legal assistance to individuals with disabilities on legal issues that are related to their disabilities.

612-334-5970 or 800-292-4150 | <http://mylegalaid.org/about/our-work/disability-law>

Into Adulthood Program (<https://mylegalaid.org/our-work/programs/transition-youth-program>): Improves disability access for young adults by providing legal services in employment, community integration, education, and anti-discrimination. This support is focused on youth ages 14-24 as they move beyond high school to live and work independently.

MN Legal Services:

Provides a directory of civil legal aid programs across Minnesota, including those specializing in disability law. They offer resources for finding legal help, including self-help tools and information on fee waivers.

651-228-9105 | www.mnlegalservices.org

Meal and Food Resources

Open Cupboard (formerly Christian Cupboard Emergency Food Shelf):

Serves Woodbury, Oakdale, or Landfall, as well as the area of Maplewood east of McKnight and south of Highway 5.

8264 4th St N, Oakdale, MN 55128 | 1740 Van Dyke Street, Maplewood, MN 55109

Monday-Saturday - no appointment or preregistration is necessary.

Commodity Supplemental Food Program (CSFP):

For low-income adults 60 years of age and older. A monthly box of food can be picked up at a variety of locations around the state.

Please call 651-484-8241 or toll-free at 800-365-0270 for more information.

Fare for All:

Fare For All is a great way to save money on quality, nutritious food. They buy fresh fruits, vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices.

Eligibility: Fare For All is community supported and open to everyone – there are no qualifications to participate. The more people who shop, the better the value becomes for everyone!

Offer two hours of shopping at each location once per month. They accept cash, credit and debit cards, and EBT cards (no personal checks).

Washington County Locations:

Cottage Grove: All Saints Lutheran Church

Forest Lake: VFW

Oakdale: Grace of God Lutheran Church

Stillwater: Community Thread

White Bear Lake (Ramsey County): Community of Grace Lutheran Church

Questions: 763-450-3880 | Email: info@fareforall.org

MN Food Help Line:

The Minnesota Food Help Line is a program where anyone in Minnesota can call to get assistance with food resources. The website has a map to search nearby food resources including food shelves, senior resources, free meals, discount grocery, farmers market, food distributions, and free pet food.

Call or text: 1-888-711-1151 | Helpline Hours: Monday-Friday

www.hungersolutions.org/programs/mn-food-helpline

Free Community Meals:

Free for the whole family. No application or proof of income is needed.

All Saints Lutheran Church:

Offers a community meal the 4th Friday of every month

8100 Belden Blvd., Cottage Grove, MN 55016

The Alley Church:

Offers a community meal the 2nd Sunday of every month

8944 Indahl Ave. S, Cottage Grove, MN 55016

Eastern Twin Cities Islamic Center:

12585 Hudson Road S, Afton, MN 55001

For meal days/times: 651-200-3956 | <http://iswem.org>.

Newport Lutheran Church:

Offers a community meal the 2nd Saturday of every month

900 15th St., Newport, MN 55055

St. Andrew's Lutheran Church:

Offers a community meal every Thursday (except holidays)

900 Stillwater Road (Corner of Hilton Trail and Stillwater Road), Mahtomedi

651-762-9124

St. Rita's Church:

Offers a community meal the 3rd Friday of every month

8694 80th St. S, Cottage Grove, MN 55016

Friends in Need Food Shelf:

Serving residents of Cottage Grove, St. Paul Park, Newport, and Grey Cloud Island.

535 4th St., St Paul Park, MN 55071

Shopping hours: Tuesdays and Wednesdays

Please make an appointment by calling 651-458-0730.

Help at Your Door (formerly Store to Door):

Provides grocery delivery and help putting your groceries away.

Minimum order of \$40 and maximum order of \$200.

Call 651-642-1892. Monday - Friday

Little Kitchen Food Shelf:

A no-boundaries, no-restrictions food shelf serving Northeast Minneapolis (no restrictions by zip code) and beyond. "We serve **all people.**"

New people must pre-register by calling 612-788-2444 Monday-Friday

Located at Grace Center for Community Life (1500 6th St. NE, Minneapolis, 55413).

Open: Tuesday - Friday

Mom's Meals:

Home-delivered meal option with tailored menus to support common health conditions.

1-877-508-6667

Open Arms of Minnesota:

Open Arms of Minnesota is a nonprofit that cooks and delivers free, nutritious meals to people living with life-threatening illnesses in the Twin Cities.

To qualify, the person must be diagnosed with a life-threatening illness such as cancer, HIV/AIDS, multiple sclerosis, ALS, COPD, ESRD or CHF, AND one of the following; either physically unable to shop or cook OR have a compromised nutritional status. The person must live in the Twin Cities metropolitan area to receive meal delivery service. We do not qualify individuals based on income status.

An application form needs to be completed and a signature from a medical provider, case manager, or social worker is required.

Service representatives: 612-872-1152 | www.openarmsmn.org

Optage Senior Dining's Title III Program:

Senior Dining Choices provides home-delivered meals, funded by Title III.

Eligibility:

At least 60 years old.

Washington or Ramsey County resident.

Nutrition risk exists when:

Rely on others to grocery shop or meal prep | Eat meals alone |

Take three or more medications | Change in the way they eat

Maximum five meals/week

After two to three weeks, someone meets with you to complete the federal guidelines questionnaire/sign form and discuss how the program is working for them.

Eligible seniors and support agencies may register and order meals: 651-746-8280 | Email: orders@optagedining.org.

Today's Harvest:

A free market that provides fresh produce, meat, dairy, and bakery items rescued each day from local grocery stores, farms, and other partners.

5703 Hadley Avenue North, Oakdale, MN 55128

Shopping hours: Monday – Saturday | www.todaysharvestmn.org

Valley Outreach Food Shelf:

Provides non-perishable items (canned and boxed foods) in addition to fresh produce, deli items, milk, eggs, margarine, frozen meats, and other perishable products as available. You are able to "shop" for your food, selecting the items that are most appropriate for your needs.

Eligibility:

Valley Outreach primarily serves households in the Stillwater school district area (ISD 834) whose income is at or below 200% of the Federal Poverty Guideline or who are in crisis.

People can visit the food shelf one-time per calendar month or people over the age of 65 can visit the food shelf two times per calendar month.

Must bring identification and proof of residency each visit.

Contact Information: 1911 Curve Crest Blvd. West, Stillwater, Minnesota 55082

651-430-2739 | Email: info@valleyoutreachmn.org

Medical Resources

Washington County Immunization Clinic:

Immunizations (including those required for schools and daycares) are provided at low-cost for children who are uninsured, underinsured, or American Indian or Alaskan Native.

Appointments are available at these Washington County Service Centers:

- First Tuesday of the month: Forest Lake
- Second Tuesday of the month: Stillwater
- Third Wednesday of the month: Cottage Grove
- First Thursday of the month: Cottage Grove

Questions/schedule an appointment: 651-430-4036

[washingtoncountymn.gov/594/Immunization-Clinics](https://www.washingtoncountymn.gov/594/Immunization-Clinics)

Deaf and Hard-of-Hearing

Minnesota Department of Human Services Deaf and Hard of Hearing Services Division:

Creates and delivers a wide range of innovative programs and services to help children and adults who are deaf, deafblind, or hard of hearing.

<https://mn.gov/deaf-hard-of-hearing>

Low-Cost or Free

East Side Family Clinic:

This facility provides accessible health care to diverse communities, applying a progressive model of care that emphasizes education, prevention, and integrated services using bilingual/bicultural expertise. All of their services are available on a sliding-scale basis through West Side's Discount Fee Program and include primary, specialty, preventive, urgent care, complementary, pharmacy, dental, OB/GYN, mental health, social, and wrap-around services such as child care, transportation, and assistance with health plan enrollment.

651-602-7500 | www.mncare.org

Family Tree Clinic:

Serves teens and adults seeking confidential, affordable, quality reproductive and sexual health care services, including uninsured, underinsured, working poor, high-risk, and vulnerable populations.

They provide reproductive and sexual health services, as well as limited primary care (think Minute Clinic, but better).

Offer sliding fee scale cost, as well as free services to eligible recipients.

Located in Minneapolis | 612-472-0800 | www.familytreeclinic.org

Phillips Neighborhood Clinic (PNC):

A free clinic operated by University of Minnesota health professional students. All students are supervised by licensed clinicians.

Located at St. Paul Lutheran Church in Minneapolis.

Open Mondays and Thursdays

612-724-1690 | <http://phillipsneighborhoodclinic.com>

Southside Community Health Services:

A full-service care clinic committed to providing exceptional and comprehensive health services in a professional, empowering and culturally competent setting. They provide medical, dental, vision, and behavioral services.

Provides services on a sliding fee scale based on federal poverty guidelines of family size and income.

Minneapolis

612-827-7181 (Medical & Behavioral) | 612-822-9030 (Dental) | 612-821-2003 (Vision) |

www.southsidechs.org

Vision Loss

Minnesota State Services for the Blind:

Collaborate to serve working-age adults and seniors with vision loss, blindness, and deafblindness, including:

In-home assessment and training, small group classes

Referrals for tools, training, employment services

Access to books and other materials in audio, e-text, Braille, and other formats

<https://visionlossresources.org/resources/ssb>

Memory Care

Memory Café:

A program for individuals with early to moderate Alzheimer's and their care partners. Engaging environment where people with memory loss and their care partners can laugh, learn, and remain socially connected with others sharing the same experiences.

Hugo: Walking Memory Café/Blue Heron Grill

14725 Victor Hugo Blvd N.

3rd Wednesday of each month

Bring walking shoes!

Lake Elmo: Lake Elmo Inn

3442 Lake Elmo Ave. N

Woodbury: R.H. Stafford Library

8595 Central Park Pl

2nd Tuesday of each month

For more information, please contact: Jenny West, Community Educator for FamilyMeans:

651-789-4015 | Email: jwest@familymeans.org.

Mental Health Resources

Adult Rehabilitative Mental Health Services (ARMHS)

All Health Inc:

Minneapolis: 612-701-7240 | www.allhealthrehab.com

Alliance Health Care:

Eagan: 651-895-8030 x210 | Email: austinj@alliancehealthcare.com | <http://alliancehealthcare.com>

Amazing Health LLC:

St. Paul: 651-800-5494 | Email: info@amazinghealthllc.com | <https://amazinghealthllc.com>

Amherst H. Wilder Foundation:

St. Paul: 651-280-2310 | Email: info@wilder.org | www.wilder.org

Apollo Counseling Inc:

Edina: 651-434-2166 | Email: katiev@apollomentalhealth.com

<https://apollomentalhealth.com/armhs-mental-health-practitioner>

Applied Care Services, LLC:

Bloomington: 612-205-5332 | Email: info@appliedcareservices.com

Associated Clinic of Psychology:

Minneapolis: 651-330-6048 | www.acp-mn.com

Bridgeway Therapeutic Services:

Minneapolis: 612-314-8958

Canvas Health:

Oakdale: 651-777-5222 | Email: mmann@canvashealth.org | www.canvashealth.org

Crestview Health Center LLC:

St. Paul: 651-349-9909 | Email: Hss@crestviewhealth.com

East African Healing Services:

Minneapolis: 651-330-6048 | Email: info@eahsmn.org | www.eahsmn.org

Goshen Behavioral Health:

Brooklyn Center: 612-258-8794 | Email: info@goshenhealthmn.com

goshenhservices.com/armhs

Growth Services LLC:

St. Paul: 612-562-3787 | Email: growthservicesllc@gmail.com

Hashi Consulting LLC:

Minneapolis: 612-407-7213

HealthPoint Services LLC:

St. Paul: 763-742-2962 | Email: info@HealthPointMN.com | <https://healthpointmn.com>

Hennepin Home Health Care:

Brooklyn Park:

763-425-5959 | www.hennhomecare.com

Holding Arms LLC:

612-598-4845

Hope Health Care Resources:

St. Paul: 612-353-4172 | Email: info@hopehealthcenterllc.com |

<https://hopehealthcenterllc.com>

Independent Living Placement:

St. Paul: 651-714-8674 | Email: ARMHSReferrals@ilpmn.com |

www.independentlivingplacement.com

Integral Health & Counseling:

St. Paul: 612-255-0846

Integrity Healing Services:

St. Paul: 612-300-7896

Levan Counseling & Consulting:

Fridley: 612-254-0195 | Email: erika@levancounseling.org | www.levancounseling.org

Maveric Mental Health:

Bloomington: 612-310-2537 | Email: Info@maverick-mh.com | <https://maverick-mh.com>

Metro Psychology Support Services, Inc.:

St. Paul: 651-645-7971 | Email: info@metropsychsupport.com |

<https://metropsychologysupport.com>

Metro Social Services:

St. Paul: 651-647-0647 | Email: info@metrosocialservices.org | www.metrosocialservices.org

Metropolitan Adult Health Services:

Brooklyn Park: 612-416-9205 | Email: referral@metroahs.com | <https://metroahs.com>

Mindful Pathways LLC:

Fridley: 612-532-6250 | <https://mindfulpathwayshealth.com>

Mindful Recovery Services:

New Brighton: 612-685-2391 | Email: contact@mindfulhealthmn.org

www.mindfulrecoveryervices.org

Minnesota Care Counseling Services, Inc.:

Minneapolis: 612-353-4191 | Email: mncarecounseling@gmail.com |

www.mncarecounseling.com

Minnesota Community Care:

651-602-7500 | Email: info@mncare.org | www.mncare.org

Nova Mental Health:

St. Paul: 612-719-7872

Pathways Counseling Center, Inc.:

St. Paul: 651-641-1555 | www.pathwayscounselingcenter.org

People Development Services:

Minneapolis: 612-332-9124 | Email: pdsmnn@gmail.com | <https://pdsminn.org>

People Incorporated:

St. Paul: 651-379-1063 | Email: info@peopleincorporated.com /
www.peopleincorporated.org/programs

Restorers Health Services:

St. Paul: 678-949-2717

Safeway Home Healthcare:

Roseville: 651-500-1157 | Email: admin@safewayhhc.com | www.safewayhhc.com

Spectrum Care:

St. Paul: 770-570-8850 | Email: spectrumcarellc@gmail.com | <https://spectrumcarellcmn.com>

Star in Health:

Brooklyn Center: 612-735-9711 | Email: starhealths9@gmail.com

Stride Health Services:

Roseville: 952-208-1577 | Email: info@stridehealthservices.com
<https://stridehealthservices.com>

Thrive Social Services:

Minneapolis: 612-345-5101 | Email: admin@thrivesocialservicesmn.com | <https://thrivesocialservicesmn.com>

Trinity Counseling and Consulting:

Anoka: 612-220-2747 | Email: trinitypllc@gmail.com | <https://trinitypllcmmn.com>

Unify Wellness Center:

Brooklyn Center: 614-316-3472

Village Wellness Center:

St. Paul: 651-269-2760 | Email: info@villagewellnesscenter.com |
<https://villagewellnesscenter.co>

WeCare, LLC:

Roseville: 866-511-6623 | Email: wecarearmhs@gmail.com | www.wecaremn.net

Y & Z Services:

Roseville: 651-493-9345 | Email: info@yzhealthservices.com |
<https://yzhealthservices.com/about-us>

Additional resources to help identify and select an Adult Rehabilitative Mental Health Services (ARMHS) Provider

Fast-Tracker:

A search engine and virtual community that includes psychiatric information and state-wide resources.

<https://fasttrackermn.org>

MinnesotaHelp.info:

A website that produces a comprehensive list of PCA agencies.

<https://mn.gov/adresources/>

Chemical Health

Chemical and Drug Abuse Services at Washington County:

If you are seeking chemical health treatment, you can contact your preferred provider directly for a comprehensive assessment. Whether you have insurance or not, the provider will figure out the funding source.

To search for a comprehensive assessment provider, visit:

<https://fasttrackermn.org>

For more information call: 651-430-6561 or visit the website:

www.washingtoncountymn.gov/Substance-Use-Disorder-Services

Nystrom & Associates:

Substance Use Disorder (SUD) Treatment Program is available from the comfort of your home!

Call 651-529-8479 to make a referral.

Children's

Children's Mental Health (CMH) Case Management:

Assists children with a severe emotional disturbance and their families with assessing, accessing, coordinating, monitoring and planning mental health services.

Washington County contracts with Canvas Health to provide their mental health case management work for children and their families.

Eligibility:

Children residing in Washington County.

Children who have a mental health diagnosis and meet criteria for serious emotional disturbance.

Eligibility for case management services will be determined upon review of clinical and referral information.

For more information, call 651-777-5222.

Children’s Therapeutic Support Services (CTSS):

These services and support individuals and families in developing skills in areas such as anger, aggression, difficulty following directions, refusal to follow rules, problems relating to peers, anxiety, depression, family conflicts and many others.

Eligibility:

Individuals must be age 4 to 20, be determined by a mental health professional of needing this level of service, and have a medical assistance-based insurance coverage.

This recovery-based service of Canvas Health is available to residents of Washington County.

For more information: 651-777-5222

Family Treatment Program:

Offered by Canvas Health and for Washington County residents only, this is intensive in-home therapy for children with a severe emotional disturbance (SED) as an alternative to having to move outside of the family home (must meet both of these criteria to qualify for these services).

Referral form: www.canvashealth.org/wp-content/uploads/2018/08/Family-Treatment-Program-Referral-form-8.9.pdf

Dean Gorall, Ph.D., LMFT is the Program Supervisor: 651-251-504

Crisis

988 Suicide & Crisis Lifeline:

A U.S.-based suicide prevention network of over 200+ crisis centers that provides 24/7 service via toll-free hotline, available to anyone in suicidal crisis or emotional distress.

9-8-8 | <https://988lifeline.org>

***Crisis:**

Text to **CRISIS and it will ping you to the crisis response resource in the county you are physically in.

East Metro Crisis Alliance:

Helps to connect people with mental health and substance use services to support them in finding the right care at the right time, improve their recover, and reduce strain on ER and emergency responders.

www.eastmetrocrisisalliance.org

Minnesota Department of Human Services (DHS):

<https://mn.gov/dhs/crisis>

National Association of Mental Illness (NAMI) Minnesota:

651-645-2948 or 1-888-NAMI-HELPS (1-888-626-4435)

www.namihelps.org or namihelps@namimn.org

National Suicide Prevention Line:

1-800-TALK (8255)

Washington County's Crisis Response Unit:

Washington County Crisis Response Unit provides 24/7/365 mobile crisis mental health services for adults and children experiencing a crisis. Mobile crisis interventions are face-to-face, short-term, intensive mental health services.

651-275-7400 | crisisresponse@co.washington.mn.us

General Resources

Culturally Specific Mental Health and Substance Use Disorder Services:

Through the Cultural and Ethnic Minority Infrastructure Grant (CEMIG) program, provide culturally-specific trauma-informed mental health and substance use disorder services within targeted and minority communities in Minnesota.

<https://mn.gov/dhs/partners-and-providers/policies-procedures/behavioral-health/cemig>

Melanin and Mental Health:

Connects people with culturally competent clinicians committed to serving the mental health needs of Black and Latinx/Hispanic communities.

www.melaninandmentalhealth.com

Minnesota Warmline:

A resource for people who are struggling with mental health issues and don't know where to turn for help or just need someone to talk to. The service is provided by Mental Health Minnesota and provides peer support via phone, text, and online chat to help people avoid crisis and reduce the use of more intensive services.

Learn how to make referrals to MN Warmline: www.youtube.com/watch?v=ZKK4nNJpkr4

NAMI Minnesota (National Alliance on Mental Illness):

A non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota works with individuals with mental illness, their families, professionals and the community at large by providing education, support and advocacy.

Provide a variety of resources related to advocacy, crisis, education, legal, financial, housing, etc.

Provide information on support groups for people living with a mental illness, as well as their families.

Email: namihelps@namimn.org | <https://namimn.org>

Vanguard Mental Health and Wellness Clinic LLC

Offers individual therapy and diagnostic assessment services in both English and Hmong; all staff are bilingual. "We are a team of bilingual mental health clinicians leading the way with culturally-competent, clinically-grounded, and person-centered services."

651-283-3794 | www.vanguardmhclinic.com

Music Therapy

Living Spirit Therapy Services:

Specialize in music therapy for people with developmental disabilities, seniors, and those with neurologic issues (such as stroke, Parkinson's disease, Autism Spectrum Disorder), hospice, early childhood music, and community wellness.

Contact Melissa Spiess, M.M., MT-BC at 651-363-3936 | Email: melissa@livingspirittherapy.com.

www.livingspirittherapy.com

Sound Matters Music Therapy:

Serving adolescents and adults with developmental and intellectual disabilities. They provide in-home and facility-based sessions in the Twin Cities metro area.

612-466-0227 | <https://soundmattersmusictherapy.com>

Twin Cities Music Therapy Services:

Offers telehealth and in-person sessions for individuals with disabilities, mental health needs, autism, and older adults. They provide individual, group, and family sessions. A scholarship program is available for those without insurance or financial resources. Accept waiver funding, ILS, CDCS, CSG.

612-709-3969 | <https://twincitiesmusictherapyservices.com>

Psychiatry & Therapy

Allina Medical Clinic:

Therapy only

Cottage Grove: 651-458-1884

Woodbury: 651-501-3000

Aris Clinic:

Psychiatry only

Woodbury: 651-259-9750

Be Somebody, Inc.:

Therapy only

Lake Elmo: 651-777-3336

BHSI:

North St. Paul: 651-769-6400

Canvas Health:

Cottage Grove, Forest Lake, Oakdale, and Stillwater locations.

651-777-5222

Counseling Care:

Lake Elmo: 651-379-0444

Ellie Family Services:

Provides in-home and family therapy, as well as ARMHS; telemedicine support is offered in partnership with ARMHS.

St. Paul: 651-313-8080 | Email: info@ellifamilyservices.com | <http://elliefamilyservices.com>

HealthEast Clinics:

Oakdale: 651-326-5300

Woodbury (psychiatry only): 651-232-6700

Health Partners:

Therapy only, see “Ways to Wellness” for therapy.

Woodbury: 651-702-5300

Integrated Life Counseling:

Therapy only

Lake Elmo: 651-242-9608

Lakes Area Human Services:

Therapy only

Forest Lake: 651-464-2194

Midwest Center for Personal & Family Development:

Lake Elmo: 651-264-0242

Minnesota Mental Health Clinic:

Woodbury: 651-365-8209

Nystrom and Associates, LTD:

Woodbury: 651-714-9646

PrairieCare Medical Group:

Woodbury: 651-259-9760

Region’s Behavioral Health:

Lake Elmo: 651-254-8580

Skill Spark Therapy Center:

Oakdale: 651-234-0894

Ways to Wellness:

Therapy only, see Health Partners for psychiatry

Woodbury: 651-326-6600

Trauma

The Minnesota Trauma Project:

Provides a great directory of trauma-based therapists according to region. Includes details about which areas the therapists specialize in.

www.mntraumaproject.org

Minnesota Trauma Recovery Institute (MN-TRI):

MN-TRI, now a program of RS EDEN, provides trauma-informed mental health services, including individual and family therapy. They specialize in treating co-occurring post-traumatic stress disorder (PTSD) and substance use disorders using Narrative Exposure Therapy (NET).

612-217-1667 | www.rseden.org

Pets and Pet Care

3 Pound Cats:

Partners with local veterinary clinics to provide full service pet care at discounted rates for seniors.

<http://3poundcats.com>

Access Veterinary Care:

Provide routine care, urgent care services, and treat chronic diseases on a fully walk-in basis – even on weekends!

Aimed to make pet care accessible and affordable, even if English isn't your first language or your schedule is limited.

763-390-4050 | www.myaccessvetcare.com

Animal Humane Society Veterinary Centers:

Offer low-cost spay, neuter and specialty surgeries, wellness services, and dental care for dogs, cats, and rabbits belonging to families with limited means or nonprofit rescues and shelters.

952-435-7738 | www.animalhumanesociety.org/health/veterinary-centers-spayneuter

Best Friends:

Provide a current list of local Best Friends network made up of public and private shelters, rescue groups, spay/neuter organizations and other animal welfare groups.

<https://bestfriends.org/locations>

Mission Animal Hospital:

The first-ever independent non-profit veterinary hospital in the Midwest, offers high-quality veterinary care to pet owners most in need so that nobody needs to say goodbye too soon.

Offers subsidized pricing to individuals and families who fall within income guidelines.

952-938-1237 | www.missionah.org

MnSNAP (Minnesota Spay Neuter Assistance Program):

Offers low-cost surgeries to pets of low-income families.

612-720-8236 | <https://mnsnap.org>

ValueCare Veterinary Clinic:

Founded to provide basic health care for pets at an affordable price.

952-217-4365 | www.valuecarevet.com

VetCo:

Offers low-cost vaccine clinics at PetCo stores throughout the state.

www.vetcoclinics.com/services-and-clinics/vaccination-clinics-by-state/minnesota-vaccination-clinics

Private Duty Nursing (PDN)

Accurate Home Care:

763-633-3800

Bayada:

651-482-8400

Hiawatha Home Care:

651-388-2223

School Advocacy

PACER Center:

Through more than 30 projects, PACER provides individual assistance, workshops, publications, and other resources to help families make decisions about education and other services for their child or young adult with disabilities.

952-838-9000 | www.pacer.org

Fraser:

Fraser offers a wide range of services in autism, behavioral and mental health, disabilities, and rehabilitation. These include inclusive childcare programs for infants and toddlers, as well as preschool and pre-K education.

612-767-7222 | www.fraser.org

Social Opportunities, Sports, and Staying Connected

Community Thread:

Offers free services at two senior centers that welcomes older adults from any community.

Bayport: 651-275-8907

Stillwater: 651-439-7434

Cow Tipping Press:

Focuses on “changing the narrative on developmental disability” by offering opportunities to highlight strengths through creative writing.

Teach inclusive writing classes for adults with developmental disabilities, “giving the opportunity to share these distinct voices with audiences across time and place, in person and print.”

<http://cowntippingpress.org>

Darby’s Dancers:

A non-profit organization that provides specialized classes for dancers with special needs. Classes are free!

www.darbysdancers.org

Highland Friendship Club:

Provides social activities, skills development, and community connections for teens and adults with disabilities. Programs include community engagement, artistic expression, health and wellness, fun with friends, job skill development, and community club.

Adults and teens age 14 and up with physical or developmental/intellectual disabilities are welcome to join.

Free! (Some activities have fees.)

Create an online account to become a member:

www.highlandfriendshipclub.org/get-involved/membership

For more information: 651-698-4096 | www.highlandfriendshipclub.org

Hockey Teams:**Minnesota Blind Hockey:**

Dedicated to providing children and adults with vision impairments the opportunity to play hockey.

www.mnwildblindhockey.com

Minnesota Sled Hockey:

For people with physical disabilities that prevent them from standing on the ice.

www.mnsledhockey.org

Minnesota Special Hockey:

For people with intellectual/developmental disabilities.

www.mnspecialhockey.org

USA/Minnesota Warriors:

For military service members who have combat and/or non-combat related injuries and/or who are otherwise disabled.

www.mnwarriors.com

Lyf App:

Social media app where users can share highly personal aspects of themselves without fear of judgment. You can be yourself or anonymous.

<https://lyf.app>

Mad Hatter Wellness:

Provides resources and classes to enhance the lives of children and adults with and without disabilities through yoga and wellness by supporting their social, emotional, and physical awareness. They offer classes for parents, support staff and individuals with or without disabilities.

651-524-8364 | <https://madhatterwellness.com/about>

Merrill Arts Center (MAC):

Offers previews of shows for special needs audience members.

PCAs' and caregivers' admission are free

Visit www.merrillartscenter.org for more information.

Minnesota Special Olympics:

Special Olympics is a global movement of people creating a new world of inclusion and community. Special Olympics Minnesota (SOMN) trainings and competitions happen all year in locations across the state.

612-333-0999 | Email: info@somn.org | <https://specialolympicsminnesota.org>

New Friends:

At a New Friends event, young people, with and without special needs, join together to enjoy various activities like games, music, crafts, and snacks. The focus is on having fun and developing new friendships in a safe, judgement-free environment.

www.stcroixlutheran.org/activities/newfriends

For current meeting dates, please call 651-455-1521.

The Tap:

A place for everyone to have a great time and make lasting friendships. They have weekly events like karaoke, poetry reading, trivia, game nights, and more.

<https://yourtap.org>

Valley Friendship Club:

The Vision of the Valley Friendship Club is to create the opportunity for every person with and without a developmental and/or intellectual disability to build enduring friendships and embrace community connections while enhancing the lives of all individuals involved: members, families, and volunteers. Connects children, teens, and young adults, by fostering new friendships and celebrating independence.

Valley Friendship Club Hub is located at: 6201 N. Osgood Ave., Stillwater, MN 55082.

651-491-6486 | www.valleyfriendshipclub.org

NEW! United Through Music: Virtual Groups for Individuals with Special Needs through Valley Friendship Club.

Young Life Capernaum:

A faith-based group for teens and young adults with intellectual and developmental disabilities, giving them the chance to experience fun and adventure, to develop fulfilling friendships, and to challenge their limits while building self-esteem through club, camp, and other exciting activities.

www.capernaum.younglife.org

Supplies

Lifeline:

Medical alert systems.

1-855-681-5351 | www.lifeline.com

Forest Lake and Pine City Medical Supply:

Offer a wide variety of mobility and medical supplies.

Forest Lake: 651-982-0002

Pine City: 320-629-1149

<https://powerchairsandscooterstore.com>

Supportive Decision-Making, Guardianship, Conservatorship, etc.

Arc Guide to Guardianship:

Offers information about supportive decision-making, guardianship, conservatorship, power of attorney, etc.

For more information or advocacy services: 952-920-0855 or 833-450-1494

<https://arcminnesota.org/resource/arc-guide-to-guardianship>

The Minnesota Association for Guardianship & Conservatorship (MAGiC):

MAGiC is committed to ensure the appropriate level of quality substitute decision-making is applied consistently. Education and a forum are provided for those interested in guardianship and conservatorship and their less restrictive alternatives.

www.minnesotaguardianship.org

Minnesota Judicial Branch:

The Minnesota Judicial Branch has launched a new online training for individuals who have been appointed by a court to serve as a guardian or conservator.

Provides resources for guardians and conservators:

www.mncourts.gov/Help-Topics/Guardianship-and-Conservatorship.aspx

Volunteers of America Guardianship Hotline:

Offers a center for telephone consultation, information and assistance, and referrals, as well as multi-dimensional assessments of persons who are at risk for guardianship/conservatorship services. They provide advocacy and coaching to assist families in avoiding guardianship/conservatorship where possible, and navigating the court process when necessary.

952-945-4174 or 1-844-333-1748

Technology/Assistive Technology

Minnesota's Guide to Assistive Technology:

Assistive technology helps people of all ages with disabilities, including older adults with functional needs, increase, maintain, and improve independence at home, school, work, and in their communities. Website increases awareness of assistive technology and provides information to help with exploring, selecting, and using assistive technology whenever and wherever it will be used.

<https://mn.gov/admin/at>

Office of Broadband Development:

This website, hosted by Minnesota Department of Employment and Economic Development (DEED), provides a collection of resources for state and local programs and information to help improve availability of high-speed broadband services.

<https://mn.gov/deed/programs-services/broadband>

PC's for People:

PCs for People provides affordable computers and low-cost internet eligible individuals and nonprofits. They offer refurbished desktop & laptop computers, low-cost mobile internet, and affordable computer repair.

Eligibility: To receive technology and services from PCs for People, a potential recipient must be below the 200% poverty level or be currently enrolled in an income-based government assistance program.

651-354-2552 | www.pcsforpeople.org

Tech for Home (T4H) through LiveLife Therapy Solutions:

Offers a team approach to person-centered assistive technology (AT) consultation and technical assistance to help individuals with disabilities live more independently. People who want to stay home or move home direct the outcome and they assist with the technology resources.

They will help work with your insurance to potentially cover AT.

952-921-8334 | <http://technologyforhome.org>

Vitals App:

A real-time digital medical ID. They alert first responders and 911 dispatchers with the exact personal information needed to assist a vulnerable person in crisis, calmly and with compassion (such as a person who does not use words to communicate).

<https://thevitalsapp.com>

Transportation and Vehicle Resources

Accessible Vehicles

Cummings Mobility:

Offers wheelchair van sales, wheelchair van service and modifications, mobility products, and wheelchair van rental.

www.cummingsmobility.com

Rollx Vans:

New and used accessible minivans, as well as full-sized accessible vans.

www.rollxvans.com

Driving Assessments

Adaptive Experts:

Driver evaluation and training for people with disabilities.

651-324-0791 | www.adaptiveexperts.com/index.htm

Allina Health/Courage-Kinney:

Driving evaluation and training for people affected by visual, cognitive, physical or medical challenges, developmental or physical disability, changes due to aging, or mental health issues.

Offers a two-part comprehensive driving assessment which consists of clinical and on-the road assessments.

612-262-7855 | Email: CKRIDrivingService@allina.com | <https://account.allinahealth.org/services/583>

Low-Cost Purchase, Accessible Purchasing, and Repair Resources

Fury Motors:

Works with people of all abilities to purchase a vehicle.

1-888-722-0918 | <https://stillwater.furymotors.com>

The Lift Garage:

Aimed at moving people out of poverty and homelessness by providing low-cost car repair, free pre-purchase car inspections, and honest advice that supports our community on the road to more secure lives.

612-866-5840 | www.theliftgarage.org

Wheels for Women through Newgate School:

Provides a vital resource for working moms by providing a reliable car, van, or SUV at no charge to women who qualify.

To learn more, including eligibility criteria: www.newgateschool.org/our-programs/wheels-for-women

Transportation Resources

Community Thread:

Provides door-to-door transportation service for older adults and others who are unable to drive to medical appointments. Volunteer drivers use their personal vehicles to transport people.

Eligibility:

Must be able to walk without assistance.

Must be a resident of the Stillwater Area School District, but the medical appointment does not need to be in the Stillwater Area School District (have done the Cottage Grove area as well).

Must provide at least a three day notice.

Free and low-cost rides for older adults who reside within the Stillwater Area Public School District 834 boundaries. Rides are provided by volunteer drivers on a sliding scale through membership in the Thrive Program.

Call 651-439-7434.

Connector LOOP:

A weekly bus service that takes individuals to and from local destinations. Vehicles are accessible.

Cottage Grove: Tuesdays | Questions: DARTS at 651-445-1560

Forest Lake: Wednesdays | Questions: NewTrax at 651-846-9302

Oakdale: Thursdays | Questions: New Trax at 651-789-6221

Stillwater: Mondays | Questions: New Trax at 651-789-6221

White Bear Lake: North and South Loop: Thursdays | Questions: NewTrax at 651-846-9302

Metro Gold Line:

The 10-mile bus – only lanes connect St. Paul, Maplewood, Landfall, Oakdale, and Woodbury along I-94. All – day service in both directions, seven days a week.

Bus fares vary between \$1 - \$3.25

Metro Micro:

Metro micro operates in parts of Woodbury, Oakdale, and Lake Elmo areas. The Woodbury area micro service is a door-to-door service that uses ADA accessible minibuses.

Bus fares vary between \$1 - \$3.25

Website: [Metro micro](#)

Metro Mobility:

A shared-ride public transportation service for certified riders who are unable to use regular, fixed-route buses due to a disability or health condition. Trips are provided for any purpose.

People are generally eligible if:

They are physically unable to get to the regular fixed-route bus.

They are unable to navigate regular fixed-route bus systems once they are on board.

They are unable to board and exit the bus at some locations.

Costs vary; between \$3.50 - \$4.50 (\$1 downtown)

Call 651-602-1111 or 651-221-9886 (TTY) or visit

<https://metro council.org/Transportation/Services/Metro-Mobility-Home.aspx>

Metro Move:

A shared-ride transit service for individuals who are served by BI, CADI, or DD waiver and take regular schedule trips to work, day programs, or community programs.

Operation areas in WASHINGTON COUNTY:

Baytown, the city of Stillwater, White Bear Lake, Bayport, Birchwood, Cottage Grove, Dellwood, Lake Elmo, Landfall, Mahtomedi, Newport, Oakdale, Oak Park Heights, Pine Springs, St. Paul Park, Willernie, Woodbury.

[Metro Move - Metropolitan Council](#)

Transit Link:

A shared-ride public transportation for the Twin Cities metro area where regular route transit service is infrequent or unavailable. It's for trips that can't be accomplished on regular transit routes alone.

Costs vary; between \$3.50 - \$4.50

651-602-LINK (5465) | <https://metro council.org/Transportation/Services/Transit-Link.aspx>

Transit Link/Forest Lake Residents/Fairview Lakes Medical Center:

A new option for Forest Lake residents to increase access to care at Fairview Lakes Medical Center.

Appointments available Wednesdays and Thursdays.

Transportation Resources at Washington County:

Multiple transportation options are available to support access to medical appointments for those without reliable access to a vehicle.

Contact the Washington County Transportation Navigator at 651-430-6651, email ComSvsTransportation@washingtoncountymn.gov, or visit GoWashingtonMN.com to learn what options are available.

Travel

Navigating MSP (Minneapolis-St. Paul) Program:

This program helps ease the anxiety of traveling with a child with special needs by offering free, monthly practice runs through the airport including experiencing security, exploring the terminal, boarding a plane and meeting a pilot, and preparing for takeoff.

www.mspairport.com/navigating or call Shelly Lopez (612-726-5239)

Search Beyond Adventures:

Provides all-inclusive, escorted vacations for travelers with disabilities and special needs, ages 17 and up.

www.searchbeyond.com

Veteran's Support

Transportation to VA Appointments:

Provided free of charge, first-come, first-serve and based on availability. You are encouraged to request transportation as soon as you know about your appointment and at least a week prior.

612-467-2768

Veteran Linkage Line:

Support is available seven days a week for Minnesota Veterans and their families. LinkVet is staffed by a team of support specialists trained through the Minnesota Department of Veterans Affairs (MDVA).

888-LinkVet

Veteran's Services at Washington County:

Washington County Veteran Services provides responsive, timely, accurate and compassionate assistance to Veterans, their dependents and survivors in applying for federal, state and local benefits. In recognition of their service to our nation, we act as their advocates.

Examples of services offered in this office:

- Comprehensive benefits counseling.
- Claims preparation and submission.
- Claims follow-up to ensure final decisions.
- Networking and advocacy with federal, state, and local agencies.

For more information, call 651-430-6895 or visit the website:

www.washingtoncountymn.gov/VeteranServices