

### Children's Activities

- Boys and Girls Clubs ..... 320-252-7616
- Big Brothers Big Sisters..... 320-253-1616
- Boys Scouts..... 320-251-3930
- Girl Scouts ..... 320-252-2952
- St. Cloud Community Ed ..... 320-529-6500
- Sauk Rapids Community Ed... 320-253-7277
- Sartell Community Ed..... 320-253-4036
- St Cloud Park & Rec..... 320-255-7216
- SCSU Rec Kids..... 320-308-3325
- Youth Coalition ..... 320-452-9509
- Youth for Christ..... 320-251-8711
- StCloudfun4kids.com..... aroundthecloud.org



This card is prepared by  
 Central MN Inside Out Connections Coalition  
 in partnership with the Initiative Foundation  
 Find support for families  
 coping with incarceration at:  
[www.centralmnioc.org](http://www.centralmnioc.org)

### Dental Clinics-Low Cost

- SCTCC Dental Clinic ..... 320-308-5919
- Give Kids a Smile ..... [www.mndental.org](http://www.mndental.org)

### Clinics - Urgent Care

- CentraCare Family Health Ctr 800-575-2982
- Express Care (St. Cloud)..... 320-240-2170

### Immunizations

- Stearns County ..... 320-656-6000
- Benton County ..... 320-968-5087
- Sherburne County ..... 800-433-5237

### Walk- In Clinics

- Coborn's Sauk Rapids....M-F 11-7 S&S 10-4
- CentraCare Pediatric- Health Plaza ..M-F 8-4

### Hospitals:

- Albany Area Hospital..... 320-845-2121
- Melrose Area Hospital ..... 320-256-4231
- Paynesville Area Hospital ..... 320-243-3767
- St. Cloud Hospital ..... 800-835-6652
- VA Medical Center..... 320-252-1670

### Insurance Help

- Portico Health Net..... 866-489-4899
- BRIVA Health ..... 855-566-7873

\*Starred agencies have MNSURE navigators

### Abuse/Assault/Neglect/Protection

- Anna Marie's, St. Cloud..... 320-253-6900
- Bridge for Runaway Youth ..... 612-377-8800
- Cen. MN Sexual Assault Ctr... 800-237-5090
- MN Domestic Violence Line ...866-223-1111
- National Child Abuse Hotline . 800-422-4453
- NAMI Parent Warm Line..... 888-334-7754

### Low Cost Counseling/Mental Health

- 4 County Crisis Team..... 800-635-8008
- Catholic Charities\* ..... 800-830-8254
- Central MN Mental Health ..... 320-252-5010
- Lutheran Social Service\* ..... 320-251-7700
- The Village ..... 866-304-2697

### Transportation

- Metro Bus..... 320-251-7433
- Tri-CAP ..... 320-202-7825
- Care Cab..... 320-255-5004
- Orange Cab ..... 320-252-8080
- Yellow Cab..... 320-251-5050

### Veterans

- St. Cloud Area Info ..... 320-251-1670
- Goodwill ..... 320-654-9527
- MN Assistance Council..... 612-726-1327
- TriCAP ..... 320-251-1612

# Call For Help



- Emergency Services ..... 911
- United Way..... 211 or 800-543-7709

For additional services contact

United Way of Central MN

[unitedwayhelps.org](http://unitedwayhelps.org)

For additional cards contact Lucy Bauer

[lucille.bauer@isd742.org](mailto:lucille.bauer@isd742.org)

~~320-252-5020 Ext 5005~~

320-370-8282

### Support/Education

#### **Adult Basic Education**

Sauk Rapids .....320-258-1112  
St. Cloud ..... 320-529-6500  
Hands Across the World..... 320-260-1072

#### **Early Childhood Family Education**

Sauk Rapids ..... 320-255-8910  
St. Cloud ..... 320-253-5828  
Reach-Up Head Start .....320-253-8110

#### **Support / Classes / Advocacy**

Circle of Parents..... 651-412-8914  
Conflict Resolution Center..... 320-308-6150  
CreateCommUNITY ..... 320-310-2246  
Department of Human Rights . 320-650-3133  
Father's Support Group..... ~~320-432-9509~~  
NAACP ..... ~~609-980-1000~~  
Parenting on the Outside ..... 320-253-5828  
Relatives as Parents..... 320-251-5081

### Financial Assistance/Education

Social Security ..... 800-772-1213  
Catholic Charities\* ..... 800-830-8254  
Salvation Army ..... 320-257-7420  
Tri-CAP ..... 320-251-1612  
The Village ..... 800-450-4019

### County Human Services/Public Health

Benton County\*\*\* ..... 800-530-6254  
Sherburne County\*\*\* ..... 800-433-5239  
Stearns County\*\*\* ..... 320-656-6000

\*\*\*Veterans, please ask for Veterans Officer

### Low Income Housing / Assistance

HRA ..... 320-252-0880  
Catholic Charities\* ..... 320-229-4576  
Lutheran Social Services..... 320-828-6749  
Place of Hope - Hope on 9th... 320-203-7883  
Tri-CAP ..... 320-251-1612  
Veterans Housing ..... 320-252-1670

### Emergency Housing /Shelters

Anna Marie's Women's Shltr.. 320-253-6900  
Place of Hope\*\* ..... 320-203-7881  
Salvation Army\*\* ..... 320-252-2229  
Journey Home ..... 320-259-9149  
Dream Center ..... 320-656-1550

~~320-656-1550~~

\*\* Free community meals daily

### Child Care

#### **Child Care Assistance**

Benton County ..... 800-530-6254  
Stearns County ..... 320-656-6000  
Sherburne County ..... 800-433-5239

### Child Care Aware

Resource & Referral .....866-511-2244

### Crisis Child Care Needs

Crisis Nursery - LSS ..... 320-654-1090

### Employment

Doherty ..... 320-253-4473  
Express ..... 320-251-1038  
Goodwill ..... 320-654-9527  
Kelly Services ..... 320-253-7430  
Manpower ..... 320-251-1924  
Prostaff ..... 320-656-9777  
Work Force Center ..... 320-308-5320

### Clothing/Furniture

Catholic Charities\* ..... 320-229-4560  
CROSS Center Foley ..... 320-968-7012  
Expressions of Hope Thrift..... 320-203-7881  
Goodwill ..... 320-654-9012  
Restore ..... 320-281-3167  
Salvation Army Thrift ..... 320-253-5664  
Savers ..... 320-203-0558  
The Used Store..... 320-230-8823  
Treasure Chest..... 320-255-1808

### Discount Food

Fare For All ..... 800-582-4291  
WIC - Benton County ..... 320-968-5087

WIC- Sherburne County ..... 320-433-5237  
WIC- Stearns County ..... 320-656-6000

### Food Shelves

Albany ..... 320-845-2343  
Avon ..... 320-356-7210  
Brooten/Belgrade/Elrosa..... 320-346-2804  
Catholic Charities\* ..... 320-229-4560  
ROCORI Area ..... 320-685-8785  
CROSS Center Foley ..... 320-968-7012  
Holdingsford..... 320-746-2637  
Kimball ..... 320-398-2211  
Melrose Area ..... 320-256-2555  
Paynesville Community ..... 320-243-4575  
Salvation Army ..... 320-252-4552  
Sauk Centre ..... 320-351-2287  
St Joseph ..... 320-363-7505

### Law Enforcement/ Jails

Benton County ..... 320-968-8180  
Sherburne County ..... 800-433-5245  
Stearns County ..... 320-259-3760

### Re-entry Programs

Central MN Re-entry Project.. 320-656-9004

### Legal Services

Central MN Legal Services..... 800-622-7773  
Mid MN Legal Aid\* ..... 320-253-0121