

CATEGORY

AGENCY

COMMENTS

Public Assistance programs

Bridge to Benefits

www. Bridgetobenefits.org

Public assistance programs you qualify for: food, medical assistance, child care, energy assistance, school meals

Washington Cnty. Comm. Serv.

651-430-6455

www.co.washington.mn.us/info_for_residents/community_service

financial assistance, food support, and many more county assistance programs.

Education

Homework Rescue

www.co.washington.mn.us/library

on-line tutoring: must have a library card

7 days a week: 1 pm – 11 pm

HeadStart

763-783-4300 or www.accap.org

763-783-4390 (espanol)

preschool program

serviced out of Anoka County office

Ombudsperson for Families

612-603-0057 or 888-234-4939

for families with education questions

Free & Reduced Meals

www.sowashco.k12.mn.us

look under “hot Topics” click on “online Free and reduced application”

	<p>MN Literacy Council www.theMLC.org/hotline 800-222-1990</p>	<p>free classes or tutoring</p>
<p>Local Food Shelf</p>	<p>Friends in Need 255 3rd Street, St. Paul Park, MN 55016 651-458-0730</p>	<p>food & personal care products Tuesdays: 8 am – 6:30 pm by appointment</p>
<p>Other Hunger Programs Free or Reduced Meals</p>	<p>Second Harvest Heartland 651-484-8241 or 800-365-0270 www.2harvest.org/CSFP www.2harvest.org/SNAP</p>	<p>Supplemental Food Program nutritional assistance for seniors nutritional assistance for mother & children previously known as food stamps</p>
	<p>WIC, Women, Infants & Children 651-201-5797 or 800-657-3942 www.health.state.mn.us/divs/fh/wic/</p>	<p>Nutrition Programs nutritional assistance for mother & children (under age 5)</p>
	<p>MN Food HelpLine 888-711-1151 www.mnfoodhelpline.org</p>	<p>emergency food resources</p>
	<p>Store to Door www.storeto door.org 651-642-1892</p>	<p>grocery shopping and delivery service for seniors</p>

Foreclosure Info & Help

Washington Cnty. HRA

www.wchra.com

651-458-0936

foreclosure prevention counseling

Legal Assistance

LawHelpMN.org

legal assistance

Medical Assistance

Portico

651-603-5100

to find out if you qualify for state health plan

www.porticohealthnet.org

Care Connections

877-405-3463 or 218-347-3463

www.northernconnections.org

to help find health care programs

Monday – Fri : 8 am – 8 pm and 9 am – 4 pm on Saturdays

Senior LinkAge Line

800-333-2433

prescription drug program for seniors if eligible

MN Dept of Health

888-643-2584

free mammogram if eligible

promote 5771

Portico

651-603-5100

to find out if you qualify for state health plan

www.porticohealthnet.org

MN Org on Fetal Alcohol Syndrome www.mofas.org

651-917-2370

Counseling Services

Youth Service Bureau
651-458-5224 (CG)
www.ysb.net

youth & family counseling

Pets

Kindestcut
763-489-7729
www.kindestcutmn.com

low cost spay/neuter for pets

Security

Safe at Home
www.sos.state.mn.us
651-201-1399 or 866-723-3035

confidential mailing address for abuse victims