

# HouseCalls

helping families safely stay in their homes



## Resource Guide

**651-266-1290**

In HouseCalls we work to prevent homelessness and gain stability for residents in Ramsey County by offering supportive services when there is a threat to an individual and/or family that could lose their home.

We have social work staff that partner with your local community agencies. Our staff will help navigate you through Ramsey County resources to meet your needs. We will advocate for you and connect you to grant assistance from both the Family Homelessness Prevention and Assistance Grant and the Emergency Solutions Grant for: electric and water disconnections, rental evictions, motel stays after condemnation and sanitation cleanup.

We believe that preventing homelessness has a direct impact on maintaining the health and well-being of community.

# Domestic and Sexual Violence

|   |                |
|---|----------------|
| Asian Women United  | 651-724-8823   |
| Bridges to Safety   | 651-266-9901   |
| Casa de Esperanza/Bilingual   | 651-772-1611   |
| CLUES   | 612-746-3500   |
| Day One Domestic Violence Crisis<br>TEXT 612-399-9995                   | 1-866-223-1111 |
| Domestic Abuse & Harrassment Office                                     | 651-266-5130   |
| First Call for Help   | 651-291-0211   |
| National Domestic Violence Hotline                                      | 1-800-799-7233 |
| OutFront Minnesota LGBTQ  | 800-800-0350   |
| PRIDE/The Family Partnership -<br>Crisis Line - Sex trafficking victims | 612-728-2062   |
| St. Paul Domestic Abuse<br>Intervention Project                         | 651-645-2824   |
| StrongHearts Native Helpline  | 844-762-8483   |
| Tubman: 24hr Crisis Resource Line                                       | 612-825-0000   |
| Violence Free Minnesota   | 651-646-6177   |
| Woman's Advocate Crisis Line  | 651-227-8284   |

# Crisis Assistance and Helplines

|  |                |
|--|----------------|
| Children's Crisis Response                                   | 651-774-7000   |
| First Call for Help  | 651-291-0211   |
| Minnesota Warmline<br>TEXT "support" to 85511 (M-F, 5-10pm)  | 1-877-404-3190 |
| National Suicide Prevention Life Line                        | 1-800-273-8255 |
| Open Mind Initiative -<br>MN Muslim Helpline (Tu & F, 6-9pm) | 612-404-2424   |
| Ramsey County -<br>Mental Health Crisis Line (Adult)         | 651-266-7900   |
| Together for Good<br>Crisis care for children                | 651-440-4058   |
| SOS Sexual Violence Services<br>Answered 24/7                | 651-266-1000   |
| Safe Families for Children                                   | 1-888-290-7590 |



## Affordable Medical Services

|  |              |
|--|--------------|
| ABRIA Pregnancy Resources                          | 651-695-0111 |
| Bethesda Family Practice                           | 651-227-6551 |
| Child and Teen Checkups Program                    | 651-266-2420 |
| Children's Clinic - St. Paul                       | 651-220-6700 |
| Clinic 555<br>Sexual & Reproductive Health         | 651-266-1255 |
| East Side Family Clinic                            | 651-602-7500 |
| Face to Face Health and Counseling                 | 651-772-5555 |
| Family Tree Clinic (call or text)                  | 651-645-0478 |
| Just Us Health<br>(formerly MN AIDS Project)       | 612-341-2060 |
| McDonough Homes Clinic                             | 651-602-7500 |
| Minnesota Community Care (MNCC)                    | 651-602-7500 |
| MNCC - Healthcare for the Homeless                 | 651-793-2219 |
| MNSure Intake                                      | 651-539-2099 |
| New Americans Community<br>Health Center           | 651-287-5223 |
| Open Cities Health Center                          | 651-290-9202 |
| Planned Parenthood<br>Sexual & Reproductive Health | 651-698-2406 |
| St. Mary's Clinic                                  | 651-287-7777 |
| United Family Medicine                             | 651-241-1000 |

# Ramsey County Programs/Services

|  |              |
|--|--------------|
| Adult Mental Health Welcome Center                     | 651-266-7890 |
| Adult Protection                                       | 651-266-4012 |
| Adult Services   | 651-266-2300 |
| Birth, Death & Marriage Certificates                   | 651-266-1333 |
| Child and Teen Checkups Program                        | 651-266-2420 |
| Child Protection                                       | 651-266-4500 |
| Child Support  | 651-266-3344 |
| Children's Mental Health Crisis Hotline                | 651-266-7878 |
| Children's Mental Health Services                      | 651-266-4486 |
| Civil Process Services                                 | 651-266-9330 |
| Clinical Services                                      | 651-266-1255 |
| Community Human Services                               | 651-266-4444 |
| Crisis Line Mental Health                              | 651-266-7900 |
| Delinquent Tax Information                             | 651-266-2002 |
| Detox Center 24/7                                      | 651-266-4009 |
| Disability Services                                    | 651-266-3613 |
| Emergency Management & Homeland Security               | 651-266-1020 |
| EZ Info Line   | 651-266-3800 |
| Family Home Visiting                                   | 651-266-1555 |
| Referrals/self-referrals                               | 651-266-1568 |
| Financial Assistance Program                           | 651-266-4444 |
| Immunization   | 651-266-1234 |
| Mental Health  | 651-266-7999 |
| Harrassment Restraining Order/<br>Order for Protection | 651-266-5130 |
| Public Health  | 651-266-1200 |
| Ramsey County General Information                      | 651-266-8500 |
| Sexual Health  | 651-266-1255 |
| SOS Sexual Violence Services                           | 651-266-1000 |
| Tax-Forfeited Land                                     | 651-266-2080 |
| Tuberculosis Clinic                                    | 651-266-1343 |
| Veterans Services                                      | 651-266-2545 |
| Women, Infants, Children (WIC)                         | 651-266-1300 |

# Affordable Dental Services

|   |                                |
|---|--------------------------------|
| Apple Tree Dental   | 763-316-5400                   |
| Children's Dental Services<br>Services are offered in elementary schools and community centers. | 612-746-1530<br>1-866-543-6009 |
| Community Dental Care   |                                |
| Saint Paul  | 651-774-2959                   |
| Maplewood   | 651-925-8400                   |
| Hope Dental Clinic  | 651-789-7605                   |
| Metropolitan Pediatric Dental Association   | 651-224-4969                   |
| Metropolitan State University Dental Clinic   | 651-793-1793                   |
| Minnesota Community Care  | 651-602-7500                   |
| Open Cities Health Center   | 651-290-9202                   |
| Portico Healthnet   | 651-489-2273                   |
| United Family Medicine  | 651-241-1000                   |
| United Way Give Kids A Smile  | 651-291-0211                   |
| University of MN Dental<br>Ages 0-17 years  | 612-625-2495                   |

# Medical Insurance Navigation

|                            |                                |
|----------------------------|--------------------------------|
| CLUES                      | 651-379-4200                   |
| Face to Face               | 651-772-5555                   |
| Health Access MN           | 651-645-0215                   |
| Hmong American Partnership | 651-493-1742<br>651-493-1615   |
| MNsure                     | 651-539-2099<br>1-855-366-7873 |
| Portico Healthnet          | 651-489-2273                   |



## Mental Health and Counseling

|   |                |
|---|----------------|
| American Indian Family Center                           | 651-793-3803   |
| CLUES   | 612-746-3500   |
| Erickson Counseling & Services                          | 651-234-0891   |
| Face to Face Health & Counseling                        | 651-772-5555   |
| Hamm Clinic   | 651-224-0614   |
| Hmong American Partnership                              | 651-495-9160   |
| Just Us Behavioral Health                               | 612-373-9160   |
| Lutheran Social Services                                | 888-881-8261   |
| Mental Health Minnesota                                 | 800-862-1799   |
| NAMI Minnesota<br>(National Alliance on Mental Illness) | 651-645-2948   |
| National Suicide Prevention Life Line                   | 1-800-273-8255 |
| Northeast Youth & Family Services<br>Shoreview          | 651-486-3808   |
| Northeast Youth & Family Services<br>White Bear Area    | 651-429-8544   |
| Northland Therapy Center                                | 651-641-1009   |
| Open Minds Initiative -<br>MN Muslim Helpline           | 612-404-2424   |
| People Incorporated                                     | 651-774-0011   |
| Prairie Care  | 952-737-4500   |
| Children's Mental Health Crisis Hotline                 | 651-266-7878   |
| Children's Mental Health Center                         | 651-266-7890   |
| Walk-in Counseling                                      | 612-870-0565   |
| Wilder Mental Health                                    | 651-280-2310   |

# Access to Emergency Shelters

To access emergency shelter in Ramsey County, you must **FIRST** call:

## FAMILIES

- Seeking emergency shelter with minor children.  
**United Way: 651-291-0211**
- Experiencing domestic violence needing a safe place while fleeing abuse. **Day One Services: 1-866-223-1111**
- Sleeping in streets, cars, camping, public transit, etc. and seeking supportive housing.  
**Coordinated Access to Housing and Shelter (CAHS): 651-215-2262**

## SINGLES (25 years and older)

- Seeking immediate shelter  
**Catholic Charities - Higher Ground: 651-647-2350**  
**Union Gospel Mission: 651-292-1721**
- Staying in a shelter, looking for long-term housing options (will need to complete housing assessment)  
**Housing Assessor: 651-647-2350**
- Experiencing homelessness and NOT in shelter looking for long-term housing options (will need to complete housing assessment)  
**Minnesota Community Care: 651-793-2219**

## VETERANS

- Needing housing resources or assistance  
**Ramsey County Veterans Services: 651-266-2545**
- Housing resources for homeless veterans and their families. **LinkVet: 1-888-546-5838** and join the **Homeless Veteran Registry**
- Veterans Assistance Office  
**90 Plato Blvd. W., St. Paul, MN 55017**

## YOUTH

- Needing emergency help finding a place to stay (24 years and younger). **Safe Zone Drop-in Center for Homeless Youth: 651-224-9644, 130 E. 7th Street, St. Paul, MN 55101**
- Needing housing, food shelves, employment, legal services, education, and healthcare (12-24 yrs).  
**Youth Resource Line: 763-493-3052, 8 a.m. – 8 p.m. seven days a week**





## Clothing and Furniture

Alley Shoppe at  
Arlington Hills Luthern Church  
Free clothing and household items 651-771-5501

Bridging, Inc. 651-631-3255  
Low cost furniture for Ramsey County residents  
with a referral from a social worker

Dress for Success Twin Cities 651-646-6000  
Referral required - professional work clothing and suits for women

Goodwill. Easter Seals 651-379-5800  
Low cost furniture, clothing and household items

Hallie Q. Brown Clothing Closet 651-224-4601  
Free clothing and small household items ext. 210

Joseph's Closet 651-291-2472  
Free seasonal clothes, personal care  
products and household items

Martha's Closet 651-224-4728  
Referral required - professional work clothing and suits for women

Salvation Army Thrift Store 651-731-7893  
Low cost furniture, clothing and household items

St. Vincent de Paul Thrift Store 651-227-1332  
Low cost clothing, furniture & household goods

Twin Cities Free Market 651-222-7678  
Free

Union Gospel Mission 651-292-1721  
Free

## Showers

Catholic Charities - 651-647-2552  
St. Paul Opportunity Center

Union Gospel Mission Twin Cities 651-789-7599  
Men only

## Renter Resources

|   |              |
|---|--------------|
| CommonBond Communities                                | 651-291-1750 |
| Community Stabilization Project                       | 651-225-8778 |
| HOME Line Tenant Hotline/<br>Renters in MN            | 612-728-5767 |
| Housing Link  | 651-522-2500 |
| Model Cities of Saint Paul                            | 651-632-8350 |
| Saint Paul Public Housing Agency                      | 651-298-5664 |
| Saint Paul Section 8 Office/<br>Public Housing Rental | 651-298-5158 |
| Twin Cities Housing<br>Development Corporation        | 651-292-0211 |

## Housing Organizers

|                                  |              |
|----------------------------------|--------------|
| Clean Sweep Organizing           | 612-251-3438 |
| Dynamic Duo Cleaning Services    | 952-236-4357 |
| Face the Clutter                 | 763-458-8574 |
| New Life Organizing              | 651-235-6621 |
| Northland Organizing             | 218-213-8071 |
| Quickturn Property Services, LLC | 651-216-4759 |
| Smarter Spaces LLC               | 651-321-4595 |
| Sort, Toss, Pack                 | 651-717-4325 |
| Think Organized                  | 612-240-0828 |
| Trust Chore Program              | 612-827-6150 |
| Varin Enterprise                 | 651-342-1385 |



## Homeowner Resources

|  |                              |
|--|------------------------------|
| A Brush with Kindness  | 612-788-8169                 |
| Center for Energy and Environment                                  | 651-221-4462                 |
| City of Saint Paul Home Mortgage<br>Foreclosure Prevention Program | 651-266-6626                 |
| Dayton's Bluff<br>Neighborhood Housing                             | 651-774-6995                 |
| Greater Frogtown<br>Community Development                          | 651-789-7400<br>651-298-8980 |
| Hearts and Hammers   | 651-636-0797                 |
| MN Housing Fix Up Fund/<br>Rehab Loan                              | 651-296-8215                 |
| Mortgage Foreclosure Assistance/<br>St. Paul                       | 651-266-6626                 |
| Neighborhood Development<br>Alliance                               | 651-292-0131                 |
| Northeast Development<br>Neighborhood Corporation                  | 651-771-6955                 |
| NeighborWorks Home Partners  | 651-292-8710                 |
| Planning & Economic Development -<br>St. Paul                      | 651-266-6655                 |
| Project Safe Haven - St. Paul                                      | 651-228-6273                 |
| Rebuilding Together - Twin Cities                                  | 651-776-4273                 |
| Saint Paul<br>Housing Code Enforcement                             | 651-266-8989                 |
| Veteran's Accessible Housing Grant                                 | 1-800-827-1000               |



## Free Dining Sites

|  |              |
|--|--------------|
| Catholic Charities<br>St. Paul Opportunity Center          | 651-647-2350 |
| Face to Face - Safe Zone for Youth                         | 651-224-9644 |
| Loaves and Fishes (days/times vary)                        | 612-377-9810 |
| Beloved United Methodist (M & T)                           | 5:30-6:30 pm |
| Gethsemane Lutheran (1 <sup>st</sup> & 3 <sup>rd</sup> Th) | 5:30-6:30 pm |
| Old Redeemer Lutheran (Wed)                                | 5:30-6:30 pm |
| St. Matthews Catholic (M-F)                                | 5-6 pm       |
| Open Hands Midway  | 651-646-6549 |
| Salvation Army East  | 651-776-8169 |
| Salvation Army West  | 651-224-4316 |
| Union Gospel Mission                                       | 651-292-1721 |

## Food Resources

|  |                |
|--|----------------|
| Fare for All-Discounted Groceries                  | 763-450-3880   |
| First Lutheran Church<br>Summer Food Program       | 651-776-7210   |
| Hunger Solutions                                   | 651-486-9860   |
| Meals on Wheels                                    | 612-623-3363   |
| MN Food Helpline                                   | 1-888-711-1151 |
| Nutrition Assistance Program<br>for Seniors (NAPS) | 651-484-8241   |
| Summer Meal Program<br>TEXT "food" to 877-877      | 866-348-6479   |
| Twin Cities Mobile Market                          | 651-621-2770   |
| Women, Infants & Children (WIC)                    | 651-266-1300   |

# Food Support

|   |              |
|---|--------------|
| Christian Cupboard Emergency                          | 651-233-1296 |
| Concordia University Food Shelf                       | 651-641-8261 |
| Department of Indian Work                             | 651-644-2768 |
| Food Support & SNAP Benefits                          | 651-266-4444 |
| Francis Basket Food Shelf                             | 651-699-0986 |
| Franciscan Brothers of Peace<br>Emergency Food Shelf  | 651-646-8586 |
| Fruit of the Vine First Covenant<br>Church Food Shelf | 952-595-5980 |
| Hallie Q. Brown Community Center                      | 651-224-4601 |
| Keystone - Food Shelves<br>Midway                     | 651-917-3792 |
| Rice Street   | 651-487-2792 |
| Merrick Community Services<br>Food Shelves            | 651-287-2088 |
| Mounds Park United Methodist                          | 651-774-0023 |
| Neighborhood House Food Shelf<br>Francis Basket       | 651-699-0986 |
| Wellstone Center Food Market                          | 651-789-3630 |
| Neighbors Inc. Food Shelf                             | 651-455-1508 |
| North St. Paul Area Food Shelf                        | 651-770-1309 |
| Open Hands Midway Food Shelf                          | 651-646-6549 |
| Ralph Reeder Food Shelf                               | 651-621-6280 |
| Salvation Army<br>Lakewood                            | 651-779-9177 |
| School Lunch/Summer Food Program                      | 651-603-4950 |
| Union Gospel Mission                                  | 651-292-1721 |
| White Bear Lake Emergency                             | 651-407-5310 |



## Transportation

MetroTransit Ride Line 612-373-3333  
[www.metrotransit.org](http://www.metrotransit.org)

MetroTransit Transit Assistance Program  
[www.metrotransit.org/tap-riders](http://www.metrotransit.org/tap-riders)

Blue and White Taxi Cab 612-333-3333

Diamond Taxi Cab 651-642-1188

Yellow Taxi Cab 651-222-4433

## Free Medical Insurance Rides

BlueRide 651-662-8648

Health Partners- Medical Transportation 952-883-7400

Medica Provide-A-Ride 952-992-2292

MN Non-Emergency Transportation Program (Mnet) 1-866-467-1724  
651-645-3982

UCare Health Ride 1-800-864-2157

## Picture Identification Cards (IDs)

Basic Picture ID 651-266-4444  
ID cards for Ramsey County residents  
160 Kellogg Boulevard, Saint Paul

Driver & Vehicle Services 651-297-3298  
Downtown Saint Paul exam station

Saint Paul License Bureau 651-292-9791

## Community Centers

|                                  |              |
|----------------------------------|--------------|
| Arlington Hills Community Center | 651-632-3862 |
| Battle Creek Center              | 651-501-6347 |
| East Side Community Center       | 651-793-7340 |
| East View Recreation Center      | 651-772-7845 |
| Highland Park Community          | 651-695-3706 |
| Hmong American Partnership       | 651-495-9160 |
| Karen Organization of MN         | 651-788-7593 |
| Lao Family Community Center      | 651-209-6807 |
| Maplewood Community Center       | 651-747-0922 |
| Martin Luther King Center        | 651-290-8635 |
| McDonough Recreation Center      | 651-558-2171 |
| Merrick Community Center         | 651-771-9339 |
| Mounds View Community Center     | 763-717-4040 |
| Neighborhood House               | 651-789-2500 |
| New Brighton Community Center    | 651-638-2130 |
| Oxford Community Center          | 651-642-0650 |
| Philippine Center of MN          | 651-777-2275 |
| Shoreview Community Center       | 651-490-4700 |
| St. Paul Jewish Community Center | 651-698-0751 |
| West 7th Community Center        | 651-298-5493 |

## Drop-in Centers

|   |              |
|---|--------------|
| Catholic Charities -<br>St. Paul Opportunity Center | 651-647-2552 |
| Listening House of St. Paul                         | 651-227-5911 |
| Northstar Youth Outreach Center                     | 651-770-0777 |
| SafeZone  | 651-224-9644 |

# Senior Resources

|   |                                |
|---|--------------------------------|
| AARP Office   | 866-554-5381                   |
| Alzheimer Association<br>Information Helpline   | 1-800-272-3900                 |
| Benedictine Health System   | 1-800-833-7208                 |
| DHS Deaf & Hard of Hearing Services<br>Videophone   | 1-800-657-3663<br>651-431-2355 |
| Disability Parking Certificate or<br>License Plates   | 651-297-3377                   |
| Eldercare Locator<br><a href="http://www.eldercare.acl.gov/public">www.eldercare.acl.gov/public</a> | 1-800-677-1116                 |
| Hamline Midway Elders   | 651-209-6542                   |
| Help at Your Door   | 651-624-1892                   |
| Living at Home Network  | 651-649-0315                   |
| MN Board on Aging   | 651-431-2500                   |
| MN Council on Disability  | 651-361-7800                   |
| MN State Services for the Blind   | 651-539-2300                   |
| Metro Area Agency on Aging  | 651-641-8612                   |
| Metro Center for Independent Living   | 651-646-8342                   |
| Metro Meals on Wheels   | 612-623-3363                   |
| Metro Mobility  | 651-602-1111                   |
| Metro Transit- Transit Link   | 651-602-5465                   |
| Merrick Senior Services   | 651-287-2092                   |
| Neighborhood Network for Seniors  | 651-646-2301                   |
| Office of Ombudsman for<br>Long-Term Care   | 651-431-2555                   |
| Ramsey County Care Center   | 651-777-7486                   |
| Roseville Area Senior Program   | 651-604-3520                   |
| Senior Chore Program<br>Northeast Youth and Family Services   | 651-757-4061                   |
| Senior Linkage Line   | 1-800-333-2433                 |
| Senior Recovery Program   | 651-773-0473                   |
| Volunteers of America of MN & WI<br>Care Management and Consultation                                | 952-945-4170                   |
| White Bear Lake Community<br>Services & Recreation – Senior Services                                | 651-653-3121                   |





## Senior Housing

|   |                |
|---|----------------|
| Arbor Pointe Apartments   | 651-793-5177   |
| Brickford of Maplewood  | 651-777-3316   |
| Cerenity Senior Home  |                |
| Humboldt  | 651-220-1700   |
| Marian  | 651-793-2100   |
| White Bear Lake   | 651-232-1818   |
| Como by the Lake 55+  | 651-489-3392   |
| Como Park Living  | 651-642-1127   |
| Cottages of North Saint Paul                                      | 651-773-9945   |
| Eagle Crest   | 651-628-3000   |
| Ebenezer  | 612-672-7262   |
| Ecumen  | 651-766-4300   |
| Ecumen Lakeview Commons   | 651-770-1111   |
| Elder Care Locator  | 651-234-2262   |
| Gable Pines   | 651-829-3171   |
| Gracewook Senior Living   | 651-777-3316   |
| Hamline Midway Elders   | 651-209-6542   |
| Homestead at Maplewood  | 651-770-3959   |
| Phalen Senior Lofts   | 651-538-4312   |
| Presbyterian Homes & Services                                     | 651-631-6100   |
| Polar Ridge Senior Living   | 651-770-4028   |
| Rose Pointe Senior Living   | 651-639-1000   |
| Senior Linkage Line   | 800-333-2433   |
| Sunlight Senior Living  | 651-714-5056   |
| The Shore Senior Apartments                                       | 651-504-3982   |
| Villas of Lilydale Senior<br>Apartments                           | 651-451-3535   |
| Volunteers of America MN & WI –<br>Community Services for Seniors | 952-945-4000   |
| Walker at Hazel Ridge   | 1-800-385-2527 |



## Veterans

|  |                |
|--|----------------|
| MN Assistance Council for Veterans   | 612-726-1327   |
| MN Department of Veterans Affairs<br>Linkage Line  | 1-888-546-5838 |
| Ramsey County Veterans Services  | 651-266-2545   |
| Saint Paul Vet Center  | 651-644-4022   |
| US Veterans Health Care  | 1-877-222-8387 |
| VA Benefits  | 1-800-827-1000 |
| VA Inspector General   | 1-800-488-8244 |
| Veterans Crisis Line (press #1)<br>TEXT 838255<br>Chat: <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a> | 1-800-273-8255 |
| Support for deaf & hard of hearing   | 1-800-799-4889 |

## Services for Immigrants

|  |                |
|--|----------------|
| African Community Services                         | 612-721-9984   |
| Comunidades Latinos Unidos<br>en Servicios (CLUES) | 651-379-4200   |
| Hmong American Partnership                         | 651-495-1557   |
| Immigrant Law Center of Minnesota                  | 1-800-223-1368 |
| International Institute of Minnesota               | 651-647-0191   |
| Karen Organization of Minnesota                    | 651-788-7593   |
| Korean Service Center                              | 612-342-1345   |
| Mexican Consulate/<br>Consulado de Mexico          | 651-771-5494   |
| New Americans Community<br>Health Center           | 651-287-5223   |
| Oromo Community of Minnesota                       | 651-217-4446   |
| Vietnamese Social Services<br>of Minnesota         | 651-632-8927   |
| Wise (Women's Initiative for<br>Self-Empowerment)  | 651-646-3268   |

# Parenting

|  |                |
|--|----------------|
| Abria Pregnancy Resources  | 651-650-1156   |
| Center for Inclusive Childcare   | 651-641-8339   |
| Childcare Assistance Program<br>Intake-Ramsey County   | 651-641-6665   |
| Cradle of Hope   | 651-636-0637   |
| Early Childhood Family Programs (ECFE)<br><a href="http://www/education.mn.gov/MDE/fam/elsprog/ECFE/">www/education.mn.gov/MDE/fam/elsprog/ECFE/</a> |                |
| Everyday Miracles  | 612-353-6437   |
| Family Wise Services   | 612-617-0191   |
| Head Start   | 651-603-5977   |
| Options for Women  | 651-776-2328   |
| Pacer Center Champions for<br>Children with Disabilities   | 952-838-0199   |
| Think Small  | 651-641-6604   |
| Together for Good – Crisis Hosting,<br>Respite, Social Support   | 651-440-4058   |
| Think Small  | 651-641-6604   |
| Safe Families for Children-<br>Families in Crisis, Crisis Hosting  | 1-888-290-7590 |
| Women, Infants, Children (WIC)   | 651-266-1300   |
| Women’s Life Care Center   | 651-777-0350   |

# Youth

|   |              |
|---|--------------|
| Ain Dah Yung Center   | 651-227-4184 |
| Face to Face Health and Counseling                              | 651-772-5555 |
| Family Tree Clinic (call or text)                               | 651-645-0478 |
| Goodwill Easter Seals – Youth Services                          | 612-424-1050 |
| National Suicide Prevention Life Line                           | 800-273-8255 |
| Northstar Youth Outreach Center                                 | 651-770-0777 |
| Reclaim<br>Mental Health for Queer and Trans Youth              | 612-235-6743 |
| YMCA Youth Resource Line –<br>Homelessness Prevention & Housing | 763-493-3052 |



## Legal and Tax Help

|   |                |
|---|----------------|
| Attorney General Consumer Project   | 651-296-3353   |
| Bridge to Benefits<br>Links people to public support programs<br>and tax credits  | 651-855-1176   |
| Immigrant Law Center of Minnesota   | 1-800-223-1368 |
| Minnesota Attorney General Office<br>Consumer Assistance Hotline  | 651-296-3353   |
| Minnesota Department of Revenue<br><a href="http://www.revenue.state.mn.us">www.revenue.state.mn.us</a><br>Income tax assistance helpline | 651-297-3724   |
| My Legal Aid  | 612-334-5970   |
| Prepare & Prosper<br><a href="http://www.prepareandprosper.org">www.prepareandprosper.org</a><br>Free tax help                            | 651-287-0187   |
| South Minnesota Regional Legal Services<br>Intake Line: 1-888-575-2954<br>Helps low income families (SMRLS)                               | 651-222-5863   |

## Telephone and Computer Discounts

|  |              |
|--|--------------|
| Computers for low income<br><a href="http://www.pcsforpeople.com">www.pcsforpeople.com</a> | 651-354-2554 |
| Minnesota Public Utilities<br>Commission telephone discounts                               | 651-296-0406 |
| Open Access Connections<br>Community voicemail   | 651-643-0883 |
| PC's for People<br>Computers & Low-Cost Internet for low income                            | 651-354-2552 |

## Utility Assistance

|   |                   |
|---|-------------------|
| 30-Days Foundation  | TEXT 952-344-9996 |
| Email: <a href="mailto:The30DaysFoundation@live.com">The30DaysFoundation@live.com</a> |                   |
| Community Action Partnership/<br>Energy Assistance                                    | 651-645-6470      |
| Community Action Partnership/<br>Water Works - Utility Assistance                     | 651-645-6470      |
| Energy Cents Coalition/POWER On   | 651-774-9010      |
| Ramsey County<br>Emergency Assistance   | 651-266-4444      |
| Salvation Army HeatShare  | 651-224-6946      |
| Xcel Energy   | 1-800-895-4999    |

## Vehicle Donations

|                              |                |
|------------------------------|----------------|
| Auto Technical, Inc.         | 612-919-5526   |
| Charity Car<br>Free vehicles | 1-800-242-7489 |
| Kars 4 Kids                  | 877-527-7454   |
| MN Charities Review Council  | 651-224-7030   |
| MN Public Radio              | 877-215-0227   |
| MN Vietnam Veterans Charity  | 877-999-8322   |
| Newgate School               | 612-378-0177   |

## Vehicle Ownership Program

|  |              |
|--|--------------|
| Community Action Partnership of<br>Ramsey & Washington County  | 651-603-5880 |
| Wheels for Women<br>Transportation Help for Single Mothers<br><a href="http://www.newgateschool.org/our-programs/wheels-for-women">www.newgateschool.org/our-programs/wheels-for-women</a> |              |



## Recycling

|   |                        |
|---|------------------------|
| A-Z Recycling & Disposal Guide                        | 651-633-3279           |
| Advanced Disposal                                     | 651-487-8546           |
| Best Buy  | 651-704-1901           |
| BizRecycling  | 651-266-1199           |
| E-Z Recycling, Inc.                                   | 651-789-0123           |
| Eureka Recycling                                      | 651-222-7678           |
| J & J Recycling                                       | 651-227-4457           |
| Metro Counties Government Center<br>Free Tire Removal | 651-645-9149           |
| Northern Metal Recycling                              | 651-224-4877           |
| Office Depot  | 1-800-463-3768         |
| Ramsey/Washington Waste<br>Processing Facility        | 651-768-6670           |
| Recycling & Waste Reduction                           | 651-266-8989           |
| St. Paul Drop Off Center                              | 651-222-7678           |
| Tech Dump   | 763-432-3117<br>Ext. 1 |
| Twin City Refuse                                      | 651-227-1549           |

# Websites to Overcome Hoarding

[www.childrenofhoarders.com](http://www.childrenofhoarders.com)

[www.cluttersanonymous.net](http://www.cluttersanonymous.net)

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

[www.messies.com](http://www.messies.com)

[www.namimn.org/support](http://www.namimn.org/support)

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

Buried in Treasures Workshop

[www.prcmn.com/buried-in-treasure-workshop](http://www.prcmn.com/buried-in-treasure-workshop)

The Hoarding Task Force

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

# Housing Organizers

|                        |              |
|------------------------|--------------|
| Clean Sweep Organizing | 612-251-3438 |
|------------------------|--------------|

|                               |              |
|-------------------------------|--------------|
| Dynamic Duo Cleaning Services | 952-236-4357 |
|-------------------------------|--------------|

|                  |              |
|------------------|--------------|
| Face the Clutter | 763-458-8574 |
|------------------|--------------|

|                     |              |
|---------------------|--------------|
| New Life Organizing | 651-235-6621 |
|---------------------|--------------|

|                      |              |
|----------------------|--------------|
| Northland Organizing | 218-213-8071 |
|----------------------|--------------|

|                                  |              |
|----------------------------------|--------------|
| Quickturn Property Services, LLC | 651-216-4759 |
|----------------------------------|--------------|

|                    |              |
|--------------------|--------------|
| Smarter Spaces LLC | 651-321-4595 |
|--------------------|--------------|

|                  |              |
|------------------|--------------|
| Sort, Toss, Pack | 651-717-4325 |
|------------------|--------------|

|                 |              |
|-----------------|--------------|
| Think Organized | 612-240-0828 |
|-----------------|--------------|

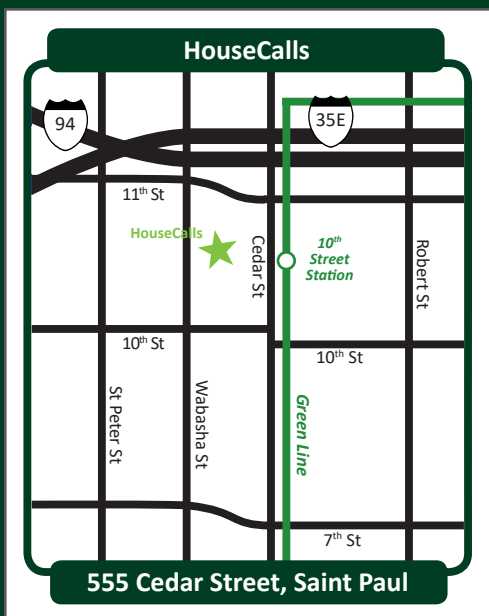
|                     |              |
|---------------------|--------------|
| Trust Chore Program | 612-827-6150 |
|---------------------|--------------|

|                  |              |
|------------------|--------------|
| Varin Enterprise | 651-342-1385 |
|------------------|--------------|

HouseCalls supports families and individuals facing housing emergencies by helping to stabilize situations so they can safely stay in their homes.

The program focuses on preventing homelessness and condemnations due to unsanitary or unsafe conditions.

A partnership between Saint Paul - Ramsey County Public Health and Minnesota Community Care, HouseCalls staff includes three social workers and two program assistants who work with individuals and families, landlords, government and community agencies to prevent homelessness and promote housing, health and educational stability.



This is not a complete list of resources and existing resources change.

For the most up-to-date information or to find a program that can meet your needs, call 651-291-0211.