

Early Childhood Care and Education Programs, Support Services, and Resources

Last Edited: September 2024 – check for updated version here: [Early Childhood Education Resources | Ramsey County](#)

How to use this Guide

This resource list/guide is owned and maintained by the Early Childhood Coordinator. Updates to the guide will be made as needed. If you notice a mistake or update that is needed, please contact the Early Childhood Coordinator at EarlyChildhood@CO.RAMSEY.MN.US.

Programs, benefits, and resources are listed by category. If a program, benefit, or resource fits under more than one category, they may be listed multiple times. Some programs, benefits, and resources listed in this guide have eligibility requirements, require applications, and require referrals – others are accessible to all.

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General Information and Resources

Programs & Support Services	Description and eligibility	Contact/Info
Ramsey County Navigators	Connect with a live person to help you access social services, financial assistance, and community resources in Ramsey County.	Call: 651-266-0600 Walk-In also available
Help Me Connect	An online tool to connect expectant families, families with young children, and those working with families to services in their local communities that support healthy child development and family well-being. Anyone can visit the website and do a self-search for a wealth of community resources.	
Early Childhood Coordinator	Links to Early Childhood Resources and contact information for Ramsey County’s Early Childhood Coordinator, who can help answer questions and share resources.	Email: EarlyChildhood@CO.RAMSEY.MN.US
Bridge to Benefits	Find out if you may qualify for public programs that can help stretch your budget, and find out how and where to apply, print applications, and learn more about programs. A self-screening tool for benefits, not an application site.	Click START on the left

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Child Health, Child Development, Ages & Stages

Category	Programs & Support Services	Description and eligibility	Contact number and website
Healthcare	Child and Teen Checkups (C&TC)	The Child and Teen Checkups (C&TC) Program works with families and health professionals to make sure youth are getting all their checkups. C&TC Program can help families find a medical or dental clinic, schedule appointments, find transportation or interpreter services, navigate health insurance, and access benefits.	Call: 651-266-2420
Children's Mental Health	Ramsey County Children's Mental Health Collaborative	Works to meet the complex needs of youth with mental health disorders and their families. Get help and get connected to mental health resources in the community. Available to assist anyone in Ramsey County.	Call or Text: 800-565-2575
Family Home Visiting	Family Home Visiting	Family Home Visiting (FHV) is a voluntary, home-based service ideally delivered prenatally through the early years of a child's life. A home visitor will provide social, emotional, health-related, and parenting support to families, and link them to appropriate resources.	Call: 651-266-1568
Child Development	Help Me Grow	Help Me Grow Minnesota shares information about the typical ways children learn and grow. If a parent or caregiver has questions about a child's walking, talking, playing, or behaving; they can visit HelpMeGrowMN.org for information or to refer a child for a free developmental screening. The screening is free regardless of income or immigration status. When parents know, children grow.	Call: 1-866-693-4769

Child Development	Early Childhood Screening	Screening is a quick, no-cost check to identify possible health or developmental concerns in infants and young children who may need a health assessment, mental health assessment, or educational evaluation. Every child should do this before starting school.	Call: 651-632-3746 (SPPS)
Nutrition Support	Special Supplemental Nutrition Program for Women Infants and Children (WIC)	WIC is a supplemental food, nutrition, and breastfeeding program for pregnant and postpartum women, infants, and children to age 5. WIC provides nutritious foods, breastfeeding support, information on healthy eating, and referrals to health care and community resources. Income guidelines may apply. Foster children are automatically eligible.	Call: 651-266-1300

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Childcare and Education

Programs & Support Services	Description and eligibility	Contact number and website
Childcare Assistance Program (CCAP)	Childcare Assistance helps families pay for day childcare so that parents can pursue employment or education. It is for children ages 12 and younger. The family must meet income eligibility and must also be on MFIP or DWP.	Apply online *Can also apply for food assistance (SNAP) and cash assistance (MFIP) at the same time*
School district pre-school programs	Voluntary Pre-K (VPK) and School Readiness Plus (SRP) are Preschool programs designed to help prepare 3- and 4-year-olds to enter kindergarten. Publicly funded through your school district.	Find your district online Student Placement Center, call: 651-632-3700 (SPPS)
Early Childhood Family Education (ECFE)	ECFE is based on the idea that parents provide their child's first and most significant learning environment and are children's first and most enduring teachers. ECFE supports you as a parent/caregiver and strengthens and empowers families through learning and play. Any caregiver and their child age birth –prekindergarten eligible for the groups. Cost is minimal or sliding. Locations vary, usually neighborhood-specific.	Associated with the public school district where you live
Think Small	Early Learning Scholarships can help families cover the cost of quality child care to prepare their young children for school. Applications for foster children must be submitted by their social worker.	Call: 651-641-6604
Parent Aware	Minnesota's voluntary quality rating and improvement system for early care and learning programs. They provide a website with resources to help families find quality childcare and early education programs.	Call: 1-888-291-9811
Head Start (HS) and Early Head Start (EHS)	Head Start is a Federal program for low-income families that promotes healthy and empowered children and families through no-cost high-quality child development services including child care, preschool,	Enrollment, call: 651-603-5977

	family services, health services, parenting support, and fun family events. Foster children are automatically eligible and have priority status.	
Montessori American Indian Childcare Center	Montessori American Indian Childcare Center is a trusted childcare center that focuses on a culturally unique and holistic approach to lifelong learning. They are a high-quality and educational Montessori preschool providing early childhood learning opportunities for children.	Call: 651-478-1189
Agape Oasis	Agape Oasis provides culturally relevant services that focus on empowering people, restoring families, healing individuals, and strengthening communities. Includes 24-hour childcare , parenting support, crisis help, violence prevention in North Minneapolis.	
YMCA	Full-day care for infants, toddlers, as well as full-day preschool and pre-kindergarten programs. On-site amenities include an indoor kids' gym, a playground and a swimming pool paired with water safety learning. Competitive tuition rates and registration fees. Need-based scholarships are available.	Eastside YMCA Saint Paul - Midway YMCA Shoreview YMCA
Jeremiah Program	Housing Program focused on education for single moms with children under 5 years old. They have a daycare/child development center. To get housing, their children have to be 7 years and younger. They provide counseling, mentorship, scholarships etc..	

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Basic Needs (Clothing, Food, Diapers, etc.)

Category	Programs & Support Services	Description and eligibility	Contact number and website
Nutrition Support	Special Supplemental Nutrition Program for Women Infants and Children (WIC)	WIC is a supplemental food, nutrition, and breastfeeding program for pregnant and postpartum women, infants, and children to age 5. WIC provides nutritious foods, breastfeeding support, information on healthy eating, and referrals to health care and community resources. Income guidelines may apply. Foster children are automatically eligible.	Call: 651-266-1300
Food	SNAP	Also known as food stamps, SNAP helps pay for food. Many people with lower incomes are eligible.	Get help applying for SNAP from Second Harvest Heartland: 651-209-7963 or 844-764-5513 (toll-free). Interpreters available.
Food	Food Resources Map	Visit the Food Resource Map to find free or low-cost groceries and meals.	Food Resources Ramsey County
Clothing	Good in the Hood	<i>Shoe Away Hunger</i> offers affordable quality footwear for those in need.	
Clothing	Aunty Bec's Boutique	A shop located off of University and Fairview in St. Paul. It has brand new or very gently used clothing, all for free. Youth need to be referred by a provider.	Email Nicole @ Auntie Bec's Boutique- auntiebecsboutique@gmail.com
Clothing	SJB Kidz Closet	St. John's Catholic Church accepts donations of new or gently used children's clothing ages infant to size 6/8. The closet is open most Tuesday mornings from 9:30 am – 11:30 am. Families can make appointments to come to the closet once a month.	Call: 800-221-8211 or fill out this form to make an appointment.
Clothing, Toys, Bedding, etc.	Refuge Free Store	Refuge Free Store is a volunteer-led and staffed ministry established by The Refuge Church that partners with businesses, ministries, and government agencies to assist individuals, families, and communities	

		locally. Provides FREE clothing, household items, appliances (big & small), toys, media, bikes, bedding, office supplies etc... to families and individuals in need.	
Clothing, Laundry, Food, Basic Needs	FOCUS MN	<p>Lunch Bag Distribution: Mondays & Wednesdays 11:30 – 12:30</p> <p>Food Shelf: 3rd Saturday of the month 11:30 am</p> <p>Sunday Dinner (Takeaway): 5 – 7 pm (or as supplies last)</p> <p>Clothes Closet: Appointment preferred, walk-ins as space allows.</p> <p>Laundry Service: Provides expenses for a free visit to the laundromat (1106 Rice Street, St. Paul ANY EVENING from 5:30 - 7:30pm only).</p>	<p>Go to FOCUS HOUSE: 550 Rice Street to pick up a voucher)</p> <p>Or call: 651-222-0712</p> <p>Email: FocusTwinCities@gmail.com</p>
Clothing, Basic Needs	Joseph's Coat	By-appointment shopping for people whose life challenges have left them in need of essential goods. Hours: Monday and Wednesday 9 am–12 pm and 1-4 pm. Closed the first full week of each month. Clothing, small household items, and personal hygiene items. Can come once a week; photo ID required.	<p>Call: 651-291-2472</p> <p>Hours are limited during November, December and January. Check the website for specific hours.</p>
Clothing, Basic Needs	Alley Shoppe	Free clothing, bedding and small household goods, and toy giveaway in December. Eligibility is determined by clergy, schools, social workers, financial workers, Dorothy Day Center, Eastside Family Center or Salvation Army.	<p>By-appointment</p> <p>Call: 651-771-5501</p>
Clothing, Food, Basic Needs	Hallie Q. Brown	Clothing Closet, Food Shelf, Community Center	
Diapers	Community Action HeadStart	Diapers provided to program participants. No appointment necessary.	Call: 651-485-2211

Diapers	First Care	Up to 60 diapers per month provided to program participants.	Call: 612-445-2717
Diapers	Neighborhood House	Serving families living within Ramsey County	Call: 651-789-3602
Diapers	House of Refuge Outreach Twin Cities	Diapers provided to all families upon request; appointment required.	Call: 952-681-8934
Diapers	NorthStar Health Community Food Shelf	Diapers provided to families residing in the Twin Cities Metro Area; appointment required	Call: 651-243-1399
Pregnancy Support, Diapers	Guiding Star Wakota	<p>All clients can receive diapers. To become a client you must fill out an intake form and provide a photo ID and proof of a child under 3 years old. (Bringing the child, birth certificate, crib card, or other official document is proof).</p> <p>Free pregnancy testing, free ultrasounds, pregnancy and parenting classes, Safe Sleep Program, Emergency Housing Assistance, Community Referrals, Fertility Awareness Education, Free Diapers and Clothing, and supervised child care while you're meeting with staff.</p>	Call: 651-457-1195

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Crisis Support

Category	Programs & Support Services	Description and eligibility	Contact number and website
Children's Mental Health Crisis	Ramsey County Children's Mental Health Crisis Line	Call 24/7 Ramsey County's mobile crisis team provides stabilization services, de-escalation, crisis intervention, mental health assessments, and initial crisis plans. Via phone or in-home. Short-term follow-up and resource referrals.	Call: 651-266-7878
Domestic Violence	Agape Oasis	Agape Oasis provides culturally relevant services that focus on empowering people, restoring families, healing individuals, and strengthening communities. Includes 24-hour childcare, parenting support, crisis help, violence prevention in North Minneapolis.	
Children's Crisis	Ramsey County Children's Crisis Response	(NOTE: Both young people and their parents can call and talk to a Crisis Worker. Sometimes this is all it takes to de-escalate a situation between parents/caregivers and their children). Ramsey County's mobile crisis team provides stabilization services, de-escalation, crisis intervention, mental health assessments and initial crisis plans. Crisis services are available to all children in homes, schools or institutions in Ramsey County, regardless of the family's ability to pay or type of insurance. They do have a set of screening questions they will ask families related to viral symptoms and will take proper precautions as outlined by Public Health and the CDC.	These services include: 24/7 crisis services. Contact the mobile crisis team by calling 651-266-7878

Childcare (Crisis)	<u>STAR House</u>	STAR House (previously known as Ramsey Crisis Nursery) exists to provide a temporary home away from home for children and supportive services to uplift and strengthen the entire family. They DO NOT have overnight care	Call: 651- 356-8678
Childcare (Crisis), Parenting Support	<u>Together For Good</u>	Respite for children to live away from home for short periods and caregiver support. When parents face a crisis with no support system, they become vulnerable. When a parent becomes vulnerable, their children are at increased risk of trauma. Together we work to ensure that vulnerable families and children never walk alone.	Call: 507-218-4666

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Parenting, Pregnancy, and Family Support

Category	Programs & Support Services	Description and eligibility	Contact number and website
Parent Coaching	Family Coaching	Support for Ramsey County families who are parenting American Indian and African American children age 18 and younger. Family coaches are partners who offer strength, motivation and holistic support for a minimum of six months to help families thrive.	Apply/Refer online. Early childhood coordinator: 651-266-3798
Home Visiting	Family Home Visiting	Family Home Visiting (FHV) is a voluntary, home-based service ideally delivered prenatally through the early years of a child's life. A home visitor will provide social, emotional, health-related, and parenting support to families, and link them to appropriate resources.	Call: 651-266-1568
Parenting Support	Ramsey County Parent Support Outreach Program (PSOP)	Parent Support Outreach Program's (PSOP) goal is to enhance family health and well-being, expand their support systems, and strengthen parent/child relationships. PSOP connects families to resources that provide safety and security for their children. Families can refer themselves, or can be referred by community members or social services agencies.	
Parenting Support	Club Mom	Club Mom is a community health gathering for African-American women, ages 19 and up who are pregnant and/or parenting children, 0-5 years. The group is led by Saint Paul - Ramsey County Public Health staff. As a member of the group, you will have the opportunity to connect with one another, enjoy dinner, and participate in helpful guest speaker presentations. Childcare is provided during the presentation hour so that you can focus on learning information such as: stress management, child-safety practices, and resources such as health insurance and healthy child development.	

Parenting Support, Dads	Club Dad	Club Dad is a monthly gathering including dinner and educational sessions for African-American men who are fathers. Saint Paul - Ramsey County Public Health hosts the meetings which includes engaging conversations to assist fathers with life transformation. Examples of possible discussion topics include: building positive parenting relationships, tools for stress management, strategies to overcome barriers such as education and employment and financial literacy. Club Dad is designed to support men in becoming better fathers and partners.	
Parenting Support	Mother's First	Mothers First provides support to families for sober pregnancies and assists women/birthing persons struggling with substance use. We focus on meeting participants where they are and support them as they define their own success.	
Education and Parent Support	Early Childhood Family Education (ECFE)	ECFE is based on the idea that parents provide their child's first and most significant learning environment and are children's first and most enduring teachers. ECFE supports you as a parent/caregiver and strengthens and empowers families through learning and play. Any caregiver and their child age birth –prekinder are eligible for the groups. Cost is minimal or sliding. Locations vary, usually neighborhood-specific.	Associated with the public school district where you live.
Parenting Support	Agape Oasis	Agape Oasis provides culturally relevant services that focus on empowering people, restoring families, healing individuals, and strengthening communities. Includes 24-hour childcare, parenting support, crisis help, violence prevention in North Minneapolis.	
Parenting Support	Parent support group at Family Wise	Join parents and caregivers in a supportive, non-judgmental environment to share parenting struggles and celebrate parenting successes.	Call Lisa Deputie: 612-877-7810

			Email: Ideputie@familywiseservices.org
Single Mom Support, Housing, Childcare	Jeremiah Program	Housing Program focused on education for single moms with children under 5 years old. They have a daycare/child development center. To get housing, their children have to be 7 years and younger. They provide counseling, mentorship, scholarships etc.	
Pregnancy , Parenting, Postpartum Support	Redleaf Center for Family Healing (Postpartum Support)	Partial Hospitalization Program (20 hours per week). The Mother-Baby Day Hospital is the first of its kind in Minnesota and only fourth in the country. It is a Partial Hospitalization Program (group based and short-term) for individuals during pregnancy and parenting of children ages 0-5 years, who are experiencing symptoms of depression, anxiety, bipolar disorder or other emotional distress that make it difficult to: Function at home or at work, Take care of themselves or their baby, Bond and connect with their baby.	Call the HopeLine or fill out the Referral Form. This form can be filled out by anyone; a doctor or provider referral is not required. Call: 612-873-HOPE
Pregnancy , Parenting, Postpartum Support	Teen Parent Program	The Ramsey County Teen Parent Program is for pregnant and parenting families under 19 years old. A Public Health Nurse will help guide you through your role as a parent. Nurses can also help you with the balance you will need as a parent and student if you are in school. The nurse will also help you set and reach goals for yourself and your child.	Providers and residents can self-refer by calling 651-266-1568 Contact Ma Her with any questions at 651-266-1562.
Pregnancy Support, Diapers	Guiding Star Wakota	All clients can receive diapers. To become a client you must fill out an intake form and provide a photo ID and proof of a child under 3 years old. (Bringing the child, birth certificate, crib card, or other official document is proof). Free pregnancy testing, free ultrasounds, pregnancy and parenting classes, Safe Sleep Program, Emergency Housing Assistance, Community Referrals, Fertility	No appointment necessary

		Awareness Education, Free Diapers and Clothing, and supervised child care while you're meeting with staff.	
Parenting Support	Urban Ventures: Me and My Baby Parenting program	Prepare to give the best to your baby! You will learn how to navigate pregnancy, take care of your newborn, and help your baby develop physically and mentally. In addition, you will join a supportive group of women who are going through the same stage of life, and who understand your language and culture. Classes are taught in Spanish. For pregnant women and moms with a baby under 5 years old.	Date & Time: Tuesdays, 6-7:30 pm Location: Virtual Cost: FREE
Breastfeeding Support, Parenting Support	Lactation feeding support helpline	Baby Café support groups in virtual settings	Call: 651-241-5088
Parenting, Pregnancy Support, Diapers, Basic Needs	Amherst H. Wilder Foundation American Babies Coalition and Projects (AABC)	<p>Women of Traditional Birthing is a free parenting class program and is available to any pregnant person within the community as well as any parent who has a child under the age of 1 year old.</p> <p>Participating in, Women of Traditional Birthing group has a ton of benefits, some include:</p> <ul style="list-style-type: none"> • Access to the Diaper Bank, a resource that can provide a free pack of diapers and wipes EVERY week! • Free portable crib • Free meal during group time • A safe place to connect with a Ninde Doula, other mothers in the community as well as the elders and professionals that come to the group each and every week. • When a mother is connected with a Ninde Doula, they qualify for a free car seat and breastfeeding supplies. 	

Pregnancy Support, breast pumps, car seats	Everyday Miracles	Their mission is to empower and support birthing people throughout their pregnancy, birth and beyond. They have a resource page where you can request referrals for a Doula, car seat or breast pumps. Very often, insurance helps cover some of these costs, but Everyday Miracles helps with this process.	
Parenting Support	Parent Mentor Program - MN - (Minnesota One Stop for Communities)	Parent Mentors provide support for parents involved in the child protection system by helping them navigate their way through a challenging process. We have firsthand experience with the Child Protection System and want to help other parents have a better experience, a positive outcome, and someone to trust and rely on every step of the way. The goal is to support parents through reunification or the best possible outcome with their children. We're a free service and a neutral party established to provide support to you.	Call: 612-669-4037
Parenting Support	Network for the Development of Children of African Descent (NcCAD)	NcCAD provides tutoring, parent and educator training in addition to providing free books for children and access to a resource lending library of African American literature	Call 651-209-3355 (St. Paul) Call: 612-588-2244 (Minneapolis) Email: info@ndcad.org
Parenting Support	Lutheran Social Services, Kinship Family Support Services	Lutheran Social Services (LSS) Kinship Family Support Services provides education, information and compassionate support for families seeking resources in raising children who are not their own. Financial, legal, medical and caregiving resources are available to families caring for kinship children. We also offer support and education groups, workshops, online learning opportunities, and a Warmline to call when needed. Subscribe to Kinship Family Support Services for information and resources	Call: 651-917-4640 OR 877-917-4640 Email: warmline@lssmn.org

Parenting Support, Dads	Center for Integrated Well-Being, Inc	Provides fathers, and all men ages 14-to-85 of all ethnic backgrounds, sexual orientations, and spiritual practices, with supportive resources and targeted skills instruction; expert consultation; parent coaching; father and partner coaching; child and father and family coaching (including family members with ASD). Jeffry Jeanetta-Wark, MA. LICSW, is the lead psychotherapist, clinical director, and is a former site coordinator of the St. Paul Father's Resource Center and ECFE instructor with at-home fathers; he also has directed and consulted with young fatherhood programs, and has been a local and national presenter on issues of masculinity and fatherhood development.	
Parenting Support, Dads	Fathers Group MN	For gay or bisexual fathers struggling with issues related to "coming out," or just needing support, the Gay Fathers Group has been a safe place to share, give and get support, and make new friends. Meetings are typically the last Saturday morning of each month. For more information	
Parenting Support, Dads	Minnesota Dads at Home	MDAH's mission to connect at-home dads and their kids to play and learn. We provide weekly playgroups, monthly dads night out, various field trip and family functions, our monthly newsletter and our website	
Parenting Support, Dads	St. Paul Urban League's Fathers & Family Initiative Project	Regular workshops on child support, anger management, law clinics	Call: 651-228-3292
Parenting Support, Dads	The Father Project	Assists parents to overcome barriers that prevent them from supporting their children economically and emotionally.	

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