

WIC

Resource Guide

Guia de Recursos Comunitarios
Para Ninos y Familias en el Condado de Ramsey



WIC is a nutrition program that offers free foods and education for healthy living.

WIC supports:

- Pregnant women
- Breastfeeding women
- Postpartum women
- Infants and children up to age 5

Working families can qualify for WIC.

651-266-1300
www.ramseycounty.us/WIC

Emergency

If you are concerned about the safety of you or someone you know, call 911.

988 Suicide & Crisis Lifeline

988

- National crisis lifeline connected to local crisis centers.
- 24/7, free and confidential support for people in distress, prevention and crisis resources.

Adult Mental Health

651-266-7900

- 24 hours/day crisis line for 18+ years.
- 402 University Ave. E | 8 a.m. - 5:30 p.m.
- Welcome Center and walk-ins.

651-266-7890

Children's Mental Health & Crisis Services

651-266-7878

- 24 hours/day.

Child Protection

651-266-4500

Crisis Text Line

- Text "HOME" to 741741.
- Connect by text with a volunteer Crisis Counselor.

Foster Parent Support

651-266-5437

NAMI

1-800-950-6264

- Available 24 hours/day.
- National Alliance on Mental Illness.
- Text "helpline" to 62640 for free support.
- Chat, nami.org/help

Saint Paul Domestic Abuse

651-645-2824

- Available 24 hours/day.

SOS Sexual Violence Services

651-266-1000

- Available 24 hours/day.
- ramseycounty.us/SOS

United Way - First Call for Help

651-291-0211

- 211unitedway.org
- Help with basic needs, legal assistance, benefits, etc.
- 24 hours/day. Crisis call 2-1-1.

Violence Free Minnesota Hotline

866-223-1111

- vfmn.org | Click "get help" for resources.
- 24 hours/day.
- Text: 612-399-9995



Pregnancy

Birthright

651-646 7033

- birthright.org/stpaul
- Support with unplanned pregnancies and new mothers.

Childbirth Collective

- childbirthcollective.org
- Free parent topic nights in Saint Paul, promotes doula support.

Division of Indian Work

612-722-8722

- diw-mn.org/health
- Ninde Doula: provide support to Indigenous and Latinx families during pregnancy, labor, birth and postpartum.
- Women of Traditional Birthing: help expectant American Indian women adopt healthy lifestyles that foster healthy babies through mentoring, education, etc.

Everyday Miracles

612-353-6293

- everyday-miracles.org
- Free doulas, prenatal education, yoga for moms on MA.

Mothers First

651-266-7820

- Works with pregnant women for clean and sober pregnancies.

Pregnancy and Postpartum Support MN

1-800-944-4773

- ppsupportmn.org
- Support for mental health during and after pregnancy.

Star Legacy Foundation

952-715-7731

- starlegacyfoundation.org
- Dedicated to reducing pregnancy loss / neonatal death and improving care for families who experience such tragedies.

Health Insurance

Health Care Assistance - Ramsey County

651-266-4444

- ramseycounty.us/MA
- Help with medical assistance, MFIP, SNAP.
- Minnesota Eligibility Technology System (METS)- contact the team with questions at 651-266-3870.

MNSure

651-539-2099

- mnsure.org
- One-stop shop for health insurance.

Portico

651-489-2273

- porticohealthnet.org
- Helps uninsured access affordable healthcare.



Breastfeeding

WIC Breastfeeding Consultant

651-249-1683

- ramseycounty.us/WIC, under breastfeeding/chestfeeding

Nubian Moms, Open Cities

651-394-0700

- nubianmoms.com
- Health, breastfeeding, parenting support for African American mothers.

DIVA Moms, MN Community Care Clinic

651-202-1116

- Culturally reflective prenatal program.

Lactation Lounge

Text: 651-485-5001

- Free drop-in breast/chestfeeding support service.
- Second Tuesday/month | 10 a.m.- noon | Highland Park Library

Scan for
dates & times



Peer Support for Lactation

- Anna (IBCLC) 651-485-5001
- Eryn (IBCLC/Spanish) 651-249-1683
- Zoua (Hmong) 651-328-0649
- Nasro (Somali) 651-485-8521

Ramsey County Breastfeeding/Chestfeeding Support

- ramseycounty.us/WIC
- Lactation resources and support.

Scan for
more info



Breastfeeding (cont.)

Ramsey County Hospitals

Search your delivery hospital website for breastfeeding classes or call their lactation line. Hospital staff will help your family get breastfeeding off to a good start.

M Health Fairview Lactation Clinic **651-232-8080**

United Breastfeeding Resource Center **651-241-6250**

- themotherbabycenter.org/care-services/after-baby-born/breastfeeding-lactation/

Regions Lactation Support Center

- healthpartners.com/breastfeeding

Websites

blackwomendobreastfeed.org

- Eliminating stigma against breastfeeding in black communities through resource connection and personal stories.

cdc.gov/breastfeeding

- Guidelines, recommendations, FAQs.

coffective.com

- Empowering families to reach their breastfeeding goals.

firstdroplets.com

- Breastfeeding resources by professionals including videos.

kellymom.com

- Breastfeeding information - board certified lactation consultants.

womenshealth.gov/breastfeeding

- Fact sheets and other breastfeeding resources.

Childcare Referrals

Parent Aware **651-665-0150**

- parentaware.org
- Tools, information to find best childcare and early education.

Ramsey County Child Care Assistance **651-266-4444**

- Intake/screening

Think Small **651-641-0305**

- thinksmall.org **651-641-6604**
- Sign up for Parent Powered texts.
- Searching for childcare, early learning scholarships.
- Hmong, Somali, Spanish interpreters.



Mental Health

988 Suicide & Crisis Lifeline

988

- National crisis lifeline connected to local crisis centers.
- 24/7, free and confidential support for people in distress, prevention and crisis resources.

Mental Health Minnesota

651-493-6634

- mentalhealthmn.org
- Free mental health screenings, peer support and resources.

Metro Crisis Lines

Anoka County

763-755-3801

Dakota County

952-891-7171

Scott County

952-818-3702

Washington County

651-777-5222

Hennepin County (adults)

612-596-1223

National Alliance on Mental Illness

651-645-2948 ext 117

- namimn.org
- Suicide prevention, domestic violence, sexual assault help.

Northeast Youth & Family Services

- nyfs.org
- Affordable, trauma-aware and culturally-relevant mental health support to clients at all ages and stages of life via in-person or telehealth appointments.

Children's Mental Health Crisis Line

651-266-7878

Adult Mental Health Crisis Line

651-266-7900

Walk-in Counseling Center

612-870-0565

- walkin.org
- Free anonymous online, phone and some in-person mental health counseling.
- Spanish & Hmong available.

Wilder Community Mental Health & Wellness Clinic

651-280-2310

- wilder.org/what-we-offer/mental-health-wellness-services
- Children and families, mental and chemical health.

Education & Employment Services

- Career Force** **651-259-7500**
- careerforcemn.com
 - Career development and talent matching resource including vocational rehabilitation services, education trainings and more.
- Hubbs Center for Lifelong Learning** **651-290-4822**
- hubbs.spps.org
 - Job training, ESL /GED classes.
- MN Literacy Council** **1-800-225-7323**
- mnliteracy.org
 - Citizenship, ESL and GED classes.
- Neighborhood House -
Adult Education Program** **651-789-3602**
- neighborhoodhousemn.or/programs/adult-education/
 - Ongoing education support including classes in citizenship, continuing education, career readiness, and English skills for adults. Career training also available.

Parenting Support

- Club Mom** **612-368-4453**
- Club Dad** **612-500-7415**
- ramseycounty.us/ClubMomDad
 - Parenting and child development educational sessions.
 - **Club Mom:** for African American women 19 years and up who are pregnant or parenting children under 5 years.
 - **Club Dad:** for African American men who are fathers.
- First Care Pregnancy Center** **612-712-3974**
- firstcaremn.org
 - Prenatal classes, supplies support, adoption services, unplanned pregnancy support and more.
- La Leche League** **612-922-4996**
- llofmndas.org
 - Free, mother-to-mother support.
 - Earn supplies with counseling.
 - Locations in Roseville and St. Paul.
- Options for Women East** **651-776-2328**
- optionsforwomeneast.com
 - Education and life coaching, pregnancy testing, ultrasounds, prenatal care, STD/STI testing and treatment, unplanned pregnancy care.
- Women's Life Care Center** **651-777-0350**
- womenslifecarecenter.org
 - Complete prenatal and parenting classes to earn baby essentials.
 - Unplanned pregnancy resource center.

Assistance

Bridge to Benefits

651-227-6121

- mn.bridgetobenefits.org
- Screening and information to access public benefits.

Bridging

- bridging.org
- Furniture, beds and housewares with referral from partner agencies.

CLUES

651-379-4200

- <https://clues.org>
- Employment, financial services, ESL classes for latino families.

ECHO - available in 14 languages

- tpt.org/echo-minnesota
- Provides health, safety and emergency readiness information in different languages.

Energy Assistance Program

651-645-6470

- <https://caprw.org/get-assistance.html>
- Assistance with home heating costs.

EZ Info - English, Hmong, Somali, Spanish

651-266-3800

- 24/7 phone line for financial assistance programs
- Check if documents are received, access financial assistance benefits status and more.

Hmong American Partnership

651-495-1557

- <https://hmong.org>
- Housing, financial and employment services.

Immigrant Law Center of Minnesota

651-641-1011

- ilcm.org
- Intake number: 1-800-223-1368
- Provides free immigration representation, interpreting available.

Joseph's Coat

651-291-2472

- josephscoatmn.org
- Appointments only. M/W 9 a.m.- 3 p.m. Call to schedule.
- Free clothing and household items.

Karen Organization of MN

651-788-7593

- mnkaren.org
- Provides education and resources to support refugee and immigrant families.

Lifeline/TAP-MN

1-800-657-3782

- <https://mn.gov/puc/consumers/telephone>
- Help with internet or cell phone discount.

Lutheran Social Services

800-582-5260

- lssmn.org
- Support with housing, mental health, disability services, refugee services and more.

MN Diaper Bank

651-505-3597

- diaperbankmn.org
- Provides diapers to organizations to distribute. Organization names on website or call number.

Assistance (cont.)

Neighborhood House

651-789-3602

- neighb.org
- Food and housing support, citizenship, refugee services.
- ESL/GED classes.

Prepare & Prosper

651-287-0187

- prepareandprosper.org
- Free tax preparation, free financial services and coaching.

Salvation Army Heat Share

651-224-6946

- Last resort utility assistance.

Southern MN Regional Legal Services

1-877-696-6529

- <https://www.smrls.org>
- Free legal help with housing, family, immigration and more.

Xcel Energy

1-800-895-4999

- <https://mn.my.xcelenergy.com/s/billing-payment/energy-assistance>
- Referrals for utilities assistance.



Transportation & Car Seats

Call your health insurance provider.

Child Passenger Safety & Car Seat Resources

- dps.mn.gov/divisions/ots/child-passenger-safety

Everyday Miracles Car Seat Program

612-353-6293

- everyday-miracles.org
- Free car seats with some Medicaid insurance plans.

NEMT (Non-Emergency Medical Transportation) 1-866-467-1724

- Contact your health insurance to see if you are eligible.

TAP (Transit Assistance Program)

- metrotransit.org/tap-riders
- For qualified low-income riders.
- \$1.00 per ride (+2.5 hour transfer) any time of day/type service.

Wheels for Women

612-378-0177

- newgateschool.org, Click “our programs” | “wheels for women”
- Offers vehicles to working single moms.

Health Clinics & Services

Bethesda	651-227-6551
Child and Teen Checkups, Ramsey County	651-266-2420
<ul style="list-style-type: none">• Birth to 21 years, eligible if you have MA.• Assistance finding/scheduling medical & dental appointments.• Setting up interpreters and transportation.	
Clinic 555, Ramsey County	651-266-1255
<ul style="list-style-type: none">• ramseycounty.us/Clinic555• Birth control, pregnancy and STD testing.• Walk-ins are welcome, but appointments are recommended.	
Syringe Exchange Program	651-266-1295
Children's Saint Paul, Feeding Clinic	651-220-6000
<ul style="list-style-type: none">• Evaluate and treat conditions that affect the ability to consume food.	
Face to Face Health Services	651-772-5555
<ul style="list-style-type: none">• face2face.org• Serves youth 11-24 yrs with healthcare, counseling, mental health, etc.• Health care, counseling, homeless program, mental health.• SafeZone Drop-In Center: provides food, basic needs and medical care onsite.	
Family Home Visiting - Ramsey County	651-266-1568
<ul style="list-style-type: none">• ramseycounty.us/FamilyHomeVisiting• Support for healthy pregnancies/families with young children.	
Family Tree Clinic	612-473-0800
<ul style="list-style-type: none">• Reproductive, sexual health services at low cost.	
HealthPartners, Midway Clinic	651-647-2200
Immunization Clinic, Ramsey County	651-266-1234
<ul style="list-style-type: none">• Low cost for uninsured.	
Minnesota Community Care	651-602-7500
<ul style="list-style-type: none">• East Side Family, La Clinica, McDonough Homes, Health Start, Health Care for the Homeless.• Full service health care.	
Open Cities Health Center, Dunlap	651-290-9200
Open Cities Health Center, North End	651-290-9200
Phalen Village	651-772-3461



Dental Health

Dental clinics that accept uninsured, have low cost options, or take most insurances.

MN Dental Association - Twin Cities Clinics

- mndental.org/public/dental-care/twin-cities
- Give Kids a Smile - free dental care to uninsured on the first Friday and Saturday in February.

Bright Smiles, Cesar Chavez

651-222-1816

Children's Dental Services

612-746-1530

Community Dental Care

- cdentc.org

Saint Paul

651-774-2959

Maplewood/Beam Ave

651-925-8400

Dental Associates of St. Paul

651-735-0595

East Side Family Clinic

651-602-7500

Hope Dental

651-789-7605

Metro State Dental, Beam Ave

651-793-1793

Open Cities Dental Services, Dunlap & Rice St

651-290-9200

Portico Dental Program

651-489-2273

- Referrals to low cost dental clinics.

United Family Medicine

651-758-9500

University of MN Pediatric Dental Clinic

612-659-4900

Westside Dental Center

651-602-7500



Food

Hunger Impact Partners - Summer Eats MN 612-208-0139

Summer Food Service Program, June - August

- Free breakfast, lunch or snacks for children <18 years.
- Text “Summer Meals” or “Verano” for Spanish to 914-342-7744.
- Download free app “Free Meals for Kids” in Apple or Google Play store.
- For assistance:
 - ◊ Nutrition Services, 651-603-4950
 - ◊ Hunger Impact Partners, 612-208-0139

Keystone Community Services 651-645-0349

- keystoneservices.org
- Community food center, drive by meals-on-wheels, food distribution events.

Loaves and Fishes 612-377-9810

- loavesandfishesmn.org
- Free meals, see web for hours and locations.

Ramsey County Food Assistance 651-266-4444

- ramseycounty.us/FoodAssistance

Ramsey County Food Resources 651-266-4444

- ramseycounty.us/FoodResources
- Find food resources near you.

Salvation Army

- salvationarmyusa.org

East Side - Free meals/1019 Payne. 651-776-8169

West 7th - Free meals/401 West 7th. 651-224-4316

Second Harvest Heartland - Care Center 651-484-5117

- Call or text.
- 2harvest.org
- Help locating food services and assistance applying for SNAP.

SNAP Application Online 651-209-7963

- mnbenefits.mn.gov (online application)

Food (cont.)

The Food Group

763-450-3860

- thefoodgroupmn.org

Hunger Solutions

- hungersolutions.org
- MN Food Helpline: 1-888-711-1151
- Referrals to food shelves, dining sites, farmers markets.

Fare for All

- fareforall.org
- Pop-up grocery store, fresh produce and frozen meats at up to 40% off of retail. See web for schedule.

Twin Cities Mobile Market

- Grocery store on a bus, see web for map and schedule.

Drugs & Alcohol Help

Alcoholics Resource Center

651-227-5502

- aastpaul.org

American Lung Association

1-800-586-4872

- lung.org

Commercial Tobacco Prevention & Control

651-201-3535

- cdc.gov/pregnancy
- Smoking resources before, during and after pregnancy.

Narcotics Anonymous, 24-hour helpline

1-877-767-7676

- naminnesota.us

QuitPartner

1-800-784-8669

- quitpartnermn.com
- Free, quit smoking support.

Ramsey County Chemical Health

651-266-4008

- Walk-in crisis services.

Libraries

Libraries offer story times (in many languages), computer and technology classes and homework help. See websites for more details.

Saint Paul - sppl.org/storytime

Ramsey County - rclreads.org, click “events” then “story time”

Housing

- HousingLink** **612-522-2500**
- housinglink.org
 - Help finding housing access after a recent eviction, low credit score or criminal background.
- Catholic Charities Housing and Shelter**
- Dorothy Day** **651-404-6405**
- Housing for men and women.
- Higher Ground St. Paul** **651-647-2330**
- Housing for long-term homeless adults with disabilities, mental illness, chemical dependency and housing barriers.
 - Overnight emergency shelter for men and women.
 - Homeless adults who are too injured or sick to be on the street or in a shelter, but not sick enough to be in a hospital.
- St. Anthony Residence** **651-404-6405**
- Housing for men with severe alcohol substance use disorder.
- Family Service Center, Maplewood** **651-291-0211**
- Shelter for families.
- Coordinated Access to Housing and Shelter** **651-215-2262**
- Resources and referrals for housing programs.
- Esperanza United** **651-772-1611**
- esperanzaunited.org
 - Shelter for battered women and their children.
 - Focus on Latin@ communities to end gender-based violence.
- HOME Line** **612-728-5767**
- homelinemn.org
 - Tenant and landlord issues, free legal help for renters.
- Housecalls** **651-266-1290**
- ramseycounty.us/HouseCalls
 - Financial assistance for utility disconnection, eviction due to non-payment of rent and sanitation condemnation.
- Jeremiah Program**
- jeremiahprogram.org
 - Transitional housing for single moms with children.
- MN Homeownership Center** **651-659-9336**
- hocmn.org
 - Classes and counseling for buying a home, support with foreclosure prevention.
- Union Gospel Mission-Naomi Family Program** **651-228-1800**
- ugmtc.org/programs/women-children/
 - Transitional housing for single moms with children.
- Ramsey Housing Services & Support**
- ramseycounty.us/housingsupport
 - Emergency shelter and housing information.
 - Department staff: 651-266-1040.
 - Shelter Entry & Diversion Staff: 651-266-1050.

Housing (cont.)

Wilder Support and Direct Housing Services 651-228-2000

- wilder.org/what-we-offer
- Find safe and affordable housing, direct payments to your landlord or mortgage. Need referral.

Early Education & Child Development

CDC Milestones

- <https://www.cdc.gov/ncbddd/actearly/milestones>

Early Childhood Family Education

Maplewood/North Saint Paul #622 ECFE	651-702-8411
New Brighton/Mounds View #621 ECFE	651-621-6020
Roseville #623 ECFE	651-487-4378
Saint Paul Public Schools #625 ECFE	651-793-5410
White Bear Lake #624 ECFE	651-653-3100

Early Childhood Screening (3-5 yrs) 651-632-3746

Family Voices 1-866-334-8444

- familyvoicesofminnesota.org
- Parent-to-parent support.

Fraser Center 612-767-7222

- fraser.org
- Autism, evaluations, support and therapy.

Head Start and Early Head Start 651-603-5977

- <https://caprw.org/services/head-start/overview.html>
- Child development, childcare programs.

Help Me Grow 1-866-693-4769

- helpmegrowmn.org
- Helps children reach developmental milestone.

Minnesota Children with Special Health Needs 651-201-3650

- Helps locate special needs services for children.

Pacer Center 952-838-9000

- pacer.org
- Advocates, workshops, referrals and resources.

Pre-kindergarten - Saint Paul 651-793-5430

- spps.org/academics/teaching-learning/pre-kindergarten

St. Paul Public Schools

Student Placement Center 651-632-3760

- spps.org/apply
- School locator and application.

WIC Resources

My MN WIC App (English and Spanish)

- Scan UPC labels and view balance.
- Appointment notifications.

WIC Information

- www.health.state.mn.us | search for WIC information
- www.wichealth.org | nutrition education online lessons

Ramsey County Service Centers

Helps families connect to services in their community. In-person assistance with county services including Navigator assistance, computer access and secure document drop boxes.

- Metro Square - Downtown St. Paul
- Maplewood Mall
- Roseville Library

651-266-0600 | www.ramseycounty.us/ServiceCenters

Community parter sites also available. Full list online.

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 United Way at 651-291-0211 .

 **RAMSEY COUNTY**
Saint Paul – Ramsey County Public Health



This institution
is an equal
opportunity
provider.