

Early Care and Education Programs & Early Care Family Support Service	Description and eligibility	Contact number and website
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.	https://helpmegrowmn.org/HMG/index.htm 1-866-693-4769
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.	https://education.mn.gov/MDE/fam/elsprog/screen/ or 651-632-3746 (SPPS)
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: https://www.gis.lcc.mn.gov/iMaps/schooldistricts/ Student Placement Center 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 are eligible for the groups. Cost is minimal or sliding. Locations vary, usually neighborhood-specific.	https://education.mn.gov/MDE/fam/elsprog/ECFE/ Or your 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.	651-641-6604 www.thinksmall.org
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.	1-888-291-9811 https://www.parentaware.org/#/
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, family services, health services, parenting support, and fun family events. Foster children are automatically eligible and have priority status.	Enrollment: 651-603-5977 https://caprw.org/services/head-start/overview.html
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.	Main: 651-266-1300 https://www.ramseycounty.us/residents/assistance-support/support-families/wic-women-infants-and-children
Ramsey County Navigators	Connect with a live person to help you access social services, financial assistance, and community resources in Ramsey County.	651-266-0600 or Service centers are walk-in. https://www.ramseycounty.us/your-

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Help Me Connect	An on-line 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.	https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/
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.	http://bridgetobenefits.org/Contact_Us.html Click START on the left
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.	Public Health 651-266-2420 https://www.ramseycounty.us/residents/health-medical/clinics-services/child-and-teen-checkups-ctc-program
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 https://www.rccmhc.org/
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.	651-266-7878 https://www.ramseycounty.us/residents/health-medical/clinics-services/mental-health
Child Care Assistance Program (CCAP)	Child Care Assistance helps families pay for day child care so that parents can pursue employment or education. It is for children age 12 and younger. The family must meet income eligibility and must also be on MFIP or DWP.	https://mnbenefits.mn.gov *Can also apply for food assistance (SNAP) and cash assistance (MFIP) at the same time*
Family Coaching	Support for Ramsey County families who are parenting American Indian and African American children age 8 and younger. Family coaches are partners who offer strength, motivation and holistic support for a minimum of six months to help families thrive.	Early childhood coordinator 651-266-3798 https://www.ramseycounty.us/residents/assistance-support/support-families/early-childhood-education-resources/family-coaching-services
Family Home Visiting <i>Created August 2023</i>	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.	Public Health 651-266-1568 https://www.ramseycounty.us/residents/health-medical/clinics-services/family-home-visiting