

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.

Adult Ramsey County 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

ECHO - available in 14 languages

- tpt.org/echo-minnesota
- health and safety information, emergency readiness

Foster Parent Support

651-266-5437

NAMI

1-800-950-6264

- National Alliance on Mental Illness
- text "NAMI" 741741 for free 24/7 support
- chat, nami.org/help

Saint Paul Domestic Abuse

651-645-2824

- 24 hours/day

SOS Sexual Violence Services

651-266-1000

- ramseycounty.us/SOS
- 24 hours/day

United Way - First Call for Help

651-291-0211

- 211unitedway.org
- 24 hours/day, free and confidential
- text "helpline" 62640

1-800-543-7709

Violence Free Minnesota

866-223-1111

- mcbw.org | click "get help" for resources
- 24 hours/day hotline

Transportation & Car Seats

Call your health insurance provider.

Child Passenger Safety and Car Seat Resources

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

Everyday Miracles Car Seat Program

612-353-6293

- everyday-miracles.org/requests
- 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



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

Everyday Miracles

612-353-6293

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

First Care Pregnancy Center

612-712-3974

- firstcaremn.org
- prenatal classes, supplies support, adoption services, unplanned pregnancy support and more

Mothers First

651-266-7820

- works with pregnant women for clean and sober pregnancies

Options for Women East

651-776-2328

- optionsforwomeneast.com
- unplanned pregnancy resource clinic

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

Women's Life Care Center

651-777-0350

- womenslifecarecenter.org
- unplanned pregnancy resource center

Education & Employment Services

Career Force

651-259-7500

- careerforcemn.com
- career development and talent matching resource including vocational rehabilitation services, education trainings and more

MN Literacy Council

1-800-225-7323

- mnliteracy.org
- citizenship, ESL and GED classes

Hubbs Center for Lifelong Learning

651-290-4822

- hubbs.spps.org
- job training, ESL /GED classes



Breastfeeding

WIC Breastfeeding Consultant

651-249-1683

- ramseycounty.us/WIC, under breastfeeding/chestfeeding

Nubian Moms, Open Cities

651-290-9258

- health, breastfeeding, parenting support for African American mothers

DIVA Moms, MN Community Care Clinic

651-202-1116

- culturally reflective prenatal program

Support Group

La Leche League

612-922-4996

- free, mother-to-mother support

Breastfeeding Resources in 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

Online Resources

blackwomendobreastfeed.org

- eliminating stigma against breastfeeding in black communities

cdc.gov/breastfeeding

- guidelines, recommendations, FAQs

coffective.com

- empowering families to reach their breastfeeding goals

kellymom.com

- breastfeeding information - board certified lactation consultants

nestcollaborative.com

- virtual appointments with board certified lactation consultants

womenshealth.gov/breastfeeding

- fact sheets and other breastfeeding resources

Assistance

Affordable Connectivity Program

877-384-2575

- affordableconnectivity.gov
- save on internet bill, may get internet for free with WIC

Assurance Wireless

1-888-321-5880

- assurancewireless.com
- free cell phone program

Bridge to Benefits

- <http://bridgetobenefits.org>
- screening tool for public assistance programs and tax credits

CLUES

651-379-4200

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

Energy Assistance Program

651-645-6470

- <https://caprw.org/services/energy-food-housing/energy-assistance>
- assistance with home heating costs

EZ Info - English, Hmong, Somali, Spanish

651-266-3800

- 24/7 phone line for financial assistance programs

Hmong American Partnership

651-495-1557

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

Housecalls - by referral only

651-266-1290

- ramseycounty.us/HouseCalls
- services for families at risk of becoming homeless

Immigrant Law Center of Minnesota

651-641-1011

- ilcm.org
- provide immigration legal service, interpreting available

Joseph's Coat

651-291-2472

- josephscoatmn.org
- free clothing and household items

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
- need to be working with a participating agency

Neighborhood House

651-789-3602

- neighb.org
- citizenship, refugee services, ESL/GED classes

Prepare & Prosper

651-287-0187

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

Assistance - cont.

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

Children Referrals

Parent Aware

651-665-0150

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

Ramsey County Child Care Assistance

651-266-4444

- intake/screening

Think Small

651-641-0305

651-641-6604

- thinksmall.org
- sign up for Parent Powered texts
- searching for childcare, early learning scholarships
- Hmong, Somali, Spanish interpreters



Children - Special Needs/Disabilities

CDC Milestones

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

Family Voices

1-866-334-8444

- familyvoicesofminnesota.org
- parent-to-parent support

Fraser Center

612-767-7222

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

Minnesota Children with Special Health Needs

651-201-3650

- helps locate special needs services for children

Pacer Center

952-838-9000

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



Dental Health

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
- dental resources, clinics in and around the Twin Cities Metro

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

- free, for uninsured

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

- low cost dental services

Westside Dental Center

651-602-7500

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"

Early Education & Child Development

Club Mom 651-772-2588 or 612-368-4453-2588
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

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

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

Pre-kindergarten - Saint Paul 651-793-5430

- <https://www.spps.org/domain/10320>

St. Paul Public Schools

Student Placement Center 651-632-3760

- spps.org/apply

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



Food

Fare for All <ul style="list-style-type: none">• fareforall.org• fruits, veggies, meat up to 40% retail prices	763-450-3860
Hunger Solutions MN Food Helpline <ul style="list-style-type: none">• hungersolutions.org• 10 a.m. - 5 p.m., Monday-Friday• referrals to food shelves, dining sites, farmers markets	651-486-9860 1-888-711-1151
Loaves and Fishes <ul style="list-style-type: none">• loavesandfishesmn.org• free meals, see web for hours and locations	612-377-9810
Ramsey County Food Assistance <ul style="list-style-type: none">• ramseycounty.us/FoodAssistance	651-266-4444
Salvation Army East Side - free meals/1019 Payne West 7th - free meals/401 West 7th	651-776-8169 651-224-4316
Second Harvest Heartland - Maplewood <ul style="list-style-type: none">• 2harvest.org• help locating emergency food services	651-484-5117
SNAP Line <ul style="list-style-type: none">• mnbenefits.mn.gov (online application)	651-209-7963
Summer Eats MN <ul style="list-style-type: none">• summereatsmn.org• text “Summer Meals” or “Verano” for Spanish to 914-342-7744• download free app “Free Meals for Kids” in Apple or Google Play store	612-208-0139
Summer Meal Program <ul style="list-style-type: none">• free breakfast, lunch or snacks• for children <18 years• June - August	651-603-4950
Twin Cities Mobile Market <ul style="list-style-type: none">• thefoodgroupmn.org/twin-cities-mobile-market• grocery store on a bus, see web for map and schedule	763-450-3860

Health Clinics & Services

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	
Children's Saint Paul, Pediatric Clinic	651-220-6700
Children's Saint Paul, Feeding Clinic	651-220-6000
Face to Face Health Services	651-772-5555
<ul style="list-style-type: none">• https://face2face.org/support/mental-health• serves youth 11-24 yrs• health care, counseling, homeless program, mental health	
Family Home Visiting - Ramsey County	651-266-1568
<ul style="list-style-type: none">• support for healthy pregnancies/families with young children	
Family Tree Clinic	612-473-0800
<ul style="list-style-type: none">• reproductive, sexual health services	
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	
M Health Fairview	
Syringe Exchange Program	651-266-1295
Center for Pediatric Obesity Medicine (CPOM)	612-365-6777
Bethesda	651-227-6551
Phalen Village	651-772-3461
Open Cities Health Center, Dunlap	651-290-9200
Open Cities Health Center, North End	651-290-9200

Health Insurance

Bridge to Benefits	651-227-6121
<ul style="list-style-type: none">• mn.bridgetobenefits.org• screening and information to access public benefits	
Health Care Assistance - Ramsey County	651-266-4444
<ul style="list-style-type: none">• emergency assistance, MFIP, SNAP	
MNsure	651-539-2099
<ul style="list-style-type: none">• mnsure.org• one-stop shop for health insurance	
Portico	651-489-2273
<ul style="list-style-type: none">• porticohealthnet.org• helps uninsured access affordable healthcare	

Housing

Affordable Housing Locator	612-522-2500
<ul style="list-style-type: none">• housinglink.org• help finding housing access after a recent eviction, low credit score or criminal background	
Coordinated Access to Housing and Shelter	651-215-2262
<ul style="list-style-type: none">• resources and referrals for housing programs	
Esperanza United	651-772-1611
<ul style="list-style-type: none">• esperanzaunited.org• shelter for battered women and their children• focus on Latin@ communities to end gender-based violence	
HOME Line	612-728-5767
<ul style="list-style-type: none">• homelinemn.org• tenant and landlord issues, free legal help for renters	
Jeremiah Program	651-332-5002
<ul style="list-style-type: none">• jeremiahprogram.org• transitional housing for single moms with children	
MN Homeownership Center	651-659-9336
<ul style="list-style-type: none">• hocmn.org• classes and counseling for buying a home, support with foreclosure prevention	
Union Gospel Mission-Naomi Family Program	651-228-1800
<ul style="list-style-type: none">• transitional housing for single moms with children	

Mental Health

Mental Health Minnesota	651-493-6634
<ul style="list-style-type: none">• mentalhealthmn.org	
National Alliance on Mental Illness	651-645-2948 ext 117
<ul style="list-style-type: none">• namimn.org• suicide prevention, domestic violence, sexual assault help	
Northeast Youth & Family Services	
<ul style="list-style-type: none">• 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	
Ramsey County Children's Mental Health	651-266-7878
Ramsey County Mental Health Center	651-266-7900
Walk-in Counseling Center	612-870-0565
<ul style="list-style-type: none">• walkin.org• Free anonymous online and phone mental health counseling• Spanish & Hmong available	
Wilder Mental Health	651-280-2310
<ul style="list-style-type: none">• children and families, mental and chemical health	

***See Emergency Numbers on page 1.**

WIC Resources

Peer Support for Lactation

www.ramseycounty.us/WIC | breastfeeding/chestfeeding tab

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

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 Library
- Roseville Library

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

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.