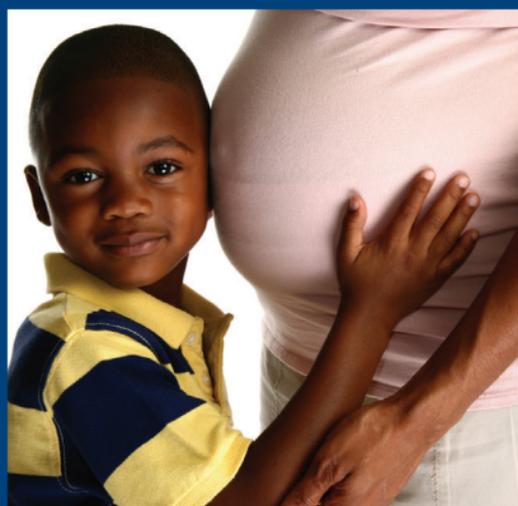


WIC

Resource Guide

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



WIC is a nutrition program that offers free nutritious foods and nutrition 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 immediate safety of you or someone you know, call 911.

Child Protection 651-266-4500

Children's Crisis Response 651-266-7878

- 24 hours/day
- mental health crisis line for children

Non-emergency 651-774-7000

- intervention, de-escalation, planning, stabilization

ECHO - available in 10 languages

- www.echominnesota.org
- health and safety information, emergency readiness

Foster Parent Support 651-266-5437

MN Coalition for Battered Women 1-866-223-1111

- www.mcbw.org | click "resources" to get help
- 24 hours/day

Ramsey County Mental Health 651-266-7900

- 24 hours/day
- Welcome Center and walk-ins

651-266-7890

Saint Paul Domestic Abuse 651-645-2824

- 24 hours/day

SOS Sexual Violence Services 651-266-1000

- 24 hours/day

United Way - First Call for Help 651-291-0211

- www.211unitedway.org
- 24 hours/day, free and confidential
- text "NAMI" 741741 for free 24/7 support (National Alliance on Mental Illness)

1-800-543-7709

Transportation & Car Seats

Child Passenger Safety 651-201-7060

- www.buckleupkids.state.mn.us
- info on car seat installation, where to get a free car seat

Mnet 1-866-467-1724

- for people with disabilities, all others ask insurance provider

TAP (Transit Assistance Program)

- www.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

- www.newgateschool.org
- click "our programs" | click "wheels for women"



Pregnancy

Birthright

651-646-7033

- emergency assistance to pregnant women, new mothers

Childbirth Collective

- www.childbirthcollective.org
- free parent topic nights in Saint Paul
- promotes doula support

Everyday Miracles

612-353-6293

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

First Care Pregnancy Center, East Saint Paul

651-730-4342

- Parenting Plus program with supplies support
- unplanned pregnancy support

Mothers First

651-266-7820

- works with pregnant women for clean and sober pregnancies

Options for Women

651-776-2328

- pregnancy resource clinic

Pregnancy and Postpartum Support MN

612-787-7776

- www.ppsupportmn.org
- support for mental health during and after pregnancy

Twin Cities Doula Project

651-548-1666

- free doula services

Women's Life Care Center

651-777-0350

- www.womenslifecarecenter.org
- parenting information in exchange for baby supplies

Online Resources

www.blackwomendobreastfeed.org

- support black families on their breastfeeding journey

www.coffective.com

- empowering families to reach their breastfeeding goals

www.kellymom.com

- breastfeeding information - board certified lactation consultants

www.womenshealth.gov/breastfeeding

- fact sheets and other breastfeeding resources



Breastfeeding

WIC Breastfeeding Consultant **651-249-1683**

Nubian Moms, Open Cities **651-290-9200 ext 1028**

- health, breastfeeding and parenting support for African American mothers

DIVA Moms, East Side Family Clinic **651-602-7500**

- culturally reflective prenatal program

Baby Café

- www.babycafeusa.org | find baby cafe
- breastfeeding group meetings

Ramsey County Baby Café **651-249-1683**

- www.ramseycounty.us/babycafe - locations
- 1st, 3rd, 4th Wednesdays | 4 - 6 p.m.
- 4th Thursdays | 4 - 6 p.m.

United Hospital Baby Café **651-241-5088**

- Wednesdays | 1:30 - 3 p.m.

Como Baby Café **651-641-6208**

- Mondays | 10 - 11:30 a.m.

Support Groups

La Leche League **612-922-4996**

- free, mother-to-mother support

Como Lactation Counseling **852-967-7955**

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.

HealthEast Lactation Clinic **651-232-3147**

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

Regions Lactation Support Center **651-254-2380**

Assistance

Assurance Wireless	1-888-321-5880
<ul style="list-style-type: none">• free cell phone program	
Clear Corp	651-603-8000
<ul style="list-style-type: none">• information on lead exposure and removal	
CLUES	651-379-4200
<ul style="list-style-type: none">• employment, financial services, ESL classes	
Energy Assistance Program	651-645-6470
<ul style="list-style-type: none">• assistance with home heating costs	
EZ Info - English, Hmong, Somali, Spanish	651-266-3800
<ul style="list-style-type: none">• 24/7 phone line for financial assistance programs	
Hmong American Partnership	651-495-9160
<ul style="list-style-type: none">• housing, financial and employment services	
Housecalls	651-266-1290
<ul style="list-style-type: none">• all services by referral only• services for families at risk of becoming homeless	
Joseph's Coat	651-291-2472
<ul style="list-style-type: none">• free clothing and household items	
Lifeline	1-888-225-5322
<ul style="list-style-type: none">• help with internet or cell phone discount	
Life Track	651-227-8471
<ul style="list-style-type: none">• support for life balance, employment• support for deaf child service	
MN Diaper Bank	651-505-3597
<ul style="list-style-type: none">• www.diaperbankmn.org• need to be working with a participating agency	
MN Immigrant and Refugee Rights Helpline	651-287-3715
<ul style="list-style-type: none">• Languages available	
Neighborhood House	651-789-2500
<ul style="list-style-type: none">• citizenship, refugee services, ESL/GED classes	
Prepare & Prosper	651-287-0187
<ul style="list-style-type: none">• free tax preparation• free financial services and coaching	
Salvation Army Heat Share	651-224-6946
<ul style="list-style-type: none">• last resort utility assistance	
Southern MN Regional Legal Services	651-222-4731
<ul style="list-style-type: none">• toll free line• free legal help• topics: housing, family, immigration, refugee	1-888-575-2954
Xcel Energy	1-800-895-4999
<ul style="list-style-type: none">• referrals for utilities assistance	

Childcare Referrals

Child Care Aware

1-888-291-9811

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

Ramsey County Child Care Assistance

651-641-6665

- intake/screening

Think Small

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

651-641-6604

651-665-0150



Children with Special Needs/Disabilities

CDC Milestones

- www.cdc.gov | search "developmental milestone"

Fraser Center

612-767-7222

- autism, evaluations, support and therapy

Family Voices

1-866-334-8444

- www.familyvoicesofminnesota.org
- parent-to-parent support

Minnesota Children with Special Health Needs 651-201-3650

- helps locate special needs services for children

Northeast Youth & Family Services

- www.nyfs.org (youth development)

Shoreview

651-486-3808

White Bear Area

651-429-8544

Pacer Center

952-838-9000

- advocates, referrals and resources



Dental Health

Dental Association - Twin Cities Clinics

- Give Kids a Smile - Free dental care to uninsured on the first Friday and Saturday in February
- a list of clinics in and around the Twin Cities Metro
- www.mndental.org/public/dental-care/twin-cities/

Bright Smiles, Cesar Chavez	651-222-1816
Children's Dental Services	612-746-1530
Community Dental Care, 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 Mobile Dental	651-241-1000
University of MN Pediatric Dental Clinic	612-659-4900
• low cost dental services	
Westside Dental Center	651-602-7500

Drug & Alcohol Help

Alcoholics Resource Center	651-227-5502
• www.aastpaul.org	
American Lung Association	651-227-8104
• www.lung.org	
Narcotics Anonymous	1-877-767-7676
• www.maminnesota.us	
• 24-hour helpline	
QuitPlan	1-888-354-PLAN(7526)
• quitplan.com	651-201-3535
• free, quit smoking support	

Early Education & Child Development

Blast off to Kindergarten, Saint Paul

- www.blastofftok.org
- making sure all children are ready for kindergarten

Club Mom or Club Dad

651-266-1585

- www.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 651-748-7280

New Brighton/Mounds View #621 ECFE 651-621-7420

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

- child development, childcare programs

Help Me Grow

1-866-693-4769

- www.helpmegrowmn.org
- helps children reach developmental milestone

Ramsey County School Districts (6 districts)

651-767-8100

- Maplewood/North St. Paul, Roseville, White Bear Lake, Mounds View and Saint Paul

Education & Employment Services

MN Literacy Council

1-800-225-7323

- www.mnliteracy.org
- citizenship, ESL and GED classes

Ronald Hubb Center

651-290-4822

- <http://hubbs.spps.org>
- job training, ESL /GED classes

Workforce Centers

North St. Paul 651-266-9890

Saint Paul 651-539-4100

Libraries

Libraries offer story times (in many languages), computer and technology classes and homework help. See websites for more details. Click on "Events" then "Story time."

Saint Paul - www.sppl.org/storytime

Ramsey County - www.rclreads.org



Food

Fare for All

763-450-3880

- www.fareforall.org
- fruits, veggies, meat at discounted price

Loaves and Fishes

651-377-9810

- www.loavesandfishes.org
- five Saint Paul sites
- free meals, see web for hours and locations

MN Food Helpline

1-888-711-1151

- www.hungersolutions.org
- 8:30 a.m. - 4:30 p.m.
- referrals to food shelves, dining sites, farmers markets

Salvation Army

East Side - free lunch/1019 Payne

651-776-8169

West 7th - free breakfast/401 West 7th

651-224-4316

Second Harvest

651-484-5117

- help locating emergency food services
- help with applying for SNAP benefits

651-209-7963

SNAP

- <https://applymn.dhs.mn.gov> (online application)
- Metro

651-266-4444

Summer Eats MN

- www.summereatsmn.org
- text “summer meals” or “verano” for Spanish to 9777
- have your address ready

Summer Meal Program

651-603-4950

- free breakfast, lunch or snacks
- for children <18 years
- June - August

Twin Cities Mobile Market

651-280-2434

- www.wilder.org | search for mobile market
- grocery store on a bus, see web for map and schedule

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 a medical and dental clinic• assistance scheduling appts• setting up interpreters and transportation	
Clinic 555, Ramsey County	651-266-1255
<ul style="list-style-type: none">• www.clinic555.org• birth control, pregnancy and STD testing	
Children's Saint Paul, Pediatric Clinic	651-265-7575
Children's Saint Paul, Feeding Clinic	651-220-6446
Face to Face Health Service	651-772-5555
<ul style="list-style-type: none">• serves youth 11-24 yrs• health care, counseling, youth homeless program	
Family Home Visiting	651-266-1568
<ul style="list-style-type: none">• support for healthy pregnancies/families with young children	
Family Tree Clinic	651-645-0478
<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	
Open Cities Health Center, Dunlap	651-290-9200
University Family Physicians	
Bethesda	651-227-6551
Phalen Village	651-772-3461
Univ of MN, Pediatric Weight Mgmt Clinic	612-365-6777

Health Insurance

Bridge to Benefits

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

Medical Assistance, Ramsey County **651-266-4444**

- emergency assistance, MFIP, SNAP

MNSure

- www.mnsure.org
- one-stop shop for health insurance

Portico **651-489-2273**

- www.porticohealthnet.org
- helps uninsured access affordable healthcare

Housing

Casa de Esperanza	651-209-3076
• shelter for battered women and their children	
Jeremiah Program	651-332-5002
• transitional housing for single moms with children	
Naomi Family Residence	651-228-1800
• transitional housing for single moms with children	

Resources

Coordinated Access to Housing and Shelter	651-215-2262
• resources and referrals for housing programs	
HOME Line	612-728-5767
• www.homelinemn.org	
• tenant and landlord issues, free legal help for renters	
MN Homeownership Center	651-659-9336
• classes and counseling for buying a home	
• support with foreclosure prevention	
Affordable Housing Locator	
• www.housinglink.org	
United Way - First Call for Help	651-291-0211
• www.211unitedway.org	

Mental Health

Face to Face Health and Counseling	651-772-5555
• serves youth 11-24 yrs	
Mental Health MN	651-493-6634
Warmline	651-288-0400
National Alliance on Mental Illness	651-645-2948
• www.nami.org	
• suicide prevention, domestic violence, sexual assault help	
Ramsey County Children's Mental Health	651-266-4486
Ramsey County Mental Health Center	651-266-7900
Walk-in Counseling, Family Tree Clinic	612-870-0565
• www.walkin.org	
• free and anonymous	
• Spanish & Hmong available	
Wilder Mental Health	651-280-2310
• children and families, mental and chemical health	

***See Emergency Numbers on the first page.**

WIC Resources

WIC Breastfeeding Consultant

651-249-1683

My MN WIC App

- smart phone app (iPhone 4s or Android 4 and higher)
- assists in shopping for WIC foods, scan UPC labels and view balance (English, Spanish)
- appointment notifications

WIC Information

- www.health.state.mn.us | search for WIC information
- shopping for WIC foods, grocery store search, breastfeeding info
- www.wichealth.org - use your WIC ID number to sign up and complete nutrition education online lessons

WIN! Wellness, Information and Nutrition

- preparing for baby, healthy recipes, family friendly activities



Follow WIN! on Pinterest

www.pinterest.com/WICramseypin

Multiservice Agencies

Helps families connect to services in their community.

Keystone Community Services

651-641-0349

- www.keystoneservices.org

Merrick Community Services

651-771-9339

- www.merrick.org

Neighborhood House

651-789-2500

- www.neighb.org

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 .



RAMSEY COUNTY

Saint Paul – Ramsey County Public Health



This institution
is an equal
opportunity
provider.