

Be The Best Parent You Can Be

Resource list for Central Minnesota parents of children - all ages. Feel free to contact these resources regarding parenting. This list is also available on United Way's website: www.unitedwayhelps.org.

Local Agencies

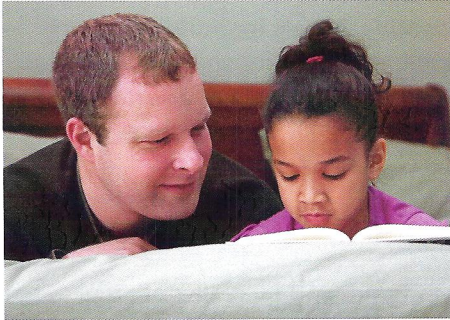
United Way 2-1-1: Community Help Line

Connects people with community resources: support groups, basic needs, etc. Free, confidential, 24/7, multilingual. Dial 2-1-1 or (800) 543-7709 www.unitedwayhelps.org www.211unitedway.org

Anna Marie's Alliance

Crisis line, shelter and support for women experiencing abuse and their children (all ages). Free, safe & confidential.

(320) 253-6900 TTY: (320) 258-3321 www.annamaries.org



Arc Midstate

Parent support groups, education, and advocacy for children with developmental and other special needs. (320) 251-7272 www.arcmidstate.org

Birthline

Classes, education, and support for anyone facing pregnancy. Mentoring support & prenatal medical exams. Necessary infant supplies available. (320) 252-4150 www.birthline.org

Caritas Mental Health Clinic

Individual/family counseling for behavioral or mental health issues. Parenting assessments and adolescent groups. Sliding fee scale. Co-parenting classes for parents facing divorce or separation. (320) 650-1660 www.ccstcloud.org

Central MN Mental Health Center

Resources, referrals, evaluations, and counseling for families with parenting concerns. Sliding fee scale. (320) 252-5010 www.cmmhc.org

Central MN Sexual Assault Center

Resources for parents on issues of child sexual abuse and ways to talk with children about prevention. Support for parents and victims. Confidential. (320) 251-4357 www.cmsac.org

Child & Adolescent Behavioral Health Services/CentraCare

Full continuum of children & adolescent services regarding mental health and behavioral health. (320) 229-4945 www.centracare.com

Child Care Choices: Relatives as Parents

Support groups, mentors, workshops, legal steps and first step manuals for grandparents and relatives who are caring for/raising children of a relative or close friend. (320) 251-5081 www.childcarechoices.net

Child Care Choices: Child Care Aware

Referrals and tools for choosing child care. (320) 251-5081 or (866) 511-2244 www.mnchildcare.org www.parentaware.org

Circle of Parents

Free parent support group held at St. Cloud Library. Children's program provided during group. (651) 442-8914 www.pcamn.org

Crisis Nursery of Sherburne County

Provides parents who are experiencing a stressful situation a temporary, voluntary, safe place for children, ages infant to 12, for up to 72 continuous hours. (763) 765-4000 or (800) 433-5239. After hours (763) 765-3500 Sheriff's Dept.

St. Cloud Area Crisis Nursery-Lutheran Social Service

Free, 24/7, temporary, safe haven for children of parents experiencing a crisis. Offers emergency day/night care, ages infant to 12, for up to three days, by calling a 24-hour crisis hot line. (320) 654-1090

Crisis Nursery of Wright County

Short term overnight (up to 72 hours) and day care for up to five days in a licensed child care home setting for children, ages 0-12, that are in need of temporary, safe, and nurturing care. Free & confidential. (763) 271-1681

Early Childhood Family Education

Parenting classes, education, resources, & family literacy programs. Fees based on income. For ages birth to kindergarten.

- Albany Area Schools:

(320) 845-2171 x7602

- Annandale Schools: (320) 274-3058

- Becker Schools: (763) 261-4050

- BBE - Belgrade Broton Elrosa:

(320) 346-2278 x1319

- Eden Valley/Watkins Schools:

(320) 453-2900 x3114

- Foley Schools: (320) 968-8526

- Holdingford Schools:

(320) 746-4431

- Kimball Schools: (320) 398-7700 x218

- Maple Lake Schools: (320) 963-7453

- Melrose Schools: (320) 256-4254

- Paynesville Schools: (320) 243-7543

- ROCORI Schools: (320) 685-8631

- Sartell/St. Stephen Schools:

(320) 656-3763

- Sauk Centre Schools: (320) 352-6521

- Sauk Rapids/Rice Schools:

(320) 255-8910

- St. Cloud Area Schools:

(320) 253-5828



*"helping children and youth
achieve their potential"*

United Way
of Central Minnesota



Be The Best Parent You Can Be

Father Project - Goodwill Easter Seals

Parenting groups, employment services, case management, child support services and legal direction for fathers. (320) 654-9527 x122
www.goodwilleasterseals.org/

Four County Response Team/ Mental Health Crisis Phone Line

Serves children, adults and families in Wright, Sherburne, Benton, and Stearns counties who are experiencing a mental health crisis. Available 24/7. (320) 253-5555 or (800) 635-8008

Hands Across the World

Support and education for families from diverse cultures regarding parenting skills and school involvement. (320) 260-1072
www.handsacrosstheworldmn.org

Help Me Grow

A place for parents to call about their child's development. For birth to 3 years of age. (320) 252-8427
www.helpmegrowmn.org

Lutheran Social Service

Support and educational tools for parents. In-office and in-home mental health family counseling. If applicable, fees billed to insurance. After school programs for children with mental health needs. (320) 251-7700
www.lssmn.org

Parent Voices of NAMI St. Cloud

Support for families and caregivers of children affected by mental illness and assistance in finding guidance they need. Meets monthly at Clara's House, St. Cloud. (320) 654-1259

Public Health

Information for parenting services including WIC, immunizations, and child and teen checkups. Stearns County (320) 203-6942 Benton County (320) 968-5087 Sherburne County (763) 765-4000 Wright County (763) 682-7456



Reach Up Inc.

Family programs that provide parenting skills and child development education for parents and their children; ages 0-5. (320) 253-8110 or (877) 848-4912
www.reachupinc.org

Resource Training and Solutions

Community workshops, support groups and free materials for parents. (320) 255-3236 or (884) 335-3276
www.resourcetraining.com

THRIVE

A network of local services that support the healthy social and emotional development of children, ages 0-5, with a special emphasis on ages 0-3. (320) 258-1103

The Village Family Service Center

Counseling, financial services and support for parents/caregivers and children in-office and in-home. Fees billed to insurance or sliding fees. (320) 253-5930 or (866) 304-2697
www.thevillagefamily.org
www.helpwithmoney.org

Online Resources

Born Learning

Explore ways to turn everyday moments into fun learning opportunities. Information on children's nutrition, health care, sleep, and education needs at each stage of growth, infancy to five years. www.bornlearning.org

Minnesota Parents Know

Information, resources, and activities for parents to help their children grow, develop, and learn from birth to high school. www.mnparentsknow.info

MN Fathers & Families Network

Resources and referrals for fathers seeking support and parent education. www.mnfathers.org

Prevent Child Abuse Minnesota

Resources to help prevent child abuse and neglect by promoting positive parenting and healthy families. Resource line: (800) 244-5373
www.pcamn.org

University of MN Extension Service

Educational tools for building strong parent-child relationships, training for parents who are facing separation, and information on how to promote healthy food choices. www.extension.umn.edu/Family

Zero to Three

Information and tools designed to help parents nurture their young children's development. (800) 899-4301
www.zerotothree.org

United Way of Central Minnesota Resources Imagination Library

Free book program for children from birth to their fifth birthday. Upon enrollment, each child will receive a book in the mail every month at no cost to their family. Parents must live in United Way of Central Minnesota's service area. (320) 223-7992. Register online: www.unitedwayhelps.org

Read. Talk. Play. Together Everyday. Promoting the simple things parents can do with their child everyday to encourage learning. (320) 252-0227
www.unitedwayhelps.org

