

Community Connections Resource Center Database: This is a database of reliable resources. Feel free to contact them directly, visit their website or stop by our office (ES 118) for a pamphlet.

Chemical Health

Resource	Phone	Email	Website
Al-Anon	888-425-2666	wso@al-anon.org	https://al-anon.org/
Hazelden Betty Ford Foundation	1-844-521-4961	visit website	https://www.hazeldenbettyford.org/
Hennepin County Sheriff Office	612-348-3744	jon.collins@hennepin.us	https://www.hennepinsheriff.org/comm
Living Free Recovery Services	763-315-7170	INFO@LIVINGFREERECOVERY.ORG	http://www.livingfreerecovery.org/
True Foundation Counseling Services	763-657-1551	visit website	https://truefoundationcounselingservice
Vinland National Center (Outpatient and Residential)	763-479-3555	visit website - contact form	http://www.vinlandcenter.org/

Children & Family

Resource	Phone	Email	Website
(Hennepin County Childcare Resources)	612-348-3883	childcare.info@hennepin.us	https://www.hennepin.us/residents/hur
Minnesota Parent & Family Directory: 18/19)	612-825-9205	see website	http://www.minnesotaparent.com/direc
MN-DOE (Early Learning Scholarships)	651-582-8200	mde.commissioner@state.mn.us	https://education.mn.gov/mde/index.ht
Parent Aware	888-291-9811	see website	http://parentaware.org/
Safe at Home (Victims of violence)	651-201-1399	Safe.athome@state.mn.us	https://www.sos.state.mn.us/safe-at-ho
Think Small (Early Learning Scholarships)	651-641-6604	info@thinksmall.org	https://www.thinksmall.org/
Tubman (Family Crisis Support Servoces)	612-825-0000	etruscott@tubman.org	https://tubman.org/
YMCA of the Greater Twin Cities	612-825-0000	https://ymcatwincities.custhelp.com/ap	https://www.ymca.org/

Crisis Support

Resource	Phone	Email	Website
Anxiety Textline - Text "Connect" to 741741			https://www.crisistextline.org/
Canvas Health	800-273-8255		https://www.canvashealth.org/crisis-sup
Cornerstone	1-866-223-1111	info@cornerstonemn.org	https://www.cornerstonemn.org/
Greater Minneapolis Crisis Nursery	763-591-0100		https://www.crisisnursery.org/
Greater Twin Cities United Way (United Way 211)	211		https://www.211unitedway.org/
Walk-in Counseling Center	612-870-0565	see website	https://walkin.org/

Financial			
Resource	Phone	Email	Website
FAIR (A partner for your money.)	651-262-2173	See Website	http://fairfinancial.org/
Prepare + Prosper (Tax Prep and Money Mentors)	651-262-2175	moneymentors@prepareandprosper.org	https://prepareandprosper.org/

Food & Nutrition			
Resource	Phone	Email	Website
CEAP	763 566 9600	info@ceap.com	http://www.ceap.org
Fare for All	763 450 3880	info@fareforall.org	https://fareforall.org/contact-us/
Hunger Free Minnesota "SNAP"	651 209 7980		http://www.2harvest.org/
M-DOH: WIC Program	1800 657 3942 or 651 201 4444		http://www.health.state.mn.us/wic/
Minnesota Food Helpline (SNAP Information)	1888 711 1151		http://www.hungersolutions.org/progra
NHCC Food Cupboard	763 424 0850	jamie.randall@nhcc.edu	https://www.nhcc.edu/student-resource
Produce Cleaning Program	651-582-8200	mde.commissioner@state.mn.us	https://education.mn.gov/MDE/dse/FNS

Health Care			
Resource	Phone	Email	Website
CAPi (Free Health Program)	612-721-0122	info@capiusa.org	https://www.capiusa.org/health-and-hu
Consumer Reports (Reliable healthcare Info)			https://www.consumerreports.org/health
Face to Face (Youth focused health care}	651-772-5555	see website	https://face2face.org/
Maple Brook Family Dentistry	763-424-5313	info@maplebrookdentalmn.com	http://www.maplebrookdentalmn.com/
MyHealth (Youth focused health care}	952-767-0815		https://myhealthmn.org/
North Memorial Health	763-520-5200	see website	https://northmemorial.com/

Housing/Homelessness			
Resource	Phone	Email	Website
Avenues For Homeless Youth	612-522-1690	info@avenuesforyouth.org	http://avenuesforyouth.org/
Lifetrack MN	651-227-8471	mail@lifetrack-mn.org	https://www.lifetrack-mn.org/
MN-DOC (MN Energy Programs Application)	651-539-1500		https://mn.gov/commerce/consumers/c
Project for Pride in Living	612-455-5100	ppl@ppl-inc.org	https://www.ppl-inc.org/
St. Stephens Human Services (Handbook of the Streets)	612-874-0311		https://ststephensmpls.org/
Utilities Resources (Phone, Gas, etc)			
Community Action Partnership	952-930-3541	eap@caphennepin.org	https://www.caphennepin.org/services/

Face to Face	651-224-9644	see website	https://face2face.org/
MN-DOC (MN Energy Programs Application)	651-539-1500		https://mn.gov/commerce/consumers/c
MN Public Utilities Commission (Telephone Discounts)	651-296-0406/1-800-657-3782	consumer.puc@state.mn.us	https://mn.gov/puc/

Immigration Support

Resource	Phone	Email	Website
International Institute of Minnesota	651-647-0191	info@iimn.org	https://iimn.org/
LifeTrack MN (New to America)	521-227-8471	mail@lifetrack-mn.org	https://www.lifetrack-mn.org/#stq=&stq
MCC Refugee Services	612-874-8605	see website	http://www.mnchurches.org/refugeeser

Legal Assistance

Resource	Phone	Email	Website
Community Action Partnership	952-697-1316	visit website	https://www.caphennepin.org/services/
Consumer Assistance Request Form	651-296-3353	visit website	https://www.ag.state.mn.us/Office/Forr
Pillsbury United Communities Waite House	612-721-1681	visit website	https://www.puc-mn.org/waite-house
Tubman Legal Services	612-825-0000	etruscott@tubman.org	https://tubman.org/get-help/legal-servic

LGBTQ

Resource	Phone	Email	Website
Face to Face (Youth Health Services)	651-246-0295	HernandezD@face2face.org	https://face2face.org/
JustUs Health			https://www.justushealth.mn/
LGBT Therapists of MN	N/A	visit website	http://www.lgbttherapists.org/
MN GLBTA Campus Alliance	N/A	info@mncampusalliance.org	http://www.mncampusalliance.org/inde
National Runaway Switchboard	1-800-786-2929	info@1800runaway.org	https://www.1800runaway.org/
Pride Institute (Substance Abuse Treatment)	800-547-7433	visit website	https://pride-institute.com/lgbtq-treatm
Red Door (Sexual Health)	612-543-5555	reddoor@hennepin.us	https://www.reddoorclinic.org/

Mental Health and Wellness

Resource	Phone	Email	Website
American Foundation for Suicide Prevention	1888-273-TALK	visit website	https://afsp.org/
Anxiety Textline - Text "Connect" to 741741			https://www.crisistextline.org/
Canvas Health	(651) 777-5222	visit website	https://www.canvashealth.org
Community Outreach for Psychiatric Emergencies	612-596-1223	visit website	http://www.mnchurches.org/refugee/he

Eleos Psychology Center	952-444-9744	info@eleospc.com	https://eleospsychologycentermn.com/
Face to Face (Youth Services)	651-772-5555	see website	https://face2face.org/
Headway Emotional Health	612-861-1675	visit website	https://www.headway.org/
M Health (Adult Services)	612-672-6600		https://www.mhealth.org/care/overarch
Melrose Center (Eating Disorders)	952-993-6200	visit website	https://www.parknicollet.com/specialty
Mental Health Association of MN	1800-862-1799	info@mentalhealthmn.org	https://mentalhealthmn.org/
Metro Area Mental Health Crisis Response	612-596-1223	N/A	http://www.macmh.org/publications/m
MyHealth (Low to no cost counseling)	952-474-3251	visit website	https://myhealthmn.org/counseling/
NAMI & NAMI Minnesota	888-626-4435	namihelps@namimn.org	https://namimn.org/
PrairieCare	763-762-8800	visit website	https://www.prairie-care.com/locations
Reimann Counseling Clinic (Out patient)	763-424-9591	jreimann@embarqmail.com	http://reimanncounselingclinic.com/
SAVE: Suicide Voices of Education	1800-273-8255	visit website	https://save.org/
Tubman ("Mental Health Therapy Services")	612-825-0000	etruscott@tubman.org	https://tubman.org/get-help/mental-che

MultiCultural Resources

Resource	Phone	Email	Website
CLUES (Comunidades Latinas Unidas En Servicio)	612-746-3500	info@clues.org	http://www.clues.org/
Islamic Center of Minnesota	763-571-5604	icm@islamiccentermn.org	http://www.islamiccentermn.org
West African Family & Community Services	763-561-3042 Ext.117	admin@bumc.org	http://bumc.umcchurches.org/wafcs/

Relationship & Domestic Violence

Resource	Phone	Email	Website
Alexandra House	763-780-2330	see website	https://www.alexandrahouse.org/
Asian Women United of Minnesota	612-724-8823	awum@awum.org	http://www.awum.org/
Cornerstone	1-866-223-1111	info@cornerstonemn.org	https://www.cornerstonemn.org/
Domestic Abuse Project	612-874-7063 x232	dap@mndap.org	http://www.domesticabuseproject.com/
Missions Inc: Home Free	763-559-9008	https://www.missionsinc.org/contact-fo	https://www.missionsinc.org/programs/
Tubman	612-825-0000	etruscott@tubman.org	https://tubman.org/

Sexual Health

Resource	Phone	Email	Website
Annex Health Clinic	763-533-1316	see website	https://annexteenclinic.org/
CAPS HIV+ Red Door Services	612-543-5555	reddoor@hennepin.us	https://www.reddoorclinic.org/

ETR Associates (HIV, Sexual & Reproductive Health)	800-620-8884	customerservice@etr.org	https://www.etr.org/
Face to Face (Youth Services)	651-772-5555	see website	https://face2face.org/
Family Tree Clinic	651-645-0478	see website	https://www.familytreeclinic.org/
Myself/My Health	N/A	myselfmyhealth@hennepin.us	https://myselfmyhealth.org/
Planned Parenthood (Women's Health)	1800-268-9150	see website	https://www.plannedparenthood.org/pl
Prairie Care Medical Group	952-826-8475	see website	https://www.prairie-care.com/about-us
Women Source	763-208-0076	officemanager@womensource.org	http://www.womensource.org/

Transportation Resources

Resource	Phone	Email	Website
EL MANUAL DEL AUTO	(651) 296-3353	see website	https://www.ag.state.mn.us/Consumer/
Hopkins Dial-A-Ride	651-602- 5465	N/A	https://www.hopkinsmn.com/577/Trans
Maple Grove Transit	763-494-6000	info@maplegrovmn.gov	https://www.maplegrovmn.gov/service
MetroTransit	612-373-3333	visit website	https://www.metrotransit.org/home https://www.metrotransit.org/imap/ma
MINNESOTA'S CAR LAWS	see above	see website	https://www.ag.state.mn.us/consumer/
NHCC App Rideshare Page	N/A	N/A	N/A
Plymouth MetroLink	763-509-5535	transit@plymouthmn.gov	http://www.plymouthmn.gov/departme
THE CAR HANDBOOK	see above	see website	https://www.ag.state.mn.us/Consumer/