



# Community Resource Guide

For Children and Families in Dakota County



HEALTH CARE



DENTAL



WOMEN'S HEALTH



FOOD



HOUSING



SPECIAL NEEDS/DISABILITY



SUPPORT FOR FAMILIES

Dakota County Public Health Department  
651.554.6100  
[www.dakotacounty.us](http://www.dakotacounty.us)

January 2023



**Public Health**  
Prevent. Promote. Protect.  
**Dakota County**



# Public Health Department

For more information on programs and services in Dakota County go to [www.dakotacounty.us](http://www.dakotacounty.us) and enter the keyword in the search box or search *Health Services* for a listing.

**General information** 651.554.6100

Fax number: 651.554.6130 / Email: [public.health@co.dakota.mn.us](mailto:public.health@co.dakota.mn.us)

## Asthma Program

For children (birth-age 18) diagnosed with asthma. Staff visit and work with the family on ways to reduce the child's symptoms, discuss community resources and decrease exposure to triggers in the home.

## Birth to Age 8

Works with families to make sure children are developing on track to help ensure future health and success. We partnered with school districts and can help track your child's development, identify concerns early and make referrals. We will also connect you to your school and County resources (search "Birth to Age 8" to sign up).

## Child and Teen Checkups (C&TC)

Child and Teen Checkups staff can help find a doctor or dentist, make an appointment, find transportation, or an interpreter for families with children and young adults on Medical Assistance from birth to age 21.

## Family Home Visiting

Home visits support families during pregnancy and after delivery. Staff can provide growth and development checks for infants and children, and resources for children with special needs. To apply, call or fill out online form at [www.dakotacounty.us](http://www.dakotacounty.us) (search "home visits").

## Follow Along Program

Keeps track of your child's development from birth - 5 years old. Find out if your child is playing, talking, growing, moving, and acting like other children the same age.

## Immunizations for children and adults 952.891.7999

Immunizations are available. Call for information or to schedule an appointment.

## Radon Testing

Test your home for radon. Pick up a test kit in Apple Valley (952.891.7500) or West St. Paul (651.554.6100), call for availability.

## Tuberculosis testing and treatment

Dakota County offers tuberculosis skin tests by appointment. People with tuberculosis can receive medication at no cost.

## WIC Nutrition Program 952.891.7525

Women, Infants, and Children (WIC) is a nutrition program that offers free nutritious foods and nutrition education to families. If you are pregnant, recently had a baby, or care for a child under age 5, you may qualify for WIC. To apply or for more information call 952-891-7525 or text "dakotawic" to 85511.

# Dakota County Services

**General information** 651.437.3191

**Employment and Economic Assistance** 651.554.5611

Hours 8:00 a.m. – 4:30 p.m.

- Cash and emergency assistance
- Child support
- Food assistance
- Financial Empowerment Services
- Child care assistance
- Medical assistance

**Social Services** 651.554.6000

- Children and Family Intake 952.891.7459
- Adult Services Intake 651.554.6424

**Community Living Services** 651.554.6336

- Aging and disability services
- Autism Spectrum Disorder
- Developmental disabilities
- Personal care assistance

**Dakota County Library** 651.450.2900

**Dakota County Parks** 952.891.7000

**Dakota County Veterans Services** 651.554.5601

## Crisis Services

**Dakota County Crisis Intervention** 952.891.7171

[www.dakotacounty.us](http://www.dakotacounty.us) (search "Mental Health")

24-hour response and referral in a mental health crisis

**Dakota County Housing Crisis Line** 651.554.5751

[www.dakotacounty.us](http://www.dakotacounty.us) (search "housing assistance")

Emergency shelter, assistance to prevent eviction and information on housing resources and referrals

**Casa De Esperanza** 651.772.1611

[www.esperanzaunited.org](http://www.esperanzaunited.org)

24-hour bilingual domestic violence helpline

**Crisis Text Line** Text MN to 741741

Free services available 24/7. If you or someone you care about is having a mental health crisis or are contemplating suicide.

## Lewis House

- Eagan 651.452.7288

- Hastings 651.437.1291

- Sexual Assault Hotline 651.405.1500

[www.360communities.org](http://www.360communities.org)

Available 24 hours a day for housing and protection for abused women and children



## Help Lines

**United Way 2-1-1 (dial 211)** 651.291.0211  
[www.211unitedway.org](http://www.211unitedway.org)

**Disability Hub MN** 1.866.333.2466  
[www.disabilityhubmn.org](http://www.disabilityhubmn.org)

**MinnesotaHelp.Info**  
[www.minnesotahelp.info/index](http://www.minnesotahelp.info/index) (Searchable resource database)

## Multi-Service Agencies

These agencies may help with food, housing, transportation, utilities, and emergency assistance.

**360 Communities** 952.985.5300  
[www.360communities.org](http://www.360communities.org)

**CAP Agency** 651.322.3500  
[www.capagency.org](http://www.capagency.org)

**Hastings Family Service** 651.437.7134  
[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)  
Serves ISD 200 residents and Hastings area

**Isuroon Family Center** 952.595.5731  
[www.isuroon.org](http://www.isuroon.org)

**Mission Outpost** 952.898.9311  
[www.popmn.org/mission/mission-outpost](http://www.popmn.org/mission/mission-outpost)  
Prince of Peace Lutheran Church, Burnsville

**Neighbors Inc.** 651.455.5000  
[www.neighborsmn.org](http://www.neighborsmn.org)  
Inver Grove Heights, South St. Paul, West St. Paul, Mendota Heights, Mendota, Sunfish Lake and Lilydale residents

**Salvation Army** 651.746.3400  
[www.salvationarmynorth.org/](http://www.salvationarmynorth.org/)

## Chemical Dependency

**Dakota County Chemical Health** 651.554.6424  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "Chemical Health")  
The county can assist people with a chemical health assessment and treatment. Visit the website for eligibility and guidelines.

**Alcoholics Anonymous (AA)** 952.922.0880  
[www.aaminneapolis.org](http://www.aaminneapolis.org)  
Greater Minneapolis Intergroup provides support and resources for anyone seeking help with their drinking. Phones answered 24 hours.

**Al Anon/Alateen** 651.771.2208  
[www.al-anon-alateen-msp.org](http://www.al-anon-alateen-msp.org)

**Comunidades Latinas Unidas en Servicio: CLUES** 651.379.4200  
[www.clues.org](http://www.clues.org)  
Latino-led nonprofit organization, by and for Latinos to provide culturally and linguistically relevant services.

## Chemical Dependency

**Naloxone (NARCAN®) Finder for Minnesota**  
<https://knowthedangers.com/naloxone-finder/>  
Helps find pharmacies or Syringe Service Programs (SSPs) near you that offer naloxone.

**Narcotics Anonymous Minnesota** 1.877.767.7676  
[www.naminnnesota.org](http://www.naminnnesota.org)

**NO PAIN Minnesota**  
<https://nopainmn.org>  
Non-Opioid Pain Alleviation Information Network; Call any provider of interest directly for accepted insurance information.

**Quit Partner MN (Tobacco)** 1.800.784.8669  
[www.quitpartnermn.com](http://www.quitpartnermn.com)

**Substance Abuse and Mental Health (SAMHSA)**  
If you think you or someone you know has an opioid addiction:  
- Call your primary care provider  
- Call the SAMHSA's National Helpline at 1.800.662.HELP  
- OR go online at <https://www.samhsa.gov/>

Visit [www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose) to learn more about protecting yourself and your loved ones from opioid abuse, addiction, and overdose.

## Children with Special Needs/Disabilities

**Autism Spectrum Disorder Information & Resources** 651.554.6336  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "Autism")

**Family Voices of MN** 612.440.1609  
[www.familyvoicesofminnesota.org](http://www.familyvoicesofminnesota.org)  
CONNECTED Parent-to-Parent Networking and Support

**Fraser Center** 612.767.7222  
[www.fraser.org](http://www.fraser.org)  
Services for autism, mental health and rehabilitation

**Living Well with ADHD**  
[www.centerforlivingwellwithadhd.org](http://www.centerforlivingwellwithadhd.org)

**Living Well Disability Services** 651.688.8808  
[www.livingwell.org](http://www.livingwell.org)

**Minnesota Hands and Voices** 651.265.2435  
[www.mnhandsandvoices.org/](http://www.mnhandsandvoices.org/)  
Community of families with children who are deaf and hard of hearing

**National Alliance on Mental Illness of Minnesota (NAMI Minnesota)** 651.645.2948  
[www.namimn.org](http://www.namimn.org)

**PACER Center** 952.838.9000  
[www.pacer.org](http://www.pacer.org)  
Support and advocacy for children with disabilities and their families

**The ARC Greater Twin Cities** 952.920.0855  
[www.arcminnesota.org](http://www.arcminnesota.org)  
Parent advocacy to expand opportunities and enhance quality of life



## Clothing

<b>Hastings Family Service</b> <a href="http://www.hastingsfamilyservice.org">www.hastingsfamilyservice.org</a> Serves ISD 200 residents and Hastings area	<b>651.437.7134</b>
<b>Mission Outpost</b> <a href="http://www.popmn.org/mission/mission-outpost">www.popmn.org/mission/mission-outpost</a> Prince of Peace Lutheran Church, Burnsville	<b>952.898.9311</b>
<b>Neighbors Inc.</b> <a href="http://www.neighborsmn.org">www.neighborsmn.org</a>	<b>651.455.5000</b>

## Cultural Services

These agencies may help with food, family support, employment, education, health and wellness, behavioral health, and empowerment.

<b>Centro Tyrone Guzman (Latino)</b> <a href="http://www.centromn.org">www.centromn.org</a>	<b>612.234.1412</b>
<b>CLUES (Latino)</b> - St. Paul - Aging Well Services <a href="http://www.clues.org">www.clues.org</a>	<b>651.379.4200</b> <b>612.234.2750</b>
<b>ECHO</b> <a href="http://www.tpt.org/echo-minnesota/">www.tpt.org/echo-minnesota/</a> Multi-language health, safety & emergency readiness info./videos	
<b>Indian Health Board</b> <a href="http://www.indianhealthboard.com">www.indianhealthboard.com</a>	<b>612.721.9800</b>
<b>Isuroon Family Center</b> <a href="http://www.isuroon.org">www.isuroon.org</a>	<b>952.595.5731</b>
<b>Latino Economic Development Center</b> <a href="http://www.ledcmn.org">www.ledcmn.org</a> <a href="http://www.ledcmn.org/es/">www.ledcmn.org/es/</a>	<b>612.724.5332</b>
<b>Neighborhood House</b> <a href="http://www.neighb.org">www.neighb.org</a>	<b>651.789.2500</b>
<b>Progressive Individual Resources, Inc.</b> <a href="http://www.pirimn.org">www.pirimn.org</a>	<b>612.749.3309</b>
<b>Zacah</b> <a href="http://www.zacah.org">www.zacah.org</a> Islamic organization to support Muslims and followers of other faiths	<b>651.456.8891</b>

### LOCAL EMBASSIES AND CONSULATES

(North and South America)

**Consulate of Canada: 1.844.880.6519**

<https://www.canada.ca/Canada-In-Minneapolis>

**Consulate of Ecuador: 612.721.6468**

<https://www.facebook.com/CECUMinneapolis>

**Consulate of Mexico: 651.771.5494**

<https://consulmex.sre.gob.mx/saintpaul/>

## Dental Services

On Medical Assistance (MA)? Contact your health plan for dental.

<b>Children's Dental Services</b> <a href="http://www.childrensdentalservices.org">www.childrensdentalservices.org</a> Children from birth to age 26 and pregnant women; accepts MA; Sliding fee and free care.	<b>612.746.1530</b>
<b>Community University Health Care</b> <a href="http://www.cuhcc.umn.edu">www.cuhcc.umn.edu</a> (search "Dental Care") Fees based on family size and income	<b>612.301.3433</b>
<b>Dentistry for Children &amp; Adolescents</b> <a href="http://www.childrensdent.com">www.childrensdent.com</a> MA not accepted - only physical or mental disability accepted	<b>952.435.4102</b>
<b>Hope Dental Clinic</b> <a href="http://www.hopedentalclinic.org">www.hopedentalclinic.org</a>	<b>651.789.7605</b>
<b>Indian Health Board</b> <a href="http://www.indianhealthboard.com">www.indianhealthboard.com</a>	<b>612.721.9800</b>
<b>Metropolitan State Univ. Dental Clinic</b> <a href="https://dental.metrostate.edu/forms/home/">https://dental.metrostate.edu/forms/home/</a> No sliding fee or free services	<b>651.793.1793</b>
<b>Minnesota Community Care</b> <a href="http://www.mncare.org">www.mncare.org</a> Several clinics (La Clinica, West Side and East Side)	<b>651.602.7500</b>
<b>Minnesota Dental Association</b> <a href="http://www.mndental.org">www.mndental.org</a> Search option for Find-a-Dentist by area	<b>612.767.8400</b>
<b>Prince of Peace Dental Clinic</b> <a href="https://popmn.org/mission/dental-clinic/">https://popmn.org/mission/dental-clinic/</a>	<b>952.898.9318</b>
<b>Southern Heights Dental Group</b> <a href="http://www.southernheightsdental.com">www.southernheightsdental.com</a>	<b>507.334.6433</b>
<b>True North Community Dental Clinic</b> <a href="http://www.truenorthcdc.com/">www.truenorthcdc.com/</a>	<b>952.403.5149</b>
<b>University of MN Dental Clinics</b> <a href="http://www.dentalclinics.umn.edu/">www.dentalclinics.umn.edu/</a>	<b>612.625.2495</b>

## Dental cleaning and x-rays

<b>Century College</b>	<b>651.779.5787</b>
<b>Normandale Community College Dental Hygiene Clinic</b>	<b>952.358.8608</b>

# Education

## Head Start

**Early Head Start (Pregnancy to age 3) and Head Start (Age 3 to school age)** 651.322.3500  
[www.capagency.org](http://www.capagency.org)

## Early Childhood Family Education (ECFE)

**Help Me Grow** 1.866.693.4769  
[www.helpmegrowmn.org](http://www.helpmegrowmn.org)  
Development information/referral for assessment (Birth – age 5)

**ISD 6 South St. Paul Public School** 651.457.9418  
[www.tridistrictce.org](http://www.tridistrictce.org)

**ISD 191 Burnsville/Eagan/Savage** 952.707.4150  
[www.communityed191.org](http://www.communityed191.org)

**ISD 192 Farmington ECFE** 651.460.3200  
[www.farmington.k12.mn.us/community\\_education](http://www.farmington.k12.mn.us/community_education)

**ISD 194 Lakeville ECFE** 952.232.2150  
[www.isd194.org](http://www.isd194.org)

**ISD 196 Rosemount/Eagan/Apple Valley** 651.423.7920  
[www.district196.org](http://www.district196.org)

**ISD 197 West St. Paul** 651.403.8390  
[www.tridistrictce.org](http://www.tridistrictce.org)  
Early learning and Family Resource Center

**ISD 199 Inver Grove Heights** 651.306.7503  
[www.isd199.org/schools/early-learning/ecfe](http://www.isd199.org/schools/early-learning/ecfe)

**ISD 200 Hastings School District** 651.480.7678  
[www.hastingscommunityed.com](http://www.hastingscommunityed.com)

## Early Childhood Screening (pre-school)

Websites for the districts are listed in above section

**ISD 6 South St. Paul Public School** 651.288.6897

**ISD 191 Burnsville/Eagan/Savage** 952.707.4100

**ISD 192 Farmington** 651.460.3200

**ISD 194 Lakeville** 952.232.3000

**ISD 196 Rosemount/Eagan/Apple Valley** 651.423.7899

**ISD 197 West St. Paul** 651.403.8363

**ISD 199 Inver Grove Heights** 651.306.7520

**ISD 200 Hastings School District** 651.480.7381

# Education

## Adult Education & English Language Learning

Free adult reading, math, English as a Second Language, G.E.D. and diploma programs

**Literacy Minnesota** 651.645.2277  
[www.literacymn.org](http://www.literacymn.org)  
Contact to find local classes

## Financial Help

**Employment & Economic Assistance** 651.554.5611  
[www.dakotacounty.us](http://www.dakotacounty.us) (search “Cash Assistance”)  
Assistance for emergency, food, financial, prenatal care, and child care

**Financial Empowerment Services** 651.554.5763  
[www.dakotacounty.us](http://www.dakotacounty.us) (search “Financial Counseling”)  
Provides counseling (provided by Accredited Financial Counselors®). Services include budget and debt counseling, student loan education, credit report review education and support to help repair damaged credit, planning for major purchases, and connecting to community supports.

**Angel Foundation** 612.627.9000  
[www.mnangel.org](http://www.mnangel.org)  
For cancer patients

**Energy Assistance (CAP Agency)** 651.322.3500  
[www.capagency.org](http://www.capagency.org)  
Financial assistance to help pay utility and fuel bill (October to May)

**360 Communities** 952.985.5300  
[www.360communities.org](http://www.360communities.org)

**Hastings Family Service** 651.437.7134  
[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)

**Lutheran Social Service Financial Counseling** 1.888.577.2227  
[www.lssmn.org/debt](http://www.lssmn.org/debt)

**Neighbors, Inc.** 651.455.5000  
[www.neighborsmn.org](http://www.neighborsmn.org)

**Social Security Administration** 1.800.772.1213  
[www.ssa.gov](http://www.ssa.gov)

**Zacah** 651.456.8891  
[www.zacah.org](http://www.zacah.org)  
Islamic organization to support Muslims and followers of other faiths

## Fitness

- Dakota County Parks - [www.dakotacounty.us/parks](http://www.dakotacounty.us/parks)
- City Parks - [www.dakotacounty.us](http://www.dakotacounty.us) (search "cities and townships")
- Fitness and Exercise in Dakota County  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "Healthy Living")  
Find walking options
- Where Can We Go to Play booklet (affordable ideas for family fun in Dakota County) available in [English](#) and [Spanish](#).  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "Healthy Living")

## Food Shelves

Many local churches offer community meals free or by donation.

### Food Shelves and Free Community Meals in Dakota County for more listings and updates:

[www.dakotacounty.us](http://www.dakotacounty.us) (search "Food Shelves")

**360 Communities** 952.985.5300  
[www.360communities.org](http://www.360communities.org)

**Fare for All** 763.450.3880  
[www.fareforall.org](http://www.fareforall.org)

A low-cost mobile grocery purchase program

**Farmers Market**  
[www.minnesotagrown.com](http://www.minnesotagrown.com)  
Some markets accept EBT and WIC

**Hastings Family Service** 651.437.7134  
[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)

**Meals on Wheels** 612.623.3363  
[www.meals-on-wheels.com](http://www.meals-on-wheels.com)

**Minnesota Food Helpline** 1.888.711.1151  
**Hunger Solutions MN** 651.486.9860  
[www.hungersolutions.org](http://www.hungersolutions.org) (Find a local food shelf)

**Mission Outpost** 952.898.9311  
[www.popmn.org/mission/mission-outpost](http://www.popmn.org/mission/mission-outpost)  
Located at Prince of Peace Lutheran Church, Burnsville

**Neighbors, Inc.** 651.455.5000  
[www.neighborsmn.org](http://www.neighborsmn.org)

**Ruby's Pantry** 651.674.0009  
[www.rubyspantry.org](http://www.rubyspantry.org)

**The Open Door Pantry** 651.686.0787  
[www.theopendoorpantry.org](http://www.theopendoorpantry.org)

**Dakota County Women, Infants and Children (WIC) Nutrition Program** 952.891.7525  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "WIC")

## Health Care

### Health Clinics (low-cost)

**Crown Medical Center** 612.871.4354  
Green card medical exams and travel clinic services

**Diamondhead Community Clinic** 952.707.4171  
[www.isd191.org/community/diamondhead-clinic](http://www.isd191.org/community/diamondhead-clinic)  
For children age birth - High School and live in School District 191

**Dakota Child and Family Clinic** 651.209.8640  
[www.dakotachildandfamily.org](http://www.dakotachildandfamily.org)

**Minnesota Community Care** 651.602.7500  
[www.mncare.org](http://www.mncare.org)

Several locations (West Side - La Clinica, East Side and Farmington)  
Accepts patients regardless of insurance, has sliding fee discount; Provides children's and women's health, lactation support, family planning, mental health and pain management; May offer resources to find cribs and car seats.  
24 hour care line: 952.883.7449

**Minnesota Family Planning and STD (Sexually Transmitted Disease hotline)** 1.800.783.2287  
[www.sexualhealthmn.org](http://www.sexualhealthmn.org)

**NorthPoint Health & Wellness Center** 612.543.2500  
[www.northpointhealth.org](http://www.northpointhealth.org)  
Located in Minneapolis. Sliding Fee Discount Program

**Public Health Immunization Clinic** 952.891.7999  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "Immunization Clinic")

**St. Mary's Clinic** 651.287.7777  
[www.stmaryshealthclinics.org](http://www.stmaryshealthclinics.org)  
Services for those with no access to health insurance

### Health Insurance

**MNSure** 1.855.366.7873  
Monday-Friday 8:00 a.m - 4:00 p.m. 651.539.2099  
[www.mnsure.org](http://www.mnsure.org)

**MNSure Navigators** provide free enrollment help through virtual or in-person meetings or phone appointments  
[www.mnsure.org/help/find-assister/find-assister.jsp](http://www.mnsure.org/help/find-assister/find-assister.jsp)

**Dakota County Employment and Economic Assistance** 651.554.5611  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "Medical Assistance")

**Consumer Support Line** 651.297.3862  
[www.mn.gov/dhs](http://www.mn.gov/dhs)  
Medical Assistance and Minnesota Care

**Portico Healthnet** 651.489.2273  
[www.porticohealthnet.org](http://www.porticohealthnet.org)  
1.866.489.4899 / Interpreters are available  
Assist those in need of health insurance and helps with applications.

## Health Care (continued)

### Prescription Medications

Some pharmacies participate in drug discount programs and may offer generic drugs for a low fee. Contact your pharmacy to find out.

Dispose of medications safely through the Dakota County Sheriff's office. Drop boxes are available at various locations. Visit [www.dakotacounty.us](http://www.dakotacounty.us) (search "safe disposal").

**Patient Assistance Program Center** 888.796.1234  
[www.RxOutreach.org](http://www.RxOutreach.org)

Purchase drugs at lower cost for qualifying individuals

**Minnesota Insulin Safety Net Program**  
[www.MNinsulin.org](http://www.MNinsulin.org)

### Vision

Contact your medical insurance provider to find out if vision services are covered.

**Vision Loss Resources** 612.871.2222  
[www.visionlossresources.org](http://www.visionlossresources.org)

**Minnesota Vision Project:** Call United Way 211 for events and applications for free glasses or contacts

### Other resources:

- STD testing clinics - [www.dakotacounty.us](http://www.dakotacounty.us) (search "STD testing")
- [www.health.state.mn.us](http://www.health.state.mn.us) (search "Guide to health care resources")

## Women's Health

### Breastfeeding and Lactation Support

Find a list of community lactation resources at [www.dakotacounty.us](http://www.dakotacounty.us) (search "Lactation")

**Dakota County Public Health**  
- Home Visits 651.554.6115  
- Women, Infant and Children (WIC) 952.891.7525

**Baby Café Hastings at TLC of Hastings** 651.437.4200  
[www.babycafeusa.org](http://www.babycafeusa.org) (search "Hastings")  
Total life care/pregnancy resource center

**La Leche League Locator**  
[www.llusa.org/locator](http://www.llusa.org/locator)

**M Health Woman's Care Service Line** 651.232.3147  
[www.mhealthfairview.org](http://www.mhealthfairview.org)

**Health Partners & Park Nicollet Lactation** 612.333.2229  
[www.healthpartners.com](http://www.healthpartners.com) (search "lactation")

**Regions Lactation Support Center** 651.254.2380  
[www.regionshospital.com](http://www.regionshospital.com) (search "lactation")  
Partners in Breastfeeding Class

**The Mother Baby Center and Children's Hospital St. Paul** 651.241.6250  
[www.themotherbabycenter.org](http://www.themotherbabycenter.org)

### Pregnancy and women's health

**Amnion Pregnancy Center** 952.209.9990  
[www.amnionpc.org](http://www.amnionpc.org)

**Planned Parenthood** 952.890.0940  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Pregnancy & Postpartum Support MN Hotline** 612.787.7776  
1.800.944.4773  
[www.ppsupportmn.org](http://www.ppsupportmn.org)

**Pregnancy Choices** 952.234.9850  
[www.mypregnancychoices.com](http://www.mypregnancychoices.com)

**SAGE-Breast & Cervical Cancer Testing** 1.888.643.2584  
[www.health.state.mn.us](http://www.health.state.mn.us) (search "SAGE")

**Wakota - A Guiding Star Center** 651.457.1195  
[www.guidingstarwakota.org](http://www.guidingstarwakota.org)



### IMMUNIZATIONS FOR CHILDREN AND ADULTS

Dakota County Public Health offers immunizations for children and adults for those who:

- Do not have health insurance
- Have health insurance that does not cover vaccines

AND children who:

- Are American Indian or Alaskan Native
- Are on a Minnesota Health Care Program (MA, MnCare, or PMAP)

There is no charge for the vaccine (donations accepted). Children under 18 years of age MUST be accompanied by a parent or guardian OR have proper written consent.

**For more information or to schedule an appointment, call 952-891-7999 or visit [www.DakotaCounty.us](http://www.DakotaCounty.us) (search "Vaccines").**

## Housing

**Dakota County Housing Crisis Line** 651.554.5751  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "housing assistance")  
Emergency shelter, assistance to prevent eviction, and information on housing resources/referrals

**C.O.R.E Drop In Center** 612.205.7944  
[www.thelinkmn.org](http://www.thelinkmn.org)  
Community, Outreach, Resources, and Engagement Drop In Center is for youth at-risk of or are currently homeless who can get help with basic needs (food, clothes, shower, laundry, etc.) and connected to case management and services such as housing

## Shelters

**Aspen House** 651.447.4090  
<https://www.nexusfamilyhealing.org/aspen-house>  
For teens ages 12-18 who temporarily need a safe place to live.

**Dakota Woodlands (for families)** 651.456.9110  
[www.dakotawoodlands.org](http://www.dakotawoodlands.org)

## General

**Dakota County Community Development Agency** 651.675.4400  
[www.dakotacda.org](http://www.dakotacda.org)  
Affordable housing

**Affordable housing locator**  
[www.housinglink.org](http://www.housinglink.org)

**Environmental Health concerns** 952.891.7500  
[www.dakotacounty.us](http://www.dakotacounty.us)  
Dakota County Public Health

**Habitat for Humanity Homeowner & Foreclosure Prevention Program** 651.207.1700  
[www.tchabitat.org](http://www.tchabitat.org)

**Smoke-Free Housing Directory** 651.646.3005  
[www.mnsmokefreehousing.org/](http://www.mnsmokefreehousing.org/)

## Job Skills

**MN Workforce Centers**  
<https://mn.gov/deed/job-seekers/>  
Services that can help you look for a job, change careers, or create or update a resume

- West St. Paul WorkForce Center 651.554.5955
- Burnsville WorkForce Center 952.703.3100
- Shakopee WorkForce Center 952.496.8686

**MinnesotaWorks.net**  
[www.minnesotaworks.net](http://www.minnesotaworks.net)  
No fee online job bank for finding jobs in Minnesota

## Legal Help

**Dakota County Family Court Self-Help Center** 651.438.8080  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "legal help")  
Free 30-minute consultation on family court issues for county residents who do not have a lawyer

**Immigrant Law Center of MN** 1.800.223.1368  
[www.ilcm.org](http://www.ilcm.org)  
Legal help for immigrants and refugees

**LawHelpMN**  
[www.lawhelpmn.org](http://www.lawhelpmn.org)

**Legal Assistance of Dakota County** 952.431.3200  
[www.dakotalegal.org](http://www.dakotalegal.org)

**Southern MN Regional Legal Services** 1.877.696.6529  
651.222.4731  
[www.smrls.org](http://www.smrls.org)  
Free legal help for low-income people and immigration services

**Tubman Chrysalis Center** 612.870.2400  
[www.tubman.org](http://www.tubman.org)

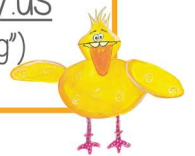
- Sign up for The -  
**Follow Along Program**  
in Dakota County

The program helps you keep track of your child's development from birth to age 5 years.

Find out if your child is playing, talking, growing, moving, and acting like other children the same age.

It's FUN,  
EASY and  
FREE!

Learn more and  
sign up at:  
[www.dakotacounty.us](http://www.dakotacounty.us)  
(search "Follow Along")





# Mental Health and Behavioral Health

**\*\* Call 911 for life threatening emergencies \*\***

## Dakota County

[www.dakotacounty.us](http://www.dakotacounty.us) (search "Mental Health")

- Adult Mental Health **651.554.6424**
- Children's Mental Health **952.891.7459**
- Crisis Response Unit 24-hour **952.891.7171**

The Crisis Response Unit is a 24-hour Crisis Line and is available to all people in Dakota County. Phones are answered by caring staff who are trained in crisis recovery and community resources that help support and maintain mental health. They can also help with things like:

- Crisis phone support
- Family education and support
- Referrals to community resources
- Access to urgent psychiatry and therapy
- Mental Health crisis assessments
- Crisis Stabilization Services

## Mental health providers and other resources

### Associated Clinic of Psychology

- Apple Valley **952.432.1484**
  - West St. Paul **651.450.0860**
- [www.acp-mn.com](http://www.acp-mn.com)

### Fast-Tracker **651.426.6347**

[www.Fast-TrackerMN.org](http://www.Fast-TrackerMN.org)

Mental Health Clinics & Substance Use Disorder Resources

### Isuroon Behavioral Health Services **952.595.5731**

[www.isuroon.org](http://www.isuroon.org)

### Mental Health Minnesota **651.493.6634**

[www.mentalhealthmn.org](http://www.mentalhealthmn.org)

### Minnesota Mental Health Clinic **651.454.0114**

[www.mnmentalhealthclinics.com](http://www.mnmentalhealthclinics.com)

Community support program funded by Dakota County  
Apple Valley, Eagan and Lakeville

### National Alliance on Mental Illness of Minnesota **651.645.2948**

(NAMI Minnesota)

[www.namimn.org](http://www.namimn.org)

### Walk In Counseling Center **612.870.0565**

[www.walkin.org](http://www.walkin.org)

Located in Minneapolis

# Parent Support

## Dakota County Parent Support Outreach **952.891.7459**

[www.dakotacounty.us](http://www.dakotacounty.us) (search "parent support")

A program for parents of a child(ren) age 10 and younger who need support with parenting challenges.

## Dakota County Child Care Licensing **952.891.7400**

[www.dakotacounty.us](http://www.dakotacounty.us) (search "child care licensing")

For licensed child care homes

## Dakota County Public Health **651.554.6115**

[www.dakotacounty.us](http://www.dakotacounty.us) (search "home visits")

Family Home Visiting supports pregnant women and families with young children. They offer helpful information and support for you to develop new skills as a parent.

## Help Me Connect

<https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/>

A navigator connecting expectant families, families with young children (birth – 8 yrs old) and those working with families to services.

## Kids-n-Kinship **952.892.6368**

[www.kidsnkinship.org](http://www.kidsnkinship.org)

## Parent Aware **1.888.291.9811**

[www.parentaware.org](http://www.parentaware.org)

Searchable database of child care and early learning programs

## Safe Families for Children **612.518.5986**

[www.safe-families.org](http://www.safe-families.org)

## Together for Good **651.440.4058**

[www.tfgood.org](http://www.tfgood.org)

## WOMEN, INFANTS & CHILDREN (WIC) PROGRAM

WIC is a nutrition program that helps families eat well and stay healthy.

WIC offers:

- Nutrition information specific to your family's needs
- Healthy foods
- Breastfeeding education and support
- Referrals to other health and community programs

If you are pregnant, recently had a baby, or care for a child under age 5, you may qualify for WIC.

To apply or for more information call 952-891-7525 or text "dakotawic" to 85511.



Scan to apply online

# Transportation

Contact your health plan for transportation to a medical appointment if you are on MinnesotaCare or Medical Assistance.

**DARTS** 651.455.1560

[www.dartsconnects.org](http://www.dartsconnects.org)

Serving older adults with transportation.

**LOOP Bus System:** An affordable circular bus system to aid older adults in shopping and interacting in the community. Currently in Hastings, West St. Paul, Lakeville and South St. Paul. Wheelchair and scooter accessible.

**GAPP Services, Inc.** 952.953.9299

Transportation for county residents using volunteer drivers. Must schedule at least one week in advance.

**GoDakota** 651.554.6956

[www.dakotacounty.us](http://www.dakotacounty.us) (search "GoDakota")

Helps you find public and private transportation options and services like MetroTransit, Minnesota Valley Transit Authority and DARTS. Free travel training is available.

**Just Friends Program** 651.437.7134

[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)

Transportation, friendly visiting, and grocery shopping assistance. Service area is Hastings and school district 200.

**Metro Mobility** 651.602.1111

[www.metrotransit.org/metro-mobility](http://www.metrotransit.org/metro-mobility) TTY 651.221.9886

For certified riders unable to use other buses due to disability or health conditions.

**Metro Transit** 612.373.3333

[www.metrotransit.org](http://www.metrotransit.org)

Transit Assistance Program (TAP): [www.metrotransit.org/TAP](http://www.metrotransit.org/TAP)

Helps make public transit more affordable (\$1 per ride) for low-income residents who meet income requirements.

Transit Link: [www.metrotransit.org/transit-link](http://www.metrotransit.org/transit-link)

**Minnesota Valley Transit Authority** 952.882.7500

[www.mvta.com](http://www.mvta.com)

**Neighbors Inc. of South St. Paul** 651.455.5000

[www.neighborsmn.org](http://www.neighborsmn.org)

Serves low-income community members in Inver Grove Heights, South St. Paul, West St. Paul, Mendota Heights, Mendota, Sunfish Lake and Lilydale.

# Child and Teen Checkups

## For children and youth:

- Birth through age 20 and
- Receive Medical Assistance

## Find a regular doctor and dentist who will get to know your children.

- Schedule an appointment for a checkup.
- Learn more about your child's development and health.
- Call your health plan to find a doctor, dentist, interpreter, or rides to medical appointments and get your rewards! The number is on the back of your insurance card.

## Child and Teen Checkups are due at:

2 weeks	15 months
2 months	18 months
4 months	24 months
6 months	30 months
9 months	-----
12 months	Every year from Age 3 through 20

## Dental check-up:

Every 6 months by 12 months of age!

## Learn more!

Dakota County Child and Teen Checkups (C&TC)

952-891-7500

[www.dakotacounty.us](http://www.dakotacounty.us) (search "Child and Teen Checkups")

**This directory is a general guide to resources and does not imply endorsement by the Dakota County Public Health Department. The information is subject to change.**

Dakota County Public Health Department  
651.554.6100

[www.dakotacounty.us](http://www.dakotacounty.us) (search Health Services)

