

SERVICES ADDRESSING BASIC NEEDS FOR: Benton, Sherburne, Stearns, and Wright Counties



SURVIVING THE TOUGH TIMES

FIND LOCAL RESOURCES IN TIMES OF NEED



Community Resource Listing compiled by

**United Way
of Central Minnesota**



United Way
of Central Minnesota



HOW CAN WE HELP?

United Way 211 provides free and confidential health and human services information for people in Central Minnesota. We're here 24 hours a day, 7 days a week to connect you with the resources and information you need. If you're looking for information about services available in your community for you or a loved one, we're here to help.

WHAT DOES 211 DO?

It can be hard to know where to turn for help when you need it most. Our 211 line is the first step to getting help and insight into the options our neighbors and community needs in times of crisis. 211 is a free, confidential service that connects people across Central Minnesota to the local resources they need 24 hours a day, seven days a week.

ABOUT 211

211 provides unmatched, critical services -- Every day, 211 assists with access to free and confidential crisis and emergency counseling, disaster assistance, food, health care and insurance assistance, stable housing and utilities payment assistance, employment services, veteran services and childcare and family services.

211 provides expert, caring help -- No matter the situation, the specialists at 211 listen, identify underlying problems, and connect people in need with resources and services in their community that improve their lives.



FIND HELP

Dial 2-1-1
Toll Free: 800-543-7709

Text your zip code to 898-211
www.211unitedway.org

24-7 / CONFIDENTIAL / ALL LANGUAGES

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Child Care/Daycare/Pre-School Programs

Boys & Girls Clubs of Central Minnesota

320-252-7616, www.bgcmn.org

Provides a safe positive place for children and youth in grades K -12 to go after school and during the summer months. Clubs offer diverse program activities in five areas: Character & Leadership Development, Education & Career Development, Health & Life Skills, the Arts and Sports, Fitness & Recreation. Annual membership to the Boys & Girls Club is \$10.

- East Side Unit, 320 Raymond Avenue NE, St. Cloud MN, 320-253-5159
- Roosevelt Unit, 345 30th Avenue N, St. Cloud MN, 320-257-5124
- Southside Unit, 1205 6th Avenue S, St. Cloud MN, 320-251-4314

The Club's Storm After-School

Sauk Rapids Middle School 901 1st St S, Sauk Rapids, 320-258-1540

Provided by Boys & Girls Club of Central Minnesota.

An extension site at Sauk Rapids Middle School, which is open from school dismissal until 5:15 p.m. on school days only. Annual membership is \$10.

KIDSTOP

www.bgcmn.org or 320-252-7616

Provided by Boys & Girls Club of Central Minnesota

A school-age childcare for K-6 graders available from school dismissal until 6 p.m.

Monday - Friday and from 6:30 a.m. - 6 p.m. in the summer.

Located at elementary schools in the St. Cloud, Sauk Rapids-Rice, Sartell-St. Stephen school districts as well as STRIDE and Athlos charter schools.

There is a daily fee for this program; however, scholarships and county assistance are available.

Boys and Girls Club of the North Star

905 6th Street NW, Elk River MN, 763-241-5000

Provides a safe place to learn and grow ongoing relationships with caring, adult professionals, life-enhancing programs and character development experiences.

- Elk River, 905 6th Street NW, Elk River MN, 763-241-5000
- Zimmerman, 12976 Fremont Avenue, Zimmerman MN 55398, 763-856-5000
- Little Falls, 303 E Broadway, Little Falls MN 56345, 320- 414-0322

Child Care Assistance Program

Assists families in paying child care costs for children to age 12, and for children with special needs to age 14. Childcare costs may be paid for qualifying families while they go to work, look for work or attend school.

To learn more about this program or to apply, contact your local county human services office. If you have general questions about Child Care Assistance Program policies, email the Minnesota Department of Human Services (DHS). DHS.CCAP@state.mn.us

Benton County Human Services
531 Dewey Street
Foley, MN 56329
320-968-5087

Sherburne County Health and Human Services
13880 Business Center Drive NW
Elk River, MN 55330
763-765-4131

Stearns County Human Services
705 Courthouse Square
St. Cloud, MN 56303
320-656-6000

Wright County Human Services
10 2nd Street Northwest, Room 300
Buffalo, MN 55313
763-682-7414

Milestones, Quarry Center

320-251-5081 or 800-288-8549
314 10th Ave S Ste 180, Waite Park, MN 56387
Provides information and referrals for childcare and support services for parents.

County Daycare Services

They can help find an opening at a day care provider in your area as well as help obtain public information on a provider.

Benton County Human Services
531 Dewey Street, Foley MN
320-968-5087

Sherburne County Human Services
Sherburne County Government Center
13880 Business Center Drive NW, Elk River MN
763-765-4000

Stearns County Human Services
705 Courthouse Square, 2nd Floor St. Cloud MN
320-656-6000

Wright County Human Services
Social Services Unit, 1004 Commercial Drive
Buffalo MN, 55313
763-682-7400

Crisis Nursery

Crisis Nursery offers parents who are experiencing a stressful situation resources and referrals. A temporary, voluntary, safe place for children, age infant to 12, for a few hours or up to 72 continuous hours of care may be available as a last resort.

St. Cloud Area Crisis Nursery
1205 6th Ave S, St Cloud MN 56301
320-654-1090
Free temporary service for parents in Stearns and Benton counties

Sherburne County Crisis Nursery
13880 Business Center Drive NW Suite 100 Elk River, MN 55330
763-241-4000 or toll free 800-433-5239
Free temporary service for parents in Sherburne County

Parent Aware of Minnesota

Toll free at 1-888-291-9811 - Provides free individual assistance from a childcare referral specialist who will search for childcare/ learning programs that meet specific needs.

Reach-Up Head Start

350 Hwy 10 S, Suite 100, St. Cloud MN 56304, 320-253-8110
Provides Early Head Start and Head Start programs for pregnant woman and children ages birth to 5 years, available to eligible households in Benton, Sherburne and Stearns counties.

Wright County Community Action, Inc. (WCCA)

130 W Division Street, Maple Lake, 320-963-6500

Community based child and family development programming through the Head Start program is available to eligible households throughout Wright and Western Hennepin County

Clothing and Household Resources

Catholic Charities Emergency Services

157 Roosevelt Road, Suite 100, St. Cloud MN 56301, 320-229-4560 –

Free clothing, household items and back to school supplies available in August.

Community Aid Elk River (CAER)

12621 Elk Lake Rd NW, Elk River, MN 55330, 763-441-1020

Clothing available for eligible residents in Sherburne County and in Elk River school district 728.

CROSS Center

150 4th Avenue, Foley MN 56329, P. O. Box 205, 320-968-7012

Free clothing, food, and household items available.

LOVE INC Heartland

318 Railroad Avenue, Delano MN 55328, P. O. Box 143, 763-972-6547

Helps with clothing, back to school supplies, baby supplies, bedding and furniture.

Paynesville Community Service Center

110 Lake Avenue S, Paynesville, 320-243-4953

Helps with clothing, household items and school supplies

Promise Neighborhood

1114 9th Ave SE, St. Cloud MN 56304, 320-251-0571

Offers various support programs when available that includes clothing, food, some household items, youth nights during the school year, and school supplies.

Wee Care We Share - The Free Store

99 Cherry Ave. S, Annandale, 320-274-8881

Free clothing and household items available; Open 3 pm - 5 pm Tuesdays;

5:00pm -7:00pm Wednesdays; 8:30am – 11:30am Fridays.

Wright County Community Action (WCCA)

Family Services Center, 411 Elm Avenue, Waverly, 320-963-6500 or 763-658-4414
Clothing Center provides essential clothing and household items to Wright County residents.

Dental Care

St. Cloud Technical College Dental Clinic

1540 Northway Drive, St. Cloud, 320-308-5919

Offers dental exams, cleanings, radiographs, fluoride treatment and many other preventive services. Services are available during school year. All services are provided by students under the direct supervision of licensed dental hygienists and dentists.

Disability Assistance

Disability Linkage Line

1-866-333-2466

A free, statewide information and referral resource that provides Minnesotans with disabilities and chronic illnesses a single access point for all disability related questions.

Independent Lifestyles

Independent living skills training, representative payee service, Supplemental Security Income advocacy, peer mentors, information and referral, transition skills, accessibility program, socialization, and support groups for persons with disabilities.

Little Falls

107 2nd Street Southeast Suite 104, Little Falls, MN, 320-631-0713

Sauk Rapids

215 North Benton Drive, Sauk Rapids, MN 56379 320-529-9000 or 1-888-529-0743

Functional Industries, Inc.

1801 Highway 25 N, Buffalo MN 55313, 763-682-4336

Employment services, day training and habilitation program, community housing services and mental health services. Branches located in Buffalo and Cokato.

Opportunity Services

1717 W Saint Germain St, Saint Cloud, 320-203-7750 – Opportunity Services provides job placement, job coaching and community involvement for adults with a broad range of physical or developmental disabilities.

Options Inc.

16820 197th Ave NW, Big Lake, MN 55309, 763-263-3684

Job placement and training services for adults with developmental disabilities. Options Inc. is also licensed as an Adult Day Service.

Rise, Inc. – Central MN Works

Supports people who have disabilities and other barriers to employment in attaining their personal measure of safe and affordable housing, vocational achievement, self-sufficiency, and belonging in their communities. Serves residents of Benton, Sherburne, Stearns, and Wright Counties.

St. Cloud – Midtown Square

3400 First Street N, Suite 105, St. Cloud MN, 320-656-5608

Milaca

110 2nd Street NW, PO Box 35, Milaca MN 56353, 320-983-2684

WACOSA

320 Sundial Drive, Waite Park MN 56387, 320-251-0087

Services include assessment and training, employment services through individual placement, employment service crews, in-center work, school to work transition services and additional services for seniors. Other programs include Sauk Center and St. Cloud Whitney Senior Center.

Domestic Violence/Sexual Assault**Anna Marie's Alliance**

500 11th Ave N, St. Cloud MN 56302, 320-235-6900 or 1-800-950-2203

Provides safe shelter, support, and referral services for women experiencing domestic abuse and their children. Also works with the community on systems change and violence prevention.

Central MN Sexual Assault Center

15 Riverside Drive NE, St. Cloud MN 56304, 320-251-4357 or 1-800-237-5090
24-hour crisis intervention agency providing direct services to people affected by any form of sexual violence.

Rivers of Hope

PO Box 511, Monticello MN 55362, 763-295-3433 or 1-800-439-2642

24-hour crisis and information line offering advocacy, support and referral services for victims of family violence. Advocates assist with finding safe housing, including emergency shelter, applying for economic assistance, filing a police report or obtaining an Order for Protection. Serves in and around Sherburne and Wright counties.

Emergency Shelter

Church of the Week/Place of Hope Ministries

511 9th Ave N, St. Cloud MN 56303, 320-203-7881

The Church of the Week program runs from October through May each year as needed. They provide shelter for those in need if the local shelters are full or families and individuals are unable to get into the shelters. Check-in is at 5pm.

Salvation Army Emergency Shelter

400 Highway 10 S, St. Cloud MN 56304, 320-252-4552

Safe and sober emergency temporary housing for men, women and families. Shelter services include case management, connecting residents with community resources and teaching skills to help obtain employment and stable housing.

Employment Services

Action Plus Temporary Services

141 E Broadway, Suite #3 Monticello MN 55362, 763- 295-4005

Temporary employment agency specializing in clerical, light industrial and general labor staffing.

CareerForce

www.mn.gov/deed/ Provides help for jobseekers by providing staff assistance, computer and internet access, access to office equipment to aid in the job search, reference library, assistive technology, workshops and training, networking and job clubs, and job/career fairs.

St. Cloud - 320-308-5320, 1542 Northway Drive, Door 2, St. Cloud MN 56303

Monticello - 763-271-3700, 406 E 7th Street, Monticello MN 55362

Central Minnesota Job Transitions

St. John's Episcopal Church, 1111 Cooper Avenue South, St. Cloud
Job club for networking and education including job search and preparation skills training. Meets every Wednesday from 11:45 am - 12:45 pm.

Doherty Staffing Solutions

2301 Division Street Ste. 500, St. Cloud MN 56301, 320-253-4473
Temporary employment agency specializing in managed staffing, light industrial and administrative work.

Kelly Services

4150 2nd Street S, Suite 425, Saint Cloud MN, 320-253-7430
Temporary employment specializing in administrative/office, customer service, finance, healthcare, IT, law, light industrial, direct hire, tempt hire, and marketing.

Labor Ready

1708 W St. Germain Street, St. Cloud, 320-255-9900
Temporary employment specializing in construction, manufacturing, logistics/warehousing, retail support, auto services, waste and recycling, hospitality, events, and restoration.

Manpower

125 33rd Ave S, St. Cloud MN 56301, 320-251-1924
Temporary employment in the following areas: Administrative/office, contact center/call center, hospitality, industrial, and skilled trades.

Minnesota Resource Center - MRC St. Cloud

3400 1st Street North, Suite 404, St. Cloud, 320-259-5717 - Provides customized career services for people with disabilities, dislocated workers, people who are economically disadvantaged, and others who face special training or employment barriers.

Tri-CAP Career Counseling - Rebuilding Lives

1210 23rd Avenue S., Waite Park MN 56387, 320-251-1612 or 1-888-765-5597
Pre-employment program for women and men who lack income due to death, divorce, separation, or the disability of a partner. Provides a series of workshops, displaced homemakers, one-to-one counseling and group support.

Financial Assistance and Counseling

Bridge to Benefits

www.bridgetobenefits.org

Offers an eligibility screening tool based on entered income, and household size, etc. Can generally determine eligibility for various programs, like food support, medical assistance and childcare assistance. Also provides contact information for county agencies and links to the forms needed to apply for the programs.

Catholic Charities

157 Roosevelt Road Suite 100, St. Cloud, 320-229-4560 or 1-800-830-8254 - Services include Financial and Housing Counseling and Emergency Services to help with gas cards, bus card, prescription/medical co-pays, birth certificates/state identification and apartment application fees.

Catholic Charities Support and Advocacy for Independent Living (SAIL)

1730 7th Ave S, St. Cloud, 320-229-6035

Community-based service designed to provide a safe, confidential environment for youth, ages 16 to 21, to learn and practice essential life skills.

Community Aid Elk River (CAER)

12621 Elk Lake Rd NW, Elk River, MN, 763-441-1020

Limited financial assistance for shelter, utilities and miscellaneous emergency needs for eligible residents in Sherburne and bordering Wright and Anoka counties if in Elk River school district 728.

County Financial Assistance

County financial units determine initial and ongoing eligibility for the Health Care, Cash Assistance, Food Support and Emergency Assistance Programs.

Benton County Human Services

531 Dewey Street, Foley MN 56329, 320-968-5087 or 1-800-530-6254

Sherburne County Health and Human Services

13880 Business Center Dr. Elk River MN 55330, 763-765-4000 or 1-800-433-5239

Stearns County Human Services

705 Courthouse Square, 2nd Floor, St. Cloud MN, 320-656-6000

Wright County Human Services Financial Services/Child Support Unit
1004 Commercial Dr. Buffalo MN 55313, 763-682-7414 or 1-800-362-3667 Ext. 7414

Minnesota Family Investment Program (MFIP)

This program provides services and supports for low-income families (families who have one or more children under age 19) and pregnant women.

To learn more about this program or to apply, contact your local county office.

Salvation Army

St. Cloud, 400 Hwy 10 S, St. Cloud MN 55304, 320-252-4552

Offers HeatShare utility assistance and some financial assistance when available (limited, small amounts).

Salvation Army - Sherburne County

The Crossing at Big Lake Station, Big Lake, MN 763-262-0420 - Offers some financial assistance and seasonal social services for residents of Sherburne County.

Salvation Army - Wright County

2051 50th Street N.E., Buffalo, 763-682-2205 - Offers HeatShare utility assistance and emergency financial assistance with medical bills and care repairs.

The Village Financial Resource Center

110 6th Ave S #100, St Cloud, MN 56301 320-253-5930 or 1-866-304-2697- Mental Health, Assessments for Anger management, and Domestic abuse.

Tri-CAP

1210 23rd Avenue S, Waite Park MN 56387, 320-251-1612 or 1-888-765-5597

Offers budget counseling, some assistance with damage deposit/first month's rent, income tax clinics, Family Assets for Independence in Minnesota program, Family Self Sufficiency Program, and energy assistance (dependent upon eligibility requirements and availability of funds.)

Wright County Community Action (WCCA)

130 W Division Street, Maple Lake, 320-963-6500 - Provides assistance through the following: family budgeting plan, tax preparation, energy assistance, mortgage and rent assistance, home rehabilitation loans, home buyer training, and home weatherization.

Food Resources

Commodity Supplemental Food Program (CSFP)

651-484-8241 or 1-800-365-0270

Provides Nutrition Assistance Program for Seniors (NAPS). Through this program, low-income seniors 60 years and over receive a box of nutritious food each month.

www.health.state.mn.us/divs/fh/csfp/mplwood.html

Catholic Charities Senior Dining and Meals on Wheels

157 Roosevelt Road, Ste. 200, St. Cloud, 320-229-4584

Nutritious meals provided at congregate sites or delivered to the homes of seniors. Also includes information on additional community services and nutrition education.

<https://www.ccstcloud.org/services/seniors/seniordining-meals-on-wheel>

St. Cloud Hospital Home Delivered Meals

1406 6th Avenue North, St. Cloud, 320-255-5646

Nutritious meals provided to people who are homebound, ill, elderly, or persons with disabilities. www.centracare.com/services/home-delivered-meals

Fare for All

Resurrection Lutheran Church 610 County Rd 2, St. Joseph, 763-450-3880 or visit website: www.fareforall.org

Food packages contain a variety of healthy, fresh, quality food items, including fruit, vegetables, frozen meats and staple items at below-retail prices. Fare For All is open to everyone. There are no income-based requirements for participation. Open 3:30pm-5:30pm on 3rd Monday of each month www.fareforall.org or email fareforall@thefoodgroupmn.org

Food Pantries

Albany Food Shelf

741 Lake Avenue, Albany, 320-291-6623

Open 9 am - 10 am on the 1st Thursday of each month; 5:30 pm - 6:30 pm on the 3rd Thursday of each month; Emergency by appointment.

Annandale Food Shelf

390 Annandale Blvd, Annandale, 320-274-3663

Open 4 pm - 6 pm Monday; 5 pm - 7 pm Wednesday; 9:00 am – 11:30 am Friday; Emergency by appointment.

www.annandalefoodshelf.org

Avon Food Shelf

438 1st Street SE, Suite 2, Avon, 320-557-5202 or 320-356-7210

Open 6:00pm - 7:00pm Thursdays; 6:00pm - 7:00 pm 1st and 3rd Tuesdays; 10:00am – 11:00am 2nd and 4th Wednesdays; Food Rescue Friday at 4:00pm for seniors & clients; Emergency by appointment.

Becker Food Shelf

City Hall, 12060 Sherburne Avenue, Becker, 763-261-4612

Open 9:00am – 11:00am Tuesday; 4:00pm – 6:00pm Thursday. Closed Holidays

Belgrade, Brooten, Elrosa Area Food Shelf

111 Pleasant Avenue S, Brooten, 320-346-4193

Hours- Open 1:00pm – 5:00pm Wednesdays.

Big Lake Community Food Shelf

160 Lake St. N., Big Lake, 763-263-2432

Open 5:30pm - 7:30pm Monday and Thursday; 9:00am – 11:00am Wednesday; 9:00am - 11:00am 2nd and 4th Saturday of the month.

www.biglakefoodshelf.org

Buffalo Food Shelf

30112th Avenue S, Buffalo, 763-684-1699

Open 6:00pm – 8:00pm Tuesday; 6:00pm - 8:00pm Thursday; 10:30am - 12:30pm Friday; 10:30am -12:30pm -1st Monday of the month is Senior Day.

www.buffalofoodshelf.com

Catholic Charities Emergency Services

157 Roosevelt Road, St. Cloud, 320-229-4560

Open 9:00am – 6:00pm Monday; 9:00am – 7:00pm Wednesday; 9:00am – 12:00pm Friday; 1:00pm – 3:00pm on the 2nd and 4th Tuesday of each month for seniors ONLY (over 60). Serving St. Cloud, Sauk Rapids, Sartell, St. Augusta and Waite Park

www.ccstcloud.org/services/emergency/food-shelf

Cokato Area Food Shelf

Located at 395 Broadway South, Cokato, MN 55321. The Cokato Area Food Shelf is available for residents in the Dassel/Cokato area. To sign up, they need to call Elim

Mission Church at 320-286-2662 Monday through Thursday. Pick up is Friday morning at 9:30. The church office is open 9:00am - 3:00pm. Monday-Thursday, but they must call by Thursday at noon to sign up for that Friday's pick up. It is for emergency use only and proof of residence and children's birth certificates may be required. Use is limited to monthly, with six uses total, after which they are required to meet with one of the area pastors before receiving more help. Save & Share Thrift Shop – Hours: Thursday 1:00pm -7:00pm., Friday 10:00am – 5:00pm., Saturday 10:00am – 1:00pm. These shop hours are for BOTH donation drop off and shopping. Located at 511 Cokato St. W. (behind the Grounds). (There is a donation asked for items, yet at a reduced price). If you have donation of larger quantity of items call (320) 286-5895 to make an appointment... www.co.wright.mn.us/DocumentCenter/View/419

Cold Spring ROCORI Area Food Shelf

217 Main Street, Cold Spring. (Next to the American Legion) - Open 10:00am - 2:30pm and 5:30pm - 7:30pm Monday; 5:30pm - 7:30pm Wednesday

Clearwater - Clear Lake Food Shelf

Clearwater Lions'/Lioness' Community Building, East Hwy 75 - come to fill out application. Mailing Address: P.O. Box 324, Clearwater, MN 55320. Open every Monday 5:30pm – 7:00pm., Tuesdays 9:00am -11:00am and 6:00pm – 8:00pm, Wed. 3:00pm – 5:00pm. Emergency Help: Call 320-558-2954 to leave name and phone number. Your call will be returned. Available to Clearwater and Clear Lake area residents in need of food. Come in and fill out application. Bring picture ID and proof of residence.

www.clearwatercity.com/index.asp?SEC=4432FC24-BCB5-474D-94C2-E147C4BB4652

CROSS Center Food Shelf

150 4th Avenue, Foley, 320-968-7012 or 763-441-6175

Serves Benton County. Open from 1:00pm – 4:00pm and 6:00pm – 8:00pm Monday, 10:00am – 3:00pm Thursday.

www.foleycrosscenter.org

Delano - Helping Hands

140 Elm Avenue, Delano (Community Ed. Building), 763-972-3723 or 763-420-2836

Open 2:00pm – 4:00pm Thursdays and 5:00pm – 7:00pm every third Thursday.

www.delano.mn.us/community/misc/delano-helping-hands-food-shelf

Eden Valley Area Food Shelf

556 Brooks St N, Eden Valley, MN, 320-453-2853

Open 1:30pm - 4:30pm the 1st and 3rd Wednesday of the month. Requires residence in Eden Valley - Watkins School District #463

Elk River Community Aid Food Shelf (CAER)

12621 Elk Lake Rd NW, Elk River, MN, 763-441-1020

Open 10:00am – 12:00pm Monday, Wednesday and Friday; 5:30pm – 7:00pm and Thursdays. www.caerfoodshelf.org

Elk River from the Heart Bread Program

Central Lutheran Church – 1103 School St NW, Elk River, MN, 763-441-6175

Open 8:00am – 9:00am Wednesday for free breakfast and food distribution until gone.

Foley (CROSS Center) Food Shelf

320-968-7012 or 763-441-6175

Serves Benton County. Open 1:00pm – 4:00pm and 6:00pm – 8:00pm Mondays, 10:00am – 3:00pm Thursdays.

www.foleycrosscenter.org

Hanover Food Shelf

11024 Church Street NE, Hanover (St Paul Lutheran Church), 763-498-8311

Open 5:00pm – 7:00pm on the 1st and 3rd Mondays of the month; 12:00pm – 2:00pm on Tuesdays and Fridays; 10:00am – 2:00pm on Wednesdays

Holdingsford Area Food Shelf

City Center, 420 Main St, Holdingsford, MN, 320-746-2637

Open 8:00am - 9:30am on the 2nd and 4th Saturday of the month

Kimball Food Shelf (St. Anne's Church)

441 Hazel Ave E, Kimball, MN, 320-398-3415

Open 9:30am - 11:00am Tuesday and Thursday; 5:30pm - 6:30pm every 2nd Monday of the month.

Melrose Area Food Shelf

North Entrance of St. Mary's Rectory, 211 5th Ave SE, Melrose, MN, 320-256-2555

Open 1:00pm - 4:45pm on the 1st and 4th Wednesdays of the month.

Monticello Food Shelf

215 Cedar Street, Monticello MN, 763-295-403, www.monticellohelpcenter.org

Appointment required. Open 9:30am - 11:30am Monday, Wednesday, and Friday; 6:00pm - 7:30pm Wednesday evening; 9:00am - 11:30am every 3rd Saturday.

Paynesville Community Service Center Food Shelf

110 Lake Avenue S, Paynesville, MN, 320-243-4953

Open 10:00am – 2:00pm Wednesday and Thursday. Emergency by appointment

Rice Area Food Shelf

Old Village Hall, Main Street, Rice MN, 320-393-2915

Open 3pm-5:30pm on Thursday of the first full week of the month.

Rockford RiverWorks Emergency Food Shelf

8230 Cedar Street, Rockford MN, 763-477-6098

Open 5:30pm - 7:45pm Monday and Thursday; 9:00am-10:45am Tuesday

Serves Rockford/Greenfield areas

www.riverworksonline.org/food-shelf.html

Ruby's Pantry

320-629-7400 or at; www.rubyspantry.org

Monthly food distributions at many locations throughout the state including Sauk Centre and Little Falls. They ask that you donate \$20 cash to help cover the operational cost and bring two large boxes or laundry baskets to carry your goods.

Salvation Army Food Pantry

400 Hwy 10 S, St. Cloud, 320-252-4552

Open 9:00am – 11:00am Tuesday and Thursday; 1:00pm – 3:00pm Monday-Friday.

<https://centralusa.salvationarmy.org/northern/StCloud/>

Sauk Centre Food Shelf

523 Sinclair Lewis Avenue, Sauk Centre, 320-351-2287

Open 2:00pm – 4:00pm Wednesday; 6:00pm – 8:00pm Thursday.

St. Joseph Community Food Shelf

Church of St. Joseph, 12 W Minnesota Street, St. Joseph 320-363-7505 ext. 130

Open 1:00pm – 3:00pm Monday and Thursday. www.stjosephcommunity.org/foodshelf.aspx

Wright County Community Action (WCCA) - Food Shelf, 411 Elm Ave, Waverly

320-963-6500 or 763-658-4414; Open 8:00am - 11:30am Monday, Wednesday, Friday and 12:00pm - 3:30pm Tuesday, Thursday.

www.wccaweb.com

Zimmerman from the Heart Bread Program

12266 2551h Ave NW, Zimmerman MN, 763-441-6175

Open 8:00am - 9:00am Thursday for free breakfast and food distribution until gone.

Free Community Meal Sites

Joe Town Table

American Legion Post 328, 101 Minnesota Street W, St. Joseph
Free community meal served 11:30am – 1:00pm the 4th Sunday of each month.
www.centralmncw.org/event/joetown-table

Place of Hope Ministries

511 9th Ave N, St. Cloud, 320-203-7881
Provides an evening meal daily at 5:00pm free of charge to anyone in need.
www.placeofhopeministries.org

Salvation Army

400 Hwy 10 S, St. Cloud MN, 320-252-4552
Free nutritious meal served Monday-Friday 11:30am-12:45pm.
www.salvationarmynorth.org/community/st-cloud/

Free or Reduced Lunch Programs

National School Lunch Program provides nutritious food to students. Provides free and reduced price lunches to students whose families meet income eligibility guidelines. Register through your school district.

Nutrition Assistance Programs

SNAP (Supplemental Nutrition Assistance Program)

<https://applymn.dhs.mn.gov/>

SNAP is a county-run, federal program that helps low-income households to receive the food needed for sound nutrition and well-balanced meals. The program issues electronic benefit transfers (EBTs) that can help stretch a family's food budget when there is not enough money to buy food. Apply in person at county office or Tri-CAP online.

Benton County Human Services
531 Dewey Street, Foley MN
320-968-5087

Sherburne County Human Services
Sherburne County Government Center

13880 Business Center Drive NW, Elk River MN
763-765-4000

Stearns County Human Services
705 Courthouse Square, 2nd Floor St. Cloud MN
320-656-6000

Wright County Human Services
Social Services Unit, 1004 Commercial Drive
Buffalo MN, 55313
763-682-7400

Tri-CAP, Inc. – SNAP Outreach Program
1210 23rd Ave S, Waite Park, MN, 320-257-4505 or 1-888-765-5597
The SNAP Outreach program provides applications, information and assistance in completing SNAP applications. www.tricap.org/foodsupp.html

WIC (Women, Infant and Children)

Program provides health screening, nutrition education and supplemental food for income eligible pregnant and breastfeeding women, infants, and children up to age five.

Benton County
320-968-5156 or
<https://www.co.benton.mn.us/358/Women-Infants-Children-WIC>

Sherburne County
763-765-4116 or
<https://www.co.sherburne.mn.us/538/Women-Infants-Children-WIC-Program>

Stearns County
320-203-6942
www.co.stearns.mn.us/adultsfamilies/healthyfamilies

Wright County
320-963-6500 or
https://www.wccaweb.com/Program/Women_Infants_Children

Health Care Services

CentraCare Family Health Clinic

1555 Northway Drive, Suite 200, St. Cloud MN 56303, 320-240-3157 or 1-800-575-2982
Provides primary care treatment, prevention, and education services. Also offers sliding fee scale, access nurse and advocacy services and free interpreter services.

County Public Health Services

Promotes and protects the health of residents through education, prevention services, regulation and advocacy. They also foster a partnership with many organizations and community groups to address and resolve health issues and concerns.

Benton County Public Health

531 Dewey Street, Foley, 320-968-5087

Sherburne County Public Health

13880 Business Dr. Elk River MN 55330, 763-765-4000 or 1-800-433-5239

Stearns County Public Health

3301 County Road 138, Waite Park MN 55387, 320-203-6942

Wright County Human Services Agency - Public Health Unit

1004 Commercial Drive, Buffalo MN 55313, 763-682-7456 or 1-800- 362-3667

MNSure

1-855-366-7873 or visit website: www.mnsure.org

Minnesota's online marketplace where individuals, families and small businesses can get information about and enroll in health insurance plans. Plans will include low-cost and free plans. Find a certified navigator (someone who can help fill out the application) by calling 2-1-1 or 1-800-543-7709.

Pregnancy Resource Center

305 5th Avenue S, Suite #170, St. Cloud, 320-253-1962

Services include free pregnancy tests, STD/STI screening, HIV screening, pap tests, pelvic exams, resources and community referrals.

Project H.E.A.L

Free health screenings and basic care at various Central Minnesota locations for those who have little or no insurance.

Big Lake

Big Lake Community Food Shelf

763-263-2432, 1st Monday of each month at 5:00pm

Long Prairie

Reynolds Church

3rd Saturday of the month at 9:00am

CentraCare Long Prairie West Clinic

1st Monday of the month at 6:00pm

St. Cloud

Place of Hope

320-203-7881

2nd Wednesday of each month at 5:00pm

Salvation Army Shelter

320-252-2229

1st Thursday of the month at 5:00 pm and 3rd Thursday of the month at 5:30pm

Monticello

Monticello High School

320-240-3116, 1st Thursday of each month at 5:00pm

Sauk Centre

River of Life Church

320-352-2315, 1st Saturday of each month at 9:00am

*Dates and/or times may change due to holidays or other events. Please call 320-656-7123 with any questions.

Rural Aids Action Network (RAAN)

300 E St. Germain, Suite 220, St. Cloud, 320-257-3036 or 1-800-966-9735

Services provided include medical case management, free and confidential HIV and HCV testing, medical transportation assistance, health education/risk reduction, support groups and referrals for counseling services.

Wright County - WOW (Wellness on Wheels) Van

763-682-7516

The Wellness on Wheels (WOW) Program promotes healthy living for individuals and families by providing teaching, guidance, support, screenings, and immunizations.

1st Thursday - Monticello High School

2nd Tuesday - Delano Senior Center

3rd Tuesday - Cokato Library

3rd Thursday - Annandale City Hall

Housing and Foreclosure Services

Catholic Charities Housing Services

157 Roosevelt Road, St. Cloud, 320-229-4576 or 1-800-830-8254

Provides affordable housing at multiple locations throughout the community as well as transitional housing services in St. Cloud to referring social service agencies. Provides counseling in home buying, foreclosure, and reverse mortgages.

Catholic Charities - Supported Housing for Youth (S.H.Y.)

1730 I Avenue S, St. Cloud, 320-229-6037

Offers housing counseling, case management and financial assistance for young people, ages 16 to 24, experiencing homelessness, near-homelessness, or aging-out of foster care. This specialized program, offered at no cost to youth, helps youth build stability in their lives and maintain affordable housing.

Central Minnesota Housing Partnership

37 28th Avenue N, Suite 102, St. Cloud MN 56303, 320-259-0393

Assists underserved communities to preserve, improve and increase affordable housing for low and moderate-income families and individuals.

Central Minnesota Habitat for Humanity

3335 W St. Germain Street, Suite 108, St. Cloud

320-656-8890 - Habitat for Humanity works in partnership with low-income families and dedicated community volunteers, donors, and partners to build and renovate houses in Central Minnesota that are then purchased by low income families.

Homeownership Preservation Foundation

(888)995-HOPE (4673) or www.995hope.org - National homeowner hotline provides homeowners with a specific, actionable plan that can help avoid foreclosure, or explore alternatives to foreclosure if homeownership cannot be maintained. Assistance is available nationwide, 24 hours a day/7 days a week.

Housing and Redevelopment Authority (HRA)

1225 W St. Germain Street, St. Cloud, 320-252-0880

Offers public and subsidized housing, housing choice voucher/section 8, affordable rentals, and home repair and improvement loans to those who qualify (there are waiting lists.)

Housing and Redevelopment Authority (HRA) - Stearns County

401 Westwind Court, Cold Spring, MN 56320, 320-685-7771

Offers public and subsidized housing, housing choice voucher/section 8, affordable rentals, and home repair and improvement loans to those who qualify (there are waiting lists.)

Place of Hope

511 9th Ave N, St Cloud MN 56303, 320-203-7881

Transitional housing for men and women with children and supportive services for all Place of Hope residents with the goal to obtain permanent safe housing.

Tri-CAP, Inc.

1210 23rd Avenue South, P. O. Box 683, Waite Park MN 56387

320-251-1612 or 1-888-765-5597

Offers the following services:

FAIM Program - Assists low-income working adults or veterans save money for higher education, home purchase, or to start a small business.

Housing Assistance Program - Works with families or singles that are homeless or are at imminent risk of homelessness, or living in shelters to stabilize their lives, by providing services such as budget counseling, assisting with damage deposits, first month's rent or one month past due rent.

Home repair loans - Loan funds may be used to make a home more livable, accessible and energy efficient, in Benton, Sherburne and Stearns Counties (excluding the City of St. Cloud). All applicants MUST apply for the Energy Assistance Program (EAP) prior to applying for this Home Repair Loan Program

Lead testing services - Tri-CAP Community Development offers a complete line of professional lead services to protect families.

Renting 101 - Provides classroom training and individual counseling where the participant will learn about the renting process.

Village Financial Resource Center

1201 25th St. South, Fargo ND 58103, 1-800-450-4019 or visit their website:
www.HelpWithMoney.org - Offers mortgage foreclosure prevention counseling that is available over the phone.

Wright County Community Action (WCCA)

130 W Division Street, Maple Lake, 320-963-6500
Provides assistance through the following: foreclosure prevention counseling, homebuyer training, home repair loans, home weatherization, transitional housing and some limited financial assistance.

Legal Services

Central Minnesota Legal Services

110 6th Ave S Suite 200 St Cloud MN 56301, 320-253-0138 or 1-800-622-7773
Assistance is provided in areas of family law, housing, government benefits, and consumer law and employment law. Serves Benton, Chisago, Isanti, Mille Lacs, Morrison, Sherburne, Stearns, Todd, Wright counties

LawHelpMN.org

Free website that can help low-income persons in Minnesota with civil legal problems. Provides help understanding legal issues. Resources available include a directory of legal service providers, do-it-yourself legal forms, and the ability to chat with a live person. Materials are available in other languages.

Mid-Minnesota Legal Aid

110 6th Ave S Suite 200 St Cloud MN 56301, 320-253-0121 or 1-888-360-2889
Legal assistance for low-income people focused on family law related to achieving stable housing, health care, disability assistance, child support, public benefits, support through domestic abuse, immigration and other necessities. Serves Benton, Chisago, Isanti, Mille Lacs, Morrison, Sherburne, Stearns, Todd, Wright counties.

Mental Health Services

Caritas Mental Health Clinic

911 18th Street N, St. Cloud MN 56302, 320-650-1660 or 1-800-830-8254 ext. 1660
Outpatient counseling and behavioral health facility in St. Cloud and satellite sites throughout Central MN. Offers individual, couple, and family counseling services, group therapy and education, diagnostic assessments, and psychiatric services.

CentraCare Health System

1900 CentraCare Circle, St. Cloud MN 56303, 320-252-2422

Offers a full range of mental health and chemical abuse services for adults, adolescents and children and Adult and children behavioral health.

Central Minnesota Mental Health Center

Offers a full range of mental health and chemical abuse services for adults, adolescents and children.

Branches:

Buffalo - 308 12th Avenue South, Buffalo MN 55313, 763-682-4400

Elk River - 253 8th Street N.W. Suite A, Elk River MN 55330, 763.441.3770

Monticello - 407 Washington Street, Monticello MN 55362, 763-295-4001

St. Cloud - 1321 13th Street N, St. Cloud MN 56303, 320-252-5010

Waite Park - 411 3rd Street North, Waite Park MN 56387, 320.230.0611

Four County Crisis Response Team

1321 13th St N, St. Cloud, MN

24-Hour Mental Health Crisis Line – 1-800-635-8008 or 320-253-5555

Crisis services are available for adults and children in Benton, Sherburne, Stearns, and Wright counties. The crisis line provides callers with needs assessments and referrals to appropriate resources. If medically necessary, the Crisis Response Team assists individuals by travelling to their location to provide face-to-face intervention and assessment.

Catholic Charities Hope Community Support Program

157 Roosevelt Road #300, St. Cloud MN, 320-240-3324

Provides support for adults living with mental illness as they cope with the challenges of daily living, assisting each person with achieving and maintaining his or her highest level of self-sufficiency.

Health Partners Behavioral Health Clinic

2251 Connecticut Ave S, Sartell MN, 320-253-6952 or 1-800-370-0770

Provides mental health services for personal crises, stress, depression, anxiety, or more serious and persistent disorders.

Lutheran Social Service Children & Family Services

22 Wilson Ave NE, St. Cloud MN, 320-251-7700

Provide in-office and community based mental health counseling for individuals, couples, and families to help develop stability and wellness.

National Suicide Prevention Lifeline – 1-800-273-8255

The Village Family Service Center

110 6th Ave S #100, St Cloud, MN, 320-253-5930

Offers mental health services for adults, children, and families.

Parenting Resources

ABBA Pregnancy Resource Center

953 4th St NW, Elk River MN, 763-441-7777

All services are free and confidential. Offers free pregnancy tests, ongoing emotional support, education about options, a resource library and a 24-hour helpline. Offers Earn While You Learn program where clients can earn incentives like strollers, diapers, and baby clothing while learning parenting skills, prenatal development and other life skills.

Elevate Pregnancy and Family Resource Center (formerly Birthline)

376 3rd St NE, Waite Park MN, 320-252-4150

All services are free and confidential. Provides classes, education, support and prenatal medical exams for anyone facing pregnancy. Necessary infant supplies are available.

Father Project

Goodwill Easter-Seals 50 2nd Ave S, Waite Park MN, 320-654-9527 ext. 122

Assists fathers in overcoming the barriers that prevent them from supporting their children economically and emotionally. The program includes parenting groups, employment services, case management, child support services, and legal direction for family law issues.

Help Me Grow

517 2nd St S, Sartell MN PO Box 299, 320-252-8427

Provides a specialist for parents to speak to about their child's development for children birth to three years of age.

Imagination Library

United Way of Central Minnesota 921 1st St N, St Cloud MN, 320-252-0227

imaginationlibrary@unitedwayhelps.org

Children receive a new book every month until their 5th birthday at no cost.

Resource Training & Solutions

137 23rd St S, Sartell MN, 320-255-3236 or 1-844-335-3276

Offers parenting workshops, resources and support groups.

Prescription Assistance

FamilyWize Prescription Discount Card

www.familywize.org

Website provides additional information about the program, a list of participating pharmacies and prescription drug price lookup.

Partnership for Prescription Assistance

1-888-477-2669 or <https://medicineassistancetool.org/>

Helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them.

Senior LinkAge Line – Prescription Drug Help

1-800-333-2433

Provides assistance to people of any age to determine eligibility for prescription drug assistance and completing an application.

Senior Information & Referral

Senior Linkage Line

1-800-333-2433

Seniors and their caregivers can learn about available resources for health and supportive services. A full spectrum of information is available by telephone or in-person visits enabling people to make informed choices.

Whitney Senior Center

1527 Northway Drive, St. Cloud, 320-255-7245

Provides a variety of social and educational opportunities for senior citizens, predominantly age 55 and older.

Tax Preparation and Assistance

Free Tax Preparation Clinics

Call United Way 2-1-1 or 1-800-543-7709 or visit myfreetaxes.com

Offers tax help to qualifying individuals. Taxes are prepared free by IRS certified volunteers who can check for eligibility of special tax credits such as the Earned Income Tax Credit or Child Tax Credit among others.

Tri-CAP, Inc.

1210 23rd Avenue S, Waite Park MN 56387, 320-257-4505 or 888-765-5597

Coordinates free tax preparation clinics. Tax assistance, property tax refund assistance and renter's rebate assistance is available by appointment.

Wright County Community Action (WCCA)

130 W Division Street, Maple Lake MN, 320-963-6500

Provides Tax Preparation to elderly and economically disadvantaged residents of Wright County. WCCA provides State and Federal income tax preparation, including the Earned Income Tax Credits (EITC), and property tax preparation.

Transportation

CAER - Community Aid Elk River

12621 Elk Lake Rd NW, Elk River MN, 763-441-1020

Car care clinic offered monthly on first-come, first-serve basis. Offers assistance with minor car repairs or tires. Must be a resident of Elk River, Otsego or Zimmerman; provide verification of auto insurance, current car tabs and valid driver's license.

Foley Area CARE

321 6th Ave, Foley, MN, 320-968-7848

Serves people ages 60 and over that reside in Benton County within a 10-mile radius of the city of Foley providing transportation to and from medical appointments or shopping.

Great River Faith in Action

13074 Edgewood St., Becker MN 55308

763-263-4277 - Provides transportation to medical appointments or shopping for people 60 and over. Serves the greater Sherburne County area.

Metro Bus/Dial-a-Ride/ Travel Training Services

665 Franklin Avenue NE, St. Cloud MN, 320-251-7433

Metro Bus provides public transportation to residents within the city limits of St. Cloud, Waite Park, Sauk Rapids and Sartell. Dial-a-Ride is available seven days a week for individuals with disabilities who are unable to ride the regular fixed route bus system.

Assumption Community Faith in Action

715 1st Street N, Cold Spring, 320-348-2322

Provides transportation to medical appointments or for running errands.

Transportation Resource Center

1200 23rd Avenue S, Waite Park, 320-257-4456 or 1-877-717-1515

<https://tricap.org/transportation/>

Utilizes area transport resources to match the passenger with the most suitable and cost effective transportation for regions of Benton, Morrison, Sherburne and Stearns County.

Tri-CAP - The Transit Connection

320-202-7824 or 1-800-600-7498

Provides transportation services for the public in rural Benton, Morrison and Stearns Counties five days per week. The bus service is available to the public with no age or income requirements. All buses are handicapped accessible. Bus reservations can be made up to two weeks in advance.

Unemployment/Workers Compensation

File for Unemployment

Apply online at www.uimn.org or call 1-877-898-9090.

Workers Compensation

1-800-342-5354

Provides free workers' compensation information and assistance to all parties to help prevent disputes from developing.

CareerForce

St. Cloud, 1542 Northway Drive, Door 2, St. Cloud, 320-308-5320

<https://www.careerforcemn.com/>

Provides help for jobseekers by providing staff assistance, computer and internet access, access to office equipment to aid in the job search, reference library, assistive technology, workshops and training, networking and job clubs, and job/career fairs.

Open 8 am - 4:30 pm Monday - Friday

Monticello, 406 E 7th Street, Monticello, 763-271-3700

Open 8 am - 4:30 pm Monday – Friday

Central Minnesota Jobs and Training Services, Inc.

Monticello • Wright and Sherburne Counties

406 East 7th Street

P.O. Box 720

Monticello, MN 55362

763.271.3700

Utility Assistance

County Crisis Funds

County Crisis Funds when available can help pay for utility shut-offs. Must meet eligibility guidelines.

Benton County Human Services, 320-968-5087

Sherburne County Human Services, 763-765-4000

Stearns County Human Services, 320-656-6000

Wright County Financial Services/Child Support Unit, 763-682-7414

The Salvation Army – HeatShare

400 U.S. Highway 10 S, 320-257-7428

Program provides utility assistance for people with no place left to turn. Funds are typically used to pay for natural gas, oil, propane, wood, electricity and emergency furnace repairs.

Tri-CAP, Inc.

320-251-1612 or 1-888-765-5597

Energy Assistance helps pay a portion of home heating costs and furnace repairs for income-qualified households.

Reach Out For Warmth (ROFW) is a community based emergency fuel fund established to assist households over income for the Energy Assistance program.

Weatherization Program (Energy Conservation Program) provides services to reduce residential energy consumption for income eligible households.

Wright County Community Action (WCCA)

320-963-6500

Low-Income Home Energy program helps pay a portion of home heating energy costs and works with families to help them plan for heating expenses and to resolve heating and utility shutoffs. WCCA also offer a Weatherization Program.

Financial Tips

- If you are facing foreclosure, beware of companies offering help that charge fees for their services and make sure they are registered with the Minnesota Department of Commerce as an approved loan modification organization.
- Track your spending for a month and look for ways to cut back.
- Prepare a complete household budget.
- Stop using credit cards; instead pay with cash.
- Ask credit card companies to reduce interest rates or to have bills reduced.
- Get help from a non-profit counselor.
- DO NOT ignore your lenders or creditors; communicate with them.
- Meet with a financial counselor to help mitigate home loans or work with your creditors.
- Utilize your local food shelf.
- Ask for free or reduced lunches at your child's school.
- Downgrade your cell phone plan or switch to a prepaid phone.
- See if you are eligible for Minnesota Health Care Programs, visit www.dhs.state.mn.us or call 1-800-657-3672.
- Switch to basic cable or switch to a digital converter box.
- Utilize the free tax preparation sites.

United Way of Central Minnesota provides the following resource directories available on their website: www.unitedwayhelps.org

Surviving the Tough Times

<https://cdn2.hubspot.net/hubfs/6787119/Advocate%20-%20Resources/Surviving-The-Tough-Times-Guide-2016-17-.pdf>