

# Anoka County WIC Program (763) 324-4230 Resource Listing

## **Child Care and Education**

Adult Basic Education/Metro North ([www.metronorthabe.org/](http://www.metronorthabe.org/))..... 763-433-4200  
Anoka County Childcare Assistance (<https://www.anokacountymn.gov/1546/Child-Care-Assistance>) ..... 763-324-2360  
Anoka County Child Care Locator Resource (<https://gis.anokacountymn.gov/childcare/>) .....  
Help Me Grow (<https://helpmegrowmn.org/HMG/index.htm>) ..... 1-866-693-4769  
Head Start Program (<https://accap.org/head-start/>) ..... 763-783-4314

## ***Early Childhood Screening***

Anoka Hennepin (<https://www.ahschools.us/earlychildhoodscreening>) ..... 763-433-4910  
Centennial (<https://earlychildhood.isd12.org/programs/early-childhood-screening>)... ..... 763-792-6120  
Columbia Heights (<https://www.colheights.k12.mn.us/communityed/community-education/early-childhood/early-childhood-screening>) ..... 763-528-4517  
Forest Lake (<https://earlychildhood.flaschools.org/early-childhood-screening>) ..... 651-982-8300  
Fridley (<https://commed.fridleyschools.org/early-childhood/early-childhood-screening>) ..... 763-502-5102  
SpringLakePark(<https://earlychildhood.springlakeparkschools.org/ec-services/screening> ) ..... 763-600-5900  
St Francis Area (<https://www.isd15.org/page/ecscreening>) ..... 763-753-7170

## ***Early Childhood Family Education (ECFE)***

Anoka Hennepin (<https://www.ahschools.us/Page/346>).....763-506-1275  
Centennial (<https://earlychildhood.isd12.org/programs/ecfe>) .....763-792-6120  
Columbia Heights (<https://www.colheights.k12.mn.us/communityed/community-education/early-childhood>) ..... 763-528-4518  
Forest Lake (<https://earlychildhood.flaschools.org>) ..... 651-982-8300  
Fridley (<https://commed.fridleyschools.org/early-childhood/early-childhood-family-education>) 763-502-5143  
Spring Lake Park (<https://earlychildhood.springlakeparkschools.org/ecfe>)..... 763-600-5900  
St Francis Area (<https://www.isd15.org/page/ecfe>).....763-753-7170

## **Finance, Food, Housing, Transportation & Other**

Child Support ([www.anokacountymn.gov/196/Child-Support](http://www.anokacountymn.gov/196/Child-Support)) .....763-422-7200  
Central Minnesota Legal Services ([www.centralmnlegal.org/](http://www.centralmnlegal.org/)) ..... general: 612-332-8151 new clients: 612-334-5970  
LeLeche League Breastfeeding warmline (<http://www.llofmdas.org/anoka-county.html>) ..... 1-877-452-5324  
American Lung Association ([www.lung.org/quit-smoking](http://www.lung.org/quit-smoking)) ..... 1-800-586-4872  
Quit Partner Services (<https://quitpartnermn.com/>) ..... 1-800-784-8669  
Safe Kids ([www.safekids.org/coalition/safe-kids-anoka-county](http://www.safekids.org/coalition/safe-kids-anoka-county)) ..... 763-767-4003  
Bridgeto Benefits ([www.bridgetobenefits.org/Home2](http://www.bridgetobenefits.org/Home2)) .....651-227-6121  
Career Force/ Job Training Center ([www.anokacountymn.gov/1064/Job-Training-Center---CareerForce](http://www.anokacountymn.gov/1064/Job-Training-Center---CareerForce)) .... 763-324-2300  
ACCAP Energy Assistance Program (<https://accap.org/energy-assistance/>) **Program ends 5/31/2026** ..... 763-783-4747  
HeatShare Program (Salvation Army) (<https://centralusa.salvationarmy.org/northern/heatshare-program/>) 1-800-842-7279

## ***Financial Assistance***

Economic Assistance EZ Info Line (for MA, MFIP, SNAP) ..... 763-422-7200  
Apply on-line for SNAP, Cash programs, child care assistance, housing support (<https://mnbenefits.mn.gov/>) ....  
Family Means- Consumer Credit Counseling (<https://www.familymeans.org/financial-solutions/>) .....651-439-4840

## ***Housing***

ACCAP affordable housing resources ( <https://accap.org/housing-service/multi-family-housing/>) ... 763-783-4747  
U.S. Department of Housing and Urban Development ([www.hud.gov/](http://www.hud.gov/)) .....612-370-3000  
Metro Housing (HRA & PHA) line..... 651-602-1880  
HousingLink ([www.housinglink.org](http://www.housinglink.org)) ..... 612-522-2500

### **Food Shelves/Clothing:**

Anoka County Brotherhood Council/ACBC ( <a href="http://www.acbcfoodshelf.com/">www.acbcfoodshelf.com/</a> ).....	763-422-0046
Salvation Army Food Shelf at BHSC ( <a href="https://centralusa.salvationarmy.org/northern/social-services-office-anoka/who-we-are/">https://centralusa.salvationarmy.org/northern/social-services-office-anoka/who-we-are/</a> ).....	763-755-6873
Community Helping Hand, Forest Lake *Serves Forest Lake and Chisago school districts .....	651-464-0061
Hope for the Community Food Shelf, Blaine .....	763-757-4266
N.A.C.E (Northern Anoka County Emergency) Inc ( <a href="https://www.nacefoodshelf.org/">https://www.nacefoodshelf.org/</a> ) .....	763-434-7685
Centennial Community Food Shelf ( <a href="http://www.centennialfoodshelf.org/">www.centennialfoodshelf.org/</a> ) .....	763-784-2013
SACA (Southern Anoka Community Assistance) ( <a href="http://www.sacafoodshelf.org/">www.sacafoodshelf.org</a> ) .....	763-789-2444
Way of the Lord Food Shelf ( <a href="http://www.wayofthelord.org/food-shelf">www.wayofthelord.org/food-shelf</a> ) .....	763-755-4800
Fare For All ( <a href="http://www.fareforall.org">www.fareforall.org</a> ).....	763-450-3860
NAPS (Nutrition Assistance for Seniors).....	651-484-8241
Hunger Solutions ( <a href="http://www.hungersolutions.org/">www.hungersolutions.org/</a> ).....	651-486-9860
Minnesota Food Helpline.....	1-888-711-1151
Monthly Food Calendar ( <a href="https://communityfoodcalendar.weebly.com/">https://communityfoodcalendar.weebly.com/</a> ) .....	

### **Transportation**

Cars for Neighbors ( <a href="http://www.carsforneighbors.org/">www.carsforneighbors.org/</a> ) .....	763-717-7755
Metro Mobility Ride ( <a href="https://www.metrotransit.org/metro-mobility">https://www.metrotransit.org/metro-mobility</a> ) .....	651-602-1111
Metro Area Transit Link .....	651-602-5465
Anoka County Traveler/Transit Link ( <a href="https://www.anokacountymn.gov/331/Traveler-Transit-Link">https://www.anokacountymn.gov/331/Traveler-Transit-Link</a> ).....	763-324-3250
Volunteer Medlink (call between 9 AM and 12 PM).....	763-324-3255

### **Hotline and Crisis**

Alcoholics Anonymous of Minnesota ( <a href="https://aaminneapolis.org/">https://aaminneapolis.org/</a> ) .....	952-922-0880
Substance Abuse and Mental Health Services Administration Helpline ( <a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a> ) .....	1-800-662-4357
Allina Mental Health and Addiction Services ( <a href="https://account.allinahealth.org/servicelines/826">https://account.allinahealth.org/servicelines/826</a> ) .....	1-866-603-0016
Alexandra House for Battered Women & Children ( <a href="http://www.alexandrahouse.org/">www.alexandrahouse.org/</a> ).....	763-780-2330
Minnesota Domestic Violence Crisis Line ( <a href="http://www.dayoneservices.org">www.dayoneservices.org</a> ).....	1-866-223-1111
Anoka County Child Protection ( <a href="http://www.anokacountymn.gov/3099/Child-Protection-Child-Abuse">www.anokacountymn.gov/3099/Child-Protection-Child-Abuse</a> ).....	763-324-1440
Adult Protection/Vulnerable Adults( <a href="http://www.anokacountymn.gov/615/Adult-Protection-Vulnerable-Adults">www.anokacountymn.gov/615/Adult-Protection-Vulnerable-Adults</a> ).....	1-844-880-1574
Canvas Health Crisis Services - Anoka Mobile Crisis Line ( <a href="https://www.canvashealth.org/crisis-services/">https://www.canvashealth.org/crisis-services/</a> ).....	763-755-3801
People Incorporated- crisis and mental health services ( <a href="http://www.peopleincorporated.org/">www.peopleincorporated.org/</a> ).....	651-774-0011
First Call for Help/United Way ( <a href="https://211unitedway.org/">https://211unitedway.org/</a> ) .....	211 or 651-291-0211
YouthLink ( <a href="http://www.youthlinkmn.org">www.youthlinkmn.org</a> ).....	612-252-1200
Metro Shelter Hotline.....	1-888-234-1329
Mediation Services for Anoka County ( <a href="http://www.mediationservice.org/">www.mediationservice.org/</a> ).....	763-422-8878
Poison Control ( <a href="https://mnpoison.org/">https://mnpoison.org/</a> ).....	1-800-222-1222
National Sexual Assault Hotline/ RAINN (24-hour helpline) ( <a href="https://rainn.org/help-and-healing/hotline/">https://rainn.org/help-and-healing/hotline/</a> )..	1-800-656-4673

### **Pregnancy and Infant Resources**

New Life Family Services/ First Care ( <a href="http://www.nlfs.org">www.nlfs.org</a> ).....	612-623-8378
Birthright of Coon Rapids (24 hr Helpline 1-800-550-4900) ( <a href="https://birthright.org/coonrapids">https://birthright.org/coonrapids</a> ).....	763-757-0715
Everyday Miracles ( <a href="http://www.everyday-miracles.org">www.everyday-miracles.org</a> ) .....	612-353-6293
Epiphany Caring for Life Pregnancy Care Center ( <a href="https://epiphanycaringforlife.org/home">https://epiphanycaringforlife.org/home</a> ) .....	612-803-2225
Birth Certificates.....	763-324-1360

## **Medical and Health Care Services**

Anoka County Public Health Nursing .....	763-324-4240
Lee Carlson Center for Mental Health & Well-being ( <a href="https://leecarlsoncenter.org/">https://leecarlsoncenter.org/</a> ) .....	763-780-3036
Anoka County Children’s Mental Health ( <a href="https://www.anokacountymn.gov/2518/Childrens-Mental-Health">https://www.anokacountymn.gov/2518/Childrens-Mental-Health</a> ) .....	763-324-1430
Anoka County Adult Mental Health ( <a href="https://www.anokacountymn.gov/2517/Adult-Mental-Health">https://www.anokacountymn.gov/2517/Adult-Mental-Health</a> ) .....	763-324-1420
Anoka County Child and Teen Check-ups .....	Text 763-200-4385 or call 763-324-4280

### ***Low Cost Dental***

Apple Tree Dental ( <a href="https://www.appletreedental.org/">https://www.appletreedental.org/</a> ) .....	763-3165400
Children’s Dental Services .....	612-746-1530

### ***Low Cost Medical***

Neighborhood Health Source, North Metro Clinic ( <a href="https://neighborhoodhealthsource.org/">https://neighborhoodhealthsource.org/</a> ) .....	612-588-9411
St. Mary’s Free Clinic ( <a href="http://www.stmaryshealthclinics.org">www.stmaryshealthclinics.org</a> ) .....	651-287-7777
Nucleus Clinic ( <a href="http://www.nucleusclinic.org">www.nucleusclinic.org</a> ) .....	763-755-5300
Planned Parenthood Minneapolis .....	612-823-6300
MN AIDSline ( <a href="https://aliveness.org/aids-line/">https://aliveness.org/aids-line/</a> ) .....	612-373-2437
Portico Healthnet ( <a href="http://www.porticohealthnet.org">www.porticohealthnet.org</a> ) .....	651-489-2273
The American Academy of Pediatrics parenting website ( <a href="http://www.healthychildren.org">www.healthychildren.org</a> ) .....	
Information on vaccines ( <a href="http://www.cdc.gov/vaccines/index.html">www.cdc.gov/vaccines/index.html</a> ) .....	

## **Physical Activity and Nutrition Resources**

Anoka County Parks and Recreation ( <a href="http://www.anokacountyparks.com">www.anokacountyparks.com</a> ) .....	763-324-3300
YMCA ( <a href="http://www.ymcanorth.org/">www.ymcanorth.org/</a> ) .....	
Andover location .....	763-230-9622
Emma B. Howe Coon Rapids location .....	763-785-7882
Go Anoka County ( <a href="http://www.anokacountymn.gov/4177/Go-Anoka-County">www.anokacountymn.gov/4177/Go-Anoka-County</a> ) .....	
2025-2030 USDA Dietary Guidelines for Americans ( <a href="https://cdn.realfood.gov/DGA.pdf">https://cdn.realfood.gov/DGA.pdf</a> ) .....	
The Academy of Nutrition and Dietetics ( <a href="http://www.eatright.org">www.eatright.org</a> ) .....	

## **Hearing Impaired and Non-English Resources**

Teletypewriters (TTY) phone services .....	711 or 1800-627-3529
TTY Telephone Equipment and Distribution (TED program) .....	1-800-657-3663 (voice) or 651-964-1514 (vp)
Hmong Cultural & Resource Center ( <a href="https://www.hmongcc.org/">https://www.hmongcc.org/</a> ) .....	
Russian Community Information and Resources ( <a href="http://www.zerkalomn.com">www.zerkalomn.com</a> ) .....	
Somali Resettlement/Community Resources ( <a href="http://www.somalcrs.org">www.somalcrs.org</a> ) .....	
TPT’s ECHO (Emergency and Community Outreach) ( <a href="http://www.tpt.org/echo-minnesota">www.tpt.org/echo-minnesota</a> ) .....	
ESL (English as a Second Language): Offered at various times through Metro North Learning Lab at BHSC	763-433-4200

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