



# 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)



## 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.

**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.

### 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

Immunization walk-in clinics are held monthly in West St. Paul or Apple Valley. 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.

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**Dakota County Public Health Department**  
1 Mendota Road W., Suite 410, West St. Paul, MN 55118  
Ph: 651.554.6100 / Fax: 651.554.6130  
Email: [public.health@co.dakota.mn.us](mailto:public.health@co.dakota.mn.us)

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.  
DCPHD-HR-2947 (12/2019)

## Dakota County Services

**General information** 651.437.3191

**Child Support** 651.554.5909

**Employment and Economic Assistance** 651.554.5611  
Hours 8:00 a.m. – 4:30 p.m.

- Cash and emergency assistance
- 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

Emergency shelter, assistance to prevent eviction and information on housing resources and referrals  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "housing assistance")

**Casa De Esperanza** 651.772.1611

[www.casadeesperanza.org](http://www.casadeesperanza.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 Linkage Line** 1.866.333.2466

**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

**Mission Outpost** 952.898.9311  
[www.popmn.org/gethelp/basicneeds](http://www.popmn.org/gethelp/basicneeds)  
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** 651.554.6000  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "Chemical Health")

The county can assist people with a chemical health assessment and treatment if they:

- are a current county resident; don't have health insurance that covers chemical dependency treatment or the insurance plan has denied coverage
- meet the MN State guidelines for income & household size

Please contact the Adult Intake Unit in Social Services at 651.554.6424 for eligibility.

**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)

## Chemical Dependency (cont'd)

**Comunidades Latinas Unidas en Servicio: CLUES** 651.379.4200  
[www.clues.org](http://www.clues.org)

Linguistically and culturally relevant resource and service nonprofit organization for Latinos.

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

**Tobacco Quit Plan Helpline** 1.888.354.7526  
[www.quitplan.com](http://www.quitplan.com)

*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 to the SAMHSA website 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** 1.866.334.8444  
[www.familyvoicesofminnesota.org](http://www.familyvoicesofminnesota.org)  
Parent-to-parent support

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

**Living Well with ADHD** 952.921.5870  
[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.namihelps.org](http://www.namihelps.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>360 Communities</b> <a href="http://www.360communities.org">www.360communities.org</a>	<b>952.985.5300</b>
<b>Community Clothes Closet</b> <a href="http://www.hosannalc.org">www.hosannalc.org</a> Hosanna! Lutheran Church, Lakeville	<b>952.898.9595</b>
<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">www.popmn.org</a> Prince of Peace Lutheran Church, Burnsville	<b>952.435.8102</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 and empowerment.

<b>Indian Health Board</b> <a href="http://www.indianhealthboard.com">www.indianhealthboard.com</a>	<b>612.721.9800</b>
<b>Centro Tyrone Guzman (Latino)</b> <a href="http://www.centromn.org">www.centromn.org</a>	<b>612.874.1412</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>651.379.4280</b>
<b>ECHO</b> <a href="http://www.echominnesota.org">www.echominnesota.org</a> Emergency health and safety information in multiple languages	
<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>651.222.6567</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>651.705.5968</b>

## Dental Services



### Dental fillings, extractions, other services

On Medical Assistance? Contact your health plan about 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>Helping Hands Health Center</b>	<b>651.224.7561</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="http://www.dental.metrostate.edu">www.dental.metrostate.edu</a> No sliding fee or free services	<b>651.793.1793</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>800.950.3368</b>
<b>MN Donated Dental</b> <a href="http://www.dentallifeline.org/minnesota">www.dentallifeline.org/minnesota</a> Free care for permanently disabled, elderly or medically fragile	<b>651.454.6290</b>
<b>Prince of Peace Dental Clinic</b> <a href="http://www.popmn.org/gethelp/dental/">www.popmn.org/gethelp/dental/</a>	<b>952.898.9318</b>
<b>Sharing &amp; Caring Hands-Dental</b> <a href="http://www.sharingandcaringhands.org/day-services">www.sharingandcaringhands.org/day-services</a>	<b>612.338.4640</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>
<b>West Side Dental Clinic</b> <a href="http://www.westsidetchs.org">www.westsidetchs.org</a>	<b>651.602.7575</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 Education

**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

## Adult Education

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

**Minnesota Literacy Council** 651.645.2277  
[www.mnliteracy.org/hotline](http://www.mnliteracy.org/hotline)  
1.800.222.1990 / Text 612.424.1211 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** 651.554.5673  
[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** 651.705.5968  
[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 "Fitness and Exercise")  
Find indoor walking options and Simple Steps Walking Program
- 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



Many local churches offer community meals free or by donation.

### Food Shelves and Free Community Meals in Dakota County

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

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

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

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

**Dakota County WIC** 952.891.7525  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "WIC")

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

**The Open Door Pantry** 651.688.3189  
[www.theopendoorpantry.org](http://www.theopendoorpantry.org)

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

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

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

## 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
- Breastfeeding education and support
- Healthy foods
- 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.

## 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](http://www.isd191.org)  
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 Family Planning and STD (Sexually Transmitted Disease hotline)** 1.800.783.2287  
[www.sexualhealthmn.org](http://www.sexualhealthmn.org)

**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)  
Free non-emergency health care for uninsured, appt. required

**Westside Community Health Services** 651.602.7500  
[www.westsidechs.org](http://www.westsidechs.org)

#### 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 "low cost health services")

### Health Insurance

**MNSure** 1.855.366.7873  
Monday-Friday 8:00 a.m - 6:00 p.m.  
651.539.2099  
[www.mnsure.org](http://www.mnsure.org)

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

**MinnesotaCare** 651.297.3862  
[www.mn.gov/dhs](http://www.mn.gov/dhs)

**Portico Healthnet** 651.489.2273  
[www.porticohealthnet.org](http://www.porticohealthnet.org)  
1.866.489.4899 / Interpreters are available  
Helps uninsured/assistance with application

### 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").

## Health Care (continued)



### Vision

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

### Vision Clinics with Sliding Fees

**Thirty nine Dollar Glasses** 1.800.672.6304  
[www.39dollarglasses.com](http://www.39dollarglasses.com)  
Discount prescription glasses and contact lenses

## 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	9 months	24 months
2 months	12 months	30 months
4 months	15 months	-----
6 months	18 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

## 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/core](http://www.thelinkmn.org/core)  
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

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

**Harbor Shelter** 651.480.8377  
Youth ages 12-20

### 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  
Dakota County Public Health

**Habitat for Humanity Homeowner & Foreclosure Prevention Program** 612.207.1700  
[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**  
[www.mnworkforcecenter.org](http://www.mnworkforcecenter.org)  
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 952.445.7087

**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

- Apple Valley 952.891.7135
- Hastings 651.438.8080
- West St. Paul 651.554.6200

[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 1.888.575.2954

[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)

## Mental Health

### Dakota County

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

- Adult Mental Health 651.554.6424
- Children's Mental Health 952.891.7453
- Crisis Response 24-hour 952.891.7171  
24-hour phone and face-to-face crisis intervention

## Dakota County Crisis Response

### Dakota County Crisis Response Unit 952.891.7171

Call 911 for life threatening emergencies

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 & other resources

### Associated Clinic of Psychology

- Apple Valley 952.432.1484
- West St. Paul 651.450.0860

### Fast-Tracker

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

Mental Health Clinics & Substance Use Disorder Resources

### 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.namihelps.org](http://www.namihelps.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")





## Parent Support



**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 will offer helpful information and support for you to develop new skills as a parent.

**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)



## 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.

Walk-in clinics held monthly. No appointment needed.  
4:00 p.m. - 6:00 p.m. in Apple Valley or West St. Paul.

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

## Transportation



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

**DakotaLink**  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "Dakotalink" for the schedule)  
DakotaLink is a bus service, paid by Dakota County, to help individuals access County services, court appointments, meetings with staff, and other County-related activities. The service provides three round-trips each day, Mon.– Fri. (except holidays), between Hastings, Eagan and West St. Paul.

**DARTS** 651.455.1560  
[www.dartsconnects.org](http://www.dartsconnects.org)  
Serving older adults with transportation.

**GAPP Services, Inc.** 952.953.9299  
Transportation for county residents using volunteer drivers. Must schedule at least one week in advance.

**GoDakota** 651.203.0183  
[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.

**LOOP Bus System** 651.234.2272  
[www.dartsconnects.org](http://www.dartsconnects.org)  
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.

**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)  
The Transit Assistance Program (TAP) helps make public transit more affordable (\$1 per ride) for low-income residents who meet income requirements ([www.metrotransit.org/TAP](http://www.metrotransit.org/TAP)).

**Minnesota Valley Transit Authority** 952.882.7500  
[www.mvta.com](http://www.mvta.com)

**Neighbors Inc. of South St. Paul** 651.455.1508  
[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.



## Women's Health



### Breastfeeding support

#### Dakota County Public Health

- Home Visits 651.554.6115
- Women, Infant and Children (WIC) 952.891.7525

#### The Birthplaces at Fairview and HealthEast Maternity Care Centers

[www.fairview.org/overarching-care/the-birthplace/locations](http://www.fairview.org/overarching-care/the-birthplace/locations)

- Lactation Services at Fairview Clinics 855.FAIRVIEW

[www.fairview.org](http://www.fairview.org) (search "lactation")

- Lactation Specialist at HealthEast Clinics 651.232.8080

[www.fairview.org](http://www.fairview.org) (search "lactation HealthEast")

- Baby Café Hastings at TLC of Hastings 651.437.4200

[www.babycafeusa.org](http://www.babycafeusa.org) (search "Hastings")

- Regions Hospital: 651.293.8176

#### Partners in Breastfeeding Class

[www.regionshospital.com](http://www.regionshospital.com) (search "lactation")

- Health Partners Lactation Specialists 952.967.7955

[www.healthpartners.com](http://www.healthpartners.com) (search "lactation")

#### La Leche League Locator

[www.llusa.org/locator](http://www.llusa.org/locator)

#### United: The Mother Baby Center Lactation Services

Minneapolis 612.863.4638

St. Paul 651.241.6250

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

### Pregnancy and women's health

- Amnion Pregnancy Center 952.898.4357

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

- Planned Parenthood 952.890.0940

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

- Postpartum Anxiety and Depression Support Group 612.863.4770

#### www.allinahealth.org (search "Postpartum")

[www.allinahealth.org](http://www.allinahealth.org) (search "Postpartum")

- Pregnancy & Postpartum Support MN 612.787.7776

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

- Pregnancy Choices 952.997.2229

[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)

Dakota County Public Health  
can help your family

# be healthy

## While you are PREGNANT

learn about:

- Preparing for the birth of your child
- Benefits of breastfeeding and nutrition



## When caring for your NEW BABY

learn about:

- Knowing how your baby is growing and developing
- Importance of car seats and immunizations



## While being great PARENTS

learn about:

- Creating a safe & healthy home
- Finding healthcare, school, job options and resources



For more information or to apply  
visit [www.dakotacounty.us](http://www.dakotacounty.us)  
(search "Home Visits") or  
call 651.554.6100.