

Parent Community Resources

GENERAL RESOURCES		
Parent Aware	Services: Parent Aware gives you the tools and information to find the best quality child care and early education for your child.	
	Links: Main Page: http://parentaware.org/ <ul style="list-style-type: none"> ● Affording child care ● Serious injuries information ● Food & nutrition information Medical and Health Programs: http://parentaware.org/learn/medical-and-health-programs/ <ul style="list-style-type: none"> ● Resources that help families cover their medical and health expenses 	
PHYSICAL HEALTH AND WELL-BEING	St. Paul - Ramsey County	Minneapolis - Hennepin County
Dental	St. Paul Dental Center	Tangletown Dentists
	Wells Fargo Place 30 East 7th Street Suite 101 St. Paul, MN 55101	4831 Nicollet Avenue Minneapolis, MN 55419
	www.stpauldentalcenter.com	http://tangletowndental.com/
	651-227-6646	(612) 822-2324
	Services: <ul style="list-style-type: none"> ● Cleanings and Prevention ● Cosmetic Dentistry ● Restorations ● Periodontics ● Dental Anxiety and Fear ● Sedation Dentistry 	Services: <ul style="list-style-type: none"> ● Cleanings and Prevention ● Cosmetic Dentistry ● Pediatric ● Gum Disease ● Emergency Care
Mental Health Services	Allina Mental Health Clinic	MN Mental Health Clinics
	Doctors Professional Building, 280 Smith Avenue North, Suite 450 Saint Paul, MN 55102	5346 Lyndale Avenue S. Minneapolis, MN 55419
	www.allinahealth.org	https://www.mnmentalhealthclinics.com
	(651) 241-5959	651-454-0114
	Services: <ul style="list-style-type: none"> ● Assessment ● Referral ● Substance Abuse 	Services: <ul style="list-style-type: none"> ● Individual Counseling ● Family Counseling ● Couples Counseling ● Group Therapy

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		<ul style="list-style-type: none"> Specialized Treatments
PHYSICAL HEALTH AND WELL-BEING	St. Paul - Ramsey County	Minneapolis - Hennepin County
Early Childhood Special Education (ECSE)	St. Paul Public Schools, District 625	Minneapolis Public Schools, District 1
	360 Colborne Street Saint Paul, MN, 55102	1250 W Broadway Avenue Minneapolis, MN 55411
	http://www.spps.org/Domain/10702	http://ece.mpls.k12.mn.us/early_childhood_special_education
	651-744-8094	612-668-3715
	ECSE Services: <ul style="list-style-type: none"> Referral and Screening Comprehensive Evaluation IFSP/IEP development and Interagency Service Coordination Home-based Intervention School-based Intervention Community-based Intervention Interagency Planning 	ECSE Services: <ul style="list-style-type: none"> Referral and Screening Comprehensive Evaluation IFSP/IEP development and Interagency Service Coordination Home-based Intervention School-based Intervention Community-based Intervention Interagency Planning - Minneapolis Early Intervention Committee (IEIC)
Early Childhood Screening	St. Paul Public Schools, District 625	Minneapolis Public Schools, District 1
	2102 University Ave W St. Paul, MN 55114	1250 W Broadway Avenue Minneapolis, MN 55411
	http://www.spps.org/Domain/10336	http://ece.mpls.k12.mn.us/early_childhood_screening.html
	651-632-3746	612-668-3715
	Services: <ul style="list-style-type: none"> Supports children being ready for kindergarten. Helps find children with possible health or developmental concerns that may impact learning. 	Services: <ul style="list-style-type: none"> Identifies health and developmental needs of young children before they enter Kindergarten. Screening includes vision, hearing, height, weight, development, speech, social/emotional, and review of

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	<ul style="list-style-type: none"> • Check of vision and hearing, child development and a review of the child's health. • Helps families access services for their children that will help them to be ready for kindergarten. • Early Childhood Screening offers two programs: (1) 3-5 Early Childhood Screening for all children prior to kindergarten entrance and (2) Birth-2 Central Intake for families who are concerned about how their child is developing. 	<p>health and immunization information.</p> <ul style="list-style-type: none"> • Screening is required by law for entrance into Kindergarten in Minnesota Public Schools. • Screening without charge to children ages 3, 4, and 5 years old. It is important to have children screened at an early age so there is adequate time to obtain help for any identified concerns. • Parents could use their child's third birthday as a reminder to sign up for this FREE screening.
PHYSICAL HEALTH AND WELL-BEING	St. Paul - Ramsey County	Minneapolis - Hennepin County
Child Care Assistance Program (CCAP)	Ramsey County Community Human Service Department	Hennepin County Human Services and Public Health Child Care Assistance
	160 East Kellogg Boulevard St. Paul, MN 55101-1494	Child Care Assistance - MC718, 300 South 6th Street Minneapolis, MN 55487-0718
	https://www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance/child-care-assistance	http://www.hennepin.us/residents/human-services/child-care-assistance
	651-266-4019	612-348-5937
	<p>Services:</p> <ul style="list-style-type: none"> • helps people who have been on the Minnesota Family Investment Program (MFIP) in the last 12 months pay for child care. • provides funding for child care on a sliding scale for those who meet low income guidelines. Funds are available for children up to age 12, and for children with special needs up to age 14. 	<p>Services:</p> <ul style="list-style-type: none"> • helps families pay for child care, so parents can work, look for a job or attend school. • The program is available for children younger than 13 and for children with special needs who are younger than 15.

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PHYSICAL HEALTH AND WELL-BEING	St. Paul - Ramsey County	Minneapolis - Hennepin County
Early Learning Scholarships	Germanic-American Institute, Kinderstube Sponsor	Germanic-American Institute, Kinderstube Sponsor
	301 Summit Avenue Saint Paul, MN 55102	301 Summit Avenue Saint Paul, MN 55102
	Phone: 651-222-7027	Phone: 651-222-7027
	http://gai-mn.org/	http://gai-mn.org/
	Services: <ul style="list-style-type: none"> • Full or partial Early Learning Scholarships are available and are awarded on a case-by-case basis. Please contact the GAI at 651-222-7027 for more information. 	Services: <ul style="list-style-type: none"> • Full or partial Early Learning Scholarships are available and are awarded on a case-by-case basis. Please contact the GAI at 651-222-7027 for more information.
Early Learning Scholarships	Early Learning scholarships Think Small	Early Learning scholarships Think Small
	Services: <ul style="list-style-type: none"> • The Early Learning Scholarships give families financial support to help pay for high-quality early care and education to prepare their young children for school. <p>The scholarship amount is up to \$7,500 for a 12 month period. The Early Learning Scholarship must be used at a Minnesota child care or early learning program that is a 3 or 4 star-rated Parent Aware program.</p>	Services: <ul style="list-style-type: none"> • The Early Learning Scholarships give families financial support to help pay for high-quality early care and education to prepare their young children for school. <p>The scholarship amount is up to \$7,500 for a 12 month period. The Early Learning Scholarship must be used at a Minnesota child care or early learning program that is a 3 or 4 star-rated Parent Aware program.</p>
	www.thinksmall.org Phone: 651-641-6604	www.thinksmall.org Phone: 651-641-6604
Minnesota Family Investment Program (MFIP)	Minnesota Department of Human Services - Contact local county office:	Minnesota Department of Human Services - Contact local county office:

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	Ramsey County Community Human Services Department	Hennepin County Human Services and Public Health
	160 East Kellogg Boulevard St. Paul, MN 55101-1494	300 South 6th Street Minneapolis, MN 55487-0718
	mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/income/programs-and-services/mfip.jsp OR https://applymn.dhs.mn.gov/online-app-web/spring/public/process-login?execution=e1s1	mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/income/programs-and-services/mfip.jsp OR https://applymn.dhs.mn.gov/online-app-web/spring/public/process-login?execution=e1s1
	651-431-4049	651-431-4049
	Services: <ul style="list-style-type: none"> helps families with children meet their basic needs, while helping parents move to financial stability through work. Parents are expected to work, and are supported in working with both cash and food assistance. Most families have a lifetime limit of 60 months on MFIP. When families first apply for cash assistance, they usually start in the Diversionary Work Program (DWP). It is a four-month program that helps parents go to work right away rather than enroll in MFIP. 	Services: <ul style="list-style-type: none"> helps families with children meet their basic needs, while helping parents move to financial stability through work. Parents are expected to work, and are supported in working with both cash and food assistance. Most families have a lifetime limit of 60 months on MFIP. When families first apply for cash assistance, they usually start in the Diversionary Work Program (DWP). It is a four-month program that helps parents go to work right away rather than enroll in MFIP.
PHYSICAL HEALTH AND WELL-BEING	St. Paul - Ramsey County	Minneapolis - Hennepin County
WIC (Women, Infants & Children Nutrition Program)	Minnesota Department of Health	Minnesota Department of Health
	625 Robert St N. St Paul, MN 55164	625 Robert St N. St Paul, MN 55164
	www.health.state.mn.us/wic	www.health.state.mn.us/wic

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	651-201-4444 or 800-942-4030	651-201-4444 or 800-942-4030
	Services: <ul style="list-style-type: none"> • Nutrition tips and advice • Support for breastfeeding • Health foods like fresh fruits and vegetables, whole grain cereals, bread and tortillas, low fat milk and baby foods • Caring and supportive staff 	Services: <ul style="list-style-type: none"> • Nutrition tips and advice • Support for breastfeeding • Health foods like fresh fruits and vegetables, whole grain cereals, bread and tortillas, low fat milk and baby foods • Caring and supportive staff
PHYSICAL HEALTH AND WELL-BEING	St. Paul - Ramsey County	Minneapolis - Hennepin County
Health Care Coverage (Medical Assistance, MNCare, Advanced Premium Tax Credit)	Minnesota Department of Human Services - Contact local county office: Ramsey County Community Human Services Department	Minnesota Department of Human Services - Contact local county office: Hennepin County Human Services and Public Health
	160 East Kellogg Boulevard St. Paul, MN 55101-1494	300 South 6th Street Minneapolis, MN 55487-0718
	https://mn.gov/dhs/people-we-serve/adults/health-care/	https://mn.gov/dhs/people-we-serve/adults/health-care/
	651-266-4019	612-348-5937
	Services: <ul style="list-style-type: none"> • Health Care Programs • Adult Mental Health • Substance Abuse • HIV/AIDS • Online Payments 	Services: <ul style="list-style-type: none"> • Health Care Programs • Adult Mental Health • Substance Abuse • HIV/AIDS • Online Payments
Public Health Services	St. Paul - Ramsey Public Health	Hennepin County Public Health Clinic
	555 Cedar Street St Paul, MN 55101	Health Services Building, 4th floor 525 Portland Avenue South Minneapolis, MN 55415
	https://www.ramseycounty.us/your-government/departments/health-and-wellness/public-health	http://www.hennepin.us/residents/health-medical/clinics-services
	(651) 266-1200	612-543-5555
	Services:	Services:

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	<ul style="list-style-type: none"> • Various Public Health Clinic • Health Care for the Homeless • Mental Health Center • Get immunizations • Prescription drug discounts 	<ul style="list-style-type: none"> • Hennepin County Public Health Clinic • NorthPoint Health & Wellness Center • Health Care for the Homeless • Mental Health Center • Get immunizations • Prescription drug discounts
PHYSICAL HEALTH AND WELL-BEING	St. Paul - Ramsey County	Minneapolis - Hennepin County
Preschool Referral Handbook for Speech and Occupational Therapy	Center for Speech, Language, and Learning, Inc	Center for Speech, Language, and Learning, Inc
	690 Cleveland Avenue S. St. Paul MN 55105	No location in Minneapolis or Hennepin. Contact the St. Paul location (information is in the left column)
	www.csllinc.com	www.csllinc.com
	651-739-2300	651-739-2300
	Services: <ul style="list-style-type: none"> • Speech/Language disorders • Preschools speech and hearing screening • Fine and gross motor skills • Social thinking and communication • Sensory needs, handwriting • Reading and reading comprehension • Sensory integration • In-home and meeting support • Low and high-tech augmentative communication methods • Environment accommodations 	Services: <ul style="list-style-type: none"> • Speech/Language disorders • Preschools speech and hearing screening • Fine and gross motor skills • Social thinking and communication • Sensory needs, handwriting • Reading and reading comprehension • Sensory integration • In-home and meeting support • Low and high-tech augmentative communication methods • Environment accommodations

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TEACHING AND RELATIONSHIPS	St. Paul	Minneapolis
Early Childhood Family Education (ECFE)	St. Paul Public Schools, District 625	Minneapolis Public Schools, District 1
	1845 Sheridan Avenue Saint Paul, MN 55116	Minneapolis ECFE 2410 Girard Avenue North Minneapolis, MN 55411
	www.ecfe@spps.org	www.ecfe.mpls.k12.mn.us/
	651-793-5410	612-668-2127
	<p>Services:</p> <ul style="list-style-type: none"> • Small classes for parents and young children; includes parenting discussion topics like encouraging and supporting children's learning and development. • Parent/child activities in the children's classroom. • Parents' Time: Parents then separate from their children and join together for a discussion group facilitated by a Parent Educator. • Childrens' Time: While the parents are in discussion, children continue to participate in activities facilitated by an Early Childhood Teacher. 	<p>Services:</p> <ul style="list-style-type: none"> • Small classes for parents and young children; includes parenting discussion topics like encouraging and supporting children's learning and development. • Playtime and parent discussion appropriate to child's developmental age • Ages 0-18 months are non-separating classes. • Ages 18 months - 5 years are separating classes. • Culturally specific classes are offered in several languages - Spanish, Somali, Oromo and Amharic.