

***Mental Health
Resources
For Young
Children***



Revised Fall 2002

Criteria for selecting the agencies listed in the directory was based on recommendations from the Children's Mental Health Subcommittee. Information regarding services was provided by the agencies themselves. Inclusion of the agencies and services listed in this Resource Guide is not a recommendation. No verification or evaluation of the services offered by the listed agencies was conducted. If you have suggestions or additions, please contact (763) 323-KIDS (5437). For a more complete listing of Resources in Anoka County for all ages, contact ACCAP at (763) 783-4747.

Special thanks to:

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HOTLINE AND CRISIS NUMBERS

763-780-2330 Alexandra House Shelter

Provides safety, food, shelter, etc. to battered women and their children. Emergency service is available 24 hours a day. Support, information and referral services are also available. FREE services.

**612-871-7676 American Red Cross
(Mpls. Area Chapter)**

Provides resources such as food, shelter, and clothing after a disaster (fire, tornado, etc.).

1201 W. River Parkway, Mpls., MN 55454

**763-783-4747 Anoka County Community
Action Program (ACCAP)**

Energy assistance, emergency crisis assistance, housing rehabilitation, weatherization, furniture warehouse, homeowner-ship counseling, foreclosure prevention, senior outreach programs, Head-Start free preschool program.

1201 - 89th Ave., Ste. 345, Blaine, MN 55434.

Hours 8-4:30

763-323-5559 Anoka County Sexual Assault Hotline

763-427-1212 Regular business hours 8:30 a.m. - 4:30 p.m.

Nights, weekends or holidays. Ask for sexual assault advocate.

**651-291-4680 Anoka County Social Service
Emergency Line**

After hour Emergencies only. 5:00 p.m. - 8:00 a.m.; 24 hours weekends & holidays.

Child Protection

763-422-7125 Anoka County Community Social Services/Mental Health

612-348-3552 Hennepin County Children and Family Services

Community Emergency Assistance Program, Inc. (CEAP)

Offers emergency food shelf and financial assistance.

763-783-4930 Anoka County - 1201 - 89th Ave. NE, Ste. 130,
Blaine, MN 55434

763-566-9600 Hennepin County - 6840 - 78th Ave. N,
Brooklyn Park, MN 55445

612-379-6363 Crisis Connection

Serving the seven counties, Crisis Connection is a non-profit, mental health agency that provides 24-hour crisis counseling by telephone. This service is free, confidential and available 365 days of the year. Parents, school staff and teachers are encouraged to call for immediate advice or crisis counseling.

P.O. Box 19550, Mpls., MN 55419

763-785-9222 Crisis Nursery

This Children's Home Society program offers safe shelter for children on a short-term basis. Can be used by parents when they feel they can not provide "optimum" care for their child(ren). Can offer up to 72 hours of overnight care or up to 5 days of day care for children through 12 years of age. Services are voluntary, confidential and FREE of charge.

500 Osborne Road, #362, Fridley, MN 55432

763-783-4932 Family Resource Center

Licensed child care serving infants, toddlers, and preschoolers. Special needs child care. Head Start program. Drop-in care for families using MFIP and Income Maintenance Services. Accepts Child Care Assistance. Open 7:00 a.m. - 5:30 p.m. Call for rates.

**Blaine Human Service Center, 1201 89th Ave. NE, #120,
Blaine, MN 55434**

211

First Call For Help/Greater Twin Cities United Way

7 county metro area

24-hour information and referral services for when you are not sure where to turn. Abuse, counseling, health issues, early childhood education and more.

**612-347-3161 Hennepin County Crisis
Intervention Center**

The Crisis Center is a program of the Department of Psychiatry at Hennepin County Medical Center (HCMC). The Crisis Intervention Center (CIC) staff (including psychiatrists, social workers, psychiatric nurses, and other mental health professionals) serves those in crisis with evaluation, assessment, intervention and referral.

24 hours a day, seven days a week.

701 Park Ave., Mpls., MN 55415

763-783-4710 Housing Hotline (ACCAP)

Transitional housing, rental apartments and houses, options for persons with physical, mental and developmental disabilities. Sections available in some units. Call for information on available units.

763-323-6100 Immunization Hotline

Provides dates, times, and sites within Anoka County for routine immunizations for all citizens, parents, children and grandparents alike. Flu and pneumonia vaccines also available during the fall. Donations accepted.

763-236-7911 Mercy Hospital

24-hour crisis intervention services.

612-813-6107 Minneapolis Children's Hospital/Clinic

2525 Chicago Ave. S, Mpls., MN 55404

651-646-6177 MN Coalition For Battered Women

Information, referral, support and shelter openings.

1821 University Ave. S, St. Paul, MN 55104

612-813-6336 Parent Warmline

Information regarding child development and behavior. Support and encouragement for everyday parenting concerns.

2525 Chicago Ave. S, Mpls., MN 55404

1-800-POISON-1 or Poison Control

1-800-764-7661

Emergency and general information concerning accidental poisoning.

911

Police and Fire Department

612-825-4357 Rape and Sexual Assault Center Helpline

Special Needs Day Care

763-422-7125 Anoka County

612-348-3297 Hennepin County

Anoka County may authorize day care payment for parents in special situations. Limited funds available.

Hours: 8:00-4:30

763-591-0100 The Greater Minneapolis Crisis Nursery

Serving Hennepin County

The Greater Minneapolis Crisis Nursery is an independent agency offering FREE services to families in crisis in **Hennepin County**. Our free services for parents include a 24-hour crisis line, 72-hour residential, overnight care and day care for children up to seven years of age. The Nursery also offers short-term crisis counseling, home visits, advocacy and referrals to other community resources.

5400 Glenwood Ave., Golden Valley, MN 55422-5120

MENTAL HEALTH SERVICES

763-786-9822 ABC Family Counseling

Individual therapy, couples therapy and family therapy with at least one parent included. Licensed male and female therapists. Psychological/Educational evaluations including ADHD. Co-therapists in all groups. Medica, Blue Cross/Blue Shield, U-Care, MA, Behavior Healthcare provider. Limited sliding fee (lowest is \$60.00 per hour). Evening and Saturday appointments.

10026 University Avenue NW, Coon Rapids, MN 55448-6168

763-780-4440 Alternative Counseling Clinic

Licensed Psychiatrist, Psychologists and Clinical Social Worker providing children and family outpatient services. Psychiatric assessment along with psychological evaluations including ADHD. Also, parent training and support. Most insurance and adjusted fee schedule. Evening appointments.

8990 Springbrook Drive, Suite 152, Coon Rapids, MN 55433

763-422-6970 Anoka County Community Health and Environmental Services

Public Health Nurse home visits for health assessment, education, referral and advocacy. Parent education and support to families with special needs children.

763-783-4944 Anoka County Community Support Program For Young Children

Voice mail

Offers in-home and on-site consultation to parents, child care providers and teachers on behavioral concerns such as temper tantrums, sleeping problems, eating difficulties, aggressive or disruptive behaviors, shyness, physical difficulties. No fee.

Central Center for Family Resources

1201 89th Ave. NE, Suite 380 Blaine, MN 55434

651-215-2209 Catholic Charities

Intake

Family and parent/child counseling. Sliding fee.

Counselor

Blaine Human Service Center, 1201 89th Avenue NE, #385, Blaine, MN 55434

763-780-3036 Central Center For Family Resources

Mental health services include: Family, group, individual counseling services. Child and Adolescent Psychiatry, Play therapists for young children. Assessments for children including ADHD and cognitive, psychological assessment. Services are available by appointment including evening and Saturday appts. MA, Medica, U-Care, MHP, and most 3rd party Insurance coverage. Call to verify coverage. Sliding fee scale available. No one refused services based on an inability to pay. Call (763) 780-3036.

1485 81st Ave., Spring Lake Park, MN 55432

Other CCFR Services as follows:

Parenting Classes and Support Groups (see pages 15 & 17). Parent Warm Line for Parent Support Groups, (763) 783-4949.

Anoka County Early Childhood Community Support Services for Children 0-5, (763) 783-4944 (see page 4).

Special Needs Respite Services for Children 0-12, (763)783-4929 (see page 17).

Domestic Abuse Program for Men, Women and Children, (763) 483-4990 (see pages 15 & 22).

**Satellite Central Center for Family Resources Office,
1201 - 89th Ave., Blaine, MN 55434**

Children's Mental Health Services

763-422-6927 Anoka County

612-348-2233 Hennepin County

Screen and assess requests for children's mental health services. Provide a variety of services such as in-home family therapy, parenting skills training, case management, family community support services, and referral information regarding mental health needs and other community resources.

612-871-0200 CLUES

(Chicano Latinos Unidos En Servicio)

Home based program targeting families in Hispanic community of Hennepin County. Financial and housing assistance, mental health counselors, chemical dependency counseling.

2110 Nicollet Avenue S., Mpls., MN 55404

763-781-9123 Community Psychologists of MN, Inc.

Work with families and children age 3 and older. Most HMOs through Medical Assistance, most health insurance, some sliding fee.

3989 Central Avenue NE, Ste. 575, Columbia Heights, MN 55421

763-717-4979 Dr. Robert Vansiclen, Dr. Terry Connelly, Diane White-Rognerud

Variety of mental services for families. Specialize in working with children aged 0-5 and their parents. Dr. Robert Vansiclen specializes in working with preschool children with aggressive disorders using parent guidance and behavioral interventions. Dr. Terry Connelly specializes in therapy for older teens and adults. Accepts MA, private insurance (except Health Partners), UBS, U-Care, and Preferred One.
277 Coon Rapids Blvd. NW, Suite 308 Coon Rapids, MN 55433

763-780-1520 Family Based Therapy Associates

Conducting family and individual therapies. Psychological evaluations are available from therapists with a variety of specialties. Accepts insurance.
199 Coon Rapids Blvd., Suite 306, Coon Rapids, MN 55433

763-560-4412 Family & Children's Service, NW Hennepin Branch

Community based family service agency providing counseling in the areas of children's mental health, parent/child concerns, couples and family counseling, family violence and mens/adolescent domestic violence groups. Individual counseling also available. Sliding fee/insurance. Some Medical Assistance.
6900 78th Avenue N., Brooklyn Park, MN 55445

763-427-7964 Family Life Mental Health Center

Psychiatric, psychometrics, and psychological evaluations, individual, group, family, and marital therapy. Domestic violence and abuse counseling. Men's and women's support groups: DBT(Dialectic Behavior Therapy) group, borderline personality disorders, sexual abuse issues in families. MA, insurance, sliding fee. Evening appointments.
1930 Coon Rapids Blvd., Coon Rapids, MN 55433

763-535-3435 Family Network/REAL Program

Therapeutic family focused program for children birth to 6 years. Center based and in home services. Mental health preschool and parenting program. Daycare consultation services.

Thorson Family Resource Center, 7323 58th Avenue N., Crystal, MN 55428

651-688-2335 Family Psychological Services

Individual, family and group therapy. Specialize in disability. Psychological evaluations. Parent training and support. MA, MN Care, Blue Cross/Blue Shield, Champus, U-Care MN, Medicare, Medica, sliding fee, individual insurance.

750 South Plaza Drive, Suite 104, Mendota Hts., MN 55120

651-464-3685 Forest Lake Area Youth Services Bureau

Indirectly serve children ages 0-5 years when whole family counseling is requested concerning the needs of their older children. Fees for services are based on ability to pay.

244 N Lake Street, Forest Lake, MN 55025

612-331-9413 Fraser Child & Family Center

Preschool mental health day treatment program for children 3-6 years. Psychological evaluations, including infant mental health assessment, parent assessments. Individual and family therapy, ages 3-18. Private insurance, MA, TEFRA.

3333 University Ave. SE, Mpls., MN 55414

In-home Therapy Agencies

763-422-6927 Anoka County

612-348-2233 Hennepin County

Available through local Children's Mental Health Unit or with a severe emotional/behavioral disorder diagnosis.

651-464-2194 Lakes Area Human Services, Inc.

Individual therapy for all ages of children and adults. Accept third party insurance, medical assistance, managed care, sliding fee (minimum of \$40.00/session). Psychiatrist on staff for medication evaluation and management for ongoing clients and psychological evaluation services.

882 SW 15th St. Forest Lake, MN 55025

612-879-5320 Lutheran Social Services

Outpatient, assessments, individual and family counseling to address inappropriate sexual behavior occurring in the young child, 0-5 years. Insurance, MA, sliding fee.

Blaine Human Service Center, 1201 89th Avenue NE, Blaine, MN 55434

612-617-4600 Minnesota Visiting Nurse Agency

Home visits to assist parents in skill training and role modeling.

651-486-3808 Northwest Youth & Family Services

A provider of comprehensive mental health services for children, adolescents, adults and families. Assessments for behavioral disorders/ADHD. Work with a variety of presenting problems, including depression, behavior problems, family conflict, stress, relationship issues. Clinical staff is composed of licensed psychologists, social workers, marriage and family counselors. Psychiatric services are available for those who are being seen in therapy in the clinic. MA and insurance accepted. Sliding fee available for those without insurance.

3490 Lexington Ave. N., Shoreview, MN 55126

651-628-9253 Nystrom & Associates/Professional Family Based Division

Home based mental health services to families whose members are under the age of 21 and are eligible for mental health case management services through their local county. Services are also available to MA recipients with diagnosis of severe emotional or behavioral problems. MA, U-Care, Metropolitan Health Plan, Medica, UBS, Health Partners. Flexible schedules.

1900 Silver Lake Road, New Brighton, MN 55112

612-863-4770 Postpartum Depression Support Group

Abbott

Northwestern

651-220-5239

United

Offers support and education for women experiencing postpartum depression. Wednesdays from 1:30-3 p.m. Each series runs 5 weeks. \$15/session or \$75 for series. Sliding fee available.

Twin Lakes Building, 1835 Country Rd. C., Roseville, MN 55113

763-559-9088 Somers, Peter J., Ph.D.

Psychological testing and counseling for ADHD, development and emotional-behavioral disorders. Individual and family therapy for children 2-6 years. MA and most insurances. Evening appointments available.

7225 Forestview Lane, Maple Grove, MN 55369

612-273-8700 University of Minnesota Child & Adolescent Psychiatric Services

Range of evaluation and treatment services for a variety of concerns and psychiatric disorders of children. Specialty clinics exist in ADHD, mood disorders, autism, PDD, anxiety disorders, and infancy clinic. Medication evaluations and medication management clinic. Psychological and academic testing. Sliding fee. MA and most insurances accepted. Call 612-625-1117 to verify coverage.

Box 95, 420 Delaware St. SE, Mpls., MN 55455

763-424-4600 Washburn Child Guidance Center

Services include: family therapy, individual child therapy, psychological evaluation, psycho-educational assessment, parent counseling, parent groups, children's group. Consultation and case management with schools and other agencies.

11285 96th Ave. N., Maple Grove, MN 55369

651-642-4001 Wilder Child Guidance Center

Counseling for children up to age 18 and their families. Individual, marriage, family and group counseling, play therapy, parent counseling, psychiatric and psychological evaluations. Abuse/neglect and domestic abuse. MA, third party insurance, and sliding fee. Some evening appointments. Early childhood child care consultation (center & family day care homes), home based parent education (available to Ramsey County residents).

919 LaFond Avenue, St. Paul, MN 55104

EARLY CHILDHOOD CARE AND EDUCATION

763-323-KIDS Anoka Area Interagency Early (5437) Intervention

Interagency referral for children birth to three years old with special needs; or suspected delays in motor, speech/language, cognitive, social/emotional development; or at risk of developmental delays due to biological or environmental factors. Anoka Area Interagency links families with services to meet their needs. Services are home based and family focused. If you have any questions or concerns, please call for more information about this FREE service.

763-783-4884 Anoka County Child Care Resource & Referral (ACCAP)

Provides a customized listing of licensed child care programs (centers, family child care homes, school age program, preschools, summer camps) in Anoka County. Also provides assistance in finding child care for children with special needs.

763-783-4944 Anoka County Community Support Program For Young Children Central Center for Family Resources

Offers consultation to parents, day care providers and teachers regarding behavioral concerns such as temper tantrums, sleeping problems, eating difficulties, aggressive or disruptive behaviors, shyness, physical difficulties.
1201 89th Ave. NE, Suite 380, Blaine, MN 55434

763-717-7730 Child Care Subsidy

Anoka County

Provides financial assistance to low income parents who need child care in order to work or pursue education leading to employment. Based on number of family members in the home and gross income.

763-783-4366 Cornerstone

Serves children 33 months to 5 years of age. \$140.00/week. One time \$50.00 registration fee per family. Open 6:30 am-6:00 pm, Monday-Friday. Accepts child care assistance. Affiliated with Anoka County Community Action Programs, Head Start.

9574 Foley Blvd., Coon Rapids, MN 55433

763-785-9222 Crisis Nursery

Serving Anoka County

This Children's Home Society program offers safe shelter for children on a short term basis. Can be used by parents when they feel they can not provide "optimum" care for their child(ren). Can offer up to 72 hours of overnight care or up to 5 days of day care for children through 12 years old. Services, are voluntary, confidential and FREE of charge.

500 Osborne Road, Suite 362, Fridley, MN 55432

Early Childhood Family Education

Parent and child activities, classes, field trips, and home visits. Each school has an ECFE program which offers many different fun and educational experiences for children birth to kindergarten. Opportunities for drop in play for parents and children together along with parent discussion groups.

763-506-1275 Anoka-Hennepin School District #11 ECFE

763-792-6120 Centennial School District #12 ECFE

763-528-4515 Columbia Heights School District #13 ECFE

651-982-8300 Forest Lake School District #831 ECFE

763-502-5123 Fridley School District #14 ECFE

763-753-7170 St. Francis School District #15 ECFE

763-786-1338 Spring Lake Park School District #16 ECFE

Early Childhood Special Education

Screening, assessment and intervention for children birth through kindergarten. The following telephone numbers are for ages 3 to 5 years.

- 763-506-1450** Anoka-Hennepin School District #11 ECSE
- 763-792-6123** Centennial School District #12 ECSE
- 763-528-4448** Columbia Heights School District #13 ECSE
- 651-982-8300** Forest Lake School District #831 ECSE
- 763-502-5241** Fridley School District #14 ECSE
- 763-753-7170** St. Francis School District #15 ECSE
- 763-786-5570** Spring Lake Park School District #16 ECSE

*****Call 763-323-KIDS (5437) for children birth to three.**

763-323-5760 Family C.A.R.E. Centers

The Family C.A.R.E. Centers provide comprehensive, assessment, referral and educational health services to children and teens, ages 0-20, and their families. Services include: physical and developmental screenings, nutritional evaluations, immunizations, financial assistance, health and developmental education, information on community resources, referrals and follow-up, limited lab services, vision and hearing screening, and linkage with a primary care doctor. Locations in the communities of Bethel, Blaine, Columbia Heights, Coon Rapids, and Spring Lake Park. Call for appointment.

2100 - 3rd Ave., 6th floor, Anoka, MN 55303

763-417-2600 Family Connect

Family Connect offers a bridge between the need and the resources. We have staff with flexible hours to meet families needs. Staff follows up to make sure the connection was successful. Family Connect is a resource that connects Anoka County families with necessary community resources. We provide connections to: food, clothing, housing, counseling and family support, services and transportation.

763-783-4932 Family Resource Center

Licensed child care center serving infants, toddlers and preschoolers. Special needs child care. Head Start program. Drop-in care for families using MFIP and Income Maintenance Services. Accept Child Care Assistance. Open 7:00 a.m. - 5:30 p.m. Call for rates

Blaine Human Service Center, 1201 89th Ave. NE, Suite 120, Blaine, MN 55434

Anoka County Follow Along Program

763-422-7306

Follow Along provides monitoring and assessment of infants and toddlers at risk for health or developmental needs.

Hennepin Cty

612-348-5624

Parents complete developmental questionnaires. If concerns are identified about the child's development the parent is contacted. Mailings to parents include age-appropriate activity sheets and county resource information.

2100 - 3rd Ave., 6th floor, Anoka, MN 55303

763-712-9988 Free To Be

Multicultural, multigenerational child care center. Ages 6 weeks to 12 years. At Crestview Columbia Heights.

1515 - 44th Ave. NE, Columbia Heights, MN 55421

612-341-2066 Greater Minneapolis Daycare Association

Serving Hennepin County

Child care referrals, child care subsidy, provides training, child care support.

763-783-4300 Head Start/Early Head Start

A home based program for children birth to 5 years old and pregnant women, or a center based preschool program for children 3 to 5 years old in low income families. FREE. Must meet income guidelines (MFIP recipients and foster children automatically qualify). Children with special needs are encouraged to apply.

9574 Foley Blvd., Coon Rapids, MN 55433

763-323-KIDS Healthy Start

(5437) Serving Anoka County Families

A community wide collaborative initiative to support all families with infants and any parent age 21 or younger by providing information, education, and connection to resources. Services may include information, home visiting, crisis intervention, and/or volunteer Family Mentors (see page 16). This service is FREE to families and accessible until the child enters Kindergarten.

763-783-4947 Proactive Intervention Program

A community collaborative program which addresses the needs of young children who present challenging behaviors in their early childhood setting. Provides intervention and support for children and families, and technical support and training for early childhood staff members. (Formerly B.A.T.S. program) Call Program Coordinator for information.

School Readiness Programs

Each school district has School Readiness funds which offer opportunities for all eligible children to participate in programs that enable children to enter kindergarten with the necessary skills, behavior, and support they need. Children must be at least 3 years of age. Your school district may offer reduced tuition and transportation.

763-506-7650 Anoka-Hennepin, ISD #11

763-792-6120 Centennial, ISD #12

763-528-4515 Columbia Heights, ISD #13

651-982-8300 Forest Lake, ISD #831

763-502-5123 Fridley, ISD #14

763-753-7170 St. Francis, ISD #15

763-786-1338 Spring Lake Park, ISD #16

763422-7125 Special Needs Day Care

Anoka County

County may authorize day care payment so parents can complete their case plan goals (e.g. attending counseling sessions, outpatient treatment, etc.).

763-591-0100 The Greater Minneapolis Crisis Nursery

Serving Hennepin County

The Greater Minneapolis Crisis Nursery is an independent agency offering FREE services to families in crisis in **Hennepin County**. Our free services for parents include a 24-hour crisis help line, 72-hour residential, overnight care and emergency day care for children up to seven years of age. The Nursery also offers short-term crisis counseling, home visits, advocacy and referrals to other community resources.
5400 Glenwood Ave., Golden Valley, MN 55422

PARENT SUPPORT

763-506-1287 ACCEPT - Anoka County Cultural Competence Education Promotion Team

ACCEPT serves Anoka County communities by working to promote community building and acceptance of diverse cultures. It strives to promote respect for human rights and awareness of diversity issues. Members of ACCEPT are committed to connecting people, building trust, listening, supporting and learning from one another. Contact ACCEPT . . . see a difference . . . make a difference!

763-755-9159 Active Alert Support Groups

Ongoing classes and groups for parents of active alert children. Contact Kathy Zdon for more information.

763-783-4949 Anoka County Parent Support Network
Voice mail

For parents and caregivers whose children are experiencing ongoing difficulties at home and school - particularly children with emotional or behavioral disorders. Child care vouchers may be available.

763-783-4958 ARC Anoka, Ramsey, and Suburban Inc.

Address concerns of families with children who have special needs including: information and referral services; workshops and helpful literature; lending library of videos, books and support groups.

1201 89th Avenue NE, Suite 305, Blaine, MN 55434

Central Center Domestic Abuse Program

763-783-4990 Women & Children

763-783-4991 Men

763-780-3036 Central Center for Family Resources

Parent Support Groups. Call for current listing.

1485 81st Avenue NE, Spring Lake Park, MN 55432

763-785-9222 Crisis Nursery Serving Anoka County

Offers Parent Befriender Program, Parent Support Groups, Supportive home visits, Child Mentor Program and children's care supplies.

763-506-7988 Family Advocate Program

Family advocates are available for families with children living in Champlin, Dayton, Brooklyn Center and Brooklyn Park.

Family Advocates provide support and information for families and assistance with locating services and resources.

763-422-7306 Follow Along Program

Follow Along provides monitoring and assessment of infants and toddlers at risk for health or developmental needs.

Parents complete developmental questionnaires. If concerns are identified about the child's development the parent is contacted. Mailings to parents include age-appropriate activity sheets and county resource information.

2100 - 3rd Ave., 6th floor, Anoka, MN 55303

763-717-7755 Free To Be

Car repair and donation

1515 - 44th Ave. NE, Columbia Heights, MN 55421

763-422-7120 Healthy Start Family Mentor Program

Trained volunteer Family Mentors are available to work with Anoka County expectant parents, families with infants or any parent age 21 or younger. The Family Mentors can offer support, guidance, and/or connection to resources for a minimum of six months. Flexible schedules. This service is FREE to families

763-862-6755 Kinship

Provide adults, couples and families as mentors for children in Anoka County, ages 5-15. FREE.

2135 Northdale Blvd. NW, Coon Rapids, MN 55433

763-879-5351 Kinship Caregiving

Kinship Caregiving Support Group. First Thursday of the month at Roosevelt Middle School. Classes for care givers and children are from 6:30 - 8:15 pm. Other locations are also available.

650 Main St. NE Blaine, MN 55434

612-879-5320 Lutheran Social Services

Parent Support Groups. Call for up to date listing.

612-332-7563 Meld

Parenting groups for parents with children with special needs including developmental delays, chronic illnesses, disabilities.

219 N. 2nd St., #200, Mpls., MN 55401

763-236-8050 Mercy & Unity Hospitals

Grief support groups for preschoolers, school aged children and teens. No charge, **but** pre-registration is required. There is no charge or registration required for adult groups.

651-644-7333 MN Association For Children's Mental Health

Support groups for parents of children with emotional and behavioral disorders in Anoka County.

763-422-7117 Parents Anonymous

Family Support Network

Confidential support group for parents with various parenting issues. Meets Tuesdays from 6:30-8:30 p.m. at St. Phillips Church. Child care provided. Call before attending group. **6180 Highway 65 NE, Fridley, MN 55432, for a group in your area, call 651-523-0099**

763-783-4958 Pilot Parents

Network of parents with children who have special needs. Goal is to connect parents one-to-one with volunteer parents who have had similar experiences.

612-863-4770 Postpartum Depression Support Group

Abbott

Northwestern

651-220-5239

United

Offers support and education for women experiencing postpartum depression. Wednesdays from 1:30-3:00 p.m. Each series runs 5 weeks. \$15/session or \$75 for series. Sliding fee available.

Twin Lakes Building, 1835 County Rd. C, Roseville, MN 55113

763-783-4947 Proactive Intervention Program

A community collaborative program which addresses the needs of young children who present challenging behaviors in their early childhood setting. Provides intervention and support for children and families, and technical support and training for early childhood staff members. (Formerly B.A.T.S. program) Call Program Coordinator for information.

Resource Center for Fathers & Families

Offers parenting classes, support groups for fathers, courses on anger management, relationships, stepparenting and information law seminars. Other resources available.

763-783-4938 Blaine

Blaine Human Service Center, 1201 89th Avenue NE, Suite 305, Blaine, MN 55434

612-874-1509 Minneapolis

430 Oak Grove St. Suite B3, Mpls., MN 55403

763-783-4929 The Special Needs Respite Service Program

The respite program is a service available to assist families in locating an appropriate respite care provider. This service is available to any family who has special needs and who may need a temporary "break" or relief from the responsibilities of caring for their children. It is a central link for families and respite providers to receive support and advocacy as well as resource and referral information relating to respite care. For information call Central Center for Family Resources.

PARENTING CLASSES

651-697-3333 Active Parenting Today

(Medformation) Six week, video-based program for parents with children aged 2-17. Enhancement of parenting skills, increased communication, avoiding power struggles and learning discipline skills. Call Medformation for dates, location and to register.

763-780-3036 Central Center For Family Resources

Call for current listing.

1485 81st Avenue NE, Spring Lake Park, MN 55432

763-785-9222 Crisis Nursery

Serving Anoka County

Early Childhood Family Education

Parent and child activities, classes, field trips, and home visits. Each school has an ECFE program which offers many different fun and educational experiences for children birth to kindergarten. Opportunities for drop in and play for parents and children together along with parent discussion groups.

763-506-1275 Anoka-Hennepin ISD #11

763-792-6120 Centennial ISD #12

763-528-4515 Columbia Heights ISD #13

651-982-8300 Forest Lake ISD #831

763-502-5123 Fridley ISD #14

763-753-7170 St. Francis ISD #15

763-786-1338 Spring Lake Park ISD #16

Attention Deficit Hyperactivity Disorder Groups/Testing

763-786-9822 ABC Family Counseling Clinic

Individual therapy, couples therapy and family therapy with at least one parent included. Licensed male and female therapists. Psychological/Educational evaluations including ADHD. Co-therapists in all groups. Medica, Blue Cross/Blue Shield, U-Care, MA, Behavior Healthcare provider. Limited sliding fee (lowest is \$60.00 per hour). Evening and Saturday appointments.

10026 University Avenue NW, Coon Rapids, MN 55448-6168

763-780-4440 Alternative Counseling Clinic

Some evening and weekend hours. Insurance and MA.

8990 Springbrook Dr., Suite 152, Coon Rapids, MN 55433

763-780-3036 Central Center For Family Resources

1485 81st Avenue NE, Spring Lake Park, MN 55432

952-922-5761 C.H.A.D.D. (Children and Adults with Attention Deficit Disorders)

Monthly meetings, newsletter and speakers.

4301 Hwy 7, Mpls, MN 55416

612-331-9413 Fraser Child and Family Center

ADHD and other Neuropsychological disorder evaluations.

3333 University Ave. SE, Mpls, MN 55414

651-486-3808 Northwest Youth & Family Services

A provider of comprehensive mental health services for children, adolescents, adults and families. Assessments for behavioral disorders/ADHD. Work with a variety of presenting problems, including depression, behavior problems, family conflict, stress, relationship issues. Clinical staff is composed of licensed psychologists, social workers, marriage and family counselors. Psychiatric services are available for those who are being seen in therapy in the clinic. MA and insurance accepted. Sliding fee available for those without insurance.

3490 Lexington Ave. N., Shoreview, MN 55126

763-559-9088 Somers, Peter J., Ph.D.

Psychological testing and counseling for ADHD, development and emotional-behavioral disorders. Individual and family therapy for children 2-6 years. MA and most insurance. Evening appointments available.

612-273-8700 University of Minnesota-Child & Adolescent Psychiatry

SPECIAL NEEDS SERVICES/ADVOCACY

763-560-5330 Alternatives for People with Autism

5624 - 73rd Ave., Brooklyn Park, MN 55429

763-783-4958 ARC Anoka, Ramsey and Suburban, Inc.

Address concerns of families with children who have special needs including information and referral services; workshops and helpful literature; lending library of videos, books and support groups.

1201 89th Avenue NE, Suite 305, Blaine, MN 55434

952-920-0855 ARC Hennepin/Carver

ARC Hennepin/Carver provides advocacy, information and support to individuals with mental retardation and related developmental disabilities and their families. Other services include: parent led workshops on special education, community inclusion assistance, sibling programs, Parent Connections and Family Fun Days, ARC Resource Center and FAS Prevention Services.

651-647-1083 Autism Society of MN

Provides information and referral, parent education, workshops and support for individuals with Autism Spectrum Disorders, their families, teachers and interested others.

970 Raymond Ave., Ste. 101, St. Paul, MN 55114

651-464-5235 Courage Center - Forest Lake

Provides assessment, diagnosis and treatment from birth to adults.

146 N. Lake St., Forest Lake, MN 55025

612-331-9413 Fraser Child & Family Center

Preschool day treatment for children with autism spectrum disorders. Evaluations, home-based service, social skills groups, parent support, individual and family therapy. Private insurance, MA, TEFRA.

3333 University Ave. SE, Mpls, MN 55414

651-644-7333 MN Association For Children's Mental Health

Advocacy, support, training and education services for parents of children and the professionals that work with emotional/behavioral disorders or other mental health needs.

165 Western Ave., #2, St. Paul, MN 55102

651-215-8956 Minnesota Children With Special Health Needs

Provides consultation regarding the systems serving children with special health needs. Special diagnostic clinics, referrals, evaluations, etc.

MN Dept. of Health, P.O. Box 64882, St. Paul, MN 55164

952-918-0350 Minnesota Tourette Syndrome Association

7317 Cahill Rd, Edina, MN 55439

952-838-9000 PACER

Serves the information and training needs of parents throughout Minnesota who have children with disabilities. No fee.

www.pacer.org E-mail - pacer@pacer.org

8161 Normandale Blvd., Mpls, MN 55437

Personal Care Attendants (PCA)

Home health services. Check your local yellow pages for a listing of private agencies. Look for services certified by medical assistance (MA) and licensed by the State of Minnesota.

Respite Care

Services allowing parents rest or freedom from the intensity of caring for their special needs child. Contact your child's county social worker for availability.

763-783-4769 The Respite Service Program

The respite program is a service available to assist families in locating an appropriate respite care provider. This service is available to any family who has special needs and who may need a temporary "break" or relief from the responsibilities of caring for their children. It is a central link for families and respite providers to receive support and advocacy as well as resource and referral information relating to respite care. For information call ARC of Anoka, Ramsey, and Suburban Inc.

763-789-6385 Thunder Spirit Lodge

Organization helping with Fetal Alcohol Syndrome.
4026 Central Ave., Columbia Heights, MN 55421

ABUSE

763-780-2330 Alexandra House Shelter

Provides safety, food, shelter, etc. to battered women and their children. Emergency service is available 24 hours a day. Support, information and referral services are also available. FREE services.

Anoka County Sexual Assault Hotline

763-323-5559 Regular business hours 8:00 a.m. - 4:30 p.m.

763-427-1212 Nights, weekends or holidays. Ask for sexual assault advocate.
2100 - 3rd Ave., Anoka, MN 55303

763-427-1212 Anoka County Social Service Emergency Line

Emergency only. Includes emergency housing.

763-323-5559 Anoka County Victim Witness Assistance Program

Advocacy, referrals, resources, criminal justice information, community education, rape/incest/same sex assault support & information, crisis intervention.
2100 - 3rd Ave., Anoka, MN 55303

Central Center Domestic Abuse Program

763-783-4990 Women & Children
763-783-4991 Men

Child Protection Intake

763-422-7125 Anoka County
612-348-3552 Hennepin County
2100 - 3rd Ave., Anoka, MN 55303

Chrysalis Center for Women

Personal counseling, support groups.

612-871-0118 4432 Chicago Ave S., Mpls., MN 55407
651-222-2823 550 Rice Street, Suite 104, St. Paul, MN 55103

763-785-9222 Crisis Nursery

Serving Anoka County

This Children's Home Society program offers safe shelter for children on a short-term basis. Can be used by parents when they feel they can not provide "optimum" care for their child(ren). Can offer up to 72 hours of overnight care or up to 5 days of day care for children through 12 years of age. Services are voluntary, confidential and FREE of charge.
500 Osborne Road, #362, Fridley, MN 55432

612-874-7063 Domestic Abuse Project

Therapy services for abusive men, women survivors of domestic abuse, children affected by domestic abuse, adolescent boys abusing family or girlfriends.
204 W. Franklin Avenue, Mpls., MN 55404

651-982-2091 Fairview Recovery Services - Forest Lake

Adult Program

Wide variety of chemical dependency services including outpatient treatment (adults day and evening program), adolescent treatment with school component, continuing care, CD assessments, family program, smoking cessation classes, relapse program.

651-982-2066
Adolescent Program

246 11th Avenue SE, Forest Lake, MN 55025

211

First Call for Help

Information and referral service.

763-236-6000 Mercy Hospital

4050 Coon Rapids Blvd., Coon Rapids, MN 55433

763-591-0100 The Greater Minneapolis Crisis Nursery

The Greater Minneapolis Crisis Nursery is an independent agency offering FREE services to families in crisis in **Hennepin County**. Our free services for parents include a 24-hour crisis help line, 72-hour residential, overnight care and emergency day care for children up to seven years of age. The Nursery also offers short-term crisis counseling, home visits, advocacy and referrals to other community resources.
5400 Glenwood Ave. Golden Valley, MN 55422

763-236-5000 Unity Hospital

550 Osborne Road, Fridley, MN 55432

NOTES

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