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
For more information on programs and services in Dakota County go to 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

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 (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.

Dakota County Crisis Intervention 952.891.7171
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 (search “housing assistance”) 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
Available 24 hours a day for housing and protection for abused women and children

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)
Help Lines

United Way 2-1-1 (dial 211) 651.291.0211
www.211unitedway.org

Disability Linkage Line 1.866.333.2466

MinnesotaHelp.Info 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

CAP Agency 651.322.3500
www.capagency.org

Hastings Family Service 651.437.7134
www.hastingsfamilyservice.org
Serves ISD 200 residents and Hastings area

Mission Outpost 952.898.9311
www.popmn.org/gethelp/basicneeds
Prince of Peace Lutheran Church, Burnsville

Neighbors Inc. 651.455.5000
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

Chemical Dependency (cont’d)

Comunidades Latinas Unidas en Servicio: CLUES 651.379.4200
www.clues.org
Linguistically and culturally relevant resource and service nonprofit organization for Latinos.

Narcotics Anonymous Minnesota 1.877.767.7676
www.namn.org

Tobacco Quit Plan Helpline 1.888.354.7526
www.quitplan.com

Children with Special Needs/Disabilities

Autism Spectrum Disorder Information & Resources 651.554.6336
www.dakotacounty.us (search “Autism”)

Family Voices of MN 1.866.334.8444
www.familyvoicesofminnesota.org
Parent-to-parent support

Fraser Center 612.767.7222
www.fraser.org
Services for autism, mental health and rehabilitation

Living Well with ADHD 952.921.5870
www.centerforlivingwellwithadhd.org

Living Well Disability Services 651.688.8808
www.livingwell.org

Minnesota Hands and Voices 651.265.2435
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

PACER Center 952.838.9000
www.pacer.org
Support and advocacy for children with disabilities and their families

The ARC Greater Twin Cities 952.920.0855
www.arcminnesota.org
Parent advocacy to expand opportunities and enhance quality of life
Clothing

360 Communities  952.985.5300
www.360communities.org

Community Clothes Closet  952.898.9595
www.hosannalc.org
Hosanna! Lutheran Church, Lakeville

Hastings Family Service  651.437.7134
www.hastingsfamilyservice.org
Serves ISD 200 residents and Hastings area

Mission Outpost  952.435.8102
www.popmn.org
Prince of Peace Lutheran Church, Burnsville

Neighbors Inc.  651.455.5000
www.neighbormn.org

Cultural Services

These agencies may help with food, family support, employment, education, health and wellness and empowerment.

Indian Health Board  612.721.9800
www.indianhealthboard.com

Centro Tyrone Guzman (Latino)  612.874.1412
www.centromn.org

CLUES (Latino)
- St. Paul  651.379.4200
- Aging Well Services  651.379.4280
www.clues.org

ECHO  www.echominnesota.org
Emergency health and safety information in multiple languages

Neighborhood House  651.789.2500
www.neighb.org

Progressive Individual Resources, Inc.  651.222.6567
www.pirimn.org

Zacah  651.705.5968
www.zacah.org
Islamic organization to support Muslims and followers of other faiths

Dental Services

Dental fillings, extractions, other services
On Medical Assistance? Contact your health plan about dental.

Children’s Dental Services  612.746.1530
www.childrensdentalservices.org
Children from birth to age 26 and pregnant women; accepts MA; Sliding fee and free care.

Community University Health Care  612.301.3433
www.cuhcc.umn.edu (search “Dental Care”) Fees based on family size and income

Dentistry for Children & Adolescents  952.435.4102
www.childrensdent.com
MA not accepted - only physical or mental disability accepted

Helping Hands Health Center  651.224.7561

Hope Dental Clinic  651.789.7605
www.hopedentalclinic.org

Indian Health Board  612.721.9800
www.indianhealthboard.com

Metropolitan State Univ. Dental Clinic  651.793.1793
www.dental.metrostate.edu
No sliding fee or free services

Minnesota Dental Association  800.950.3368
www.mndental.org
Search option for Find-a-Dentist by area

MN Donated Dental  651.454.6290
www.dentallifeline.org/minnesota
Free care for permanently disabled, elderly or medically fragile

Prince of Peace Dental Clinic  952.898.9318
www.popmn.org/gethelp/dental/

Sharing & Caring Hands-Dental  612.338.4640
www.sharingandcaringhands.org/day-services

Southern Heights Dental Group  507.334.6433
www.southernheightsdental.com

True North Community Dental Clinic  952.403.5149
www.truenorthcdc.com/

University of MN Dental Clinics  612.625.2495
www.dentalclinics.umn.edu/

West Side Dental Clinic  651.602.7575
www.westsidechs.org

Dental cleaning and x-rays

Century College  651.779.5787

Normandale Community College  952.358.8608
Dental Hygiene Clinic
Education

Head Start

Early Head Start (Pregnancy to age 3) 651.322.3500
and Head Start (Age 3 to school age)
www.capagency.org

Early Childhood Education

Help Me Grow 1.866.693.4769
www.helpmegrowmn.org
Development information/referral for assessment (Birth – age 5)

ISD 6 South St. Paul Public School 651.457.9418
www.tridistrictce.org

ISD 191 Burnsville/Eagan/Savage 952.707.4150
www.communityed191.org

ISD 192 Farmington ECFE 651.460.3200
www.farmington.k12.mn.us/community_education

ISD 194 Lakeville ECFE 952.232.2150
www.isd194.org

ISD 196
Rosemount/Eagan/Apple Valley 651.423.7920
www.district196.org

ISD 197 West St. Paul 651.403.8390
www.tridistrictce.org
Early learning and Family Resource Center

ISD 199 Inver Grove Heights 651.306.7503
www.isd199.org/schools/early-learning/ecfe

ISD 200 Hastings School District 651.480.7678
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
1.800.222.1990 / Text 612.424.1211 Contact to find local classes

Financial Help

Employment & Economic Assistance 651.554.5611
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 (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
For cancer patients

Energy Assistance (CAP Agency) 651.322.3500
www.capagency.org
Financial assistance to help pay utility and fuel bill (October to May)

360 Communities 952.985.5300
www.360communities.org

Hastings Family Service 651.437.7134
www.hastingsfamilyservice.org
Lutheran Social Service Financial Counseling
www.lssmn.org/debt

Neighbors, Inc. 651.455.5000
www.neighborsmn.org
Social Security Administration 1.800.772.1213
www.ssa.gov
Zacah 651.705.5968
www.zacah.org
Islamic organization to support Muslims and followers of other faiths

Fitness

- Dakota County Parks - www.dakotacounty.us/parks
- City Parks - www.dakotacounty.us (search “cities and townships”)
- Fitness and Exercise in Dakota County
  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 (search “Healthy Living”).
Many local churches offer community meals free or by donation.

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

- **Minnesota Food Helpline**: 1.888.711.1151
  - www.hungersolutions.org (Find a local food shelf)

- **Hunger Solutions**: 651.486.9860
  - www.hungersolutions.org

- **360 Communities**: 952.985.5300
  - www.360communities.org

- **Neighbors, Inc.**: 651.455.5000
  - www.neighborsmn.org

- **Dakota County WIC**: 952.891.7525
  - www.dakotacounty.us (search “WIC”)

- **Hastings Family Service**: 651.437.7134
  - www.hastingsfamilyservice.org

- **The Open Door Pantry**: 651.688.3189
  - www.theopendoorpantry.org

- **Fare for All**: 763.450.3880
  - www.fareforall.org

- **Meals on Wheels**: 612.623.3363
  - www.meals-on-wheels.com

- **Farmers Market**: www.mn.gov (Some markets accept EBT and WIC)

### 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

- **Dakota Child and Family Clinic**: 651.209.8640
  - www.dakotachildandfamily.org

- **Minnesota Family Planning and STD (Sexually Transmitted Disease hotline)**: 1.800.783.2287
  - www.sexualhealthmn.org

- **Public Health Immunization Clinic**: 952.891.7999
  - www.dakotacounty.us (search “Immunization Clinic”)

- **St. Mary’s Clinic**: 651.287.7777
  - www.stmaryshealthclinics.org
  - Free non-emergency health care for uninsured, appt. required

- **Westside Community Health Services**: 651.602.7500
  - www.westsidechs.org

#### Other resources:

- STD testing clinics - www.dakotacounty.us (search “STD testing”)
- 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.
  - www.mnsure.org

- **Dakota County Employment and Economic Assistance**: 651.554.5611
  - www.dakotacounty.us

- **MinnesotaCare**: 651.297.3862
  - www.mn.gov/dhs

- **Portico Healthnet**: 651.489.2273
  - 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 (search “safe disposal”).
Health Care (continued)

Vision

Vision Loss Resources  
612.871.2222
www.visionlossresources.org

Vision Clinics with Sliding Fees

Thirty nine Dollar Glasses  
1.800.672.6304
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

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 (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
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

Harbor Shelter  
651.480.8377
Youth ages 12-20

General

Dakota County  
651.675.4400
Community Development Agency
www.dakotacda.org
Affordable housing

Affordable housing locator
www.housinglink.org

Environmental Health concerns  
952.891.7500
Dakota County Public Health

Habitat for Humanity  
612.207.1700
Homeowner & Foreclosure Prevention Program
www.tchabitat.org

Smoke-Free Housing Directory  
651.646.3005
www.mnsmokefreehousing.org/

Job Skills

MN Workforce Centers  
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
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 (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
Legal help for immigrants and refugees

LawHelpMN
www.lawhelpmn.org

Legal Assistance of Dakota County  952.431.3200
www.dakotalegal.org

Southern MN Regional Legal Services  1.888.575.2954
www.smrls.org
Free legal help for low-income people
and immigration services

Tubman Chrysalis Center  612.870.2400
www.tubman.org

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.

Learn more and
sign up at:
www.dakotacounty.us
(search “Follow Along”)

Mental Health

Dakota County
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 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 Minnesota  651.493.6634
www.mentalhealthmn.org

Minnesota Mental Health Clinic  651.454.0114
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
Dakota County Child Care Licensing  952.891.7400
www.dakotacounty.us (search “child care licensing”)  
For licensed child care homes

Dakota County Public Health  651.554.6115
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

Parent Aware  1.888.291.9811
www.parentaware.org
Searchable database of child care and early learning programs

Safe Families for Children  612.518.5986
www.safe-families.org

Together for Good  651.440.4058
www.tfgood.org

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

DakotaLink
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
Serving older adults with transportation.

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

GoDakota  651.203.0183
www.dakotacounty.us (search “GoDakota”)  
Helps you find public and private transportation options and services like Metro Transit, Minnesota Valley Transit Authority and DARTS. Free travel training is available.

Just Friends Program  651.437.7134
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

Metro Mobility  651.602.1111
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
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).

Minnesota Valley Transit Authority  952.882.7500
www.mvta.com

Neighbors Inc. of South St. Paul  651.455.1508
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.

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 (search “Vaccines”).
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
- Lactation Services at Fairview Clinics 855.FAIRVIEW
www.fairview.org (search “lactation”)  
- Lactation Specialist at HealthEast Clinics 651.232.8080
www.fairview.org (search “lactation HealthEast”)

Baby Café Hastings at TLC of Hastings 651.437.4200
www.babycafeusa.org (search “Hastings”)

Regions Hospital:
- Partners in Breastfeeding Class 651.293.8176
www.regionshospital.com (search “lactation”)

Health Partners Lactation Specialists 952.967.7955
www.healthpartners.com (search “lactation”)

La Leche League Locator
www.lllusa.org/locator

United: The Mother Baby Center Lactation Services
Minneapolis 612.863.4638
St. Paul 651.241.6250
www.themotherbabycenter.org

Pregnancy and women’s health

Amnion Pregnancy Center 952.898.4357
www.amnionpc.org

Planned Parenthood 952.890.0940
www.plannedparenthood.org

Postpartum Anxiety and Depression Support Group 612.863.4770
www.allinahealth.org (search “Postpartum”)

Pregnancy & Postpartum Support MN 612.787.7776
www.ppsupportmn.org

Pregnancy Choices 952.997.2229
www.mypregnancychoices.com

SAGE-Breast & Cervical Cancer Testing 1.888.643.2584
www.health.state.mn.us (search “SAGE”)

Wakota - A Guiding Star Center 651.457.1195
www.guidingstarwakota.org

Dakota County Public Health can help your family

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 (search “Home Visits”) or call 651.554.6100.