



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

January 2025

**Child and Teen
Checkups**



Public Health
Prevent. Promote. Protect.
Dakota County

Public Health Department

Services listed in this column are for Dakota County residents. For more information on programs and services visit www.dakotacounty.us.

General information 651.554.6100

Fax number: 651.554.6130 / Email: public.health@co.dakota.mn.us

Asthma Program

For children (birth-age 17) diagnosed with asthma. Staff visit and work with the family on ways to reduce the child's symptom's, 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

Follows your child's development from birth to 5 years old. Find out if your child is playing, talking, growing, moving, and acting like other children the same age.

Mothers and Babies

Stress reduction program for pregnant people or parenting families with children up to one year old. Parents will build skills to manage stress and promote mental wellbeing. Families with children ages 1-3 may also be considered based on program capacity. Delivered in under 9 visits either in-person or virtually.

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.

Vaccines for Children and Adults 952.891.7999

Vaccines are available. Call for information or to schedule an appointment.

Dakota County Services

General information 651.437.3191

Employment and Economic Assistance 651.554.5611

Hours 8:00 a.m. – 4:30 p.m.

- Cash and emergency assistance
- Child support
- 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 (search "Mental Health")

24-hour response and referral in a mental health crisis

Dakota County Housing Resource Line 651.554.5751

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

988 Suicide and Crisis Lifeline: Call or Text 988

<https://988lifeline.org/>

The lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

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.

Esperanza United 651.772.1611

www.esperanzaunited.org

24-hour bilingual domestic violence helpline

Lewis House

- Eagan 651.452.7288

- Sexual Assault Hotline 651.405.1500

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

Disability Hub MN 1.866.333.2466
www.disabilityhubmn.org

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

Isuroon Family Center 952.595.5731
www.isuroon.org

Mission Outpost 952.898.9311
www.popmn.org/mission/mission-outpost
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
<https://centralusa.salvationarmy.org/northern/>

Chemical Health

MN Fast Tracker

<https://fasttrackermn.org>

Dynamic behavioral health search tool that gives Minnesotans access to real time information and availability.

Dakota County Chemical Health 651.554.6424
www.dakotacounty.us (search "Chemical Health")
The county can assist people with a chemical health assessment and treatment.

Abria Recovery 952.406.8105
www.abriarecovery.com
Culturally sensitive and person specific evidence-based treatment options.

Chemical Health

Creceer Services 651.288.2824
www.creceservices.org

Provides services in English or Spanish for co-occurring Substance Use counseling, prevention, and treatment

Naloxone (NARCAN®) Finder for Minnesota
knowthedangers.com/naloxone-finder/

Quit Partner MN (Tobacco) 1.800.784.8669
www.quitpartnermn.com

Minnesota's free way to quit nicotine, 24/7 help

South Metro Community Services 952.955.9399
<https://smcsmn.org>

Connects individuals with substance use disorders to vital resources tailored to each person's unique needs

Substance Abuse and Mental Health (SAMHSA)
If you think you or someone you know has an opioid addiction call your primary care provider, or SAMHSA's National Helpline at 1.800.662.4357, or visit www.samhsa.gov

Children with Special Needs/Disabilities

Autism Spectrum Disorder Information & Resources 651.554.6336
www.dakotacounty.us (search "Autism")
<https://mn.gov/autism> (MN Autism Resource Portal)

Family Voices of MN 612.440.1609
www.familyvoicesofminnesota.org
CONNECTED Parent-to-Parent Networking and Support

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

Living Well with ADHD
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 651.645.2948 (NAMI Minnesota)
www.namimn.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

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

Mission Outpost 952.898.9311
www.popmn.org/mission/mission-outpost
Prince of Peace Lutheran Church, Burnsville

Neighbors Inc. 651.455.5000
www.neighborsmn.org

Cultural Services

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

Centro Tyrone Guzman (Latino) 612.234.1412
www.centromn.org

CLUES (Latino)
- St. Paul 651.379.4200
- Aging Well Services 612.299.2310
www.clues.org

ECHO
www.tpt.org/echo-minnesota/
Multi-language health, safety & emergency readiness info./videos

Indian Health Board 612.721.9800
www.indianhealthboard.com

Isuroon Family Center 952.595.5731
www.isuroon.org

Latino Economic Development Center 612.724.5332
www.ledcmn.org www.ledcmn.org/es/

Neighborhood House 651.789.2500
www.neighborhoodhousemn.org

Progressive Individual Resources, Inc. 612.749.3309
www.pirimn.org

Restoration for All (African Immigrants) 651.278.1718
www.restoreall.org

Zacah 651.456.8891
www.zacah.org/contact-us (see form to apply)
Islamic organization to support Muslims & followers of other faiths

LOCAL EMBASSIES AND CONSULATES

(North and South America)

Consulate of Canada: 1.844.880.6519
<https://www.canada.ca/Canada-In-Minneapolis>

Consulate of Ecuador: 612.721.6468
<https://www.facebook.com/CECUMinneapolis>

Consulate of Mexico: 651.771.5494
<https://consulmex.sre.gob.mx/saintpaul/>

Dental Services

On Medical Assistance (MA)? Contact your health plan for dental.

Children's Dental Services 612.746.1530
www.childrensdentalservices.org

Serves people of all ages (infants through adults) and pregnant women regardless of income. Accepts private Insurance, medical assistance, and has a discount for families who are ineligible for medical assistance.

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

Hope Dental Clinic 651.789.7605
www.hopedentalclinic.org

Indian Health Board 612.721.9800
www.indianhealthboard.com

Minnesota Community Care 651.602.7500
www.mncare.org
Several clinics (La Clinica/West Side and East Side)

Minnesota Dental Association 612.767.8400
www.mndental.org
Search option for Find-a-Dentist by area

Minnesota Oral Health Directory
www.findadentistmn.org
Dental clinic finder for uninsured

Prince of Peace Dental Clinic 952.898.9318
<https://popmn.org/mission/dental-clinic/>

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/

Dental cleaning and x-rays

Century College 651.779.5787
**Normandale Community College
Dental Hygiene Clinic** 952.358.8608

Education

Head Start

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

Early Childhood Family Education (ECFE)

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

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

ISD 191 Burnsville/Eagan/Savage 952.707.4150
<https://communityed.isd191.org>

ISD 192 Farmington ECFE 651.460.3200
<https://www.farmingtonce.com/>

ISD 194 Lakeville ECFE 952.232.2150
www.isd194.org

ISD 196 Rosemount/Eagan/Apple Valley 952.388.1953
www.district196.org/academics/early-childhood

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

SSD 6 South St. Paul Public School 651.306.3641

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

Education

Adult Education & English Language Learning

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

Literacy Minnesota 651.645.2277
www.literacymn.org
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 651.554.5763
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 1.888.577.2227
www.lssmn.org/debt

Neighbors, Inc. 651.455.5000
www.neighborsmn.org
Provides one to one counseling, classes and a walk in computer center to assist clients working towards financial goals.

Social Security Administration 1.800.772.1213
www.ssa.gov

Zacah 651.456.8891
www.zacah.org/contact-us (see form to apply)
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 "Healthy Living")
Find walking options
- 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")

Food Shelves

Many local churches offer community meals free or by donation.

Food Shelves and Free Community Meals in Dakota County for more listings and updates:
www.dakotacounty.us (search "Food Shelves")

360 Communities 952.985.5300
www.360communities.org

Fare for All 763.450.3880
www.fareforall.org
A low-cost mobile grocery purchase program

Farmers Market
www.minnesotagrown.com
Some markets accept EBT and WIC

Hastings Family Service 651.437.7134
www.hastingsfamilyservice.org

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

Minnesota Food Helpline 1.888.711.1151
Hunger Solutions MN 651.486.9860
www.hungersolutions.org (Find a local food shelf)

Mission Outpost 952.898.9311
www.popmn.org/mission/mission-outpost
Located at Prince of Peace Lutheran Church, Burnsville

Neighbors, Inc. 651.455.5000
www.neighborsmn.org

Ruby's Pantry 651.674.0009
www.rubyspantry.org

The Open Door Pantry 651.686.0787
www.theopendoorpantry.org

Dakota County Women, Infants and Children (WIC) Nutrition Program 952.891.7525
www.dakotacounty.us (search "WIC")

Health Care

Health Clinics (low-cost)

Crown Medical Center 612.871.4354
www.crownmedicalsupportservice.com
Green card medical exams and travel clinic services

Dakota County Public Health 952.891.7999
Vaccines for children and adults
www.dakotacounty.us (search "vaccines")

Diamondhead Community Clinic 952.707.4171
www.isd191.org/community/diamondhead-clinic
For children age birth - High School and live in School District 191

Face to Face 651.772.5555
www.face2face.org
Serves youth ages 11-24; Medical and mental health services

Minnesota Community Care 651.602.7500
www.mncare.org
Several locations (La Clinica/West Side and East Side)
Children's and women's health, lactation support, family planning, and mental health. Accepts patients regardless of insurance, has sliding fee discount. 24-hr care line: 952.883.7449

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

NorthPoint Health & Wellness Center 612.543.2500
www.northpointhealth.org
Located in Minneapolis. Sliding Fee Discount Program

St. Mary's Clinic 651.287.7777
www.stmaryshealthclinics.org For those with no health insurance

Health Insurance

MNsure 1.855.366.7873
Monday-Friday 8:00 a.m - 4:00 p.m.
651.539.2099
www.mnsure.org

MNsure Navigators provides free enrollment help through virtual or in-person meetings or phone appointments
www.mnsure.org/help/find-assister/find-assister.jsp

Dakota County Employment and Economic Assistance 651.554.5611
www.dakotacounty.us (search "Medical Assistance")

Consumer Support Line 651.297.3862
www.mn.gov/dhs
Medical Assistance and Minnesota Care

Portico Healthnet 651.489.2273
www.porticohealthnet.org
1.866.489.4899 / Interpreters are available; Assist those in need of health insurance and helps with applications



Health Care (continued)

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").

Patient Assistance Program Center 888.796.1234
www.RxOutreach.org

Purchase drugs at lower cost for qualifying individuals

Minnesota Insulin Safety Net Program
www.MNinsulin.org

Vision

Contact your medical insurance provider to find out if vision services are covered.

Vision Loss Resources 612.871.2222
www.visionlossresources.org

Minnesota Vision Project: Call United Way 211 for events and applications for free glasses or contacts

Other resources:

- STD testing clinics - www.dakotacounty.us (search "STD testing")
- Guide to health care resources - www.health.state.mn.us (search "Guide to health care resources")



VACCINES FOR CHILDREN AND ADULTS

Low-cost vaccines for children and adults who:

- Do not have health insurance
- Have health insurance that does not cover vaccines

AND free for children who:

- Are American Indian or Alaskan Native
- Are on a Minnesota Health Care Program (MA, MnCare, or PMAP)

If you have a co-pay or deductible, you are not eligible for the vaccines in this program. Children under 18 years of age MUST be accompanied by a parent or guardian OR have proper written consent. Adults must be Dakota County residents.



To schedule an appointment, call 952-891-7999
For more information, visit www.DakotaCounty.us (search "vaccines").

Women's Health

Breastfeeding and Lactation Support

Find a list of community lactation resources at www.dakotacounty.us (search "Lactation")

Dakota County Public Health

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

Baby Café Hastings at TLC of Hastings 651.437.4200
www.babycafeusa.org (search "Hastings")
Total life care/pregnancy resource center

La Leche League Locator
www.lllusa.org/locator

M Health Woman's Care Service Line 651.232.3147
www.mhealthfairview.org

Health Partners & Park Nicollet Lactation 612.333.2229
www.healthpartners.com (search "lactation")

Regions Lactation Support Center 651.254.2380
www.regionshospital.com (search "lactation")
Partners in Breastfeeding Class

The Mother Baby Center and Children's Hospital St. Paul 651.241.6250
www.themotherbabycenter.org

Other resources:

- Find a list of community lactation resources at www.dakotacounty.us (search "Lactation")

Pregnancy and women's health

Guiding Star Wakota 651.457.1195
www.guidingstarwakota.org

Planned Parenthood 952.890.0940
www.plannedparenthood.org

Pregnancy Choices 952.234.9850
www.mypregnancychoices.com

Pregnancy & Postpartum Support MN Hotline 612.787.7776
1.800.944.4773
www.ppsupportmn.org

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



Housing

Dakota County Housing Resource Line 651.554.5751
www.dakotacounty.us

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

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

Aspen House 651.447.4090
www.nexusfamilyhealing.org/aspen-house

For teens ages 12-18 who temporarily need a safe place to live.

Dakota Woodlands (for families) 651.456.9110
www.dakotawoodlands.org

General

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

Affordable housing locator
www.housinglink.org

Environmental Health concerns 952.891.7500
www.dakotacounty.us
Dakota County Public Health

Habitat for Humanity Homeowner & Foreclosure Prevention Program 651.207.1700
www.tchabitat.org

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

Job Skills

MN Workforce Centers
<https://mn.gov/deed/job-seekers>
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** 952.496.8686

MinnesotaWorks.net
www.minnesotaworks.net
No fee online job bank for finding jobs in Minnesota

Legal Help

Dakota County Family Court Self-Help Center 651.438.8080

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 1.877.696.6529
651.222.5863
www.smrls.org
Free legal help for low-income people and immigration services

Tubman Chrysalis Center 612.870.2400
www.tubman.org

- Sign up for the - Follow Along Program In Dakota County

It's FUN,
EASY and
FREE!

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 and Behavioral Health

**** Call 911 for life threatening emergencies ****

Dakota County

www.dakotacounty.us (search "Mental Health")

- Adult Mental Health 651.554.6424
- Children's Mental Health 952.891.7459
- Crisis Response Unit 24-hour 952.891.7171

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 & support
- Referrals to resources
- Crisis Stabilization Services
- Access to urgent psychiatry and therapy
- Mental Health crisis assessments

988 Suicide and Crisis Lifeline: Call or Text 988

<https://988lifeline.org/>

The lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Crisis Text Line: Text "MN" to 741741

The 24/7 emergency service is available for you or someone you may know who is having a psychiatric or mental health crisis.

Mental health providers and other resources

Associated Clinic of Psychology

- Apple Valley 952.432.1484
- West St. Paul 651.450.0860

www.acp-mn.com

Fast-Tracker 651.426.6347

<https://fasttrackermn.org>

Mental Health Clinics & Substance Use Disorder Resources

Isuroon Behavioral Health Services 952.595.5731

www.isuroon.org

Mental Health Minnesota 651.493.6634

www.mentalhealthmn.org

Minnesota Mental Health Clinic 651.454.0114

www.mnmentalhealth.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.namimn.org

Walk In Counseling Center 612.870.0565

www.walkin.org

Located in Minneapolis

Parent Support

Dakota County Parent Support Outreach 952.891.7459

www.dakotacounty.us (search "parent support")

A program for parents of a child(ren) age 10 and younger who need support with parenting challenges.

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

Help Me Connect

<https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/>

A navigator connecting expectant families, families with young children (birth – 8 yrs old) and those working with families to services.

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

WOMEN, INFANTS & CHILDREN (WIC) PROGRAM

WIC is a nutrition program that helps families eat well and stay healthy.

WIC offers:

- Nutrition information
- Healthy foods
- Lactation support
- Information on 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.



Scan to apply online

Transportation

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

DARTS 651.455.1560

www.dartsconnects.org

Serving older adults with transportation.

LOOP Bus System: An affordable circular bus system to aid older adults in shopping/interacting in the community. In Hastings, West St. Paul, Lakeville & So. St. Paul. Wheelchair/scooter accessible.

GAPP Services, Inc. 952.953.9299

Transportation for county residents using volunteer drivers. Must schedule at least one week in advance.

GoDakota 651.554.6956

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

Transportation, friendly visiting, and grocery shopping assistance. Service area is Hastings and school district 200.

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

Transit Assistance Program (TAP): www.metrotransit.org/TAP

Helps make public transit more affordable (\$1 per ride) for low-income residents who meet income requirements.

Transit Link: www.metrotransit.org/transit-link

Minnesota Valley Transit Authority 952.882.7500

www.mvta.com

The Lift Garage 612.866.5840

www.theliftgarage.org

Non-profit that may provide low-cost car inspection and repairs

Wheels for Women 612.378.0177

www.newgateschool.org/our-programs/wheels-for-women

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

www.dakotacounty.us (search "Child and Teen Checkups")

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.

Dakota County Public Health Department

651.554.6100

www.dakotacounty.us (search Health Services)



Public Health
Prevent. Promote. Protect.
Dakota County

