

# HELP STARTS HERE



GET **CONNECTED.**  
GET **ANSWERS.**





# 211: YOUR FIRST CALL FOR HELP

Whether you need help finding food stamps, or securing a safe haven from domestic violence, 211 is the number to call when you don't know where to turn. Our trained service professionals are available 24/7, providing both understanding and expertise to connect callers with the most comprehensive database of local social services.

Every day, thousands of people reach out to the 211 Helpline seeking free and confidential assistance related to:

- **Emergency counseling**
- **Disaster assistance**
- **Food & health care**
- **Insurance assistance**
- **Employment services**
- **Veteran services**
- **Child care family services**
- **Alcohol**

In addition to providing information, the 211 Helpline serves as a barometer of need in our community. It allows United Way of Central Minnesota to identify trends and fill gaps in improving education, financial stability, and health across Central Minnesota.

---

# TURN TO 211 TODAY

Do you or someone you know need help? Right at this very minute, there are people on the other end of 211 waiting to bring you comfort, assistance, and care. You don't have to struggle alone for a minute longer – reach out today.



**CALL 2-1-1**

Toll Free: 800-543-7709 | Local: 651-291-0211



**TEXT YOUR ZIP CODE TO 898-211\***



**VISIT 211UNITEDWAY.ORG**

# C

Child Care/Daycare/Pre-School Programs..... **1**  
 Clothing and Household Resources..... **6**

---

# D

Dental Care..... **9**  
 Disabilities Assistance..... **10**  
 Domestic Violence/Sexual Assault..... **13**

---

# E

Emergency Shelter..... **15**  
 Employment Services..... **16**

---

# F

Financial Assurances and Counseling..... **19**  
 Food Pantries..... **25**

---

# H

Health Care Services..... **35**  
 Housing and Foreclosure Services..... **39**

---

# L

Legal Services..... **43**

# M

Mental Health Services..... **45**

---

# N

Nutrition Assistance Programs..... **49**

---

# P

Parenting Resources..... **52**

---

# S

Senior Information & Referral..... **56**

---

# T

Tax Preparation and Assistance..... **58**  
 Transportation..... **60**

---

# U

Unemployment/Workers Compensation..... **63**  
 Utility Assistance..... **65**

---

Financial Tips..... **68**

**CHILD CARE/  
DAY CARE/  
PRE-SCHOOL  
PROGRAMS**

## BOYS & GIRLS CLUBS OF CENTRAL MINNESOTA

Provides a safe, positive place for children and youth in grades K -12 to go after school and during the summer months. Clubs offer diverse program activities in five areas: Character & Leadership Development, Education & Career Development, Health & Life Skills, the Arts and Sports, Fitness & Recreation. Annual membership to the Boys & Girls Club is \$10.

–  
**320-252-7616**  
[www.bgcmn.org](http://www.bgcmn.org)

**East Side Unit**  
**320 Raymond Avenue NE**  
**St. Cloud MN**

–  
**320-253-5159**

**Roosevelt Unit**  
**345 30th Avenue N**  
**St. Cloud MN**

–  
**320-257-5124**

**Southside Unit**  
**1205 6th Avenue S**  
**St. Cloud MN**

–  
**320-251-4314**

## THE CLUB'S STORM AFTER-SCHOOL

Provided by Boys & Girls Club of Central Minnesota. An extension site at Sauk Rapids Middle School, which is open from school dismissal until 5:15 p.m. on school days only.

**Annual membership is \$10.**

**Sauk Rapids Middle School**

901 1st St S, Sauk Rapids

–  
**320-258-1540**

## KIDSTOP

Provided by Boys & Girls Club  
of Central Minnesota

School-age child care for K-6 graders available from school dismissal until 6 p.m. Monday - Friday and from 6:30 a.m. - 6 p.m. in the summer. Located at elementary schools in the St. Cloud, Sauk Rapids-Rice, Sartell-St. Stephen school districts as well as STRIDE and Athlos charter schools.

**There is a daily fee for this program; however, scholarships and county assistance are available.**

–  
**www.bgcmn.org or 320-252-7616**

## BOYS AND GIRLS CLUB OF THE NORTH STAR

Provides information and referrals for child care and support services for parents.

### **Elk River**

–  
905 6th Street NW, Elk River MN  
**763-241-5000**

### **Sherburne County Health and Human Services**

–  
12976 Fremont Avenue, Zimmerman MN 55398  
**763-856-5000**

### **Little Falls**

–  
303 E Broadway, Little Falls MN 56345  
**320- 414-0322**

## CHILD CARE ASSISTANCE PROGRAM

Assists families in paying child care costs for children to age 12, and for children with special needs to age 14. Child care costs may be paid for qualifying families while they go to work, look for work or attend school.

To learn more about this program or to apply, *contact your local county human services office*. If you have general questions about Child Care Assistance Program policies, *email the Minnesota Department of Human Services (DHS)*.

–  
**(e) [DHS.CCAP@state.mn.us](mailto:DHS.CCAP@state.mn.us)**

### **Benton County Human Services**

–  
531 Dewey Street, Foley, MN 56329  
**320-968-5087**

### **Sherburne County Health and Human Services**

–  
13880 Business Center Drive NW  
Elk River, MN 55330  
**763-765-4131**

### **Stearns County Human Services**

–  
705 Courthouse Square  
St. Cloud, MN 56303  
**320-656-6000**

### **Wright County Human Services**

–  
10 2nd Street Northwest  
Room 300  
Buffalo, MN 55313  
**763-682-7414**

## MILESTONES, QUARRY CENTER

Provides information and referrals for child care, and support services for parents.

314 10th Ave S Ste 180, Waite Park, MN 56387  
**320-251-5081 or 800-288-8549**

## COUNTY DAYCARE SERVICES

They can help find an opening at a day care provider in your area, as well as help obtain public information on a provider.

**Benton County Human Services**  
–  
531 Dewey Street, Foley, MN 56329  
**320-968-5087**

**Sherburne County Health and Human Services**  
–  
13880 Business Center Drive NW  
Elk River, MN 55330  
**763-765-4131**

**Stearns County Human Services**  
–  
705 Courthouse Square  
St. Cloud, MN 56303  
**320-656-6000**

**Wright County Human Services**  
–  
Social Services Unit  
1004 Commercial Drive  
Buffalo MN, 55313  
**763-682-7400**

## CRISIS NURSERY

Crisis Nursery offers parents who are experiencing a stressful situation resources and referrals. A temporary, voluntary safe space for children (age infant-12) for a few hours. Up to 72 continuous hours of care may be available as a last resort.

**St. Cloud Area Crisis Nursery**  
–  
1205 6th Ave S, St Cloud MN 56301  
**320-654-1090**  
*Free temporary service for parents in Stearns and Benton counties.*



**Sherburne County Crisis Nursery**

13880 Business Center Drive NW  
Suite 100 Elk River, MN 55330

**763-241-4000 or toll free**

**800-433-5239**

*Free temporary service for parents in  
Sherburne county.*

**PARENT AWARE  
OF MINNESOTA**

Provides free individual assistance  
from a child care referral specialist  
who will search for child care/ learning  
programs that meet specific needs.

**Toll free at 1-888-291-9811**

**REACH-UP HEAD  
START**

Provides Early Head Start and Head  
Start programs for pregnant woman  
and children ages (from birth-5 years of  
age). Available to eligible households in  
Benton, Sherburne and Stearns counties.

350 Hwy 10 S, Suite 100,  
St. Cloud MN 56304

**320-253-8110**

**WRIGHT COUNTY  
COMMUNITY  
ACTION, INC.  
(WCCA)**

Community-based child and family  
development programming through  
the Head Start program is available to  
eligible households throughout Wright  
and Western Hennepin County.

130 W Division Street, Maple Lake

**320-963-6500**

# **CLOTHING AND HOUSEHOLD RESOURCES**

**CATHOLIC  
CHARITIES  
EMERGENCY  
SERVICES**

Free clothing, household items and back to school supplies available in August.

157 Roosevelt Road, Suite 100, St. Cloud MN 56301  
**320-229-4560**

**COMMUNITY  
AID ELK RIVER  
(CAER)**

Clothing available for eligible residents in Sherburne County and in Elk River school district 728.

12621 Elk Lake Rd NW, Elk River, MN 55330  
**763-441-1020**

**CROSS CENTER**

Free clothing, food and household items available.

150 4th Avenue, Foley MN 56329, P. O. Box 205  
**320-968-7012**

**LOVE INC  
HEARTLAND**

Helps with clothing, back to school supplies, baby supplies, bedding and furniture.

318 Railroad Avenue, Delano MN 55328, P. O. Box 143  
**763-972-6547**

**PAYNESVILLE  
COMMUNITY  
SERVICE CENTER**

Helps with clothing, household items and school supplies

110 Lake Avenue S, Paynesville  
**320-243-4953**

## PROMISE NEIGHBORHOOD

Offers various support programs when available that include clothing, food, some household items, youth nights during the school year and school supplies.

1114 9th Ave SE,  
St. Cloud MN 56304  
**320-251-0571**

## WE CARE WE SHARE - THE FREE STORE

Free clothing and household items available;  
**Open 3pm - 5pm Tuesdays;**  
**5:00pm - 7:00pm Wednesdays;**  
**8:30am – 11:30am Fridays.**

99 Cherry Ave. S, Annandale  
**320-274-8881**

## WRIGHT COUNTY COMMUNITY ACTION (WCCA)

Clothing Center provides essential clothing and household items to Wright County residents.

**Family Services Center**  
-  
411 Elm Avenue, Waverly  
**320-963-6500 or 763-658-4414**

# DENTAL CARE

## ST. CLOUD TECH- NICAL COLLEGE DENTAL CLINIC

Offers dental exams, cleanings, radiographs, fluoride treatment and many other preventive services.

Services are available during the school year. All services are provided by students under the direct supervision of licensed dental hygienists and dentists.

1540 Northway Drive, St. Cloud  
**320-308-5919**

# **DISABILITY ASSISTANCE**

## DISABILITY LINKAGE LINE

A free, statewide information and referral resource that provides Minnesotans with disabilities and chronic illnesses a single access point for all disability-related questions.

**1-866-333-2466**

## INDEPENDENT LIFESTYLES

Independent living skills training, representative payee service, supplemental security income advocacy, peer mentors, information and referral, transition skills, accessibility program, socialization and support groups for persons with disabilities.

### **Little Falls**

–  
107 2nd Street Southeast  
Suite 104, Little Falls, MN  
**320-631-0713**

### **Sauk Rapids**

–  
215 North Benton Drive,  
Sauk Rapids, MN 56379  
**320-529-9000 or 1-888-529-0743**

## FUNCTIONAL INDUSTRIES, INC.

Employment services, day training and habilitation program, community housing services and mental health services. Branches located in Buffalo and Cokato.

1801 Highway 25 N,  
Buffalo MN 55313  
**763-682-4336**

## OPPORTUNITY SERVICES

Opportunity Services provides job placement, job coaching and community involvement for adults with a broad range of physical or developmental disabilities.

1717 W Saint Germain St,  
Saint Cloud  
**320-203-7750**

## OPTIONS INC.

Job placement and training services for adults with developmental disabilities. Options Inc. is also licensed as an Adult Day Service.

16820 197th Ave NW,  
Big Lake, MN 55309  
**763-263-3684**

## RISE, INC. – CENTRAL MN WORKS

Supports people who have disabilities, or other barriers in employment, to attain safe and affordable housing, vocational achievements, and a sense of self-sufficiency and belonging in their communities.

**St. Cloud – Midtown Square**  
–  
3400 First Street N, Suite 105,  
St. Cloud MN  
**320-656-5608**

**Milaca**  
–  
110 2nd Street NW, PO Box 35,  
Milaca MN 56353  
**320-983-2684**

## WACOSA

Offers assessment and training, employment services through individual placement, employment service crews, in-center work, school-to-work transition services and additional services for seniors. Other programs include Sauk Center and St. Cloud Whitney Senior Center.

320 Sundial Drive,  
Waite Park MN 56387  
**320-251-0087**



# **DOMESTIC VIOLENCE/ SEXUAL ASSAULT**

## ANNA MARIE'S ALLIANCE

Provides safe shelter, support, and referral services for women and children experiencing domestic abuse. Also works with the community on systems change and violence prevention.

500 11th Ave N,  
St. Cloud MN 56302  
**320-235-6900 or 1-800-950-2203**

## CENTRAL MN SEXUAL AS- SAULT CENTER

24-hour crisis intervention agency providing direct services to people affected by any form of sexual violence.

15 Riverside Drive NE,  
St. Cloud MN 56304,  
**320-251-4357 or 1-800-237-5090**

## RIVERS OF HOPE

24-hour crisis and information line offering advocacy, support and referral services for victims of family violence. Advocates assist with finding safe housing (including emergency shelter) applying for economic assistance, filling a police report or obtaining an Order for Protection. Serves in and around Sherburne and Wright counties.

PO Box 511, Monticello MN 55362  
**763-295-3433 or 1-800-439-2642**

# EMERGENCY SHELTER

## CHURCH OF THE WEEK/PLACE OF HOPE MINISTRIES

The Church of the Week program runs from October through May each year as needed. They provide shelter for those in need if the local shelters are full or families and individuals are unable to get into the shelters. Check-in is at 5pm.

511 9th Ave N, St. Cloud MN 56303  
**320-203-7881**

## SALVATION ARMY EMERGENCY SHELTER

Safe and sober emergency temporary housing for men, women and families. Shelter services include case management, connecting residents with community resources and teaching skills to help obtain employment and stable housing.

400 Highway 10 S,  
St. Cloud MN 56304  
**320-252-4552**

# EMPLOYMENT SERVICES

## ACTION PLUS TEMPORARY SERVICES

Temporary employment agency specializing in clerical, light industrial and general laborstaffing.

141 E Broadway, Suite #3  
Monticello MN 55362  
**763- 295-4005**

## CAREERFORCE

Provides help for jobseekers with staff assistance, access to computers, internet and office equipment to aid in the job search, a reference library, assistive technology, workshops and trainings, networking and job clubs, and job/career fairs.

[www.mn.gov/deed/](http://www.mn.gov/deed/)

### St. Cloud MN

–  
1542 Northway Drive, Door 2, St.  
Cloud MN 56303

**320-253-5159**

### Monticello

–  
406 E 7th Street,  
Monticello MN 55362

**763-271-3700**

## CENTRAL MINNESOTA JOB TRANSITIONS

Job club for networking and education including job search and preparation skills training. Meets every Wednesday from 11:45am - 12:45pm.

St. John's Episcopal Church,  
1111 Cooper Avenue South,  
St. Cloud

## DOHERTY STAFFING SOLUTIONS

Temporary employment agency specializing in managed staffing, light industrial and administrative work.

2301 Division Street Ste. 500,  
St. Cloud MN 5630  
**320-253-4473**

## KELLY SERVICES

Temporary employment specializing in administrative/office, customer service, finance, healthcare, IT, law, light industrial, direct hire, temp hire and marketing.

4150 2nd Street S, Suite 425,  
Saint Cloud MN  
**320-253-7430**

## LABOR READY

Temporary employment specializing in construction, manufacturing, logistics/warehousing, retail support, auto services, waste and recycling, hospitality, events and restoration.

1708 W St. Germain Street,  
St. Cloud  
**320-255-9900**

## MANPOWER

Temporary employment in the following areas: administrative/office, contact center/call center, hospitality, industrial and skilled trades.

125 33rd Ave S,  
St. Cloud MN 56301  
**320-251-1924**

## MINNESOTA RESOURCE CENTER - MRC ST. CLOUD

Provides customized career services for people with disabilities, dislocated workers, people who are economically disadvantaged and others who face special training or employment barriers.

3400 1st Street North, Suite 404,  
St. Cloud  
**320-259-5717**

## TRI-CAP CAREER COUNSELING - REBUILDING LIVES

Pre-employment program for women and men who lack income due to death, divorce, separation or the disability of a partner. Provides a series of workshops, one-to-one counseling and group support.

1210 23rd Avenue S.,  
Waite Park MN 56387  
**320-251-1612 or 1-888-765-5597**

# **FINANCIAL ASSISTANCE AND COUNSELING**

## BRIDGE TO BENEFITS

Offers an eligibility screening tool based on entered income and household size, etc. Can generally determine eligibility for various programs like food support, medical assistance and child care assistance. Also provides contact information for county agencies and links to the forms needed to apply for the programs.

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

## CATHOLIC CHARITIES

Financial and housing counseling and emergency services to help with gas cards, bus cards, prescription/medical co-pays, birth certificates/state identification and apartment application fees.

157 Roosevelt Road Suite 100,  
St. Cloud  
**320-229-4560 or 1-800-830-8254**

Limited financial assistance for shelter, utilities and miscellaneous emergency needs for eligible residents in Sherburne and bordering Wright and Anoka counties (if in Elk River school district 728).

12621 Elk Lake Rd NW,  
Elk River, MN  
**763-441-1020**

## CATHOLIC CHARITIES SUPPORT AND ADVOCACY FOR INDEPENDENT LIVING (SAIL)

Community-based service designed to provide a safe, confidential environment for youth, ages 16 to 21, to learn and practice essential life skills.

1730 7th Ave S, St. Cloud  
**320-229-6035**



## COUNTY FINANCIAL ASSISTANCE

County financial units determine initial and ongoing eligibility for the health care, cash assistance, food support and emergency assistance programs.

### **Benton County Human Services**

–  
531 Dewey Street, Foley, MN 56329  
**320-968-5087**

### **Sherburne County Health and Human Services**

–  
13880 Business Center Drive NW  
Elk River, MN 55330  
**763-765-4131**

### **Stearns County Human Services**

–  
705 Courthouse Square  
St. Cloud, MN 56303  
**320-656-6000**

### **Wright County Human Services**

–  
1004 Commercial Dr.  
Buffalo MN 55313  
**763-682-7414**

## MINNESOTA FAMILY INVESTMENT PROGRAM (MFIP)

This program provides services and support for low-income families (families who have one or more children under age 19) and pregnant women.

To learn more about this program or to apply, **contact your local county office.**

## SALVATION ARMY

Offers HeatShare utility assistance and some financial assistance when available (limited, small amounts).

St. Cloud, 400 Hwy 10 S,  
St. Cloud MN 55304  
**320-252-4552**

## SALVATION ARMY

Offers some financial assistance and seasonal social services for residents of Sherburne County.

### **The Crossing at Big Lake Station**

–  
Sherburne County  
Big Lake, MN

**763-262-0420**

### **The Crossing at Big Lake Station**

–  
Wright County  
2051 50th Street N.E., Buffalo

**763-682-2205**

## THE VILLAGE FINANCIAL RESOURCE CENTER

Mental health, assessments for anger management, and domestic abuse.

110 6th Ave S #100,  
St Cloud, MN 56301

**320-253-5930 or 1-866-304-2697**

## TRI-CAP

Offers budget counseling, some assistance with damage deposit/first month's rent, income tax clinics, Family Assets for Independence in Minnesota program, Family Self-Sufficiency Program, and energy assistance (dependent upon eligibility requirements and availability of funds).

1210 23rd Avenue S,  
Waite Park MN 56387

**320-251-1612 or 1-888-765-5597**

## WRIGHT COUNTY COMMUNITY ACTION (WCCA)

Provides assistance through the following: family budgeting plan, tax preparation, energy assistance, mortgage and rent assistance, home rehabilitation loans, home buyer training, and home weatherization.

130 W Division Street, Maple Lake  
**320-963-6500**

## COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

Provides Nutrition Assistance Program for Seniors (NAPS). Through this program, low-income seniors (age 60+) years and over receive a box of nutritious food each month.

**651-484-8241 or 1-800-365-0270**  
**[health.state.mn.us/divs/fh/csfp/mplwood](https://health.state.mn.us/divs/fh/csfp/mplwood)**

## CATHOLIC CHARITIES SENIOR DINING AND MEALS ON WHEELS

Nutritious meals provided at congregate sites or delivered to the homes of seniors. Also includes information on additional community services and nutrition education.

157 Roosevelt Road, Ste. 200,  
St. Cloud  
**320-229-4584**  
**[ccstcloud.org/services/seniors/seniordining-meals-on-wheel](https://ccstcloud.org/services/seniors/seniordining-meals-on-wheel)**

## ST. CLOUD HOSPITAL HOME DELIVERED MEALS

Nutritious meals provided to people who are homebound, ill, elderly or persons with disabilities.

1406 6th Avenue North, St. Cloud  
**320-255-5646**  
**[centracare.com/services/home-delivered-meals](https://centracare.com/services/home-delivered-meals)**

## FARE FOR ALL

Provides food packages containing a variety of healthy, fresh and quality food items. These packages include fruit, vegetables, frozen meats and staple items – all available for below-retail prices. Fare For All is open to everyone. *There are no income-based requirements for participation.*

Open **3:30pm - 5:30pm on 3rd Monday of each month**

**[www.fareforall.org](http://www.fareforall.org)** or email

**[fareforall@thefoodgroupmn.org](mailto:fareforall@thefoodgroupmn.org)**

**Resurrection Lutheran Church**

–  
610 County Rd 2, St. Joseph

**763-450-3880**

**[www.fareforall.org](http://www.fareforall.org)**

# FOOD PANTRIES

## ALBANY FOOD SHELF

Open 9am-10am on the 1st Thursday  
of each month; 5:30pm-6:30pm on the  
3rd Thursday of each month;  
Emergency by appointment.

741 Lake Avenue, Albany  
**320-291-6623**

## ANNANDALE FOOD SHELF

Open 4pm-6pm Monday;  
5pm-7pm Wednesday;  
9:00am-11:30am Friday;  
Emergency by appointment.

390 Annandale Blvd, Annandale  
**320-274-3663**  
**[annandalefoodshelf.org/](http://annandalefoodshelf.org/)**

## AVON FOOD SHELF

Open 6:00pm-7:00pm  
Thursdays; 6:00pm-7:00 pm  
1st and 3rd Tuesdays;  
10:00am-11:00am  
2nd and 4th Wednesdays;  
Food Rescue Friday at 4:00pm for  
seniors & clients;  
Emergency by appointment.

438 1't Street SE, Suite 2, Avon  
**320-557-5202 or 320-356-7210**

## BECKER FOOD SHELF

Open 9:00am-11:00am Tuesday;  
4:00pm-6:00pm Thursday.  
Closed Holidays

**City Hall**  
-  
12060 Sherburne Avenue, Becker  
**763-261-4612**

**BELGRADE,  
BROOTEN,  
ELROSA AREA  
FOOD SHELF**

**Open 1:00pm–5:00pm Wednesdays.**

111 Pleasant Avenue S, Brooten  
**320-346-4193**

**BIG LAKE  
COMMUNITY  
FOOD SHELF**

**Open 5:30pm–7:30pm Monday  
and Thursday;  
9:00am–11:00am Wednesday;  
9:00am–11:00am 2nd and 4th  
Saturday of the month.**

160 Lake St. N., Big Lake  
**763-263-2432**  
**[www.biglakefoodshelf.org](http://www.biglakefoodshelf.org)**

**BUFFALO  
FOOD SHELF**

**Open 6:00pm–8:00pm Tuesday;  
6:00pm–8:00pm Thursday;  
10:30am–12:30pm Friday;  
10:30am–12:30pm -1st Monday of the  
month is Senior Day.**

30112th Avenue S, Buffalo  
**763-684-1699**  
**[www.buffalofoodshelf.com](http://www.buffalofoodshelf.com)**

**CATHOLIC  
CHARITIES  
EMERGENCY  
SERVICES**

**Open 9:00am–6:00pm Monday;  
9:00am–7:00pm Wednesday;  
9:00am–12:00pm  
Friday; 1:00pm–3:00pm on the 2nd  
and 4th Tuesday of each month for  
seniors ONLY (over 60).**

157 Roosevelt Road, St. Cloud  
**320-229-4560**  
**[ccstcloud.org/services/emergen-  
cy/food-shelf](http://ccstcloud.org/services/emergency/food-shelf)**

Serving St. Cloud, Sauk Rapids,  
Sartell, St. Augusta and Waite Park.

## COKATO AREA FOOD SHELF

The Cokato Area Food Shelf is available for residents in the Dassel/Cokato area. To sign up, they need to call Elim Mission Church at **320-286-2662** Monday through Thursday. Pick up is Friday morning at 9:30. The church office is open **9:00am - 3:00pm**. Monday-Thursday, but they must call by Thursday at noon to sign up for that Friday's pick up. It is for emergency use only and proof of residence and children's birth certificates may be required. Use is limited to monthly, with six uses total, after which they are required to meet with one of the area pastors before receiving more help.

Save & Share Thrift Shop – **Hours: Thursday 1:00pm -7:00pm., Friday 10:00am – 5:00pm., Saturday 10:00am – 1:00pm.** These shop hours are for BOTH donation drop off and shopping. Located at **511 Cokato St. W** (*behind the grounds*).

There is a donation asked for items, yet at a reduced price. If you have donation of larger quantity of items call **(320) 286-5895** to make an appointment.

**395 Broadway South, Cokato, MN 55321**

**[www.co.wright.mn.us/DocumentCenter/View/419](http://www.co.wright.mn.us/DocumentCenter/View/419)**

## COLD SPRING ROCORI AREA FOOD SHELF

**Open 10:00am-2:30pm  
and 5:30pm-7:30pm Monday;  
5:30pm-7:30pm Wednesday**

217 Main Street, Cold Spring  
(*Next to the American Legion*)

## CLEARWATER - CLEAR LAKE FOOD SHELF

**Open every Monday 5:30pm–7:00pm.,  
Tuesdays 9:00am-11:00am and  
6:00pm–8:00pm, Wed. 3:00pm–5:00pm.  
Emergency Help: Call 320-558-2954  
to leave name and phone number.**

1100 CR 75, PO Box 324,  
Clearwater, MN 55320

Your call will be returned. Available to Clearwater and Clear Lake area residents in need of food. Come in and fill out application. Bring picture ID and proof of residence.



## CROSS CENTER FOOD SHELF

Open from 1:00pm–4:00pm and  
6:00pm–8:00pm Monday,  
10:00am–3:00pm Thursday.

Serves Benton County

150 4th Avenue, Foley  
**320-968-7012 or 763-441-6175**  
[www.foleycrosscenter.org](http://www.foleycrosscenter.org)

## DELANO - HELPING HANDS

Open 2:00pm–4:00pm Thursdays  
and 5:00pm–7:00pm every third  
Thursday.

140 Elm Avenue, Delano  
(Community Ed. Building)  
**763-972-3723 or 763-420-2836**  
[delano.mn.us/community/misc/  
delano-helping-hands-food-shelf](http://delano.mn.us/community/misc/delano-helping-hands-food-shelf)

## EDEN VALLEY AREA FOOD SHELF

Open 1:30pm-4:30pm the 1st and 3rd  
Wednesday of the month. Requires  
residence in Eden Valley - Watkins  
School District #463.

556 Brooks St N, Eden Valley, MN  
**320-453-2853**

## ELK RIVER COMMUNITY AID FOOD SHELF (CAER)

Open 10:00am–12:00pm Monday,  
Wednesday and Friday;  
5:30pm–7:00pm and Thursdays.

12621 Elk Lake Rd NW,  
Elk River, MN  
**763-441-1020**  
[caerfoodshelf.org](http://caerfoodshelf.org)

## ELK RIVER FROM THE HEART BREAD PROGRAM

Open 8:00am–9:00am Wednesday for  
free breakfast and food distribution  
until gone.

### Central Lutheran Church

–  
1103 School St NW, Elk River, MN  
**763-441-6175**

## HANOVER FOOD SHELF

Open 5:00pm–7:00pm on the 1st  
and 3rd Mondays of the month;  
12:00pm–2:00pm on Tuesdays  
and Fridays; 10:00am–2:00pm  
on Wednesdays

11024 Church Street NE, Hanover  
(St Paul Lutheran Church)  
**763-498-8311**

## HOLDINGFORD AREA FOOD SHELF

Open 5:00pm–7:00pm on the 1st  
and 3rd Mondays of the month;  
12:00pm–2:00pm on Tuesdays  
and Fridays; 10:00am–2:00pm  
on Wednesdays

### City Center

–  
420 Main St, Holdingford, MN  
**320-746-2637**

## KIMBALL FOOD SHELF (ST. ANNE'S CHURCH)

Open 9:30am-11:00am Tuesday and  
Thursday; 5:30pm-6:30pm every 2nd  
Monday of the month.

441 Hazel Ave E, Kimball, MN  
**320-398-3415**

## MELROSE AREA FOOD SHELF

Open 9:30am-11:00am Tuesday and  
Thursday; 5:30pm-6:30pm every 2nd  
Monday of the month.

**North Entrance of  
St. Mary's Rectory**

–  
211 5th Ave SE, Melrose, MN  
**320-256-2555**

## MONTICELLO FOOD SHELF

Appointment required.  
Open 9:30am-11:30am Monday,  
Wednesday, and Friday;  
6:00pm-7:30pm Wednesday evening;  
9:00am-11:30am every 3rd Saturday.

215 Cedar Street, Monticello MN  
**763-295-403**  
**monticellohelpcenter.org**

## PAYNESVILLE COMMUNITY SERVICE CENTER FOOD SHELF

Open 10:00am–2:00pm Wednesday  
and Thursday.  
Emergency by appointment.

110 Lake Avenue S, Paynesville, MN  
**320-243-4953**

## RICE AREA FOOD SHELF

Open 3pm-5:30pm on Thursday of the  
first full week of the month.

Old Village Hall, Main Street,  
Rice MN  
**320-393-2915**

## ROCKFORD RIVERWORKS EMERGENCY FOOD SHELF

Open 5:30pm-7:45pm Monday and  
Thursday; 9:00am-10:45am Tuesday  
Serves Rockford/Greenfield areas

8230 Cedar Street, Rockford MN  
**763-477-6098**  
[www.riverworksonline.org/food-shelf.html](http://www.riverworksonline.org/food-shelf.html)

## RUBY'S PANTRY

Monthly food distributions at many locations throughout the state including Sauk Centre and Little Falls. They ask that you donate \$20 cash to help cover the operational cost. Bring two large boxes or laundry baskets to carry your goods.

**320-629-7400**  
[www.rubyspantry.org](http://www.rubyspantry.org)

## SALVATION ARMY FOOD PANTRY

Open 9:00am-11:00am Tuesday  
and Thursday; 1:00pm-3:00pm  
Monday-Friday.

400 Hwy 10 S, St. Cloud  
**320-252-4552**  
[centralusa.salvationarmy.org/northern/StCloud/](http://centralusa.salvationarmy.org/northern/StCloud/)

## SAUK CENTRE FOOD SHELF

Open 2:00pm-4:00pm Wednesday;  
6:00pm-8:00pm Thursday.

523 Sinclair Lewis Avenue,  
Sauk Centre  
**320-351-2287**

**ST. JOSEPH  
COMMUNITY  
FOOD SHELF**

Open 1:00pm–3:00pm Monday  
and Thursday.

**Church of St. Joseph**

–  
12 W Minnesota Street, St. Joseph  
**320-363-7505 ext. 130**

**WRIGHT COUNTY  
COMMUNITY  
ACTION (WCCA)**

Open 8:00am-11:30am Monday,  
Wednesday, Friday and  
12:00pm-3:30pm Tuesday, Thursday.

**Food Shelf**

–  
411 Elm Ave, Waverly  
**320-963-6500 or 763-658-4414**  
**[www.wccaweb.com](http://www.wccaweb.com)**

**ZIMMERMAN  
FROM THE  
HEART BREAD  
PROGRAM**

Open 8:00am-9:00am Thursday for  
free breakfast and food distribution  
until gone.

12266 2551h Ave NW,  
Zimmerman MN  
**763-441-6175**

**JOE TOWN TABLE**

Free community meal served  
11:30am–1:00pm the 4th Sunday  
of each month.

**American Legion Post 328**

–  
101 Minnesota Street W, St. Joseph  
**[www.centralmncw.org/event/joe-town-table](http://www.centralmncw.org/event/joe-town-table)**

## PLACE OF HOPE MINISTRIES

Provides an evening meal daily at  
5:00pm free of charge to anyone in need.

511 9th Ave N, St. Cloud  
**320-203-7881**  
[www.placeofhopeministries.org](http://www.placeofhopeministries.org)

## SALVATION ARMY

Free nutritious meal served  
Monday-Friday 11:30am-12:45pm.

400 Hwy 10 S, St. Cloud MN  
**320-252-4552**  
[www.salvationarmynorth.org/  
community/ st-cloud/](http://www.salvationarmynorth.org/community/st-cloud/)

# HEALTH CARE SERVICES

## CENTRACARE FAMILY HEALTH CLINIC

Provides primary care treatment, prevention, and education services. Also offers sliding fee scale, nurse access and advocacy services and free interpreter services.

1555 Northway Drive, Suite 200, St. Cloud MN 56303  
**320-240-3157 or 1-800-575-2982**

## COUNTY PUBLIC HEALTH SERVICES

Promotes and protects the health of residents through education, prevention services, regulation and advocacy. They also foster a partnership with many organizations and community groups to address and resolve health issues and concerns.

### **Benton County Public Health**

–  
531 Dewey Street, Foley, MN 56329  
**320-968-5087**

### **Sherburne County Public Health**

–  
13880 Business Center Drive NW, Elk River MN 55330  
**763-765-4000 or 1-800-433-5239**

### **Stearns County Public Health**

–  
3301 County Road 138, Waite Park MN 55387  
**320-203-6942**

### **Wright County Human Services Agency**

–  
Public Health Unit  
1004 Commercial Drive  
Buffalo MN, 55313  
**763-682-7456 or 1-800- 362-3667**

## MNSURE

Minnesota's online marketplace where individuals, families and small businesses can get information about and enroll in health insurance plans. Low-cost and free plans are available. Find a certified navigator (someone who can help fill out the application) by calling **2-1-1 or 1-800-543-7709**.

**1-855-366-7873 or visit website: [www.mnsure.org](http://www.mnsure.org)**



## PREGNANCY RESOURCE CENTER

Services include free pregnancy tests, STD/STI screening, HIV screening, pap tests, pelvic exams, resources and community referrals.

305 5th Avenue S, Suite #170,  
St. Cloud  
**320-253-1962**

## PROJECT H.E.A.L

Free health screenings and basic care at various Central Minnesota locations for those who have little or no insurance.

### **Big Lake Community Food Shelf**

–  
**763-263-2432, 1st Monday of each month at 5:00pm**

### **Long Prairie Reynolds Church**

–  
13880 Business Center Drive NW,  
Elk River MN 55330  
**763-765-4000 or 1-800-433-5239**

### **Stearns County Public Health**

–  
3rd Saturday of the month at 9:00am  
CentraCare Long Prairie West Clinic  
1st Monday of the month at 6:00pm

### **St. Cloud, Place of Hope**

–  
2nd Wednesday of each month at 5:00pm  
**320-203-7881**

### **Salvation Army Shelter**

–  
1st Thursday of the month at 5:00 pm and 3rd Thursday of the month at 5:30pm  
**320-252-2229**

### **Salvation Army Shelter**

–  
1st Thursday of the month at 5:00 pm and 3rd Thursday of the month at 5:30pm  
**320-252-2229**

### **Monticello High School**

–  
1st Thursday of each month at 5:00pm  
**320-240-3116**

### **Sauk Centre, River of Life Church**

–  
1st Saturday of each month at 9:00am  
**320-352-2315**

\*Dates and/or times may change due to holidays or other events. **Please call 320-656-7123 with any questions.**

## RURAL AIDS ACTION NETWORK (RAAN)

Services provided medical case management, free and confidential HIV and HCV testing, medical transportation assistance, health education/risk reduction, support groups and referrals for counseling services.

300 E St. Germain, Suite 220,  
St. Cloud  
**320-257-3036 or 1-800-966-9735**

## WRIGHT COUNTY - WOW (WELLNESS ON WHEELS) VAN

The Wellness on Wheels (WOW) Program promotes healthy living for individuals and families by providing, guidance, support, screenings and immunizations.

**763-682-7516**  
**1st Thursday -  
Monticello High School**  
**2nd Tuesday -  
Delano Senior Center**  
**3rd Tuesday -  
Cokato Library**  
**3rd Thursday -  
Annandale City Hall**

# HOUSING AND FORECLOSURE SERVICES

## CATHOLIC CHARITIES HOUSING SERVICES

Provides affordable housing at multiple locations throughout the community, as well as transitional housing services in St. Cloud, to referring social service agencies. Provides counseling in home buying, foreclosure and reverse mortgages.

157 Roosevelt Road, St. Cloud  
**320-229-4576 or 1-800-830-8254**

## CATHOLIC CHARITIES - SUPPORTED HOUSING FOR YOUTH (S.H.Y.)

Offers housing counseling, case management and financial assistance for young people, ages 16 to 24, experiencing homelessness, near-homelessness, or aging-out of foster care. This specialized program, offered at no cost to youth, helps build stability in their lives and maintain affordable housing.

1730 I Avenue S, St. Cloud  
**320-229-6037**

## CENTRAL MINNESOTA HOUSING PARTNERSHIP

Assists underserved community to preserve, improve and increase affordable housing for low and moderate income individuals.

37 28th Avenue N, Suite 102,  
St. Cloud MN 56303  
**320-259-0393**

## CENTRAL MINNESOTA HABITAT FOR HUMANITY

Builds and renovates houses in Central Minnesota for low-income families. Habitat for Humanity works in partnership with dedicated community volunteers, donors and partners.

3335 W St. Germain Street,  
Suite 108, St. Cloud  
**320-656-8890**

## HOMEOWNERSHIP PRESERVATION FOUNDATION

The national Homeowner's HOPE™ hotline provides homeowners with a specific, actionable plan that can help avoid foreclosure, or explore alternatives to foreclosure if homeownership cannot be maintained. Assistance is available nationwide, 24 hours a day/7 days a week.

**(888)995-HOPE (4673)**  
or **www.995hope.org**

## HOUSING AND REDEVELOPMENT AUTHORITY (HRA)

Offers public and subsidized housing, housing choice voucher/section 8, affordable rentals, and home repair and improvement loans to those who qualify (there are waiting lists).

**Stearns County**  
—  
1225 W St. Germain Street,  
St. Cloud  
**320-252-0880**

401 Westwind Court, Cold Spring,  
MN 56320  
**320-685-7771**

## PLACE OF HOPE

Transitional housing for men and women with children. Supportive services for all Place of Hope residents with the goal to obtain permanent safe housing.

511 9th Ave N, St Cloud MN 56303  
**320-203-7881**

## TRI-CAP, INC.

1210 23rd Avenue South, P. O. Box  
683, Waite Park MN 56387

**320-251-1612 or 1-888-765-5597**

**FAIM Program** - Assists low-income working adults or veterans with saving money for higher education, home purchases, or starting a small business.

**Housing Assistance Program** - Works with families or singles that are homeless, at risk of homelessness or living in shelters. Stabilizes their lives by providing services such as budget counseling, assistance with damage deposits, first month's rent, or past-due rent.

**Home Repair Loans** - Loan funds may be used to make a home more livable, accessible and energy efficient. Supportive services for all in Benton, Sherburne and Stearns Counties (excluding the City of St. Cloud). All applicants **MUST** apply for the Energy Assistance Program (EAP) prior to applying for this Home Repair Loan Program.

**Lead Testing Services** - Tri-CAP Community Development offers a complete line of professional lead services to protect families.

**Renting 101** - Provides classroom training and individual counseling where the participant will learn about the renting process.

## VILLAGE FINANCIAL RESOURCE CENTER

Offers mortgage foreclosure prevention counseling that is available over the phone.

1201 25th St. South,  
 Fargo ND 58103

**1-800-450-4019**

**[www.HelpWithMoney.org](http://www.HelpWithMoney.org)**

## WRIGHT COUNTY COMMUNITY ACTION (WCCA)

Provides assistance through the following: foreclosure prevention counseling, homebuyer training, home repair loans, home weatherization, transitional housing and some limited financial assistance.

130 W Division Street, Maple Lake

**320-963-6500**

# LEGAL SERVICES

## CENTRAL MINNESOTA LEGAL SERVICES

Assistance is provided in areas of family law, housing, government benefits, consumer law and employment law. Serves Benton, Chisago, Isanti, Mille Lacs, Morrison, Sherburne, Stearns, Todd and Wright counties

110 6th Ave S Suite 200  
St Cloud MN 56301  
**320-253-0138 or 1-800-622-7773**

## LAWHELPMN.ORG

Free website that can help low-income persons in Minnesota with civil legal problems. Provides help understanding legal issues. Resources available include a directory of legal service providers, do-it-yourself legal forms and the ability to chat with a live person. Materials are available in other languages.

## MID-MINNESOTA LEGAL AID

Legal assistance for low-income people focused on family law related to achieving stable housing, health care, disability assistance, child support, public benefits, support through domestic abuse, immigration and other necessities. Serves Benton, Chisago, Isanti, Mille Lacs, Morrison, Sherburne, Stearns, Todd and Wright counties.

110 6th Ave S Suite 200  
St Cloud MN 56301  
**320-253-0121 or 1-888-360-2889**



# **MENTAL HEALTH SERVICES**

## CARITAS MENTAL HEALTH CLINIC

Outpatient counseling and behavioral health facility in St. Cloud and satellite sites throughout Central MN. Offers individual, couple and family counseling services, group therapy and education, diagnostic assessments and psychiatric services.

911 18th Street N,  
St. Cloud MN 56302  
**320-650-1660 or 1-800-830-8254  
ext. 1660**

## CENTRACARE HEALTH SYSTEM

Offers a full range of mental health and chemical abuse services for adults, adolescents and children behavioral health.

1900 CentraCare Circle,  
St. Cloud MN 56303  
**320-252-2422**

## CENTRAL MINNESOTA MENTAL HEALTH CENTER

Offers a full range of mental health and chemical abuse services for adults, adolescents and children.

**Monticello**  
-  
407 Washington Street,  
Monticello MN 55362  
**763-295-4001**

**Buffalo**  
-  
308 12th Avenue South,  
Buffalo MN 55313  
**763-682-4400**

**St. Cloud**  
-  
1321 13th Street N,  
St. Cloud MN 56303  
**320-252-5010**

**Elk River**  
-  
253 8th Street N.W. Suite A,  
Elk River MN 55330  
**763.441.3770**

**Waite Park**  
-  
411 3rd Street North,  
Waite Park MN 56387  
**763-682-4400**

## Four County Crisis Response Team

1321 13th St N, St. Cloud, MN  
**24-Hour Mental Health Crisis Line**  
**1-800-635-8008 or 320-253-5555**

Crisis services are available for adults and children in Benton, Sherburne, Stearns and Wright counties. The crisis line provides callers with needs assessments and referrals to appropriate resources. If medically necessary, the Crisis Response Team assists individuals by travelling to their location to provide face-to-face intervention and assessment.

**CATHOLIC  
CHARITIES HOPE  
COMMUNITY  
SUPPORT  
PROGRAM**

Provides support for adults living with mental illness as they cope with the challenges of daily living. Assists each person with achieving and maintaining his or her highest level of self-sufficiency

157 Roosevelt Road #300,  
St. Cloud MN  
**320-240-3324**

**HEALTH  
PARTNERS  
BEHAVIORAL  
HEALTH CLINIC**

Provides mental health services for personal crises, stress, depression, anxiety, or more serious and persistent disorders.

2251 Connecticut Ave S, Sartell MN  
**320-253-6952 or 1-800-370-0770**

**LUTHERAN  
SOCIAL SERVICE  
CHILDREN &  
FAMILY SERVICES**

Provide in-office and community-based mental health counseling for individuals, couples and families to help develop stability and wellness.

22 Wilson Ave NE, St. Cloud MN  
**320-251-7700**

**NATIONAL SUICIDE  
PREVENTION LIFELINE**

**988**

---

**THE VILLAGE  
FAMILY SERVICE  
CENTER**

Offers mental health services for  
adults, children and families.

110 6th Ave S #100, St Cloud, MN  
**320-253-5930**

# **NUTRITION ASSISTANCE PROGRAMS**

# SNAP (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM)

SNAP is a county-run, federal program that helps low-income households to receive the food needed for sound nutrition and well-balanced meals.

The program issues electronic benefit transfers (EBTs) that can help stretch a family's food budget when there is not enough money to buy food. Apply in person at your county office or Tri-CAP online.

The SNAP Outreach program provides applications, information and assistance in completing SNAP applications.

<https://applymn.dhs.mn.gov/>

## **Benton County Human Services**

–  
531 Dewey Street, Foley, MN 56329  
**320-968-5087**

## **Sherburne County Human Services**

–  
Sherburne County Government Center  
13880 Business Center Drive NW,  
Elk River MN  
**763-765-4000**

## **Stearns County Human Services**

–  
705 Courthouse Square  
St. Cloud, MN 56303  
**320-656-6000**

## **Wright County Human Services**

–  
Social Services Unit  
1004 Commercial Drive  
Buffalo MN, 55313  
**763-682-7400**

## **Tri-CAP, Inc. – SNAP Outreach Program**

–  
1210 23rd Ave S, Waite Park, MN  
**<https://tricap.org/assistance/nutrition/>**

## WIC (WOMEN, INFANT AND CHILDREN)

Program provides health screening, nutrition education and supplemental food for income-eligible pregnant and breastfeeding women, infants and children up to age five.

### **Benton County**

–

**320-968-5156**

**[co.benton.mn.us/358/Women-Infants-Children-WIC](http://co.benton.mn.us/358/Women-Infants-Children-WIC)**

### **Sherburne County**

–

**763-765-4116**

**[co.sherburne.mn.us/538/Women-Infants-Children-WIC-Program](http://co.sherburne.mn.us/538/Women-Infants-Children-WIC-Program)**

### **Stearns County**

–

**320-203-6942**

**[co.stearns.mn.us/adultsfamilies/healthyfamilies](http://co.stearns.mn.us/adultsfamilies/healthyfamilies)**

### **Wright County**

–

**320-963-6500**

**[wccaweb.com/Program/Women\\_Infants\\_Children](http://wccaweb.com/Program/Women_Infants_Children)**

## FREE OR REDUCED LUNCH PROGRAMS

National School Lunch Program provides free and reduced-price lunches to students whose families meet income eligibility guidelines. Register through your school district.

# PARENTING RESOURCES



## ABBA PREGNANCY RESOURCE CENTER

All services are free and confidential. Offers free pregnancy tests, ongoing emotional support, education about options, a resource library and a 24-hr helpline. Offers Earn While You Learn program where clients can earn incentives like strollers, diapers and baby clothing while learning parenting skills, prenatal development and other life skills.

953 4th St NW, Elk River MN  
**763-441-7777**

## ELEVATE PREGNANCY AND FAMILY RESOURCE CENTER (FORMERLY BIRTHLINE)

All services are free and confidential. Provides classes, education, support and prenatal medical exams for anyone facing pregnancy. Necessary infant supplies are available.

376 3rd St NE, Waite Park MN  
**320-252-4150**

## FATHER PROJECT

Assists fathers in overcoming the barriers that prevent them from supporting their children economically and emotionally. The program includes parenting groups, employment services, case management, child support services and legal direction for family law issues.

**Goodwill Easter**  
-  
Seals 50 2nd Ave S, Waite Park MN  
**320-654-9527 ext. 122**

## HELP ME GROW

Provides a specialist for parents to speak to about their child's development from birth to three years of age.

517 2nd St S, Sartell MN PO Box 299  
**320-252-8427**

## IMAGINATION LIBRARY

Children receive a new book every month until their 5th birthday at no cost.

**United Way of Central Minnesota**  
–  
921 1st St N, St Cloud MN  
**320-252-0227**  
**imaginationlibrary@unitedwayhelps.org**

## RESOURCE TRAINING & SOLUTIONS

Offers parenting workshops, resources and support groups.

137 23rd St S, Sartell MN,  
**320-255-3236 or 1-844-335-3276**

## FAMILYWIZE PRESCRIPTION DISCOUNT CARD

Website provides additional information about the program, a list of participating pharmacies and prescription drug price lookup.

**familywize.org**

## PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them.

**1-888-477-2669 or  
[medicineassistancetool.org/](https://www.medicinesassistancetool.org/)**

## SENIOR LINKAGE LINE – PRESCRIPTION DRUG HELP

Provides assistance to people of any age to determine eligibility for prescription drug assistance by completing an application.

**1-800-333-2433**

# **SENIOR INFORMATION & REFERRAL**

## SENIOR LINKAGE LINE

Seniors and their caregivers can learn about available resources for health and supportive services. A full spectrum of information is available, by telephone or in-person visits, to enable people to make informed choices.

**1-800-333-2433**

## WHITNEY SENIOR CENTER

Provides a variety of social and educational opportunities for senior citizens, predominantly age 55 and older.

1527 Northway Drive, St. Cloud  
**320-255-7245**

# TAX PREPARATION AND ASSISTANCE

## FREE TAX PREPARATION CLINICS

Offers tax help to qualifying individuals. Taxes are prepared free by IRS-certified volunteers who can check for eligibility of special tax credits, such as the Earned Income Tax Credit or Child Tax Credit.

**Call United Way 2-1-1 or  
1-800-543-7709 or  
visit [myfreetaxes.com](http://myfreetaxes.com)**

## TRI-CAP, INC.

Coordinates free tax preparation clinics. Tax assistance, property tax refund assistance and renter's rebate assistance is available by appointment.

1210 23rd Avenue S,  
Waite Park MN 56387  
**320-257-4505 or 888-765-5597**

## WRIGHT COUNTY COMMUNITY ACTION (WCCA)

Provides tax preparation to elderly and economically disadvantaged residents of Wright County. WCCA provides State and Federal income tax preparation, including the Earned Income Tax Credits (EITC), and property tax preparation.

130 W Division Street,  
Maple Lake MN  
**320-963-6500**

# TRANSPORTATION



## CAER - COMMUNITY AID ELK RIVER

Car care clinic offered monthly on first-come, first-serve basis. Offers assistance with minor car repairs or tires. Must be a resident of Elk River, Otsego or Zimmerman; provide verification of auto insurance, current car tabs and valid driver's license.

12621 Elk Lake Rd NW, Elk River MN  
**763-441-1020**

## FOLEY AREA CARE

Provides public transportation to and from medical appointments or shopping for seniors (age 60+) living in Benton County, or within a 10-mile radius of the city of Foley

321 6th Ave, Foley, MN  
**320-968-7848**

## GREAT RIVER FAITH IN ACTION

Provides transportation to medical appointments or shopping for people 60 and over. Serves the greater Sherburne County area.

13074 Edgewood St.,  
Becker MN 55308  
**763-263-4277**

## METRO BUS/ DIAL-A-RIDE/ TRAVEL TRAIN- ING SERVICES

Metro Bus provides public transportation to residents within the city limits of St. Cloud, Waite Park, Sauk Rapids and Sartell. Dial-a-Ride is available seven days a week for individuals with disabilities who are unable to ride the regular fixed route bus system.

665 Franklin Avenue NE,  
St. Cloud MN  
**320-251-7433**

**ASSUMPTION  
COMMUNITY  
FAITH IN ACTION**

Provides transportation to medical appointments or errands.

715 1st Street N, Cold Spring  
**320-348-2322**

**TRANSPORTATION  
RESOURCE  
CENTER**

Utilizes area transport resources to match the passenger with the most suitable and cost-effective transportation for regions of Benton, Morrison, Sherburne and Stearns County.

1200 23rd Avenue S, Waite Park  
**320-257-4456 or 1-877-717-1515**  
**[tricap.org/transportation](http://tricap.org/transportation)**

**TRI-CAP -  
THE TRANSIT  
CONNECTION**

Provides transportation services for the public in rural Benton, Morrison and Stearns Counties five days per week. The bus service is available to the public with no age or income requirements. All buses are handicapped accessible. Bus reservations can be made up to two weeks in advance.

1200 23rd Avenue S, Waite Park  
**320-257-4456 or 1-877-717-1515**  
**[tricap.org/transportation/](http://tricap.org/transportation/)**

# UNEMPLOYMENT/ WORKERS' COMPENSATION

**FILE FOR  
UNEMPLOYMENT**

**Apply online at  
[www.uimn.org](http://www.uimn.org) or call  
1-877-898-9090.**

**WORKERS'  
COMPENSATION**

Provides free workers' compensation information and assistance to all parties to help prevent disputes from developing.

**1-800-342-5354**

**CAREERFORCE**

Provides jobseekers with staff assistance, computer/internet access, office equipment to aid in the job search, a reference library, assistive technology, workshops/trainings, networking/job clubs and job/career fairs.

1542 Northway Drive, Door 2,  
St. Cloud

**320-308-5320**

**[careerforcemn.com/](http://careerforcemn.com/)**

**Open 8am-4:30pm Monday - Friday**

**406 E 7th Street, Monticello,**

**763-271-3700**

**Open 8am-4:30pm Monday – Friday**

**CENTRAL  
MINNESOTA  
JOBS AND  
TRAINING  
SERVICES, INC.**

**Monticello • Wright and Sherburne  
Counties**

–

406 East 7th Street

P.O. Box 720

Monticello, MN 55362

**763.271.3700**

# UTILITY ASSISTANCE

## COUNTY CRISIS FUNDS

County Crisis Funds when available, can help pay for utility shut-offs. Must meet eligibility guidelines.

### **Benton County Human Services**

–  
**320-968-5087**

### **Sherburne County Human Services**

–  
**763-765-4000**

### **Stearns County Human Services**

–  
**320-656-6000**

### **Wright County Financial Services**

–  
Child Support Unit

**763-682-7414**

## THE SALVATION ARMY – HEATSHARE

Program provides utility assistance for people with no place left to turn. Funds are typically used to pay for natural gas, oil, propane, wood, electricity and emergency furnace repairs.

400 U.S. Highway 10 S

**320-257-7428**

## TRI-CAP, INC.

**Energy Assistance** helps pay a portion of home heating costs and furnace repairs for income-qualified households.

**320-251-1612 or 1-888-765-5597**

### **Reach Out For Warmth (ROFW)**

financial assistance program is a community based emergency fuel fund that was established to assist households whose income is currently over the levels needed for the Energy Assistance program.

### **Weatherization Program (Energy**

**Conservation Program)** provides services to reduce residential energy consumption for income-eligible households.

## WRIGHT COUNTY COMMUNITY ACTION (WCCA)

Low-Income Home Energy program pays a portion of home heating energy costs, works with families to plan for heating expenses, and resolves heating/utility shutoffs. WCCA also offers a Weatherization program.

**320-963-6500**

# FINANCIAL TIPS

- If you are facing foreclosure, beware of companies offering help but charging fees for their services. Make sure they are registered with the Minnesota Department of Commerce as an approved Loan Modification Organization.
- Track your spending for a month and look for ways to cut back.
- Prepare a complete household budget.
- Stop using credit cards; instead pay with cash.
- Ask credit card companies to reduce interest rates or bills.
- Get help from a non-profit counselor.
- DO NOT ignore your lenders or creditors; communicate with them.
- Meet with a financial counselor to help mitigate home loans or work with your creditors.
- Utilize your local food shelf.
- Ask for free or reduced lunches at your child's school.
- Downgrade your cell phone plan or switch to a prepaid phone.
- See if you are eligible for Minnesota Health Care Programs, **visit [www.dhs.state.mn.us](http://www.dhs.state.mn.us) or call 1-800-657-3672.**
- Switch to basic cable or a digital converter box.
- Utilize the free tax preparation sites.

United Way of Central Minnesota provides the following resource directories available on their website: **[www.unitedwayhelps.org](http://www.unitedwayhelps.org)**

**[Surviving the Tough Times](#)**



